

The Lineup



MONDAY:
Safety on the Roads by Dave Werner (traffic safety)



TUESDAY (alternating):
View from the Porch by Paul Willcott (observations) and



The Wilderness Above (astronomy)



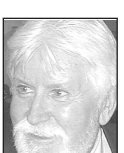
WEDNESDAY (alternating):
Read in the Blue Line (Adirondack books and authors) and **Field and Forest** by Richard Gast (local agriculture)



THURSDAY (alternating):
The Scientific Mind by Jeremie Fish (science)



FRIDAY:
The Inside Dope by Bob Seidenstein (local color and anecdotes)



SATURDAY:
You Know What ...? by Howard Riley (local history)

Between a rock and a hard place

What follows is a tale of stones: one figurative, one literal.

The figurative stone was a stone face. The literal one was a stone turd.

Now some clarification. Everyone knows what stone-faced means. Maybe your image of a stone face is different from mine, but we both have an essential picture.

But a stone turd? Does such a thing even exist? You bet they do, pardner, but like just about everything else, they ain't makin' 'em the way they used to. Or if they are, we're not seeing how it's done.

See, stone turds are like everything else that was once organic but's now stone — they're fossils.

I've no idea how fossils become such, only that it takes a long, long time — almost as long as finding an honest politician. And while we've seen all sorts of fossils in museums, from trilobites to ammonites, odds

are we've never seen fossilized feces. But like The Living Goddess of Kathmandu, just because you've never seen it, doesn't it doesn't exist.

Now a logical question: Even though they exist, who on God's green earth would have one?

And now a logical answer: Since petrified poop is rock, you'd expect they'd be owned by rock collectors,

The Inside Dope

By Bob Seidenstein
saranacbo@hotmail.com



which they are. Looping back, there was a man in My Home Town who owned a vast rock collection, including among it fossilized you-know-what.

His name was Ralph Bristol, and he wasn't simply a rock collector, but was one of the foremost collectors of his day. He also had a quirky sense of humor, which is how one of his stone turds got him to be a co-star of this story.

The unflappable doc

The other co-star — he of the stone face — was Dr. Carl Merkel.

Dr. Merkel was the chief of surgery in the Saranac Lake General Hospital, but beyond the title, he was The Man.

He had pioneered various chest surgery methods and was renowned for his work with thoracoplasty — a way of collapsing a tubercular lung so the disease didn't spread. My brother had an externship at our hospital and got to observe Dr. Merkel's surgeries, and he summed up his skill by saying, "Carl Merkel did not make mistakes."

His surgical skill aside, Dr.

Merkel was a pillar of the community, involved in town activities from being on the school board to helping start the Pee Wee Hockey league.

From my earliest years, I remember him years as greatly respected and beloved. I also remember him as having a face that looked like it was carved out of granite. He was good looking, but not in a Hollywood way so much as a rugged, craggy one.

Of course, I knew who Dr. Merkel was, but I didn't know him in any real sense. In fact, I don't remember ever saying anything to him but hello. And truth be told, I was intimidated by him, not by his actions but by his looks: He always looked deathly serious. Whenever I saw him, he was striding, briskly and purposefully — someone who never dawdled and was not to be trifled with. I don't recall him smiling, and I never thought of him having a sense of humor. I just thought of him as one very cool character. I found out how just how cool he was after Mrs. Bristol told me this story.

Rock and roll

It was the 1950s, and Mr. Bristol had a several-day hospital stay. This was The Old Days, and the hospital was in what's now the NCCC admin building.

Another sign it was The Old Days was that medical technique and technology were, by today's standards, primitive. For example, hypodermic needles were not disposable but got sharpened and re-sharpened. This meant they were a whole lot bigger than today's disposable needles. If my recollection is correct, they were at least as thick as ten-penny nails.

Something else: Anesthesia was

in its infancy, and people dying from it, while tragic, was not uncommon.

A final sign of those times: Bed pans weren't the light plastic ones we now have. Uh-uh, they were enameled steel. So not only were they heavier, but they carried sound like a gong.

Mr. Bristol, lying abed in the aforementioned hospital, took the aforementioned steel bed pan and put in it the aforementioned calcified crap. Then he pulled the cord to get a nurse to his room.

As it turned out, the nurse who showed up was young, inexperienced and easily shaken.

"Here," said Mr. Bristol, handing her the bed pan. "My stomach's a bit upset."

An upset stomach was no big deal, so she nodded and gave a sympathetic cluck or two and was on her way. But as she walked in the hall, the turd rolled over. Or more exactly, it rattled over, sounding exactly like it was — a rock in a steel can.

The nurse looked in the bed pan. Then she gasped.

This turd was not only hard as a rock, but it was so big that if it'd come from any two-legged animal, it could only have been Sasquatch.

As she stood there, goggle-eyed and open-mouthed, Dr. Merkel steamed into view. Frantically, she waved him over.

"Dr. Merkel! Dr. Merkel!" she squeaked. "Come here, come here!" He went up to her and she held out the bedpan.

"L-I-I-ook," she managed.

Dr. Merkel glanced once, shook his head and said, "Ralph Bristol and his damned practical jokes."

Then, without missing a beat, he steamed off, never having cracked even a hint of a smile.

Tri-Lakes Calendar

Email calendar items to adenews@adirondackdailyenterprise.com, submit them on our website, fax them to 518-891-2756, mail them to P.O. Box 318, Saranac Lake, NY 12983, or drop them off at 54 Broadway, Saranac Lake.

To see events further in the future than those listed here, visit our website, adirondackdailyenterprise.com and choose calendar.

Odds & Ends

Flood of plastic eggs delights children on North Sea island

BERLIN (AP) — Easter has come early to the German North Sea island of Langeoog.

A flood of plastic eggs containing tiny toys has been swept ashore after a fierce storm, to the delight of the island's youngest residents.

The eggs containing instructions in the Cyrillic alphabet appear to have come from a container lost by a cargo ship en route for the German port of Bremerhaven.

Public broadcaster NDR reported Thursday that island authorities have called in the "eggs-perts:" a local kindergarten will help collect the unexpected bounty.

Woman gives birth during auto shop oil change

DORMONT, Pa. (AP) — Some auto shops offer 10-minute oil change service. That still would have been about seven minutes too long for a Pennsylvania woman who gave birth while the oil in her husband's pickup was being changed at an auto dealership.

Amanda Sherman, 24, gave birth Monday when she went to the restroom at #1 Cochran Nissan of South Hills in suburban Pittsburgh.

Sherman and her husband Adam, also 24, spoke with the Pittsburgh Tribune-Review on Wednesday, when Amanda and 7-pound, 12-ounce Heather Lynn were discharged from Magee-Womens Hospital of UPMC. The couple is from Harrisville, about 60 miles north of the dealership.

"I went to pee and then, I don't know, I was all of the sudden holding her," Sherman said, adding she felt little pain or contractions. "I hollered for help and some woman who happened to be a registered nurse came through the door." The nurse was another customer.

Adam Sherman, meanwhile, was on the phone with a 911 dispatcher who talked him through the process of tying off the baby's umbilical cord with his bootlace before an ambulance took his wife and daughter to the hospital.

Brett Lewis, the dealer's general sales manager, said he didn't believe an employee who told him about the birth until the ambulance arrived.

