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Local Foods – Local Spirits

Join farmers and chefs in celebration of our local autumn bounty!

COOPERSTOWN, NY — Otsego 2000's 5th annual Local Foods — Local Spirits celebration will be Sunday, Oct. 8, from 5 to 7 p.m. in the Cooperstown Farmers Market building. We all have our favorite local restaurants, and we all have our favorite local farmers. Don't miss the one night a year that these pillars of our community come together for the ultimate harvest happy hour. Local chefs prepare farm-to-table small plates with all meat, dairy and produce ingredients coming from less than 50 miles away, while event sponsor Pail Shop Vineyards brings together the best wine, beer, cider and spirits of the region in one bar.

This year we are pleased to welcome several new participants including The Shack, The Giving Bowl, Rock Hill Farm, Sunflower Café, The Horned Dorset and By the Handful. The Empire House, Origins Café, Alex's Bistro and Mel's at 22 will also be returning to continue the tradition that has led to so many great collaborations including Heller's Farm's famous smoked trout. Ingredients will be sourced from many Cooperstown Farmers Market vendors as well as from farms you can find just a short drive down the road including

Chicory Creek Farm, Crum Creek CSA, and Heritage Creek Farm.

With many of the chefs and farmers in attendance, Local Foods — Local Spirits gives you the unique opportunity to meet some of the most important contributors to our local food system. Rock Hill Farm has emerged this year on both sides of the equation and will be serving a dish that they have not only grown and raised on the farm, but also prepared and cooked as well. Farmer and owner Jesse Pascale believes that coming together to celebrate our local bounty is "just as important as growing the food and buying the food. It's more than just the producer and the consumer, it's a community."

We hope you will join us and take advantage of this opportunity to support all of our work in a most enjoyable way. Tickets are \$40 each and available at www.otsego2000.org, by calling 607-547-8881, or at the Cooperstown Farmers Market every Saturday from 9 a.m. to 2 p.m. The event will be held at 101 Main St., in Pioneer Alley, Cooperstown, NY 13326. All proceeds benefit the programs of Otsego 2000 including the Cooperstown Farmers' Market.

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American Homes

A brief history of American football

According to Nielsen, 111.3 million people tuned in to watch the Super Bowl in early 2017. Almost two-thirds of adults in the United States say they currently watch National Football League games.

But American football is no longer relegated to the boundaries of the United States, as it is becoming a global sport. According to the International Federation of American Football, there are 80 countries with organized federations governing the game. Plus, thousands of youth and adult leagues exist all over the world. Even though soccer has long been a global sport, it seems the other kind of "football" is quickly catching up.

The sport known as American football was born out of the English sports of association football (soccer) and rugby. During the late 19th century, elite Northeastern colleges took up the sport, playing a soccer-type game with rules adopted from the London Football Association. Intercollegiate matches began to spring up at schools such as Rutgers, Princeton, Harvard and McGill University. Rugby-type rules became preferential among players and spectators.

Walter Camp, known affectionately as the "Father of American Football," transformed the rugby-style game into the one that resembles American football today. Camp brought two key innovations to the game. The opening "scrummage" was eliminated and a rule was introduced that required a team to give up the ball after failing to advance down the field a specific yardage. Camp also developed the quarterback position, lines of scrimmage and the scoring scale used in football today.

Early games were controversial because of the high rate of injury. Even President Theodore Roosevelt stepped in to ask collegiate teams to revise regulations to make the game less brutal. The committee overseeing the rules would later become known as the National Collegiate Athletic Association.



Thanks largely in part to the popularity of college football, professional football began to gain traction with the public. The American Professional Football Association was formed in 1920. That league would later become the National Football League. The first televised NFL game occurred in 1939. Eventually, American football's popularity would explode.

Cheerleaders were introduced to the game in the 1960s. Currently, the Dallas Cowboy Cheerleaders are the most famous squad. Six teams in the NFL do not have cheerleaders: the Chicago Bears, the Cleveland Browns, the Detroit Lions, the New York Giants, the Pittsburgh Steelers and the Green Bay Packers.

Football games typically last around three hours. Average attendance for an NFL game is 66,957 spectators.

American football has become a multibillion-dollar industry. What developed on college campuses has grown into a worldwide phenomenon.

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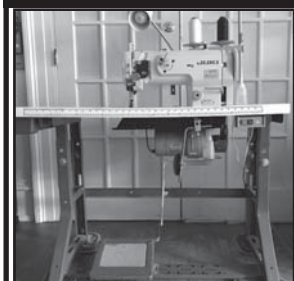
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Lets visit the old Fork Klock School

by Skip Barshied

The day is Sept. 9, 2017 — the first day of the annual Fort Klock Craft Fair. Member Bernadette was to be the teacher for the two days. Her first task was to get that tricky lock on the door to work. As she struggled an Amish friend named Harvey came over to see the school that still survived from another day and age. At least to most residents and students from the 21st Century. But that is not the case with our Amish neighbors. Harvey was a student in a country school as were some of our Fort Klock members a long time ago. That tricky lock gave in to Harvey and he and Bernadette stepped over the threshold to yesteryear. The writer of this story visited the school several times during the 2-day event. It was a pleasure to see the considerable number of school age visitors that

stopped to witness the greatest rendition of a country school teacher that Bernadette was able to give.

Her efforts breathed life into the old school once again. This writer was there on a hot August day in 1954 when a tragic fire greatly damaged the old landmark. We believe the structure was erected about 1825. A few students still survive who began their education right here on the corner of the old Klock farm. The 1930s saw the useful end of the old school when consolidation changed local education forever. That is except for our Amish neighbors who adhere to a system which has survived until this day. I'm proud that I went to County School District 10 at Marshville. That school is gone now but does survive in my memory as long as I reside on this old earth.

Skip Barshied, Stone Arabia



Skip Barshied went to County School District 10 at Marshville. The Marshville school is gone now but there is still a schoolhouse at Fort Klock in St. Johnsville.

Senior News Line

by Matilda Charles

National park discount is still a great deal

If you'd planned to pick up a couple of senior passes to the national parks as part of your autumn leaf-peeping travels, you'll need to increase your budget. The lifetime access pass has gone from \$10 to a whopping \$80.

The senior pass (full name: America the Beautiful — The National Parks and Federal Recreational Lands Pass) is a bargain, providing admission to recreation areas run by the National Park Service, U.S. Fish & Wildlife, U.S. Forest Service and more.

If you don't want to pay the \$80 all at once, consider a one-year pass for \$20. Do that for four years, and you can convert it to a lifetime pass.

There still are ways to visit our parks without breaking the bank. Some parks only charge a few dollars for admission. Others, like the national monuments,

are free. Those that do charge have some free days designated each year.

If you're taking a trip soon, here's a warning: The parks service is inundated with requests for passes, and you might not get yours before you leave. However, print out the confirmation you receive and take that with you, as well as a picture ID. If you're planning to buy your pass at the recreation site, phone ahead; many have run out of passes. To buy online, go to yourpassnow.com. You'll pay an extra \$10 processing fee. If you are permanently disabled, you can get a free pass with documentation.

If you already have the \$10 lifetime pass, you won't have to pay for a new one; you're grandfathered in...unless you lose the one you now have.

For more information, go online to www.nps.gov, where you'll learn about parks by state, and locations to buy a pass.

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Hunting basics

Thousands of people find hunting game to be a rewarding pastime. People

hunt many different types of animals, but deer are some of the most popular to target. Deer hunting can help to address deer overpopulation in many areas. Hunting requires more than going out with a weapon and

targeting deer. Hunters must prepare themselves and purchase the appropriate equipment to protect themselves and make sure they are hunting in adherence to local laws. To begin, hunters should check with their local fish

and game organizations to learn about acquiring hunting licences. Licenses will ensure that hunting is being done according to the rules of a particular state, town or province, and establish just how many animals can be taken. Hunters will need to make sure their firearms or bows are operational and clean. Hunters may also want to invest in tree stands,

binoculars, knives, ammunition, hunting blinds, shooting glasses, ear protection, processing kits (for field dressing), and hunting attire. To make themselves more visible to fellow hunters, hunters should wear clothing in blaze orange rather than camouflage. Hunters can visit fishing and game retailers for additional recommendations on gear.

