

**JULY 16. 2021 Delivered by the U.S. Postal Service** 

518-673-3237 Volume 11 Number 5

As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him.









#### Former dairy farmer Teddy Wojcicki remembered

Tadeusz (Teddy) Wojcicki, 88 of Little Falls, and formally of the Town of Danube, Little Falls, NY passed away peacefully on Sunday, July 4 at Little Falls Hospital, with his devoted children by his side.

Teddy was born November 21, 1932 in Little Falls, the son of Peter and Victoria (Czech) Wojcicki. He was educated in Fort Plain schools.

His marriage to Stella (Rugla) took place on June 10, 1961 at the Holy Spirit Polish National Catholic Church in Little Falls. Teddy and Stella shared a blessed union for 58 years, until her passing on November 24, 2019.

For many years, along with his wife Stella, they owned and operated the family dairy farm on Fordsbush Road, Fort Plain, until their retirement in 1990. After their retirement from the dairy farm, Teddy along with his loving wife Stella enjoyed traveling, especially to Stella's homeland of Poland.

Teddy was a member of the Canajoharie-Fort Plain

Elks #2621, and during his membership received the honor of being Elk of the Year, for his dedication to the Elks organization and his local lodge.

He is survived by his son Mark Wojcicki. of Little Falls, and a daughter, Tammy Heiser and husband Steve, of Fort Plain, along with several nieces, nephews, cousins and in-law family. Teddy had been predeceased by his sister, Wanda Wieczenski, and in-laws John and Mary Pawelek.

In honoring the family's wishes, there will be no calling hours. Family and friends are invited to attend a graveside service for Teddy and Stella on Saturday July 17 at 11 a.m. at the Holy Spirit Polish National Cemetery, Town of Herkimer. Arrangements have been entrusted to the Vincent A. Enea Funeral Service, 527 E. Albany Street, Herkimer, NY 315.866.1500. In lieu of flowers, memorial contributions may be made to the Canajoharie-Fort Plain Elks Lodge #2621, PO Box 3, Fort Plain, NY 13339.



Tadeusz (Teddy) Wojcicki





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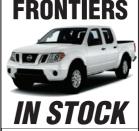


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#### Utica Tunnel to Towers 5K Run/Walk set Aug. 22

The Utica Roadrunners are proud to host the Stephen Siller Tunnel to Towers Foundation for the initial Tunnel to Towers Utica 5K Run/Walk. The event will be held on Sunday Aug. 22 starting at the Utica 9/11 Memorial at The Parkway & Sherman Drive and ending on Genesee Street in Downtown Utica.

Stephen Siller was an FDNY Firefighter assigned to Squad 1 in Brooklyn. On the morning of 9/11, he had just left Squad 1's quarters to play golf with his brothers when he heard of the attacks. Stephen returned to the firehouse, only to discover that Squad 1 was already enroute to the WTC. He gathered all of his protective gear and headed to lower Manhattan. When he reached the entrance of the Brooklyn-Battery Tunnel, the tunnel was closed due to the attacks so Siller abandoned his vehicle, gathered his protective equipment and ran through the 2-mile long tunnel and up to the WTC and was killed when the south tower collapsed.

The Tunnel to Towers Foundation was started by Siller's brother Frank as a way to honor those lost helping others on 9/11. What started as a 5k event to retrace Stephen Siller's steps that morning, with approximately 1,200 people, has grown to an annual event of over 35,000. What started as a way to help those in the FDNY and NYPD has grown to a foundation that has pledged to provide a mortgage free home to the families of firefighters, police officers or members of our military services killed in the line of duty across America. The foundation has also expanded on their pledge of "Let Us Do Good" by building new, "smart", accessible homes for our military members severely disabled in service to their country. The foundation's goal is to build 200 new homes in 2021 alone. Furthermore, for the past several years, the Foundation's program service percentage on average was 93% - 93 cents out of every dollar has gone directly to our programs and services.

The event is not just a traditional road race. It is a way to retrace Firefighter Siller's steps on 9/11 and to acknowledge our nation's heroes, while helping those who have sacrificed for our freedoms. There will be a

mix of traditional runners, which our area is known for, as well as firefighters, police officers and members of our military, and will have a very patriotic feel along the course.

For more information, we can be reached at utica@ tunnel2towers.org or at the phone numbers listed below. Additional information can also be found at the foundation's website t2t.org or our Facebook page Tunnel to Towers Utica as well.

- Phil Trzcinski, Race Director, Lieutenant, City of Utica Fire Department and Member of Utica Roadrunners: 315.725.7526
- Alex Gonzalez, Race Director and Board Member, Utica Roadrunners: 315.982.8909.



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#### Troop/Pack 25 Mohawk Bottle and Can Drive July 17

Troop/Pack 25 Mohawk Bottle and Can Drive will be held on July 17.

Please support your local Scouts! Place your recyclable cans and bottles in a clear plastic bag to be picked up on Saturday July 17. Please have your donation visibly out front by 9 a.m. or if you would rather drop off your bottles and cans at The Mohawk American Legion Parking Lot, 43 West Main Street, Mohawk, from 9 a.m. - 1 p.m.



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### Area Church Services

To Place or Update **Church Listings** Call 518-673-0108 or email tkrieger@leepub.com

COLD BROOK
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Sunday Worship 10:30 AM

NEW LIFE CHAPEL OF THE AEA

3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am rcessory Prayers Tuesday 7pm (please call to confirm)

**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 Bradset 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolaeville @ 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 I UTHERAN 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

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER

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

FRANKFORT OUR LADY QUEEN OF APOSTLES

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

SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers -5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays

TEMPLE BETH JOSEPH

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

ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor

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

**CHURCH OF SAINTS ANTHONY and JOSEPH** 

229 S Main St Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

REDEEMER CHURCH

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

OAK RIDGE FREE METHODIST CHURCH

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

UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

**NEW LIFE CHURCH** 

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

THE SALVATION ARMY

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

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship and Sunday School 9:00 AM

TRINITY EVANGELICAL LUTHERAN CHURCH

Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom YouTube & Facebook Thursday mornings 10 AM on Facebook

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

Branch President Larry Martinson Sacrament Meeting 10 AM
In person: 317 Gros. Blvd., East Herkimer Zoom Meeting ID: 898 8286 4361 Missionaries Phone: 315-527-9557 churchofjesuschrist.org Visitors welcome!

HERKIMER REFORMED CHURCH

102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table Tuesday 11-12:00 PM

CHRIST EPISCOPAL CHURCH

300 N. Main St. Church Office (315) 866-0551 Email: ChristChurch315@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM nunity Dinner: Last Saturday of the month, 5:00 PM on Mary Street Entrance

ILION

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

> SAINT AUGUSTINE'S EPISCOPAL CHURCH Bishop - Dan Herzog

78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM

FIRST PRESRYTERIAN 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

ILION MORNING STAR UNITED METHODIST CHURCH

Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd. Frankford May 1 - November 1 36 Second Street, Ilion

ANNUNCIATION CHURCH

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

LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St. 315-823-3392 Morning Worship 10:15 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult) \*\*Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.

> ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN

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

EMMANUEL EPISCOPAL CHURCH 588-594 Albany St.

Sunday Schedule High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM

Holy Day Masses as announced Confessions by appointment

FIRST ASSEMBLY OF GOD

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

HOLY TRINITY LUTHERAN CHURCH

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

LITTLE FALLS
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

INGHAMS MILLS BAPTIST CHURCH

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

> MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH

24 Fairfield St.
Pastor Mark Hediger, 315-429-9085
pastormarkh@aol.com Sunday Worship 8 AM

MOHAWK GRACE EPISCOPAL CHURCH 7 E. Main St. Phone 315-366-4782

or 315-520-4723

**DENNISON CORNERS** COMMUNITY CHURCH

Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pasto 20 S. Otsego St. Phone 866-4292 I mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM

Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

**EMMANUEL BIBLE CHURCH** Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM

Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM CHURCH OF THE BLESSED SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev Leo Potvin Sacramental Minis 71 E. Main St. ental Minister Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM MOHAWK

July 16, 2021 • 5

CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER

Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

<u>NEWPORT</u>
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street

Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST

Pastor Robbin Harris • Phone 845 Morning Service 11:15 AM 845-8730

KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH

St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM

PAINES HOLLOW PAINES HOLLOW UNITED METHODIST

Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM

SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD

Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

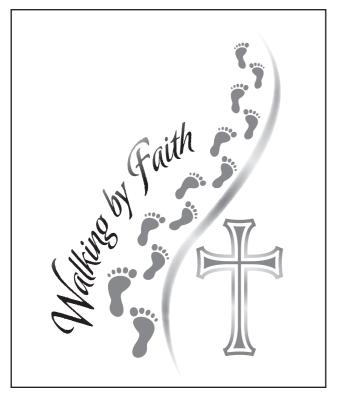
SALISBURY CENTER UNITED METHODIST CHURCH

2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 11 AM

STRATFORD

STRATFORD UNITED METHODIST CHURCH
1511 State Route 29A
Pastor Mark Hediger, 315-429-9085
pastormarkh@aol.com
Sunday Worship 9:30 AM
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6 • July 16, 2021

Coupons can be used to purchase fruits and vegetables at any participating Farmer's Market in Herkimer County. You qualify if you are at least 60 years of age and have a monthly income at or below: \$1,986 for a one-person household, \$2,686 for a two-person household, \$3,386 for a three-person household, or are at least 60 years of age and currently receiving or eligible to receive SSI, food stamps, public assistance or Section 8 housing subsidy. Each eligible senior living in a household may receive their own booklet, but they must be present to sign for them. Coupons will be distributed at the following centers on a first come, first served basis. You can pick up coupons at any of these sites. Due to COVID safety precautions, procedures for coupon distribution have changed. See the instructions following the distribution locations.

#### 2021 Distribution Centers

- Friday July 16:
- 9-11 a.m.: Parkside Courts 53 S. Main St., Dolgeville 1:30-3 p.m.: Rockton Plaza, 550 E. John St. Little Falls
  - Sat. July 17
- 9-11 a.m.: Little Falls Farmers Market, Albany St., Little Falls



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#### Farmers market coupons

- Monday July 19:
- 9 a.m.-11 a.m.: Scott House, 56 South St. West Winfield

1:30-3 p.m.: Willoughby Hall, 3041 Hillside Meadows Dr, Newport

- Tuesday July 20:
- 10 a.m.-11:30 a.m.: Schuyler Firehouse, 120 Newport Rd. Utica
  - Thursday July 22:
- 10 a.m. noon: Lakeside Terr. Apts., 110 South Shore Rd, Old Forge
  - Friday July 23:
- 1-3 p.m.: Old Forge Farmers Market, Park Ave, Old Forge

#### Instructions for coupon distribution:

All locations will be drive-through distribution sites. Clients driving to the particular site will remain in their vehicle. An OFA staff member will come to your vehicle with the coupon booklets and associated paperwork. The OFA will also have a tent set up at these locations. Clients who are not driving may walk to the tent to pick up their coupons.

All eligible seniors must sign up in person. If providing appropriate paperwork, a Proxy or Power of Attorney may sign for the coupons instead.

All unvaccinated clients and staff must wear masks and remain at least six feet apart. Call 315.867.1414 for more information.

#### 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

#### July 16-17

**Huge Garage Sale St John's Church,** Main St., Newport. Friday 9 a.m.-3 p.m. and Saturday 9 a.m.-noon.

#### July 17

**Bottle and Can Drive for Troop/ Pack 25.** Drop off your bottles and cans at: The Mohawk American Legion Parking Lot, 43 West Main St., Mohawk from 9 a.m. - 1 p.m.

Susquehanna Society for the Prevention of Cruelty to Animals (SQSPCA) public celebration 10 a.m. to 4 p.m. at 5082-5088 State Highway 28 in Cooperstown to mark the completion of its state-of-the-art animal shelter and adjoining campus. RSVP at sqspca.org/open-house by July 10.

#### 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

Salisbury Historical Society presents a new exhibit "Influential Citizens of Salisbury" from 1 to 3 p.m. at the 1805 Frisbie House, 109 Route 29A, Salisbury Center.

Poland Vol. Fire Co. Auxiliary "Sunday Fun-Day" Fundraiser for Abraham House 10 a.m. – 2 p.m. at Poland Fire Station #1, 216 Main St., Cold Brook. Family Grandchildren are having a Lemonade Sale & Bake Sale to benefit Abraham House with thanks for their Grandpa's care.

#### **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.

Arc Herkimer free Summer Concert Series at Arc Park at 420 E. German Street 6-8:30 p.m. Max Scialdone Band. For more information call 315.574.7000 or visit www.archerkimer.org.

#### July 23 and 24

Stone Arabia Preservation Society Quilt and Artisan Show. Friday 4-9 p.m. Saturday 10 a.m.-4 p.m. At the Stone Church, 5414 State Hwy. 10, Palatine Bridge. For more info or questions call 518.774.1998 or 518.993.4983.

#### July 24

Moses Quinby Beekeeping Conference and Public Field Day Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

#### July 25

"Influential Citizens of Salisbury" exhibit sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Other standing exhibits include the making of cheese and furniture made in Salisbury. Hours: 1-3 p.m.

#### July 26

**Kuyahoora Historical Society Program & Summer Picnic** 6:30 p.m. at Fairfield Community Center. 6:30 p.m. Picnic (bring a dish to pass). 7 p.m. Program: "Colonial Foods & Food Preservation.

