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cavacumbulance.org/crafts-fair/

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I Believe

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WED., JUNE 26, 9-11:30 AM: THE ONEIDA COMMUNITY MUSEUM GARDEN OPEN HOUSE. Hopsicker will be donating salable auction items to help us with our community service (315) 706-7867.

SAT., JUNE 30, 10 AM - 5 PM: THE Cazenovia Area Volunteer Fire Department’s Annual Strawberry Festival. – Cazenovia Lake. Admission is free. There will be a strawberry festival, with music, arts and crafts, bake sales, games, and more. (315) 655-8380.

SUN., JUNE 30, 2 - 4 PM: THE SALINA LIBRARY SPECIAL PRESENTATION ON RECORDS OF THE US MILITARY IN WORLD WAR II. Madison County Historian Matthew Urtz will explain what records are available through the local government office as well as records available through historical institutions, local colleges, local government offices and more. There is no charge for this event. (315) 543-3757.

SAT., JULY 13, 10 AM - 1 PM: THE MADDEN FAMILY FARM CRAFT FAIR. The farm is located on State Route 126 near Lysander. A craft fair will be held on the farm grounds. There will be a bake sale, a bidding auction, and a raffle. All proceeds will go to the Cazenovia Lake Children’s Center. More information to come. (315) 655-8380.

THURS., JULY 19, 12-3 PM: THE MOONEE LANDING SCHOOL GARDEN. A formal garden will be offered highlighting the history of the garden. (315) 956-2473.

TRUSS, JUNE 21, 7:00 PM: THE ONEIDA COMMUNITY MUSEUM HOUSE WELCOMES AUTHOR RUTHANN WONGEROYD WINTERBERG TO DISCUSS HER NEW BOOK, “ONEIDA UTOPIA: A COMMUNITY SEARCHING FOR HUMAN HAPPINESS & THE ORIGINS OF THE ONEIDA COMMUNITY.” For more information please visit www.mchs1900.org or call 315-363-4136.

SAT., JULY 7, 10 AM - 1 PM: THE MADDEN FAMILY FARM CRAFT FAIR. The farm is located on State Route 126 near Lysander. A craft fair will be held on the farm grounds. There will be a bake sale, a bidding auction, and a raffle. All proceeds will go to the Cazenovia Lake Children’s Center. More information to come. (315) 655-8380.

SUN., JULY 8, 1-5 PM: THE BROOKFIELD FAIR - PICNIC. The fair will continue with a good old fashioned dish to pass get together. Please bring some lawn chairs and we will provide soft beverages. We had a wonderful turn out last year and are looking forward to another year of visiting with friends; both old and new. Questions, Tracy Laid 662-7272.
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HAPPY SUMMER! JUNE 21 - JUNE 22 - US Department of Justice Established, 1870 - JUNE 23 - Typewriter Patented, 1866 - U.F.O. Day - First documented UFO sighting on this day

CHALLENGE

1
[0x0]Contact Us: Phone 315-655-9431, E-mail: hineighbor@hineighbor.net or Our Website www.hineighbor.net
HAPPY SUMMER! JUNE ... Justice Established, 1870 - JUNE 23 - Typewriter Patented, 1868 - U.F.O. Day - First documented UFO sighting on this day

LOOKS BAD
SCRATCHES
FLEXES
FADES

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French Dessert Recipe: Mini Strawberry Clafoutis
Chaffles is one of our very favorite desserts. This quintessentially French custard, usually made with cherries, is so simple and easy to make with whatever fruit you have on hand. It’s absolutely delicious and one of the best ways we can think of to enjoy our stone fruit in the summer.

Apart from the way it satisfies our sweet tooth—in a way that’s quintessentially French—this dish is simple yet elegant. It’s perfect because it lets the fruit shine, and it’s adaptable to your taste.

Recipe adapted from Lavender and Lovage

Ingredients; Yields 6 individual portions

2 1/2 cups heavy cream
1 1/4 cups whole milk
1 1/4 cups sugar
1 tablespoon cornstarch
1/4 teaspoon salt
1 vanilla bean, seeds scraped out and reserved, or vanilla extract

Preheat oven to 350 F

To make the custard:

1. Sprinkle the cornstarch and sugar over the whole milk and cream mixture in a blender. Use the Pulse setting until the mixture is smooth. Pour the mixture into a large bowl and set aside.

2. In a separate bowl, whisk the egg yolks with the reserved vanilla pod and seeds until combined. Slowly pour the egg mixture into the milk mixture and whisk until smooth.