"Everyone here really took care of them and we still managed to sell a few cars that day," Lewis said.

Rest of today

- **Behind the Scenes Tours of The Wild Center** — 3 p.m., 45 Museum Drive, Tupper Lake. Free for members. Non-members: \$10 for adults, \$7 for children age 5-17, no charge for ages 4 and under.

- **Phil Edwards Memorial Hockey Tournament** — Hosted by the Tupper Lake Chamber of Commerce, 6 to 9 p.m., Tupper Lake Civic Center, ages 18 and above, \$800 per team, co-ed teams welcome. Krit LaMere: 518-359-3328, events@tupperlake.com

- **Alcoholics Anonymous** — Type O meeting. 8 p.m., St. Agnes Church, Lake Placid

Saturday, January 7

- **Phil Edwards Memorial Hockey Tournament** — Hosted by the Tupper Lake Chamber of Commerce, 9 a.m. to 9 p.m., Tupper Lake Civic Center, ages 18 and above, \$800 per team, co-ed teams welcome. Krit LaMere: 518-359-3328, events@tupperlake.com

- **Free math tutoring** — 10 to 11 a.m., every Saturday while school is in session, Lake Placid Public Library. All area students invited. 518-523-3200.

- **Saranac Lake Interfaith Food Pantry open** — 10 a.m. to noon, 30 Bloomingdale Ave., (between the Elk's Hall and Piece by Piece Quilt Studio).

- **Chris Conte Quartet** — Classic swinging tunes of the American songbook, 7 p.m., Great Room, Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake, \$10 donation requested. 518-891-7117

- **ECAC men's hockey: Clarkson vs. RPI** — 7 p.m., Olympic Center, Lake Placid, \$15/adult, \$10/junior-senior, www.whitefacelakeplacid.com

Sunday, January 8

- **Phil Edwards Memorial Hockey Tournament** — Hosted by the Tupper Lake Chamber of Commerce, 9 a.m. to 9 p.m., Tupper Lake Civic Center, ages 18 and above, \$800 per team, co-ed teams welcome. Krit LaMere: 518-359-3328, events@tupperlake.com

- **Art lesson with Matt Burnett** — 6 to 8:30 p.m., Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake, \$10 or free for Will Rogers residents. No prior experience necessary. Participants under 14 must be accompanied by adult. Matt Burnett: burnettm@canton.edu, 518-524-6441

Monday, January 9

- **Incredible Years parenting class** — 10 a.m. to noon every Monday, Family Matters, 40 Marion St., Tupper Lake

- **Community Lunchbox** — Held every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St. Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake, free

- **Cancer Support Group** — All survivors are welcome. 2 to 3 p.m. every Monday, lower-level conference room of Adirondack Medical Center, Saranac Lake. Marie: 518-891-0569

- **Homework/Adventure Hour** — For third to fifth graders, 3:15 to 4:15 p.m. Mondays, Lake Placid Public Library, 2471 Main St., Lake Placid. Help with homework plus arts, crafts and games with members from the High School National Honor Society.

- **Winter Carnival Court Spaghetti Dinner** — Fundraiser, 4:30 to 7:30 p.m., Belvedere Restaurant, 102 Bloomingdale Ave., Saranac Lake, \$10. Takeout available: 518-891-9873

- **Weight Watchers meeting** — 5 to 6 p.m. every Monday (weigh-in at 4:45), Seventh Day Adventist Church, 44 St. Bernard St., Saranac Lake.

- **Weight Watchers open house** — 5 p.m., 44 St. Bernard's St., Saranac Lake. 518-483-1685.

- **Alcoholics Anonymous** — Type BB meeting, 6:30 p.m., St. Agnes Church, 169 Hillcrest Ave., Lake Placid

- **Bingo** — 7 p.m. every Monday, Saranac Lake Adult Center, 136 Broadway, Saranac Lake. Doors open at 6 p.m. Pull tabs, snack bar

Tuesday, January 10

- **Al-Anon meeting** — 8 p.m., basement of St. Agnes Church, 169 Hillcrest Ave., Lake Placid

- **Rotary Club of Saranac Lake** — Meeting. 7:30 a.m., Nonna Fina restaurant, 151 River St.

- **Parents Anonymous meeting** — 10 to 11:30 a.m. every Tuesday, Family Matters, 40 Marion St., Tupper Lake
- **Story time for pre-K children** — 10 a.m. every Tuesday at the Goff-Nelson Memorial Library, 41 Lake St., Tupper Lake. Age-appropriate books, crafts, songs.

- **Kiwanis Club of Lake Placid** — Meeting and dinner, 5:30 p.m. the second and fourth Tuesday of each month, Mr. Mike's Pizza, 2742 Main St., Lake Placid. Kelly Conway: 518-523-3025(w)

- **Overeaters Anonymous** — A 12-step program for people who have an unhealthy relationship with food, 5:30 p.m., third floor, Saranac Village at Will Rogers, Saranac Lake.

- **Meeting: Saranac Lake Winter Carnival Committee** — 6 p.m., Saranac Lake Area Chamber of Commerce, 193 River St., Saranac Lake

- **Alcoholics Anonymous** — Type O meeting. 8 p.m., St. Agnes Church, Lake Placid

- **Open Mic at Rusty Nail** — 9 p.m. Every Tuesday. 90 Broadway, Saranac Lake. For more information, call 518-891-9870.

Wednesday, January 11

- **Community Lunch** — 11 a.m. to 12:30 p.m. every Wednesday, Fellowship Hall, Adirondack Community Church, 2583 Main St., Lake Placid, free

- **Grace Pantry** — Household and personal items available for free, 3 to 4:30 p.m. every Wednesday, rear of Baldwin House next to St. Luke's Episcopal Church, 136 Main St., Saranac Lake. Closed holidays.

- **Poetry readings** — Saranac Village at Will Rogers and The Poetry Group of Saranac Lake will host, 3 p.m. on the second Wednesday of each month, Saranac Village at Will Rogers. Free and open to the public. Refreshments served. 518-645-1777 or 518-891-4026.

- **Community dinner** — 5 p.m. every Wednesday, First United Methodist Church, Saranac Lake. Everyone welcome. Free. 518-891-3473

- **Chess Club** — Every Wednesday evening: Lessons at 5 p.m., games at 7 p.m., Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake. Free. Children should be accompanied by an adult. Refreshments served. Debbie Kanze at 518-891-7117

- **Bingo** — 6:45 p.m. Doors open at 6 p.m. Adirondack Adult Center, 179 Demars Blvd., Tupper Lake. Pull tabs available

- **Alcoholics Anonymous** — 7 p.m., Long Lake Wesleyan Church, lower level

Thursday, January 12

- **Lake Placid Rotary Club** — Meeting. 7:20 a.m. every Thursday, Courtyard by Marriott, 5920 Cascade Road, Lake Placid.