#### July 26-30

Herkimer Vacation Bible School: "Jesus: Man of Mystery" Explore the "I AM" statements of Jesus online or in-person with our multichurch collaboration! Pre-register at www.HerkVBS.weebly.com.

#### July 28

Arc Herkimer free Summer Concert Series at Arc Park at 420 E. German Street 6-8:30 p.m. Fritz's Polka Band. For more information call 315.574.7000 or visit www.archerkimer.org.

#### July 30

**Stone Soup Concert** 7 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

#### Aug. 3-5

**Young Pioneers Program.** This day program offers youth ages 9-13 an opportunity to experience a bit of colonial life first hand. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

#### Aug. 6-7

**Rummage Sale** at Trinity Lutheran Church, Stone Arabia, Rte. 10N, Palatine Bridge. Friday 1-4 p.m. Saturday 9 a.m.-noon.

#### Aug. 6-8

American Revolution Mohawk Valley Conference. Visit fortplainmuseum.org email info@fortplainmuseum.org or call 518.774.5669 for more information.

#### Aug. 6-9

**Washington D.C. Bus Trip.** Sponsored by American Legion Post 168. For more info contact Tony Susi at 518.332.1556.

#### Aug. 7

**22nd annual Utica Zoo Brewfest** 6-9 p.m. To stay up to date on all things Brewfest, visit UticaZoo.org/Brew.

#### Aug. 14

**Blueberry Pancake Breakfast** at Fairfield Community Hall at 8 a.m. Sponsored by Fairfield Restorations Association. Take out only. Contact Lynn Swartz at 315.891.3999 or lfswart@gmail.com with any questions.



Tuesday August 3rd - 5:30-8:00



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or leave a message **Canajoharie Police Department** 518-673-3111

INFORMATION

**Contact Jason Peruzzi** 

jason.peruzzi@canjo.org

We've talked Santa and an elf or two into coming off of their summer vacation to visit with all the kids! Sponsored by Lee's Shops at Wagner Square

WATCH FOR UPDATES AND ADDITIONS. FIND US ON FACEBOOK

https://www.facebook.com/events/421248669085385

ABOUT NATIONAL NIGHT OUT: The event has been held annually since 1984, and is sponsored by the National Association of Town Watch in the United States and Canada. National Night Out began simply with neighbors turning on their porch lights and sitting in front of their homes. The first National Night Out involved 2.5 million residents across 400 communities in 23 states; National Night Out 2016 involved 38 million residents in 16,000 communities across the United States. Please join us in the 2021 National Night out... Help us keep a good thing going and help us beat the record!

#### July sparks fun at the Utica Zoo

Plastic Free July Campaign, Sunset Sips, Teddy Bear Clinic and more

The Utica Zoo has a jam-packed schedule for July, starting with the kick off of the Plastic Free July Eco-challenge, which is an online experience where participants commit to reducing plastic consumption and take action for 31 days. The Zoo has formed its own Green Team and is looking for participants to join. The UZ Green Team public member who earns the most points wins a customized UZ Green Team Eco Tote, valued at over \$60. To sign up, visit, plasticfree.ecochallenge.org/teams/utica-zoo-green-team.

Animal feeding presentations have resumed. Camel feedings are held daily at 11:30 a.m. and Sea Lion feedings are 12:30 and 3 p.m.

Visitors can wild up their evenings with Sunset Sips at the Utica Zoo. On Fridays, July 9 - August 27, the Zoo will stay open until 8 p.m. with animals on exhibit, food and adult beverages available and the best in live, local music.

#### Scheduled performers include:

Vada March - July 16 Two of Us – July 23David Smith & Guest - July 30 Fabulous Mojos - Aug. 6 Vinyl Logic - Aug. 13 ZZ - Aug. 20

John Kelsey & Chad Plantz - Aug. 27

Sunset Sips is free with admission and sponsored by One Realty. In addition to these signature events, there are a number of family-fun activities planned this summer including:

July 17- Teddy Bear Clinic

July 18-24 - National Zookeeper's Week

July 31 - Poops & Plops

To stay up to date on all things Utica Zoo, visit UticaZoo.org, or follow on Facebook, Instagram and Twitter at @uticazoo.





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#### Assistant Directors of Facilities appointed at Herkimer College

Herkimer County Community College has hired two individuals to serve as assistant directors of facilities: Jason Korniat, '95 of Herkimer and Edward Lynch, of Ilion.

Korniat has been employed at the College as a groundskeeper since 2010, where he worked to maintain the cleanliness and professional appearance of the campus through such tasks as lawn maintenance and tree and floral upkeep. He also ensured winter safety via road salting, snow removal and deicing, and determined and repaired irrigation and equipment issues.

Lynch has been an electrician at the College since

Edward Lynch has been chosen to serve as the assistant director of facilities. Jason Korniat will also be serving as the assistant director of facilities. Photo by Herkimer College

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2009, where he worked to repair various electrical issues around campus as well as conduct necessary electrical computations, parts ordering and equipment installation. He also oversaw daily jobs and scheduling.

Korniat previously worked as a general laborer for the Herkimer County Highway Department and as a technician at Turning Stone Resort & Casino, while

Lynch has served as the journeyman electrician at the IBEW Local #43 in Syracuse and service manager at Colortyme Rentals.

In their new role as assistant directors, Korniat and

In their new role as assistant directors, Korniat and Lynch will work together to supervise the facilities maintenance department to ensure the safe and efficient operation of the Herkimer College campus.







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# 2nd Annual Canajoharie STREET FAIR

### SATURDAY, SEPTEMBER 11<sup>TH</sup> 2021

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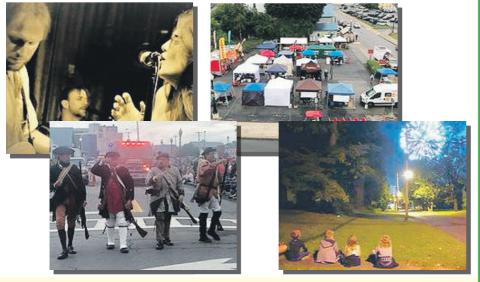
Looking for Parade Floats, Bands, Trucks, Horses, Cars, Marchers:
Call the Canajoharie Fire Department and leave a message 518-673-3812
Sponsorships and Donations for Fireworks and Live Music: Call Matt Stanley at 315-292-2306 or email streetfaircanjo@gmail.com

### Get ready 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!!!





#### Thank You To Our Growing List of Sponsors

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Kale for autumn harvest

#### by Nadie VanZandt, Extension Master Gardener, University of Vermont

If your kale plants succumbed to cabbage worms, don't fret. You can start a second planting in midsummer to enjoy a bountiful harvest in the fall.

