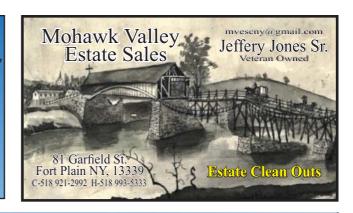
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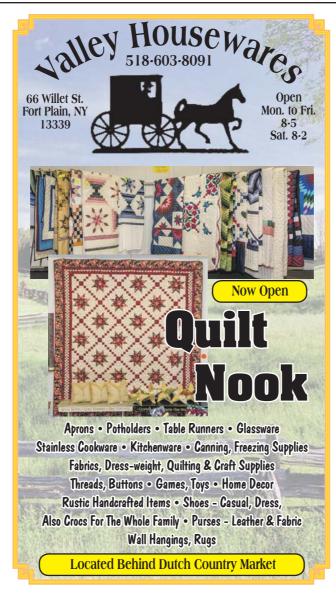
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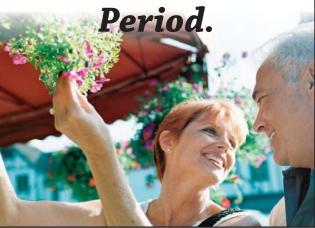
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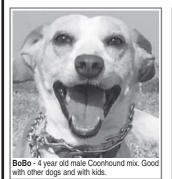
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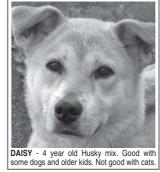
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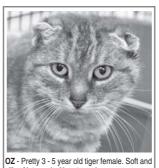


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# **Kovels: Antiques and Collecting**

### by Terry and Kim Kovel

Many American Indian tribes almost lost their culture by the 1960s because of 19th- and early 20thcentury U.S government rules. American Indians could be removed from their land, resettled on reservations and even have their children sent to special boarding schools to be taught a new way of life. The children were punished if they continued to practice their ceremonies or speak their native language. Children from the Potawatomi tribe went to either a boys' or girls' boarding school, where they learned English and a trade. The American Indian Religious Freedom Act passed in the 1970s led to the end of the boarding schools and the beginning of efforts to bring back the Indian culture.

A recent auction sold a toy Indian cradle decorated with beads and silver buttons, but holding a European porcelain-headed doll. It was made by Millie R. Hall, who lived at a Potawatomi boarding school in 1900, an important historic source for a handmade doll. It sold for \$11,070.

- **g:** I'd like to know the value of a violin that is about 100 years old. The inscription inside reads "Copy of Antonius Stradivarius, made in Czechoslovakia." What is it worth?
- A: Antonio Stradivari (1644-1737) made violins, violas, cellos and other stringed instruments at his workshop in Cremona, Italy. Fewer than 600 of the original Stradivarius violins still are in existence, and they sell for several million dollars each. Thousands of copies have been made and don't sell for high prices. Your violin was made after 1918, when Czechoslovakia was created. Recently, a violin like yours that included the case sold for \$57.

**g:** I have a brass tea set that has sat unused for many years. Should I polish it or leave the natural patina?

A: You should polish your brass tea set with a commercial brass polish. If it's heavily tarnished or corroded, take it to a professional. Some brass has been lacquered to prevent tarnish and should not be polished. Polishing damages the lacquer. If the lacquer is peeling, you should go to a professional restorer.

# **Current prices**

• Button, animal rescue league, Boston, MA, dog photo, tin lithograph, blue and gold, pinback, 1930s, 1-inch diameter, \$25.

- Musical instrument, temple drum, ritual, wood with yak skin, double leather, symbols, forged nails, Tibet, c. 1905, 7 x 23 inches, \$450.
- Button, plique-a-jour enamel glass, green and white, silver dome frame, mistletoe design, openwork, 1800s, 1 1/2-inch diameter, \$2,525.

Tip: Nineteenth-century Indian blankets generally are not restored by museums. They are stabilized, mounted on a backing fabric to prevent further damage, and hung or framed. It is thought that even the dirt may be wanted in original state in the future.