3. Place a metal rack over a half sheet pan. Preheat the oven to 350°F and place a rack in the middle.

4. Pour the custard mixture into 2 ounce ramekins. Place the ramekins on the half sheet pan. Place the half sheet pan into the preheated oven and bake until the custard is just set, about 25 to 30 minutes. The custards should be just set, but the centers will still be slightly soft. Remove the ramekins from the oven and let cool for 30 minutes.

5. Run a small spatula under the custard to loosen it from the ramekin. Place the ramekins in the refrigerator for at least 2 hours to chill.

6. When ready to serve, remove the ramekins from the refrigerator. Remove the vanilla pod by pulling it out using a fork or a small knife. Serve immediately.
**Happiness Summer! June 21 - June 22 - US Department of Justice Established, 1870 - June 23 - Typewriter Patented, 1868 - U.F.O. Day - First documented UFO sighting on this day**

**Auctions - Live & Online**

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**Monday, June 11th**
- **Sold 176 head. Cull Ave, 0.94 $5.95 Top Cow**
- **Cull Ave, 0.57 $6.35 Top Cow**
- **Cull Ave, 0.35 $0.75 Top Cow**
- **Cull Ave, 0.18 $0.70 Top Cow**
- **Cull Ave, 0.17 $0.60 Top Cow**

**Monday, June 18th**
- **Sold 176 head. Cull Ave, 0.94 $5.95 Top Cow**
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**Tuesday, June 19th**
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- **Cull Ave, 0.35 $0.75 Top Cow**
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**Wednesday, June 20th**
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**Hosking Sales - Certified Organic Marketing Agency**

**Thursday, June 21st**
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- **Cull Ave, 0.18 $0.70 Top Cow**
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**Friday, June 22nd**
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**Saturday, June 23rd**
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**Contact Us:** Phone 315-655-9431, E-mail: hineighbor@hineighbor.net or Our Website www.hineighbor.net

**Hi, Neighbor Pennysaver, Cazenovia, NY, June 18, 2018 -5-**

**Heritage Hops Benefit Madison County Historical Society**

Potted hop plants are once again available to benefit the Madison County Historical Society. This year’s fundraiser is $5.00 for a five dollar donation. More than 200 hop plants are available for purchase now. Plants will also be available at the Hop Shop on Saturday, Second Monday of each month during the Annual Madison County Hop Fest in Oneida NY.

For more information, contact Don & Esther Larinck, Class of 1943, as Earliest Graduates

**Child Safety Seat Check at Chittenango Fire Department**

To help parents and caregivers determine if their car seats are properly installed, the Chittenango Fire Department, Madison County Sheriff’s Office, and New York State Police are teaming up to hold a child safety seat check. The free event will be held on Saturday, June 23, 2018 from 9:30 a.m. to 1:30 p.m. at the Chittenango Fire Department located at 417 Genesee Street in Chittenango. The rain date is July 12 at the same time.

To register your child seat, children must be between the ages of birth and eight years old, and the child seat must be properly installed in your vehicle; children who can no longer fit in a child seat are eligible to participate.

**Estate of Norm Laube**

**4750 Morgan Road, Oneida, NY. Wed., June 20th, 2018 - Time: 5:30 PM**

**Online Bidding Begins Closing Friday, June 29, 2018 (!) **

Location: Saranac County Fairgrounds, 162 Preponed St, Ballston Spa, NY 12020


**Preview:** Friday, June 29 from 9am - 5pm

**Call for Online Bidding 800-855-9351 or 315-854-9383**

**Empire Livestock**

**The Earlville Opera House (EOH) has Great Cultural Offerings for All!**

**Choose from the following workshops for June and July:**

- **Acrylic Paint Night with Margaret Fetko on June 21, 6-8:30pm:** Book Binding with Dana Shiflett on June 23, 12-3pm; Art & Yoga with Dana Shiflett on June 30, 10:15am - 12:15pm.
- **A Great Night Under the Stars on June 7, 7-12pm:** Non-stitch Quilted Collage Felting with Lisa Merian, on July 29, 10am-5pm; and a Fingerstyle Guitar workshop with Tom & Brenda Hosking on July 7 from 2-3pm, where participants explore the performance capacity of the guitar beyond strummed chords, including open tunings, pick patterns and percussive elements. A great line-up of diverse artistic fun to choose from! Workshops are designed for all levels of experience and are accessible for the class and materials needed. Members of the EOH receive a registration discount (become a member today).