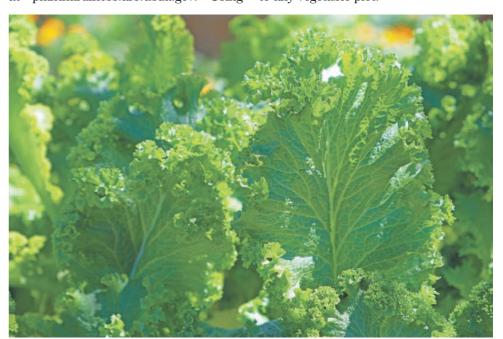
Kale is a good choice for succession planting because it thrives in cool weather, tolerates frost and matures quickly (40-65 days). This also applies to other plants with the same attributes such as collard greens, Swiss chard and leaf lettuce.

Before you begin, check the average frost date for your USDA hardiness zone at planthardiness.ars.usda.gov. Using

To find your midsummer planting date, add 14 days to the days of maturity, and use this sum to count back from the average frost date.

As usual, remember to choose disease-resistant varieties. If you have kale seeds left over from spring, use them.

Otherwise, this is a great time to try a new variety, such as red Russian kale (*Brassica napus var. pabularia*) with light blue-green leaves and purple stems. With 50 days to maturity, this colorful variety is a good choice for direct seeding in midsummer and makes a stunning addition to any vegetable plot.



Kale can be planted in midsummer for a fall harvest as it grows well in cool weather, matures quickly and tolerates frost. Photo courtesy of Brian McGowan/Unsplash

this information, you can compute an appropriate planting schedule.

After the summer solstice, the days get shorter and the air gets cooler. This causes plants to grow more slowly than in the spring. For this reason, it is important to include a couple of extra weeks to the "days to maturity" listing on your seed packet to determine a suitable planting

To prepare your planting area, begin by pulling the early-season plants that have bolted or look tired.

Weed the area and remove the roots from the previous crops. Next, add some compost to replenish the nutrients and turn over the soil.

Direct seed the kale in a space previously occupied by a different vegetable plant. This practice of crop rotation helps

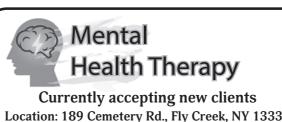
> balance soil nutrients and avoids propagating plant-specific diseases.

Once your seeds are in the ground, protect your seedlings from the sun. Add a layer of mulch, and keep the soil moist. If possible, use a shade cloth to keep the soil cool or take advantage of tall vegetables nearby to provide natural shade.

A shade cloth that completely covers your seed-lings also can stop white butterflies from laying eggs on your plants. Later, this will prevent an infestation of cabbage worms.

During the cool days of autumn when other plants begin to slow down, kale continues to grow and develop a sweeter taste. You also may find that you will reap a better harvest in the fall since most insects do not survive cold temperatures.





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#### Stems, roots and rhizomes: Learn your produce

Fresh fruits and vegetables can be grown at home with relative ease. Home gardening also puts complete control into the hands of individuals who want to know how the foods they eat were grown and treated, providing a greater measure of control over their diets. A sense of pride also comes from having a thriving garden in the backyard.



Learning more about produce can help people diversify their gardens and make for tastier meals.

When gardening at home, gardeners may not know which parts of the plant are edible and which must be discarded. The following rundown can answer those questions and help people become better gardeners.

#### Tubers

Certain plants have underground storehouses of nutrients. Tubers are modified plant structures that

are enlarged to store nutrients. These subterranean caches actually are the edible part of the plant. Potatoes, sweet potatoes, cassava, jicama, yams, and Jerusalem artichokes are some examples of tubers.

#### **Taproots**

Taproots seem similar to tubers, but they are actually quite different. While tubers are a modified and engorged part of a stem system, taproots are the central root of a plant. Carrots, radishes, beets, and parsnips are popular examples of taproots.

#### Stems

When munching on a stalk of celery or roasting freshly picked asparagus, people may not realize that it's the stems of these plants that are being prepared and consumed. The stem enables water and minerals to travel up to the leaves. Rhubarb is another popular stem vegetable.

#### Leaves

Sometimes referred to as "greens," the leaves of many plants can be quite tasty. However, some leaves are simply edible all on their own. Spinach, parsley, chicory, lettuces, kale, arugula, and even dandelion leaves are part of many different salads and recipes. Cabbage heads also are the leaves of the plant, but some people also define these tightly compacted leaves as shoots.

#### Rhizomes and bulbs

The Spruce defines rhizomes as modified stems that run underground horizontally and strike new roots out of their nodes into the soil. Certain produce, including ginger, arrowroot, ginseng, and turmeric, is often mistaken as a root vegetable, but is actually a rhizome. Bulbs also are mistaken for roots, but are short stems enclosed by layers of fleshy leaves, says the food resource NutriNeat. Garlic, onion, fennel, leeks, and quamash are types of bulbs.

#### Fruits and flowers

Flowers turn into fruits in many cases, but some flowers are edible as well. Believe it or not, broccoli is a flower bud, as is artichoke and cauliflower. Fruits are more commonly recognized because they are fleshy foods that contain seeds. Tomatoes are fruits and not

Learning more about produce can help people diversify their gardens and make for tastier meals.

#### "Sunday Fun-Day" **Fundraiser for Abraham House**

The Poland Volunteer Fire Co. Auxiliary will hold its "Sunday Fun-Day" Fundraiser for Abraham House

On Sunday July 18 10 a.m. - 2 p.m. Family grandchildren are having a Lemonade Sale & Bake Sale to benefit Abraham House.

Noon - 3 p.m. the Auxiliary hosting a 50/50 and a Paint & Sip "Party."

Painting class led by Jill Rae Vennera "Easels On The Gogh." Paint & Sip price: \$40 - includes your supplies plus a donation to the Abraham House in Rome.

Please reserve a seat in Paint & Sip by calling 315.679.0287.

Poland Fire Station #1 is located at 216 Main St Cold Brook (Rt 8 Between Poland & Cold Brook).

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### Herkimer HealthNet supports medical transportation in Herkimer County



Elyse Enea (L), Executive Director of Herkimer County HealthNet, presenting a check to Rae Raffle-Maxson, Program Director of Catholic Charities.

Photo courtesy of Herkimer County HealthNet

Herkimer HealthNet Executive Director Elyse Enea recently presented a check in the amount of \$2,500 to the Catholic Charities RIDE Program.

Retired Individuals Driving Elderly (RIDE) is a volunteer-based program that provides transportation and companionship for older adults to their medical appointments. As stated on the Catholic Charities website, "Since 1985, the Herkimer County RIDE Program serves to recruit and place senior volunteers in assignments designed to address the critical needs in the community. Also supported by the Corporation for National and Community Service, Catholic Chari-

ties of Herkimer County and State Offices for the Aging volunteers serve throughout Herkimer County. RSVP volunteers are part of the Senior Service Corps, with over 400,000 members and 700 chapters throughout the United States, Puerto Rico, the Virgin Islands and Guam."