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This is an Indianstyle beaded cradle, but it holds a European doll. It was made about 1900 at an Indian boarding school and sold for \$11,070.

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

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Sat., March 10th Consignment Auction ~ 6:33PM

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Sat., March 11th Breeder Sale ~ 11:33AM

Sat., March 17th Consignment Auction ~ 6:33PM

Sun., March 18th Fishing Auction ~ 1:33PM

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1984 BMW 131,063 miles w/good title; Antique Doctor's buggy; Farm Equipment; Threshers; Hand Plow Collection; Antiques, Much More. Sale Held for Charlene Wren



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Monday, Feb. 26th - Sold 276 head. Cull Ave. \$.50 Top Cow \$.68, Bulls/Steers \$.50 - \$.68, Bull calves top \$1.08, heifer calf top \$2.30, feeder bulls \$.90- \$.92, Feeder heifers \$.90- \$1.10, Feeder steers \$1.09- \$1.10, Dairy milking age top \$1425, Bred heifers top \$1350.

Monday, Mar. 12th - Normal Monday Sale & Monthly Heifer Sale. Special: Seven Willows Farm, Pulaski, NY. Complete Milking Herd & Bred Heifer Dispersal. 50 Cows, 3 bred heifers - consisting of 38 Holsteins, 12 Jerseys, 2 Cross breeds, 1 Brown Swiss. All Al sired info at ringside. Cows are ave. 60# with SCC 100,000.

Monday, Mar. 19 & Mar. 26th - Normal Monday Sales & Our Easter Sheep, Lamb, Goat & Small animal Sale- call today to advertise your

**Monday, Mar. 26th** - Normal Monday Sale & Monthly Organic Day. Our 2nd Easter Sheep, Lamb, Goat & Small animal Sale

Sat. March 31st - New Berlin, NY. 11:30AM Spring Premier All Breed Sale. Accepting 100 consignments of Registered all Breed Dairy Cattle. Watch for consignments from O-C-E-C Embryos, Melinda Howard, Gaige Farms, Thorndale Swiss, Canary Dairy LLC, Oakfield Corners, Merrillea, Sco-Li, Pleasant Knob Farm, Fantasy-Found, Engelbrecht, Gottfried, TNT Jerseys, Sunny Acres plus many more. Call today with your consignments.

Sat. April 14th - Alfred State College Spring Fling - sale held at Alfred College. Accepting consignments for this sale also - Registered all Breeds

Monday, April 16th - Normal Monday Sale Monthly Sheep, Lamb, Goat & Pig Sale. Special: Our Annual Spring Beef Turnout Sale - Call to advertise you group of cattle it makes a difference.

Sat. April 21st - New Berlin, NY. Annual Spring Consignment Spring Machinery Sale. Call today to have your equipment advertised!

Friday. April 27th - 11:00 AM sale held on the farm Cherry Valley, NY. Van-Acres LLC, Complete Registered Holstein Dispersal. 75 Milking age & 75 youngstock. Watch future ads for more details!

\*\*Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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# Montgomery County Agriculture Microenterprise Program (MCAMP) Grants

FONDA, NY — The Montgomery County Business Development Center and Montgomery County Soil and Water Department are administering a Montgomery County Agriculture Microenterprise Program (MCAMP) that will provide grants to eligible agricultural entrepreneurs and business owners that want to establish or expand an existing business located within Montgomery County. Applicants must be a new or existing commercial agriculture enterprise with five or fewer employees, one or more of which may be the principals and own the enterprise at time of application. Applications are now available through the MCBDC on their website, www.mcbdc.org/ or by calling the organization at 518.853.8334.

Total grant pool in this round of funding is \$188,000; applicants must be able to fulfill the 10 percent owner cash equity contribution. Preference will be given to MWBE-status and Veteran-status business owners, to projects/businesses that result in job creation and projects/businesses that offer internships, job-shadowing or apprenticeship opportunities. Grants are intended as working-capital for equipment, furniture, fixtures, inventory and operation; NOT for construction, reimbursement of existing debt or purchase of real estate.

