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AUGUST 6, 2021

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Utica Zoo to host 22nd annual Brewfest Favorite Fundraiser returns after canceling in 2020

One of the area's most popular events returns

this year, as the Utica Zoo hosts its 22nd annual

Brewfest, 6-9 p.m., Saturday Aug. 7.



Cheers from a past Brewfest at the Utica Zoo. The zoo's largest fundraiser, now in its second decade, returns this year after its postponement in 2020 due to the COVID-19 pandemic.

Photo courtesy of Utica Zoo

Brewfest offers the chance to sample the very best in brews from around the region and the world on the beautiful grounds of the Utica Zoo, rain or shine. Admission includes a commemorative pint glass, over 100 beers on tap, food samples, various vendors, a silent auction in the Zoo auditorium, and live music from Vinyl Logic and Soup Bone Charlie.

"Like many events in 2020, Brewfest was canceled due to COVID-19. Not only did the community miss out on their favorite beer festival, but the Zoo also missed out on its top fundraiser of the year," explained Utica Zoo Marketing and Visiting Experience Manager, Kari Procopio.

"As a non-profit

organization, fundraisers are critical to the ability to care for our animals and provide them with the healthiest, most enriching lifestyle possible. What a long, strange trip 2020 has been, but we're thrilled to be able to bring Brewfest back, join with friends, and help support our Zoo."

Brewfest is a 21 and older-only event. Advanced tickets are \$50 in advance for the general public and \$45 for zoo members. Designated driver tickets are \$25. Tickets can be purchased at Eventbrite.com (general and member tickets), the Utica Zoo Gift Shop (only local member ticket location), Marcy Discount Beverage, Chanatry's, City Liquors, Gems Along the Mohawk, Saranac

Brewery Gift Shop, One Realty Partners in the New Hartford Shopping Center and Beer Belly Bob's, Ilion.

Tickets at the door are \$55 for general admission and \$50 for zoo members. Overflow parking and shuttles will be available at MVCC and the Utica Parkway Recreation Center.

The Zoo will close to the general public by 1 p.m. on Saturday Aug. 7 to prepare for Brewfest. The Utica Zoo is following current guidelines for gatherings with respect to COVID-19. If there are no guideline changes, masks may be worn at the attendees' discretion.

For up-to-date information and a list of featured breweries on Aug. 7, visit www.uticazoo.org/brew.

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To Your Good Health

by Keith Roach, M.D.

Does Oatmeal Contain Roundup Herbicide?

Dear Dr. Roach: Experts advised us to "throw out sugar-laden cereals" and eat a healthy breakfast, such as oatmeal. Now we are told that oatmeal contains a significant amount of glyphosate, which they say is an ingredient in Roundup! Are we poisoning our children? – A.D.

Answer: There have been traces of glyphosate (an herbicide) found in oatmeal and other cereals. However, as always, the dose makes the poison.

The EPA has set a level of 30 parts per million, below which the exposure is considered safe. A 2018 study by the Environmental Working Group found levels of glyphosate in oatmeal breakfast cereals to be between 0.5 and 1 parts per million. It is unlikely that consumption of these cereals causes any significant health risks. Nobody likes the idea of eating an herbicide, but these are very low amounts, and some experts have questioned the specificity of the detection method used.

The same EWG report found that organic cereals had less, but often still some, glyphosate in them. Although the levels in both conventional and organic cereals were safe, glyphosate itself is found at generally lower levels in organic products. Unfortunately, there have not been good studies on residual amounts of organic pesticides (some of which are substantially more toxic than glyphosate) that might be found in organically grown food.

I agree with reducing the simple sugars found in many cereals, especially those marketed to children. However, I recommend more protein for breakfast than is found in oatmeal. You can add more with nuts, egg whites or seeds.

Dear Dr. Roach: I was diagnosed with high LDL cholesterol 20 years ago. I have been taking higher statin doses and now take Crestor 20 mg. Due to muscle pain, my cardiologist prescribed

Praluent injections of 75 mg every two weeks to lower my LDL to below 77. I am 74 and have two heart stents in my right coronary artery but have never had a heart attack.

Praluent is a monoclonal antibody, and the literature states that it can lower your immunity. I also have low-grade (Gleason 3+3) prostate cancer that has been

stable since diagnosed in 2012. Is there a risk that Praluent could cause my prostate cancer to advance? – J.E.

Answer: Although taking a statin (such as the Crestor you were taking to reduce cholesterol) was once thought to increase cancer risk, multiple studies have since found no convincing evidence that this is

the case.

Praluent (alirocumab) is in a new class of drugs, called the PCSK-9 inhibitors. They have not been used for very long, but I found no evidence that these drugs increase cancer risk either. There was some concern that the increase in bile acids seen in people treated with these drugs might predispose them to co-

lon cancer, but initial studies have not shown any problems so far with either Praluent or evolocumab (Repatha).

I believe that for you, heart disease is a larger risk to your life than your prostate cancer. Since you can't tolerate a statin, a PCSK-9 inhibitor is more likely to prolong your life by reducing heart disease risk than

it is to shorten your life by increasing prostate cancer risk. There is no evidence that it does so.

