

SEPTEMBER 3. 2021

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My son, keep your father's command, and do not forsake the law of your mother. Proverbs 6:20



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Taste NY Marketplace returns to the 2021 Great NYS Fair

The Taste NY Marketplace will be back at the Great New York State Fair for the 2021 season, bringing a taste of some of the best homegrown and homemade New York maple and dairy products, craft beverages and more to fairgoers in the Horticulture Building. This year's vendor marketplace will showcase nearly 40 food and craft beverages from regions across the state over the 18 days of the fair, highlighting some of New York's finest products.

State Agriculture Commissioner Richard A. Ball said, "The Taste NY Marketplace at the New York State Fair is such a great opportunity for our New York farmers and food and beverage producers to introduce their homegrown and made products to new consumers. We encourage fairgoers to visit our vendors, discover a new favorite product and see the very best of New York agriculture on display."

State Fair Director Troy Waffner said, "Taste NY is a big attraction for many fairgoers who look forward to taking home some delicious new products. The fair is committed to sourcing as much New York food and drink as it can across our 375 acres, and the Taste NY Marketplace is a great place for visitors to learn more about local food and agriculture."

This year, a daily rotation of vendors will offer a variety of products to purchase. This setup provides vendors with an efficient and socially distanced way to present and sell their products to new consumers while continuing to provide fairgoers with the Taste NY tradition they know and love. Vendors will be spaced a safe distance apart and masks will be required to enter the Horticulture Building.

Some of the vendors who will be at this year's marketplace include: Guglielmo Sauce (Rochester); Old Home Distillers (Lebanon); Pleasant Valley Wine Co. (Hammondsport); Joe's Jerky (Sherrill); Buffalo Tom's Treasure Island (Buffalo); Syracha'cuse (Baldwinsville); 3 Tea Leaf (Auburn); Partyka & Sons Farms (Kendall); Café International Foods (Pittsford); Once Again Nut Butter (Nuda); Schweigarts Sugar Shack (Woodhull); Wildbillies Spices (Truxton); and Nelson Farms (Cazenovia).

Additionally, a pop-up Taste NY Market within the Taste NY Marketplace will showcase a variety of products from every New York State region. Open from 11 a.m. to close during each of the fair's 18 days, the pop-up market is a joint effort by all Taste NY operators with staff rotating in from every region, bringing more insight and information about products from the vendors they work with locally and giving visitors another opportunity to find a new favorite New York State product. The pop-up market will feature a selection of products from every Taste NY Market across the state.

Deb Morris, co-founder of Barkeater Chocolates (North Creek), said, "Barkeater Chocolates has been a part of the Taste NY initiative since its inception. We are so excited to have our chocolate bars, peanut butter cups and bark showcased at the Great New York State Fair once again. The fair presents a great opportunity for regional food companies to promote the Empire State's finest food."

Sammi Clark-Collins, director of retail operations at Nelson Farms (Cazenovia), said, "We are excited to be a part of Taste NY again at the Great New York State Fair. This is an amazing chance to showcase the best products that our state has to offer; and an opportunity for consumers to connect with farmers, growers and processors across all regions."

Other Attractions in the Horticulture Building

A favorite stop for fairgoers, the Horticulture Building brings together some of the very best growers, producers and manufacturers from across the state. A variety of interactive exhibits and product booths highlight the diversity and quality of agriculture in New York State. The New York Apple Association, Empire Honey Producers Association, New York State Maple Producers Association and SUNY Cobleskill also have exhibits in the Horticulture Building.

Attractions include the Suds & Spuds baked potato and sweet potato booth, home of the \$1 baked potato with all the toppings; produce and apple exhibits; the New York Maple Center, where you can buy candy, syrup and ice cream made with New York maple syrup; and the Butterfly Exhibit.

The NYS Fair runs through Sept. 6. For schedules and more information, check out nysfair.ny.gov.

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Herkimer County Fair 2021 Holstein Show and Supreme Champion Honors

The HCF Holstein Show started with an Over-the-Hill Showmanship class with six adults participating. This year the judges were our Master and Reserve Master Showmen from our youth on Aug. 18. Katie Livingston and Natalie Fredericks made it fun for the adults but still made them work for their placings! All participants received blue ribbons. First place went to Jeff Donahoe, second to Allison Donahoe, third to Lindsay Brown and fourth to John Michael Hula. Kyle Brewer and Kathy Elthorp also competed.

youth Junior Our Champion Holstein went to Natalie Fredericks with her Spring Calf Insight CJ Progress Razzle. Natalie also received the Reserve Junior Champion honor with her Spring Calf Insight CJ Pledge Coco.

For our open Junior Champion Holstein, honors went to Collins Pride Farm with their Winter Calf, Collins Pride Doc Jace. Collins Pride was

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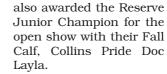
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The Youth Supreme Junior Animal for this year's show had six dairy breeds competing. The award went to Katie Livingston with her Guernsey Fall Calf, Heritage Brook Lat Trinity. The open Supreme Junior Animal show had seven dairy breeds competing and the honor went to Collins Pride Farm with their Winter Calf, Collins Pride Doc Jace.

The Senior Champion and Grand Champion of the Holstein youth show was awarded to Natalie Fredericks with her Aged Cow, Whittier-Farms Lotus Callie. Natalie was also awarded the Reserve Senior Champion Holstein and Reserve Grand Champion Holstein with her 4-Year-Old Cow, Whittier-Farms Gone Girl. The open show Senior Champion and Grand Champion went to Natalie Fredericks with

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her Aged Cow and the open show Reserve Senior Champion and Reserve Grand Champion Holstein was awarded to Collins Pride Junior 2-Year-Old Cow, Collins Pride Symp Joyable.

This year's Gordon Donahoe Memorial Award was presented to Natalie Fredericks with her Aged Cow for Best Udder of the Show.

The Bud Johnson Memorial Award for the Best Bred and Owned animal of the Holstein Show went to Collins Pride Farm with their Junior 2-Year-Old Cow Collins Pride Symp Joyable.