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Thank you to the voters of the town of Root who came out to cast your vote. It was greatly appreciated.
~Don Oeser

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TOWN OF PALATINE RESIDENTS DID YOU KNOW?
There is 1.4 million dollars in the towns fund balance. The towns yearly budget is 1.2 million dollars. Palatine supervisor Sarah Nicole raised our taxes!!!! It should be noted that in the last four years supervisor Nicole has not provided a required monthly financial statement. (Don't you wonder why?).
It is time for a change in supervisor management of our town. This information is paid for by concerned taxpayers of the Town of Palatine

Looking for a new church to call "home"?
Come join us this Sunday at 11AM and see what makes Cornerstone different.
Pastor Todd Lozier
Or visit us during any of our weekly meetings or services:
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11:00am Sunday Morning Service
6:00pm Sunday Evening Service
6:30pm Wednesday Devotional and Prayer Time (with AWANA Clubs @ 6:15pm)
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LARGE ABSOLUTE ROW FROM RANDALL IMPLEMENT: (SELLS AT 11AM) - SOME REAL QUALITY HERE!! CaseIH MX255 MFWD w/ duals; CaseIH 7130 w/ duals; CaseIH 5130 4wd cab; IH784; Case SR210 Skid Steer; Case SR200 Skid Steer; Kubota L35 loader backhoe; Yanmar SC2400 4wd w/ ldr; CaseIH 1140 4wd w/ ldr; Kubota L2850 4wd w/ ldr; Cat D3B dozer -3000hrs; JCB8035 Mini Excavator; NH575 Baler w/ thrower, NH 570 baler w/ ¼ turn chute; NH BR7060 Silage baler; Kuhn 4100 rotary rake; Kuhn SR110 speed rake; Claas 52T 17ft tedder; Knight 8014 Slinger Spreader; Knight 3042 Mixer Wagon; H&S 370 box spreader; Sharp 2010 CaseIH 1220 6 row dry fert planter; IH5100 drill; IH133 6row cultivator; CaseIH 1660 combine w/ 6 row corn head; Nice CaseIH 720 6x reset plows; Sharp IH 12ft stalk shredder; Nice Brillion 21ft cultimulcher; IH470 12ft disc; CaseIH 6500 9 shank disc chisel; New EZ-Trail Gravity Box w/ 8 ton gear; New BriMar EH-18-14 Equipment trailer; New BriMar 18ft Car Hauler; New Land Pride 3 pt box blades; New Land Pride 74in snowblower; Cub Cadet 154 LowBoy with mower & blower; Husqvarna YT48 lawn tractor; Cub Cadet GT 2550 & GT2654 garden tractors; Kubota ZD21 Zero Turn; Kubota T20890 lawn tractor; Woods RM990 finish mower; Rockhound for skid steer; NH145 spreader; Fence line mower; Curtis 6 ft snowplow; AgroTrend 48in snowblower plus more not listed All sells absolute plan to be here!

RANDALL IMPLEMENTS LAST MINUTE TRADE-INS: CaseIH DX55 4wd w/ ldr; Great Plains 1005NT No Till Drill; IH5088 w/ duals; Claas 770 6x tedder; NH FP230 Forage Harvester w/ PU head; New Demo Kubota Z725 Zero Turn; New BriMar DTR-610 dump trailer; Sitrex wheel rake; Yamaha gas golf cart; Kubota L3901-bad engine; All sell absolute!

FARM EQUIPMENT H&S HP425 Vertical beater box spreader in excellent condition; 2014 CaseIH SBX531 square baler only 500 bales; NH575 baler w/ thrower; NH565 baler w/ thrower; NH 276 & 282 balers w/ throwers; NH1411 discbine; JD430 round baler; NH548 round baler; JD327 baler; Kuhn 8 star tedder; Kuhn Double rotary rake; Nice Taarup rotary rake; Taarup 6 star tedder; White 271 23ft Rock Flex discs; IH720 5x plows; (5) good NI manure spreaders; Shaver HD10 post driver; NH38 Flail chopper; 8ft no till seeder; Sipma bale wrapper; (2) 3pt rototillers; plows; discs; 50 plus pcs of tillage, 15 pieces from local farmer retiring; hay and harvesting equipment; Late NH166 merger; JD 265 & 148 loaders; John Deere PTO driven corn binder; tools, parts; more daily!

CONSTRUCTION EQUIPMENT Nice Cat D4HXL High Track Dozer; Bobcat T300 track SSL; Tree Farmer C6D Skidder; Caterpillar 303C excavator w/ hyd thumb; Ingersoll Rand IR75 excavator w/ cab; Kubota KX91-2 excavator; 2004 TCM L4 wheel loader w/ cab only 500hrs!; Yanmar CBL40 Industrial 4wd ldr backhoe 1800 hrs; JD 210C loader tractor w/ 3pt. low hours; JD350C dozer w/ winch; buckets, Liebherr 731 dozer; Aveling Barford 4wd road grader; Oliver rubber-tired roller; Goosen bale chopper, grapples forks & more!

SALVAGE & REBUILDABLE EQ. Cat 307 excavator light fire damage; JD310D 4wd TLB -needs hyd pump; Ford 2110 4wd w/ ldr & hoe -eng issue; Ford 7710 4wd w/ cab & ldr -weak dualpower; Kubota L7950; IH966-not running; Bobcat T320 track SSL fire damage; NH L170 SS bad eng; Bobcat S175 bad eng; JD2940; (10) older salvage tractors; Kuhn 6002 double rotary rake; more coming in!

TERMS Cash or check. All items to be removed within two weeks. All items sold as is where is. Ten percent buyer's premium on items under \$1000 only.. Larger items no BP

Joseph Hamman Estate & JHI Inc. Auction

Saturday Oct 14th 2017 @ 9AM

2261 Western Turnpike (US RT 20) Duanesburg NY 12056

Trucks-Trailers-Dozers-Loaders-Huge selection of parts & more!

Due to the death of our friend and lifelong customer Joseph Hamman, his family has asked us to sell the inventory and contents of his shop and business. Joe was a buyer, seller, and collector of EVERYTHING! Many different kinds of items from trucks and parts to antique tractors and collectibles will be sold. This auction will take all day there is a lot here!

EARLY LISTING INCLUDES 1996 KW tractor w/ 50 ton low boy; 35 ton low boy; Cat 988 Wheel Loader; GMC bucket truck; Ford Dump Truck w/ plow; JD327 blower w/ thrower; Many skid steer attachments including front rotary cutter; pavement cutter & more; Hyd breaker for SSL; Hyd breaker for excavator; 2 Nice forklifts; Restored JD420 dozer; 2nd 420 dozer under restoration; (4) JD110 garden tractors; (2) Cub Cadet garden tractors; 100+ loader and excavator buckets many brand new; backhoes; snowblowers; Large collection of anvils, vices, and heavy building jacks; snow pushers; Isuzu box truck; Chevy service truck; (2) Old OshKosh trucks; lawn mowers; Iveco rollback truck; alum rollback body; antique Farmall tractor plus extra steel wheels; old plows; large qty of scrap; several flatbed trailers; large conveyor for screening plant; Huge qty of shop supplies including hardware assortments, comealongs; binders; benches, welders, air compressors, several welders, pallet racking; vehicle lifts; hoists and just about anything you will find in a big shop; vending machines; pressure washers; tires of all kinds; tractor weights; hyd cylinders; lots of 3pt top links; plus MUCH more we will not even find until we set the auction up. Plan to be here there will be something for everyone!!

Auction by: **MACFADDEN & SONS, INC.**
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To Your Good Health

by Keith Roach, M.D.

Pill Swallowing Tips

Dear Dr. Roach: I am a retired engineer, and engineers like solving problems. I find that people have difficulty swallowing medications because swallowing a gulp of water is an unnatural act when compared with everyday unnoticed swallowing, and that people are taking too small a sip of water, so they feel the pills, which can trigger a gag reflex.

The solution is to swallow a large sip of water without pills to prepare the mind and body for the relatively rare swallowing process that will follow. Then, take a large sip of water and swallow with pills. — R.E.

Answer: As someone who has studied physics, if not engineering, the small sip

of water lubricates the esophagus, so pills are less likely to be stuck.

I have always recommended a small sip followed by a large gulp, for a different reason from yours. As far as specific positions, some people seem to do better with chin up, others with chin down. Taking a pill with some food or applesauce (or something of similar texture) helps many people. Practicing with something (a breath mint or M&M) can help you find what works best for you. Tepid or even warm water helps some.

Dear Dr. Roach: A dear friend has been diagnosed with spinal stenosis. She's 85. She tried a cortisone shot, with very short-lived relief, and physical therapy, to no avail. She's been pre-

scribed pain pills, which cause her to sleep more than you'd expect for her age. Her doctor seems to be out of options. I read about laser treatment for this area. Do you think this might help, or do you have other ideas? -- M.R.

