## AUGUST 20, 2021

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Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and fi nd Me, when you search for Me with all your heart. Jeremiah 29:12

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## Move to October not the only thing new for Little Falls Cheese Festival

Collins Repair Service

The Little Falls Cheese Festival returns this year, moving from its traditional mid-July spot to Saturday, Oct. 2. But visitors to this year's event will find that the cooler time of year isn't the only thing new about the festival.

While the selection of New York State farm-produced cheeses remains the focus of the event, new to this year's Cheese Festival is a "food truck food court" in the M&T Bank parking lot. The food court will give visitors a full variety of refreshments to complement the restaurants in downtown Little Falls, and will include plenty of shaded seating as well as live music. In addition to the food trucks, this

year's festival will expand the number of New York-based craft beverages visitors can find for increased cheese-pairing options.

The time off gave the Cheese Festival Planning Committee an opportunity to address the parking challenges of past years by setting up a free shuttle service to and from downtown Little Falls. Signs will steer visitors to free parking in either the North Lot (Veterans Field) or South Lot (Industrial Park), with shuttle buses running continuously from 10 a.m. - 5 p.m.

Finally, the Little Falls Festival has Cheese teamed with the Central New York Cheese Trail so visitors can take a deeper dive into the region's cheese making heritage. Check out the CNY Cheese Trail website to see itineraries for day trippers or those in for the weekend to get a unique culinary experience at participating dairy farms. Those who complete a trail card by visiting all of the farms receive a free insulated Cheese Trail tote bag.

"If there was a silver lining to the forced time off last year, it was that it gave us a chance to step back and evaluate ways to make the Little Falls Cheese Festival even better," said Teri Chace of the Little Falls Cheese Festival Planning Committee. "We're excited to be back, stronger than ever. This year's festival is going to be great!"

Now in its sixth year, the Little Falls Cheese Festival is New York State's premier gathering of cheesemakers, with an estimated 6,000 people attending in 2019. This year's festival on Oct. 2 will run the length of Main Street from 10 a.m. - 5 p.m. Keep up to date with future plans by following the Little Falls Cheese Festival on Facebook, Instagram or visiting littlefallscheesefestival.com.



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## DMV and NYS Fair announce contest to win lifetime pass to the fair

The New York State Department of Motor Vehicles (DMV) and the NYS Fair announced that one lucky New Yorker could win a free lifetime pass to the fair by ordering a custom New York State Fair license plate. Anyone who orders one of the plates during the fair, which runs Aug. 20 – Sept. 6, will be entered to win. Attendance at this year's fair is not required to be eligible.

"We are proud to offer the New York State Fair plate and excited about giving customers a chance to win a lifetime pass to the fair," said DMV Commissioner Mark J.F. Schroeder. "The fair started 180 years ago, long before we were driving motor vehicles, and it has continued to grow and thrive well into the 21st century. We are fortunate to be part of this great New York tradition and to have the opportunity to give our customers another option to engage with the DMV."

Troy Waffner, fair director, said, "One of the great things about the fair is that it gives New Yorkers a chance to be face-to-face with the state agencies that serve them. I urge all fairgoers to take a moment to visit DMV and other agencies to get their questions answered and services in place. And get your State Fair license plate – you might become a fair fan for life, and I love seeing them when I'm driving!"

DMV will once again bring its mobile office to the fair where fairgoers can learn about the NYS Fair license plate and the more than 200 custom plates available. The DMV will also assist customers with online and kiosk transactions, as well as conduct eye tests for those who need to renew their driver license, and help customers prepare to get a REAL ID or Enhanced ID.

DMV will offer services at the fairgrounds in the Center of Progress Building from 10 a.m. - 10 p.m. on all days except Labor Day. On Labor Day, the fair ends at 9 p.m. A mobile DMV kiosk will allow customers to complete nearly one dozen transactions such as renewing or replacing their driver license or non-driver ID, or ordering a copy of their driving record. DMV staff will also assist with nearly 70 online transactions, including scheduling an office reservation or road test, address changes and provide information on the new online permit test.

To help New Yorkers prepare for getting a REAL ID, the DMV exhibit will feature a REAL ID document guide that shows New Yorkers exactly what documents they need in order to get a REAL ID or an Enhanced ID. The DMV encourages all customers to use the guide, which is also available online, before coming to a DMV Office. The federal government has extended the dead-line to get a REAL ID-compliant document until May 3, 2023, but customers can get one now and the DMV encourages New Yorkers to do so and avoid the rush in 2023.

For more information about the DMV, visit dmv. ny.gov or follow them on Facebook, Twitter and Instagram. For more information about the NYS Fair, visit nysfair.ny.gov.



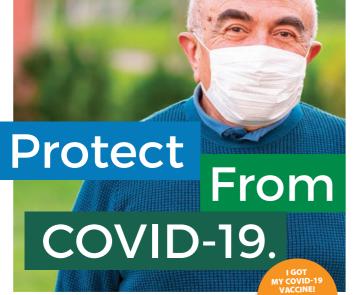
## Herkimer County Office for the Aging ~







# 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

## **Paw's Corner**

by Sam Mazzotta **Heatstroke Almost** Killed Her Dog

Dear Paw's Corner: I never keep my dog Alfie in the car, even on cool days. Last Sunday, I took Alfie to the park to get some exercise. It was hot, and after a short while Alfie came back to me, panting heavily. He was still panting on the drive home and seemed lethar-

gic. so I called his veterinarian, who said to take him to the emergency vet immediately. There, he was diagnosed with heatstroke! They treated him and he's doing much better, but I was shocked at how quickly Alfie developed a heat injury from being outside. Please warn your readers that dogs are very vulnerable to summer heat. - Chris

in Portland. OR

Dear Chris: You are so right! I'm glad Alfie is doing well and that tragedy was averted by your instinct to contact the vet.