Applications will be reviewed by the MCAMP Grant Committee, comprised of staff from the MCBDC and MCSWCD, members of the Montgomery County Legislature, members of the Agricultural Economic Development (AED) Advisory Committee and members of the Agriculture and Farmland Protection Board of Di-

Interested businesses/business owners are encouraged to attend the grant information session, scheduled for Monday, March 12, 7 p.m. at the Montgomery County Office Annex, 20 Park Street in Fonda. RSVP is requested for this session — please contact Terry Swierzowski at the Chamber at 518.725.0641 or email terrys@fultonmontgomeryny.org.

The Entrepreneurial Training Workshops, which are mandatory for grant applicants, but can be taken by anyone, and will be scheduled for mid-April to mid-May. Price for the four courses is \$100 or \$25 per class. For successful grant applicants, this fee may be reimbursable. Classes will be on the following topics with instructors TBD: Business Basics; Recordkeeping, Accounting, Taxes and Financing; Marketing and Advertising; and Business Plans. More information on these classes can be found after March 12 on the Fulton Montgomery Regional Chamber of Commerce website at www.fultonmontgomeryny.org or on the MCB-DC website.

For more information, or a grant application, please contact Amanda Bearcroft, MCBDC, 9 School Street, Fonda, amahar@co.montgomery.ny.us or by calling 518.853.8334 or through MCSWD at www.montgomerycountyny-swcd.com, 4001 NY 5S, Fultonville.

For more information on the Entrepreneurial Workshops, please contact Terry Swierzowski at the Fulton Montgomery Regional Chamber of Commerce at terrys@fultonmontgomeryny.org or by phone at 518.725.0641.

# Calendar of events

# Mar 9

# 5:30 p.m., 5:30 p.m. Biddy Basketball Game. 6:30 Skills Challenge, and at 7:15 p.m. Faculty Basketball Game. 518.441.9366,

### Mar 9

Canajoharie Senior Citizens Meeting, 1 p.m., Arkell Hall, Canajoharie, NY, Santa Claus Mike Houghton will present a program.

# **Mar 10**

Free Clothing Give-Away, 9 - 11 a.m., Valley Alliance Church, State Highway 5, Nelliston, NY, Doors open at 8:45 a.m. Refreshments provided.

# **Mar 12**

Montgomery County Agriculture Microenterprise Program (MCAMP) Grants informational meeting, 7 p.m., Montgomery County Office Annex, 20 Park Street, Fonda, NY. Call 518.725.0641 or email terrys@fultonmontgomeryny.org

# Mar 17 and 18

Antiques In Schoha- Agricultural Biddy Basketball Game, rie, Saturday 10 a.m - 5 p.m. Sunday 11 a.m. - 4 School, Schoharie, NY, Colonial Heritage Association. For further information, call show manager, 518.231.7241 or SCHA of- ans., 518.255.5643, fice at 518.295.7505.

### Mar 11

H.A.L.O. 10th Annual Chinese Auction, 11 a.m., 2 p.m., Herkimer VFW, 131 Mohawk Street, Herkimer, NY. Donations of Purina dry cat food, Friskies canned food, and cat litter will be appreciated. Raffles. Refreshments. Chinese Auction. Benefit for the animal rescue group and their cat shelter, H.A.L.O. House based in Little Falls.

# Mar 11

Ham Dinner, 12 p.m. - 3 p.m., Our Lady Of Hope Catholic Church Hall, 115 Reid Street, Fort Plain, NY. Handicapped Accessible. Adults-\$10. Children aged 5 to 12 - \$7. Children under age 5 - free. Tickets sold after weekend liturgies & at the door. Tickets also available at the church office. Call Monday-Thursday 9 a.m. to 1 p.m. Takeouts will be available. Call 518.993.3822.

# **Mar 15**

Solutions Fair, 10 a.m, 2 p.m., SUNY Cobleskill, Bouck Hall, p.m., Schoharie Central Cobleskill, NY, Putting Money & Resources Into Fundraiser for Schoharie Farmers' Hands. Connect with the agencies that can provide 1:1 assistance to farmers. Pre-register on-Ruth Anne Wilkinson at line or call Dr. Jason Ev-

# May 7

Spaghetti & Meatball Dinner, 4 - 7 p.m., HC Benefit Club,, 538 Crum Creek Rd,, St. Johnsville,, NY. Fundraiser for the Ephratah Rural Cemeterv. \$8 -12 to Adult; 5-11 \$5.50; under 5- Free. Take Outs Available. Raffles and Bake Sale. Tickets sold by Cemetery Trustee Members and at the door.