The Supreme Dairy Champion for the 2021 HCF Dairy Shows was Whittier-Farms Lotus Callie owned by Natalie Fredericks, competing with seven breeds for this honor.

The dairy superintendents would like to extend a thank you and congratulations to all exhibitors for a great show with high quality cattle entering the ring.

sponsors that The make our show possible are greatly appreciated for their generosity: AT-RASS Farm/the Donahoe Family, Brown's Feed, Carovail, Clinton Tractor, Crazy Otto's/Empire Diner, Dairy One/Anthony MaKuch, Gardinier Dairy Supply, Herkimer County Farm Bureau, Ken Morris Livestock, Lutz Feed, Melfe's Shoes, Nancy Smith, in Memory of Ron Smith, Select Sire Power/ Jim Gagnon, Seward Valley Shavings and John Clark/Feedworks.

A special thanks to the Herkimer County Dairy Princess Court for their help all week in handing out ribbons, trophies and prizes.



Rebuilding CNY receives \$50,613 to launch Handy Helpers' Pilot Program

Rebuilding Central New York and the Health Foundation for Western and Central New York have partnered to improve the lives of aging-in-place residents in Central New York by providing services necessary to enhance the quality of life for limited-income older adults, disabled and veteran homeowners

The \$50,613 grant awarded by the Health Foundation for Western and Central New York will help Rebuilding

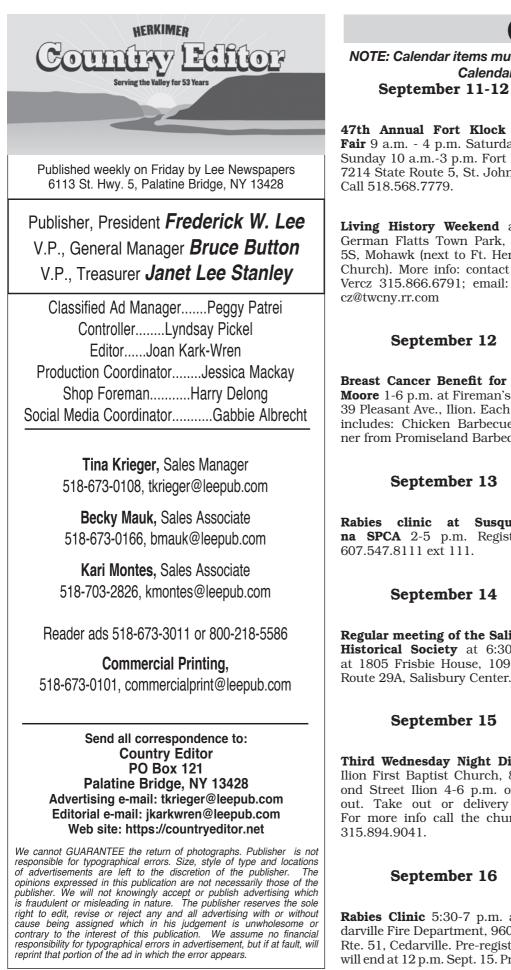
CNY in assisting older adults to live safely and independently in their own homes by providing volunteers to address a variety of small repairs and services ranging from general maintenance to health and safety features.

We are excited to partner with the Health Foundation for Western and Central New York and are grateful for the funding to launch the Handy Helpers' pilot program," stated Louis LaBella Sr., president and CEO of Rebuilding CNY. "Expanding our services to include a Handy Helpers' program will provide the critical aging-in-place component needed to fill the void of services essential in our overall healthy home model.'

"When we build age-friendly communities where older adults can live safely and independently, it benefits people of all ages and abilities," said Nora OBrien-Suric, Ph.D., president, the Health Foundation for Western & Central New York. "Rebuilding CNY's Handy Helpers pilot program is a great example of a community-driven effort that strengthens neighborhoods and helps older adults - and everyone - thrive."

The Handy Helpers' pilot program is also supported with a grant provided by the Community Foundation of Herkimer and Oneida Counties.

For information about Rebuilding CNY, visit rebuildingcny.org or call 315.624.9010.



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

ister by calling 315.867.1176. **October 10**

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

Living History Weekend at the German Flatts Town Park, Route 5S, Mohawk (next to Ft. Herkimer Church). More info: contact Carol Vercz 315.866.6791; email: pvercz@twcny.rr.com

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 15

Third Wednesday Night Dinners Ilion First Baptist Church, 8 Second Street Ilion 4-6 p.m. or sold out. Take out or delivery only. For more info call the church at

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-reg**Golumpki Dinner** 4-7 p.m. or sold out Emmanuel Episcopal Church, The Parish Hall, 594 Albany Street, Little Falls. Curbside pick-up and walk-ins only. Delivery to Herkimer and Little Falls. Call 315.741.4672 to reserve your dinner.

September 16 and 17

Rummage Sale 10 a.m. to 5 p.m. at the Salisbury Town Hall, State Route 29A, Salisbury Center. Donations accepted from 9 a.m. to noon on Sept. 14 and 15. Shoppers are requested to bring their own bag to pack purchases. COVID-19 guidelines to be followed. Sponsored by Salisbury Historical Society.

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.

October 4

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

October 7

Rabies Clinic 5:30-7 p.m. at Dolgeville Fire Department, 20 South Helmer Ave., Dolgeville. Pre-reg-istration will end at 12 p.m. Oct. 6. Pre-register by calling 315.867.1176.

Fort Plain DAR Open House 3-5 p.m. at the Fort Plain DAR Chapter House. For more information call 518.774.3384. If no answer, leave a message with your name and number.

October 15-17

Sir William Johnson and the Wars for Empire Conference.Visit tinyurl.com/8f8v4yfk to register online.

November 6

Rabies Clinic 7-9 a.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. Pre-registration will end at 12 p.m. Oct. 6. Pre-register by calling 315.867.1176.

November 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.

