

ORIGINAL VALLEY PENNYSAVER



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Lyme disease advisory Montgomery County Public Health wants to remind everyone that Lyme Disease is caused by the bite of a deer tick. You can reduce the likelihood of a tick bite by

taking steps to protect yourself if you live in or visit areas with Lyme Disease activity. In tick infested areas, your best protection is to

avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work or otherwise spend time in the outdoors, you can

still protect vourself: • Wear light colored clothing with a tight weave to spot ticks easily;

• Wear enclosed shoes, long pants and a long sleeved shirt. Tuck pant legs into socks or boots and shirt into pants;

• Check clothes and any exposed skin frequently for ticks while outdoors:

• Consider using insect repellent (Follow appropriate precautions and product instructions when using these products);

• Stay on cleared, well

traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas; • Avoid sitting directly

on the ground or on stonewalls: • Keep long hair tied back, especially when gardening;

• Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on vou: and

• Do a final, full body tick check at the end of the day (also check chil-

dren and pets) and remove ticks promptly.

Anyone who has been bitten by a tick should be watched closely for at least 30 days. Typical symptoms of Lyme disease include: fever. headache, fatigue and a large, expanding skin rash that may have a bull'seye appearance. If left untreated, infection can spread to joints, the heart, and the nervous system. Anyone who develops a fever or a rash

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after being bitten by a tick or spending time in tick infested areas should seek prompt medical care. Most patients with Lyme disease can be treated successfully with a few weeks of antibiotics, especially if treated early.

Lyme disease prevention begins with recognizing the risks and taking action. For more information on Lyme disease. visit www.cdc.gov/Lyme.

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SUMMER SALE IN PROGRESS

Build Your New Deck Now

Spanish Bean Salad sugar

by Healthy Exchanges

Did someone mention picnic or potluck? If so, you have hit it big with this easy salad.

- 1 (15 oz.) can red kidney beans, rinsed and drained
- 1 (15 oz.) can cut green beans, rinsed and drained
- 1 (15 oz.) can cut yellow wax beans, rinsed and drained
 - 1 cup grated carrots
 - 1 cup chopped red onion
 - 1/2 cup stuffed green olives, halved
- 2 tablespoons vegetable oil
- 1/4 cup apple cider vinegar
- Sugar substitute to equal 1/2 cup

1. In a large bowl, combine kidney beans, green beans, wax beans, carrots, onion and olives. In a small bowl, combine vegetable oil, vinegar and sugar substitute. Drizzle dressing mixture evenly over vegetable mixture. Mix gently to combine.

2. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Makes 8 servings.

Each serving equals: 120 calories, 4g fat, 4g protein, 17g carb., 334mg

sodium, 5g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Fat, 1/2 Starch. (c) 2015 King Features Synd., Inc.



* * * * * * * * * * * * * * \star \star \star \star \star * * Mohawk Valley Music Fest at the Fonda Fair • September 5th Fonda, New York: Exit 28 off New York Thruway 90 Fairgrounds Location: 21 South Ridge Street, Fonda, New York www.FondaFair.com -or- Fair Office: (518) 853-3313



July 11, 2015 • A3

Now here's a tip

by JoAnn Derson

• Having a yard sale? Here's a great way to put out extra signs when you don't have a way to stake them into the ground: "Write your sign advertising your yard sale on the sides of a big box. Place it where you want it, and add a large rock to the inside, then tape shut. We did this when we had no poles to tape signs to or any other way to get them to stand up. It worked really well!" — D.R. in Georgia

• Avoid calling the pediatrician's office on Monday mornings for routine business. Wait until the afternoon. All the parents with mildly sick children over the weekend will be calling to consult with the doctor and nurses first thing when the office opens.

• If you drop an egg, sprinkle with salt before you at-



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• "My kids had kind of an obsession with colorful Duck tape in the past year, and we made some "beach bags" to keep our electronics safe at the pool, lake and beach. We carefully covered a variety of sizes of zipper top self-sealing bags with the tape, creating tough, colorful pouches in which we can store cellphones, etc., to keep them safe from water damage." — W.L. in North Carolina.

• You can sharpen scissors by cutting folded aluminum foil into small strips.

• The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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Include Church Events to Complete a True Balance

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1. Sunday, June 14 • 6:30pm Hymm Sing with Refreshments

- 2. Saturday, July 18 6:30pm FREE BBQ and Hymm Sing
- **3.** Aug. (Date to be announced) **6:30pm** FREE Ice Cream Social with Music
- 4. Sept. (Date to be announced) 12:30pm Potluck Harvest Dinner

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July 11, 2015 Hello Again, Letter to Hello Again:

"I just finished reading your 6/27 editorial with my morning coffee. Hope your family and you enjoyed the change to Florida... although we always enjoy, like you, the return to our area.

Well, I think that you were rather harsh on Hillary Clinton... I don't think her comment was that "just" government produces jobs... she meant that governments help set better conditions for private industry to hire. (For example... road maintenance, trade agreements, interest rate and currency policy)."

Hello Again answer:

Thanks for your message. I am constantly impressed when someone other than Mrs. Clinton interprets what she meant to say but didn't. If she meant to say what you obviously wanted her to say, why didn't she say it? Is this another one of those situations where she misunderstood what she meant to say but didn't?

With no sarcasm intended, if Hilary Clinton becomes president, will we need someone to interpret what she meant to say but didn't? And someone else to interpret what the interpreter meant to say... but didn't.

This Hello Again may blow the head gasket off some of its readers. However, I hope a large number will agree with most of it, and be inclined to act.

First I believe it's only fair to set the record straight. The writer of Hello Again is a believer in Christianity and Jesus Christ. I am a registered republican, not a democrat. However, stating republican and or democrat does not indicate the true meaning of my political philosophy. As I see, both parties seems to have lost their road maps as to where they are going. I consider myself to be a registered republican — traditionalist. I believe in the old traditional standards the United States of America was founded upon, and the teaching found in the Holy Bible.

For example, I always thought when the President of the United States voiced the pledge during inauguration, he said he would defend the time honored way our government operates. Not that he will change — change whatever he chooses.

The United States is a republic with time tested free capitalistic enterprise and not a form of huge government, which equates to socialism, which is a kissing cousin to communism. History has proven, "The greater the freedom, the greater the wealth. The greater the government, the greater the poverty."

A nation of people who were free to believe in and teach about their religious beliefs. Free to tell a joke about the Irish – Polish – Blacks – Whites – or what have you, without being smeared by political correctness – whatever that means.

Think – think – use IBM's logo. When it is not politically correct to talk about Whites – Blacks – Chinese – Italians – or Irish, you are automatically creating a wall around that group, separating them from the equality for which our constitution grants to all. By choosing to be that so-called politically correct, are you not saying you are placing this wall or fence around those you consider different from you? After all, you are saying they are different and need your protection. In my mind, all are absolutely equal and do not need politically correct guards to protect them. Doesn't the constitution say so?

It would seem that those who advocate the political correctness might be the same who believe that our nation's traditional – free to practice or not. Christian faith has to be protected by putting a wall around it and keep it out of daily practice, conversation, schools, public property, etc. Who gave them the right to choose for you and me what we should believe or not believe? If the members of your village choose to honor the birth of Jesus Christ by placing a manger group on publicly owned property, how can some politically correct person in Alaska, Florida, or anywhere have the right to take away your rights? Is your village or street yours or does it belong to some busy body who lives in Timbuktu?