Just like humans, dogs need to acclimate to their environment. Sudden weather extremes like excessive heat or freezing cold are very difficult to adjust to. Dogs have far fewer sweat glands than

August 14

Lynn Swartz at 315.891.3999 or

August 15

2021 Exhibit "Influential Cit-

izens of Salisbury" 1 to 3 p.m.

at 1805 Frisbie House, 109 State

Route 29A, Salisbury Center.

Sponsored by the Salisbury Histor-

August 16

Rabies clinic at Susquehan-

na SPCA 2-5 p.m. Register at

August 20

Polish Night 5-9 p.m. at the Ger-

man Flatts Town Park, Route 5S,

Mohawk (next to Ft. Herkimer

Church). Music by Tony's Polka

Band. Polish and American food

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info.: contact Carol Vercz at: pver-

August 21

Flea Market for H.A.L.O. 10 a.m.-

4 p.m. at Ilion/Frankfort VFW,

Acme Road. For more info, call Na-

August 22

"Influential Citizens of Salis-

**bury**" **exhibi**t 1 to 3 p.m. sponsored by the Salisbury Histori-

cal Society, 109 State Route 29A,

August 26

Road, Town of Ohio. Pre-registration

talie Massita, 315.520.3112.

607.547.8111 ext 111.

cz@twcny.rr.com.

Salisbury Center.

ical Society.

lfswart@gmail.com with questions.

humans: they manage their body temperature in other ways, such as panting when it's hot. So if we're feeling the heat, dogs are feeling it even more!

It's important to watch for signs of heat injury, especially when outdoors. Excessive panting is a key sign, as is lethargy and excessive drooling. Other symptoms include reddened gums, vomit-

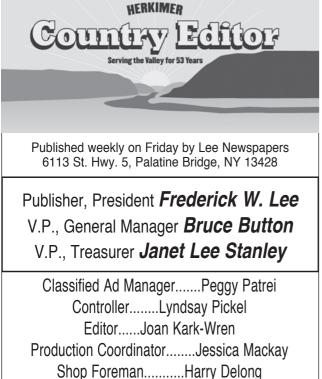
ing, diarrhea, loss of coordination and collapse. Immediate treatment is needed to prevent serious injury or death.

Keep plenty of cool water on hand for your dog to drink, both indoors and out. Never leave them in the car, even for a minute. At home, keep the air moving with fans, and cool down the environment with an air conditioner.

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

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ister by calling 315.867.1176. **Blueberry Pancake Breakfast** at Fairfield Community Hall at 8 a.m. August 27 Sponsored by Fairfield Restorations Association. Take out only. Contact

**Calendar of events** 

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the

will end at 12 p.m. Aug. 25. Pre-reg-

tervention Coordinating Council you would like information, contact Nicole Keyserat 315.867.1176.

Huge Indoor Garage and Rummage Sale 10 a.m. to 4 p.m. at Newport United Methodist Church. Something for everybody.

Leatherstocking Council Boy Scouts of America Yard Sale at Camp Kingsley 9 a.m.-5 p.m. Visit www.leatherstockingcouncil.org/ CouncilYardSale.

#### August 29

Salisbury Historical Society is presenting an exhibit on the "Influential Citizens of Salisbury 1-3 p.m. Last day of exhibit.

### August 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.

#### August 30

Oil Painting Class with Wilson Bickford 5-9 p.m. at Auskerada Place, 78 S. Main St., Dolgeville. Call "Diane" at 315.429.3618 to register.

### September 11-12

Fair 9 a.m. - 4 p.m. Saturday and

Calendar of Events. Entries may be emailed to cfeditor@leepub.com Sunday 10 a.m.-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

### September 12

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

### September 13

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

#### September 14

**Regular meeting of the Salisbury** Historical Society at 6:30 p.m. at 1805 Frisbie House, 109 State Route 29A, Salisbury Center.

### September 16

Rabies Clinic 5:30-7 p.m. at Cedarville Fire Department, 960 State Rte. 51, Cedarville. Pre-registration will end at 12 p.m.Sept. 15. Pre-register by calling 315.867.1176.

### September 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.-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.

### September 19

Special Program: "Salisbury Iron Mines" presented by Robert Schmid at 2 p.m. at the 1805 Frisbie House, 109 State Route 29A, Salisbury Center. Sponsored by the Salisbury Historical Society.

Rabies Clinic 5:30-7 p.m. at Ohio Community Rec. Center, Nellis Herkimer County Local Early In-(LEICC) meeting 2 p.m. via Zoom. If

**August 27-28** 

August 27-29

47th Annual Fort Klock Craft

467 Main St

315-826-7115

Sunday Worship 10:30am

Intercessory 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 Bradseth 21 N. Helmer Ave.

Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM

Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP

Pastor Marvin Isum

3 Elm St. Phone 429-8390

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PRESBYTERIAN PARISH

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Worship 11 AM

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Mass 9 AM Sunday

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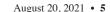
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NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

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

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.kuvahorracc.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 Broadcast on 95.9 FM within 2 miles of church

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4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays **TEMPLE BETH JOSEPH** 327 N. Prospect S 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 Sundav 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 Bd 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 nants John and Lori Wood 429 N. Prospect St. Phone 866-1240 Liei www.thesalvationarmy.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 Schoo 9:00 AM

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HERKIMER 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 Bible Studies 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 FPISCOPAL CHURCH 300 N. Main St. Church Office (315) 866-0551 Email: ChristChurch315@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Free Community 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 PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070

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

ILION Morning Star United Methodist Church 36 Second Street 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

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

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EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM

Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment

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

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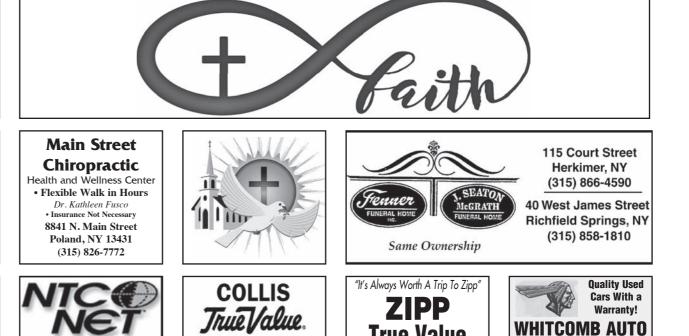






(Sept.-May) Fellowship Coffee Hour 11:15 AM EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM FIRST ASSEMBLY OF GOD Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ,

Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM



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Pastor Tamara Razzano

16 Jackson St

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Email Iffirstpres@gmail.com

www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

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443 Inghams Mills Rd Little Falls, NY 13365

Pastor's Phone (315) 717-9936

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Pastor Donald King

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Morning Worship 11 AM Evening Worship 6 PM

Wednesday Praver 7 PM

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Sunday Service & Religious Education 10 AM CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor

## **To Your Good Health**

excellent place to start.

#### by Keith Roach, M.D. Can Lyme Disease Lead to Parkinson's?

**Dear Dr. Roach:** Can Lyme disease send a person into Parkinson's disease? I tested positive for Lyme – I had the bullseye rash, fever and terrible headaches. After a month on doxycycline, my left arm started shaking and my neurologist diagnosed me with Parkinson's. The doctor said it had nothing to do with the Lyme disease. What is your opinion? – S.M.

**Answer:** I can absolutely understand why you might suspect that the neurologist could be wrong. The coincidence seems too much to believe. However, I think your neurologist is probably correct. The different types of neurological complications of Lyme disease

are many and varied. The most common are any combination of meningitis symptoms (inflammation of the lining of the brain, with headache, fever, stiff neck and light sensitivity); disorders of the cranial nerves (especially the facial nerve, so people with neurological Lyme disease can look like they have Bell's palsy); and damage to peripheral nerves, causing pain and weakness or numbness, often resembling sciatica (but may include other parts of the body).

A detailed neurological exam by a neurologist would look for signs of Parkinson's disease – not just the tremor you describe, but also muscle rigidity and changes in gait. These would be very unusual in Lyme disease. I did find cases resembling some aspects of Parkinson's disease, but they improved with treatment. It is possible that the stress of the Lyme disease hastened the onset of Parkinson's disease you were destined to get.

I say your neurologist is "probably correct" because what I found – absence of data to support a correlation – does not mean that there is no correlation, and it is possible that time may prove Lyme disease is connected to Parkinson's. However, I think it's unlikely.

**Dear Dr. Roach:** Ever since my mother became ill, my father's health has gone downhill. He has trouble walking and getting up from a sitting position, and he has hardly any feeling in his hands. It has gotten so bad that he has to pick things up with the webbing of his fingers then manipulate it to the correct position.

His doctor claims that this is old age, but I fear it could be a bone issue. A friend of mine many years ago found that she could not raise her arm past her shoulders and subsequently had neck surgery at the age of 80 to correct it. My father is 77 and was fine until recently. Is this really "old age," or could something else be wrong? – J.P. **Answer:** It is NOT "old age."

It's a problem with his nervous system, but I can't tell you what exactly without a more comprehensive evaluation. There are several likely possibilities, including carpal tunnel syndrome, but many others as well. He should have an evaluation. A neurologist would be an **Dr. Roach writes:** A recent column on itchy ears generat-

column on itchy ears generated a lot of letters from readers, mostly asking whether this was due to allergies. One person found that it was the dye from shampoo that seemed to cause the symptom. Several people wrote in that treatment with medicated selenium shampoo helped solve their problem.

As always, I appreciate helpful suggestions from readers.

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.

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## Food Trucks & Fire Trucks Day

Food trucks, fire trucks and services, Believe 271. a bounce house, a car show and a jaws-of-life demonstration will be coming to the Poland Fire Station on

Sat., Aug. 21 from 1 - 6 p.m. The fire station is at 216 Main St. (Rt. 8), Cold Brook (between Poland and Cold Brook). Car show judging is from 1 - 3 p.m., with

awards to follow. Call 315.826.7141 for more information.

## Now Here's a Tip

#### by JoAnn Derson

• Stuck zippers can be loosened with graphite powder, or simply by tracing a pencil lead over the zipper.

• "The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It's magical. This, coming from a softball mom whose daughter loves to slide." – A.A. in Florida

• Clear bins make it easy to group like items in your pantry. You can remove the bin, get what you need and replace it, rather than digging through cans and boxes on a shelf and having to straighten it back up when you're done.

• A better use for soda: Use it to scrub

your pots and pans. If you have grime and slime, try letting the acids in soda pop work it out for you. Pour enough soda to cover the bottom of the pots or pans and let soak for five to 10 minutes. Then scrub away.

• "If you have a retractable cord on your vacuum, try this trick. Clip a clothespin at the optimum length, and the cord will not retract past that point. So, no more snapping right out of the outlet, which used to happen to me." -P.L. in Tennessee

• Use rubbing alcohol to clean window frames. It evaporates quickly with no residue left behind.

Send your tips to Now Here's a Tip, 628 Virginia Dr., Orlando, FL 32803.