- **Saranac Lake Kiwanis Club** — Open meeting, 7:30 a.m. every Thursday, Blue Moon Cafe, 55 Main Street, Saranac Lake

- **Preschool Story Time Program** — 10:30 a.m. every Thursday, Elinor B. Preis Children's Room, Saranac Lake Free Library, 109 Main St. Preschoolers invited to hear stories and get together with other children 518-891-4190

- **Overeaters Anonymous** — 12-step program for people who have an unhealthy relationship with food, 11:15 a.m. Thursdays, Saranac Lake Adult Center computer room. All welcome. 518-891-5254

- **Community Lunchbox** — Held every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St. Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake, free

- **Greenwood Bridge Club** — Every Thursday, 1 p.m., Greenwood Apartments Activity Room, 89 Greenwood St., Lake Placid. Friendly, Chicago-style game. \$1. Prizes awarded, light refreshments.

- **Pickleball** — Every Thursday throughout the

winter, 5:30 to 7:30 p.m., Lake Placid Elementary School, 318 Old Military Road. Learn basic skills, and compete recreationally. All equipment and instruction provided. Bill or Judy Borzilleri: 518-523-0209

- **Bingo** — Pull tabs, snack bar, 7 p.m. (doors open at 6 p.m.) every Thursday, Elks Lodge, 30 Bloomingdale Ave., Saranac Lake

Friday, January 13

- **Lake Placid Freestyle Cup: moguls** — World Cup ski competition, 9 a.m. to 3:30 p.m., Whiteface Mountain Ski Center, Wilmington, www.whiteface-lakeplacid.com

- **Story hour** — For preschoolers and infants, 10:30 a.m. every Friday, Lake Placid Public Library, 2471 Main St., Lake Placid.

- **Behind the Scenes Tours of The Wild Center** — 3 p.m., 45 Museum Drive, Tupper Lake. Free for members. Non-members: \$10 for adults, \$7 for children age 5-17, no charge for ages 4 and under.

- **Alcoholics Anonymous** — Type O meeting. 8 p.m., St. Agnes Church, Lake Placid

Saturday, January 14

- **Long Lake Winter Carnival** — At Mount Sabattis, Geiger Arena, Long Lake. Free. Noon to 4 p.m. cardboard sled racing, king and queen coronation, wacky hat competition and mens caber toss. Fireworks at 6:30 p.m.

- **Free math tutoring** — 10 to 11 a.m., every Saturday while school is in session, Lake Placid Public Library. All area students invited. 518-523-3200.

- **Saranac Lake Interfaith Food Pantry open** — 10 a.m. to noon, 30 Bloomingdale Ave., (between the Elks hall and Piece by Piece Quilt Studio).

- **Lake Placid Freestyle Cup: aerials** — World Cup ski competition, 1:30 to 10 p.m., Olympic Jumping Complex, Lake Placid. Adults \$12 online, \$16 at gate; Juniors-seniors \$6 online, \$10 at gate; free to 6 and under, Olympic Passport holders, Whiteface-Gore-Belleayre season pass holders

- **Martin Luther King Coffeehouse** — "The Struggle Continues: Celebrating the life and legacy of Martin Luther King, Jr.," 7 p.m., First Presbyterian Church Great Hall, 57 Church Street, Saranac Lake. 518-891-3401

Sunday, January 15

- **Art lesson with Matt Burnett** — 6 to 8:30 p.m., Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake, \$10 or free for Will Rogers residents. No prior experience necessary. Participants under 14 must be accompanied by adult. Matt Burnett: burnettm@canton.edu, 518-524-6441

Monday, January 16

- **Incredible Years parenting class** — 10 a.m. to noon every Monday, Family Matters, 40 Marion St., Tupper Lake

- **Community Lunchbox** — Held every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St. Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake, free

- **Cancer Support Group** — All survivors are welcome. 2 to 3 p.m. every Monday, lower-level conference room of Adirondack Medical Center, Saranac Lake. Marie: 518-891-0569

- **Homework/Adventure Hour** — For third to fifth graders, 3:15 to 4:15 p.m. Mondays, Lake Placid Public Library, 2471 Main St., Lake Placid. Help with homework plus arts, crafts and games with members from the High School National Honor Society.

- **Weight Watchers meeting** — 5 to 6 p.m. every Monday (weigh-in at 4:45), Seventh Day Adventist Church, 44 St. Bernard St., Saranac Lake.

- **Meeting: Women's Civic Chamber** — 6 p.m., Best Western Mountain Lake Inn, Saranac Lake. New members welcome.

- **Alcoholics Anonymous** — Type BB meeting, 6:30 p.m., St. Agnes Church, 169 Hillcrest Ave., Lake Placid

The Lineup



MONDAY:
Safety on the Roads by Dave Werner (traffic safety)



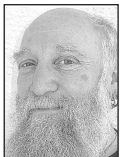
TUESDAY (alternating):
View from the Porch by Paul Willcott (observations)



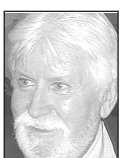
WEDNESDAY (alternating):
Read in the Blue Line (Adirondack books and authors) and **Field and Forest** by Richard Gast (local agriculture)



THURSDAY (alternating):
The Scientific Mind by Jeremie Fish (science)



FRIDAY:
The Inside Dope by Bob Seidenstein (local color and anecdotes)



SATURDAY:
You Know What...? by Howard Riley (local history)

A weighty matter

The Inside Dope



By Bob Seidenstein
saranacbo@hotmail.com

Monday I partook in one of The Golden Years' most emotionally-conflicting experiences — my annual physical.

At this point I liken my physical to embarking on a voyage in the early days of sail. I hope for smooth seas and a successful conclusion, but all the while I'm keenly aware of the chance of breaking up on an uncharted reef and sinking into the briny deep.

After sitting in the waiting room long enough to ramp my anxieties to the proper level, I got called in by Alicia, Dr. Waickman's first sergeant.

"OK, hop on the scale," she said breezily, as if I can still hop on — or off — anything.

As I stepped on the scale she chirped, "These are our new scales." I stood and watched the numbers go up ... and up. Finally they stopped.

"New scales?" I said.

"Yep," she said. "Brand new."

Staring at the final number, I said, "So when you gonna calibrate them?"

Her laughter echoed down the hall — though rather hollowly for my tastes.

Next it was blood pressure time and then some questions I can't remember, and then Dr. W. took over.

Giving the doc his due, he is remarkably deliberate and thorough. As I sat on the examining table, he sat in front of me, his laptop in front of him, and posed question after question. It was the usual litany of close-ended questions. I was comfortable if not delighted with my replies, since all my answers indicated a septuagenarian in fine fettle.

All the while he click-clacked away on his keyboard, recording everything in precious detail. At least, I think that's what he did. For all I know he could've been chatting on Facebook with his old frat brother, Trashmo, about their salad days back at Old Siwash.

"So, you sleep well?" he asks me. "Like a baby," I say. "I wake up every four hours, crying."

No laugh. No smile. No smirk. Not even a tiny upward curl of the lips. Instead, it's a poker face and

clickity-clack, clickity-clack as he scribes my reply. Or maybe not. Maybe he's chatting with Trashmo about Sigma's legendary Kosmic Kegger of '78.

Finally, more questions, replies and click-clacks, he puts his laptop away, and we get to the physical part of the physical.

He squints and stares, taps and tweaks, presses and pokes. When the actual exam is over, he picks up his laptop and punches in a bunch more stuff. After that, he snaps the laptop shut and is ready to talk turkey. Or more exactly, is ready to talk to *this* turkey.

