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Country Editor
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MAY 28, 2021
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You established the earth, and it abides. Psalm 119:89-90


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Plants that can keep bugs away from outdoor living spaces

Outdoor living spaces have become increasingly popular among homeowners in recent years, and that popularity grew even more over the last year. As social distancing guidelines issued in response to the COVID-19 pandemic encouraged people to stay home as much as possible, a desire for accessible, enjoyable outdoor spaces grew. A 2020 study of Google trends data from the home decor retailer Living Spaces found that searches for items such as patio daybeds and small-space outdoor furniture grew by more than

200% between the early part of 2020 and the middle of the year.

If outdoor living spaces are in demand, so too are ways to make those spaces as comfortable as possible. There's much homeowners can do to make the most of their outdoor spaces, but they might feel helpless against some unwanted, often relentless guests: insects. Insects can turn relaxing days on the patio into wars of attrition with hungry bugs like mosquitoes. Thankfully, there are ways to fight back against

insects while simultaneously adding a little aesthetic appeal to the backyard. The Farmer's Almanac notes that planting these insect-repelling plants around the patio or backyard can help homeowners successfully repel unwanted insects, including mosquitoes.

- **Lavender:** Lavender is a fragrant plant that adds a pop of purple and has been known to repel mosquitoes, fleas, flies and moths.

- **Basil:** Basil can provide the best of both worlds, as it's been found to repel flies and moths and also makes for a tasty addition to pasta sauces and other dishes.

- **Thyme:** Also a valuable ingredient to keep in the kitchen, thyme can help keep hungry mosquitoes at bay.

- **Mint:** The Farmer's Almanac warns that it's easy to overplant mint, so homeowners should only plant with care and make a concerted effort to prevent overgrowth. Also great in the kitchen, mint has long been considered an effective mosquito repellent.

- **Alliums:** Like lavender, alliums can add a burst of purple to your patio. And though they aren't believed to repel mosquitoes, alliums have been found to be helpful against cabbage worms, aphids, carrot flies and slugs.

- **Chrysanthemums:** If ants are drawing homeowners' ire, mums may do the trick. These eye-catching flowers also are believed to repel fleas and roaches, among other insects.

- **Marigolds:** The scent of this awe-inspiring plant is known to repel mosquitoes and other pests. Marigolds also attract insects like ladybugs that are known to consume aphids, which are minute bugs that reproduce rapidly and feed by sucking sap from plants.



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Cornell Sagamore Brook Trout event set for June 4 - 5

The Cornell Cooperative Extension offices of Herkimer and Hamilton counties, Trout Power and Great Camp Sagamore present a series of free programs for the public highlighting the effects of climate change on Adirondack brook trout and other cold water fish species on June 4 and 5. The programs will be held in conjunction with Great Camp Sagamore, a National Historic Landmark in Raquette Lake. Sagamore, built in 1897 by William West Durant, was the wilderness retreat of the Vanderbilt family. Set on its own lake in the Blue Ridge Wilderness, Sagamore has a long history with both sport angling and environmental preservation.

The event begins with an evening talk by Dr. Cliff Kraft on Friday, June 4 at 7 p.m. on the work of Cornell's Adirondack Fisheries Program highlighting the over 60 years of research on the health of the park's waterways. Continuing on Saturday are a series of

free programs for the public in the forest preserve surrounding Sagamore that were once part of the Vanderbilt estate. Activities include natural history walks along the historic powerhouse trail, demonstrations of environmentally friendly angling, fly fishing and trout research techniques.

The "Exploring the Conservation of Brook Trout in the Changing Adirondack Climate" program presents to the public the work of the Adirondack Fishery Research Program (AFRP) of Cornell University. For over 60 years Cornell researchers have been researching the impacts of environmental change on brook trout and other cold water fish species in the Adirondacks. The work of AFRP has helped set policy to protect and preserve the natural heritage of our region's waterways including documenting the effects of acid rain and climate change impacts.

Recently, a group of committed outdoor enthusiasts

formed Trout Power, a citizen science nonprofit that works with scientists to document native trout populations and advocate for environmentally safe fishing practices. Some of their pioneering studies were done at Sagamore Lake and its watershed.

As a capstone to the weekend's activities on Saturday, June 5, Great Camp Sagamore will present a concert by Adirondack folk musician Dan Berggren singing music inspired by nature at 7:30 p.m. in the camp's historic barn. Both the concert and preservation tours of Sagamore require an admission fee. All proceeds support Sagamore's on-going restoration efforts.

These CCE events are free and open to the public no registration is necessary. For more information, contact Garet D. Livermore, executive director/ag issues leader, at 315.866.7920 ext. 232 or go to blogs.cornell.edu/cceherkimer/natural-resources.

Voters approve 2021-22 Poland school budget with supermajority

Poland Central School District residents voted 168-39 to approve the district's proposed \$15.96 million budget for the 2021-22 school year with a supermajority.

The proposed spending plan included a 0% change in the property tax levy, but required a supermajority of 60% of voters in order to pass because the district's tax levy limit as calculated by the state's eight-step formula was -2.59%. The budget passed with an 81.16% approval rate.

Poland's 2021-22 school budget is a 0.54% decrease from the current

year's budget.

In exceeding the district's tax levy limit of -2.59% despite a 0% change in the property tax levy, it marked the first time Poland exceeded the limit since the state law came into effect in 2012. Poland was within the limit for the first nine years of the law.

Two Board of Education seats were also up for election. One seat is a five-year term from July 1, 2021 - June 30, 2026 for the spot currently held by Michele Szarek, who ran for reelection and was the only candidate who filed a petition to run. The

other seat is for a partial term from May 19, 2021 - June 30, 2022 to fill the seat currently held by appointee Michael Chauvin, who did not file a petition to run. Chauvin was appointed to the board on Oct. 8, 2020 to fill a vacancy.

The openings were also eligible to be filled through write-in votes. The two residents who received the most votes would be elected to the Board of Education. Whichever candidate received the most votes would win the board seat with the longest term, and the candidate with

the second-most votes would fill the other seat.

Szarek received the most votes with 135 and was reelected to her seat for the five-year term.

Write-in candidate Kelly Bick received the second most votes with 67 and has the option of accepting the partial term. A write-in candidate who isn't interested in joining the board has the option to decline. If this happens, state law allows current board members to hold a special election or appoint a qualified resident to fill the vacancy until the next regular election.