To my friends and neighbors in my home village – Saint Johnsville. Please tighten down your head gasket – don't shoot before you see the whites of my eyes.

It has been written that the village and town of Saint Johnsville was named after a land engineer by the name of St. John. Probably true. His family surname probably came from the Holy Bible name of St. John.

So if St. Johnsville directly or indirectly was named after St. John of the Holy Bible, what better place could a solid ground movement to win back our religious freedom start?

I believe if a door-to-door canvas of St. Johnsville village and town was conducted, the majority of the residents would say they are Christians, and not a non-believer. However, these same U.S. citizens are



forced to accept philosophy of non-believers as law.

Let's put a Christian Christmas scene on display in some obvious location right on Main Street this December and instruct our hired school bosses to allow Christian participation to be held on school grounds – plus a Christ-Christmas display be placed on the community center property.

I am working up to an urge to suggest some sort of a socialist kindness. When people are on their deathbed, the government could take them into the sunshine for a suntan. It will do the patient something which will last for a lifetime and not keep on costing tax money for long.

Now if you think I do not mean what I said, possibly you will be willing to set our readers straight in case I misunderstood what I meant I said.

Paddy and Phoebe, fresh from the old country, went to a county fair to get a taste of American life. Paddy put a penny in the fortune telling weight scale machine. Phoebe read the fortune card. "Paddy," she said, "it says, you are gallant, brave, and good looking. It has your weight wrong too."

Good memories are the building blocks you build your family life around. A family who prays and attends church together is creating a wonderful pattern for a life of understanding and happiness.

Do you owe it to yourself and your family to attend a Bible-believing-teaching church? A church which does not use the Bible for its foundation is merely a social philosophy club with no eternal life promise.

Fred Lee and the Lee Family







ADVERTISEMENT FOR GENERAL CONTRACTORS/BIDS

Interested contractors are invited to submit bids for General Construction for Phase 1 (and the subsequent phases) of the Capital Improvement Construction project at the Fort Plain Free Library, 19 Willett Street, Fort Plain, New York 13339.

The Owner, Fort Plain Free Library, will accept full 'confidential/sealed' bids on company letterhead in digital PDF format, attached to "Fort Plain Bid Submittal July 28, 2015" email received by 2:00 pm to the designated email address. Any bid received after the time and date specified will not be considered.

Due to the Funding, Accounting and Administration records required of the Library throughout this multi-year Capital Improvement Project all interested General Contractors must have E-mail and cell phone access.

Those General Contractors interested in receiving the digital link/access to the Fort Plain Library 2015 Bid Document folder should submit an email request, with the following required information, as soon as possible to this email address: FPLibrary2015@aol.com. Confirmation receipt of your request will be issued.

Include/attach in your request for the bid documents the following information to Receive Access, preferably in PDF format (.doc & .wpd formats are also acceptable):

- Full Legal Company Name & list of Principle Officers, on company letterhead.

- Legal Brick and Mortar address with full Contact Information: Email Address, Telephone Numbers, along with any available Fax numbers and/or Website sites/link.

Only GC's with confirmed credentials will receive access to bid documents and contact info of Library Project team. Third party/Trade organizations, marketers and print desk services need not apply.

The Owner of this project is a not-for-profit corporation; Bidders should not include sales tax in their bids. Copies of the Owner's tax-exempt certificate will be available for purchasing materials.

Submitted Bid Documents are to include:

A Statement confirming the Bid is valid for sixty (60) days from July 28th 2015.

Bidders are required to submit AIA Document A305, "Contractors Qualification Statement" or an accepted equivalent, to the Library.

A completed Non-Collusion Bidding Certification is required with the bid.

A one hundred percent (100%) Performance Bond and a one hundred percent (100%) Payment Bond will be required as a condition for the award of contract.

Fort Plain Free Library is an equal opportunity employer and attention of Bidders is particularly called to requirements that no person shall be discriminated against on the basis of race, religion, color, national origin, sex, age, disability, sexual preference, marital status or Vietnam Era Veteran status.

Participation by MWBE Contractors, Subcontractors and Suppliers is encouraged.

Attention of Bidders is particularly called to Compliance with all required NY State conditions of employment, insurances and wage rates be paid under the contract. However, this is Not a Prevailing Wage Project.

The Owner reserves the right to waive any informalities or to reject any or all Bids.

Access to the building, will be on JULY 13th and 14th at 11am, with some of the Library Project Team. Any additional access may be arranged by contacting the Library and will be coordinated at the convenience of the Library upon a minimum of twenty-four (24) hours notice.

The contract documents stand as published except as modified by written Addenda before the bid and Modifications after execution of the agreement. WOOD PELLETS – New England Premium Wood Pellets are now available - DON'T DELAY - BUY NOW & SAVE – JUST REMEMBER LAST WIN-TER!! C.H. BURKDORF & SON, 35 Hough St., St. Johnsville. 518-568-7016

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2013 FORD FOCUS SE, Grey, 14K, 4cyl., Auto, Balance of Factory Warranty. Sale: \$14,995. John C. Miller Inc. 518-762-7124, www.johnc miller.com.

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5' BRUSH HOG finish mower, \$300; 2 newer Motor Scooters 150cc, \$800 each. One large king size bedroom set, mahogany, paid \$5,500, selling for just \$1,500. New appliances, selling half price or \$300 each. Large motor home for rent, single person, \$350 per month includes electric. 315-360-6259

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LET US HELP you get rid of your unwanted stuff. Place a reader ad today. Only \$4.00 for the 1st 14 words. Call 518-673-3011

MCSPCA seeks volunteers for adoption center

AMSTERDAM, NY — The Montgomery County SPCA is seeking volunteer applicants with a special love for cats to assist at the PetSmart Adoption Center in Amsterdam.

Volunteers help by feeding the cats, keeping the cat room clean and orderly, and spending time socializing, playing with and grooming the cats. Volunteers are trained to advise and assist potential adopters by becoming familiar with each cat's personality and needs. They are also trained in the MCSPCA and PetSmart guidelines for conducting the clinics and and working the area. m Volunteers are sched- R

uled prior to store opening for the morning routine of feeding, cleaning, and socializing the cats. In addition, volunteers are scheduled on Monday through Friday from 6 to 8 p.m. and Saturday and Sunday from noon to 3 p.m. for the same tasks, and to conduct the cat adoption clinics as well.