Answer: "Spinal stenosis" is the term we use to describe compression of the spinal cord or nerve roots by bony structures in the spine. This may be a result of arthritis, skeletal disease and many other conditions. One common finding is difficulty after walking, causing someone to want to sit or lie down. I often see people with spinal stenosis who lean over while walking, as though they are walking into a stiff wind. Many sufferers can walk for prolonged periods with a shopping

cart, because the leaning-over position relieves the pressure on the nerves.

Surgery for spinal stenosis can be challenging, and in an 85-year-old, the risk of complications is higher. However, given her symptoms and lack of response to non-surgical therapy, consulting with a surgeon may be appropriate. There may still be additional medical therapies she hasn't tried before doing so.

I am not a surgeon, and only a surgeon can appropriately choose the tools for a given surgery. However, having looked over the research in this area, there is no evidence that laser offers any advantage over traditional surgery.

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Make food safety a priority this fall

During the busy fall season, whether you're preparing a packed lunch for your child, a week-night dinner for the family or a tailgate feast for the whole crew, make sure you prevent food-borne illness by following USDA's four steps to food safety: Clean, Separate, Cook and Chill.

Clean: Wash your hands and cooking surfaces before and after handling food. Wash fruits and vegetables before eating, cutting or cooking. Make sure lunch boxes and coolers are clean before packing.

Separate: Avoid cross contamination. Don't let raw meat, poultry or egg products come in contact with fruits, vegetables or prepared foods. Never put cooked food on a plate or tray that held raw meat or poultry.

Cook: When cooking, use a food thermometer to make sure food reaches a safe minimum internal temperature needed to destroy harmful bacteria. Cook raw beef, pork, lamb and veal steaks, chops, roasts and fish to a minimum internal temperature of 145°F and let them rest for three min-

utes before eating. When cooking raw ground beef, pork, lamb and veal, make sure the meat reaches a minimum internal temperature of 160°F. Egg dishes should also be cooked to a safe minimum internal temperature of 160°F. All poultry should be cooked to a safe minimum internal temperature of 165°F.

Chill: When packing food, use an insulated lunchbox or cooler and at least two cold sources, such as freezer packs. Discard any perishable foods that were left at room temperature longer than two hours (one hour in temperatures above 90°F).

Lunch packing tips: If the lunch contains perishable food items like luncheon meats, eggs, cheese or yogurt, make sure to pack it with at least two cold sources such as freezer packs. Harmful bacteria multiply rapidly so perishable food transported without a cold source won't stay safe long.

Frozen juice boxes or water can also be used as freezer packs. Freeze these items overnight and use with at least one oth-

er freezer pack. By lunchtime, the liquids should be thawed and ready to drink.

If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food at 140°F or above.

If packing a child's lunch the night before, parents should leave it in the refrigerator overnight. The meal will stay cold longer because everything will be refrigerator temperature when it is placed in the lunchbox.

Eating and disposal tips:

Teach children to properly wash their hands before eating lunch. If running water isn't available, pack disposable wipes for cleaning hands before and after eating.

After lunch, children should discard all leftover food and used food packaging.

Clean lunch boxes thoroughly each night with warm soapy water or a

disinfectant wipe.

Consumers can learn more about key food safety practices at Foodsafety.gov, by following @USDAFoodSafety on Twitter and by liking [Facebook.com/FoodSafety.gov](https://www.facebook.com/FoodSafety.gov). Consumers with questions about food safety can call the USDA Meat and Poultry Hotline at 888-MPHotline (888-674-6854) or chat live with a food safety specialist at AskKaren.gov, available from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday, in English or Spanish.

If you have questions about storage times for food or beverages, download USDA's FoodKeeper application for Android and iOS devices.

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Sat., Sept. 30th Consignment Auction ~ 6:33PM

Thurs., Oct. 5th Food Auction ~ 6:33PM

Sun., Oct. 15th Christmas Auction ~ 1:33PM

Sat., Oct. 7th Consignment Auction ~ 6:33PM

Sun., Oct. 8th Breeder Sale ~ 11:33AM

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Monday, Sept. 18th – Sold 252 head. Cull Ave. \$.53 Top Cow \$.73, Bulls/Steers None, Bull calves top \$1.50, heifer calf top \$1.75, dairy feeders \$.29 - \$.59, Lambs 46#-65# \$1.00 - \$1.15, 66#-110# \$1.00 - \$1.30.

Sat. Sept. 30th - 11:00AM sale on the farm South New Berlin, NY. Impatiens Registered Holsteins Complete Dispersal 110 Head with 60 milking age balance heifers. RHA 21323 4.3 840 3.0 650. SCC 200,000. Very impressive herd with the Maternal lines long and strong and the sires are the best the breed has to offer. GPS address: 719 County Route 18, South New Berlin, NY. Owners: James & Pam Powers.

Monday, Oct. 2nd – Normal Monday Sale & our Fall Round up Beef Sale. Small Grassfed Black Angus Herd – Farmer is retiring sending 32 Brood Cows, 10 feeders which 6 are bulls and 4 heifers – nice group. Already coming 2 Waygu Cross Cows bred for spring & 2 feeder steers. Group of Jersey Cross feeder steers. Call to advertise your group. 2 year old Wagyu bred to Hereford bull. Herd of Registered Black Simmentals consisting of 9 Brood cows with 6 of them w/calves, 4 cows due for fall, 1 bred heifer, 2 steers. Complete Angus & Hereford Herd with 37 Mature cows & 16 feeders heifers & bulls. Another group of the best Angus Feeders you can find 5 Feeder heifers, 6 feeder steers & 2 bulls. Looking to be a large sale the calls come in everyday!

Monday, Oct. 9th - Normal Monday Sale & Monthly Heifer Sale
Friday, Oct. 13th - Central New York Beef Producers 4th Feeder Calf Tele-Auction. Pick up Sat. Nov. 4th.

Monday, Oct. 16th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Saturday, Oct. 28th - Fall All Breed Dairy Sale – Accepting 150 Registered All Breed Dairy Cattle call today to get your group advertised.

Upcoming Sales to Watch for:

2018 – Sat. March 31st – Spring All Breed Sale.

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PUBLIC AUCTION

CONSTRUCTION TOOLS & EQUIPMENT!! FURNITURE & ANTIQUES!!
TUESDAY, OCT 3rd • 5:00pm

JR'S AUCTION 7403 ST HWY 5 ST JOHNNSVILLE NY 13452

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INSIDE WILL BE SELLING ANTIQUES & FURNITURE!! A LOCAL CONTRACTOR WHO IS DOWNSIZING HAS JUST CONSIGNED: 1-12' Box Trailer Double Axle, 1-6x8 Box Trailer, Dewalt Miter Saw, Air Compressor, Table Saw, Floor Model Drill Press, Tools, Hand Tools and much more odd and ends!! Don't Miss This Auction!!

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CONSIGN EARLY FOR FREE ADVERTISING!! CONSIGNMENTS WANTED!!

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by Healthy Exchanges

Garden-Fresh Spanish Rice

September is National Rice Month. Whether you enjoy long-grain rice or one of the many wild rice blends, rice is a nice change of pace in your daily diet.

- 2 1/2 cups peeled and chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 cup finely chopped cabbage
- 1 tablespoon Brown Sugar Twin
- 1/8 teaspoon black pepper
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes
- 2 cups cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, sauté tomatoes, green pepper, onion and cabbage for 10 minutes, stirring often. Stir in Brown Sugar Twin, black pepper and parsley. Add rice. Mix well to combine.

2. Lower heat and simmer for 5 minutes, stirring occasionally. Makes 4 (3/4 cup) servings.

Tip: Usually 1 1/3 cups uncooked instant or 1 cup regular rice cooks to about 2 cups.

• Each serving equals: 124 calories, 0g fat, 3g protein, 28g carbs, 13mg sodium, 32mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Vegetable; Carb Choices: 2.

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Nutritious diets are essential to long-term pet health. Many well-intentioned pet owners feed their pets foods they believe are nutritious, only to learn that certain foods, even those deemed healthy for humans, can be quite dangerous to dogs and cats.

Cats and dogs metabolize foods and other substances differently from humans. WebMD reports that each year, there are more than 100,000 cases of pet poisoning in the United States. Household substances that may seem perfectly harmless caused many of these instances in the pets. Medications, cleaning products and certain foods can poison pets. Dogs tend to be at higher risk for food poisoning, particularly because they are less discriminatory with regard to food.

Before caving into the temptation to share snacks with their pets, pet owners should recognize the common foods the ASPCA and other pet welfare organizations list as the most likely to contribute to pet poisonings worldwide.

- **Chocolate:** Chocolate is accountable for roughly one-quarter of all toxic exposures. Chocolate contains methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause excessive thirst and urination, panting, vomiting, diarrhea, abnormal heart rhythm, and seizures. Serious cases can be fatal. Dark chocolate and baking chocolate are especially

dangerous for pets.