Others receiving votes were Jennifer Rommel with 23, Barbara Crabtree and Jeanette Burns with two each and Walter Stewart, Tanya Steves, John Stewart, Brian

Dutcher, Robert Paul, Randy Lubeck, Edward Denhoff Jr., Meaghan Dechauvi, Cheryl Haver, Chris Gauthier, Laurence Delano and Kyle Delano with one each.



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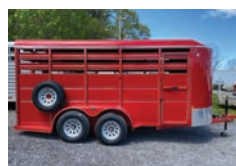
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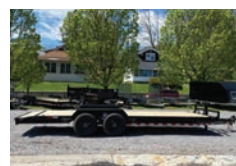
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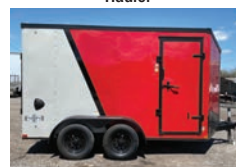


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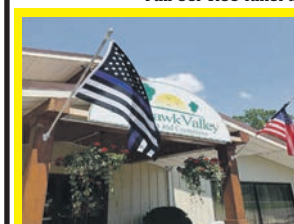
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Dingman recipient of Little Falls Hospital Zero Harm Hero Award

Little Falls Hospital announces that Renee Dingman, RN, Inpatient Unit, is recipient of the Zero Harm Hero Award. Dingman has

been with Little Falls Hospital, part of the Bassett Healthcare Network, since August 2020. Colleagues that nominated her describe

her this way: "Renee is a team player and always tries to seek out nurses or aides that need extra assistance. Renee provides a

teach-back method to demonstrate quality education and patient safety to her colleagues. Renee is always willing to help everyone and anyone. When she has finished her own work, she will assist the next shift to dispense medications. Renee is always helping. I cannot express what an amazing nurse she is. She deserves the Zero Harm Hero Award."

The goal for Little Falls Hospital is to ensure that extraordinary care is being delivered to every patient. The Zero Harm Hero Award was created to help promote an already strong culture of quality, safety and patient satisfaction, assuring high reliability care for our patients, staff and visitors. This award recognizes any Little Falls Hospital employee who demonstrates a commitment to this work.



L-R: Shelley Cole, Heidi Camardello, Nicole Eckler and Renee Dingman.
Photo courtesy of Little Falls Hospital

Morning Star trip to the Black Hills

There are only 15 places left for a wonderful trip coordinated by Morning Star UMC in Ilion to the Black Hills,

Yellowstone National Park and many more exciting attractions. The price for a two-week adventure Aug. 11 - 25 is \$2,270

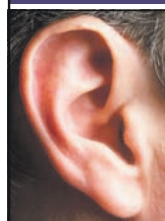
per person double (\$3,360 per person single). This includes transportation, lodging, admission to all sites on the

itinerary, 25 meals, taxes and meal gratuities. A \$50 deposit is due now with the balance due June 20.

For more information and reservations contact Margaret at 315.894.9581.

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How to care for perennials

Perennials can add color and vibrancy to any garden. One of the more desirable components of perennials is that they come back year after year, meaning homeowners do not have to invest in a gardenful of new flowers every year. That can add up to considerable savings. Perennials often form the foundation of beautiful gardens.

Annuals only grow for one season, produce seeds and then die. However, perennials die back to the ground every autumn and their roots survive the winter. So the plants reemerge in the spring, according to the Farmer's Almanac. Some perennials are short-lived, meaning they will come back a few consecutive years; others will last for decades.

Though planted perennials require less maintenance than annuals, they are not completely maintenance-free. Certain care is needed to help perennials thrive, and that starts with the soil. In fact, soil is the single most important factor for growing healthy plants. Penn State Extension said most perennials grow ideally in well-drained, fertile soil with a pH of 6.0 to 7.0. In addition, organic matter can improve soil texture and water-holding ability.

When including perennials in the garden, make sure you wait for the right time to plant them. The ideal time is during spring or autumn. Perennials come as container-grown perennials, which already have been established in the soil. Bare-root perennials are just roots that are often packed in peat moss. In order to plant bare-root perennials, soak the roots in water for several minutes before gently planting in the ground, indicated the how-to resource Tip Bulletin.

Perennials should be watered deeply, especially during the first growing season. However, the soil should never be overly dry or wet. Most perennials do not need to be fertilized heavily. A single application in the spring typically is all that's needed.

Care along the way can include deadheading spent flowers so that plants can use their energy on seed production and reblooming. Perennials should be divided when they grow large, every three to four years when the plants are not in bloom. Perennials produce fewer flowers or may look sickly when the time has passed to divide them. Early spring often is a good time to divide

perennials, advised the Farmer's Almanac.

A thick layer of mulch can help perennials to overwinter successfully. Perennials planted in containers will need to be transplanted into the garden before it gets cold because most containers cannot thoroughly

insulate perennial roots.

Apart from these strategies, perennials pretty much take care of themselves. As long as sunlight requirements match plant needs, the perennials should thrive.



Certain care is needed to help perennials thrive, and that starts with the soil.



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Strange But True

by Lucie Winborne

- Are you one of those folks who paces while talking on the phone? Psychologists believe this may be a kind of coping mechanism to make up for lack of body language and nonverbal cues that normally accompany conversation.
- A chef traditionally wears white because the chef of the first prime minister of France (1815) believed it was the most hygienic of all colors.
- The shape of the Coca-Cola bottle is patterned after a cacao seed pod.
- In 1995, Chris “Fenderman” Black got hitched to his Fender Stratocaster guitar that he’d purchased 35 years earlier, after his real wife quipped that he spent so much time with it, he should marry it.
- Early Hoover vacuum cleaners were hard to sell because potential customers refused to believe they could have that much dirt in their carpets.
- Plane exhaust kills more people than plane crashes. Approximately 10,000 people die annually from toxic airplane pollutants.
- Argentine goalkeeper Sergio Goycochea would crouch down and covertly urinate on the field before every penalty shootout for good luck. He started the ritual during the 1990 World Cup quarterfinals and continued it for the rest of his career.
- “Hurkle-durkle” is an old Scottish word meaning to lie in bed after it’s time to get up and get going.
- A New Jersey man bought a \$5 bottle of orange juice, which his wife deemed too expensive and sent him back to return. He bought two Powerball lottery tickets with the refund and ended up winning the jackpot worth \$315.3 million.