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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COVID-19 vaccine clinics for students scheduled at local schools

Local students now have the option of receiving COVID-19 vaccines right at their school or a nearby school during upcoming vaccine clinics.

The Herkimer County Public Health Department has scheduled several vaccine clinics for students in the Herkimer-Fulton-Hamilton-Otsego BOCES region.

Students who are 12 or older

are eligible to receive the vaccine at any of the locations. Adults accompanying students also will be able to receive vaccines. The vaccines are free to receive.

The vaccine clinics will be walk-in only, with no appointments. Second doses of the vaccine will be scheduled at the time students receive their first dose.

A parent/guardian must be

present for the vaccine clinic for any students who are younger than 18 – or another adult can accompany the student with a note from a parent/guardian including written permission and contact information.

Identification is required. If a minor doesn't have ID, the attending parents/guardians must present their ID on behalf of the minor. Insurance cards

are also required if the vaccine recipient is insured.

The Pfizer vaccine for ages 12 and up and Moderna vaccine for ages 18 and up will be available for all of the clinics.

The following is the schedule of the vaccine clinics:

- Central Valley: 9 a.m. to noon on Monday, Aug. 9, in the old cafeteria at Central Valley Academy at 111 Frederick St.

in Ilion.

- Owen D. Young: 9 a.m. to noon on Tuesday, Aug. 10, in the auditorium at Owen D. Young Central School District at 2316 State Route 80 in Van Hornesville.

- Frankfort-Schuyler: 1-4 p.m. on Tuesday, Aug. 10, in the Frankfort-Schuyler Middle School/High School cafeteria at 605 Palmer St. in Frankfort.



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

Herkimer Elks Lodge #1439 Classic Car Show to benefit Cerebral Palsy 12-4 p.m. Myers Park, Herkimer. Registration begins at 9 a.m.

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 fortplain-museum.org email info@fortplain-museum.org or call 518.774.5669.

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. 7 and Sept. 4

Holy Family Parish Open Houses for a Traditional Catholic Music School for Area Youth 9 a.m. to 10 a.m. at Holy Family Parish, 763 Main Street, Little Falls. For more information, call 315.823.3410.

Aug. 8

Ice Cream Social and Concert with Northern Grace (Christian and Country Band) 1-3 p.m. at Newport United Methodist Church. Also - Church School in a bag for the youth.

COVID-19 vaccine clinics for students. Central Valley: 9 a.m. to noon on Aug. 9 in Ilion. Owen D. Young: 9 a.m. to noon on Aug. 10, in Van Hornesville. Frankfort-Schuyler: 1-4 p.m. on Aug. 10, in the Frankfort-Schuyler Middle School/High School in Frankfort.

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 questions.

Aug. 16

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

Aug. 20

Polish Night 5-9 p.m. at the German Flatts Town Park, Route 5S, Mohawk (next to Ft. Herkimer Church). Music by Tony's Polka Band. Polish and American food available. Bring lawn chairs. More info.: contact Carol Vercz at: pvercz@twcny.rr.com.

Community Block Party 5:30-7:30 p.m. at Griffiss Park Green Space, at Ellsworth Rd Trailhead, Rome. To register, complete and submit the registration form at unitedwaymv.org/blockparty2021 by Aug. 10. If you have questions, contact Maggie Williams at maggiew@unitedwaymv.org.

Aug. 22

Utica Tunnel to Towers 5K Run/Walk at the Utica 9/11 Memorial at The Parkway & Sherman Drive and ending on Genesee Street in Downtown Utica. For more info, contact utica@tunnel2towers.org or visit t2t.org.

47th Annual Fort Klock Craft Fair 9 a.m. - 4 p.m. Saturday and Sunday 10 a.m.-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

Sept. 12

Breast Cancer Benefit for Jackie Moore 1-6 p.m. at Fireman's Field, 39 Pleasant Ave., Ilion. Each ticket includes: Chicken Barbecue Dinner from Promiseland Barbecue.

Sept. 13

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

Sept. 18

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

Craft Fair 10 a.m. to 5 p.m. at Cullen Pumpkin Farm, 587 Cullen Road, Richfield Springs. Fair is coordinated by the Church of Christ Uniting and benefits their annual fundraising efforts. Visit www.rschurchofchristuniting.com.

Oct. 4

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

Nov. 7

Yearly meatloaf dinner St. Pauls UU Church 565 Albany St. Little Falls NY to-go only 4-7 p.m. or until sold out. Delivery available to limited area.

Nov. 15

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

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Mon. Aug. 9th - Normal Monday Sale & Monthly Heifer Sale

FRIDAY, AUG. 13TH - NOTE DATE CHANGE DUE TO THE PRO MOTOCROSS RACE. sale held at our facility. 11:30AM Summer Production Sale - Selling 100 head of Registered All Breed Dairy Cattle. Exciting consignments from: Dutchview; Sweet-Peas; Mac-Mara, Retso, Morrill Dairy, Fantasy-Found, Honor-Roe, Intervale, Boanco Off Holsteins, Shar-Rich, Spring Relay, Ranway, Peaceful Valley, Laspada Holsteins, Liddleholme, Locust Vale, Millcreek, Selling Holsteins, Guernseys, Ayrshires, Shorthorns & Jerseys. 1 Holstein Service Bull - 1 Jersey Service bull. This sale is full - watch future ads for more details on this sale.