- Grapes/raisins: Grapes, raisins, sultanas, and currants, whether raw or cooked, can cause kidney failure in dogs. Not all dogs are affected. However, these fruits should be avoided. Symptoms include lethargy, diarrhea and vomiting within 24 hours of consumption.

- **Hops:** Commonly used for brewing beer, hops have become a greater risk for pets now that home brewing as a hobby or side business has become popular. When ingested, hops can cause a rapid heart rate, anxiety, vomiting, and other abdominal symptoms. Essential oils and tannins in hops also can cause high fever when pets ingest them.

- Macadamia nuts: These nuts can cause depression, vomiting, tremors, and hyperthermia in dogs.

- **Milk and dairy:** Do not give dogs and cats milk to lap up, and avoid giving them high amounts of cheese and other dairy foods. Pets do not possess significant amounts of lactase, the enzyme that breaks down lactose in milk. Therefore, diarrhea and digestive upset is likely to occur when pets consume dairy.

- Onions/garlic: These aromatic ingredients are not a good idea for pets, particularly cats. Onions contain an ingredient called thiosulphate, which is toxic to cats and dogs. The ingestion of

onions and onion-related foods can cause a condition called hemolytic anemia. This is damage to red blood cells that causes the cells circulating throughout the pet's body to burst.

- **Xylitol:** Keep pets away from sugarless gums and candies that contain Xylitol, which also may be used in tooth-

paste. The substance causes insulin to release in most species, which can lead to liver failure.

Pet owners should be aware that the foods they eat regularly may not be safe for their pets. Always consult with a veterinarian before giving pets foods commonly eaten by humans.



Pet owners should be aware that the foods they eat regularly may not be safe for their pets.

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A photograph of two loaves of bread. In the foreground is a loaf of white bread in a blue and white wrapper, labeled 'FRESH BAKED WHITE BREAD'. Behind it is a loaf of whole wheat bread in a brown and black wrapper. The background is a light-colored, textured surface.

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Canajoharie-Fort Plain JV Football team ~ Ready to conquer

by Elizabeth A. Tomlin

Although most folks are only interested in the varsity teams when talking about high school football, the Canajoharie-Fort Plain combined Junior Varsity team is doing well in scrimmages and

showing a strong defense when playing with the Varsity team.

During back to back scrimmages against Dolgeville and Chatham, the JV team showed the stuff they were made of and then some.

"I felt the scrimmage versus Dolgeville and Chatham was very successful," commented Coach Brandon Smith.

Smith said that he conferred with the coaches of both teams after the scrimmages and was told that they agreed the JV team was outstanding.

"They both felt we conquered our goal in preparing our young athletes for their future in varsity," Smith remarked.

Canajoharie Central Schools Athletic Director, Brian Dunn also commented on the team.

"As a Class D football school, we are very fortunate to have a large number of student-athletes playing football," said Dunn. "In addition, we are in year two of a merger with Fort Plain, which has made our numbers, and our program, even stronger."

Dunn reports that there are currently 51 high school student-athletes in the Canajoharie-Fort Plain football program.

"Because of this large number, we are able to field a JV football team which allows all of our football athletes the opportunity to get on the field in competitive situations. These JV scrimmages are extremely important to the development of our younger players who otherwise may not get significant on-field

action for several years."

Dunn says the Junior Varsity team is "very successful year in and year out, which undoubtedly plays a vital role in the success of our varsity team."

Recently JV players saw some action on Sept 15. in the Varsity team's

game against Cohoes.

"It was a great game," reports Smith. With Canajoharie-Fort Plain scoring 53 against Cohoes 12, it would certainly seem that way.

An at home games is coming up Oct. 20 — Canjo-FP vs Hoosic Valley. All

home games begin at 7 p.m. on the field at the Canajoharie High School.

For some local action come out and support our hometown team. The kids will love you to be there.

The Canajoharie-Fort Plain Football team is ready to conquer.

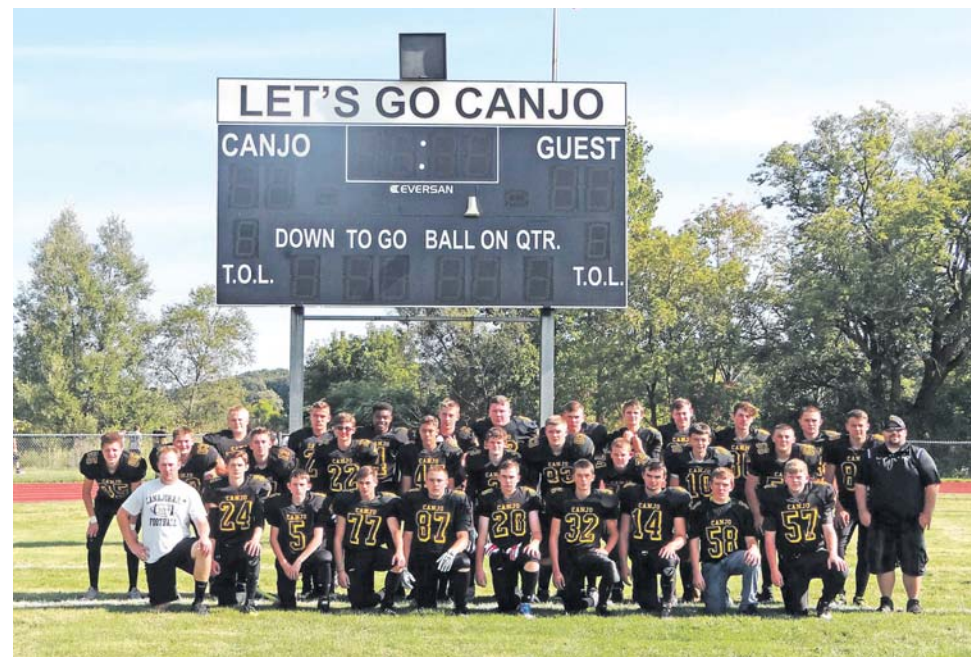


Dolgeville took a few hard blows from Canjo-Fort Plain JV team in this scrimmage.



Successful scrimmages included one with Chatham, NY.

Photos by Elizabeth A. Tomlin



Canjo-Fort Plain combined JV football team roster, includes Nick Kocjan- #2, Michael May- #3, Mekhi Lanier- #4, Gabe Root- #5, Isiah Logan- #6, Orion Burke- #7, Thomas Oeser- #8, Joe Trembley- #9, Joseph LeMoine- #10, Derek Hyney- #12, Trent Blakeslee- #13, Alex Sydow- #14, Andrew Ferguson- #15, Andrew Ferguson- #15, Joe Nare- #16, Lymann Bartlett- #17, Aiden Dilorenzo- #19, Jack Krug- #20, Keegan Meyers- #22, Max Prime- #23, Dalton Consalvo- #24, Nick Mazzarella- #25, Griffin Collins- #28, Mekhi Pettit- #32, Sam Terwilliger- #34, Nick Suits- #42, Marcus Johnson- #45, Gage Poultney- #49, Peter Mazzarella- #50, Christian Herget- #51, Dayton Handy- #53, Mike Dake- #54, Cameron Dillenbeck- #55, Tyson Santelli- #56, Sebastian Arndt- #57, Russell Porter- #63, John Cortese- #66, Jalen Hall- #67, Dalton Rush- #69, Brandon Wolfkiel- #72, Barry Yerdon- #74, David DiMascio- #75, Nate Rallo- #76, Joe Fischet- #77, Brandon Johnson- #78, Caleb Crouse- #81, Seth Oeser- #82, Jaden McGuigan- #83, Trey Nemecek- #85, Tyler Rorah- #86, Josh Herget- #87, and Austin Ferrara- #88. Coach Brandon Smith (far right) and Assistant Coach Brad Niles (left) work with the team.

Whatchamacallits



This week's Whatchamacallit is a very beautiful example of how well things were made over a century ago. It is elegant in its simplistic style. And although the style is simplistic, this is a precision measuring instrument that helped shape the boundaries of our villages, cities and nation.

It is a surveyor's compass. Our lovely compass comes with levels built into the platform; a plumb bob nestled into a cradle in the corner of the box and two sighting vanes also nestled into a custom-made area in the box. Our example was even brought to us with the original tripod that the unit could be mounted onto in order to keep it steady (see inset far right).

W. & L. E. Gurley in Troy, NY—a well know maker of precision instruments—made our compass. I was able to determine that our example was manu-

factured before 1908 because there is no serial number. According to surveyantiques.com, Gurley did not begin to use serial numbers until November of 1908.