Thought for the Day: “I think that you have to believe in your destiny, that you will succeed; you will meet a lot of rejection and it is not always a straight path, there will be detours – so enjoy the view.” – Michael York

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

May 29

Pierogi Sale 10 a.m.-2 p.m. St. Mary’s UkrainianOrthodox Church, 324 Moore Ave., Herkimer.

Arbor Day at Soldiers’ & Sailors’ Memorial Park 9-11 a.m. in Soldiers’ & Sailors’ Memorial Park, St. Johnsville. Rain date May 31. Friends of St. Johnsville invite you to celebrate the 100th anniversary of the park.

June 4 and 5

CCE offices of Herkimer and Hamilton counties, Trout Power and Great Camp Sagamore present a series of free programs for the public highlighting the effects of climate change on Adirondack Brook Trout and other cold water fish species. For more information, contact Garett D. Livermore at 315.866.7920 Ext. 232 or gdl56@cornell.edu.

June 5

The Mohawk fire Auxiliary is sponsoring their Annual Village-wide garage sales 8 a.m.-4 p.m. List of the sales will be on sale for a \$1 at 7:30 a.m. at 28 Columbia St. At 10 a.m. food and raffles will be provided at the station. Residents can sign up at the village hall or by calling Brenda at 315.867.4126.

Blessed Sacrament Church and Court St Bridget #265 Catholic Daughters of the Americas Basket Raffle 10 a.m. to 2 p.m. at Blessed Sacrament Church Hall on 71 E. Main Street in Mohawk. Enter the church using the parking lot rear door. Masks are required.

June 5

Chicken Barbecue at Salisbury Methodist Church 3 p.m. until sold out. Reservations day of BBQ. Take outs only. Call 315.429.9085.

June 6

Exhibit Opening at the 1805 Frisbie House 1-3 p.m. This exhibit will feature “Influential Citizens of Salisbury” sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center.

June 12

Avery Rifle will be on view 11 a.m.-2 p.m. at the 1805 Frisbie House. This rifle was carried by Nat Foster and Nick Stoner. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free.

Craft Festival 2021 event canceled. 41st year slated for June 11, 2022. Sponsored by the Church Of Christ Uniting in Richfield Springs.

June 13

Avery Rifle viewing 1-3 p.m. at the 1805 Frisbie House. This is a one-time event and will not be available after this day. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Cener. Free of charge.

June 14

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

June 16

Third Wednesday Night Dinners Pulled pork dinners at Ilion First Baptist Church, 8 Second St., 4 - 6 p.m. or until sold out. Takeout or delivery only. For more info call 315.894.9041.

June 20

Poland Volunteer Fire Company Father’s Day Drive-Through Chicken Barbecue noon until sold-out at Poland Fire Station #1, 216 State Rt. 8, Poland (between Poland and Cold Brook). No pre-sales.

July 12

Rabies clinic at Susquehanna SPCA 4-7 p.m. Register at 607.547.8111 ext 111.

July 18

RSCC Sundae Run/Walk 100% of proceeds from this 5K/10K go toward our nonprofit community center. Registration limited. 8 a.m. start. Register at runsignup.com/Race/Events/NY/Richfield-Springs/RSCCRunWalk

July 21

Third Wednesday Night Dinners Pulled pork dinners at Ilion First Baptist Church, 8 Second St., 4 - 6 p.m. or until sold out. Takeout or delivery only. For more info call 315.894.9041.

July 24

Moses Quinby Day. Beekeeping convention and public field day. Speakers. Craft and food vendors. Kids’ activities. Music. Fort Klock in St. Johnsville, 10 a.m. - 4 p.m. For info email moresquinby62@gmail.com.

August 16

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

Sept. 13

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

September 18

Evening at the Tavern 4-7 p.m. at 1747 Nellis Tavern, St. Johnsville. Reservations only 518.568.2997.

October 4

Rabies clinic at Susquehanna SPCA 4 - 7 p.m. Register at 607.547.8111 ext 111.

November 15

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

December 13

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

Area Church Services

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

**DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP**
Pastor Peter Spiak
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
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Dolgeville @ 11 AM

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

**UNITED LUTHERAN
PRESBYTERIAN PARISH**
26 E. Faville Ave.
Worship 11 AM

**ST. JOSEPH'S ROMAN
CATHOLIC CHURCH**
Father Brian Slezak, Pastor
31 N. Helmer Ave.
Phone 315-823-3410
Mass 9 AM Sunday

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Wednesday Night 6:30 PM
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Friday 7 PM

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219 N. Bellinger St.
Phone 866-4282
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Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS
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Sunday Mass 10 AM
No Saturday Vigil

REDEEMER CHURCH
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931 Herkimer Rd.
Utica, NY 13503
Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

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Holy Day Liturgy 9 AM
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Wednesday Worship 6:30 PM

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Holy Eucharist at 9:35 AM

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Church Service 10:30 AM
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Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

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36 Second Street, Ilion

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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

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559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

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

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

**LITTLE FALLS
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Little Falls, NY 13365
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Pastor Mark Hediger, 315-429-9085
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Wednesday Prayer & Bible Study 6 PM

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UNITED METHODIST
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Herkimer Industries worked to educate and ‘Stop the Bleed’

Ahead of National Stop The Bleed® Day on May 20, Herkimer Industries worked to ensure that people are educated about the initiative's importance.

Stop the Bleed is one of our nation's largest public health campaigns. Its goal

is to save lives by training people across the country on how to stop the bleed, as uncontrolled bleeding is the number one cause of preventable death from trauma.

According to President/CEO Kevin

Crosley, “Herkimer Industries is the sole assembly and distribution warehouse for the entire Stop the Bleed program nationally.” The Stop the Bleed program is endorsed by the American College of Surgeons (ACS) and is administered by the ACS Committee on Trauma (ACS COT).

Personal kits, portable kits, wall-mounted stations and specialized training kits are available for anyone to purchase on Herkimer Industries' website at archerkimer.org.

Vice President of Industrial Opera-

tions Michael Lamb said, “What is really remarkable is that not only is the Stop the Bleed program obviously a great cause, but orders for kits are providing jobs for people with disabilities and helping to fulfill our agency's mission.”