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• For several decades,

in bowling management

that allowed students to

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#### by Lucie Winborne

• In a practice called "sexual death feigning," female dragonflies play dead to avoid sex. Why? A scientist at the University of Zurich observed that, when faced with aggressive males, female moorland hawker dragonflies will freeze in mid-air, fall to the ground and lie mo-

## **Strange but True**

tionless in an attempt to cation schedule for "The avoid injury and some-Hunchback of Notre Dame," he asked his valet times even death that can result from being coerced to confiscate his clothes into mating. Four othso he wouldn't be able to er species, including the leave the house. spider and praying mantis, are known to do this Vincennes University in Indiana offered a degree as well

• When Victor Hugo was facing a tight publi-

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• President John F. Kennedy was buried without his brain. The original reason given was that it had been "lost" during his autopsy, but in 2018, newly released U.S. government documents revealed that his brother, Robert Kennedy, ordered the brain secretly destroyed to ensure that it would never be displayed in a museum.

• Eating Kentucky Fried Chicken on Dec. 25 is such a popular tradition in Japan that the chain asks customers to place their orders at least two months in advance. The custom started in 1974 when it was introduced to Japan for visitors who were looking for a dinner that resembled a traditional holiday meal.

• Aside from being the first commercially successful 3-D game, Battlezone also was used by the U.S. Army to train tank gunners.

Thought for the Day: "Take a walk outside – it will serve you far more than pacing around in your mind." - Rasheed Ogunlaru

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August 20, 2021 • 7

## Sauerkraut: DIY fabulous fermented food

#### by Joyce Amsden, Extension Master Gardener Intern, UVM

Fermentation has a long tradition as an effective method of food preservation. Eating fermented food provides beneficial bacteria that can help maintain a healthy digestive environment. Many people find sauerkraut a delicious option. I learned the traditional method of fermenting cabbage to make sauerkraut from my mother. It is an easy-to-master method for preserving cabbage from your garden, farmers market or grocery store.

I have found that weighing ingredients gives the most consistent results. Metric weights provide more accurate measurement and are available on most digital scales.

Cabbage naturally contains lactic-acid bacteria and water. Adding salt creates a brine, providing an ideal environment for gut-friendly Lactobacillus bacteria while inhibiting unwanted yeast and mold.

Too much salt

inhibits fermentation while too little can allow development of pathogens. The correct proportion of salt to cabbage falls in a range of 1.5% to 2.5% salt to cabbage.

Because various types of salt measure differently, I recommend using a digital scale to ensure success. Avoid salts with added ingredients as they can inhibit fermentation. Himalayan salt is free of additives and found in most grocery stores. I have found it to be very reliable, especially if no scale is available.

To determine the salt, multiply the amount of cabbage by the percentage of salt desired. For example, for 2% salt: cabbage (800 grams) x salt (.02) = 16 g. salt. To make sauerkraut you will need:

Digital kitchen scale

Cutting board and chef's knife (or mandolin) Large mixing bowl 1 quart wide-mouth canning jar with plastic

lid

ı 4 oz. jelly jar or

Sauerkraut 9



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### Sauerkraut from 9 —

fermentation weight (no metal)

A medium fresh cabbage (about 2 lbs. or 900 g.)

About 1 tbsp. fine Himalayan salt (16 g.) Keep your hands and

equipment squeaky clean throughout the process.

Using a fresh cabbage ensures adequate brine. Discard any limp outer leaves. Reserve one nice cabbage leaf. Set the cabbage on its flat end and cut into quarters. Slice into very thin ribbons and discard the core. Place the bowl on the scale. Turn it on to set it to zero. Add 800 g. (1 3/4 lb.) cabbage ribbons.

Sprinkle salt over the cabbage and mix. Cover with a clean towel. Let stand 30 min.

Pack cabbage in the jar, pressing down tightly to remove all air bubbles. Brine should rise above the mixture. Top with a section of reserved leaf. Add the fermentation weight or small jar to press the cabbage down into the brine. Loosely screw on lid.

Place in a bowl to catch normal bubbling anv overflow. Ideal room temperature is 65° - 72° F for the entire four-week process. I have used my

900 Culver Ave., Utica, NY 13501

oven turned off with the light on for the entire fermentation with a note on the controls to remove before heating the oven.

Or place on top of the refrigerator or other warmer location. Ferment for up to a month. The sauerkraut should be free of mold, slightly tart and crunchy. Refrigerate for up to one year.

Note that USDA guidelines recommend that a pH of 4.6 or less for the finished product. You can purchase testing strips online.



Before making sauerkraut, assemble all the ingredients and equipment needed. Photos courtesy of Joyce Amsden



To make sauerkraut, slice a two-pound cabbage into very thin ribbons and discard the core.



Freshly made sauerkraut needs to ferment for up to a month before eating and can be refrigerated for up to a vear.







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## **Donna's Day: Creative Family Fun**

### by Donna Erickson Scrubbing Day is a Holiday

"Squirt ... and slide, squirt ... and slide," chant seven-year-olds Cy and his friend Jane as they clean and polish hardwood floors to the beat of Beatles tunes. Simply put, they're dancing away the grime!

Reminiscent of the Pippi Longstocking caper where the unconventional Pippi and her best friends Tommy and Annika fastened scrub brushes to the bottom of their feet and breezed through mounting soap suds on the kitchen floor, singing "Scrubbing day is a holiday!" Cy and his friends have discovered that cleaning floors can be playful in their homes too.

Inexpensive hand towels are wrapped under and over their feet and fastened together at the ankles with a thick rubber band. When the music blasts through the speakers in the family room, on cue they grab decorated plastic water bottles filled with a vinegar/water cleaning solution (one part white vinegar to three parts water) and begin their "squirt ... and slide" routine to clean and shine the hardwood floors.