November 15

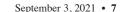
Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

December 5

St. Nicholas Day 12-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

December 13

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



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<u>COLD BROOK</u> COLD BROOK UNITED METHODIST CHURCH 467 Main St Sunday Worship 10:30 AM

NEW LIFE CHAPEL OF THE AFA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 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 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

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

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

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

<u>FRANKFORT</u> Our lady queen of apostles 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM Sunday 9:00 AM; Tuesday & Thursday 9:00 AM HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards 305 Main Rd Herkimer Phone (315) 866-3272 Saturday Vespers -5 PM (spring/summer months) 4 PM (fall/winter months) Sunday Divine Liturgy 9:30 AM Sundays

> **TEMPLE BETH JOSEPH** 327 N. Prospect 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. Liei Phone 866-1240 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

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 Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM

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

with a 1 week delay. ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist

565 Albany St Phone 823-2284 Sunday Service & Religious Education 10 AM HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor

763 F Main St Phone 823-3410 Saturday Vigil Mass 4 PN Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM

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

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

HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM LITTLE FALLS_ FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

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

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

MOHAWK GRACE EPISCOPAL CHURCH 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM

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

Wednesday Praver 7 PM

DENNISON CORNERS

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Follow Us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM

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

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

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

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

www.whitcombautosales.com







The Milk Bar adds a splash of strawberry at the NYS Fair

Just when you thought the Milk Bar couldn't get any better, another flavor is on tap for several special days of the 2021 Great New York State Fair. Perfectly chilled strawberry milk will be served in the Dairy Products Building during the second and third weekends of the fair as well as Labor Day.

"Nothing beats a cold cup of milk when the fair heats up. A family of four can hand over just \$1 and walk away with four delicious drinks," said Fair Director Troy Waffner. "Fairgoers line up year after year, so we're very excited to see how they'll react when strawberry milk becomes an option again."

Longtime fairgoers may remember enjoying strawberry milk at the fair many years ago. The decision to bring back the treat was inspired by the overwhelming popularity of chocolate milk. On a normal busy day, the Milk Bar will sell 120 gallons per hour of chocolate milk.

"This is a big change and we're ready for it. On one hand, this will remind some visitors of their childhoods and the past, but this could also be a defining moment for the future," said Milk Bar operator Wahid Akl. "If a different flavor does well, I may look into offering more options. We could try mocha, mint and maybe cookies-n-cream milk. First, we need to find

Supreme Animal winners at the **Herkimer County Fair**

The Supreme animal winners in each category at the Herkimer County Fair this year each received a Clinton Tractor gift certificate for their efforts. Congratulations to the following:

- Dairy Natalie Fredericks
- Beef Laken Dvn
- Swine Gordon Donahoe
- Goat Lucas Humphreville





out if strawberry is popular."

Two flavors can be sold each day at the Milk Bar because the refrigerated holding tanks have two pipelines to the dispensers where milk is served. Chocolate and strawberry milk will be sold from Friday, Aug. 27 - Sunday, Aug. 29 and again from Friday, Sept. 3 - Monday, Sept. 6. Otherwise, white and chocolate milk will be sold.

The milk at the Milk Bar is being provided by Upstate Niagara Cooperative thanks to the company's long-standing partnership with the NYS Department of Ag & Markets and its commitment to support the New York dairy industry.

Seven token machines are set up around the Dairy Products Building to help keep the lines moving. Regular customers may notice the design on the tokens

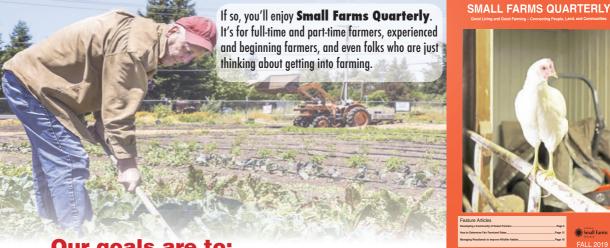
has changed each year since 2017. Each token costs 25 cents and will buy one cup of milk. More than 30,000 cups are sold at the Milk Bar daily on average. The milk is stored at temperatures between 35° and 36° to deliver the perfect thirst-quenching drink.

The Milk Bar helps to shine a spotlight on New York's dairy industry, which is New York State's largest agricultural sector. The state has nearly 3,600 dairy farms that produce more than 15 billion pounds of milk annually. New York dairy farms of all sizes are making significant contributions to the state's economy. The state ranks fourth in milk production, and number one in the production of cream cheese and cottage cheese.

The 2021 NYS Fair runs through Sept. 6. For more information, visit nysfair.ny.gov.

Small Farms Quarterly Magazine

Are you looking for ways to farm profitably without getting bigger? Do you like to read about families who are living a good life on a small farm? Are you looking for new ideas, tips and resources to help you reach your farm and family goals?



Our goals are to:

- Celebrate the Northeast region's smaller farms Inspire and inform farm families and their supporters
- Help farmers share expertise and opinions with each other
- Increase awareness of the benefits that small farms contribute to society and the environment
- Share important research, extension, and other resources with our readers

To subscribe, please fill out the form and return with your payment to:

Tracy Johnson

Small Farms Quarterly

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Strange But True

by Lucie Winborne • Autism is more common than childhood cancer, diabetes and AIDS combined.

• A bizarre dream in which cannibals surrounded him and prepared to cook him as they waved spears helped inspire Elias Howe's invention of the sewing machine. When he awoke, he remembered that the spears had holes in their shafts and moved up and down.

• "Bhang lassi" is an Indian milkshake whose main ingredient is marijuana.

• According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the

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queen. The law originated in medieval times when swans were a delicacy for the wealthy.

• "Gingerphobia" is a fear of redheads.

• The Russians arrived 12 days late to the 1908 Olympics because they were using the wrong (i.e., Julian) calendar.

• In 1995 a woman in Sweden lost her wedding ring while cooking for Christmas. Understandably distraught, she looked everywhere for it and even pulled up her kitchen floor, but didn't see it again until 16 years later, when, while gardening, she discovered it encircling a carrot that had sprouted in the middle of it.

• The amount of cop-

Livestock Costume Contest results

The Herkimer County Fair 2021 Costume Contest took place Aug. 20 in the Seward Valley Livestock Arena. All animal exhibitors, with any species of animals, could participate. The costume contest is for both the showman and the animal to dress up in whatever theme they wanted to choose.