Mon. Aug. 16th - Normal Monday sale & Monthly Sheep, Lamb, Goat & Pig sale.

Mon. Aug. 23rd - Normal Monday sale & Monthly Organic Day

Mon. Aug. 30th - Normal Monday Sale

Upcoming Sales to watch for:

Sat. Oct. 9th - 11:00AM Morrisville, NY. Morrisville Autumn Review Sale. Watch for more complete details.

Sat. Oct. 30th - 11:30AM Fall Premier All-Breeds Dairy Sale. Accepting 100 head of All Breed Registered Dairy Cattle. Watch for more info on this great sale!

WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS. IF YOU HAVE SOMETHING TO SELL - IF ITS ONE OR A WHOLE HERD, LET US HELP YOU THROUGH THE PROCESS.

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Grilling turns the breakfast tables on a beloved staple

Grillmasters insist that just about everything tastes a little better when cooked over a flame. Even though grilling often is reserved for lunch or dinner, there's something to be said about preparing breakfast on those hot grates as well.

According to Andrew Schloss and David Joachim, authors of the cookbook "Mastering the Grill: The Owner's Manual for Outdoor Cooking" (Chronicle Books), there's reckless abandon involved in standing by an open fire in a robe preparing breakfast. It can turn a mundane morning into one right out of a camping expedition. For their "Grilled French Toast," the extra crunch and slight char grilling provides catapults this breakfast staple to another level of flavor.

Grilled Stuffed French Toast

Makes 4 servings

1 loaf Italian bread

8 ounces cream cheese, at room tem-

perature

4 tablespoons confectioners' sugar

1/2 teaspoon almond extract

3/4 cup blueberries

5 eggs

1 1/2 cups half-and-half or milk

1 teaspoon vanilla extract

Pinch of kosher salt

Oil for coating grill grate

1/4 cup Orange Honey-Butter Glaze (see below)

1. Cut off and discard a small diagonal slice from each end of the bread. Cut the bread on the diagonal into about eight 1 1/2-inch-thick slices. Cut a slit through the top crust of each slice to form a deep pocket.

2. In a medium bowl, mix together the cream cheese, 3 tablespoons of the confectioners' sugar, and the almond extract. Stir in the blueberries and spoon the filling equally into the bread pockets. Lay the stuffed slices of bread in a shallow 4-quart baking dish, such as a 15-by-10-inch dish.

3. Clean and dry the bowl, then use it to whisk together the eggs, half-and-half, vanilla extract, salt, and remaining 1 tablespoon confectioners' sugar. Pour the mixture evenly over the bread. Carefully tilt the pan and swirl the egg mixture to completely coat the

bread. Let sit for 30 minutes, or cover and refrigerate for up to 8 hours.

4. Heat the grill to 350° for a gas grill, medium ash for charcoal and medium ash for wood.

5. Brush the grill grate and coat it with oil. Put the French toast on the grill and cook until nicely browned and crisp on the outside, about 5 minutes per side. Transfer to a platter and, using a pastry or basting brush, brush both sides with

the Orange Honey-Butter Glaze.

Orange Honey-Butter Glaze

Makes 1/4 cup

2 tablespoons butter, well softened

1 tablespoon honey

1 tablespoon grated orange zest

Pinch of grated nutmeg

In a small bowl, mix all ingredients until creamy and spreadable like icing. Refrigerate for up to two weeks. Soften to a spreadable consistency before using.





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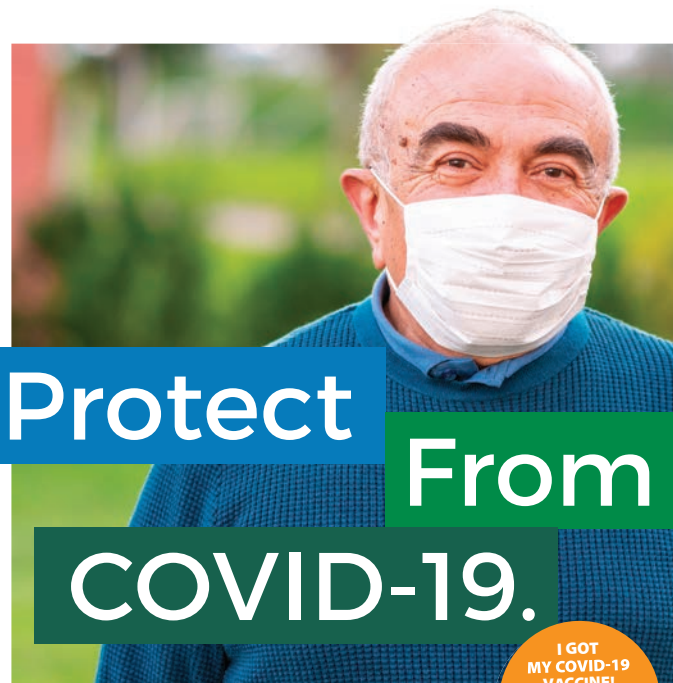
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Let's All Get Vaccinated



Getting a COVID-19 vaccine adds one more layer of protection.