"Keeping a home clean and organized can be lighthearted and fun," said Cy's dad, Tim Gleason, father of three and owner of a neighborhood car repair shop. Even friends like to join in from time to time. When kids perform their version of adult tasks, responsibility triumphs.

He coined a term -"Team Gleason" - to encourage his young children to work together as a family team when getting everyday jobs done. "Done' might not be the same standard I might set for myself, but who cares if there are a few streaks here or leftover spots there," he conceded. "When doing summer chores, it's really about being together, learning something new and

them a fun tool and they'll be set. Here are some right tools for the right kid job:

• 99-cent plastic spray bottle. Anytime schoolage kids can use a spray bottle, they can have fun. Fill with a safe natural cleaning solution for cleaning floors, kitchen counters, bikes and toys. Use in a well-ventilated area. Or fill with plain water to spritz on plants.

• Squeegee. School-age kids can wash easy-toreach windows while an adult follows with a clean cloth.

• New, soft paintbrush. Lightly brush off dust from pleated lampshades.

Find more family fun at donnaerickson.com. Write to Donna at info@ donnaerickson.com.

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Cy Gleason and Jane Crabtree dance away the grime to get hardwood floors clean. Photo courtesy of Donna Erickson



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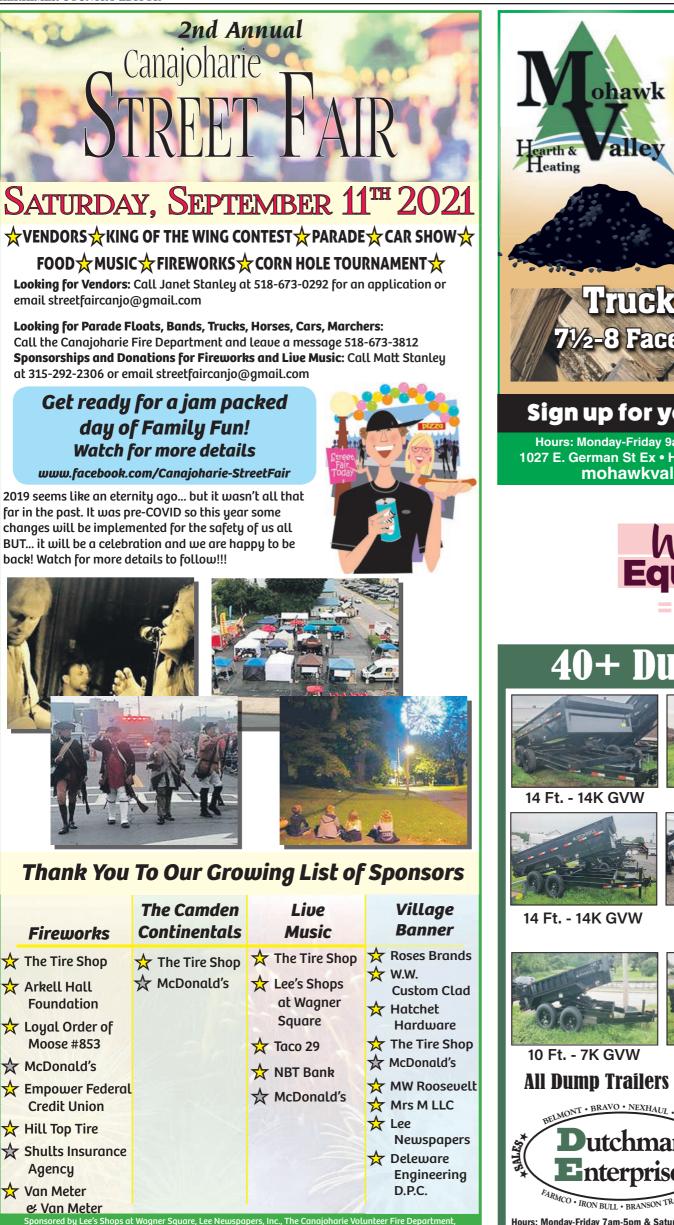
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## **Good Housekeeping: Mock Lemon Meringue Pie**

#### Ingredients:

3 large lemons

3/4 cup sugar

6 tablespoons (3/4 stick) margarine or butter

2 teaspoons cornstarch

4 large egg yolks

1 (6-ounce) ready-to-use butter-flavor piecrust

1 package vanilla instant pudding and pie filling for 4 servings

1/2 cup milk

by Lucie Winborne

tionless in an attempt to avoid injury and sometimes even death that can

result from being coerced into mating. Four oth-

er species, including the

spider and praying man-

tis, are known to do this

was facing a tight publi-

cation schedule for "The Hunchback of Notre

Dame," he asked his valet

to confiscate his clothes so he wouldn't be able to

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the brain secretly de-

stroyed to ensure that it

would never be displayed

Fried Chicken on Dec.

25 is such a popular tra-

Eating Kentucky

in a museum.

• President John F.

pro shop operations.

leave the house.

• When Victor Hugo

as well.

1 container (8-ounce) frozen whipped topping, thawed

#### Directions:

1. Grate peel from 1 lemon. Squeeze enough juice from lemons to equal 1/2cup.

2. In 1-quart saucepan over medi-

um-low heat, heat sugar, margarine or butter, cornstarch, lemon peel and lemon juice until smooth and margarine or butter melts.

3. In small bowl, with wire whisk or fork, beat egg yolks slightly. Into yolks, beat small amount of warm lemon mixture; stir egg mixture back into lemon mixture in saucepan. Reduce heat to low; cook, stirring constantly, until mixture thickens, 5 to 10 minutes.

4. Pour lemon mixture into bowl: cover surface with plastic wrap and refrigerate 3 hours or until well-chilled.

5. Spread 1/2 cup chilled lemon mixture in piecrust. In medium bowl, with wire whisk, beat pudding, milk and remaining lemon mixture until blended. Fold half of whipped topping into lemon

gunners.