The winners were Gradin Oliver with his calf dressed up as Uncle Sam; they won the Most Original. Noah Hula and his calf were dressed up as TikTok and won the Most Creative. Eliza Seamon and her calf were dressed up as Carole Baskin and won the Funniest. Brynnlee Holbert and Gordon Donahoe were dressed up as Branch, Queen Barb and Poppy and won the award for the Cutest. Parker Miller with his calf were dressed up as the All-American Boy and received the award for the Best Theme for this year's fair theme, "Something Old, Something New, Forever Red, White and Blue."

A special thanks to Casey Holbert and Rick Donahoe for sponsoring this fun event and donating the prizes won by each participant!

per on the Arizona capi-

tol building roof is equiv-

alent to nearly 5 million

• Bumblebees can fly higher than Mt. Everest.

• Because he got a 25%

profit share of merchan-

dise, Elvis Presley man-

ager Colonel Tom Parker

was always in search of

new ways to get fans to

lay down some cash. One

of the most notable was

marketing to Presley's haters with badges that

read "I Hate Elvis" and

Thought for the Day:

"The mark of the imma-

ture man is that he wants

to die nobly for a cause,

while the mark of the ma-

ture man is that he wants

to live humbly for one."

"Elvis is a Jerk."

J.D. Salinger

pennies.

Renowned animal care expert joins Utica Zoo New director brings over three decades of expertise and leadership in the field

The Utica Zoo is excited to announce Jay Pratte as the organization's new director of animal care, conservation and education.

Pratte is internationally known for his training, enrichment and welfare work with species across the globe. He has been an animal caregiver for over three decades, focusing on behavioral management

and welfare standards. Positive reinforcement training of carnivores has been his historic specialty, teaching complex medical and research behaviors. Pratte has trained animals for the film industry and has provided expert care for animals in game farms, sanctuaries and AZA-accredited zoos, with species ranging from ant colonies to

giant pandas.

Pratte is also a founding board member and President of the Bear Care Group, bearcaregroup.org. The past several years have seen Pratte involved with caregivers around the world in improving behavioral husbandry programs and assessing welfare. He has a master's degree in Zoo and Aquarium Leadership and has authored numerous publications related to the field. Pratte is an adjunct professor, previously at the University of Nebraska at Omaha, teaching Animal Behavior classes and labs, and his own special topics "Animal Welfare and Human Influence" course. His conservation efforts include work in India with

Wildlife SOS and Kenya with the Lewa and Il Ngwesi Conservancies.

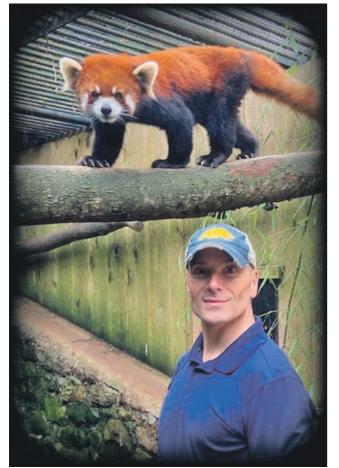
Recently Pratte's consulting work has found him striving to improve the conditions for animals in traveling circuses and shows, as well as in "roadside" facilities providing substandard care. Pratte has drafted numerous expert reports and declarations, assisting organizations dedicated to aiding animals that endure inexpert management. He is recognized as an expert federal witness in animal behavior, husbandry and welfare, working with authorities and legal teams to consistently earn favorable judgements in federal and state courts. He is dedicated to collaborating with other individuals and organizations on improving the lives of animals, providing consulting and leadership experience to local and international communities. On a more personal note, Pratte volunteers with dog rescues, with his heart going out to Rottweilers and French Bulldogs.

introduction "The of Jay to the Utica Zoo team is the next step in the Zoo's quest to meet our potential," stated the Zoo's Executive Director, Andria Heath. "His leadership and experience will enable us to meet the goal of premiere animal welfare, continued habitat and grounds improvement, maintaining AZA accreditation, professional development for our great staff and volunteer

team, exciting additions to our collection plan and more!"

"I am moved by the trust that the team at the Utica Zoo has placed in me," Pratte added. "I look forward to aiding development of the Zoo as a 'destination,' leading in the field of animal care and welfare while offering memorable educational and visitor engagement opportunities. It is heartening to see the support that the people and businesses in Utica have for the Zoo and I hope to continue to build and strengthen our role in the community.'

For more information on this or anything else Utica Zoo related, visit UticaZoo.org or follow on Facebook, Instagram, and Twitter @UticaZoo.



Jay Pratte, Utica Zoo's new director of animal care, conservation and education. Photo courtesy of Utica Zoo









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Supreme Showman for Herkimer County Fair announced

Katie Livingston was named our Supreme Showman of the Herkimer County Fair 2021.

Livestock shows were being held throughout the fair in the Seward Valley Farm Livestock Arena. Beginning each show there is a showmanship competition which is judged on

the ability of the showperson on the halter to have the knowledge, ability and ease of showing their animal. On Aug. 21, all of the showmanship winners of the week compete for the Supreme Showman of the HCF 2021. This year's competition consisted of the Master Showman of

shows.

The Dairy Master Showman was Katie Livingston. This year's dairy show was judged by Allen Van Gorder of Little Falls, NY. As a vouth. Van Gorder showed at the HCF with his Registered Holsteins, and it was nice to welcome

the dairy, beef and goat him back to the showring. The Beef Master Showman was Laken Dvn.

This year's beef show was judged by Jason Corey of Painted Post, NY. His focus was on the youth learning how to become a better showperson and giving them helpful tips.

The Dairy Goat Mas-

Do Cats, Goldfish Mix?

My daughter received a

goldfish for her last birth-

day, and true to her word,

she has kept the fish

healthy and happy. Now,

for her ninth birthday, she

wants a kitten. I feel that

she's old enough to care

for a cat but am worried

that the cat will stress her

goldfish. What are your

thoughts? - Judy G., Se-

ent, your instincts are

important and this one

is worth thinking about.

Cats are fascinated with

fish tanks and can often

be found watching the fish

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Dear Judy: As a par-

attle

Dear Paw's Corner:

by Sam Mazzotta

ter Showman was Lucas Humphreville. This year's judge was Cindy Shelley from Cobleskill, NY. Shelley did a nice job of sharing some history of one of the dairy goat breeds and some pointers for future generations.