Another early instrument that was preferred by surveyors in Europe is the theodolite. Also used on a tripod, it incorporated sight glasses and an array of wheels, screws and plates—which proved cumbersome in the heavily wooded areas of Colonial America.

Using little more than a compass and a 66-foot chain, early American surveyors set out to chart what became the United States of America. Even though deemed primitive by modern standards, this procedure was remarkably accurate.



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145



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Strange But True

by **Samantha Weaver**

• It was 20th-century American philosopher, writer and educator Susanne Katherina Langer who made the following sage observation: “If we would have new knowledge,

we must get us a whole world of new questions.”

• In Western cultures, the owl is associated with wisdom, but in some Asian countries, it’s traditionally a symbol of stupidity.

• In the 9th century, a

Norseman named Sigurd Eysteinsson earned the name Sigurd the Mighty while helping to lead the Viking conquest of what is now northern Scotland. As part of a continuing effort to expand his

Scottish conquest, Sigurd challenged a native ruler, Mael Brigitte the Buck-toothed, to a battle. Each leader was supposed to bring 40 men to the battle, but Sigurd broke his own rule and brought 80

warriors. Unsurprisingly, Brigitte lost. After beheading his defeated foe, Sigurd displayed Brigitte’s head on his saddle as a trophy of war. He got his just desserts in the end, though; as he rode, Sig-

urd’s leg was scratched by Brigitte’s buck teeth. The seemingly insignificant wound festered and Sigurd the Mighty was killed by the infection.

• You may already know that seahorses mate for life. You may not be aware, though, that as they swim, they keep their tails linked together.

• Those who study such things say that Napoleon Bonaparte was partial to cashmere underwear.

• Beards may be trendy these days, but if you prefer the clean-shaven look, you belong to a group that goes back further than you think. Cave art dating back to 10,000 B.C.E. depicts grown men with no beards.

• The ostrich is the world’s only two-toed bird.

Thought for the Day: “The world is changed not by the self-regarding, but by men and women prepared to make fools of themselves.” — P.D. James

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2017 Foothills Friends of NRA Fundraising Banquet
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5:00 - 7:00 - Cash Bar, Games, Silent Auction • 7:00 - Dinner followed by Live Auction

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Paw's Corner

by Sam Mazzotta

Do indoor cats need all those shots?

Dear Paw's Corner: Our cat's paws never touch the ground outside. "Dale" is an indoor cat, through and through. He doesn't even try to go outdoors, although he does like to watch the world go by from his perch in the front-room window. With that in mind, why does he have to get all of those vaccinations? Most are to protect him from diseases acquired from other cats, like FIV. He's never going to see another cat, so why should I protect him from a disease he likely won't get? — Budget-Minded Papa in Chicago

Dear Papa: Vaccinating your cat against "improbable" diseases, ones that he seems unlikely to be exposed to, may seem like a waste of money. However, vaccines protect against the possibility of the improbable actually happening.

Under normal circumstances, Dale may never be at risk of contracting feline immunodeficiency virus (FIV), rabies, feline leukemia or other illnesses. But we can't see the future and things don't always stay normal.

Let's say that you and Dale move to a new home. There's a chance that during the move, Dale could escape from his carrier, get confused or lost and be stuck outdoors for a few days until you find him. Or, perhaps a natural disaster occurs where you and Dale have to evacuate and he must be housed temporarily around other pets. Having all of his required and recommended shots will help keep Dale healthy in situations like this.

If cost is a concern, look for lower-cost vaccination events, often called shot clinics, where you can get Dale's shots up to date for significantly less than the veterinarian may

charge.

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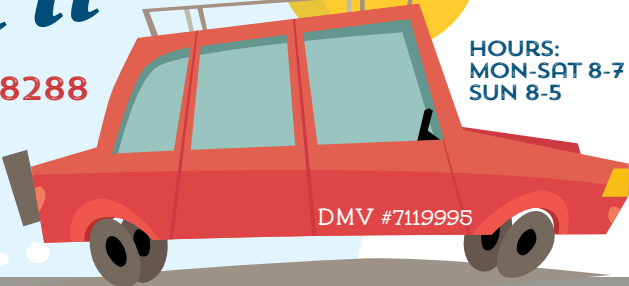
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Donna's Day: Creative Family Fun

by Donna Erickson
Make giant ABC's for learning fun
Fun times are ahead for preschoolers and kindergartners when you create a collection of hands-on alphabet letters that reinforce sounds and the words they are learning to pronounce, read and spell. Craft the 26 letters, save and use them over and over to practice language learning skills.

Here's what you'll need:
• 26 sheets of poster board or card-board, 9 inches by 12 inches
• pencil and markers
• scissors
• assorted small glue-on objects, stickers, magazine cut-outs of items whose names start with the sound of specific letters (see suggestions below)

Here's the fun:
1. Draw large block letters for each alphabet letter on poster board/card-board. Cut out. (Instead of making all at once, consider designing a letter per week. Or start with a few, such as those that spell your child's name.)

2. Choose a letter together and come up with things that begin with the sound of that letter. For example, the sound "p" in pasta for the letter "P." Look on your shelf for dry pasta and glue a few pieces on the big "P."

More simple items with crafty ideas:
A. Cut a small apple in half, dip dried cut side into paint, and stamp on the A. Or, glue plastic ants crawling over.
B. Buttons, beads and balls on a blue letter B.
C. Candy and candy wrappers on C.

D. Use a cotton swab to glue paper punch dots on D.
E. Crushed eggshells all over the E.
F. Floral fabric scraps and silk flowers on F.
G. Green glitter glued on a green letter G.
H. Print your child's hand with poster paint on H.
I. Cut a cone and rounds of ice cream from paper to glue on I.
J. Glue a jam label or some jacks to J.
K. Apply lipstick to your lips and smother K with kisses.
L. Glue pressed leaves to L.
M. Draw a picture of your mailbox and glue mail on M.
N. Glue real nickels on N.
O. Glue raw oatmeal and cereal "O's" to an orange O.
P. Glue popped popcorn to a purple P.
Q. Cover Q with craft feathers. Add a paper beak, eye and feet to resemble a quail.
R. Glue silk or pressed roses on a red R.
S. Glue used postage stamps on S.
T. Cover T with twisted and tangled masking and Scotch tape on T.
U. Draw a ukulele on U.
V. Make a Valentine on a violet V.
W. Glue wood chips to a white W.
X. Glue on pictures of xylophones on X.
Y. Shape and glue pieces of yellow yarn in "Y" shapes on Y.
Z. With zippers closed, glue the fabric portion of recycled zippers to Z. When dry, they can be opened and closed.
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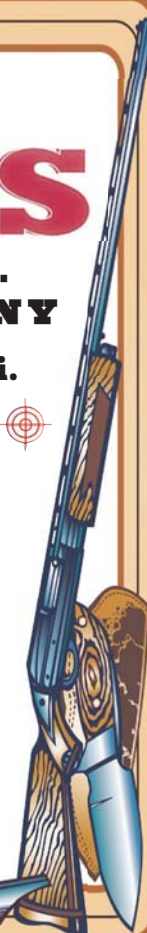
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Adults \$10

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TAKE OUT ONLY 4:00-7:00p.m.

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For Info Call 518-993-2335

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Friday, October 6, 2017

4-7PM

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Friday, September 29th

◆ Fresh Haddock Dinner - Baked
or Fried w/Potato & Veg
◆ Mac & Cheese w/Veg
◆ Manhattan Clam Chowder

Saturday, September 30th

◆ Prime Rib Dinner w/Potato & Veg 3-7PM
◆ Fried Clams w/Potato & Veg

Sunday, October 1st

◆ Spinach Omelette w/Toast
◆ Breakfast only - Closed at 12:30 PM

Monday, October 2nd

◆ ALL YOU CAN EAT PANCAKES 3-7 PM
◆ Liver & Onions w/Potato & Veg
◆ Cheeseburger Cold Plate

Tuesday, October 3rd

◆ Tuna Noodle Casserole w/Veg
◆ Cheese Quesadilla

Wednesday, October 4th

◆ ALL YOU CAN EAT SPAGHETTI 3-7 PM
◆ Sm. Hot Sausage w/Peppers
& Onion Sub w/FF
◆ Spaghetti w/Meatballs,
Hot Sausage and/or Tossed Salad

Thursday, October 5th

◆ Chicken-N-Biscuits w/Potato & Veg
◆ Frontier Burger w/FF

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Stop by Craft Fair in Gym 12-7pm

Sponsored by Wheelerville Volleyball Team

Adults \$12.00 - Children 6-12 \$5.00

5 & Under Free - Take Outs Available

Dinner Sponsored by North Bush United Methodist Church



Stay safe when landscaping

Landscaping is typically viewed as a chore by homeowners, many of whom enjoy doing some work on their lawns and gardens. But only few homeowners may recognize the potential dangers of lawn maintenance.