**We invite you to join us on July 5 at 6pm on the Village Green in Hamilton for the INSTRUMENT PETTING ZOO. This is a FREE event for children and families to enjoy during the hour before the Symposium concert begins this year!**

**Choose from the following workshops for June and July:**

- **WANTED JUNK TRUCKS & VANS BUYING FOR CASH CALL 315-333-3302**

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**Plan B Farm and Services**

**Hi, Neighbor Pennysaver, Cazenovia, NY, June 18, 2018 -5-**

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**Hi, Neighbor Pennysaver, Cazenovia, NY, June 18, 2018 -5-**
In 1957, “American Bandstand” premiered as a national show, competing with “This Is Your Life.” Then in 1957, Dick Clark - then a disk jockey - became the host, introducing songs and listing the top 10 songs each week. He was only 26 at the time. Almost immediately, the show became a hit for the struggling network, ABC. The show became TV’s longest-running musical event. The show was canceled six months after Clark turned over the hosting duties to David Hirsch in 1989.

H.G. Wells was the first to use the term “atomic bomb” (1914) and “hydrogen bomb.” The term “nuclear bomb” encompasses both “atomic bomb” and “hydrogen bomb.”

Among the best-known and most spectacular meteor showers are the Perseids, which peak about August 10-12. They appear to originate in the vicinity of the constellation Perseus, named for the slayer of the Gorgon Medusa and the rescuer of Andromeda from a sea monster.

Alaska is the largest of the United States, but among the least populated. The 49th state to join the Union (January 3, 1959), Alaska contains Point Barrow. The northernmost point on the U.S. and Mount McKinley, the highest mountain in North America. About one-third of the state lies within the Arctic Circle, with its nearest point being 50 miles (80 km) from Russia. Alaska was purchased from Russia in 1867 for about $7 million or two cents an acre. Its name comes from the Alutiiq word “alakshak,” meaning peninsula.

The U.S. Lifesaving Service (formed in 1878) to become the U.S. the Revenue Cutter Service and then, in 1915, merged with the Secretary of the Treasury Alexander Hamilton, later became

"Reality is that which, when you stop believing in it, doesn’t go away." - Thomas Aquinas

"If you can’t write your idea on the back of my calling card, you don’t have a clear idea." - David Belasco

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe." - Abraham Lincoln
WORD OF THE DAY: 
incarcerate

Definition: (verb) Lock up or confine, or in as in a jail. 
Synonyms: immerse, imprison, jail, jug, put behind bars, remand, lag, put away.

Usage: It can cost huge sums to incarcerate a prisoner for a year.

A Short Prayer for Guidance

Heavenly Father, thank You for Your guidance. Forgive me for getting ahead of Your plans, and help me know when to stop and listen to Your voice. May Your peace be perfect, Lord. Thank You for offering gentle grace. In Jesus’ Name, Amen.

-Kristine Brown

David vs Goliath: How A Small Molecule Can Defeat Asthma Attacks

Date: June 12, 2018
Source: Cazenovia College of Medicine

An invisible particle enters your lungs. The next thing you know breathing becomes difficult. You are having asthma.

According to the American Lung Association, asthma affects 25.7 million adults in the U.S. Each year, asthma costs the U.S. economy more than $76 billion. And annual asthma-related medical expenses are $20 billion.

The making of an asthma attack

An asthma attack is anything but a simple event. It begins when environmental factors such as pollen, dust, or animal dander (from pets) can make your lungs go into panic and head to the emergency room. Cory’s laboratory has been studying asthma for about 30 years. One of their interests is to better understand the molecular pathways that drive airway attacks.

Current treatments attempt to relieve typical asthma symptoms, namely the constriction of the airways so patients may breathe easily. Treatments may also include steroids to shut down the inflammation that scientists have thought for many decades underlies airway constriction. Inflammation of the airways leads to shortness of breath which can make you panic and head to the emergency room. Cory’s laboratory has been studying asthma for about 30 years. One of their interests is to better understand the molecular pathways that drive airway attacks.

The researchers are interested in better understanding the molecular pathways that underlie asthma, uncompromising the other pathways that allow the development of the disease. Allergens activate immune mediators called cytokines. Cytokines IL-4 and IL-13 and the responses triggered by the IL-4/IL-13/STAT6 interaction are particularly required for asthma to happen. These cytokines activate a chain reaction of molecular pathways that set off the development of the disease. Allergens activate immune cells, recruiting them to the lungs and leading some of them to produce a strong IgE antibody response and others to secrete cytokines. Cytokines IL-4 and IL-13 in particular are required for asthma to happen. These cytokines activate another molecule, transcription factor STAT6, that trigger expression of a number of genes ultimately leading to the exaggerated contraction of the airways that causes the much feared shortness of breath.