Ogunlaru

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Thought for the Day:

than pacing around in

your mind." - Rasheed

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filling; spoon into crust.

6. Spoon remaining whipped topping over pie, swirling with back of spoon to make attractive top. Chill pie at least 1 hour. Serves 10.

• Each serving: About 350 calories, 19g total fat, 87mg cholesterol, 355mg sodium. For thousands of triple-tested recipes,

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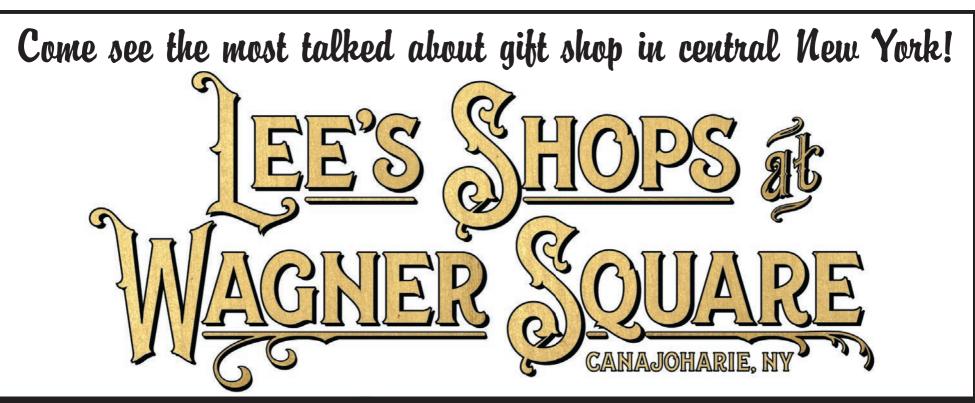
dition in Japan that the • In a practice called chain asks customers to "sexual death feigning," place their orders at least female dragonflies play two months in advance. dead to avoid sex. Why? A The custom started in scientist at the University 1974 when it was introof Zurich observed that. duced to Japan for visiwhen faced with aggrestors who were looking for sive males, female moora dinner that resembled a land hawker dragonflies traditional holiday meal. will freeze in mid-air, fall • Aside from being the to the ground and lie mofirst commercially suc-

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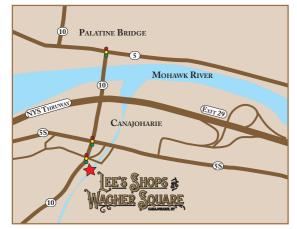
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## **Registration open for Falling Footsteps**

The Falling Footsteps Road Edition 5K and 1 Mile Walk will take place Saturday, Aug. 28. The event will be relocated this year to the Richfield Springs Community Center, the sponsor of this event.

The event, part of the 22nd Annual Route 20 Road Challenge, consists of a 5K (3.1 miles) on scenic country roads, starting and ending from the Community Center. Participants may also opt to do the scenic one mile walk. The run starts at 9 a.m. and the walk starts at 9:05 a.m. Day of registration is from 7:30 - 8:45 a.m.

Pre-registration fees are \$15 for the 5K and \$12 for the one mile walk. Go to

runsignup.com/RSCCroads. Online registration closes Aug. 26. For a hard copy visit richfieldspringscommunitycenter.org; mail-in registration must be postmarked by Aug. 18. Day of registration is \$20 for the 5K and \$15 for the one mile walk.

Prizes will be awarded for the top three in each age group. All registrants will receive a commemorative beverage glass. Proceeds will benefit programming at the Richfield Springs Community Center.

Post event, there will be "by donation" hot dogs hot off the grill, chips and water available. We will be following all CDC guidelines that are published as of the event date.

## **Good Housekeeping: Jazzed-Up Grilled Chicken**

Succulent grilled chicken gets amped-up with an array of summer produce, like juicy nectarines, crisp cucumber and sweet fresh corn.

Ingredients:

- 1 tablespoon white wine vinegar
- 3 tablespoons olive oil

Kosher salt

Pepper

2 ripe nectarines or peaches

1/2 small red onion

4 boneless, skinless chicken breasts

1 small Kirby cucumber

1/2 cup fresh corn kernels

- 1/2 cup roughly chopped fresh basil
- Directions:

1. Heat grill to medium-high. Clean and lightly oil the grill.

2. In a medium bowl, whisk together the vinegar,  $2\ tablespoons\ oil,\ and\ 1/4\ teaspoon\ each\ salt\ and$ 

## **Bible Trivia**

#### by Wilson Casey

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

2. In Matthew 12:9-14, what does Jesus tell the Pharisees it is lawful to do on the Sabbath? Tend to sick, Pray out loud, Feast together, Do good (well)

3. What did Saul use a couple of times in attempts to kill David? Poison, Spear, Mallet, Sling

4. From Judges 8, which city refused to give food to Gideon's army? Succoth, Thessalonica, Tarsus, Gaza

5. Why did David meet Goliath without armor? Faith in God, Not used to wearing, Too poor to buy, Size not handy

6. Who was the mother



of Gad and Asher? Jezebel, Anna, Rachel, Zilpah ANSWERS: 1) Neither; 2) Do good (well); 3)

Spear; 4) Succoth; 5) Not used to; 6) Zilpah "Test Your Bible Knowl-

edge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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pepper. Add the nectarines and onion and toss to combine; set aside.

3. Rub the chicken with the remaining tablespoon oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper, and grill until cooked through or the internal temperature reaches 165° F, 4 to 6 minutes per side. Transfer to a platter.

4. Using a vegetable peeler, cut the cucumber into long, thin strips. Fold the cucumber, corn and basil



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into the nectarine mixture and spoon over the chicken. Serves 4.