If you're interested in a statewide train the trainer program, training your employees, co-workers or setting up community trainings for the general public, Herkimer Industries' certified Stop the Bleed Ambassador would be happy to assist. Call 315.574.7622 for more information.



Herkimer Industries is the sole assembly and distribution warehouse for the entire Stop the Bleed® program nationally.

Photo courtesy of Herkimer Industries

Bible Trivia

by Wilson Casey

1. Is the book of Damascus in the Old or New Testament or neither?

2. Who did the people of Malta think was a god when he was unaffected by the viper's bite? Job, Paul, Timothy, Stephen

3. To whom did Naaman the Syrian ask forgiveness after worshipping the god Rimmon? Saul, Christ, Elisha, Darius

4. From John 3, who was a Pharisee and ruler among the Jews? Zacchaeus,

Nicodemus, Judas, Peter

5. Who was known as the “Supplanter”? Aaron, Moses, Jacob, Hosea

6. What was the name of David's first wife? Rachel, Priscilla, Michal, Ruth
Answers: 1) Neither; 2) Paul; 3) Elisha; 4) Nicodemus; 5) Jacob; 6) Michal
“Test Your Bible Knowledge,” a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Activities are being planned for a jam packed day of Family Fun!
Watch for more details

www.facebook.com/Canajoharie-StreetFair

2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!



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Herkimer County Local Foods Map released

The 2021 Herkimer County Local Foods Map is now available from CCE Herkimer County in East Herkimer and is being distributed throughout Herkimer County. To view an online version of this map, visit bit.ly/HCLocalFoods-Map21.

There are 64 producers on the map along with Herkimer County farmers markets. Support for updating and printing the map was provided by a grant from Herkimer County Mental Health through the Farm Family Assistance Project.

The benefits of "eating local" are many, including fresher foods that taste great and are often more nutritious than foods that have traveled many miles and days to get to your table. Also, when you buy directly from local farmers, your dollars stay within your community and

strengthen the local economy. This helps preserve farming as a livelihood and rural landscapes as farmland during these unprecedented times.

For more information or to pick up a map, call CCE at 315.866.7920 or email herkimer@cornell.edu.

How families can give back to their communities together

Strong communities are built by strong people who recognize the importance of giving back. Children recognize when their parents give back to their communities, and often that recognition compels youngsters to want to do the same.

Volunteering as a family is a great way for parents to instill their values in their youngsters while strengthening the communities in which those children live. Volunteering also provides a host of additional, potentially surprising benefits. For example, a 2003 study from researchers at the University of Texas found that taking part in helping one's community lowers rates of depression and anxiety. In addition, research has indicated that adolescents who volunteer may perform better at school and take a more positive approach to education.

Family-friendly volunteering opportunities abound, and the following are some ways that families can give back together.

- **Feed the hungry:** The role of charitable organizations that feed those in need was highlighted during the COVID-19 pandemic. The economic fallout of the pandemic was significant, as tens of millions of people lost their jobs and, subsequently, their ability to feed themselves and their families. Local food banks stepped in to feed those families, and organizations are always in need of volunteers to help prepare, deliver and serve food. Volunteering at a local food bank or soup kitchen is a great way for parents to show their children that they have a lot to be thankful for while instilling in them a sense of responsibility to community members in need.

- **Create art:** Art can be as

beneficial to its creators as it is for those who appreciate it. That's especially so for children in relation to their development. According to a report from Americans for the Arts, art education strengthens problem-solving and critical thinking skills. Art also encourages kids to innovate, a benefit that will pay dividends throughout their lives. Art also is fun to create, and parents can turn kids' natural inclination toward fun and creativity into a way to give back to their communities. The New Jersey-based organization Color A Smile distributes cheerful drawings to senior citizens and overseas troops, among others. Adults and children can volunteer to bring smiles to the faces of strangers, all the while reaping the many benefits of engaging in art projects.

- **Nature clean-up:** Local park and beach clean-ups help

to keep the great outdoors pristine and pollution-free. Such clean-ups, which are a fun way to get outdoors, also provide a great opportunity for parents to teach children about the environment and the

importance of protecting it.

Whether it's helping those in need, exploring one's inner artist or helping keep local parks and beaches clean, the opportunities for families to give back together are numerous.



The role of charitable organizations that feed those in need was highlighted during the COVID-19 pandemic.

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Utica Zoo lifts mask requirements

In response to New York State's suspension of mask mandates, the Utica Zoo has lifted its own mask requirements in outdoor areas.

"We can't 'go wild' lifting restrictions," said Executive Director Andria Health. "In order to keep our unvaccinated visi-

tors under 12 and those most vulnerable to COVID-19 safe, we do ask that those who are not fully vaccinated to please wear face coverings in buildings, congested areas and on the playgrounds, which will now be open."

All visitors will be required to

wear masks during scheduled animal encounters, presentations, meet and greets and more regardless of vaccination status.

The zoo is also asking visitors to wear a mask when in proximity to certain susceptible exhibits that will be marked with signage. Visitors should pack

a mask so they can participate in activities and enter buildings that require them such as the gift shop, mini barn, main Children's Zoo barn and Reptile Hall (due to open mid- to late June) in order to keep the animals safe.

Our fully vaccinated staff will

continue to wear masks when working in proximity to any animals. Camps, birthday parties, education programs and rentals will run in accordance with NYS requirements.

For zoo updates visit utica-zoo.org or the zoo's Facebook, Twitter and Instagram.

How to foster social skills in an era of social distancing

As the COVID-19 pandemic stretches on, children who have been called on to do their part still may not fully understand why they have had to skip play dates or avoid sitting together at lunch tables inside school cafeterias. Older children who are cognizant of much more may be growing weary of social distancing and may have started to question the benefits of staying home.

Social distancing helps maintain public safety, but there's no denying such measures have produced some difficult side effects, some of which may be felt long after the pandemic has ended. For instance, some experts suggest that social distancing has the potential to affect long-term social development.

"When young children are learning the basics of being social beings, their parents and siblings can provide most of the input they need," said Amy Learmonth, Ph.D., a developmental psychologist who runs the Cognition, Memory and Development Lab at William Paterson University in New Jersey and has studied children as young as eight weeks old. In fact, having parents and siblings home much of the time actually can be a boon for children age five and younger.

