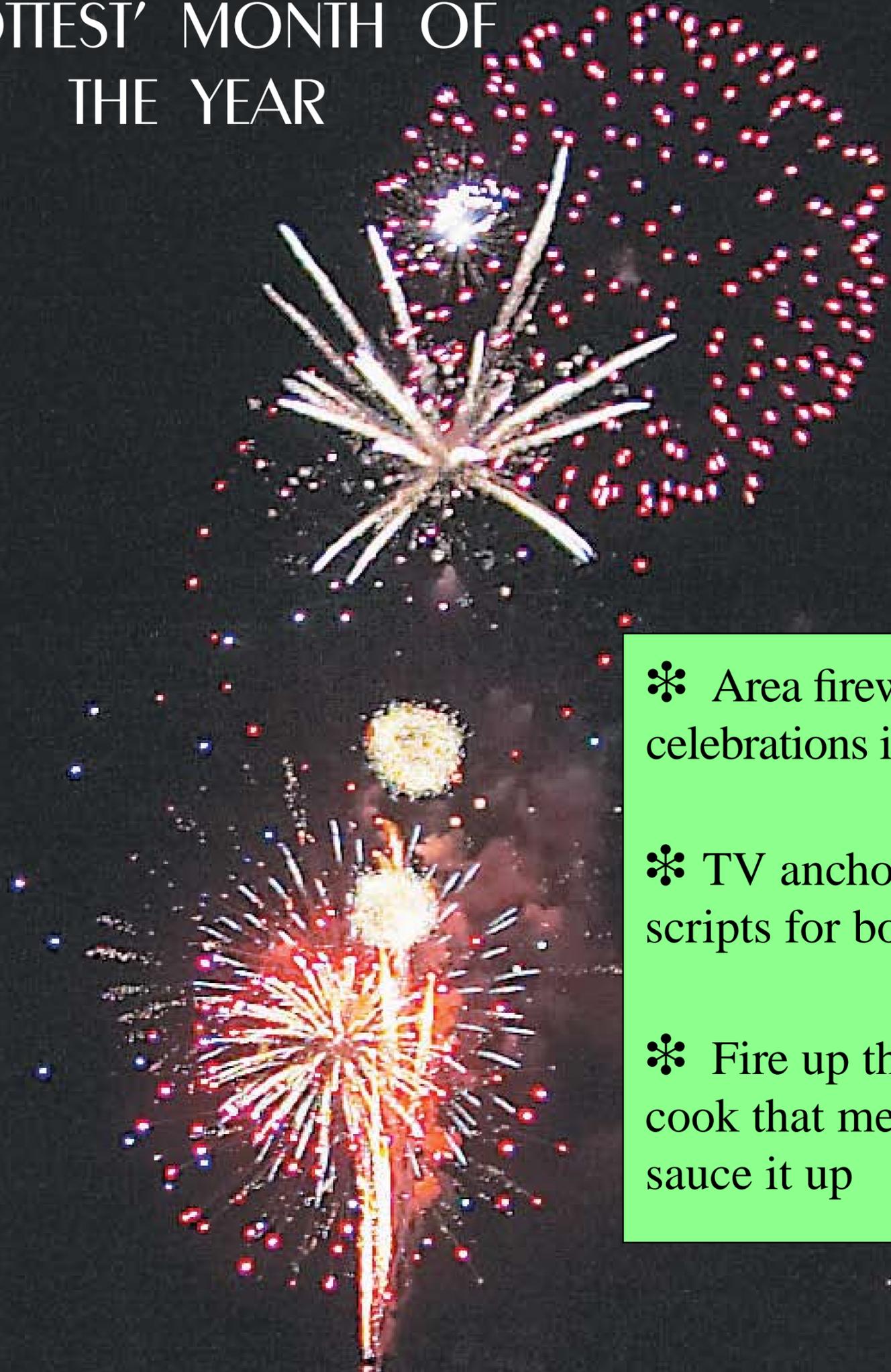


June 28, 2006

# Christmas in July

CELEBRATING THE  
'HOTTEST' MONTH OF  
THE YEAR



❖ Area firework  
celebrations in July

❖ TV anchors trade  
scripts for books

❖ Fire up the grill,  
cook that meat, and  
sauce it up

## Upcoming fireworks displays

### East Coast Resorts Independence Day weekend fireworks

A 45-minute fireworks display will take place at East Coast Resorts in Parish over Bass Lake on July 2. Call in advance if you're not a member to be put on the guest list. Call 625-4101.