The Consumer Product Safety Commission reports that more than 230,000 people per year are treated for various injuries resulting from lawn and garden tools. Common injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely preventable if homeowners prioritize safety when tending to their lawns and gardens.

Understand the equipment

Homeowners should not assume they know how to use all of the tools necessary to maintain lush lawns and bountiful gardens. Familiarize yourself with the proper operation of manual and motorized equipment by reading the owner's manual thoroughly, making

special note of recommended safety guidelines.

Take some time to locate the power buttons and other parts by comparing them to illustrations in the guide. Once you feel comfortable handling the equipment, then you can begin to use it.

Wear appropriate protective gear

Failure to wear protective gear can lead to injury. Personal protective equipment includes gloves, eye protection, ear protection, boots, and a hard hat if necessary. When working during visibility conditions or at night, wear a reflective vest.

Other protective items include a hat to shade your eyes from the sun's rays. Sunscreen will protect the skin from UVA and UVB radiation. Long pants and sleeves can guard against flying debris.

Watch your surroundings

Thousands of injuries occur to children and pets that get hurt around mowers. It's best if chil-

dren and pets remain indoors when homeowners are mowing or using other power equipment that may kick up debris. Children under the age of 12 may not have the strength or ability to operate lawn tools. Also, never make a game of riding a child on a riding mower. Nobody under the age of 16 should operate riding lawn mowers.

Get approval before digging

It's difficult to know what is beneath the ground without having a property surveyed and marked. Digging without approval can result in damage to gas lines or water/sewer pipes. Always check with the utility company before digging trenches or holes.

Unplug or turn off all equipment

When not in use, keep lawn equipment off. Do not try to repair or fix a snag or obstruction in equipment while it is on. Don't modify the equipment in any way, such as removing protective guards.

Exercise caution with

chemicals

Follow manufacturers' safety instructions when using pesticides or fertilizers. Avoid application on windy days or right

before a rainstorm, as this can spread the product and damage the ecosystem. Keep people and pets away from treated areas.

Maintaining the yard is both a necessity and a hobby. Homeowners who prioritize safety can greatly reduce their risk of injury.



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Kovels: Antiques And Collecting

by Terry and Kim Kovel
Coco Chanel chandelier
Coco Chanel (1883-1971) is a well-known French fashion designer who changed the look of women's clothes and jewelry, and created the famous perfume Chanel No. 5 during the 20th century. But few know she also designed some chandeliers and other furnishings for her apartment and for customers. A rolled-arm sofa and a rock-crystal chandelier probably are her best-known pieces. She included animal figures and mirrors in abundance. Colors like black, gold, brown, honey, beige and cinnabar were backgrounds for Coromandel folding screens and antique furniture. A famous Coco Chanel-designed gilt-metal and rock-crystal chandelier sold at New Orleans Auctions in 2016. It was designed by Coco with Robert Goossens, a Parisian jeweler. The frame has interlocking hearts and ovals with large rock-crystal chunks hanging below. Metal leaves covered the 12 light sockets. The impressive 40-inch-high and 31-inch-diameter chandelier sold for \$37,500.

Q: In the 1930-1950 period, would Minton dinnerware normally be

found in middle-class or upper-middle-class homes? Where might it have fit in the dinnerware hierarchy, compared to Royal Doulton, Spode or Wedgwood?

A: Royalty, the wealthy and the upper middle class owned Minton dinnerware. In some homes, it was the "good" china used only on special occasions. Minton was made in the Staffordshire region of England beginning in 1796. It became part of the Royal Doulton Tableware Group in 1968. The brand is now part of WWRD Holdings. Minton china is no longer made.

Q: I have Currier & Ives' "American Homestead Winter" with the original government copyright notice. I can't find any information on the old copyright mark in the bottom left corner of the print that's followed by the letters "HFA." Do you know what this stands for?

A: The letters "HFA" stand for Haddad's Fine Arts, Inc., a company in Anaheim, CA, that does reproductions of works of art. The company sells only to businesses, not directly to consumers. Your print is a reproduction of an original Currier & Ives print. Reproductions are common, and average-size prints sell

for less than \$30.

Current prices

Greeting card, New Year's, paper, three cherubs, seashell, flower bouquet, c. 1880, \$12.

Carving set, sterling silver, fork and knife, large roast carver, reeded handles, repousse flowers and scroll, Towle, 1898, \$310.

Porcelain sign, Campbell's Tomato Soup, "10 cents," figural can, red and white, bracket, 1920s, 13 x 23 1/2 inches, \$1,650.

For more information, visit kovels.com.

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Natural rock crystals hang from this large chandelier designed by Coco Chanel. It is a form used in the 20th-century Chanel apartment. This example sold for \$37,500.

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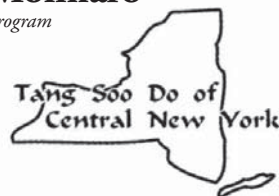
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Now Here's A Tip

by JoAnn Derson

• If you use cold water to clean all of your clothes, you'll save about \$40 a year in electricity costs. Your clothes will last longer too. And consider a clothesline for air-drying items like towels and sheets on nice days. That saves electricity as well.

• "I just filled a nick in my wood floor with a brown crayon. It totally works. I just rubbed it into the mark, and then used a soft rag to work it in. You can't even tell where it was. I thank my dad for this tip." — C.L. in Arizona

• "To see the numbers on my socket set, I used my wife's red nail polish. I painted it over the numbers and then quickly used a tissue to wipe off the excess. The red color sunk into the indentations, making the numbers easier to read." — E.L.D. in Indiana

• "To get my kids to do chores, I sometimes will leave the tasks I want done written on sticky notes. The kids have to complete the tasks and turn in the notes to me in order to get their allowances. Some money is just given, but more chores means more money. It motivates them to do more." — L.P. in Florida

• You may have heard this before, but some people don't believe it: Skip the fabric softener on your towels, because while it does make them soft and fluffy, it also takes away their efficiency at absorbing water over time. If your towels don't dry like they used to, double wash them — one cycle with hot water and added baking soda (which also de-stinks them) followed by another hot water cycle with only vinegar. It'll do the trick.

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Mega Maze

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Weekly SUDOKU

by Linda Thistle

		6		9			2	
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7			2			6		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Americanisms

"I think the most un-American thing you can say is, 'You can't say that.'"
—Garrison Keillor

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Amber Waves

by Dave T. Phipps

Just Like Cats & Dogs

by Dave T. Phipps

STICKELERS

by Terry Stickels

Match the words on the left with their meanings on the right.

1. jingoism	a. former
2. agnomen	b. edible
3. depone	c. to testify under oath
4. esculent	d. nickname
5. erstwhile	e. extreme nationalism

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LAFF-A-DAY

GRIN & BEAR IT

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MAGIC MAZE • OUT IN FRONT

FCZXOOUSQENLJYW
GEDCOUTLETGZXRA
VTRIPTTKNLJAHCL
ECAEBSAFKYEKTTT
WWORGTUOOVRCSUU
TRPNTAULOXOAKOO
IGEUCNROLBCBZXW
USORPDOTTTSTMLJ
IGREDISTUOTUEDB
AYXWUNTOOOUOSQP
ONLTHGIRTUOKJHG

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Outage	Outcry	Outlook	Outsider
Outback	Outfox	Outrage	Outstanding
Outbid	Outgrow	Outright	Outtake
Outcast	Outlet	Outscore	

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HOCUS-FOCUS

BY HENRY BOLTIKOFF

Find at least six differences in details between panels.

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4. Horn is missing. 5. Shirttail is different. 6. Wheel is missing.
Differences: 1. Plant is missing. 2. Boy's hair is shorter. 3. Socks are shorter.

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HARVEY - Male Beagle 10 - 12 years old. Good with dogs, cats and kids.



REBEL - Handsome 2 1/2 year old male Coonhound. Good with some dogs and older kids, not good with cats.



HARRY - Sweet 8 - 9 year old male Beagle. Good with dogs, cats and kids.



NIKE - 1 - 2 year old male Pit Bull. Good with some dogs and fine with kids



ZEUS - 1 year old male Shepherd/Lab mix. Good with some dogs, not cats. Best with older kids.



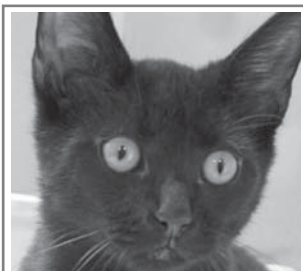
PAPO - 7 year old male Staffordshire Terrier mix. Not good with cats. Adult home only.