Conversely, Learmonth said older children and adolescents develop social skills by learning to "navigate complex social groups of peers." Prolonged isolation from peers could be stripping opportunities to naturally develop social skills, particularly the longer social distancing goes on.

Clinical psychologist Laura Markham, founder of the site Aha! Parenting, indicates that kids "practice reading social cues and learn constructive social responses – including the give-and-take of conversation – how to self-regulate when they get annoyed at another person and how to ask for



When weather allows, people from different households can interact outdoors, provided they keep safe distances.

what they need in a socially acceptable way" through in-person encounters.

Families can get creative to help foster social skills in their youngsters as the world continues to confront social distancing and its potential side effects.

• **Schedule virtual play**

dates. While it may not be the same as hanging out in person, virtual play dates can provide one-on-one interaction with friends and help to maintain preexisting positive peer connections.

• **Plan outdoor activities.** When weather allows,

people from different households can interact outdoors, provided they keep safe distances. This can be advantageous to teenagers chomping at the bit to hang out with friends. The CDC said one can become infected with COVID-19 when an infected person coughs, sneezes or talks and those droplets enter the mouth or nose of another. Outdoor fresh air disperses virus particles and people are more able to keep their distance from others. Sitting in a backyard, walking a boardwalk or riding bikes together are some ways for adolescents to safely maintain social connections.

• **Practice good manners.** When at home, families can continue to interact and offer opportunities to talk, listen and practice social manners.

• **Foster game nights.** Encourage social interaction at home with family game nights that involve board games or video games. Teens and tweens also can do multiplayer games with friends over the internet through their favorite gaming consoles.

A little creativity can help parents find ways to promote socialization in their children as the world continues to practice social distancing.

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The Avery rifle had some similarities to the Kentucky squirrel rifle carried by many frontiersmen. This rifle was of the percussion period, as listed in a gunsmith directory.

The Avery rifle had a short hardwood stock, hand-carved and

whittled by Wyllys. The stock was stamped with an interesting crosshatch design. The octagon barrel was two feet, four inches long. The single barrel had two locks, one placed in front of the other, made for percus-

sion pills. The barrel had three metal holders on the underside where the ram rod was carried. An empty cartridge could be set in the stock. This rifle had a unique design between the hammer and the trigger and you

may find the Avery stamp below the hammer. In 1800 you could purchase this rifle for \$70.

One of these rifles was used by Nat Foster, a famous local frontiersman of this area. We know this because Nat was

tried and acquitted in Herkimer in February 1835 on charges of shooting an Indian with a Wyllys Avery rifle.

The Salisbury Historical Society will have a private collection of this rifle on display at the Frisbie House in Salisbury Center. They will be on display Saturday, June 12 from 11 a.m. - 2 p.m. and Sunday, June 13 from 1 - 3 p.m.

This is a one-time event and will not be available after this presentation. Viewing of this collection is open to the public and free of charge.



The Salisbury Historical Society will soon have a private collection of this rifle on display at the Frisbie House in Salisbury Center. It will be on display Saturday, June 12, from 11 a.m. to 2 p.m. and Sunday, June 13, from 1 to 3 p.m. Photo courtesy of Salisbury Historical Society

Good Housekeeping – Rye-Crusted Pork Chops & Apple Slaw

Use leftover rye bread to create an incredibly flavorful coating for these tasty pork chops.

Ingredients:

- 1 tbsp olive oil
- 3 slices rye bread
- 6 bone-in pork chops
- Salt
- Pepper
- 6 tsp Dijon mustard
- 2 tbsp butter
- 1/2 head red cabbage
- 1 Granny Smith apple
- 1/4 cup water
- 1/4 cup red wine vinegar

Directions:

1. In processor, pulse olive oil and torn rye bread into fine crumbs. Season pork chops with 1/2 teaspoon each salt and pepper; arrange on oiled rimmed baking sheet. Top each with 1 teaspoon Dijon mustard; press on rye crumbs.

2. Roast at 425° F for 14 - 16 minutes or until cooked through (145°). Meanwhile, in large skillet, heat butter on medium-high until melted. Add red cabbage, apple, water, red wine vinegar and 1/4 teaspoon salt.

3. Heat to simmering. Cook 10 minutes, covered, or until wilted and soft. Makes 6 servings.

For thousands of triple-tested recipes, visit good-housekeeping.com/food-recipes.

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Age-appropriate chores for kids

Few people look forward to chores around the house. Though adults may not be excited by the prospect of mopping the kitchen floor or folding the laundry, their lack of enthusiasm no doubt pales in comparison to their children's opinion of chores.

Chores can play a vital role in kids' development. According to the American Academy of Child & Adolescent Psychiatry, children can learn time management skills by doing their chores, which also can teach them how to balance work and play time. Kids can apply those lessons throughout their childhood and into adulthood. Giving kids chores also benefits them by teaching them to accept responsibility within the family and providing them with an opportunity to be successful.

Parents may have a long to-do list in regard to chores around the house, and it can be tempting to share that workload with youngsters. However, the AACAP notes the importance of picking age-appropriate chores for children. Children given chores more suited for older youngsters may fail at completing those tasks. Such failure may set a negative precedent that adversely affects kids' self-esteem and makes them reluctant to

do their chores in the future. On the flip side, the AACAP notes that picking an age-appropriate chore for a child will increase his or her likelihood of success, which can boost their confidence and make them more likely to approach their chores

with enthusiasm as they navigate their way through childhood and into adolescence.

The AACAP offers the following age-based chore suggestions to parents as they look to give their children more responsibility around the house.

• **2- to 3-year-olds:** Children in this age group can put their toys away and help put groceries away as well. Stick to groceries that can be dropped without breaking or spilling, which rules out jars of pasta sauce or milk and juice. Children

in this age group also can start to dress themselves, though the AACAP recommends parents offer help when necessary so kids do not become discouraged.

• **4- to 5-year-olds:** These ages can help feed pets and make their

beds. In addition, children in this age group can help clear the table after meals, but parents should be sure to take sharp objects like knives to the sink before kids begin helping.

• **6- to 7-year-olds:** This is a good age for children to begin taking on more complicated chores, including wiping tables and counters, putting laundry away and sweeping floors.

• **7- to 9-year-olds:** Children in this age group can help their parents prepare meals and even pack their own lunch for school. The responsibility of loading and unloading the dishwasher also can be given to kids between ages 7 to 9.