### SSO Fourth of July Spectacular

The Syracuse Symphony Orchestra will perform its annual Fourth of July Spectacular at the State Fairgrounds. This concert of patriotic tunes will include a salute to our service men and women, John Philip Sousa's Stars and Stripes Forever and Tchaikovsky's inspiring 1812 Overture. Stunning fireworks will conclude this unforgettable evening. Go to SyracuseSymphony.org.

### Oswego Independence Day Celebration

Oswego's 43rd annual Independence Day Celebration will be held July 1 and 2, it will come to a close with a fireworks display over the Oswego Harbor. For more information on Oswego's 43rd annual Independence Celebration contact the Greater Oswego Chamber of Commerce at 343-7681.

### Syracuse Fireworks Celebration

On June 30 at 5 p.m. the festivities of the Syracuse Fireworks Celebration will begin. There will be live music, food, family activities, and pyrotechnics at the Inner Harbor, Kirkpatrick and Solar streets. Fireworks at dark. Free.

473-4330.

### Seneca River Days' Kidz Carnival fireworks

The Seneca River Days in Baldwinsville will have a fireworks display at the end of the first night of the two-day event. At 9:30 p.m. on Friday July 7 a fireworks display will be put on by Auburn/Telstar Display Fireworks, Inc.

### Camillus fireworks display

The Mario DeSantis Orchestra will perform from 7:30 - 9:30 p.m. on Friday June 30, with a great fireworks display to follow at Veterans Memorial Park at Gillie Lake in Camillus. The event is sponsored by Wal-Mart, Geddes Federal Savings and Loan, Honeywell, and the Camillus Police Benevolent Association. Plan on bringing a chair, blanket and picnic basket and enjoy a great evening of free entertainment. Lemonade and popcorn will be provided by the town of Camillus.

### Town of Clay fireworks

The town of Clay Recreation Department in conjunction with Great Northern Mall will offer a spectacular fireworks display on Tuesday June 27. The show will be launched from the rear parking lot area of the mall as soon as it gets dark. Before the fireworks, don't forget the concert series from 6:30 - 8:30 p.m. at Clay Central Park on Wetzel Road. For more information call 652-3800, or visit townofclay.org.

### Shoppingtown Mall fireworks

Shoppingtown Mall will hold their annual fireworks show June 30 starting at 10 p.m. Rain date is July 1.

### Flares Around the Lake

Skaneateles will hold its annual event all around Skaneateles Lake at sundown on July 3.

### Brewerton Speedway display

On June 30 the Fernandez Auto Mall presents The Holiday Spectacular. DIRT Modifieds 45 Laps, IMCA Modifieds, Mod Lites, 4 Cylinder Stocks, 4 Cylinder Enduro plus Huge Fireworks display!

### Cazenovia chamber fireworks

Concert in the Park, 6:30 - 9:30 p.m., July 4. Kinney Drugs Summer Concert Series, Lakeland Park, Cazenovia followed by the community fireworks. Featuring: the Fab Cats, sponsored by Oneida Savings Bank and Johnson Bros Lumber. Rain date: July 10. Presented by the Greater Cazenovia Area Chamber of Commerce. 655-9243

### Sylvan Beach Colossal Fireworks Display

Colossal Fireworks on the Oneida Lake Lakefront at 9:30 p.m. Tuesday July 4. It's a nighttime aerial extravaganza. Our famous-style fireworks over beautiful Oneida Lake. It's a spectacular finale to the 4th of July weekend. Come early and enjoy the whole day.

## For many, Fourth of July can end up in injury

A safety concern particular to the July 4th holiday is injury resulting from the illegal use of fireworks.

The State Police handle on average 1,000 fireworks-related incidents each year, and many of these unfortunately result in injury and disfigurement to the fireworks user, some of whom are children. As fireworks are the traditional means to celebrate the holiday, many communities obtain the required permits to launch a spectacular fireworks show. To

have a safe holiday weekend, the troopers encourage everyone this July 4th to leave the fireworks to the licensed professionals, and to simply attend fireworks displays in your local community. Check with your local town hall, municipality or the communities section of the local newspaper for the closest scheduled fireworks display.