The Supreme Showman is determined by

Paw's Corner

inside with rapt attention - if not actively trying to get a paw into the water.

Discuss your concerns with your daughter. At age nine, she's old enough to consider this problem as well. Is there a way for her goldfish to remain healthy and stress-free while bringing a kitten into your home? There are strategies for doing this successfully, including training that diverts a cat's attention from the tank and placing the tank out of sight or reach of the cat.

Caring for pets is a way to help children develop empathy for all living things. It can help them

a point system. Entries were judged by showing dairy animals, beef animals and dairy goats that were brought into the showring for our three Master Showmen to show, being judged by experienced showpeople that have shown for many vears.

learn about responsibility, too, but only when parents are actively involved in the process. You're doing a great job of helping your daughter under-

stand the importance of

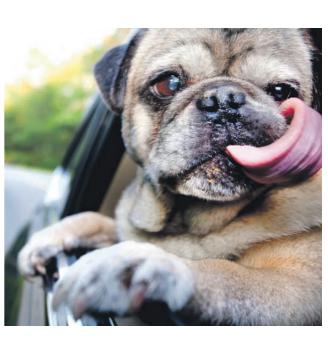
caring for pets of all kinds. Having second thoughts about bringing another pet into the house is exactly the kind of thinking parents should do. But you also have the opportunity to guide your daughter and have her be part of the decision as to whether a kitten is a good idea at this point, or whether she should wait another year.

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

unc.>

"I hope we live happily ever rafter."







To Your Good Health

by Keith Roach, M.D.

Reader seeks alternative to Rx antidepressant

Dear Dr. Roach: I suffer from depression. It comes and goes, but I've been feeling sad, worried and angry, as well as irritable, for the past four months or so. I force myself to function. My family doctor prescribed a 37.5 mg dose of Effexor once a day to start and after one week, twice a day. I looked up the side effects and what I read scared me. Instead, I've been taking 1,000 mg of St. John's wort daily for almost three weeks, and I have noticed no discernible effect.

I told my doctor I would take the Effexor after three weeks if the St. John's wort hasn't helped. Should I take his advice? Are there better alternatives? I am middle age and take zero prescription drugs. – S.M.

Answer: St. John's wort, Hypericum perforatum, is a yellow flower that has been medicinally used for centuries. Initial studies suggested benefit in people with mild to moderate depression, and several substances in the flower have been shown to have pharmacologic effects on serotonin receptors, among other effects. However, other trials have shown it to be no better than placebo.

It does have important drug interactions, fortunately not an issue for you (as long as you let the St. John's wort wear off before starting Effexor), but for some people the potential interactions are dangerous. Side effects are not common, but include gastrointestinal upset, dizziness and confusion, fatigue, dry mouth and sexual side effects. It can make people more sensitive to sunlight and may decrease fertility.

The studies that did show a benefit lasted four to 12 weeks. It is possible you might not have had benefit from it yet and waiting a little longer – say another week – wouldn't be unreasonable to really give the St. John's wort a chance. However, I seldom recommend this herb due to lack of consistent benefit in trials, the potential for drug interactions and a concern about poor regulation of supplements in terms of amount and purity of the ingredients. For people who want to avoid

Good Housekeeping

Grilled Chicken with Nectarines

Sweet stone fruit and fresh basil make for a light and summery main when spooned over simple grilled chicken.

Ingredients:

- 2 tablespoons white wine vinegar
- 1/4 cup olive oil
- 2 teaspoons olive oil
- Kosher salt
- Pepper
- 2 ripe nectarines or peaches
- 1/2 small red onion
- 1/2 cup chopped fresh basil
- 4 boneless, skinless chicken breasts
- Directions:

1. Heat grill to medium-high. Clean the grill and lightly oil. In a medium bowl, whisk together the white wine vinegar, 1/4 cup olive oil and 1/4 teaspoon each salt and pepper. Add the nectarines and red onion and toss to combine; set aside.

2. Rub the chicken with the remaining two teaspoons oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper and grill until cooked through or an instant-read thermometer inserted into the thickest part of the breast registers 165 F, four to six minutes per side.

3. Fold the basil into the nectarine mixture and spoon over the chicken. Serves four.

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prescription medicine, I have often recommended S-adenosyl methionine (SAMe). The evidence is better and the side effects and drug interactions fewer.

Effexor may be a good choice for you. Prescription antidepressants have been shown to be better than placebo, but they certainly do not work for everybody. If Effexor isn't a good choice, there are several others. However, I would strongly recommend you consider nonpharmacologic treatment for depression whether or not you decide to take additional medication treatment.

Dear Dr. Roach: Whenever I take 325 mg of aspirin for pain, I sleep very well. I dream of things that happened 60 years ago as though they just happened. I see people I knew then, and I am with them like it was

yesterday. - S.C.

Answer: Odd dreams can be a side effect of aspirin. It sounds like yours have been pleasant, but if they aren't, you should avoid taking aspirin in the afternoon if possible, as most of the aspirin (and the active component, salicylate) will be gone after six or so hours.

The effect on platelets, which is how aspirin prevents heart attacks, is unique because aspirin blocks an enzyme in platelets irreversibly. That's why aspirin can increase bleeding risk for days after taking it.

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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Experiment with dried flowers

by Bonnie Kirn Donahue, Extension Master Gardener, University of Vermont

Summer can feel fleeting. Drying flowers is a great way to hold onto its essence.

Flowers that work well for drying should have either nice color, texture, structure or a combination when dried. It is also important that you find the flower appealing. The most important characteristic is that they maintain a strong structure after being dried.

Many types of flowers work well for drying. Perennials and shrubs with large blooms such as peonies (*Paeonia spp.*), roses (*Rosa spp.*) and hydrangeas (*Hydrangea spp.*) dry very similar to their fresh shapes.

Great dried annual flowers include plants such as sunballs (*Craspedia globosa*), globe amaranth (*Gomphrena globosa*), bunny tails (*Lagurus ovatus*), statice (*Limonium sinuatum*) and strawflower (*Bracteantha bracteata*).