BRUTUS - 10 year old male Staffordshire Terrier mix 63 lbs. Knows commands. Great on leash. He's a love bug! Good with some calmer dogs and older kids, not cats.



BABY - 10 - 11 year old female Greyhound mix. Good with some dogs and cats. Adult home only. Very playful.



MACK - Adorable, playful 5 to 6 month old black male.



MARVIN - Gorgeous 5 - 6 month old male tiger.



PROFESSOR - Handsome 2 year old gray and white male. His owner could no longer care for him



JUNIOR - Handsome 1 year old gray tiger male. His owner could no longer care for him.



RHETT - 5 - 6 month old male orange tiger. Sweet and playful.



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- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
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- oil, salt and pepper to coat.
- 2. Roast until fennel is tender and has browned at edges, about 1 hour. Makes 6 servings.
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To Your Good Health

by Keith Roach, M.D.

Can anxiety meds cause Alzheimer's?

Dear Dr. Roach: I read recently that if Valium is taken by older folks for more than 90 days, it ups their risk for Alzheimer's disease by 32 percent and if taken for more than 180 days, the risk goes up 84 percent. Have you heard anything like this? What is safe for seniors, or anyone, to take for anxiety? — C.P.

Answer: A study published recently ago in BMJ, a prestigious medical journal, showed a clear association between benzodiazepines — a class of medications that includes diazepam (Valium), clonazepam (Klonopin), alprazolam (Xanax) and lorazepam (Ativan), among many others — and Alzheimer's disease. The association was stronger for long-term use than for short, as you correctly point out. Further, the risk was higher for long-acting drugs (like Valium or Librium) than for short (like Xanax).

However, the type of study done cannot claim that taking the medication caused the increased risk of Alzheimer's. The authors themselves point out that it is possible that early Alzheimer's disease causes anxiety that is subsequently treated with prescription anti-anxiety medications, and that there is no causal relationship. It is also possible to see this result from chance, although the authors found less than 0.1 percent likelihood this result is due to chance alone. Finally, it's possible that there is both a direct, causal link between taking benzodiazepine drugs and developing Alzheimer's disease and that early Alzheimer's causes some people enough anxiety that they are prescribed these anti-anxiety medications. That implies that the risk is less than the numbers from the study. A different study design may reveal the truth.

There are many good reasons not to use benzodiazepine medications, and I never prescribe them for long-term use. Increased risk of both falls and automobile collisions are two that most concern me. (Multiple studies have confirmed this risk, so it is likely that these drugs do cause some people to fall and to have auto accidents.) These are also potentially habit-forming medications, and sometimes it becomes very difficult to sleep without them once they are started.

Because all medications have some risk, I recommend nondrug strategies for anxiety reduction. Meditation, mindfulness and imaging exercises, yoga and even regular exercise all have been shown to reduce anxiety without medication. Counseling and cognitive-behavioral therapies also are effective. If medications are needed, then SSRI medications such as sertraline (Zoloft) have lower risks than benzodiazepines. Just a cup of hot chamomile tea might help you get through stressful times.

Dear Dr. Roach: My husband has heart disease. He's tried every statin drug to lower his cholesterol. He cannot tolerate any of them. The muscle pain and weakness caused by these drugs is severe. His cholesterol remains high, even with proper diet and exercise. I've heard that CoQ10 works well for lowering cholesterol. Is there any validity to this? — Anon.

Answer: CoQ10 (ubiquinone) does not affect cholesterol itself. It does allow some people tolerate statins who otherwise wouldn't. I think it is worth a try, especially for someone like your husband, who has coronary heart disease and who would get much benefit from a statin.

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Source: Travel Leaders Group

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Answers

Solution time: 21 mins.

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P	E	E	P		D	O	M		H	O	A
U	T	A	H		D	O	C		I	N	D
S	E	R	I	F		R	E	A	L		
			L	A	C		E	L	A	P	S
B	A	R	O	Q	U	E		I	D	I	O
A	G	E	D		E	N	T		E	S	A
L	A	D	E	N		D	O	L	L	A	R
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E	R	G	O		E	C	U		A	N	D
B	E	A	N		D	O	N		E	S	T



Weekly SUDOKU

Answer

5	8	6	4	9	1	3	2	7
2	3	4	8	6	7	9	1	5
1	9	7	5	3	2	4	8	6
6	2	8	1	7	4	5	9	3
3	7	5	9	2	6	1	4	8
4	1	9	3	8	5	7	6	2
9	6	2	7	1	3	8	5	4
8	4	3	6	5	9	2	7	1
7	5	1	2	4	8	6	3	9

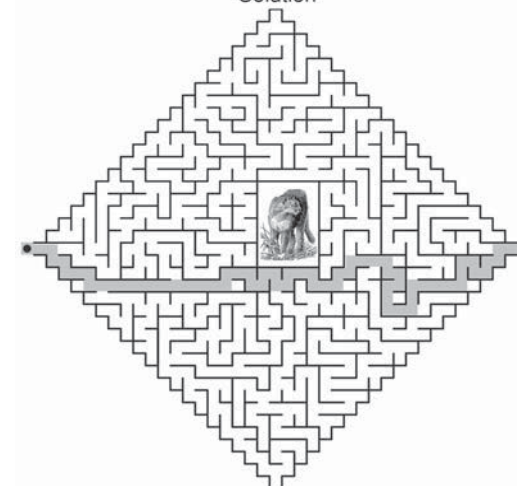


Sticklers Answer

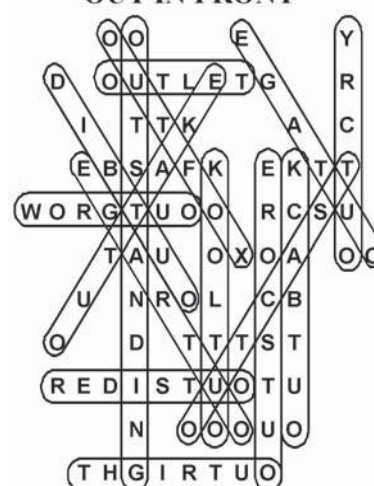
1-e, 2-d, 3-c, 4-b, 5-a

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3 TABLESPOONS CORN STARCH
PINCH SALT
2 TABLESPOONS UNSALTED
BUTTER

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Five affordable weekend DIY projects that completely recreate your home

(BPT) — The cold months of winter have a batten-down-the-hatches feel to them, don't they? In summer, you want to spread out, bask in the beautiful weather and finally tackle those home improvement projects you were eyeing during those colder months.

Now is the perfect time to make a big impact on your home, and you can do so without spending a lot. Below are five do-it-yourself projects you can tackle in a single weekend, and each will still leave you enough money in your budget to enjoy everything else summer has to offer.

- Freshen up your landscaping. Your home's outdoor appearance gets a pass during the winter, but in the summer the exterior of the house is all about curb appeal. That makes improving your landscaping a great place to start your summer projects, plus the work you do can be completely customizable to your budget. If you have some extra money, plant a tree or a bush. If your budget is tighter, opt for potted flowers. Even an activity like trimming around your trees and bushes or pulling weeds can have a big impact on the look of your home and it costs you nothing.

- An accent wall that truly accents. You've seen hundreds of DIY tips suggesting you add an accent wall to your home with a fresh coat of paint. However, to add an accent wall that goes above and beyond, replace the paint project with Charred Wood Shiplap from UFP-Edge instead.

- Update your bathroom on your terms. A full bathroom remodel is hardly DIY, and you're certainly not finishing it in one weekend. However, that doesn't mean this room

is completely off-limits when it comes to improvements. Instead, pick the project that matches your needs and your budget. Large-scale improvements could include replacing your outdated sink or toilet. You could go smaller and simply replace the hardware on the sink. This is also a great time to look at the smaller aspects of your bathroom and see if you want to replace your medicine chest, your towel rack or the handles on your cabinets.

- The perfect wrap for your kitchen or bar. The kitchen is a focal point in any home, so improvements made here tend to stand out. If you're looking to improve your kitchen with an incredibly popular country look, you can add your island to the motif with a rustic wrap. Start with a wrap for your kitchen or bar and see where your creativity takes you.

- Rethink your window treatments. Like your bathroom, a full-scale replacement of your window treatments can be pretty expensive. However, like your bathroom, you also have plenty of freedom to pick and choose your options here as well. If a favorite room feels too dark, replace the existing curtains with something light and airy. If you want the room to feel darker, install room-darkening shades. Spend your money and your time on the rooms that matter most to you and you won't be disappointed.