Help ensure a safe celebration by following the guidelines from The US Consumer Product Safety Commission and The National Council on Fireworks Safety.

### Tips

- ✓ Never let children play with fireworks—not even unlit ones.
- ✓ Adults should keep a bucket of water and hose close at hand when lighting fireworks.
- ✓ Read all warning labels and follow all instructions before using fireworks. The shooter should always wear eye protection and never have any part of the body over the firework.
- ✓ Make sure other adults and children are at a safe distance before lighting fireworks.
- ✓ Only light fireworks outside on a smooth, flat surface.
- ✓ Light fireworks away from the house, dry leaves, or any other flammable material.
- ✓ Never relight a dud firework. Instead, wait 15 to 20 minutes and then soak it in a bucket of water.
- ✓ Dispose of fireworks properly by soaking them in water and then disposing of them in your trash.
- ✓ Sparklers are dangerous! They burn at such high temperatures that they can burn clothing.



# Christmas in July

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<b>2004 SATURN ION3</b> 4 cyl., auto, moonroof, 41K <b>\$12,995</b>	<b>2003 BUICK RENDEZVOUS CXL AWD</b> V6, leather, moonroof, loaded, 74K <b>\$11,995</b>	<b>1999 MITSUBISHI MIRAGE 4DR.</b> Auto, A/C, 86K <b>\$3,995</b>	<b>2000 KIA SEPHIA 4 DR.</b> 4 cyl., 5 spd., cassette, 60K <b>\$3,995</b>	<b>2002 FORD ESCORT ZX2 2 DR.</b> 4 cyl., auto, moonroof, 42K <b>\$6,995</b>
<b>1997 CHEVY BLAZER LS 4x4</b> Auto, PW, PL, CC, TW, A/C, 79K <b>\$5,995</b>		<b>ALL VEHICLES PLUS TAX, TITLE &amp; REGISTRATION</b>		

## Christmas in July

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▼ Chittenango-Bridgeport Times ▼ City Eagle ▼ DeWitt Times ▼ Fayetteville Eagle Bulletin  
▼ Hamilton and Morrisville Tribune ▼ Liverpool Review ▼ Marcellus Observer ▼ North Syracuse Star-News ▼ Skaneateles Press ▼ Solvay-Geddes Express ▼ Oneida Press

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# The Fashion Exchange

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## TV anchors give the gift of time to libraries in

Join on-air personalities from WSTM-NBC 3 as they read stories to children. Refreshments will be provided by P&C. There will also, a drawing for a P&C gift certificate will be held at each library.

Thursday July 6	2 p.m.	Fayetteville Free Library	Chris Brandolino
Friday July 7	2 p.m.	Southwest Community Center	Jackie Robinson
Wednesday July 12	2 p.m.	Paine Branch Library	Anthony Adornato
Monday July 17	10:30 a.m.	East Syracuse Free Library	Matt Mulcahey
Monday July 17	2:30 p.m.	Mundy Branch Library	Laura Hand
Tuesday July 18	11a.m.	NOPL at North Syracuse	Brandon Roth
Tuesday July 18	2 pm.	Fayetteville Free Library	Anthony Adornato
Tuesday July 18	7 p.m.	Onondaga Free Library	Lisa Spitz
Thursday July 20	2 p.m.	Hazard Branch Library	Mike Brookins
Friday July 21	2 p.m.	Beauchamp Branch Library	Kevin Schenk
Tuesday July 25	2 p.m.	Phoenix Public Library	Wayne Mahar
Wednesday July 26	11 a.m.	LaFayette Public Library	John Evenson
Wednesday July 26	1:30 p.m.	Baldwinsville Public Library	Wayne Mahar
Wednesday July 26	7 p.m.	Solvay Public Library	Peter Hall
Wednesday August 2	7 p.m.	Maxwell Memorial Library	Christina Chataian
Wednesday August 2	7 p.m.	Elbridge Free Library	Jared Werksma

## Regift, recycle a book that deserves a second reading

OCRRA said instead of trashing those literary treasures or best sellers, pass them along to someone else for recycled enjoyment.