A too-round number

"Essentially," he says, "for someone your age, you're in good shape."

"I'll take that," I say.

What I don't say is I full well understand the difference between being in good shape for someone my age versus being in good shape, period. Anyone my age knows exactly what I mean. Anyone younger? Don't worry — you'll find out soon enough.

"But," he goes on, "there's a matter that must be addressed."

"Oh?" I say.

"We need to talk about your weight."

"Oh that," I say. "It wasn't bad. I always carry a book. Besides, what's an hour or so to me?"

"No," he says, "I'm not referring to your wait before the appointment."

"You're not?" I say, even though I knew what he'd meant when he'd said it.

"Yes," he says. "I'm talking about your body weight."

"Oh," I say. "That weight. Heh, heh ..."

"You're six pounds heavier than last year," he says.

Six pounds, six shmounds, I think. "You weigh 172 pounds," he says.

'All the while he click-clacked away on his keyboard, recording everything in precious detail. At least, I think that's what he did. For all I know he could've been chatting on Facebook with his old frat brother, Trashmo, about their salad days back at Old Siwash.'

At last, a direct hit amidst. For a small guy, it's too big a number to dismiss.

"So by any measure of BMI, you're obese," he says.

Obese. That four-letter word it takes five letters to spell.

I'm in shock. He goes on about the health hazards of obesity, sensible strategies to lose weight, the joys of being thin, but I hear none of it. I'm still in shock.

Finally, the appointment ends. I stagger out of his office, a changed man but hardly a better one.

Obese? No! Stocky, husky, even chunky. But obese? No.

The next day the shock wears off, and I face the issue head on: Obese? Yes.

Much as I may not like it, I've got a problem. Or if you wish, I've got six problems ... or maybe 172 of 'em. The fact is, I need to lose weight. But *how*?

Strength through tubers

It's funny how we have those times when we need help, and rather than us finding it, it finds us. And so it was with me as help came in the form of my childhood friend Mike Newman.

Mike is a summer resident, but we only see each other now and then. And the second day after my doc's appointment was the first time I'd seen him this summer. His appearance took me aback. He looked years younger, much leaner, more muscular — almost like a whole new guy.

After we exchanged our greetings, I told him how great he looked. "It's all due to an exercise program

I got into last year," he said.

"What's it called?" I asked.

"Spud Buddy," he said.

"Spud Buddy?" I said, setting up what I thought was a brilliant punch line. "Whattaya do, pump taters?"

"In a manner of speaking," he said, evenly, "that's *exactly* what I do."

Then he explained.

Spud Buddy started as a weight and aerobic system for people who couldn't afford buying either gym memberships or their own weights. Instead of dumbbells, people used potato sacks. They're cheap, readily available, and are actually *more* beneficial than traditional dumbbells: Because they tend to twist and turn, they require more strength and balance to work out with.

After Mike explained how it all worked, I decided to try it. Here's how it works.

You start with two 10-pound potato sacks, used in the same manner as dumbbells. You do curls, reverse curls, presses, side raises, bench work, half-squats — 10 sets of different exercises in all. The approach is to start light and keep building up repetitions and sets. It's perfectly logical and doable, and Mike is living proof of how well it works.

So here's my plan: I'll start by doing each exercise 10 times, and all 10 sets once a day. The next week, I'll do 10 repetitions, but two sets. The week after that, I'll do 15 reps and two sets. Then, 15 reps and three sets. And I'll keep building reps and sets till I'm doing 25 reps and five sets a day. I reckon I'll hit that level by mid-September.

And if I stick with that, by Oct. 1, I should be able to do all the reps and sets with a potato in each sack.

Odds & Ends

Court weighs if animal owns its selfies

SAN FRANCISCO (AP) — A curious monkey with a toothy grin and a knack for pressing a camera button was back in the spotlight Wednesday as a federal appeals court heard arguments on whether an animal can hold a copyright to selfie photos.

A 45-minute hearing before a three-judge panel of the 9th U.S. Circuit Court of Appeals in San Francisco attracted crowds of law students and curious citizens who often burst into laughter. The federal judges also chuckled at times at the novelty of the case, which involves a monkey in another country that is unaware of the fuss.

Andrew Dhuey, attorney for British nature photographer David Slater, said "monkey see, monkey sue" is not good law under any federal act.

Naruto is a free-living crested macaque who snapped perfectly framed selfies in 2011 that would make even the Kardashians proud.

People for the Ethical Treatment of Animals sued Slater and the San Francisco-based self-publishing company Blurb, which published a book called "Wildlife Personalities" that includes the monkey selfies, for copyright infringement. It sought a court order in 2015 allowing it to administer all proceeds from the photos taken in a wildlife reserve in Sulawesi, Indonesia to benefit the monkey.

Slater says the British copyright for the photos obtained by his company, Wildlife Personalities Ltd., should be honored.

PETA attorney David Schwarz argued that Naruto was accustomed to cameras and took the selfies when he saw himself in the reflection of the lens.

A federal judge ruled against PETA and the monkey last year, saying he lacked the right to sue because there was no indication that Congress intended to extend copyright protection to animals.

Throughout Wednesday's hearing, Schwarz pushed back, arguing that the case came down to one simple fact: photographs can be copyrighted and Naruto is the author.

"We have to look at the word 'authorship' in the broadest sense," he said.

The judges grilled him on why PETA has status to represent Naruto and said that "having genuine care for the animal" isn't enough to establish "next friend" relationship, which is required to represent the monkey in court.

Tri-Lakes Calendar

Email calendar items to adenews@adirondackdailyenterprise.com, submit them on our website, fax them to 518-891-2756, mail them to P.O. Box 318, Saranac Lake, NY 12983, or drop them off at 54 Broadway, Saranac Lake.

To see events further in the future than those listed here, visit our website, adirondackdailyenterprise.com and choose calendar.

Rest of today

• **Wooden Canoe Heritage Association Assembly** — More than 250 canoes on display, 9 a.m. to 5 p.m., boat parade at 6:45 p.m. Paul Smith's College, Paul Smiths, free to look, paid registration for programs

• **Duplicate bridge game** — 1 p.m. every Friday, Saranac Village at Will Rogers' lower lounge. Register: 518-891-7117.

• **Free children's astronomy class: "Rocket Launching"** — Presented by Adirondack Public Observatory for ages 8 and up, 4:30 to 5:30 p.m., location TBA, Tupper Lake. 518-359-3538

• **LGBT mixer/potluck** — 6 to 9 p.m., BluSeed Studios, 24 Cedar St., Saranac Lake. Bring your beverage and a dish to share and \$5 donation for BluSeed. All welcome.

• **Norte Maars Jay Invitational of Clay opening reception** — For artists and public, 6 to 9 p.m., Jay House in Jay

• **Play: "Captain Bree and her Lady Pirates"** — 6:30 p.m., Mountain to Mountain Children's Theatre at JEMS, Amos and Julia Ward Theatre, state Route 9, Jay. \$3

• **Live music: Lake Placid Sinfonietta** — 7 p.m., Harrietstown Town Hall, Saranac Lake. Free with sponsorship by Community Bank with additional support from the Saranac Lake Area Chamber of Commerce. Featuring side-by-side performance of Jean Sibelius' "Finlandia," where area students and musicians can rehearse and perform with the orchestra. 518-523-2051

• **Alcoholics Anonymous** — Type O meeting, 8 p.m., St. Agnes Church, Lake Placid

• **Narcotics Anonymous** — 8 p.m., Redfield Room, Adirondack Medical Center, Saranac Lake.