Perennials that work well for drying include many ornamental grasses, lavender (*Lavandula spp.*) and globe thistle (*Echinops ritro*).

Another idea is to use dried seed pods from pop-

pies (*Papaver spp.*), globe allium (*Allium 'globemaster'*), sensitive fern (*Onoclea sensibilis*) or blue-flag iris (Iris versicolor), among others.

To start, select healthy plants that are free of disease, fungus or decay. Pick flower heads that are at peak or almost fully in bloom. Using flowers that are past peak bloom may not have the same visual impact as flowers picked just before.

There are several techniques for drying flowers. The way that I like to dry flowers is to hang them upside down from a string. I try to cut the flower with 6 to 10 inches of stem, and tie or wrap the string around the stem.

For peonies (*Paeonia spp.*) and other larger flowers, you will want to dry the stems individually. For smaller, thinner flowers on stalks, such as lavender (*Lavandula spp.*) or ornamental grasses, you can make small bundles and secure with rubber bands, and dry them in a group.

Depending on your preferences, you may want to remove any unwanted foliage before drying your flowers.

Make sure to pick a space to dry the flowers

that is warm, dry and has good airflow. Allow the flowers to dry until they do not show signs of moisture, about two to three weeks. Inspect your flowers before using and discard any that show signs of mold or decay.

You can use your flowers as decorations in floral arrangements in vases, incorporated into wreaths, layered into jars as visual potpourri or in endless craft projects.

The great thing about trying to dry flowers for the first time is that you don't need to take it too seriously. Instead, cut a few stems of flowers you think might be nice and dry them. If you like the results, you can dry more the following year. You never know what might look nice dried.

If you're looking for more information on types of flowers to dry, talk to your local greenhouse, or look at seed catalogues for lists of flowers for drying.

Want more information on other drying techniques? Check out cooperative extension resources online or books on drying flowers from your local library.

Here's to making summer last a little bit longer with dried flowers.

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A bouquet of dried roses makes an attractive arrangement that works with any décor.



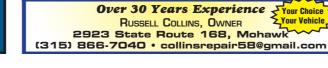
Dried sunballs, bunny tails and globe amaranth can be combined to create a simple, eye-catching mixed dried flower arrangement. Photos by Bonnie Kim Donahue

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Central Valley CSD Foundation to host Turkey Trot Race

The Central Valley Central School District Foundation will host a Turkey Trot road race on Saturday, Nov. 13, on the Erie Canal Trail at German Flatts Town Park located at 555 State Route 5S in Mohawk.

The family-friendly event will include free fun

runs for kids at lengths of a quarter-mile, half-mile, three-quarters of a mile, and one mile. A two-mile walk will be held in addition to a 5k race. The kids' runs will have staggered starts beginning at 8 a.m., with the walk and 5k race set to start at 9 a.m. The race will be chip-timed by Clark Sports Center.

The registration fee for the walk and 5k race is \$30. Visit tinyurl.com/ypc726ft to register. No same-day registrations will be accepted.

For more information about the Foundation, contact JoAnn Duga at 315.894.3116 or joanndugaCVAFoundation@yahoo.com.

Good Housekeeping

from heat.

2. Prepare outdoor grill for direct

Meanwhile, assemble panini: 3. Place four slices bread on work surface. Spread one-fourth of goat cheese on each slice and top with one-fourth of onion mixture. Top with remaining bread slices.

Place heavy skillet (preferably cast iron) on top of panini, press down, and cook seven to eight minutes or until

bread is toasted and browned on both sides, turning over once. Repeat with remaining two panini. Cut in halves or quarters to serve. Makes eight appetizer servings.

• Each serving: About 190 calories, 8g total fat (3g saturated), 7mg cholesterol, 375mg sodium, 24g total carbohydrate, 3g dietary fiber, 7g protein.

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ner. Assemble these delicious appetizer paninis and make them hot and crunchy on the grill.

Ingredients:

2 tablespoons olive oil

2 (1 pound each) sweet onions, thinly sliced

Caramelized Onion and

Goat Cheese Panini

Don't reserve the grill just for din-

Salt and pepper

1/2 teaspoon chopped fresh thyme leaves

8 (1/2-inch thick) center slices country-style bread 4 ounces soft, fresh goat cheese

Directions: 1. In nonstick 12-inch skillet, heat

oil on medium for one minute. Stir in onions, 1/2 teaspoon salt and 1/4teaspoon freshly ground black pepper; cover and cook 15 minutes or until very soft, stirring occasionally. Uncover and cook 15 to 25 minutes longer or until onions are golden brown, stirring frequently. Stir in thyme; remove pan grilling on medium.

4. Place two panini on hot grill grate.

Now Here's A Tip

by JoAnn Derson

• If you keep a couple of crackers in your sugar jar, they'll keep the sugar from caking.

• Cucumber is a speedy diuretic. Try snacking on slices for a cool treat. Or deseed slices and slip a few in your glass of cold water.

• "When we go to the doctor with our youngest, we bring a few crayons. She'll lie down on the exam table paper and we draw her outline. Then she can fill in her face and other details. This usually calms her while she is waiting. The doctor even has used the outline to talk about her body to her." – E.S. in Georgia

• "In older houses, you might have a problem with cracking drywall when trying to hang pictures. You can solve this by placing a bit of clear tape over the spot where you're going to drive a nail. It goes right in. If you're nailing into wood, drag your nail through some soap (bar soap is fine) before striking. It does the same thing, keeping the wood from splitting." -P.K. in New Jersey

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• To prevent garbage cans from filling with water during rainstorms, drill several holes in the bottom, near the sides. This also will help bags to come out of the can easier.

• Boost your metabolism by drinking green tea... hot or cold. Try it over ice with honey and a sprig of mint.



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Mon., Sept 6th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Mon., Sept. 13th - Normal Monday Sale & Monthly Heifer Sale

Mon., Sept. 20th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Upcoming Sales to Watch For:

Sat., Oct. 9th - Morrisville, NY. 38th Annual Magic of Morrisville Autumn Review Sale. Consignments are underway by contacting us or Sale Chairs or Consignment Chairs: Callum Hutchins 802-393-2850, Devin Kuhn 607-242-7651, Haley Christie 603-504-4502, Grace Stroud 585-993-6675, Bryce Warriner 607-426-1374.