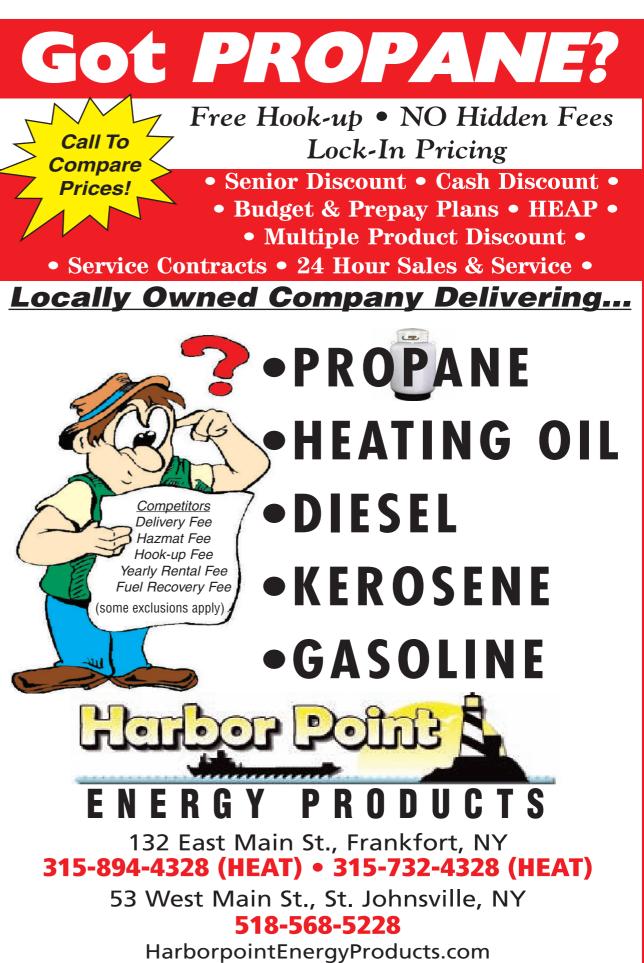
Volunteer applications are available on the organization's website www.mc-spca.org, at the PetSmart Adoption Center during clinic hours,

and at the MCSPCA Animal Shelter on SPCA Road (off State Highway 5S) during regular open hours.

For more information on the Montgomery County SPCA and its programs and services, visit www.mc-spca.org, Facebook, or e-mail info@mcspca.org.

The MCSPCA is a notfor-profit organization dedicated to the welfare of homeless, abandoned, neglected and abused animals in the Montgomery County area. Funded primarily by public donations and nominal fees, the MCSPCA receives no funding from governmental agencies nor from national animal welfare organizations such as the ASPCA or Humane Society of the U.S.







Two year old Fantasia is among the cats who greet volunteers at the MCSPCA's Adoption Center at PetSmart in Amsterdam. She's a sweetheart of a girl and is hoping a volunteer will help her find her a forever family to take her home soon. In the meantime, she enjoys the attention and care she receives from her volunteers, and welcomes new ones to come and spend quality time with her and the other cats.



2014 Harley Davidson CVO Breakout

58 Original Miles, Brand New, Orange, Comes With Windshield. \$25,000 Firm Call Kathleen 518-332-4881

Mike's Antique Milkers

by AI Dorantes

Sometimes when you tell people what you collect they will say, "You collect what?" For Mike Gleason that is a perfectly normal reaction. People are usually surprised because Mike collects milking machines.

Mike grew up next to a farm in the southern tier. He was hooked on cows from the first time he went into a barn. Mike

has had a varied career in agriculture. He led a 4-H Club for 18 years where he taught cattle judging. Mike was a bovine podiatrist for 26 years. He trimmed cow hooves from Watertown to Poughkeepsie. Mike managed to use bovine podiatry to put his wife and two children through college.

Mike found a Burrell Milker manual in 1979. The Burrell Milking Ma-



A Burrell Milker manufactured in Little Falls is what started Mike Gleason's collection.

chine was developed by David H. Burrell and manufactured in Little Falls. NY. Mike did not find the actual machine until 1998. At the time the Burrell milking machine was not for sale but it was eventually given to him.

The Burrell is not the only New York made milking machine. Mike has five others in his collection that were invented or manufactured in New York State. The Hinman Milker was made in Oneida. The Groff Simplicity Milker was manufactured in St. Johnsville. Sherrill was home to Conde Milking Machine Company. Conde milkers were invented and manufactured in New York but also sold in Canada as Cockshutt Conde Milkers. Anderson Milker was made in Jamestown in the late 1930s. The elusive Uebler Milker was made in Vernon. Gleason says it is nearly impossible to find literature on the Uebler Milker.

Gleason has 70 milking machines in his collection. The machines represent 25 different brands. Mike also has over 5,000 pages of milking machine owner's manuals.

In very simplified terms all milkers are the same. Teat cups are connected to hoses and hoses are connected to a vessel



This photo shows Mehring's Foot Power Cow Milker and some of the tin signs in Mike Gleason's collection.

milking machines apart is that some machines use inflations, the flexible rubber inserts that, with a pulsating flow of air, mimic calf's sucking on the teats to release blood flow back into the udder. Sometime around 1938 there was a big debate about plain vacuum suction vs. suction with inflations. Towards the end of WWII most milking machine manufacturers had switched to using infla-Mike's A9

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with suction. What sets



This Simplicity Milker was manufactured in St Johnsville

Photos by Al Dorantes Preconceived notions are the locks on ROUGH WINTER the door to wisdom. SPECIAL SENIOR CITIZEN DISCOUNT Menny Bnowne

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ORIGINAL VALLEY PENNYSAVER

Mike's from A8

tions for better production and health of cows.

Modern milking machines are regulated to be one piece, seamless stainless steel vessels. Many of specimens Gleason's would never be produced today. Nickel plated brass machines or machines like the Rite-Way Milker, which was made by a division of the Massey-Harris Company, that literally split in half are now persona non grata. The seamless units are supposed to promote cleanliness and purity; no nooks or crannies to harbor bacteria and germs.

Mike's collection includes a Mehring's Foot Power Cow Milker. The milker, from circa 1895, is a wooden, peddle powered milking machine.

When Mike takes his milking machines on the road to farm shows around the northeast he usually takes about 10 machines. The roster of display machines includes the six machines manufactured in New York state and a couple of other brands. Each milking machine weighs ap-



pounds empty. Mike Gleason loves milking machines so much that he even wrote a book about them. "Perfected on the Farm: a History of the Milking Machine in America" is an encyclopedic history of the milking machine. The objective of the book is to celebrate the technological advancements of the history of American dairy farms. The book includes pictures of milking machines as well as advertising copy and owner's manuals.

proximately

25-30

Gleason explains in his book, "Collecting anything is addictive and very time consuming but

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also a lot of fun. Every time I come home with a new piece my wife will look at me with amusement and say, 'Mike, vou're out of control.' Maybe I am out of control, but I have met a lot of good folks along the way with the same passion for collecting as I have. Maybe not 'milking machines but collecting 'whatever'.

The motivation behind Mike's collection is to keep agriculture history in the forefront of people's minds. It is that same motivation that fosters the restoration of old tractors. He said, "It's not just a hobby it's my life."



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July 11, 2015 • A9

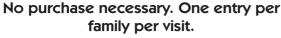
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Never brush your teeth with the water unless you know it is safe.

Never use the water to make ice unless you know it is safe.

After a natural disaster, water may not be safe to use

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Make an assessment whether your well could have been contaminated by answering these questions:

Is the well located in or near an area affected by a natural disaster?

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Is there any damage to the well casing or the electrical wiring?

Is the well cap and seal intact?

For information on disinfecting a contaminated well, go to www.health.ny.gov/environmental/water/drinking/flooding/docs/private_wells.pdf

After a well has been properly disinfected and has been flushed out completely, the water should be tested. A list of labs that have been certified for drinking testing can be found water at: www.wadsworth.org/labcert/elap/comm.html.