• **Play: "Disgraced"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake, \$15/\$22/\$25, 518-891-1854

• **Live Music: Deb Callahan Band** — 9 p.m. to midnight, Delta Blue, 2520 Main St., Lake Placid, 518-523-1818

Saturday, July 15

• **ALS Raising Hope Benefit Sale** — 8 a.m. to 4 p.m., Town of Jay Community Center, 11 School Lane, AuSable Forks.

• **Adirondack Roundtable presentation: Nicole Hemmer** — "From Taft to Trump: How Conservatives Won - and Lost - the GOP," 8:30 a.m., Lake Placid Conference & Visitors Center on Main Street in Lake Placid. Reservations encouraged. Admission is \$30 with a reservation or \$35 at the door. www.lakeplacidinstitute.org

• **Bird Walk** — With guides and professional birders John and Pat Thaxton, 9 to 11 a.m., Paul Smiths College VIC, 8023 Route 30, Paul Smiths, \$20 adults, \$15 children, 20 percent off Friends of the VIC, 518-327-6241 to register

• **Safe Boating Course** — 9 a.m. to noon, DEC office, 1115 Route 86, Ray Brook. Age 10 and up. Pre-register: 518-897-1303. Class size is limited.

• **Wooden Canoe Heritage Association Assembly** — More than 250 canoes on display, 9 a.m. to 5 p.m. Paul Smith's College, Paul Smiths, free to look, paid registration for programs

• **Helen Macro Art Show and Sale** — 10 a.m. to 2 p.m., Goff-Nelson Memorial Library Community Room, 41 Lake St., Tupper Lake.

• **Historic walking tours of White Pine Camp** — 10 a.m. and 1:30 p.m., Tour the Adirondack Great Camp that served as the Calvin Coolidge Summer White House Wednesdays and Saturdays, White Pine Gate at the end of White Pine road off state Route 86, Paul Smiths. Adults \$12, children \$6. No pets. 518-327-3030 or whitepinecamp.com.

• **Presentation: "Adirondack Invaders"** — With Adirondack Park Invasive Plant Program, 10 a.m. to 6 p.m., The Wild Center, 45 Museum Drive, Tupper Lake

• **Saranac Lake Interfaith Food Pantry open** — 10 a.m. to noon, 30 Bloomingdale Ave. between Elks Lodge and Piece by Piece Quilt Studio

• **AuSable River Valley Studio Tour** — Artist studios and art spaces open to the public in Keene Valley, Keene, Upper Jay, Jay, Wilmington and AuSable Forks, 10 a.m. to 4 p.m., details at www.nortemaar.org

• **Warrior Run** — 10 a.m. at Raquette River Brewing in Tupper Lake. Sixth annual. New venue. 4-mile obstacle race through mud, field and crazy Adirondack terrain. For more information or to register, go to www.tupperlake.com/warriorrun.

• **Loon Lake Live Family Fun Concert** — 10:30 a.m., Saranac Lake Free Library childrens room, 109 Main St., Saranac Lake, free

• **Book signing: Anita Sanchez** — Author of "In Praise of Poison Ivy" and "leaflets three, let it be!" 1 to 3 p.m., The Wild Center, 45 Museum Drive, Tupper Lake, free for members or with paid admission, 518-359-7800. Books available for purchase.

• **Met Opera Summer Encore: "Macbeth"** — 1 p.m., Lake Placid Center for the Arts, 17 Algonquin Ave., Lake Placid, \$15 adults, \$5 students

• **Play: "James and the Giant Peach"** — Written by Roald Dahl, directed by Matt Sorensen, performed by Camp Pendragon students, 7 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake, \$15/\$10

• **Presentation: "The Wonders of Nova Scotia"** — Photographer and world traveler Gerry Lemmo will present a digital slide show on Nova Scotia, 7 p.m., Saranac Village at Will Rogers, Saranac Lake. Free and open to the public. Refreshments served. 518-891-7117.

• **Live music: Russ Bailey Trio** — With opening act Theresa Hartford, 8 p.m., Upper Jay Art Center, 12198 Route 9N, Upper Jay, \$15 suggested donation

• **Live Music: Deb Callahan Band** — 9 p.m. to midnight, Delta Blue, 2520 Main St., Lake Placid, 518-523-1818

Sunday, July 16

• **Ride for the River** — Bike ride for Ausable River Association starts and finishes at The Hungry Trout, 5239 Route 86, Wilmington. Distances of 5, 30 and 60 miles. 8 a.m. to 1 p.m., after-party at 1 p.m. with live music from Russ Bailey Trio, local craft beer, barbecue lunch

• **Safe Boating Course** — 9 a.m. to noon, DEC office, 1115 Route 86, Ray Brook. Age 10 and up. Pre-register: 518-897-1303. Class size is limited.

• **ALS Raising Hope Benefit Sale** — 10 a.m. to 2 p.m., Town of Jay Community Center, 11 School Lane, AuSable Forks.

• **AuSable River Valley Studio Tour** — Artist studios and art spaces open to the public in Keene Valley, Keene, Upper Jay, Jay, Wilmington and AuSable Forks, 10 a.m. to 4 p.m., details at www.nortemaar.org

• **Workshop: STEAM Dynamics in Enameling** — July 16-18 at BluSeed Studios, 24 Cedar Street, Saranac Lake. More information: 518-891-3799 or BluSeedStudios.org.

• **Green Tech for Kids** — For ages 8 to 16, build and test simple water filter from recycled materials and pizza box solar oven with Debbie Naybor, 2 to 4 p.m., Paul Smiths College VIC, 8023 Route 30, Paul Smiths, \$12/child includes materials, 518-327-6241 to register

• **Play: "James and the Giant Peach"** —

Written by Roald Dahl, directed by Matt Sorensen, performed by Camp Pendragon students, 2 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake, \$15/\$10

• **"Game of Thrones" premiere party** — 4 to 8:30 p.m., Generations, 2543 Main St., Lake Placid. Dress up as your favorite character, enjoy themed cocktails, talk about the upcoming and past seasons with fellow fanatics, and get home in time for premiere at 9 p.m.

• **Paws Cause** — Benefits the North Country SPCA, 4 to 6 p.m., Marcy Field, Keene Valley. Featuring magician Gary Ferrar and a DJ. Admission includes a buffet dinner, silent auction and prize wheel. Cash bar available. Admission: Adults/\$35, Children 6-12/\$5 and children under 6 are free.

• **Bingo** — Sponsored by the Piercefield Volunteer Fire Department ladies auxiliary, 6:45 p.m. every Sunday, Adirondack Adult Center, Tupper Lake.

• **Live music: Lake Placid Sinfonietta and Cherish the Ladies** — "Celtic Smiles" will feature Irish singing group as guests, 7:30 p.m., Lake Placid Center for the Arts, 17 Algonquin Ave. \$35, 518-523-2512

Monday, July 17

• **Incredible Years parenting class** — 10 a.m. to noon every Monday, Family Matters, 40 Marion St., Tupper Lake

• **Community Lunchbox** — Open every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake. Free.