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## Chow Line: Deep yellow field spot on watermelon key to choosing sweet, ripe melon

### What's the best way to choose the perfect melon?

Whether it's watermelon, cantaloupe, honeydew or other melons, summer days (or any day) are a wonderful time to indulge in these delicious, nutritious fruits.

Not only do these fruits taste wonderful, but they are also healthy, low-calorie treats that are packed with vitamins. For example, a cup of cantaloupe has 60 calories and is rich in vitamins A and C, while a cup of honeydew has 64 calories and is rich in vitamin C and potassium and provides B vitamins. A cup of watermelon has about 45 calories and has significant amounts of vitamins A and C.

Watermelon is also 93% water, and the red variety is a good source of lycopene, a phytonutrient that gives watermelon its color. Lycopene appears to protect the body against a growing list of cancers, which includes prostate cancer, breast cancer, endometrial cancer, lung cancer and colorectal cancers, according to an Ohio State University Extension Ohioline

fact sheet at tinyurl.com/d4satypm.

Another benefit is that lycopene helps protect cells in the body from damage associated with heart disease.

When choosing the perfect cantaloupe, it is important to make sure the melon has no bruises or discolorations. It should have a smooth, slightly



Watermelon contains lycopene, a phytonutrient that may protect against cancer. Photo: tookapic, Pixabay

sunken and well-rounded stem end; a sweet, musky aroma and a prominent and evenly distributed corky web-pattern that is buff or a light tan color on either a green, yellow or gray background.

Ripe honeydew should have a creamy yellow color when picked. If the melon is green when picked, it will never ripen, according to the OSU Extension fact sheet. The skin should have the feeling of velvet, and the blossom end should feel slightly springy.

When it comes to watermelons, here are a few tips from OSU Extension, the Watermelon Board, and the USDA on how to pick the best one:

• Look at the spot where the melon has been resting on the ground. A pale yellow or cream spot indicates ripeness, while a pale green or white spot indicates immaturity.

• Scratch the surface of the rind with your thumbnail. If the outer layer slips back with little resistance, showing the green-white under the rind, the watermelon is ripe. Scratching

ney s Ana

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unripe melons leaves only a darker, depressed line.

• Choose a melon with a smooth surface, a dull sheen, and well-rounded ends.

 Choose a melon that doesn't have bruises, cuts or dents.

• Pick up the watermelon. It should be heavy for its size. As a watermelon is 93% water, most of the weight is water.

• If you are choosing precut watermelon, the more red flesh and less white rind, the riper the melon.

Cinco

1992

And remember, even though typically you don't eat the peel from most melons, it is important that you wash the melons under running water before cutting into them. Melons are grown on the ground and can sometimes harbor harmful bacteria. Peeling or cutting unwashed produce can transfer dirt or other contaminates from the surface of the produce to the portion of the fruit or vegetable you plan to eat.

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In fact, firm produce such as melons should be scrubbed with a clean produce brush before peeling or cutting into them. And they should then be dried off with a clean paper towel or cloth to further reduce harmful bacteria that may be on the skin, according to the FDA.



A healthy diet includes two cups of melon per day. Photo by Jill Wellington, Pixabay





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UNIVERSAL ATTACHMENTS PALLET FORKS ♦ 2000# **4200**# ♦ 5500# **BALE SPEARS** LP BUCKETS MATERIAL BUCKETS **ROCK BUCKETS MANURE FORKS** 529 Hardscrabble Rd. Little Falls, NY 315-823-1342

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Scratch & Dent Appliances Refrigerators . \$85-\$799 \$399-\$599 Washer .... Freezers. \$399-\$949 **#2 Building Materials** 7/16 reject zip OSB .....\$32 Plywood 1/2" \$33, 5/8" \$34, 3/4" \$35 2x4x8' to 16'......\$4.00-\$8.00 2x6x8' to 16' .....\$6.00-\$12.00 Shingles.. ...\$19.00 Bundle Exterior Doors Starting at \$200 #2 Galvalume Roofing.. \$2.25 LF **Adirondack Discount Sales** 302 Bacon Brook Rd, Dolgeville,NY 315-429-3184

INSULATION: All Types. New/ Existing Buildings. Free Estimates, Fully Insured, Call Upstate Spray Foam Insulation 315-822-5238 www.upstatesprayfoam.com

Announcements



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**Construction Services** 



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**BUSINESS CARDS: 1,000** for only \$60.00, full color glossy. Give us your existing card or we will design one for you! Set up & sales tax additional. FREE SHIPPING included. Call Lee Newspapers Inc. at 518-673-0101 email commercialprint@leepub.com

#### For Sale

40 FT ELECTRIC pole, 275 gallon fuel tank, 8k & 10k air conditioners, wood stove, radial arm saw, electric water heater, 8 ft truck tonneau cover. 518-844-9032

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8/10th's mile from light in

Middleville on Route 29, Au-

gust 26, 27, 28, 9am-5pm.

Clean, friendly. Stand-up mir-

ror, baskets, ceramics, red

stoneware dish set, glass-

ware, bedding, drapes, small

furniture, small appliances,

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Saturday, 9am-4pm, weather

permitting. Tools, DVD's, po-

larized sunglasses, antique

crystal bowls, glasses,

vases, Disney & TY plushies.

New in packages polarized

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Herkimer. Friday & Saturday

August 20 & 21, 9-5. Rain or

shine. Downsizing: clothes

for all, fancy dishes, linens,

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gift baskets with free local

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solar

style sunglasses,

7598

right.

odds and ends.