# May 19

Fort Klock Opening Day, 10 a.m., 4 p.m., Fort Klock, St. Johnsville, New York, Experience the sights and sounds of 1776. Join us at Fort Klock for a special living history event featuring a chandler, black smith, tin smith, weaver, militia muster hands-on demonstrations and more. Call 518-568-7779.

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

# **Strange but True**

## by Samantha Weaver

- You doubtless know who Thomas Edison was the American inventor of such things as the light bulb, the phonograph and the motion-picture camera. You never learned that he was blind, though. did you? Of course you didn't — he wasn't blind. However, even though he could see, historians say that when he was reading, he preferred Braille to printed text.
- Have you ever heard of a lipogram? It's a work of writing that deliberately leaves out one or more letters of the alphabet. For instance, in 1939 a man named Ernest Vincent Wright published a 50,000-word novel titled "Gadsby," in which the letter e was not used once — the longest lipogram in English.
- · Those who study such things say that the trunk of an African elephant has more than 60,000 muscles.

- You might be surprised to learn that the White House had a telephone installed before indoor plumbing was.
- I have some bad news for lovers of the snooze button: Experts say that vou're better off not using it. Researchers have found that the last few minutes of sleep are more beneficial if they're uninterrupted, so it's better to go ahead and set your alarm for 10 minutes later to begin with.
- A study of prison inmates' medical files revealed this interesting tidbit: The higher the levels of testosterone in a male inmate, the younger that inmate was when he was first arrested.

Thought for the Day: "I learned compassion from being discriminated against. Everything bad that's ever happened to me has taught me compassion." — Ellen DeGeneres

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# Who was St. Patrick?

Perhaps because the day celebrating him is so widely associated with revelry, St. Patrick is arguably among the world's most popular saints. But as much as people may look forward to St. Patrick's Day, few celebrants may know the story of St. Patrick.

Though St. Patrick is widely associated with Ireland, he was born in Britain in the fourth century. In fact, Patrick's first encounter with Ireland was not the result of his desire to visit the Emerald Isle. At age 16, Patrick was actually captured by Irish raiders and brought to Ireland as a slave, ultimately spending more than half a decade as a herdsman.

Captivity may cause some to question or outright deny their faith, but Patrick's faith strengthened during his time in slavery. Patrick was inspired to escape slavery by a dream in which he was told by God to head for the coast, where a ship took him back to his native land after he successfully persuaded the ship's captain to allow him aboard.

Upon returning to Britain, Patrick, along with others from the ship, would struggle his way through the wilderness before ultimately reuniting with his family. Now a young but nonetheless grown man, Patrick, the son of a Christian deacon, continued to study Christianity.

Patrick's studies led him to pursue the priesthood, and he was eventually ordained a priest by the Bishop of Auxerre. Patrick would later be ordained a bishop, and was ultimately sent back to Ireland as a Christian missionary.

The details of Patrick's return to Ireland are hard to confirm, but it's likely he landed in County Wicklow on the eastern coast of Ireland before heading north to spread the Gospel

In his autobiographical text "Confessio," which is widely accepted as having been written by Patrick, he is largely vague about his work as a missionary. But he is believed to have converted thousands of native Irish to Christianity, all the while building churches and ordaining priests and bishops.

Throughout the decades he spent traveling around



the country as a Christian missionary, Patrick lived in poverty, enduring many hardships. The dates of his life are difficult to confirm, but St. Patrick's Day is celebrated each year on March 17 because that is the day he is believed to have died in 461.









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# Early-blooming spring flowers

The arrival of spring is a welcome occurrence for many people. Budding flowers are among the harbingers of spring. Spring flowers can revitalize winter-weary people just when they need it most — and provide reassurance that brighter, warmer and longer hours of sunlight are just around the corner.