These warm-weather months are the perfect time to make your home everything you want it to be, so invest your time in a little DIY. You, your home and your budget will all be better for it. To learn more about accent wall materials available from UFP-Edge, visit UFP-Edge.com.



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596: **REDUCED!!** 34 Webster Street, **FORT PLAIN:**
Two-story house with new carpets and freshly painted interior. Formal dining room and family room. Nice backyard with an Apple Tree and Pear Tree. Laundry hook-up on the 1st floor. Listing agent is said owner of property.

Asking \$49,900



838: 34 Maple Ave., **CANAJOHARIE:** Lovely two family that has many updates--new roof, furnaces, windows, sheet rock to mention a few. Walking distance to school and downtown. Plenty of off street parking. **Asking \$69,900**



985: 180 County Highway 142A, **JOHNSTOWN:**
Golf course in your own back yard!!! Charming farmhouse with an open floor plan set on 8 private acres. One bedroom cottage comes in handy for the in-laws or possible rental. Lots of opportunity with this property. 22x46 barn for small hobby farm, horses, etc. **Asking \$150,000**

Necessities for your next road trip



Road trips make for fun excursions, and such trips can stay fun if drivers prepare themselves for any potential obstacles while out on the road.

The travel industry is big business, annually generating hundreds of billions of dollars for businesses that cater to people who love flying the friendly skies and hitting the open road. Though many people might envision vacationers as international jetsetters, the U.S. Travel Association notes that four out of five domestic trips are taken for leisure purposes, proving that people with a love of travel need not book flights to indulge their wanderlust.

The National Travel and Tourism Office of the U.S. Department of Commerce notes that rural sightseeing is the fifth most popular leisure travel activity among domestic travelers in the United States. Travel aficionados who want to experience such sights for themselves should not forget the following necessities before embarking on their next road trip.

- **Food:** Rural countryside might be idyllic, but such areas may not provide travelers with any dining options, so be sure to pack meals for everyone in the car if you plan to head far out into the country. Stopping

along the way to enjoy a picnic can make the trip more enjoyable. If you plan to visit a less remote rural area with dining options, then some snacks might suffice. Pack non-greasy foods that won't crumble, like carrots or grapes, so you don't make a mess in the car.

- **Comforts of home:** Drivers may not need any comforts of home on road trips, but passengers, especially children, might. Blankets, pillows and toys for the kids can make long drives more comfortable for youngsters, while adult passengers who may want to nap on the way to and from the countryside will no doubt appreciate a pillow to make the car more comfortable.

- **Printed directions:** Thanks to smartphones and GPS systems, the days of printing directions are largely a thing of the past. But signals from cell towers may not be strong in remote locations, prompting drivers to get lost until they can reestablish a signal. Printed directions to predetermined destinations can help drivers avoid getting lost. Drivers without certain destinations in mind should pack lo-

cal maps so they can pull over and find out where they are if their cell network connections suddenly disappear.

- **First aid kit:** A basic first aid kit that includes bandages, antibacterial cream, pain relievers, and medicine that treats motion sickness can help passengers who become ill or hurt themselves while on the trip. Jot down the addresses of hospitals or doctors' offices near your destination and along your route and place this list inside your first aid kit just in case someone needs medical attention.

- **Automotive supplies:** Before embarking on a road trip, drivers should always take their vehicles to a mechanic for tune-ups. But even vehicles that are tuned up and inspected can break down, so make sure you have road flares, flashlights, fresh batteries, jumper cables, and a spare tire in the trunk just in case your car does break down.

Road trips make for fun excursions, and such trips can stay fun if drivers prepare themselves for any potential obstacles while out on the road.

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How to improve the value of your trade-in

When the time comes to purchase a new vehicle, many drivers explore trading in their existing cars or trucks. Trade-ins can reduce the cost of buying new vehicles and save drivers the hassle of selling their vehicles on their own.

Motorists who think trading in is the best way to unload their current cars can take various steps to improve the trade-in value prior to visiting the dealership.

- Know the trade-in market. Some trade-ins may be more valuable than others, even if the cars are relatively similar with regard to mileage. For example, preowned

vehicle buyers typically prefer late model vehicles as opposed to cars that are older. This is even more apparent now that many car buyers want smartphone-friendly vehicles that afford them access to the apps and GPS systems on their phones. Drivers who want to get maximum value for their trade-ins may benefit by trading in a year or so earlier than they initially planned, as this will make their cars or trucks more attractive to prospective buyers, which should make it easier for dealerships to sell the vehicle.

- Address any issues. Dealerships will offer to tend to any repairs trade-ins may need, but that will come at a cost, which will be reflected in the

trade-in value of the car. Vehicle owners should address any issues before taking their vehicles to the dealership. Fix any doors that stick or minor scratches on the vehicle's exterior, remembering to

have the car detailed, washed and waxed. Investigate if any major problems, such as engine troubles, are worth fixing on your own or if you're better off receiving less for your trade-in and letting

the dealership address such issues.

- Keep maintenance records. Maintenance records illustrating that the vehicle was taken care of can help owners get more for their trade-ins. Drivers who intend to trade the vehicle in to the same dealership where the vehicle was purchased should still keep their own maintenance records to eliminate potential problems as they negotiate the trade-in value of their vehicles.

- Shop around. Drivers

who are not satisfied with the trade-in value assigned by a specific dealership can shop around until they find better offers. Some dealerships may not offer much for a vehicle because they already have a similar car or truck sitting on their lot, while others may jump at the chance to make their preowned inventory more diverse. Exercise patience when shopping around to reduce any frustration that might develop during the negotiation process.



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LED lights add style without sacrificing safety

(MS) — The reasons behind the popularity of certain automotive products tend to vary. Some drivers might prefer certain features because they're stylish, while other drivers might be drawn to products because of their safety ratings. The growing popularity of LED lights proves that certain automotive products can give drivers the best of both worlds.

In recent years, more and more drivers have replaced their manufacturer-installed incandescent lights with LED lights in both the interior and exterior of their vehicles. LED lights provide considerably more aesthetic appeal than traditional incandescent lights, but the reasons to install LED lights stretch far beyond the high tech, stylish look they can give to a vehicle.

Brighter output, superior light diffusion

LED lights burn much brighter and more powerful

than conventional incandescent lights. But more light is not necessarily best, as uncontrolled bright light can be dangerous, creating excessive glare. Bright white LEDs are ideal for use as backup and position lights, while the cool blue lights add high tech flare to interiors and floors, trunks, and glove compartments. Amber LEDs work well with turn signals and hazard lights, whereas red lights are ideal for taillights.

Braking and turning

Many motorists only think of their vehicle lights through the lens of how the lights help them see the road. But lights also play a vital role in making drivers' vehicles more visible to fellow motorists. Unlike traditional incandescent bulbs, LED lights turn on instantly, giving other motorists more time to react when drivers brake or turn. That's especially important at night, when reaction time is already greatly

All things automotive

compromised by a lack of natural light.

Durability

Homeowners who have installed LED lights in their homes no doubt appreciate how infrequently such bulbs need to be changed. The same benefits apply to LED lights for automobiles.

Many automotive upgrades are touted for their style or safety. LED lights provide aesthetic appeal while also improving driver visibility and making vehicles more visible to fellow motorists. More information can be found at www.philips.com/automotive.



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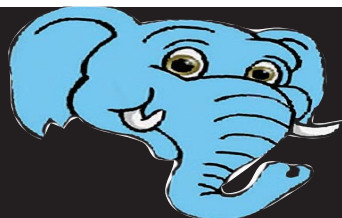
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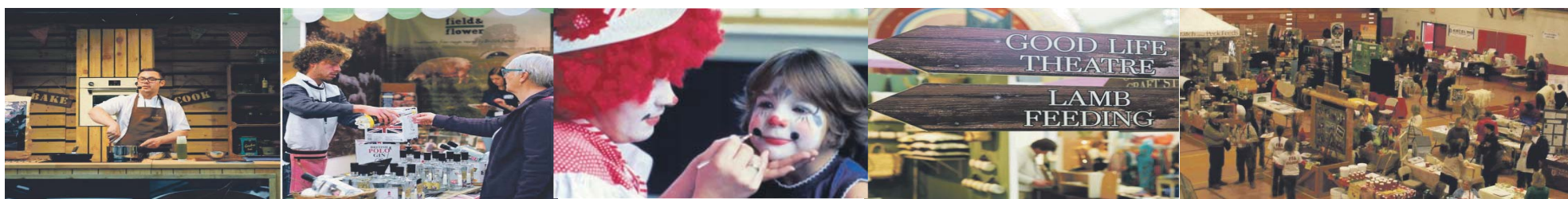
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