**ROUTE DRIVER!** Pay depending on experience. Responsible for going to restaurants and picking up used cooking oil. Hours are flexible with overtime and weekends off. Benefits package in-

**Help Wanted** 

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cluded with paid vacation after 1 year. Apply at JC Rendering 201 Jackson Rd. Frankfort, NY 315-732-5759



PART-TIME HANDYMAN: Experienced in painting, flooring, windows, roofing, etc. \$20.00-\$25.00 per hour based on experience. Must be responsible & hold commitment. Call 315-563-1980



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sage if no answer.

**Real Estate For Sale** 



or get two 5x7's for \$3.00. Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237



Home Country by Slim Randles

Coffee Break

T t was Thursday again. Mabel Adams asked at the desk to be sure. "Thursday all day, Mabel," the girl said. "Don't forget to get your hair done today. Two o'clock ... right?" "Right," Mabel said, locking

the time away in her mind. "Two o'clock. On Thursday."

She took her purple walker and went half a block to the counter at the drug store.

That nice Williams girl came over with a smile and a menu.

"Tuna on toast, Mrs. Adams?"

"Uh, sure. I like that."

"Hot tea?"

"Yes please."

After she ate, she started down the sidewalk toward the Curl Up 'N Dye beauty parlor. The watch pinned on her dress said 1:45.

Mabel went over to her usual chair and sat down. Fran came over and looked at Mabel's hair with a smile.

"You still look pretty ravishing, Mabel," she said. "Sure you want a touch-up today?"

Mabel nodded.

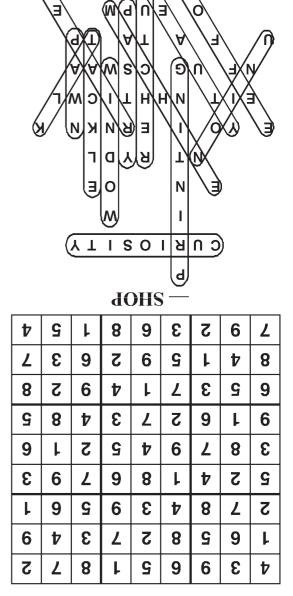
"Going to watch that movie with



the girls tonight?" Movie. Tonight. "Sure," said Mabel. It's nice to live in a small town, because if you don't know what you are doing, someone else does. Brought to you by "Home Country" (the book), published by Rio Grande Press. www.riograndepress.com.

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Semi-Tractor & Trailer Computer	Ag-Bag
Spin Balancing	Net Wrap
518-673-5399 THETIRESHOP.BIZ OPEN MONSAT. 8-6	ON THE FARM TIRE SERVICE

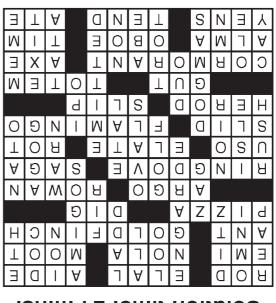
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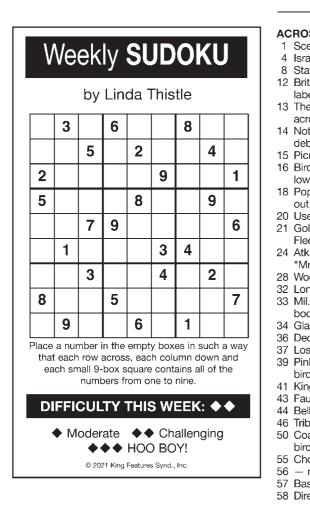


Solution time: 24 mins.

- King Crossword -

2

## Coffee Break

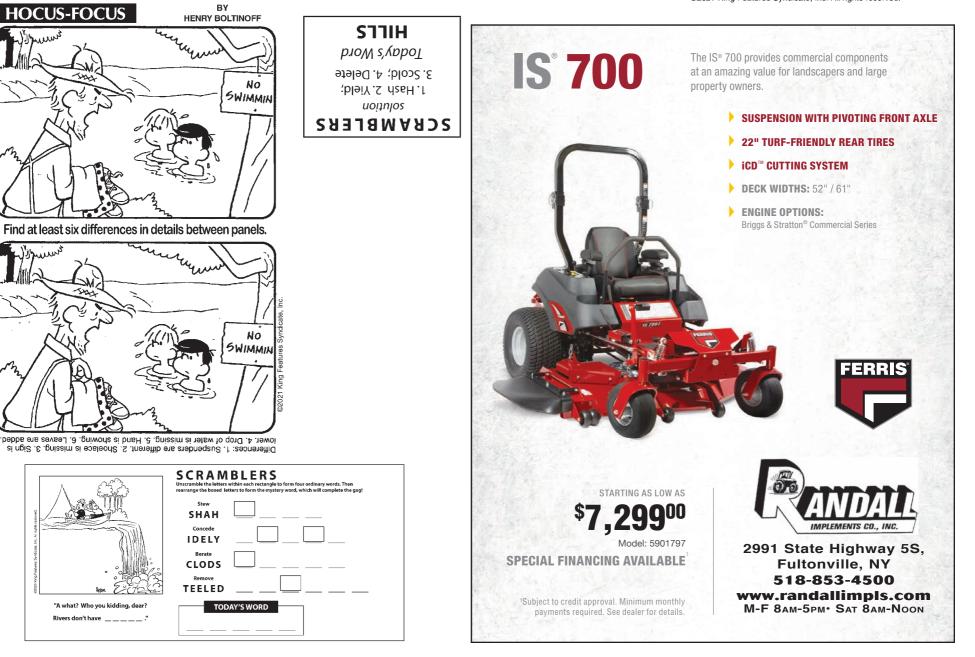


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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: CUTS HAIR AS A TRADE													

BeautyDressPrintingTobaccoButcherMachineRepairUnionCoffeePastryTackleWindowCuriosityPawnTalk

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