Cold-tolerant flowers are hardy enough to start

blooming before the last frosts have dissipated. Other flowers will begin to fill in as days warm a little bit more, according to Better Homes and Gardens. Home gardeners looking to warm up their gardens with early blooms can use these flowers in their early-season containers, window boxes and planting beds.

• Pansy: Pansies prefer cool weather, which can

make them one of the best flowers to plant in early spring and late fall. Pansies come in a variety of colors, so there's bound to be an offering that will blend with any homeowners' landscape design.

• Creeping phlox: Also known "moss phlox," creeping phlox is a short ground-cover that is a herbaceous perennial. Phlox produces small,

fragrant flowers in dense clusters, which can attract wildlife, such as butterflies, to their mats across the soil surface.

• Snowdrops: Snowdrops can peek out even when there is snow still on the ground — sometimes as early as January and February. But their name is actually a reference to their appearance, as snowdrops have three white petals that hang

down like drops dripping off the stem.

• Violets: These flowers are closely related to pansies and, as a result, prefer cool seasons. Violets are generally slightly smaller than pansy blooms, but they can be just as beautiful. But as with pansies, violets will start to fade when the heat arrives.

• Crocus: Crocus plants are relatively small, only reaching three to six inches in height. However, their grass-like leaves are some of the first sprouts that can be seen among bulb and corm plantings. Preferring full to partial sun, these gold, purple, lavender, white, or yellow flowers can be enjoyed during the earli-

est days of spring.

• Daffodil: Daffodil bulbs produce cheerful, yellow flowers in early spring. They're one of the most recognizable flowers thanks to their familiar shape and fragrant aro-

• Lenten rose: Hellebores, also called the Lenten rose or Christmas rose, can tolerate light frosts. These blooms get their name from the time of year when they bloom, which is typically around the Christian Lenten season. Despite their name, these delicate flowers are not actually related to roses, however.

Early-blooming flowers give winter-weary gardeners hope that spring has arrived.



Crocus blooms are some of the first seen in early spring.

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# Whatchamacallits

many countries who would instantly recognize this item, but not so much in the U.S. This Whatchamacallit is an eggcup.

The oldest record of eggcups date back to the city of Pompeii. The

There are numerous people in

back to the city of Pompeii. The item did lose popularity around 1453, but re-emerged with a vengeance during the 1600's. During this time, the eggcups were made out of silver for the aristocracy, and wooded eggcups were used by the lower classes.

As the popularity of eggcups continued to rise during the 1700s and 1800s, they became a standard addition to china sets, including matching trays and special spoons to be used in eating the egg. Their inclusion in china sets are now limited to countries like Great Britain.

The eggcup is used to hold soft boiled eggs upright. These eggs are only boiled for about one to four minutes before rapidly cooled to stop the cooking process. The egg is then placed in the eggcup. Some place with the narrow end up, while others place the egg with the wide end up.

At this point, the method varies greatly. The egg needs to be cracked across the top, as cleanly as possible. Some use a knife and tap around the egg to lift the top of the shell. Other can take a knife and cut halfway through the egg with one chop before rolling the top of the egg off of the shell. Others use devices to help crack the egg before taking the shell off.

Either way, the top of the egg comes off and the soft-boiled egg and runny yolk are then eaten out of the remaining shell.

This particular eggcup is part of an old china set from a frequent contributor. Unfortunately, no maker's marks can be found on the item.



MARCH 2018

D.A.R.E. Graduation: Sixth grade students recently completed the annual Drug Abuse Resistance Education (D.A.R.E.) program and participated in a program graduation. Under the director of Deputy Heather Harder, the students culminated their ten weeks of study with some award-winning essays, presentations and remarks. Fifty-seven students completed this year's program.

Fulmont Roadrunners Club: The club recently selected it's Outstanding Male Cross Country Runner for the 2017 season. The selection is made from all runners in the Fulton and Montgomery County school districts. This year's winner was Andrew Yacobucci (C) of the C-FP team. The Fulmont Roadrunners also honor one pair of students from each local team, for distinction as the Top Male & Female Cross Country Team Runners. C-FP's winners were Michael Hoffman (FP) and Eliza Cechnick (FP). Each of the students was awarded a plaque.