Sat., Oct. 30th - 11:30 AM Fall Premier All-Breeds Dairy Sale. Accepting 100 head of All Breed Registered Dairy Cattle selections are underway this sale always fills fast so contact us today. Watch for more info on this great sale!

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Picture perfect pup: Five easy dog photography tips

(BPT) - Loyal, loving, quirky and kind - a dog brings so much joy to life. It comes as no surprise that pet parents take ample pictures of furry family members. Dogs are a favorite subject matter for amateur and professional photographers, and countless framed photo-

graphs and slews of social media images prove it. From capturing those split-second cute poses to setting up the ideal seasonal image, dog photography is a big trend. A recent survey found that most dog owners (65%) admit to taking more photos of their dog than their



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significant other. However, getting the ultimate shot can be trickier than it seems, even for sea-

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soned pet photographers. No matter your experience with pet photography, there are some tips and tricks that can help you get the ideal pictures of your canine counterparts. The photography experts at Adobe share some methods for taking pet pictures that you'll cherish for years to come.

Balance lighting

Good lighting is essential for any type of photography. If too much light is coming from behind, your dog will appear darker. If too much light is in front, it may wash out your pup. Keep in mind, fur absorbs light differently than skin, so experiment to see how changes in lighting impact the photograph. Natural light is typically best, not only for the resulting image, but also because many pets are sensitive to flash.

Use a fast shutter speed No matter your pup's

personality, they'll probably be moving in some manner as you try to photograph. If you're using a tablet or smartphone, switch the settings for an action shot. If you're using a camera, opt for a faster shutter speed. This will help ensure that your pup's excitement doesn't turn into a disappointing photo when you review the image and it's a big blur.

Know the dog's personality

Some dogs adore affection and will melt for back scratches and belly rubs. Some pets go gaga for a game of fetch. Some just can't resist their favorite treat. Whatever the dog's preferred ways to feel loved, use them to your advantage during your photo session. This will help make them feel comfortable, encourage cooperation and keep their attention.

Make some quick edits

A few simple edits after you take a picture can elevate the image significantly. When on the go, Lightroom presets allow you to seamlessly edit your photos in one click from your mobile device. Lightroom offers thousands of presets to choose from, and even more can be found in Lightroom Discover.

Trust the process

You may have an idea of what you want to create, but in the end it's the pets who determine the context of the photo, which is part of the magic. Remember to mix candid and posed photography to get a nice variety and just keep clicking. You never know what might be captured and the beauty of digital photography is that there is no limit to how many photos you can take.





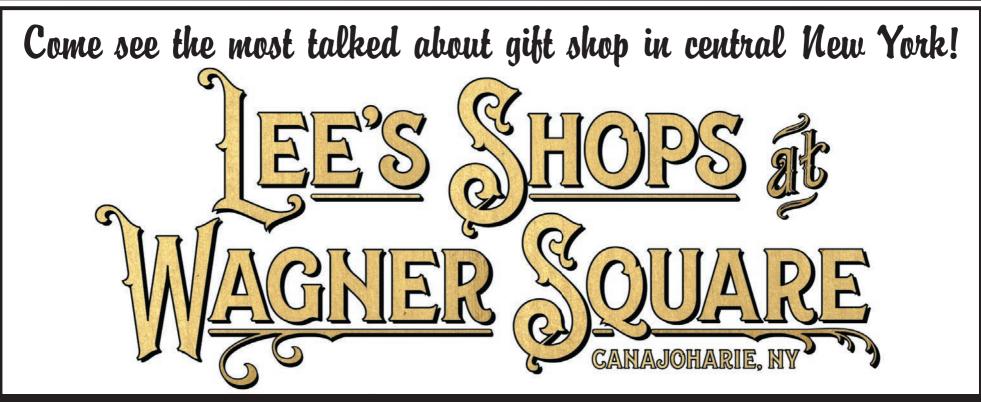
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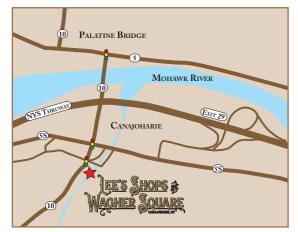
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As one of the world's top paratriathletes, Amy Dixon is always looking forward. Even though an autoimmune disorder taken away most of has her ability to see, she has extraordinary vision for reaching her goals.

This summer, she competes in Tokyo. For Dixon, it's an incredible journey that would have seemed unimaginable two decades earlier.

Vision troubles come to light

Dixon first noticed her vision problems as a 22-yearold college student. She struggled to see clearly in a darkened room. Driving at night, she failed to notice oncoming cars. The signs were clear that something was wrong with her eye health, but she wasn't convinced.

"I had 20/20 vision as a kid, so I dismissed the problems I was having as being related to some other con-dition like migraine," said Dixon, a migraine sufferer since she was a teen. "I was ignoring what was obvious - that something was wrong with my eyes."

After scheduling an appointment with an ophthalmologist, Dixon learned she

had uveitis, a form of inflammation inside the eye. Her doctor told her that the disease had already put her eyesight in serious jeopardy. He said that 70% of her peripheral vision had been lost and she would need to begin treatment immediately or risk going blind within 10 years.

"Unfortunately, I waited too long before having my eyes examined and uveitis had already attacked my vision. When the diagnosis sunk in, I thought I was destined to go blind," Dixon said.

Becoming her own advocate

Rallying behind a forward-looking attitude that would become her calling card. Dixon confronted her

condition head-on. Working with her doctor, she began an aggressive treatment regimen. While uveitis would eventually take 98% of her vision, the treatments succeeded in slowing down progression of the disease. A new diagnosis and the

athlete reemerges

With her uveitis in remission, Dixon received a second vision diagnosis: She now had developed glaucoma as a result of her treatment. Resilient and determined to keep her life moving forward, Dixon began treating her glaucoma.