• **10- to 11-year-olds:** More difficult tasks like changing the sheets on their beds, cleaning kitchens and bathrooms and doing yard work are appropriate for kids in this age group.

• **12-years-old and older:** Children 12 and older can help take care of younger siblings and pitch in with grocery shopping and running errands.

Chores play a vital role as children grow up and mature. Assigning age-appropriate chores is important as parents look to help their children develop into responsible adolescents.



The American Academy of Child & Adolescent Psychiatry says that children can learn time management skills by doing their chores, which also can teach them how to balance work and play time.

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Paw's Corner

by Sam Mazzotta

Donate Locally to Shelters, Rescues

Dear Paw's Corner: I read your recent article on animal shelters. It was spot on with advice for donors. Many rescues do not advertise locally, but online through Petfinder.com and AdoptAPet.com. Local advertising and signs usually result in animals being deposited on a rescue's property without invitation or contact.

If people want to help, please research your local area and find a rescue. Contact them and see what they need. Most rescues need specific foods, medicines, etc., and always need monetary contributions. These are the best ways to help out, through contact and conversations with the people involved. Local animal control and shelters can use help too.

One of the most important things to remember is that almost all rescues are nonprofit, charitable entities. All donations, money or otherwise, go completely to helping out the animals. There are no "salaries" for the persons running the organization as there are with so many other "charities." Just research online the salaries paid out with contributions from the public for many common charities that many donate to each year.

Do I speak from experience? Yes. My wife and I have been doing dog rescue for 16 years, ever since she returned home from helping in New Orleans after Hurricane Katrina left so many animals needing rescue and help getting back with their families. We have helped close to 1,600 rescues find forever loving homes. – R.M., SusieQ DogResQ Inc.

Dear R.M.: Thank you for this insider info. It confirms that acting locally to help animals, either through donating supplies or money or your time, can have the greatest impact.

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

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To Your Good Health

by Keith Roach, M.D.

Removal is Best Option for Tumor Inside Kidney

Dear Dr. Roach: I am 62 years of age and in excellent health. I run or hike three miles or more on most days, and road bike, swim and weight train. I eat sensibly, and I don't drink, smoke or take drugs. I don't drink coffee or even take aspirin for pain. My last physical exam showed no problems, and my blood and urine tests were fine.

Recently, I was diagnosed with a small tumor inside my right kidney. It's about a 2.5 cm solid mass with no rough edges at this time. The MRI showed "a 2.4 cm mildly enhancing solid mass concerning for a renal neoplasm." It also showed that the left kidney has a single 1.2 cm cortical cyst over its upper pole aspect. Please explain what this means.

The options for treatment are to completely remove the kidney and see if it is cancerous or just monitor the tumor and see if it continues to grow and remove later. The doctor said the whole kidney has to be removed, because of the central location of the tumor. The doctor also said a biopsy is not a good idea where the mass is located for fear of releasing cancerous cells

within the kidney that could move quickly throughout the body. Removal is a drastic measure, no doubt, to test for kidney cancer. Should I just monitor and wait to see what the tumor does or operate and have the kidney removed. What medical action do you suggest that I do? – B.J.R.

Answer: I am sorry to hear about your kidney tumor. A solitary kidney mass in a man in his 60s is always suspicious for kidney cancer. A 2.4 cm tumor is large enough to provoke serious concern: In a recent study, in people who had their tumors removed, 83% of tumors that size were kidney cancer.

Because of the location, a partial removal of just the mass is impossible, so the choice between watching and waiting versus taking the whole tumor out should take into consideration the very high likelihood that this is cancer. Kidney cancer can spread to other organs. If you were my patient, I likely would advise surgery. If you were not a good risk for surgery (say, in your 80s with multiple medical problems), then I might consider watchful waiting. In your case, I think going for surgery is the wiser course. Being so healthy will make your treatment much less risky.

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 for cancer among men with symptoms of BPH, 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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Keep healthy items on hand for family snacking

Who hasn't been spending more time at home lately? Many families have perfected the balance of managing a household in which kids may be engaged in virtual learning while Mom and Dad are putting in a full day's work from the home office. At several points during the day, families need to recharge. Having nutritious snacking choices on hand can tame hunger in a healthy way.

Plan & Shop

Start with a plan and then head to the store with a shopping list in hand. You will be less likely to purchase unhealthy options on impulse if you stick to a shopping list.

Balance Prepackaged & Homemade

Homemade snacks are advantageous because you can customize ingredients to account for allergies or other needs. But commercially produced snacks are very convenient because they're ready to eat right out of the package. According to Good Housekeeping, many food manufacturers have been stepping up their games and offering tasty and healthy non-perishable foods. Just be sure to read labels, paying attention to sodium and sugar content and other pertinent nutritional information.

When choosing snacks,

pick a few different options that appeal to savory, salty and sweet cravings. Portion out these snacks so the temptation for overindulgence is limited.

Choose Among the Healthiest Options

Stock the pantry and refrigerator with an array of healthy snacking options.

- Nuts and their butters: Nuts are nutritional powerhouses that provide filling protein, fiber, healthy fats and many different vitamins and minerals. Nuts can be ground at home and made into spreads and dips.

- Popcorn: Plain,

air-popped popcorn is full of fiber, making it a filling snack. Without toppings like butter, popcorn can be low in calories.

- Fruit: Fresh fruit, frozen fruit, fruit purees and dried fruit are must-haves. Place a bowl of fresh fruit in reach of kids so it can be their first snacking choice. Frozen fruit can be transformed into simple smoothies. Dried fruit keeps longer, and is a great addition to trail mixes. Cups of applesauce can easily be grabbed and satisfy sweet cravings.

- Sliced vegetables: When preparing meals, slice vegetables, including carrots, celery, cucumbers

and sweet peppers. Later they can be dunked into homemade dips for an easy treat.

- Hummus: Speaking of dips, hummus is filling and tasty. Made from nutrient-dense chickpeas, hummus can be enhanced with different flavors, from garlic to ginger to even chocolate for a

dessert variety.

- Whole-grain chips: Opt for whole-grain chips that blend a variety of grains into the mix. Avoid products with hydrogenated oils.

Healthy snacking is possible when families think ahead and know what to look for at the grocery store.