• **Cancer Support Group** — All survivors are welcome. 2 to 3 p.m. every Monday, lower-level conference room of Adirondack Medical Center, Saranac Lake. Marie: 518-891-0569

• **Poetry group** — 4:30 to 6 p.m., Charles Dickert Room, Saranac Lake Free Library, 109 Main St. every third Monday of the month. Newcomers are welcome to listen, read their own piece or that of another poet. Each session opens with a 20-minute introduction to a favorite poet of the presenter. Email mctissot@yahoo.com or coopjju@hotmail.com.

• **Alcoholics Anonymous** — Type BB meeting, 6:30 p.m., St. Agnes Church, 169 Hillcrest Ave., Lake Placid

• **Bingo** — 7 p.m. every Monday, Saranac Lake Adult Center, 136 Broadway, Saranac Lake. Doors open at 6 p.m. Pull tabs, snack bar

• **Al-Anon meeting** — 8 p.m., basement of St. Agnes Church, 169 Hillcrest Ave., Lake Placid

Tuesday, July 18

• **Rotary Club of Saranac Lake** — 7:30 a.m., Left Bank Cafe, 36 Broadway.

• **Parents Anonymous meeting** — 10 to 11:30 a.m. every Tuesday, Family Matters, 40 Marion St., Tupper Lake

• **Story time for pre-K children** — 10 a.m. every Tuesday at the Goff-Nelson Memorial Library, 41 Lake St., Tupper Lake. Age-appropriate books, crafts, songs.

• **SUP with your Pup** — Naturalist-led stand-up paddleboard trip with your dog, 10 a.m. to noon, The Wild Center, 45 Museum Drive, Tupper Lake, \$40/person + 1 dog, \$30/person without dog. Boards, paddles, life jackets provided for people, but must bring life jacket for your dog.

• **Play: "James and the Giant Peach"** — Written by Roald Dahl, directed by Matt Sorensen, performed by Camp Pendragon students, 2 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake, \$15/\$10

The Lineup



MONDAY:
Safety on the Roads by Dave Werner (traffic safety)



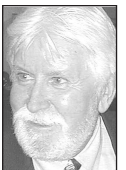
TUESDAY (alternating):
View from the Porch by Paul Willcott (observations)



WEDNESDAY (alternating):
Read in the Blue Line (Adirondack books and authors) and **Field and Forest** by Richard Gast (local agriculture)



FRIDAY:
The Inside Dope by Bob Seidenstein (local color and anecdotes)



SATURDAY:
You Know What ...? by Howard Riley (local history)

Odds & Ends

Pennsylvania couple sees image of Jesus in baby's sonogram

CHAMBERSBURG, Pa. (AP) — A Pennsylvania couple says Jesus showed up in their daughter's sonogram picture, easing their concerns after two other children were born with birth defects.

Alicia Zeek and Zach Smith tell WPMT-TV they're not especially religious. But they're convinced the image to the left of their daughter's head is a bearded Christ.

Smith calls the image of Jesus "distinct" and says, "There's another face looking at my daughter."

Zeek's first two children had problems at birth. A daughter was born with two thumbs on one hand. Her son was born with a cleft palate after a difficult delivery in which she and the baby almost died.

1-armed man arrested with machete, clown mask calls it prank

BIDDEFORD, Maine (AP) — A one-armed Maine man accused of startling neighbors by going for a stroll wearing a clown mask and brandishing a machete says it was supposed to be a prank.

Thirty-one-year-old Hollis resident Corey Berry pleaded not guilty Wednesday to criminal threatening and weapons charges.

Police say Berry was intoxicated but cooperative when they arrested him last month. They say he had a machete taped to the stump of his amputated arm and was wearing a mask to copy previous clown sightings.

Police say Berry was first spotted in Hollis but then fled into the woods. They say he was taken into custody when he re-emerged.

Pennsylvania hospital cited in heating blanket fever death

HERSHEY, Pa. (AP) — The Pennsylvania Department of Health has cited the Penn State Hershey Medical Center in the death of a 6-year-old boy whose temperature topped 107 degrees while he was under a special heating blanket.

The health department says there are no records that the boy's temperature was taken during a 10-hour period, and says the hospital didn't report the "serious event" until 77 days later. Such incidents are supposed to be reported within 24 hours.

The hospital says the boy had "ongoing, complex and life-limiting health issues" when he was brought to the hospital in January with a below-normal temperature. He was put under a special blanket that forces warm air onto patients to raise their temperature.

The hospital says it has launched its own investigation into the death.

As a student of history, I've always enjoyed reading old letters.

And it doesn't matter whose letters either. The rich and famous, the poor and unknown — all of them said something. And that's the essence of letters: No one takes the time and effort to write a letter unless they do it with a bunch of thought. Then as the words hit the paper, the thought hits the light of day.

In that respect, they're the opposite of texts and emails, which are basically verbal tics coming from the fingertips rather than the head or heart.

I was a constant, if not compulsive, letter writer for most of my life, starting in my early teens. At my letter-writing peak I wrote at least one letter a day, and received a letter a day.

Alas, no more. Due to the "wonders" of email, texts and social media, now I'm lucky if I get a letter every other month.

This not to say I don't get mail. I do, almost daily, but none of it is personal. Instead it's one of three kinds.

One is from smarmy politicians (pardon the redundancy) promising me Glorious New Days Ahead, if only I vote for them.

Another is advertisements for products so crappy they're not sold in stores anywhere. Among them are cheapo hearing aids, "genuine" Amish stoves, and in case I ever decide to do some gender-bending, steeply discounted designer dresses from China.

The third, of course, is bills. I accept bills as one more ugly fact of life I have to endure. They're like diehard sports fans, pyramid sales hustlers, and religious nuts — those wild-eyed lunatics who never realize I couldn't give a flying fig about

The Inside Dope

By Bob Seidenstein
saranacbo@hotmail.com



their MVP, their product or their god.

Fight the power!

So I get a bill and I pay it and that's that. It's nothing I think about, much less examine. At least it never was till last week when I opened up my latest National Grid bill.

At first, I thought it was weird I'd gotten a bill at all, since I thought I'd just paid one a week or so before. I shrugged that off, though. I mean, let's get real — I'm lucky if I can remember if I flossed 10 minutes after I do. But once I saw the bill, things got even weirder.

It was a bill for 90 cents. Yep, that's right — 90 cents. 90 pennies. One slim dime less than a dollar.

But for what? Ninety cents of National Grid's finest couldn't power an audible fart.

A few times I forgot to pay my National Grid bill and it was no big deal: My next bill included both months, and after giving myself some imaginary kicks in the prat for my stupidity, I wrote out my check and sent it off, grateful for their enlightened billing practices.

But that was then...and this is now. And it raises two big questions.

Question 1: How enlightened could a 90 cent bill be?

And Question 2: What in the name of the good god Bes was it

even for?

I check out the bill.

The answer to Question 1 is, It wasn't.

The answer to Question 2 is Underpayment.

My previous bill had been for the grand total of \$33.34. Due to myopia, momentary madness, or mal de mer, I wrote a check for \$32.44. And thus the Strange Case of the Nonsensical Ninety was solved!