A safe and effective vaccine to protect against COVID-19 is now available. Learn more: cdc.gov/coronavirus/vaccines

Vaccines are one of the tools we have to fight the COVID-19 pandemic.

- Over 338 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through July 22, 2021.
- Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if they you are exposed (also called immunity).
- Studies have shown the COVID 19 vaccinations are safe, effective, & it's free.
- Different types of vaccines are available. Most vaccines are given in two shots, one at a time and spaced apart. If you are told that you need two shots make sure that you get both.
- The vaccines may cause mild side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean that the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. Most side effects will not last more than a day or two.
- COVID-19 Variants are present in the community and the unvaccinated are at risk of getting sick and being hospitalized.
- Please consider getting vaccinated so that we can protect all of the children that cannot be vaccinated.

**If you need assistance scheduling a vaccination
or you need transportation to an appointment, please call 315-867-1121**

Fresh vegetables are the star of summertime meals

When the mercury rises, savvy cooks know lighter fare is the name of the game. Light recipes can be made even better by incorporating fresh produce that's full of vitamins and minerals. It's even possible to grow many of these foods right in your own backyard garden.

"Baked Peppers with Rice Stuffing (Bajoques Farcides)" is a delicate stuffed peppers recipe that originated in Alcoy, Spain. Rich flavors from pork and chicken pair with sweet peppers, tomatoes and corn for a filling yet not overly dense dish that's perfect for warm a weather lunch or a light dinner. This recipe comes courtesy of M. Teresa Segura's "Spain: Authentic Regional Recipes" (Fall River Press).

Baked Peppers with Rice Stuffing

Serves 6

3 tablespoons olive oil

1 large chicken breast, diced

5 ounces lean pork, diced

4 ounces ham or smoked bacon, diced

7 ounces short-grain rice

2 garlic cloves, finely chopped

2 pounds ripe tomatoes, skinned, seeded and chopped

1 green bell pepper, finely chopped

3 tablespoons corn kernels

2 teaspoons paprika

Pinch powdered saffron

Salt and freshly ground black pepper

6 tablespoons chopped fresh parsley

6 large red bell peppers

Heat the oil in a large saucepan and fry the chicken, pork and ham or bacon until colored on all sides. Take the pan off the heat and reserve.

Meanwhile, cook the rice in plenty of boiling salted water until done – usually about 15 minutes, but follow the instructions on the package. Drain and reserve the rice.

Add the garlic, chopped tomatoes, green bell pepper, corn kernels, paprika, saffron, salt, pepper and parsley to the pan containing the meat. Let the sauce simmer and reduce the volume of liquid by about half. Stir the rice into the sauce.

Oil a deep ovenproof dish big enough to take all the peppers. Cut off "lids" at the stalk ends of the peppers and remove the seeds. Stuff them with the meat and rice mixture and replace the lids. Tuck the peppers into the dish, cover with foil and bake at 325° for 1.25 hours.



Change in rabies clinic dates/procedure

Starting Aug. 16, the Susquehanna SPCA monthly rabies clinics will be held, first come, first serve. Clinics will be held at our new location: 5082-5088 NY-28, Cooperstown, NY. Remember to bring your pet's previous rabies certificate with you if you have one, so that the veterinarian can look at it to determine if your pet is eligible for a 3-year vaccine.

2021 SQSPCA Free Rabies Clinic Schedule:

Note that dates may be subject to change.

• Monday, Aug. 16: 2-5 p.m.

• Monday, Sept. 13: 2-5 p.m.

• Monday, Oct. 4: 4-7 p.m.

• Monday, Nov. 15: 2-5 p.m.

• Monday, Dec. 13: 2-5 p.m.

Call 607.547.8111 ext. 111 or email info@sqspca.org with any questions



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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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Climate change survey seeking kids

Cornell Cooperative Extension's 4-H Youth Development Program is seeking youth ages 6 to 7 to help us complete a survey of their knowledge about climate change. Each child will receive a free book for participating in the fun and easy 20-minute interview.

The purpose of this interview is to understand how much children of this age group know about climate change. To sign up for this survey email cornellgcckids@gmail.com or register through calendly.com/cornellgcckids/30min. For more information contact John Bowe at 518.623.3291.



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Rain gardens for stormwater management

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

Water plays a significant role in the health of our landscapes in more ways than meets the eye.

Stormwater is water that collects on the surface during and after a rainstorm or from melting snow. Depending on the permeability and slope of the surface it hits, stormwater can slowly infiltrate into the earth or wash over impermeable surfaces picking up oils, debris and pollutants along the way.

Without sustainable mitigation strategies in place, this warm, polluted water can end up in our local rivers, ponds and lakes, adding silt and pollution directly into our beautiful natural resources, lowering water and habitat quality.

While stormwater management requires collaboration at many levels, including state, community and private landowner, there are strategies each of us can implement to help manage stormwater runoff.

Utilizing plants in your landscape is an excellent way to help treat stormwater runoff. In addition to adding beauty and food for wildlife and insects, plants prevent soil erosion, slow down water speeds and soak up water and nutrients.