Math Club Results: The following elementary Math Club students were successful in completing 100 math facts in 5 minutes or less, during the February session: Isis Hammond, Caitlyn Stephens, Larry Sanders, Zionna Robarge, Bryellah D'Arcangelis, Silas Smith, Hailey Davis, Kyera Murray, Morgan Stock, and Jansheen Haider. These students were successful in under 3 minutes: Summer Trumbull, Marionna Stephens, and Dylan Keane! Great job to all!

For photos and more information, visit our website: www.fortplain.org

# **Upcoming Events:**

3/9 Community Basketball Night

3/14 Regular Day of Instruction

3/22 Elementary 12:30 Dismissal

3/23 Elementary 12:30 Dismissal

3/23-3/25 "Mary Poppins" at CHS

3/30 School Closed

4/2-4/6 School Closed: Spring Break

## 100th Day of School:

The 100th day of the 2017-2018 school year saw many students and classrooms celebrating with special activities and events. Kindergarten and first grade students practiced their counting skills by making special posters, featuring 100 items. Mrs. Petty's Lifeskills Class at the Jr/Sr High School had a visit from math teacher Sue Summerfield. The students marked the 100th day with fun, handson math activities such as a 100 mat and "dice in dice" game.



Fort Plain-Canajoharie Drama Club presents: "Mary Poppins"

Friday, March 23rd at 7:00 p.m.
Saturday, March 24th at 7:00 p.m.
Sunday, March 25th at 2:00 p.m.
All performances at Canajoharie High School
Admission: Adults \$7 Seniors/Children \$5

# Community Health & Wellness Fair is Coming:

The Fort Plain School and the Canajoharie School will present their annual joint Community Health & Wellness Fair on Saturday, April 14th from 9:00 a.m.-noon. This year's fair will be held at the Harry Hoag Elementary School. The purpose of the Health & Wellness Fair is to increase awareness through education and prevention. The fair provides basic health screenings, as well as a variety of informational booths, workshops, activities and presentations designed to help the community become aware of the many health, wellness and nutrition-related programs, services, and providers located in our surrounding area. The theme this year is "Start Your Day the Healthy Way" and the fair will feature some great breakfast and morning fitness tips, activities, and free samples - including made-to-order omelets and homemade oatmeal with toppings. As always, there will be plenty of activities for children. This year American Ninja Warrior Geoff Snyder will have the ANW student course set up in the gym and there will be a fun soccer clinic for elementary kids. The Community Health & Wellness Fair is free and open to the public of all ages. To participate with a booth or information table, contact lauri.broady@fortplain.org

# Students of the Month:

Congratulations to the following students.....

1st Grade: Zoe Paul
2nd Grade: Joshua Groff
2nd Grade: Gabriella Steinhauer
2nd Grade: Caitlyn Voght
3rd Grade: Jayson Austin
4th Grade: Patrick Hayden

7th Grade: Alex Rivkowich 8th Grade: Noah Norton 9th Grade: Rachel Zuppardi 10th Grade: Franklyn TenEyck 11th Grade: Mackenzie Wintermute

12th Grade: Emily Marsh

# Jr/Sr High School Faculty/Staff "Go Red":

Each February, the American Hearth Assocation raises funds and awareness with their annual "Go Red for Women" campaign. Funds raised by "Go Red For Women" activities support research to discover scientific knowledge about heart health. They turn that science into materials and tools that healthcare providers and decision- makers can use to help women. The American Heart Assocation provides the most up-to-date strategies and treatments tailored to a woman's individual risk. Toolkits, pocket versions of guidelines for women, special reports, and continuing medical education give healthcare providers the means to ensure that women are afforded the best and most current information and services. Faculty and staff at the Jr/Sr High School supported this year's "God Red for Women" campaign and wore red to school on Friday, February 2nd.