But what wasn't solved was what I'd do about it.

Oh sure, I could just pay the bill and let that be that. But I had other options.

In place of a check, I could send a letter asking them what, if anything, their billing department was thinking, making each of us spend 98 cents in postage alone to satisfy a 90 cent bill.

Or I could ignore that bill altogether and wait a month, when it'd probably be incorporated in the next bill.

Or if I was feeling especially snarky, I could write a letter pointing out their deficiencies. Break it down for them, asking all sorts of specifics. Like is this bill the result of an automated service? If so, how much did it cost in software and all that, to rouse me for a miserable ninety cents? Or if the bill isn't automated, then does that mean they're paying someone, a Billing Wallah, to do this stuff by hand? So assuming the BW makes a lordly \$15 per hour and it takes him 10 minutes to send that bill, it's

now costing them \$2.50 in labor alone to score 90 cents in return? And snarkily on and on, and on.

Dopes just wanna have fun

But those choices, while perhaps satisfying an outstanding debt or a sense of outrage, would lack one thing — fun. And at this point in my dotage, fun is my highest priority. The way I see it, I was serious long enough, and from here on out if I can make something fun, I'm gonna do it.

So how to have fun with this bill?

It took some serious time and effort to figure it out, but I finally did it.

I didn't write a letter asking or stating anything; in fact, I didn't write any letter at all.

Instead, I just wrote out and sent them a check — for eighty cents.

Now the ball's in their court. And what'll they do next? Add the dime to next

month's bill? Send me another bill, this time for ten cents? Or maybe a bill for 10 cents, plus a penalty for being overdue? Or send me no bill at all, a dime difference not registering on their computer? Or if the Billing Wallah handles it, he'll send me a scathing snottygram about what a jackass I am.

Of course, I've no idea what Nat'l Grid will do.

But I do know if I don't get a laugh out of whatever they do, it'll be my fault, not theirs.

I accept bills as another ugly fact of life, like die-hard sports fans, pyramid sales hustlers, and religious fanatics.

Tri-Lakes Calendar

Email calendar items to adenews@adirondackdailyenterprise.com, submit them on our website, fax them to 518-891-2756, mail them to P.O. Box 318, Saranac Lake, NY 12983, or drop them off at 54 Broadway, Saranac Lake.

To see events further in the future than those listed here, visit our website, adirondackdailyenterprise.com and choose calendar.

Rest of today

• **Duplicate bridge game** — 1 p.m. every Friday, Saranac Village at Will Rogers' lower lounge. Register: 518-891-7117.

• **Bingo** — 6:45 p.m. Doors open at 6 p.m. Adirondack Adult Center, 179 Demars Blvd., Tupper Lake. Pull tabs available

• **Organizational meeting: Friday Night Bowling League** — 7 p.m., Romano's Saranac Lanes, Bloomingdale Avenue, Saranac Lake. One member from each time is asked to attend.

• **Play: George Orwells 1984** — Aug. 25 to Sept. 3 at Pendragon Theatre and Sept. 22 at Lake Placid Center for the Arts. Adapted for the stage by Michael Gene Sullivan and directed by Mason Wagner. For more information, go to www.pendragontheatre.org.

• **Alcoholics Anonymous** — Type O meeting. 8 p.m., St. Agnes Church, Lake Placid

• **Comedy** — Cure for the Common Comedy performed by Second City sketch comedy group. 8 p.m. at Lake Placid Center for the Arts. For more information or to purchase tickets, call 518-523-2512 or go to www.lakeplacidarts.org.

• **Narcotics Anonymous** — 8 p.m., Redfield Room, Adirondack Medical Center, Saranac Lake.

• **Play: "1984"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

Saturday, August 26

• **ADK 80K Ultra Trail Run and Mountain Bike Race** — At Mount Van Hoevenberg. Trail run and relay races on Saturday, mountain bike races Sunday. For more information, go to www.adk80k.com.

• **Artist studio tours** — Saranac Lake ArtWorks is hosting open studio tours for area artists. Tours are self-guided and free to the public. Friday and Saturday 10 a.m. to 5 p.m., Sunday noon to 3 p.m. For lists of participating artists and their locations, go to saranaclakeartworks.com.

• **Historic walking tours of White Pine Camp** — 10 a.m. and 1:30 p.m., Tour the Adirondack Great Camp that served as the Calvin Coolidge Summer White House Wednesdays and Saturdays, White Pine Gate at the end of White Pine road off state Route 86, Paul Smiths. Adults \$12, children \$6. No pets. 518-327-3030 or whitepinecamp.com.

• **Saranac Lake Interfaith Food Pantry open** — 10 a.m. to noon, 30 Bloomingdale Ave. between Elks Lodge and Piece by Piece Quilt Studio

• **Film: "The Eagle Huntress"** — With flight demonstration by Wild Center curator and falconer Leah Valerio and her red-tailed hawk, Seraphina. 5:30 p.m., The Wild Center, 45 Museum Drive, Tupper Lake. \$5 goes to Wild Center raptor care programs

• **Play: "1984"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

Sunday, August 27

• **ADK 80K Ultra Trail Run and Mountain Bike Race** — At Mount Van Hoevenberg. Trail run and relay races on Saturday, mountain bike races Sunday. For more information, go to www.adk80k.com.

• **Artist studio tours** — Saranac Lake ArtWorks is hosting open studio tours for area artists. Tours are self-guided and free to the public. Friday and Saturday 10 a.m. to 5 p.m., Sunday noon to 3 p.m. For lists of participating artists and their locations, go to saranaclakeartworks.com.

• **Presentation: "Huck Finn and the Theology of Literature"** — 10 a.m., downstairs of Saranac Laboratory Museum, 89 Church St., Saranac Lake. Ken Youngblood, professor emeritus, North Country Community College will make a presentation by the Adirondack Unitarian Universalist Community.

• **Play: "1984"** — 2 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

• **Auditions for the Fall Children's Musical "Peter Pan"** — 4 to 6 P.M., Lake Placid Center for the Arts, 17 Algonquin Ave. Children from first grade to eighth grade are welcome. Come any time in the two hours with a short song prepared to sing and ready to learn a quick dance.

Monday, August 28

• **Incredible Years parenting class** — 10 a.m. to

noon every Monday, Family Matters, 40 Marion St., Tupper Lake

• **Community Lunchbox** — Open every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake. Free.

• **"The Worry Workshop"** — Noon to 1:30 p.m., Olympic Training Center, Adirondack Conference Room, Lake Placid. Free presentation designed by counselor Lauren McGovern, M.S., to share tips and tools to manage worry more effectively. Bring your own lunch. Some beverages and snacks provided. 518-837-7152

• **Cancer Support Group** — All survivors are welcome. 2 to 3 p.m. every Monday, lower-level conference room of Adirondack Medical Center, Saranac Lake. Marie: 518-891-0569

• **Auditions for the Fall Children's Musical "Peter Pan"** — 4 to 6 P.M., Lake Placid Center for the Arts, 17 Algonquin Ave. Children from first grade to eighth grade are welcome. Come any time in the two hours with a short song prepared to sing and ready to learn a quick dance.