One way to utilize plants for stormwater management is to build rain gardens. Rain gardens temporarily collect stormwater, allowing it to slowly infiltrate into the earth.

Rain gardens often are planted with a plant species that can tolerate both wet and dry soils because there will be times when the rain garden is either saturated or dry. Try to

pick plants that are native and pollinator-friendly. This will turn your rain garden into an area that not only manages stormwater but provides food and shelter to beneficial insects and pollinators.

Plants such as cardinal flower, butterfly weed, Joe-pye weed, blue flag iris and red twig dogwood are great plants to test out in rain gardens.

Soil infiltration is incredibly important for the success of a rain garden. Not every natural low spot will make a good place for a rain garden. If your soil is compacted or heavy in clay, water may not soak into the soil quickly enough, causing your plants to struggle and water to sit too long on the surface.

The size of your rain garden should be based on the amount of stormwater you plan to collect. First, you have to determine where the water is coming from. Is it from

your roof or driveway, or a gutter or patio? Measure the surface area of these sources to help determine the overall area of the rain garden that you need.

For more details, check out the "Rain Garden Manual for Vermont and the Lake Champlain Basin" (at go.uvm.edu/raingarden) from Lake Champlain Sea

Grant and UVM Extension for specific recommendations on rain garden size, soil type, plant selection and easy-to-follow instructions for building your own

rain garden.

Looking for other ideas for how you can help mitigate stormwater runoff? A few simple things you can do are trying to mow your lawn less often, cutting the grass no shorter than three inches, or even considering what areas you could leave as meadow.

If you have any open soil, plant a cover crop or add mulch to help keep the soil from eroding in rainstorms or snow melts.

If you live close to a river or pond, make sure to leave a large planted buffer between the water's edge and lawn. This will help filter stormwater runoff and pollutants from entering the water and lowering water quality.

Every one of these small changes can make a big impact on improving water quality, and creating a more sustainable world. Test one out and see the difference it can make!



A rain garden is a cost-efficient way to manage stormwater runoff and prevent excess water and pollutants from entering waterways. Photo courtesy of Bonnie Kirn Donahue

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5 ways to pamper yourself more often

The COVID-19 pandemic has left many people scrambling for ways to unwind without risking their health or the health of others. For more than a year, opportunities to let loose and have fun have been stymied by the cancellation of concerts, theater shows, sporting events, family holidays, and so much more in the name of public safety. Individuals can look to coping strategies to find silver linings. Pampering oneself can be a healthy and enjoyable endeavor to explore.

Pampering means different things to different people. Pampering involves indulging in self-care strategies to improve mental, physical and emotional health. Pampering can provide a respite from stress, enabling one to switch off his or her brain for a bit. Rest assured that pampering doesn't have to

involve big expenses, and many pampering sessions can take place right at home. The following are five pampering ideas to explore.

1. Take a nap

Getting enough restful sleep is essential for your overall health. The Sleep Foundation says people who work multiple jobs or for extended hours may not have enough time for sufficient sleep, and the Centers for Disease Control and Prevention indicates one in three American adults do not get enough sleep. Getting seven or more hours of sleep per night is important, but you also can add to your sleep bank by taking short naps in the early afternoon. A nap can reduce stress and elevate the mood. Stick to a snooze of 30 minutes or less.

2. Indulge in a luxurious practical item

Instead of splurging on

something that is whimsical or unnecessary, allocate some disposable dollars to something functional — but put a luxurious spin on it. Think of buying a set of silk bedsheets or indulge on a high-end cut of meat for a family dinner. You'll feel rewarded without feeling guilty that you were wasteful.

3. Schedule a salon service

Hair, nail or skin services enable you to get away from home for an hour or more and devote time all to yourself. Plus, you'll have the benefit of walking out of the salon looking like

the best version of yourself.

4. Take a hot bath

People may be pressed for time when engaging in their daily beauty and grooming routines. A 10-minute shower before work might not provide the relaxation and sense of escape you need. Set aside a time in the

evening to soak in the tub and let stress as well as aches and pains melt away in the water. Scent the water with essential oils for a relaxing aromatherapy session.

5. Find a simple pleasure

Display fresh flowers on the table, listen to some favorite music

while cleaning the house or plan a homemade meal for yourself accompanied by a fine wine. Planning for a simple pleasure once or twice a week gives you something to look forward to.

Pampering comes in many shapes and forms and is an effective way to reduce stress.



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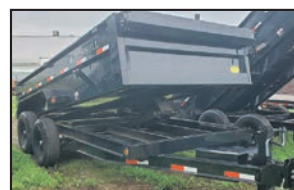
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Phlox and powdery mildew management

by **Bonnie Kirn Donahue**,
Extension Master Garden-
er, University of Vermont

Phlox is a highly versatile perennial with powerful blooms that can extend through much of the season. From spring-flowering, low-growing creeping phlox (*Phlox subulata*), to its taller, summer relative, garden phlox (*Phlox paniculata*), there are many cultivars with an endless variety of flower and leaf color, height and bloom time.

Garden phlox's powerful presence and rainbow of colors, from pinks, purples and blues, to reds, oranges and white, can add incredible visual impact to the late summer garden. That is, if they make it that long.