For more information on safe water please visit www.epa.gov/safewater or www.cdc.gov/healthywater/emergency/safe_water/personal.html

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Snack foods that promote better sleep



The right foods may just help men and women get a more adequate night's sleep.

According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during

the day. But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better

sleep.

• Almonds: Magnesium is a mineral with musclerelaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep. A small amount of almonds before bed might be enough to make falling and staying asleep easier.

• Bananas: Much like almonds, bananas provide а substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.

• Cheese and crackers: One more traditional snack may just help you get a better night's sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep and help you fall asleep sooner.

• Cherries: Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept longer and better than participants who did not.

• Hummus: The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns,

while vitamin B6 helps the body regulate its clock.

Peanut butter: Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it's a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

• Walnuts: Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night's sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night's sleep.

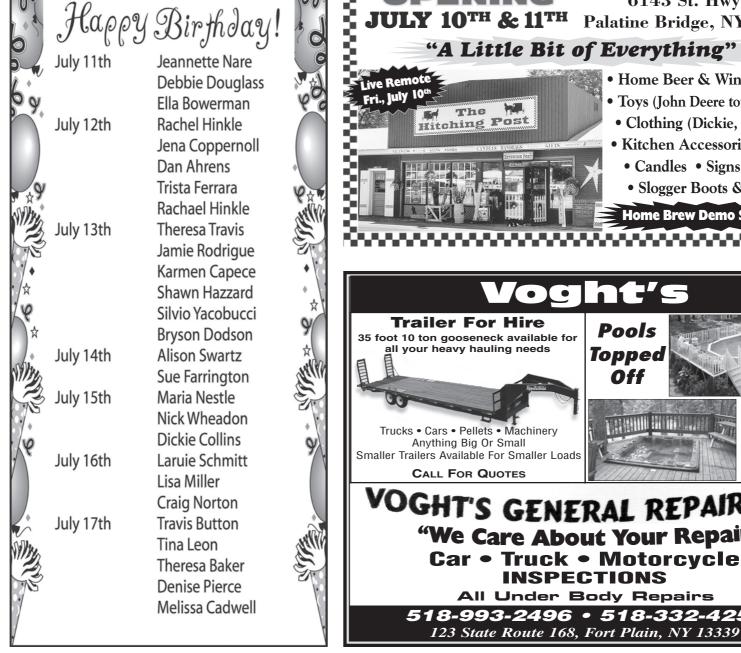
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Senior News Line

by Matilda Charles Milk chocolate is healthy, too

When a study comes out showing that chocolate is good for our health, chocolate lovers rejoice. Now a new study has more good news: Even milk chocolate qualifies.

The study in the British journal Heart tracked 20,000 partici-

pants for nearly 12 vears. Its conclusion? A higher intake of chocolate reduced the risk of cardiovascular events: 11 percent lower for cardiovascular disease, and 25 percent lower for associated death. High intake of chocolate resulted in a 23 percent lower risk of stroke.

The bonus: Most of the participants ate milk

chocolate, not the allegedly healthier dark chocolate.

In years past, the chocolate health studies have said:

• Dark chocolate (not milk or white) helps to lower blood pressure. Researchers tested this by having participants swap back and forth at 18-week intervals.

• It was the polyphenol

antioxidants in cocoa that helped because of the antioxidants -- there are more in chocolate than in red grapes, cranberries or blueberries. The polyphenols cause the blood vessels to open, lowering blood pressure.

• A study of men and women who'd had a heart attack showed that chocolate cut the risk of

dying from heart problems by nearly 70 percent. Eating chocolate even once a week still cut the risk in half.

So while the new research isn't 100 percent certain in its conclusions, there appears to be something in chocolate that's good for us.

While we wait for scientists to isolate what it is. ask your doctor if adding a bit of chocolate to your diet is a good idea -- just in case. Also ask your doctor to suggest an amount, to err on the side of caution.

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Now Here's A Tip

by JoAnn Derson

• Use a carabiner clip to hold the handles of grocery bags together. They will roll about less in the trunk and are easier to carry into the house when you get home.

• "Many people keep some pet food outdoors. If you have problems with ants in your pet's food if feeding outside, you will like this trick: Place the bowl of food into a larger pan filled with water. The ants can't cross it, and it has the added bonus of being another source of water for the animals. Be sure to change it frequently." -- P.Y. in Alabama

 \bullet "We unexpectedly had friends visit with their granddaughter. Since it was unplanned, and we

aren't used to little kids, we were unprepared. My quick-thinking husband split open a garbage bag to use as a protective liner on the bed in case of an accident." -- D.D. in Oregon

• Witch hazel is an old remedy for bruises and bumps. You can find it in the first-aid aisle by the peroxide and rubbing alcohol. Simply moisten a folded paper towel, and park it right on the bump (never near the eyes or mouth). It prevents bruising and can lessen swelling in some cases.

• Need to cross out a note so nobody can read it? Take this tip to the scratch pad: Instead of scribbling over something to be crossed out, write random letters over your words until the whole thing is illegible.

PATRIOT

DERAL

• "File this under you CAN teach an old dog new tricks: While watching videos on a cellphone with my daughter, I found out that a pair of folded sunglasses makes a fantastic stand." -- C.E. in Maine

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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Grilled Melon skewers

Grilled melon is a great way to add some fruit to a backyard grilling party!

• 3 cups melon chunks (cantaloupe, honeydew or watermelon)

- 2 teaspoons oil
 - 1/8 teaspoon salt
 - 1/8 teaspoon pepper
 - 3 slices cooked bacon, crumbled
 - 4 basil leaves, thinly sliced
 - 1. Prepare grill for direct grilling on medium-high.

2. Thread chunks onto skewers. Brush skewers with

oil; sprinkle with salt and pepper.

3. Grill 3 minutes, turning over once. Top with crumbled bacon and basil. Serves 4.

For thousands of triple tested recipes, visit our website at www.goodhousekeeping.com/recipefinder .

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Saturday: Lobby & Drive Thru 9am-12pm

Whatchamacallits

This Week's item is a wooden T-handle gimlet. It is a small sized hand tool used for boring small holes in wood without the need of applying pressure. This gimlet consists of a shaft with a pointed screw at one end and a woodhandle perpendicular en to the shaft at the other. screw allows the The cutting edges of the spiral sides to pare away wood and move out the debris. A gimlet is closely related to an auger, which is a much larger drilling tool that also removes shavings and debris from the hole while it is being drilled. Gimlets are also as-

sociated with awls, which are

simple hole making tools. Awls are similar in size to gimlets but differ in that they have a pointed sharp tip rather than a twisted screw end and require pressure to create a hole.

The term gimlet comes from the old French word gibelet and is used for describing something as sharp or piercing. A wimble is another analogous term used to describe a gimlet. It also means a hand tool for boring holes.

While antique tools such as chisels, saws and planes tend to have manufacturer's marks, a gimlet generally does not. The thin shaft and wooden handle make tough spots to place identifying marks. This makes it difficult to determine exactly when a particular gimlet was made. Based on the handle style the pictured gimlet is estimated to be from the 18th or 19th century.