• **Saranac Lake Village Board of Trustees** — Work session at 4:30 p.m. to discuss Development Code changes and armory. Regular meeting starts at 5:30 p.m., village office, 39 Main St., Saranac Lake

• **Meeting: Saranac Lake Village Board** — 5:30 p.m., village office, 39 Main St., Second Floor, Saranac Lake.

• **Alcoholics Anonymous** — Type BB meeting, 6:30 p.m., St. Agnes Church, 169 Hillcrest Ave., Lake Placid

• **Meeting: Monday Night Men's Bowling League** — 6:30 p.m., Romano's Saranac Lanes, Bloomingdale Avenue, Saranac Lake. All captains bring in rosters. The league will start on Sept. 11.

• **Bingo** — 7 p.m. every Monday, Saranac Lake Adult Center, 136 Broadway, Saranac Lake. Doors open at 6 p.m. Pull tabs, snack bar

• **Al-Anon meeting** — 8 p.m., basement of St. Agnes Church, 169 Hillcrest Ave., Lake Placid

Tuesday, August 29

• **Rotary Club of Saranac Lake** — 7:30 a.m., Left Bank Cafe, 36 Broadway.

• **Parents Anonymous meeting** — 10 to 11:30 a.m. every Tuesday, Family Matters, 40 Marion St., Tupper Lake

• **Story time for pre-K children** — 10 a.m. every Tuesday at the Goff-Nelson Memorial Library, 41 Lake St., Tupper Lake. Age-appropriate books, crafts, songs.

• **Will Rogers Senior Outing Club** — August event will be a boat cruise on the Saranac River with guide Dan Sullivan. Depart from Saranac Village at Will Rogers at 10 a.m. Open to the public. Cost is \$20 per person. Bring a bagged lunch or join in on a picnic (\$7). Wear good walking shoes and clothing for potentially cool or inclement weather. RSVP: 518-891-7117.

• **Active and Outdoors** — 4 to 5:30 p.m., Dewey Mountain Recreation Center trails, Saranac Lake. \$30 for four sessions. 518-524-5750

• **Overeaters Anonymous** — A 12-step program for people who have an unhealthy relationship with food. 5:30 p.m., third floor, Saranac Village at Will Rogers, Saranac Lake.

• **Alcoholics Anonymous** — Type O meeting. 8 p.m., St. Agnes Church, Lake Placid

• **Play: "1984"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

Wednesday, August 30

• **Historic walking tours of White Pine Camp** — 10 a.m. and 1:30 p.m., Tour the Adirondack Great Camp that served as the Calvin Coolidge Summer White House Wednesdays and Saturdays, White Pine Gate at the end of White Pine road off state Route 86, Paul Smiths. Adults \$12, children \$6. No pets. 518-327-3030 or whitepinecamp.com.

• **Exercise program** — 10:30 to 11:30 a.m., Saranac Lake Adult Center, Broadway.

• **Community Lunch** — 11 a.m. to 12:30 p.m. every Wednesday, Fellowship Hall, Adirondack Community Church, 2583 Main St., Lake Placid, free

• **Grace Pantry** — Household and personal items available for free, 3 to 4:30 p.m. every Wednesday,

rear of Baldwin House next to St. Luke's Episcopal Church, 136 Main St., Saranac Lake. Closed holidays.

• **Community dinner** — 5 p.m. every Wednesday, First United Methodist Church, Saranac Lake. Everyone welcome. Free. 518-891-3473

• **Chess Club** — Every Wednesday evening: Lessons at 5 p.m., games at 7 p.m., Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake. Free. Children should be accompanied by an adult. Refreshments served. Debbie Kanze at 518-891-7117

• **Alcoholics Anonymous** — 7 p.m., Long Lake Wesleyan Church, lower level

• **Play: "1984"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

Thursday, August 31

• **Lake Placid Rotary Club** — Meeting. 7:20 a.m. every Thursday, Courtyard by Marriott, 5920 Cascade Road, Lake Placid.

• **Saranac Lake Kiwanis Club** — Open meeting, 7:30 a.m. every Thursday, Blue Moon Cafe, 55 Main Street, Saranac Lake

• **Overeaters Anonymous** — 12-step program for people who have an unhealthy relationship with food, 11:15 a.m. Thursdays, Saranac Lake Adult Center computer room. All welcome. 518-891-5254

• **Community Lunchbox** — Open every Monday and Thursday, 11:30 a.m. to 12:30 p.m., St Luke's Episcopal Church Parish Hall, 136 Main St., Saranac Lake. Free.

• **Greenwood Bridge Club** — Every Thursday, 1 p.m., Greenwood Apartments Activity Room, 89 Greenwood St., Lake Placid. Friendly, Chicago-style game. \$1. Prizes awarded, light refreshments.

• **Live music: Joe Dockery** — 5 to 8 p.m., The Deck (weather permitting) or Dancing Bears Restaurant, Saranac Avenue, Lake Placid.

• **TOPS (Take Off Pounds Sensibly)** — 5 p.m. every Thursday, St. Eustace Episcopal Church parish hall, Lake Placid, 518-523-2564

• **Saranac Lake Fun Run** — 5:30 p.m. registration, 6 p.m. races, Riverside Park, Main and River streets, Saranac Lake, free. Distances include quarter-mile, half-mile and 1 mile for younger age groups, 2 to 5 miles for adults. capp_andy@yahoo.com or 518-524-3557

• **Painting Adirondack Great Camps: History Matters Speaker Series** — Landscape artist and decorative painter Georganne Gaffney will present, 7 p.m., Historic Saranac Lake, 89 Church St., Saranac Lake. Free and open to the public, and light refreshments will be served.

• **Pinochle game** — Lessons at 6:30 p.m., games at 7 every Thursday, Saranac Village at Will Rogers, 78 Will Rogers Drive, Saranac Lake. For a ride, call Debbie at 518-891-7117.

• **Saranac Lake Elks Bingo** — 7 p.m. every Thursday, Elks Lodge, 30 Bloomingdale Ave., Saranac Lake. Doors open at 6 p.m. Pull tabs and snack bar

• **Narcotics Anonymous** — 7:30 p.m., First Presbyterian Church, Saranac Lake.

• **Play: "1984"** — 8 p.m., Pendragon Theatre, 15 Brandy Brook Ave., Saranac Lake. 518-891-1854

Friday, September 1

• **VIC Paint-Out** — Plein Air festival at the Paul Smiths College VIC. For more information, go to saranaclakeartworks.com.

• **Story hour** — For preschoolers and infants, 10:30 a.m. every Friday, Lake Placid Public Library, 2471 Main St., Lake Placid.

• **Duplicate bridge game** — 1 p.m. every Friday, Saranac Village at Will Rogers' lower lounge. Register: 518-891-7117.

• **Art opening: "Adirondack Light"** — Sandra Hildreth's paintings will be on display, 5 to 7 p.m., Adirondack Artists Guild, 52 Main St., Saranac Lake Refreshments will be served. The exhibit will be featured until Oct. 3. 518-891-2615.

• **Opening reception: Burdette Parks** — Adirondack Artists Guild, Saranac Lake. 5 to 7 p.m. For more information, call 891-2615 or go to adirondackartistsguild.com.

• **Bingo** — 6:45 p.m. Doors open at 6 p.m. Adirondack Adult Center, 179 Demars Blvd., Tupper Lake. Pull tabs available