OCRRA's Executive Director Tom Rhoads said, "OCRRA is constantly urging people to donate books of recent vintage and that are in good condition to libraries, retirement homes, hospitals, or other organizations." Their website, [ocrra.org/](http://ocrra.org/), sends internet surfers to a page where there is a list of those planning upcoming book sales or are constantly looking for new sources of reading

material. Don't plan on donating books which are mildewed or in poor condition, or those publications that are dated such as encyclopedias, textbooks, condensed Reader's Digest books, or magazines. It is suggested that you call ahead of time rather than heading to your nearest library."

Rhoads said OCRRA is still working on the possibility of offering the public an opportunity for a book recycling event. Rhoads stressed that donating books in good condition to libraries is a sound environmental solution.



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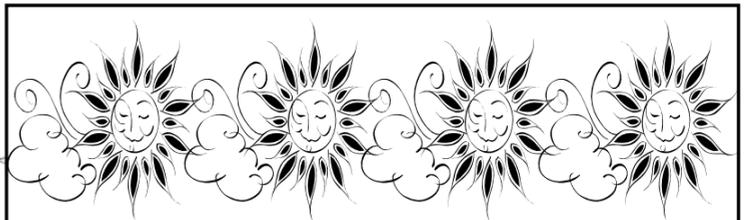
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## calendar of events

Open Mic Night every Wednesday starting May 24th  
East Shore All-Stars every Thursday starting May 25th

June 8, 15, 22, 29: Thursday Night Classic Car Cruise at Sylvan Beach See the best of Central New York's classic show cars every Thursday as they cruise to Sylvan Beach. Join our host radio personality Bruce Melnick as he spins your favorite oldies. 6pm, Village Lakefront Parking area.

June 13, 20, 27: Bikes At The Beach Every Tuesday starting at 5 pm. DJ and Vendors. Free Parking for Motorcycles along Main Street.

June 16: Live At The Crazy Clam, The Next

June 17: Frog Fest. Live Country Music all day. Gates open at 7; Music begins at 11am. Verona Beach State Park. Admission \$7 per Vehicle. No Alcoholic Beverages may be brought into the Park. Info:762-4463.

Live At The Crazy Clam, The Works

June 23: Live At The Crazy Clam, Time Trooper

June 24: Live At The Crazy Clam, Joshua Tree

June 24, 25: Free Fishing Weekend! During this last weekend in June, anyone can fish New York State waters; no license is required!

It's the perfect time to take a friend or relative fishing.

June 28: Wednesday Night Band Concert in the Village Park at 7 pm. Sponsored by the Village of Sylvan Beach.

Thursday night rain date.

June 30: Live At The Crazy Clam, Classified

July 1: Live At The Crazy Clam, George Wesley Band

July 4: Colossal Fireworks On the lakefront after dark. Night time aerial extravaganza. Our FAMOUS style FIREWORKS over beautiful Oneida Lake. Spectacular finale to the 4th of July weekend. Come early and enjoy the whole day!

July 5, 12, 19, 26: Wednesday Night Band Concerts. Each Wednesday at 7pm, enjoy a variety of music at the Old Time Bandstand in the Village Park. Sponsored by the Village of Sylvan Beach. Thursday night rain date.

July 6, 13, 20, 27: Thursday Night Classic Car Cruise at Sylvan Beach. See the best of Central New York's classic show cars every Thursday as they cruise to Sylvan Beach. Join our host radio personality Bruce Melnick as he spins your favorite oldies. 6pm, Village Lakefront Parking area.

July 7: Live At The Crazy Clam, Morning After.

July 8: Live At The Crazy Clam, Square Pegs

July 11,18,25: Bikes At The Beach Every Tuesday starting at 5 pm. DJ and Vendors. Free Parking for Motorcycles along Main Street.

July 12: Eugene Domack will speak on the history of the Eastern Shoreline of Oneida Lake.

7 pm. Village Hall.

July 14,15,16: Super Lawn Sales! Sales on every street from dawn to dusk.

July 14: Live At The Crazy Clam, 24-7e7en

July 15: Live At The Crazy Clam, One Sweet World

July 16: Chicken BBQ at St. John's. St. John's Catholic Church, Rt.49, North Bay, offers old-fashioned chicken barbecue starting at 11:30.