According to Herkimer County HealthNet's Executive Director Elyse Enea, "Herkimer HealthNet is pleased to support the Catholic Charities RIDE Program. Transportation continues to be one of the primary barriers in access to health care, especially in rural communities. This will aide in the effort to provide access to older adults who may not have other alternatives for transportation, the opportunity to attend doctors' appointments."

More information about RIDE can be found by contacting Catholic Charities at her-kimercountyrsvp.org/ or by calling 315.894.9917. More information about Herkimer County Health-Net can be obtained by calling 315.867.1552 or visiting healthnetinc.org.





#### 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 says 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 the spring or fall. 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, indicates 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, advises 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.



#### **MOVING SALE** WEST EDMESTON, NY SATURDAY, JULY 17TH - 10:00 AM TOOLS, 4 - WHEELERS PLUS MORE!

14x20 Storage Shed, 2107 Coleman Go-Kart, 1986 Yamaha Moto 225 4-wheeler, 2012 Yamaha YF2 450 4-wheeler, Diesel Garden Tractor for pulling, JD Garden Tractor weights, International wheel weights, Big Onan Generator, small set of discs, fuel tanks, JD Garden Tractor Snowblower, JD Garden Tractor rototiller, 8' roller, Colson hydraulic lift table - lifts up to 2,000 lbs, JD 6' back blade, brush guards. Numerous tools - hand tools - new & used Kobalt, Dewalt, Craftsman, Porter Cable plus more. Toolboxes, tool cabinets, bolt bins, parts cabinets, old signs, antique chainsaws JD toys & collectables in boxes, 2 Alaskan Coal Stoves w/new motors on both - work great, Steel work tables, Steel Gaylord boxes, steel plates, ladders, hand carts, garden carts, steel rolling carts, Wisconsin motors, Yale 2 ton chain hoist, Stihl 420 Demo Saw, shelving, Pool Table, Air Hockey Table, weight benches & gym weights, china hutch, computer desk, kids barnyard bounce house, picnic tables. The list goes on! Come and spend the day with us! Note: Cash or good check - there will be a 10% buyers premium on all items in the auction with \$100 max. We will accept Visa/MC with a 3% fee. Look for pictures on website.

Sale to held at - GPS address: 118 John Karalunas Road, West Edmeston, NY. Owners: William Jr. & Christina Bawolak 315-717-3765.

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

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Sat., July 17th - Sale held in West Edmeston, NY. 10:00AM - Moving Sale -Kobalt, Dewalt, Craftsman new & used tools, bolt bins, toolboxes, shelving, generators, 4-wheelers, motors the list goes on. Check out our website for full listing and pictures. GPS address: 118 John Karalunas Road, West Edmeston, NY. Owners: William Jr. & Christina Bawolak 315-717-3765.

Sat., July 24th - Sale held on the farm – Sharon Springs, NY. 10:30 AM Burr Farm Complete Machinery & Equip. Auction. Full line of Harvest & Tillage Equip plus 5 Tractors: JD 4440 w/cab, JD 4240 w/cab, JD 4020 w/48 loader, JD 2840 Farmall 200, JD 575 Skid steer. Owner: Peter Hansen. GPS address: 122 Burr Lane, Sharon Springs, NY. Watch future ads for complete details.

Sat., Aug. 14th - Sale held at our facility. 11:30AM Summer Production Sale -Selling 100 head of Registered All Breed Dairy Cattle. Already some exciting consignments from: Dutchview; Sweet-Peas; Mac-Mara, Fantasy-Found, Ron Andrews, Peaceful Valley, Liddleholme plus more. Call asap if you would like to consign before this sale fills up and to get into the advertising.

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#### Why excavation is best left to the professionals

When shopping for a home, buyers often try to envision themselves living in a given property. Images of family gatherings and holidays may instantly come to mind, but prospective homeowners also may begin to envision changes they would make to a prop-

erty if they were eventually to call it home.

Changing an existing structure or building an entirely new home on an empty plot of land can be exciting. Such changes typically require excavation, which is a complicated process that may

be necessary for projects big or small.

#### What is excavation?

Excavation is the process of extracting material from the ground by digging. Earth, rock and other materials may be moved during the excavation process.

#### Can do-it-yourselfers excavate?

Skilled DIYers who have participated in excavation projects in the past may be able to handle a project on their own. However, it's important that homeowners recognize that excavation is about more than just digging in the ground. It's a compli-

cated process that requires the use of specialized tools and equipment. In addition, a strong understanding of the land that will be excavated is required for the project to be safe and go smoothly.

#### Why hire an excavation professional?

Even the most skilled DIYer might be better off hiring an excavation professional than going it alone. That's true for a number of reasons.

- Liability: Homeowners who hire a fully licensed and insured professional excavation firm can rest easy knowing that they will not be responsible for any damages or injuries that may occur during the project.
- Permits/requirements: A professional excavation firm typically files all the necessary paperwork for work permits or can advise which permits homeowners will need to go forward with the project. In addition, professionals will know the local laws regarding building and excavation. For example, homeowners may be unfamiliar with the concept of lateral support, which refers to landowners' right to have their land physically supported in its natural state by adjoining land and underground structures. This is an important concept to understand during an excavation project, and professionals can advise homeowners if a project they want to undertake will violate lateral support
- Experience: Perhaps the best reason to work with excavation professionals is their experience. A lack of excavation experience can result in damage to

a homeowner's property and surrounding properties, which can prove costly. DIYers may not know the type of soil they have on their property nor recognize the different types of challenges each type of soil can present during an excavation project. Such knowledge comes with experience and is often invaluable.

Skilled DIYers can tackle many home improvement projects on their own. However, the complex nature of excavation makes these types of projects the kind that are best left to skilled professionals.



Excavation is a complicated process that may be necessary for projects big or small.









14 • July 16, 2021

### Poison ivy: a troublesome native

### by Nadie VanZandt, Extension Master Gardener,University of Vermont

In summer, while vegetables and flowers thrive in the garden, so does poison ivy in backyards, woods, disturbed areas and anywhere else it can get a toehold. Challenging to recognize due to its changing shape in different environments, careful observation and some knowledge of poison ivy could help you avoid a nasty rash.

Poison ivy belongs to the diverse *Anacardiaceae* family known for plants that produce a highly toxic resin. *Anacardiaceae* consists of over 70 genera and over 800 species of trees and shrubs including sumac, cashew, pistachio, mango, Chinese lacquer tree and poison oak.

This North American native has an interesting history. In 1624, explorer John Smith described it as resembling English ivy and causing redness, itching and blisters.