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How to manage kids' screen time

Devices are everywhere in the digital age. The Statista Research Department noted that a 2020 survey found the average American has access to more than 10 connected devices in their household. Though adults may be capable of governing their screen time, kids may not be so disciplined.

Devices can be valuable learning tools for young students, but the American Academy of Pediatrics noted that excessive media use can put children at risk of obesity, lost sleep, addiction and violence. It's imperative that parents emphasize balance and moderation as they negotiate their children's device usage. In an effort to help parents establish and maintain that balance, the AAP has developed its Family Media Plan, which parents can use to customize guidelines on screen time in their households. A family media plan can help parents ensure their children aren't spending too much time staring at screens and it can serve as a valuable means to

monitoring youngsters' online lives, potentially alerting caretakers to instances of bullying or other dangerous situations.

The following are some guidelines parents can follow as they customize their family media plans.

- **Establish screen-free times and zones.**

Establishing a time of day when devices cannot be used and areas of the home where they should not be taken can help parents govern kids' screen times. For example, by establishing children's bedrooms as screen-free zones, parents can make sure kids aren't spending all of their time staring at screens when they're behind closed bedroom doors.

- **Research apps and programs.** The AAP recommends parents research the age-appropriateness and ratings of apps and programs before installing them on devices. Speak with children's teachers to determine which apps and programs kids will need for school. Read fellow parents' ratings before installing any



Devices are a big part of life in the digital age. Parents can develop family plans that allow for screen time but also emphasize activities that call for some time away from our devices.

entertainment apps and programs on devices children will use.

- **Use tech to monitor tech.** "Family Shar-

ing" capabilities on Apple devices allow parents to manage devices and screen usage across the household. Parents can

add children to their accounts and then set daily time limits on apps children will use. They also can make certain apps off limits for children to keep kids safe. Other device manufacturers offer similar tools to help parents effectively monitor and control kids' device usage.

- **Encourage new interests.** Parents can help to control screen time by encouraging new interests and introducing children to new activities that do not involve screens. Commit time each week-

end to activities that do not involve screens, such as hiking, gardening and painting. Exposing children to activities that don't involve screens is a great way to get them off the couch and away from their devices. If kids don't take to a given activity, keep trying.

Devices are a big part of life in the digital age. Parents can develop family plans that allow for screen time but also emphasize activities that call for some time away from our devices.

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How families can comfortably share close quarters

As the COVID-19 pandemic stretched on, families had to adapt to changing situations. Quarantine proved challenging even for the most resilient people, and families sharing close quarters had to find ways to stay calm and comfortable under one roof.

During the pandemic, families have spent more time together thanks to school closures, remote working and social distancing restrictions that limited contact between people who live in different households. The home improvement resource BobVila.com says the average home in the U.S. is around 1,760 square feet, but when everyone is clamoring for a spot to spend most of their days, even the most expansive home can begin to feel a bit too confined. The following are some ways families can live comfortably when sharing close quarters for extended periods of time.

• **Designate personal spaces.** Bedrooms can be private respites, but they're not necessarily the best places for people to spend the majority of their time. Try to

create nooks that family members can call their own, like a man cave in the garage or a desk in a spare room for school lessons.

• **Designate times for common areas.** Make a schedule that designates spaces for specific times, particularly for those who may need uninterrupted study or work periods.

• **Establish defined routines.** Stick to a routine so that everyone at home knows what to expect and when. Parents can work around children's school schedules when they know how school days are arranged. Children can avoid interrupting meetings if they realize that meetings occur at the same time each day. Set break times for meals so everyone can take a break and spend time together each day.

• **Voice concerns and keep communication open.** Family members should be able to freely express frustrations, anger or even fear of situations without being judged, according to the wellness resource Step to

Health. Make sure everyone in the home recognizes others' feelings are valid.

• **Get out when you can.** Family members can opt for safe interactions with friends or peers when needed. Engaging in conversation or getting a perspective from someone outside of the home can be beneficial. Even a short stroll alone outdoors can help to reduce stress. Parents of young children may want to establish a "quaranteam" with other caregivers so they can get a respite outside the home and leave the kids with trusted help.

• **Use this as an opportunity to grow.** Spending more time together can be beneficial. Use the time together to make meals as a family, talk more, engage in family game nights, and build stronger relationships.

Some patience and cooperation can help families make the most of spending so much time together at home.



Spending more time together can be beneficial. Use the time together to make meals as a family, talk more, engage in family game nights and build stronger relationships.

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Natural tick repellents to protect pooches

Lyme disease is a significant concern for people across the country. According to an analysis of insurance records by the CDC, each year approximately 476,000 Americans are diagnosed and treated for Lyme disease. But Lyme disease is not the only tick-borne problem. Data from the CDC say instances of Rocky Mountain spotted fever and anaplasmosis grew by 244% and 396%, respectively, between 2009 and 2017.

Blacklegged ticks are typically the culprits in disease transmission. When this tick latches on to a host, bacteria that causes Lyme and other diseases can be transmitted if the tick remains attached for 36 to 48 hours or more. Ticks will attach themselves to any moving living target, including people. But individuals who own dogs may be at increased risk because dogs often bring ticks indoors. Dogs as well as humans can be susceptible to the same tick-borne illnesses.

Pet parents are urged to use some sort of flea and tick preventative medication for their companion animals. But it's important that pet owners recognize that many such products will defend against ticks only after they've latched onto

a host. According to the Hills company, a pet food manufacturer, oral and topical tick medications work by killing ticks through doses of certain compounds that are not potent enough to harm most pets, but are effective at terminating ticks. Many flea and tick products do not repel parasites. Therefore, pet owners may want to take added measures to keep ticks off of their pets. While it is best to discuss all-natural tick repellents for dogs with a vet, these methods are generally considered safe.

• **Turmeric oil:** A 2018 study published in Ticks and Tick Borne Diseases indicated turmeric oil was effective in keeping ticks from hanging onto a dog's coat. The percentage of dogs with ticks attached to the legs or belly who were sprayed with turmeric oil suspension was significantly lower than that of unsprayed dogs and dogs sprayed with an orange oil suspension.

• **Geranium oil:** Gardeners have long relied on geraniums as natural repellents against many pests. The plant has a woody, musky fragrance. A 2013 study published in the Journal of Agricultural and Food Chemistry found the oil

has repellent activity against nymphs of the Lone Star tick.