The gimlet was devised during the 15th century. There were different patents made from there including a noted one by New York lawyer, Ezra L'Hommedieu in 1809. Gimlets are quite underrated in today's modern woodshop and are still a much appreciated hand tool for wood working professionals. They are lifesavers for when you need to bore holes in hard to reach spots and quite helpful when there is a need to make pilot holes for screws.





Do you have your own Whatchamacallit? Send a photo and description to bjaquays@leepub.com or call Branden at 518-673-0145.

Longines wristwatch

by Larry Cox

G: My dad was a soldier during World War II, and I inherited have his Longines wristwatch. It is the Model 13 ZN stainless-steel chronograph, with silver dial and original strap. Should I have it appraised? - Carl, Sun City, Arizona

A: This exact model of Longines watch was sold by an auction house in New York earlier this year for \$50,600, so my answer is yes, do have your watch appraised. In recent years, vintage and collectible timepieces have soared in value.

You might want to contact the National Association of Watch and Clock Collectors, which has more than 15,000 members in 50 countries. Contact is www.nawcc.org and 877-

255-1849.

G: I spend my summers in Texas, where I have been finding incredible arrowheads. Is there a

guide or reference book for this field of collecting? – Steve, Elizabeth, NJ

A: The ultimate guide to United States point types is "Overstreet Indian Arrowheads: Identification & Price Guide," by Robert M. Overstreet and published by House of Collectibles books. It features more than 8,000 illustrations, up to date regional market reports and tips on grading. Although there are other guides, this one - in my opinion — is the best. **G**: I have a number of

older books, and I would like to find out current values. Do you have any suggestions? — Mona, Yucaipa, CA

A: One of the better sites is www.abe.com . Go to the site, type in the title and author, and you will quickly discover where that particular book is being offered for sale and for how much. Be aware that condition and edition are two very important factors when determining the value of a book. **Q:** I have a teapot made

by the Harker Pottery Company and in the tulip pattern. I have been offered \$50 for it. - Connie, Galveston, Texas

A: I found your teapot referenced in the "Antique Teapots Price Guide," edited by Kyle Husfloen and published by Krause. According to Husfloen, your teapot was made in about 1940 and the design is similar to the Jewel Tea Autumn Leaf pot. It is valued at \$30. Do the math.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send email to questionsforcox@aol.com . Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.

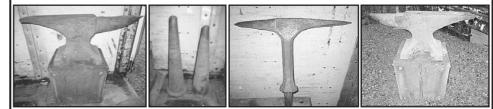
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If you have special antiques, primitives, buggies, sleighs, blacksmith tools, anvils, taxidermy and more this is the Auction to bring it to!! 518-993-4668. Go to auctionzip.com for pictures, ID # 29324.

Watermelon Lemonade

Juicy melon perks up a kids' favorite.

• 5 cups seedless watermelon (1-inch chunks) • 1/2 cup fresh lemon

juice

• 1/4 cup sugar

• Ice

1. In a blender, puree watermelon, lemon juice and sugar until very smooth. Refrigerate until cold, up to overnight. Serve over ice. Makes 3 1/2 cups, or 4 servings.

For thousands of triple tested recipes, visit our website at www.goodhousekeeping.com/recip efinder .

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HOSKING SALES Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1:00 Dairy, followed by feeders, sheep, lamb, goats, pigs. Calves start at 5PM followed by cull beef. Call for more info and note all times are approximate. Our volume is increasing weekly - join your neighbors & send your

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Monday, June 22nd - Sold 306 Head. Cull ave. \$.94, Top cow \$1.20 Bulls & Steers \$1.23 - \$1.40, bull calves top \$5.60, heifer calf top \$2.90, Dairy Feeders \$.60 - \$1.85, Feeder Bulls \$1.50 - \$2.10.

Saturday, July 11th - Sale held on Farm Owego, NY. Kline Farm Complete Dairy & Machinery Dispersal. 40 Cows in all stages of lactation ave. 50#, SCC 200,000. Housed freestall & milked Parlor. Featuring NH TD 95D w/loader (2557 hrs.), Kuhn 8110 Slinger Manure Spreader (1 ½ yrs. old), Kuhn 5127 Vertical Mixer w/3' rt. Hand discharge conveyor (6 mths old), 940 Mustang Skid steer. Full listing and pictures on website. Owners: Paul & Janet Kline - 444 Gilkie Hill Rd, Owego, NY. Monday, July 13th - Normal Monday Sale & Monthly Heifer Sale. Special: Certified Organic - Scholton Farm sends 70 head Fresh & Springing heifers – 27 Holsteins, balance Crosses.

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

Monday, July 27th - Normal Monday Sale & Organic Day. Special: A group of Organic Heifers coming from Alfred State College. More details to come.

Sale to watch for:

Friday, Sept. 11th - Delhi, NY. JO-EL Registered Holsteins Dispersal Watch future ads for complete details. Friday, October 30th - All Breed Fall Premier Sale 11:30AM. We will be

accepting 100 Head of Registered All Breed Cattle for this sale. LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW -

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Performances set July 11 at Unity Hall

FORT PLAIN — American indie and alternative rock performer Mike Doughty, formerly of the 1990s group, Soul Coughing, and artist/songwriter Ross Cashiola, of Hotel Brotherhood, will bring

HUGE ESTATE SALE 1769 WEST MAIN STREET, JOHNSTOWN FRIDAY, JULY 10[™] - 10 AM-6 PM SATURDAY, JULY 11[™] - 10 AM-3 PM 2 oak washstands, pine 3 drawer chest, cherry dropleaf

2 oak washstands, pine 3 drawer chest, cherry dropleaf table, sideboard, breakfront, end stands, oak slant top desk, several caned chairs and rockers, crocks & jugs, huge collection of hand painted china, cranberry glass, pressed glass, Pyrex, vintage toys, old vintage fishing lures, large collection of old hand tools and table saw w/stand, tons of bric brac. All items ready to go & priced to sell. LOOKING FORWARD TO SEEING YOU ALL

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Al Grover Estate Auction Sat., July 18, 2015 • 10 AM 292 Rendering Works Rd, Cherry Valley, NY 13320

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Refreshments Available <u>Terms:</u> Cash or good check, photo ID

Armitstead Auctions 518-993-2290 • 518-569-9241 cell



Upcoming Auctions!! Also see our separate ads. And we have our Every Tuesday Night Auction 5:00pm

Antique and Consignment Auction Tuesday, July 7th • 5:00pm

Already Consigned; Dressers, Showcases, a load of items from Schenectady & more! Also Primitives, Antiques, Tools, Furniture, Collectables, & more items will still be coming in! Don't Miss This Auction!! For a full list, pictures and details go to auctionzip.com ID # 29324.

3 Day Estate Sale Thursday, Friday and Saturday, July 16th, 17th & 18th • 8:00am

61 Center Street, Fort Plain, NY 13339 Complete House, 3 Bedroom Suites, Dining Room Suite, Living Room Suite, Furniture, Antique Toys, Military Suites, Paintings, Books, Tools, and more!!

For a full list, pictures and details go to auctionzip.com ID # 29324.