Cory and his colleagues had to design a small molecule capable of specifically binding to and inhibiting STAT6 activity directly. This small molecule could be an asthma treatment.

One major advantage of developing PM-43I as an asthma drug that specifically targets a path that is required for the disease is that people probably would be able to take it at the same time, which is what current asthma medications sometimes are paired with. Steroids shut down inflammation, but also other immune responses, such as the body’s ability to fight an infection. The researchers’ work shows that in fact treatment with their small molecule can control the asthma without impairing the mice’s ability to fight pathogens. “This is important because there is a higher incidence of pneumonia in people with asthma, presumably because of the steroids they take,” Cory said. “Steroids drive down all the immune system, but our small molecule specifically targets the pathway that leads to asthma, uncompromising the other pathways that allow the body to fight disease. We anticipate that patients treated with our small molecule would not need steroids as our treatment alone would be able to control the asthma, and these patients’ ability to fight infections would not be affected.”

However, additional research from our lab has shown that completely different receptors can also activate STAT6. So, we focused our efforts on developing a small molecule that would bind to and inhibit STAT6 activity directly.”

David vs Goliath

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Although other groups have developed monoclonal antibodies that effectively target IL-4R-alpha and inhibit STAT6-dependent allergic disease, and these antibodies are close to be approved by the Food and Drug Administration, the researchers think that their small-molecule approach offers unique advantages compared with the much larger antibodies.

“We think that our small molecule offers the option of being easier to make and less expensive than the monoclonal antibody approach,” Corry said. “Also, people might develop sensitivity or tolerance to the monoclonal antibody treatment. On the other hand, our compound is a chemically synthesized very small molecule, so we think there is a smaller chance that people would develop a sensitivity to it. In addition, we think that our small molecule is better able to block STAT6 than the antibodies.

“I am most excited about the potential to really affect disease,” Knight said. “I think that if our small molecule approach can help the lung resolve the chronic inflammation that is driving the asthma attacks, it might be possible to also resolve their condition.”

“The ideal way to manage any disorder is to get to the root, the fundamental underlying cause. In asthma, we can break it down into endogenous factors, in this case inflammatory, where STAT6 comes in, and then the environmental, and that is the nearly invisible particulate. Corry said, “and usually, we would target both of these at the same time. This is our first shot at applying a modern understanding of disease to therapy. That’s what I am most excited about, developing a modern approach to treating this common disorder,” Corry said. The researchers are working toward moving this small molecule to the next stage of testing in clinical trials in order to one day make it available to people.

CAZCARES provides food and clothing to families in need. Families must complete a simple intake form to determine eligibility. Hours of Operation are Mondays, TUES, and Thursdays from 9:00 am to 12, or by appointment (650-3174). CarCarex is located at 101 Nelson St. in Cazenovia, behind McDonald’s.

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**Dad**
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3. Pepper
4. Cinnamon
5. Nutmeg
6. Ginger
7. Allspice
8. Cloves
9. Paprika
10. Mace
11. Cumin
12. Cardamom
13. Cayenne pepper
14. Black pepper
15. White pepper
16. Scallions
17. Green onion
18. Shallots
19. Garlic
20. Onions
21. Leeks
22. Scallions
23. Green onion
24. Shallots
25. Garlic
26. Onions
27. Leeks
28. Sliced garlic
29. Minced garlic
30. Garlic paste
31. Garlic powder
32. Garlic salt
33. Garlic oil
34. Gorgonzola
35. Blue cheese
36. Brie
37. Camembert
38. Roquefort
39. Stilton
40. Bleu cheese
41. Mozzarella
42. Provolone
43. Cheddar
44. Swiss cheese
45. Gouda
46. Edam
47. Gruyere
48. Parmesan
49. Romano
50. Pecorino
51. Blue cheese
52. Feta
53. Mascarpone
54. Cottage cheese
55. Ricotta
56. Cream cheese
57. Philadelphia
58. Boursin
59. Brie
60. Roquefort
61. Stilton
62. Gorgonzola
63. Blue cheese
64. Mozzarella
65. Provolone
66. Cheddar
67. Swiss cheese
68. Gouda
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