Unfortunately, phlox is susceptible to being eaten by animal visitors such as deer and being covered with an unattractive, white substance known as powdery mildew.

Powdery mildew is a group of fungi that attaches to the leaves and stems of plants including phlox, bee balm and peonies. It makes the surfaces of the plant look almost dusted with white and brown specs.

Its spores are spread by wind and once attached, the fungi absorbs nutrients from the plant in

order to continue spreading. While this sounds extreme and doesn't look very nice, if the affected plant is still growing and flowering as it should, you don't need to do anything to treat the mildew.

If you notice that your phlox is suffering from stunted growth, dying foliage or decreased flowering, or if you want to test out possible improvements, there are some non-chemical, pollinator-friendly methods you can use to manage fungi.

When planting a new garden, try to select phlox varieties that are powdery-mildew resistant. This is a good step toward preventing future problems.

Phlox paniculata 'David' is a 24-48-inch tall white-flowering garden phlox with resistance to powdery mildew. The 26-30-inch Purple 'Goliath' phlox (*Phlox paniculata* 'Goliath'), 36-inch salmon-toned 'Orange Perfection' (*Phlox paniculata* 'Orange Perfection') and 12-20-inch light blue 'Blue Flame' phlox (*Phlox paniculata* 'Blue Flame') also are good choices for powdery mildew resistance.

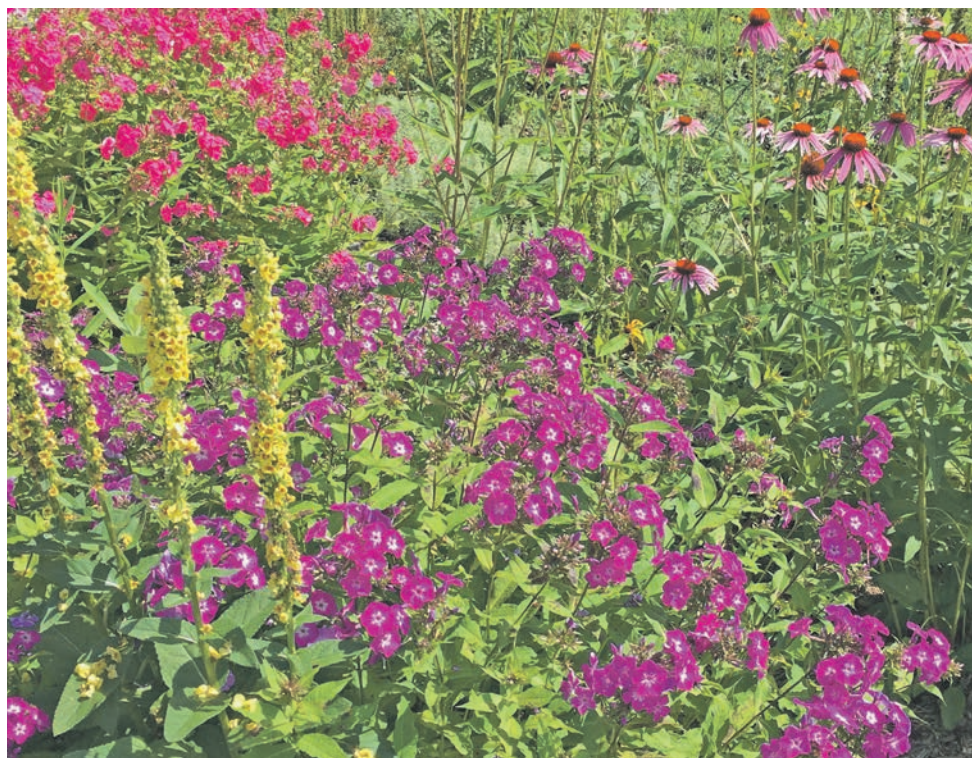
For existing gardens, try to relocate your phlox to a new place in your garden. Try an area that

gets more sun and has more airflow to see if this makes a difference.

Some varieties of powdery mildew prefer moist environments, while others are happy to live in dry conditions. If you have the fungi and your environment is very shady, moist and tightly spaced, relocating your phlox could make a difference.

Before transplanting, adjust your soil nutrients to see if anything improves. Get a soil test to make sure you match the best amendments to the plant requirements.

Still having trouble? Talk to the experts at your local greenhouse or nursery about their experience with different phlox varieties and how they manage powdery mildew.



Garden phlox's rainbow of colors adds visual impact to the late summer garden.
Photo by Bonnie Kim Donahue

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Raspberry freezer jam: Savor the flavor all year long

by Joyce Amsden, Extension Master Gardener Intern, University of Vermont

Is there anything as delicious as a sun-warmed raspberry plucked from the bush and popped into your mouth?

The flip side of this simple summer pleasure is how fragile your freshly picked raspberries are and how quick to spoil. Fortunately, raspberries freeze well and are a tasty addition to baked goods, smoothies or yogurt. Another tasty option is freezer jam. Because the berries are not cooked, the flavor is distinctly fresh.

Here are some helpful tips for making raspberry freezer jam.

Do some research to learn when raspberries will be available in your area. The timing varies from early July to early fall depending on the varieties grown and the location of the berry farm.