Special Blacksmith Tool and Antique Auction

Tuesday, July 21st = 5:00pm

 We have Cleaned Out A Blacksmith Shop in Western PA and now these items and many other Antiques will be available for Auction!!
 2-300 Ib. Anvils, 3-Smaller Anvils, 3-Swage Block Anvils, 2-Cone Mandrels,
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If you have special antiques, primitives, buggies, sleighs, blacksmith tools, anvils, taxidermy and more, this is the Auction to bring it to!! 518-993-4668. Go to auctionzip.com for pictures ID # 29324.

Special On Site Antique Farm Machinery, Tractors, and Consignment Auction

Saturday, October 3rd • 9:00am

Will be accepting consignments for Antique Farm Machinery, Farm Machinery, Vintage Snowmobiles, New and Used Snowmobiles, 4 Wheelers, Boats, Campers, Trailers, Hit and Miss Engines, Antique Toys and Collectables!!

For a full list, pictures and details go to auctionzip.com ID # 29324.

their distinctive voices to the stage of Historic Unity Hall on Saturday, July 11, during the fourth of the Mohawk Valley Collective's summer concerts.

The two-performance program at the 19 Center St. venue, begins at 6:30 p.m. Advance tickets are available for \$7.50 at http://www.brownpapertickets.com/event/14 33777. Tickets are also available at the door for \$10 per person.

Artist and "untraditional" folk songwriter Cashiola, who has described his music as "western folk and roll," will take the stage at the site of the former Universalist Church beginning at 6:30 p.m.

Now a resident of Marfa, TX, Cashiola has lived in Chicago and Baltimore. He studied at the Maryland Institute College of Art.

For a sample of his music, go to http://bit.ly/1C9JB2A, where you can listen to a selection from the album "North of the Bees." You can also sample tracks from that CD and hear

what has been d e s c r i b e d there as his "dry delivery" a t

http://www.cdbaby.com /cd/rosscashiola .

Headliner Doughty, who has around a half dozen albums to his credit, will follow during the second set of solo performances.

Doughty has a distinctive gravelly voice and a sense of humor, as evidenced by the section, "Who's Mike" on his official website, www.mikedoughty.com. He describes himself there as a singer, songwriter, guitar player, poet, author, playphotographer, wright, and Most Improved Camper, West Point Youth Camp, 1982. Click on the Videos & Music link to hear some of his songs.

To hear more of his music, go to www.last.fm/music/Mik e+Doughty or www.highroadtouring.com/artists /mike-doughty-2/.

Please go to mohawkvalleycollective.com/music for more information about this and future concerts.

Antiques & auctions... Going, going...yours!

Paw's Corner: Dogs gone wild

by Sam Mazzotta

Dear Paw's Corner: We recently took a long weekend vacation with our Yorkie, "Maxie," staying in a pet friendly hotel. Every day in the lobby we had to protect Maxie from the most aggressive dog I've seen in a long while. We spoke to the manager, but I don't think he did anything about it. It ruined our stay. What should we have done? — Will in Memphis

Dear Will: Without knowing more about your stay, I can only recommend that you write the hotel management and owners about your experience. They need to know how unhappy you were about the way they handled your complaint about a misbehaving dog, or they'll never know why they may have lost you as a customer.

For dog owners who want to travel with their pet, it's important to keep it under control at all times. If a dog isn't well socialized or gets very stressed out around lots of strange people and other pets, owners should either work to fix the issue through specific training, or consider not bringing their dog along.

Many dogs do get excited and boisterous in new places, and bark or jump. Even if their owners don't see their behavior as dangerous or aggressive, other owners and their dogs may take it the wrong way. Again, consistent training in basic behavior commands can be a big help.

Another way to really acclimate your dog to travel is... well, travel. Start with short day trips to fun places like parks, and then work your way up to longer, more ambitious destinations.

Send your questions about pet care to ask@pawscorner.com .

Cindy Brook

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Order of Sale:

9:30 am – John Deere toys

10:00 am – original John Deere parts & used parts

12:30 pm – John Deere tractors 2:30 pm – John Deere used parts & parts tractors

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Kitchen Diva

by Angela Shelf Medearis

Cucumbers are a go-to vegetable for salads, but there are many ways to incorporate this cool, crunchy vegetable into everything from appetizers to drinks. Cucumbers are one of the oldest cultivated crops and have more than 100 different varieties. It's believed they were first cultivated in India.

Cucumbers are at their best when young and tender with a crunchy texture. They come in many sizes. Some of the most popular varieties are the Dosakayi, popular in India for curries and stews; crunchy "slicers," used in salads; and pickles like gherkins, dills and sweet French cornichons.

The English cucumber is longer and narrower than the slicer varieties. Its seeds are much smaller and the skin is thinner. This type of cucumber may be labeled as "seedless" or "burpless." It usually comes wrapped in plastic and

ways. Fresh, cleaned cucumbers can be enjoyed as they are. You also can cut cucumbers into cubes with the skin and add them to vegetable or fruit salads. Finely chopped, fresh cucumber slices are delicious when mixed with yogurt, cumin, coriander, pepper and salt to make cucumber raita, the popular Indian condiment that adds a cooling effect to spicy dishes.

English cucumbers are great eaten skin and all, but with some other varieties you may want to peel them first (especially ones with thick skins). If you're making a salad with seeded or slicer cucumbers, cut them lengthwise and use a spoon to scoop out the seeds.

Cucumbers also can be blended into a juice and combined with other vegetables and fruits, like my recipe for Strawberry Cucumber Lime Coolers. It's the perfect way to cool off with cucumbers on a hot summer day!



unwaxed. The taste of English cucumbers also is less bitter, and some find it almost sweet

Cucumbers have about 15 calories per 100 grams, and the peel is a good source of dietary fiber and is a mild diuretic, which helps to eliminate toxic materials in the gut. It's also a great source of potassium and is low in sodium, which helps with blood pressure and heart rates.

Cucumbers are high in vitamin K, which helps with bone strength. It also has established a role in the treatment of Alzheimer's disease by limiting neuronal damage in the brain.

When purchasing cucumbers, select ones that have a firm texture and a bright green color. There shouldn't be any spots, cuts or breaks in the skin. A wrinkled, large or yellowish cucumber means it is over ripe, lacking nutrients and tough.

Before using or storing, cucumbers should be washed using cool, clear water and dried thoroughly to get rid of any surface dirt and pesticide residue. They may require light scrub at spots where prickles or dirt is evident.

Cucumbers can be stored at room temperature for a day or two, but for best results, store them for up to a week in a plastic bag in your refrigerator's crisper drawer.

You can use cucumbers in a variety of

Strawberry Cucumber Lime Cooler • 3-4 large peeled, cubed English cucumbers (3/4-pound)

• 2 cups frozen strawberries

• 2/3 cups sugar, honey or agave syrup

• 1/2 cup fresh lime juice

• 4 cups cold water or clear soda water, unflavored seltzer or sparkling water

1. Combine cucumbers, strawberries, sugar, honey or agave, and lime juice in a blender; blend until cucumbers and strawberries are smooth.

2. Pour mixture through medium mesh sieve placed over a pitcher, and press it with a spoon to remove any lumps. Pour cold water, soda, seltzer or sparkling water into the pitcher and stir until well combined.

3. Pour into glasses with ice and garnish with thinly sliced strawberries, limes or cucumbers. Serve immediately. Serves 4.