As an exotic plant, it was exported to Europe for cultivation in royal gardens, notably flourishing in those of Empress Joséphine Bonaparte. During the 18th century, medical practitioners, intrigued by its adverse effect on the body, used it in misguided medical experiments.

In the 1920s, Rik Majima, a Japanese chemist studying the sap of the lacquer tree (*Toxicodendron vernicifluum*), isolated the toxic compound and determined its chemical composition. He named it urushiol after urushi, meaning lacquer in Japanese. The Latin word *Toxicodendron* denotes the genus of the poisonous plants in this family.

Urushiol, found in all parts of the plant, is an oily resin that sticks to surfaces and easily penetrates the skin. It causes mild to severe cases of dermatitis in humans from reddening and itching, to extensive swelling and oozing blisters. Burning the plant causes urushiol to volatilize in smoke which, when inhaled, can lead to a serious adverse reaction and even death.

People highly allergic to urushiol also may react to fruit and nuts of the *Anac*ardiaceae family. Urushiol, present in the skin of mangoes, can cause a blister rash on the lips. Identifying and avoiding contact with poison ivy is the only way to prevent the rash. However, contamination from garden tools, and even pets, is a valid concern.

Both species of poison ivy, Toxicodendron radicans (a woody perennial shrub or vine) and *Toxicodendron Rydbergii* (a woody shrub or groundcover) thrive in the northeast. They grow best in full sun and moist, fertile soils but tolerate shade and

adapt to a wide variety of because they also have conditions. "leaves of three." The

You can identify poison ivy by its alternate compound leaf with three leaflets. The central leaflet has a longer stem at the base of a leaflet than the lateral leaflets. The leaflet's edge may or may not have lobes or notches but is not serrated. In addition, stems of poison ivy have no spines or thorns.

Wild raspberries and blackberries often are mistaken for poison ivy because they also have "leaves of three." The leaves of these bushes have serrated or saw-toothed edges, and their stems have thorns.

Poison ivy vines use aerial roots to cling to a host. They don't use twining petioles to climb. Their deep and fibrous roots grow from creeping underground rhizomes that can be found on the surface or six inches deep in the soil.

In June and July, poison ivy has flowers with five petals that grow in loose clusters. In September, it produces small round green drupes (fleshy fruit with a central stone containing the seed) in grape-like clusters. As

a native plant, it provides a food source for many birds, small mammals and even livestock.

The best advice is to heed the words of the familiar adage, "Leaves of three, leave it be."

For more information on poison ivy and its control, consult the guidelines at bit.ly/3xoWraB.



Poison ivy, recognizable by its leaves of three, thrives in a number of different habitats from backyards to wooded areas.

Photo by Nadie VanZandt







#### To your good health

by Keith Roach, M.D.
What Is Treatment for a
Fatty Liver?

Dear Dr. Roach: I am a 77-year-old woman. I am 5 feet, 2 inches tall and weigh 107 pounds. I take no medication. When I went to the doctor last week, he found that my alkaline phosphatase was 176, my ALT 10, and my AST 11. He told me I had fatty liver and to get a scan, but I had no way to get to the place to have it done. He did not say anything else about it. I have no symptoms. Does this sound like fatty liver to you? I did not really like my doctor, but with my insurance it is hard to change doctors.

If I do have fatty liver, is there anything I can do for it? – J.F.

Answer: Fatty liver is an increasingly common problem. Risk factors include being overweight and having diabetes, high blood pressure and abnormal blood cholesterol levels. Alcohol use is also a cause of fatty liver, and all people with fatty liver are strongly recommended to abstain from alcohol entirely. The primary treatment is diet and weight loss.

It sounds like there was some missed communication between you and your doctor. Fatty liver is a possibility; however, it does not seem

likely to me, as you have not identified any of the risk factors, and you are certainly not overweight (if anything, you are a bit underweight). Further, although the alkaline phosphatase can be elevated in fatty liver (yours is just a bit high), it is more common for AST and ALT to be elevated, which yours are not.

An ultrasound scan is a good, but not definitive, way of looking for fatty liver. A liver biopsy is still the definitive test, but it's often not done in people whose history, physical exam and ultrasound are all suggestive.

A slightly abnormal alkaline phosphatase does not necessarily mean you have a liver problem. Bone issues (fractures, Paget's disease of bone, high thyroid and parathyroid hormone levels) can cause a high alkaline phosphatase, too. Additional liver tests - checking the GGT level or specifically what kind of alkaline phosphatase you have (by isoenzyme analysis) - can make the source of the elevated alkaline phosphatase clearer.

Getting an ultrasound scan and additional blood tests is a reasonable place to start. Unfortunately, lack of confidence in your physician is a different problem. If you really can't get a new doc-

tor, then you need to have a conversation about proceeding with evaluation in such a way that you can do so while being confident that you are getting good advice.

Dear Dr. Roach: A few years ago, I read that the herbal supplement feverfew may help with some migraines. Having suffered with severe migraine for over 50 years, I decided to try it. I take one capsule four times a day, and it has completely rid me of my migraines. Would you please mention it again? – B.J.F.

**Answer:** Feverfew is a common herbal remedy to prevent migraine, and although not all trials have

shown benefit, the majority of studies I have read showed that it is more effective than a placebo and the side effect risk is very small. Other nonprescription treatments that have been shown in most studies to be beneficial include magnesium, riboflavin and coenzyme Q10. They are generally safe and well tolerated and I hope others may get the same relief you have found.

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

#### Good Housekeeping One

#### **Deluxe Cheesesteaks**

The classic Philly Cheesesteak (thin slices of grilled steak on an Italian roll with melted cheese and grilled onions) is a South Philadelphia tradition dating back to the 1930s. Our version is divine

and you don't have to travel to have it.
 Ingredients:

1/2 cup red wine vinegar

1 tablespoon olive oil

1/2 teaspoon salt

1/2 teaspoon coarsely ground black pepper

3 cloves garlic, crushed with garlic press

3 medium red and/or green peppers, cut lengthwise into quarters, seeds and stems discarded

- 2 medium red onions, cut into 1/2-inch-thick slices
- 2 (about 3/4 pound, 1 inch thick) beef top round steak
- 4 ounces Provolone cheese, shredded (1 cup)
- 4 8-inch hero rolls, split horizontally Directions:
- 1. In small bowl, mix vinegar, olive oil, salt, pepper and garlic. Place peppers and onions in 1 large self-sealing plastic bag and steak in another. Add 2 tablespoons vinegar mixture to bag with vegetables and 1/4 cup mixture to bag with steak. Reserve remaining mixture. Seal bags, pressing out excess air. Marinate 15 minutes at room temperature.
- 2. Remove steak and vegetables from bags and place on grill over medium heat. Cook steak 15 to 20 minutes for medium-rare or until desired level of done, turning steak once. Cook vegetables on grill with steak about 15 minutes or until browned and just tender, turning occasionally.
- 3. Transfer steak and vegetables to cutting board. Let steak stand 10 minutes to allow juices to set for easier slicing.
- 4. Meanwhile, sprinkle cheese over cut sides of rolls. Place rolls on grill, cheese side up, and cook over medium heat 3 minutes or until cheese melts. Transfer to platter.
  - 5. To serve, thinly slice steak, cut peppers into strips and separate onion slices into rings. Pile steak, peppers and onions over melted cheese on bottom halves of rolls. Drizzle with reserved vinaigrette, and replace top halves of rolls, cheese side down.
  - Each serving: About 505 calories, 16g total fat (7g saturated), 62mg cholesterol, 910mg sodium, 55g total carbohydrate, 2g dietary fiber, 35g protein.