Purchase fruit pectin. Several brands are available

but check that the brand you select offers a recipe for freezer jam. Some brands offer a reduced sugar version. Read the instructions and make sure you have everything you need.

Pick only ripe berries that separate from the core with a gentle tug. Avoid picking when the berries and bushes are wet with dew or rain. Wet berries mold very quickly.

The ideal containers for picking are shallow fiber or wood boxes that can be set into a basket hung from a belt loop. In a deep container, the berries in the bottom can get crushed and lead to rapid spoilage. Handle your berries gently.

If you travel a distance from home in a hot car, consider bringing along a cooler with ice packs or cool the car before heading for home.

At home, sort through your berries immediately, watching for debris and squashed or mushy berries. Place the fruit gently into freezer containers. Refrigerate or freeze within a day or two to preserve freshness. Immediate chilling can also prevent any problematic effects of spotted wing drosophila (go.uvm.edu/spw).

No time to make jam? It will be just as good made later with frozen berries.



Nothing tastes better than a slice of buttered toast slathered with homemade raspberry jam.

Photo by Joyce Amsden

Remember, successful freezer jam is dependent on accurate measurement of the ingredients. Follow the recipe exactly. Measure carefully.

Whether using fresh or previously frozen berries, crush a single layer of berries at a time with a potato masher and measure. A quart-size glass measuring cup works great for this. Measure the sugar into a separate bowl so that you can begin again if you get distracted or lose count.

Follow the package directions. This generally involves mixing the sugar and crushed berries, cooking the pectin briefly and adding it to the berry mixture. Portion the jam into containers, cover and let it sit for a time. Refrigerate or freeze. Your jam will keep several weeks in the refrigerator or a year or more in the freezer.

Six months later as the north wind howls and blows pull a jar of jam from the freezer, sit down with a mug of your favorite warm beverage, a slice of buttered toast slathered with raspberry jam, and revisit the sweet sensations of summer.

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Strange But True

by **Lucie Winborne**

- Prior to becoming America's 38th president, Gerald Ford had a side gig as a model. In 1942, shortly after joining the Navy, he landed an uncredited spot on the cover of Cosmopolitan in his uniform.
- Scotland has 421 words for snow.
- Coca-Cola can remove blood stains. Pour a whole can into your wash, along with the blood-stained clothing and your usual detergent, then run a normal cycle. The laundry will come out stain-free.
- "Albert Einstein" is an anagram for "ten elite brains." Hmm, seems fitting to us.
- Sales data gathered by the National Hot Dog

and Sausage Council indicates a strong link between the number of hot dogs and sausages sold at Major League Baseball stadiums and their team's ability to win games.

- Your nose is always visible to you, but your brain ignores it through a process called Unconscious Selective Attention.

- "Prison Inside Me" is a hotel of sorts in South Korea where people pay to be locked away in solitary confinement for 24 hours. "Jail mates" wear matching uniforms, sleep on the floor in 54-square-foot cells and are forbidden to speak to each other. Meals are minimal – a steamed sweet potato and banana shake for dinner and rice porridge for

breakfast. Like any good getaway, the prison stay comes with a souvenir: a certificate of parole upon completing one's stint in solitary confinement.

- Who says there's no such thing as truth in advertising? Nebraska's recent advertising campaign slogan, complete with T-shirts and coffee mugs, was "Nebraska: Honestly, it's not for everyone."

- Tickling has been divided into two types. Knismesis refers to "light featherlike" tickling, and galesis refers to "harder laughter-inducing" tickling.

Thought for the Day: "There's something beautiful about keeping certain aspects of your life hidden. Maybe people and clouds are beautiful because you can't see everything." – Kamenashi Kazuya

Bible Trivia

by **Wilson Casey**

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

2. What happened to Jeroboam's hand on confronting the man of God at the altar? Fell off, Turned to salt, Became a viper, Dried up

3. The children making fun of Elisha's bald head were torn apart by? 2 bears, 3 lions, 7 serpents, Locust swarm

4. From Acts 13, who was called "A man after mine own heart"? Gideon, David, Matthew, James

5. In John 19, who said, "What I have written, I have written"? Daniel, John the Baptist, Pilate, Jesus

6. From Genesis 1:20, on what day did God create the birds? 1st, 2nd, 3rd, 5th

Answers: 1) Neither; 2) Dried up; 3) 2 bears; 4) David; 5) Pilate; 6) 5th

Sharpen your understanding of scripture with Wilson Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.



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Number / Classification

20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
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- Last 2 Lots Available

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MAN WITH PICKUP TRUCK
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Help Wanted

The Herkimer County Soil & Water Conservation District

Has an opening for a full time, provisional, Conservation Aide. This position involves hydroseeding, invasive species programs, assisting with stream erosion projects, education and outreach programs, and assisting staff with a variety of soil and water conservation projects when necessary. Good communication skills, mechanical aptitude and manual dexterity are required. Knowledge of natural resource conservation and agricultural operations is preferred. Average work week of 40+ hours.