March Madness Food Drive: The elementary school library is sponsoring a food drive during the month of March..... as they put a new spin on "March Madness!" 6th grade students are working on promotion for the food drive: completing posters, making presentations, and doing the collecting and weighing of all of the donated food. Each week in March will feature a head-to-head competition, with grade levels competing with each other to bring in the most and the heaviest items. The food drive will conclude with a trophy for the teams winning the "most items" and "most weight" awards. All items donated will go to the Helping Hands Food Bank, located at the AgPTech School (former DHR building) in St. Johnsville. The Helping Hands Food Bank is a joint effort of the OESJ school district and the Salvation Army of Montomgery County.

### **School Nutrition Director Honored:**

On Feb. 16, Fort Plain CSD's Lauri Broady was honored with the Capital Area School Development Association (CASDA) Friends of Education Award. CASDA presents this award to recognize the selfless contributions of individuals who dedicate themselves to serving students and the school community. Although Mrs. Broady is the School Nutrition Director, she is much more. People may not realize that she serves both Fort Plain and Canajoharie. She works together with the cafeteria staffs to ensure students receive appetizing and highly nutritional meals. To make certain that all students had access to those meals, so Mrs. Broady led successful applications to the USDA Community Eligibility Program. Under this grant, all students in both districts receive a free nutritious breakfast and lunch each school day. Her shared responsibilities extend beyond the cafeteria. She co-directs plays and musicals for Canajoharie-Fort Plain Drama Club and coordinates the Canajoharie-Fort Plain Health and Wellness Fair. Her efforts don't stop there. In Fort Plain, she teaches four Talented and Gifted groups and she is the advisor for the Harry Hoag student council. Mrs. Broady is truly a Friend of Education.

### 6th Graders See Convection in Action:

On Thursday, February 16th, Mr. Hanifin's 6th Grade science students had the opportunity to see convection in action. The students conducted a hands-on experiment, using a Bunsen Burner to heat a test tube of colored water. Using test tube clamps, the students brought the colored water to a boil and then dropped the test tube into a graduated cylinder filled with tap water. The colored water rushed out of the test tube to the top of the graduated cylinder. This movement was an example of convection. Convection is caused by the tendency of hotter, and therefore less dense, material to rise; colder and denser materials will sink under the influence of gravity, which results in a transfer

of heat. Pictured below, students conduct the experiment.



# Community Basketball Event on March 9th:

The Fort Plain PTA will sponsor a night of community basketball events on March 9th, at the Harry Hoag School. Festivities begin at 5:00 p.m. when students in grades 4-6 take the court for Biddy Basketball. At 6:00 p.m., eight teams made up of a teacher, a junior or senior, and a sixth grader will take the court for a skills challenge - including free throws, three pointers and half-court shots. The main event begins at 7:00 p.m. and features a co-ed faculty/staff basketball game. Halftime of the game will feature a half-court shooting challenge: one dollar buys a chance to hit a half-court shot to win five dollars! Hit two shots and win an itunes card! Admission for the evening is \$2 for adults and \$1 for students in grades 7-12. Pk-6 students are admitted free and must be accompanied by an adult. Concession sales will be offered throughout, in the cafeteria.

### Thank You Note Lesson Has Meaning:

Students of district Occupational Therapist Joan Dise recently practiced their handwriting and formatting skills as they sent thank you notes to Mrs. Anne Hoteling of Little Falls, who donated 25 pairs of hand-knitted mittens to Mrs. Dise's students.

# To Your Good Health

# by Keith Roach, M.D. People really are allergic to cold

**Dear Dr. Roach:** Is it possible to be allergic to the cold weather and temperature changes? My son is 23 years old, and when he goes out in the cold, he breaks out in hives. What can he do? — K.R.

Answer: This sounds exactly like cold urticaria, which isn't an allergy, but is similar in some ways. Doctors may test this by placing an ice cube (in a plastic bag with water) on the skin (usually the forearm) for five minutes, then watch the skin as it rewarms. If a hive develops (with raised skin and redness), that confirms the diagnosis. Cold urticaria can be associated with some infections (Lyme disease, hepatitis and HIV, among others) and with celiac disease.