• **Pyrethrins/Pyrethroids:** These are a group of botanical insecticides that work by altering the nerve function in insects, resulting in death of the parasite. Compounds are extracted from chrysanthemum

flowers. Low toxicity means they can be applied directly to a pet's coat, according to the pet health resource PetMD.

The pet guide Top Dog Tips suggests other natural oils like lavender, peppermint, citrus, rose, basil, cinnamon and lemongrass can be effective tick

repellents for dogs. Dilute these oils in water or a carrier-oil like olive oil before spraying on a pet. While many of these repellents are effective, nothing is 100% foolproof, so individuals should always check pets (and themselves) after being in tick territory.



Pet parents are urged to use some sort of flea and tick preventative medication for their companion animals.

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Coffee Break

Home Country
by Slim Randles



We watched the thunderstorm growing, building, off to the west. As we sat on our tailgates sipping coffee and wishing we could be inside at the Mule Barn counter, we just sipped and looked in awe.

When the show began, we'd get in the pickups and drive off home, but there's no harm in watching the weather's overture to spring violence.

"You boys been out on the plains in spring, right?" asked Steve, our tall, mustached cowboy member of the vaunted world dilemma think tank.

We nodded and sipped and glanced up at the roiling blackness.

"Always wondered what it would be like to be caught horseback out on the plains in one of these storms. Not something I'd look forward to, I can tell you."

"I know what they do, Steve," said Doc. "Had a patient who punched cows out that way. He said when it rained, he'd get off his horse and sit on the ground under his belly."

"So the horse would get wet and he'd stay dry?"

"More or less, I suppose."

"But the lightning," Steve said, "what about the dang lightning?"

"Doesn't sound like any fun to me," Herb said. "But I guess it's some consolation that the horse, being the highest point for 15 miles, would get struck by lightning first."

"See, Steve," Doc said, grinning. "If lightning goes through the horse and hits you on the ground, you don't have anything to worry about, but if it just strikes the horse ...?"

"Yeah, Doc," Steve said, "then you'd have the honor of being killed by a falling, fried horse. I think I'll stay off those plains for now."

Brought to you by salmon fisherman, pastor and friend to all, Mark Henry Miller's book "River Runs Through Me" (at markhmiller@att.net).

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THE EYES HAVE IT

SCRAMBLERS

solution

1. Inch 2. Treat;
3. Deface; 4. Basalt

Today's Word

THRIFT

Weekly SUDOKU

Answer

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

Coffee Break



Weekly SUDOKU

by Linda Thistle

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

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.

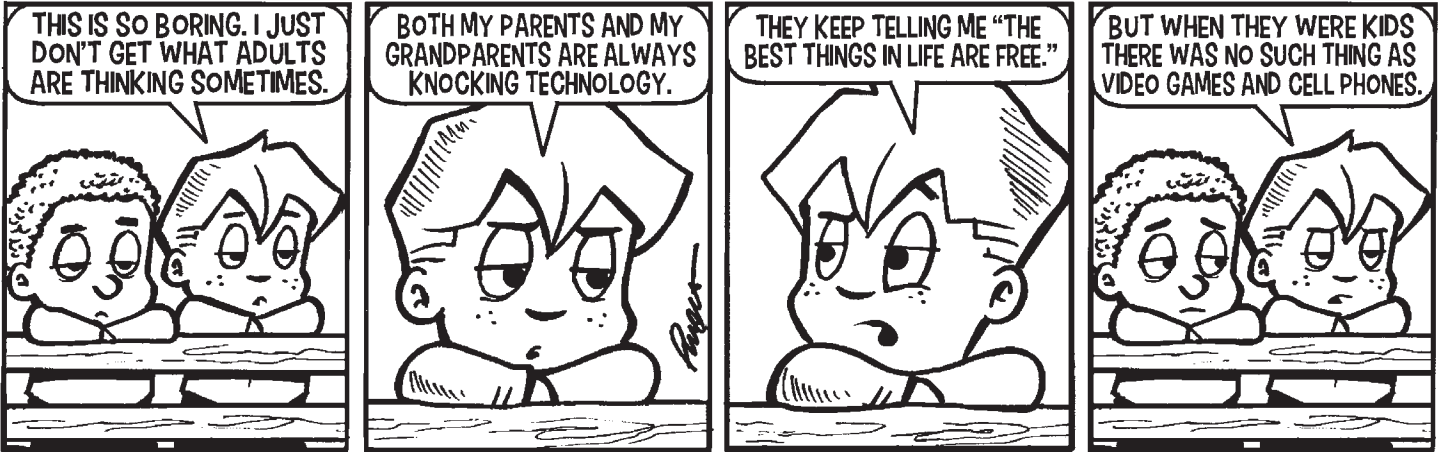
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Amber Waves

by Dave T. Phipps



"It was a very educational evening, Stanley.
I certainly learned a lot about
_____!"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Measurement
CHIN
Delight
TATER
Disfigure
FECAD
Magma
STABAL

TODAY'S WORD

MAGIC MAZE • THE EYES HAVE IT

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

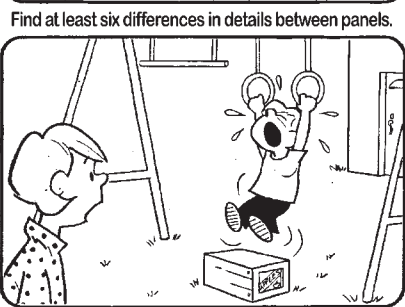
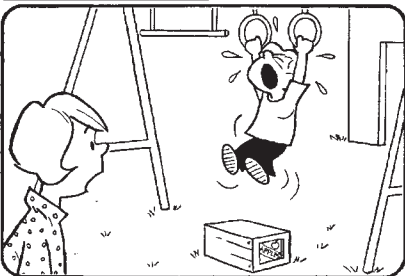
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: BRIEFLY SHUT THE EYES

Behold	Glance	Peer	Twenty-twenty
Focus	Glimpse	Squint	Twinkle
Gawk	Ogle	Stare	View
Gaze	Peek	Tear	

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Differences: 1. Rings are lower. 2. Shirt is different. 3. Crate is different. 4. Door is closed. 5. Sleeve is shorter. 6. Hair is different.

Just Like Cats & Dogs

by Dave T. Phipps



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