For an application, instructions, and specific qualifications contact the Herkimer County Soil and Water Conservation District at 315-866-2520 ext. 5 or go to the website: www.herkimercountyswcd.com
Application packet must be received in our office by 4:00 p.m. on August 19th, 2021

Magnets

BUSINESS CARD MAGNETS only \$55.00 for 250. Set up & sales tax additional. Free Shipping. Please allow 7-10 business days for delivery. Call Lee Newspapers Inc. at 518-673-0101 or commercialprint@leepub.com

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Route driver for non CDL license needed.

You would go to restaurants and pick up used cooking oil. Hours are flexible with overtime and weekends off. New equipment and benefit package available. The starting pay is at 17.00 per hour.

**Apply at JC Rendering 201 Jackson Rd.
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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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Coffee Break



King Crossword

ACROSS

1 Mattress option

5 NASCAR advertiser

8 Wild guess

12 Supervisor

14 "Yes —?"

15 Accidentally

16 Late July babies

17 Since Jan. 1

18 12-year-olds, e.g.

20 Bjorn Borg, for one

23 Salon request

24 Actress Elisabeth

25 Act of contrition

28 Knight's address

29 Persnickety

30 Fez, e.g.

32 Woo

34 City district

35 BMW rival

36 Follows

37 Mississippi city

40 Venus, to Serena

41 Mine, in Montreal

42 Astaire specialty

47 Scepters

48 Valuable volume

12

15

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10 Soon, poetically

11 Employer

13 Fill fully

19 Fay of "King Kong"

20 Snake's warning

21 Spinning sound

22 Modern money

23 Joe of "GoodFellas"

25 Talking heads' opinions

26 Spiced tea

27 British noble

29 Ersatz

31 Pro Bowl stats

33 Zedong follower

34 Sushi condiment

36 Ocean motion

37 Fir coat

38 "— a roll!"

39 California city

40 Agile

43 Motorist's org.

44 Silent assent

45 Army rank (Abbr.)

46 Scrape (out)

DOWN

1 Watch chain

2 Wall climber

3 Fun and games

4 Dr. Jekyll's alter ego

5 Fax

6 Sleuth

7 Sham

8 Grave

9 Genealogy chart

10 Soon, poetically

11 Employer

13 Fill fully

19 Fay of "King Kong"

20 Snake's warning

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45 Army rank (Abbr.)

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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MAGIC MAZE ● ACCOUNTING TERMS

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

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

Assets	CPA	Journal	Profit
Audit	Credit	Ledger	Receivables
Capital	Debit	Loss	Write-off
Cash flow	Income	Payables	

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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!

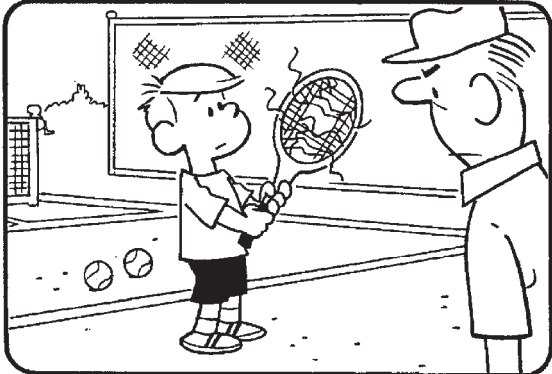
Awry	WAKES					
Somber	MOOSER					
Root	BRUTE					
Dismay	LAMAR					
TODAY'S WORD						



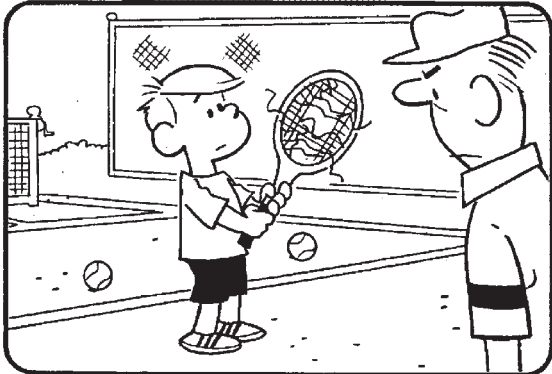
"Announcing Mrs. John Weebly, to
a cup of caviar."

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. String is missing. 2. Ball is moved. 3. Sleeve is different. 4. Hedge is smaller. 5. Sneakers are different. 6. Socks are missing.

BORROW
Today's Word
3. Tuber; 4. Alarm
1. Askew; 2. Morose;
solution
SCRAMBLERS



Multi Line New Tire Dealer

Tire Repair

Agricultural Tires

Lawn and Garden Tires

ATV & UTV Tires

Semi-Tractor & Trailer Tire
Service

Semi-Tractor & Trailer Computer
Spin Balancing

Goodyear National Accounts

NYS Contract Pricing

Oil Changes

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GRIT & WHISKEY
Wednesday



JAKE GILL
Thursday



OCTOBER ROSE
Friday



TOM NITTI
Saturday



**JD & THE
ROLLIN SOUTH BAND**
Sunday



**CHILDREN'S POWER
WHEEL DERBY**
Sunday

Appearing Daily...

Plus ...



Hog Diggity Dog

**HBH
Clydesdales**



**Pretty Bird
Paradise**



**Michael Felk's
Tinsmithing Shows**



**Milky Way's
Farm Adventure**

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