July 21: Live At The Crazy Clam, Lunachik Fringe

July 22: Live At The Crazy Clam, Joshua Tree

July 28: Live At The Crazy Clam, Time Trooper

July 29: Live At The Crazy Clam, Square Pegs

July 30: 13<sup>th</sup> Annual Vettes at the Beach Corvette Show. In the Village Park, 9am to 4pm. Largest single day show in the Northeast with past shows attracting over 450 Corvettes. There will be dash plaques, goodie bags, awards, t-shirts, door prizes, and your favorite oldies playing all day long. Sponsored by The Syracuse Corvette Club, Crews Automotive, Campus Plaza, Big Four Tires, Walters Chevrolet, Sweet Inspirations, Napa-Lights Auto Body, Saves Autobody Supply and The Sylvan-Verona Beach Resort Assoc. For information, call Jon Smith 668-7586.

## Recipe for food safety inside and outside the kitchen

As the summer heats up, so do backyard grills and food safety is essential all year round and only becomes more crucial as meals are moved outside to the park, the beach or the backyard. This is an important time to take a closer look at your food preparation habits to see if you are actually following the food safety techniques you think you are when cooking for friends and family in order to prevent food-borne illness.

### East Meets

#### West Burgers

**Total prep and cook time: 30 to 40 minutes**  
**Yields: 4 servings**

#### Ingredients:

1 pound ground beef (95 percent lean) – Do not defrost frozen ground beef at room temperature, but overnight in the refrigerator.

1/4 cup soft whole wheat bread crumbs

1 large egg white  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
4 whole-wheat hamburger buns, split

#### Sesame-Soy Mayonnaise:

1/4 cup light mayonnaise  
1 tablespoon thinly sliced green onion, green part only  
1/2 teaspoon soy sauce  
1/4 teaspoon dark sesame oil  
1/8 teaspoon ground red pepper

#### Slaw Topping:

1/2 cup romaine lettuce, thinly sliced  
1/4 cup shredded red cabbage  
1/4 cup shredded carrot  
1 teaspoon rice vinegar  
1 teaspoon vegetable oil  
1/4 teaspoon black pepper

#### Instructions:

1. Wash hands under warm water with soap for 20 seconds. Dry with paper towel.

2. Combine Sesame-Soy Mayonnaise ingredients in small bowl; refrigerate until ready to use. Make sure cold foods are kept at a temperature below 40 F.

3. Wash lettuce, cabbage and carrots. Chop using a clean knife and cutting board designated for raw foods only.

4. Combine Slaw Topping ingredients in small bowl, set aside.

5. Wash hands under warm water with soap for 20 seconds. Dry with paper towel.

6. Combine bread crumbs, egg white, salt and 1/8 teaspoon black pepper in large bowl, add ground beef and mix together lightly but thoroughly. Lightly shape into four 1/2-inch thick patties. Place patties on clean plate. Wash hands and utensils under warm water with soap for 20 seconds. Dry with paper towel.

7. Place patties on grill over medium ash-covered coals. Wash utensils and plate under warm water with soap for 20 seconds. Dry with paper towel.

8. Grill uncovered, 11 to 13 minutes turning occasionally and cook to 160 F for medium doneness. Insert a food thermometer into the thickest part of the patty to ensure the meat has reached the safe internal temperature. Wash food thermometer with hot soapy water after use.

9. About 2 minutes before burgers are done, place buns, cut sides down, on grill. Grill until lightly toasted.

10. Use a clean spatula or tongs to place the toasted buns and cooked burgers on a clean plate (Never place cooked meat on same tray as raw meat).

11. Spread equal amount of mayonnaise on bottom of each bun, top with burger. Evenly divide Slaw Topping over burgers. Close sandwiches and enjoy!

ARA Content

### From the grill:

## Your mouth will be bursting with flavor

Grilling season is upon us. Fire up the grill and enjoy outdoor meals — everything from dinner on the backyard patio to a picnic in the park. Grilling is great because it is a delicious way to cook a variety of recipes, involves fairly easy clean up and doesn't heat up the kitchen.