Angela Shelf Medearis is an award winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com . To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Weeknight activities the whole family can enjoy

Many families have their own routines on weeknights. Kids may tackle their homework before dinner, and once everyone's plate is clean, family members may spend time together or go their separate ways, spending time online with friends or watching their favorite television programs on the couch.

Parents who feel their weeknights don't include enough family time are often on the hunt for more family-friendly activities the whole family can enjoy even if everyone has to go to work or school the next day. The

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following are a handful of and nightly walks also family-friendly weeknight activities that can bring families closer together.

• Movie night: Family movie night is a tradition for many families, and parents who want to spend more time together as families may find that movie night is a great way

make great opportunities for families to leave their devices behind and discuss the goings-on in their lives. Weather permitting, take a family walk after dinner each night, which can help make your family healthier and strengthen the his or her lists, and then discuss each person's list, including the inspiration behind each item that made it onto the lists.

ORIGINAL VALLEY PENNYSAVER

• Game night: Classic board games or games like checkers might not be as popular today as they were prior to the ad-



Parents willing to get a little creative can enjoy family-friendly evenings no matter what day it happens to be.

to share a few laughs or even facilitate discussions about important topics broached in certain films. Each week let a different family member pick that week's movie and ask him or her to explain his or her choice and why they think it's a film the whole family will enjoy. Let the kids join you as you get the popcorn ready or make special treats to enjoy while the movie is playing.

• Family walk: Walking is a great way for parents to instill a love of physical activity in their children,

• Writing activities: An-

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bonds between family members.

other way families can escape their devices and resist the temptation of social media on weeknights is to get together for weekly writing sessions. Ask each family member to create brief lists on a range of topics, whether it's a list of favorite books or countries each person wants to visit or a bucket list of things each family member wants to do at one point in their lives. Allow about 15 minutes

for each person to write

vent of the Internet, but that does not mean a night centered around such games does not still make for a very familyfriendly evening. Stock up on some classic board games and share the responsibility of choosing which game to play each week. Board games can take up to a few hours to play, and that's a great opportunity for families to share some laughs without being interrupted by their devices.

• Crafts night: Arts and crafts night is another great way for families to spend time together. Parents can choose age-appropriate projects that can help kids and adults alike tap into their creative sides. Solicit ideas when planning crafts night so everyone feels like they played their part.

Nights together as a family do not need to be limited to weekends. Parents willing to get a little creative can enjoy familyfriendly evenings no matter what day it happens to be.



518-673-5401 518-673-5401

Summer Peach Salad

I don't think I have ever tasted anything so refreshing as this summer side dish.

• 1 cup water

• 4 cups (8 medium) peeled and chopped fresh peaches

• 1 (4 serving) package sugar free vanilla cook and serve pudding mix

• 1 (4 serving) package sugar free lemon gelatin

• 1 cup mini marshmallows

• 1 cup reduced calorie whipped topping

1. In a blender container, combine water and 1 cup chopped peaches. Cover and process on BLEND for 20 seconds or until mixture is smooth.

2. In a medium saucepan, combine dry pudding mix, dry gelatin and blended peach mixture. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Add marshmallows. Mix gently until marshmallows are dissolved. 3. Fold in remaining 3 cups chopped peaches. Spread mixture into an 8x8-inch dish. Refrigerate until firm, about 3 hours. Spread whipped topping evenly over top. Cut into 8 servings.

* Each serving equals: 85 calories, 1g fat, 1g protein, 18g carb., 63mg sodium, 1g fiber; Diabetic Exchanges: 1/2 Starch/Carb., 1 Fruit. (c) 2015 King Features Synd., Inc.







mower.

Get into the swing of summer safety

(NAPS) - Known as "trauma season" among public health and medical professionals, summer is a time when serious injuries and unintentional deaths increase dramatically among children. Statistics show that 40 percent of all injury-related emergency room visits happen between the months of May and August. Fortunately, many of these injuries can be prevented with a few simple precautions.

"Sustaining a serious injury can be a life-altering event for a child," said Dale Stauss, chairman of the Board of Directors for Shriners Hospitals for Children®. "We see patients every day with injuries caused by accidents, and we are committed to raising awareness about how to stay safe this summer."

As experts in the treatment of pediatric orthopaedic conditions, spinal cord injuries and burns, Shriners Hospitals for Children provides critical, surgical and rehabilitative care to children, regardless of

the families' ability to pay.

Shriners Hospitals encourages families to take these simple precautions to enjoy a safe, injuryfree summer.

Playground 101

• Choose playgrounds that are appropriate for their age and offer shock-absorbing surfaces.

• Teach children that pushing and shoving can result in accidents and injuries.

• Remind kids to use the slide one at a time and to wait until it's completely clear before taking their turn. Teach them to always face forward with their legs straight in front of them and to never slide down headfirst.

• Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off and to be careful when walking in front of moving swings.

Make a safe splash

• Teach children to never swim alone or go near water without an adult present. • Give children your undivided attention when they are swimming or are near any body of water.

• Always jump in feet first to check the depth before diving into any body of water.

• Never dive in the

on a boat, around an open body of water or when participating in water sports.

• Educate yourself. According to the Coast Guard, 86 percent of boating accident deaths involve boaters who have

never play on or around a lawn mower, even when it is not in use. They should never be permitted to walk beside, in front of or behind a

• Children under 6

Fire safety simplified • Teach kids to never play with matches, gasoline, lighter fluid or lighters. Make a habit of moving mower.

years of age should be

placing these items up and away from young children. • Do not leave children unattended near grills, campfires, fire pits or bonfires. Always have a bucket of water or fire

extinguisher nearby. • Take your child to a doctor or hospital immediately if he or she is injured in a fire or by fireworks.

Should an injury occur, the physicians and staff of Shriners Hospitals can help. To find out more about the treatments available, visit www.ShrinersHospitalsforChildren.org.

www.Shriner-Visit sHospitalsforChildren.or g/SafeSummer to find more tips for preventing injuries this season.

A few precautions can help your children enjoy warm weather fun in safety and good health.

Source: Shriners Hospitals for Children

shallow end of the pool or into above-ground pools.

Fun on the water

• Always have children wear a U.S. Coast Guard-approved, proper-

kept inside the home while you are mowing.

• Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn



ly fitted life jacket while

water.

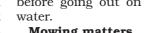
• Always check water

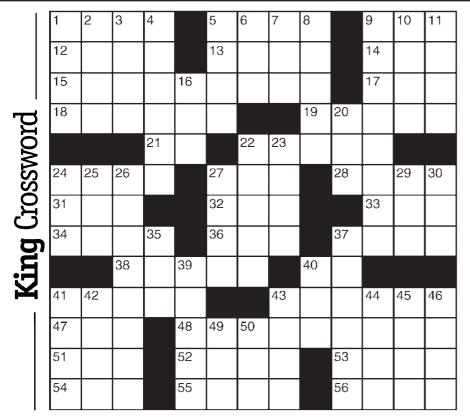
Mowing matters

• Teach children to

not completed a safety course.

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30 Parched

bovine 37 Olympic Frisbee?