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





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Cash prize of \$100.00
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- 820 Nurseries
- 910 Plants
- 950 Real Estate For Sale 955 Real Estate Wanted 960 RVs & Motor Homes
- Rentals
- 980 Restaurant Supplies 1040 Services Offered
- Snowblowers
- 1080 Snowmobiles
- 1096 Sports 1109 Thrift
- 1140 Trailers Trains
- 1148 Travel
- 1165 Trees
- Truck Parts & Equipment 1180 Trucks
- Vacuum
- 1190 Vegetable 1200 Veterinary
- 1205 Wanted

#### **Announcements**

#### **ADVERTISING DEADLINE FRIDAY • 2:00 PM**

(Week Prior to Each Friday Dated Paper) For as little as \$4.00 - place a classified ad in

The Country Editor Call Peg at 1-800-836-2888

or 518-673-0111 or email classified@leepub.com

#### **Announcements**

CHECK YOUR AD - AD-VERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 800-836-2888 or 518-673-0111.

**BANNERS: VINYL - Single** Sided - Double Sided, various sizes. Set up and sales tax additional. Free shipping. Call Lee Newspapers Inc. at 518-673-0101 commercialprint@leepub.com



VENDORS WANTED: The Moses Quinby Conference & Field Day is seeking food craft vendors Saturday, July 24th, from 10-4. All craft vendors welcome. Those with bee, beekeeping, honev. garden/pollination and eco-related items will be given priority. Call for information: (518)599-2450 or mosesquinby62@gmail.com

#### $\star$ $\star$ $\star$ **ADVERTISERS**

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper Call Peg at 1-800-836-2888

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#### **Antiques**

WANTED TO BUY: Antiques & Vintage (1975 & older)... Old Comic, Coin & Postcard Collections; Pitchers & Platters, Old cense Plates; Old Christmas & Halloween; Quilts & Hankies; Old Train Sets & Toys; Old Axes & Odd Tools; Folk Art. Nautical & Adirondack: and lots more!! CASH PAID attic, cellar & shed! FREE 315-823-1177, Antiques 10-5.

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#### **Attachments**

#### **UNIVERSAL ATTACHMENTS**

- ♦ 5500#

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**Construction Services** 

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#### For Rent

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4 NEW UNIVERSAL RIMS size 17, \$100.00. 2 rims size 40 gallon fish tank complete with walnut stand, lots of extras. \$25.00: walnut desk. \$15.00; Brother's printer new \$25.00; TV and Microwave stands, assorted antique chairs and tables, much more. Call 315-894-1335

CRIB, PORTACRIB, four high chairs, walkers, baby clothes, bassinet, car seat, double stroller, toys galore, puzzles galore, radial arm saw, puzzles, puzzles, puzzles! 315-866-6745

SHEBA SHEPARD puppies, farm raised, friendly. 1st shots& dewormed. Ready now, \$200. Little Falls 315-823-0875

DOWN SIZING SALE: Loads of bedding sheets, comforters, curtains, tablecloths, knick- knacks galore! Harley collectibles, Davidson leather, boots, tools old & new, old 33-1/3 records, record player, old Life magazines. 3830 Paines Hollow Road, Little Falls.

"BEV'S BEST BLUEBER-RIES AND FRUIT" U-pick farm, call for picking schedule, 315-429-9425. Come

**BLUEBERRIES:** Pick-Yourfluctuate. Closed Sundays. 315-867-5735

#### **Garage Sales**

GARAGE SALE: Saturday, July 17th, 8am-4pm, 632 Steuben Rd., Herkimer. New router table w/router, new table drill press, Rockwell blade runner saw, tools, many items new and gently used, mens/womens winter jackets, boots, household items, pet items. Something for everyone!

3 FAMILY GARAGE SALE: Thursday-Saturday, July 15, 16 & 17, 9am-5pm, 530 State Route 5S, Mohawk. Like new kids clothing, toys, old books, fancy dishes, too much to mention! The price is right! Rain or shine!

FRIDAY AND SATURDAY July 16th-17th, 9-5. Baseball cards, collectables, Cabbage Patch, crafts, children's toys, deluxe fabric steamer, household articles, something for everyone. Westwood Dr., Herkimer.

GARAGE SALE: July 16 & 17, 8am-5pm. Treadmill, Fitbit, hanging chaise lounge, material, yarn, sheet music, kitchen things, gowns, dance costumes, knick knacks, books, puzzles, and much more. 147 Oregon Rd., Mohawk.

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JC Rendering is Hiring a FULL TIME YARD MAN

Responsibilities include washing trucks, unloading the truck, and getting the trucks ready to go out the next day. Pay starts at \$17.00 a hour if hired, weekends off, paid vacation and a retirement plan.

to 201 Jackson Rd. Frankfort, NY 13340 for an on-site interview You can also call

315-732-5759

If interested please come

with any questions **EMPLOYMENT OPPORTU-**NITY: Herkimer County: Looking for help in freestall or tiestall dairy with milking parlor, experience preferred, own transportation, parttime, full-time, housing avail-Please able.