This summer, great grilling is within your grasp. Helpful tips to make you the neighborhood's top grill master:

✓ Be prepared. First, if you don't have one, get a digital meat thermometer — it's the griller's best friend and your guests will be impressed when you ask them "How would you like that cooked?" Other items for the master griller's utility belt: hot pads, tongs, a metal grill brush for cleaning, separate preparation and serving platters, and a cloth for oiling the grill grates.

✓ Select your meat. If you are a beginning griller, Conroy recommends hamburgers and pre-cooked meats such as sausages or hotdogs because they just need to be cooked through. Chicken breasts and pork chops are other cuts that can be grilled with a

fairly high success rate. Just don't overcook—a common mistake! Poultry should be cooked to an internal temp of 165° and pork to an internal temp of 150°.

✓ Add some flavor. A novice? Try pre-mixed seasonings, rubs, marinades or sauces. Traditional BBQ sauces can be added to the meat during grilling or for added flavor when serving. Pick a flavor that is right for the meat. There are a variety of options for chicken, beef and pork.

✓ Serve tender meat. "Slow and low" is the trick to grilling cuts like whole roasts, flank steaks, top round steaks, ribs, and briskets. Time and patience get the best results. Marinating these cuts before cooking will add flavor and help to make them tender.

✓ Fix overcooking. Sometimes overcooked meats can be saved. Try chopping or shredding cooked beef or pork and mix it with BBQ sauce for sandwiches. You could also try dicing it for soup or chili. Overcooked meat is dry, so if you can figure out a way to use it in a sauce or gravy to add moisture, go for it.

ARA

### You can get 'hamburger disease' from uncooked chicken...True or False?

True. This disease is a type of food poisoning caused by a bacteria called E.coli. It can be found in many foods including meat and poultry. Hamburger disease is also known as 'barbecue season syndrome' because it often happens when people cook hamburgers on barbecues improperly.

## New York beef producers step up promotions to move beef supply

New York beef producers are stepping up beef promotions this summer to help move an increasing supply of beef nationwide. Their efforts are being conducted through The Beef Checkoff Program, which is funded by producers through a \$1-per-head assessment collected when beef animals are sold.

Phil Trowbridge, chairman, New York Beef Industry Council, said, higher costs and lower prices, along with increased supplies of competing meats such as pork and poultry, are causing normally-increased beef supplies to be squeezed in an unusually dramatic way.

"We knew we needed to step up to the plate and help move more beef during this difficult period," Trowbridge said.

Joining other beef producers from states around the country, the New York producers are for the fifth consecutive year helping fund the Summer Grilling Campaign, a national radio advertising in the top 40 markets, which will reach 94 percent of beef's target audience through Labor Day. A retail-level consumer contest for the chance to win valuable barbecue prizes is also being conducted.

Another partnership features a beef promotion targeting 40 million U.S. consumers and focuses on burgers on the grill. A beef-oriented newspaper insert will be distributed in June through the partnership, and the trio will join on a beef grilling and entertainment television segment that airs in June and July on cable, reach-

ing eight million U.S. households with plans for rebroadcast on public television throughout the country.

Recognizing the beef industry's current vulnerable position, state beef councils have joined together through the Federation of State Beef Councils to increase the nationwide promotions, with \$2 million in the organization's reserves being dedicated to expand beef efforts nationwide. The drive, targeting consumers ages 25-54, features radio advertising, retail promotions, an aggressive public relations push and widespread product sampling in cooperation with major retailers.

State beef councils, which collect the \$1-per-head check-off, control 50 cents of each dollar collected, and may invest in Federation efforts such as this one. By law, 50 cents of each dollar goes to the Cattlemen's Beef Board to fund national and international programs. Aggressive plans for Beef Board-funded summer promotions, such as the 2006 Summer Grilling Campaign, had already been put in place.

"Because beef is the top meat for the grill, summer is a prime time to promote the product," according to Trowbridge. "In 2005 we were able to increase beef sales nearly 4 percent on a dollar basis versus 2004, despite a slightly reduced supply. With increased supplies of all meats, we're definitely going to have to do better this year."

The Beef Check-off Program was established as part of the 1985 Farm Bill.

**Fact:**  
**Syracuse's hottest month is historically July, with an average high temperature of 82 degrees.**

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