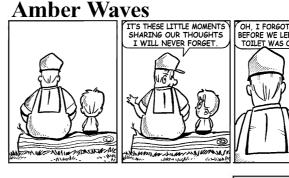
35 Tibetan

39 Transfer



Find at least six differences in details between panels.

HOCUS-FOCUS







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33 Mess up 34 Partner 36 Doctrine

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38 Tureen accessory

40 U.S. soldier

41 With 17-Across, "Do

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ANSWERS

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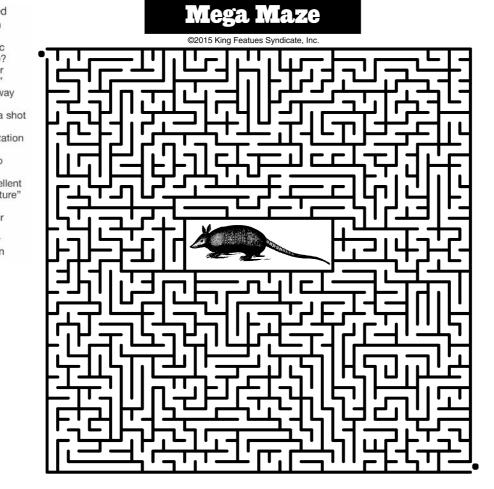
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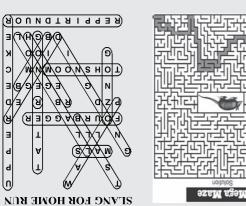
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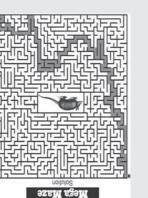
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| 22 | Michel- | 6 | Switch |
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| 24 | School org. | | |
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"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas A. Edison





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DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging *** HOO BOY! © 2015 King Features Synd., Inc

SLANG FOR MAGIC MAZE • **HOME RUN**

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Slam

Homer

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Preventing unintentional poisoning

States, 87 people die as a result of unintentional poisoning, and another 2,277 are treated in emergency departments. **Poison Prevention Tips**

• Keep all household chemical products and medicines out of reach and out of sight of children.

• Store medicines and household products separately, keeping them away from food products.

• Keep items in the bottle, box or jar they came in. Putting the contents in a empty food container sends a message that it is okay to eat this product. • Leave labels on all

products, and read the label before using.

• Refer to medicine as "medicine," not "candy."

· Vitamins are medicine, too. Vitamins, especially those with iron, can cause poisoning.

*Keep highly concen-

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Every day in the United trated "single dose packs' of laundry detergent up and away from children.

> What if a poisoning happens?

Be calm!

• Call the Central New York Poison Center at 800-222-1222. It is a good idea to program the number into your cell phone

The Poison Information Specialist will ask you:

• Your name and phone number.

• Age and weight of patient.

• Name on container of product.

- Amount involved.
- Time of poisoning. • Any symptoms.

The Poison Center will

tell you what to do next. Did you know?

• 94 percent of poisoning happens in the home. • 81 percent of human

exposures were unintentional.

• 51 percent of calls to poison control centers involve children 5 and younger.

Every 8 seconds someone needs a poison center... Could you be next? For more information

call 800-222-1222 or go to www.upstate.edu/poison/

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Money-saving wedding-planning tips for any budget

Weddings can be expensive, and most brides and grooms need to establish a budget before they start planning the wedding so they can afford to get hitched. Many couples are now getting married later in life and paying most or all of the costs themselves, so it's important to start budgeting sooner than later.

The following tips will help you and your fiance keep your costs down so you can stay within your wedding budget. They cover everything from the moment when you say "Yes" to the second you say "I do."

1. Set a long engagement - There are two benefits to having an engagement of a year or

down

pher's down payment. During your engagement you can also start putting money into a savings account so you aren't strapped for cash immediately following your wedding.

The second reason a long engagement makes financial sense is that many couples will set a seasonal theme for their weddings, wanting to decorate the wedding and reception hall in that theme. The best time to purchase decorations and supplies for seasonal events is immediately following those events, because stores discount them when it's time to get them off the shelves. If you are planning a fall theme, for example, keep

ties, groceries and even transportation. If you recently became engaged and are considering moving in together, calculate how much money you'll be saving so you can apply those savings toward your wedding budget.

During the moving process, you can save additional money. For example, when you combine your households, will you need two sets of dishes and furniture? Probably not. Perhaps you can even host a garage sale to sell the items vou don't need duplicates of; then you can put that money toward a wedding-related item. As you plan your big move, be sure to check out great moving services.

your community.

To save even more, drive your personal car to the community where you'll be renting the equipment, rent a truck to transport all the equipment to where your wedding will be, and

then return the equipment in the truck once you're finished with it. Then you can simply pick up your personal car for the drive home. If you have friends around for the wedding, ask them to be responsible for this part of the wedding so you can concentrate on other plans.

When you and your loved one begin planning your wedding, keep your budget-balancing stress to a minimum with these helpful money-saving tips.

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Jamie Richard



longer. First, it allows you to spread costs over several paychecks. For example, if you get engaged this spring, you can choose one month to put a down payment on the reception hall, and another month for purchasing the wedding dress and renting the tuxedo. A third month could be used for purchasing honeymoon trip tickets, and a fourth month for the photograan eye on the shelves for these kinds of discounted decorations right after Thanksgiving or Halloween. Longer engagements allow couples to take advantage of a these seasonal discounts at least once, if not twice.

2. Combine your resources - A couple living in the same household can save hundreds of dollars monthly by combining expenses related to rent/mortgage, utili-

3. Find the best deals -If you've always dreamed of getting married under a tent at a local park, you might discover that tent rental far exceeds your budget — especially if you live in an urban setting. This is where the Internet can be very helpful. Sometimes it's cheaper to rent equipment like tents, folding chairs, wedding canopies and other decorations from businesses that are located outside of



Jamie Richard (28 years experience) Erin Battisti (11 years experience) Nick Schad (15 years experience)

New Service Hours: Mon. - Tues. 8-5 Wed. 8-7 • Thurs. - Sat. 8-5

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*Offer valid at participating U.S. dealers to U.S. residents on new and unused 2015 Arctic Cat Prowler models and 2016 700 HDX, excluding government, rental and special services models. See dealer for details and program dates. Financing offer of 2.9% for 24 months; 3.9% for 36 months; 4.9% for 48 months; 5.9% for 60 months or 6.9% for 72 months provided through Sheffi eld Financial or FreedomRoad Financial and is subject to credit approval. Not all applicants will qualify for credit. Financing promotions void where prohibited. 2-YEAR LIMITED WARRANTY valid on 2016 700 HDX, and includes six-month limited factory warranty and 18-month extended service contract through Cornerstone. SAVINGS UP TO \$1,800 are valid on 2015 Prowler models and vary by model purchased. Offer subject to change without notice. Excludes tax, freight and dealer setup. Always wear a seat belt on ROVs; never carry a passenger in the cargo box; all riders must be able to place both feet on the fl oor while keeping their back against the back of the seat. We recommend all ROV operators have a valid driver's license and that all riders take a training course and read and understand the owner's manual before operation. See your dealer for safety or training LEAVING A GOOD IMPRESSION TH information or visit http://rohva.org. ©2015 Arctic Cat Sales Inc., Thief River Falls, MN 56701.