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### Country Editor

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CUBCADET mower LT-50", "like new", used two summers, 41hrs, 24HP. Paid \$2,595, buy now \$2,095. 315-508-5145

#### Magnets

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#### **Miscellaneous**

Corrugated Signs, Shopping Bags/Totes, Gift Certificates, Invitations, Labels, Magnets, Business Cards, Rack Cards, Banners, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Signs, Pull-Up Banner Stands, Feather Banner Stands, Door Hangers, Envelopes, Posters, Calendars, Self-Inking Stamps, Flyers/Brochures. Call with your needs. Set up & sales tax additional. Lee Newspapers Inc. 518-673-0101 or commercialprint@leepub.com

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**Real Estate For Sale** 

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Call **518-673-0101** Lee Newspapers Inc. 6113 State Highway 5, Palatine Bridge, NY 13428

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		14 words - \$4.	
		24 words - \$5.0	
	(TELEPHONE NUMI	BERS = ONE WORD)	34 words - \$6.00
Name (Print):			
Farm/Company Name: _			
Street:			
City:		State:	Zip:
Phone #:	Fax #:	Cell #:	
Email Address:			
Payment Method:   Che		erican Express 🛭 Disco	
Card #:		Exp. D	ate:
Name on Credit Card (pr			MM/YY
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### Coffee Break

#### King Crossword

#### **ACROSS**

- 1 Pack cargo
- 5 Billboards
- 8 On with
- 12 Vagrant
- 13 Old Oldsmobile
- 14 TV's "Warrior Princess"
- 15 Actress Falco
- 16 Rep.'s rival
- 17 Apple product
- 18 Criminal's
- "why" 20 Latin love
- 22 Whiskey vari-
- etv 26 Dishonoi
- 29 Succor
- 30 Blue
- 31 Runner's tempo
- 32 Greek H 33 "Three Sisters" sister 54 Grant's foe
- 34 Last (Abbr.)
- 35 Nay undoer 36 Void

lete

- 37 Outing for two couples
- 40 Bedouin 41 Boston ath-
- 45 Wrinkly fruit
- 47 Dhabi preced- 6 Actor Billy er 49 "— la Douce"
- 50 Thaw
- 51 Allow
- 52 Pants part
- DOWN
- Son of Noah Commotion

53 Adams and

Schumer

55 Vegas game

- Life story
- "Alas "As You Like
- It" setting
- Williams 7 Neighbor of
- Kenva

- 8 Self-evident

- morale boost-
- e.g. 35 Carte lead-in Year in Spain "Awesome!"

33 Washington

Chowed

38 Londoners.

42 Nest setting

43 One-named

45 Actress

48 Spell-off

supermodel

Roman cen-

Thurman

46 Tiara sparkler

down

e.g. 39 Keen

Monument.

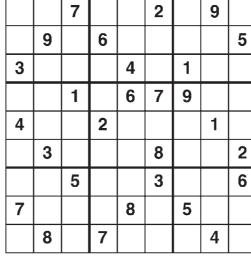
- 19 Compete
- 21 Like some
- exclusive
- Cabin com-
- the night
- 26 Tater

- 32 Size up
- Club -
- communities
- ponents
- before ..
- 27 Head light?
- 28 In reality

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### Weekly **SUDOKU**

by Linda Thistle



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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### MAGIC MAZE • EGYPTIAN

KYVSORIACQNKHEB

YUWTROLSJGEBYWU R P O N K I G W M D B Z X V S

QOMSKIGAEADCHMA

YW(ALEXANDRIA)EUU

SOPNLDSJOUALZYH

F E Z C A Y Y X X O S A I I V

USQEPNUMKSTHGAJ

H F E C U L T B Z N R N Y F X V U T R H S I R A A O A N E Q

Q P O M L K I T H M P B G E D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: CAPITAL CITY

Qena

Suez

Tanta

Alexandria Banha Ismailia Arish Desouk Luxor Aswan Faiyum Mansoura Port Said Asyut Gizeh

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#### **HOCUS-FOCUS**

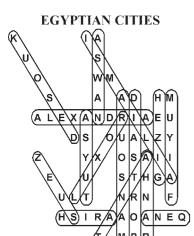


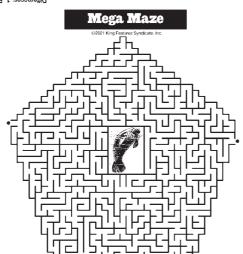
Find at least six differences in details between panels.



Differences: 1. Birds are moved. 2. Cloud is smaller. 3. Trunks are different. 4. Per support is removed. 5. Ice cream is different. 6. Umbreila is missing









**Multi Line New Tire Dealer Tire Repair Agricultural Tires Lawn and Garden Tires ATV & UTV Tires Semi-Tractor & Trailer Tire Service** 

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THE FARM

### Coffee Break

### B

### Home Country by Slim Randles

ur day is filled with heat at this time of year. It commands our attention and makes our work harder. As we toil, we daydream not about love or success, but things as mundane as shade and a cool drink.

But though the oppressive heat weighs on our brains and taxes our bodies, it is the price we pay for being allowed to spend time outdoors ... and it has its one singular consolation: our summer evenings.

When the sun goes down in summer, it's romantic enough to hug a cactus.

The recipe is simple; keep the earth warm, but just bring out the stars and a soft breeze that cools the skin. Mix this with a fulmination of little night varmint sounds of peeping and chirping and croaking. And guitars. Whether we play them ourselves or just turn on the

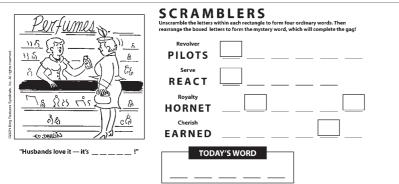
radio, it is a setting that is perfect for guitars. Villalobos, Fernando Sor, Tarrega, Randy Travis, Doc Watson, Steve Cormier.

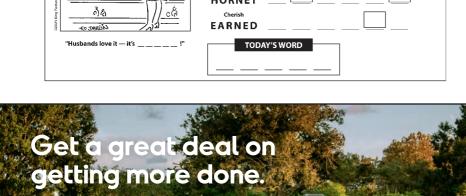
We sit in brick-paved patios with something cool and someone sweet and relax and talk about dreams, because on evenings like this, anything is possible. On nights like this, it's difficult to decide whether remembering evenings like this in the past is better than anticipating those to come. All we really know is that it sure is nice to be here right now.

Tonight I'm going to see if I can remember all the words to "Little Joe the Wrangler" and find out if my guitar is still in tune.

Brought to you by The Fly Fisherman's Bucket List by Slim Randles, from Rio Grande Books, and now available at Amazon.com.









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#### LAFF - A - DAY



"Try to finish everything. We're all out of doggie bags."

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**Answer** 

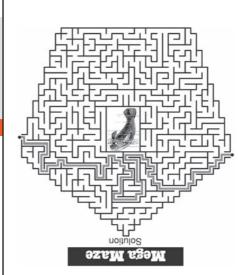
#### Weekly SUDOKU

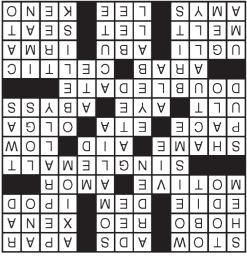
#### **CHEAP**

Τοday's Word

solution
1. Pistol 2. Cater;
3. Throne; 4. Endear

SCRAMBLERS





King Crossword — AnswersSolution time: 25 mins.

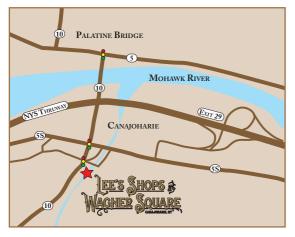
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