Along the way, she reengaged in sports and took up swimming, a favorite activity for the former competitive high school swimmer. When a friend intro-

RIATHON

to triathlons (swimming. running and biking), she hooked. was She completed her first triathlon in 2013 and today, she is the reigning ITU Aquath lon World Champion and a seven-time ITU

> Gold Medalist. When the competi-

Triathlon

tion in Tokyo starts in August, Dixon will race toward the finish line the same way she approaches life: by overcoming the setbacks in her path. It's an important les-

son she is eager to share. "There is always a way forward," said Dixon. "I encourage people to maximize the strengths they have and find creative ways to do the things they want. It may not be the way you wish for, but if you are open to learning, you can do great things."

A prescription for better eye health

Dixon views her journey

as a cautionary tale and she



encourages everyone to be proactive in taking care of their eyes.

"Uveitis progressed quickly in impacting my vision because I waited too long to see a doctor and wasn't diligent about getting my eyes examined annually," Dixon said. "Pay attention to your eyes. If you suspect you have a vision problem, then see an eye doctor right away."

As she continues to manage her glaucoma, she also urges people, particularly young adults, to be wary of a disease that can sneak up without symptoms and is the leading cause of irre-

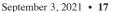
versible blindness.

"A dilated eye exam could save your sight," Dixon said. "The power is in your hands, so be your own advocate for achieving better eve health."

If you've been diagnosed with glaucoma or are caring for someone with glaucoma, a resource is "Understanding and Living with Glaucoma." This free booklet is published by the Glaucoma Research Foundation, with support from Aerie Pharmaceuticals. It can be downloaded or ordered (in English and Spanish) at www.glaucoma.org/booklet.



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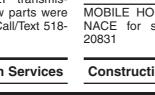
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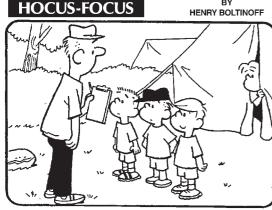
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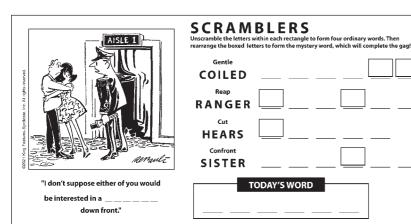
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Differences: 1. Stripe is added. 2. Pencil is removed. 3. Tent is smaller. Differences: 1. Stripe is added. 2. Pock is moved. 6. Cap is reversed.





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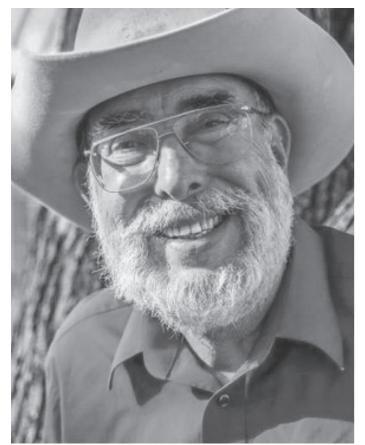
> ON THE FARM TIRE SERVI

Coffee Break





Home Country by Slim Randles



weet transition from the heat, from the work, from the hard, rough edges of life. On we go now to autumn, to black, lacy leaves and twigs standing out against an orange sky. The mornings now have that coolness, that chill that tells us we once again have made it through the heat and toil and can sit back now and then and reflect on things.

We can think now of family, of children growing and learning. We can think of loved ones growing old and feeble, but even more beloved as we realize what treasures they are to us.



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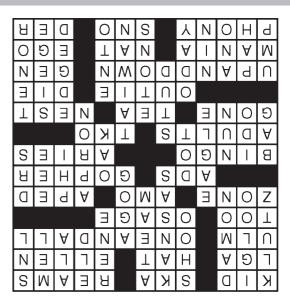
2991 State Highway 5S, Fultonville, NY 518-853-4500 www.randallimpls.com M-F 8am-5pm• Sat 8am-Noon We can think back on childhood memories of lazy mornings in church, when the droning kept us in constant danger of sleep, of the smell of coffee, of the taste of purloined doughnuts and the sweet frosting on them.

We can think back to the fires of spring, when we found that love is not only terrible, but terribly exciting, too. We can reflect on moments so sacred they live only within our souls and are never expressed, because no one is good enough to put the right words to them.

We look at red barns and horses starting to shag up for winter. We think of the woods, and the deer, and the creeks running pure clear and cold with fish and quiet. The evenings now, the quiet fall evenings when we see the first star come out right over the town where it has always been and we once again ask ourselves if it has always been this way and do we make a difference, or is this simply a chance for our souls to slide through a beautiful time known as life.

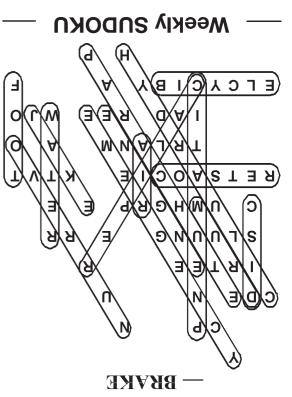
We settle down now to an earlier bed time, to a later getting up time, to savoring the heat of the morning coffee as well as the smell and the taste. We look around, now that the fever of summer work has abated, and we notice people and pets and neighbors that are precious to us, and we give a little smile and nod, which means, "I love you, too."

"I love you, too." Brought to you by "The Fly Fisherman's Bucket List," published by Rio Grande books and written by Slim Randles, who had fun researching it.



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

Bible Trivia

2. Whose last words were, "God will surely visit you, and ye shall carry up my bones from hence"? Moses, Noah, Joseph, Adam

3. From 1 Chronicles 29, who said, "All things come of thee, and of thine own have we given thee"? Jacob, David, Paul, Job

4. Where were many men slain for looking into the Ark of the Covenant? Succoth, Troas, Sychar, Beth-shemesh

5. What sorcerer in Samaria became a believer? Hiel, Simon, Rehoboam, Omri

6. Which is the last word of the New Testament? Amen, Holy, Life, Throne Answers: 1) New; 2) Joseph; 3) David; 4) Beth-shemesh; 5) Simon; 6) Amen (Revelation 22:21)

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