People with cold urticaria need to worry about systemic reactions. Avoiding cold (especially swimming in cold water) is critical, but even cold beverages can cause a serious systemic reaction, includ-

ing swelling of the mouth and throat. Even anaphylaxis, a life-threatening collapse of the circulatory system, can develop. Many people with severe cold urticaria carry an epinephrine auto-injector in case of emergency.

Antihistamines, such as loratadine (Claritin) and cetirizine (Zyrtec), are the best pharmacologic treatment. Experts in cold urticaria include allergists and dermatologists.

Dear Dr. Roach: Whenever someone is ill with most diseases, they are usually prescribed a drug or a medicine, or a pharmaceutical product. Why is it that cancer patients are treated with "chemo," or "chemotherapy," rather than one of the above? Is there a difference, or is it just semantics? Nobody I've asked seems to have an answer. — D.G.

**Answer:** To be honest, I was confused too, until medical school, where I learned that "chemotherapy" is just another word for a drug or medicine intended to treat a condition. We just normally re-

serve the term for drugs used to treat cancer. Although we tend to think of the side effects of chemotherapy as horrific, and some certainly are the most toxic substances we ever use, they vary widely in how well they are tolerated.

Dear Dr. Roach: In August I had open repair of my right rotator cuff. I was told it was a severe tear with bone and tendon involvement. I am 67, and the recovery has been a long one. If you can believe it, even with physical therapy and pain management, I am still uncomfortable at times. I have a stupid question that I hope you can answer. Ever since surgery, I have had to sleep on my unaffected side. Is it okay for me to finally try sleeping on my right side? I don't have another appointment at the orthopedic office. I am embarrassed, as it is one question I haven't asked. — C.V.

**Answer:** It's not a stupid question at all. I don't think you will damage the

surgery repair by sleeping on the shoulder now, and you certainly can try it to see if it feels uncomfortable. I also would recommend you continue the exercises your physical therapists gave you. (c) 2018 North America Synd., Inc.All Rights Reserved



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**Sponsored by the NYS Maple Producers Association** March 17-18 & 24-25, 2018

During Maple Weekend maple farms across New York State invite visitors to their "sugar houses" to experience firsthand how pure, mouth-watering maple syrup and other related producs are made. Visitors also have the opportunity to enjoy fun, family-friendly activities, taste New York's freshest syrup and purchase maple products.

Join us this year for sugar house tours, samples, acitivities and much more!

# Visit https://mapleweekend.nysmaple.com

**TASTE** a pure and natural food product at its freshest and in its many forms

**LEARN** how maple syrup and other maple confections are made

**EXPERIENCE** the unique family traditions of making maple syrup in **New York State** 





**MEET** the producers who annually make New York the 2nd largest maple producing state in the US

**SHARE** in the many ways to cook and bake with maply syrup, maple sap and other maple drinks and products

WITNESS sustainable agriculture at its best

**CELEBRATE** New York's first agricultural harvest of the season in a family-friendly environment





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# Taxpayers have several tax return preparation options

As taxpayers look ahead to the April 17 filing deadline this year, they will consider how to prepare their return. Taxpayers have several options:

# Prepare their own return:

E-file — Taxpayers can use commercial tax software to prepare and file their tax returns. The software uses a question and answer format that makes doing taxes easier. After the taxpayer responds to the questions, the software selects the appropriate tax forms and does the calculations automatically. Once complete, the software securely transmits the return to the IRS.

Free File — Seventy percent of taxpayers have an adjusted gross income

of \$66,000 or less and are therefore eligible to file using free, brand-name software. Taxpayers can find the right software for them at IRS.gov.

Paper Forms — Free File Fillable Forms have no age, income or residency restrictions for taxpayers who are comfortable completing a paper return. Taxpayers can also find forms (/node/6) on IRS.gov, fill them out in Adobe Acrobat, and then print and mail them to the IRS. Taxpayers may also fill out their forms by hand after they print them. Taxpayers who mail a paper Form 1040, U.S. Individual Income Tax Return, should know that it can take six to eight weeks for the IRS to process their return.

Free Volunteer Tax Preparation — The Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs provide free tax preparation help for qualifying taxpayers.

Volunteer Income Tax Assistance — This program is also known as VITA. IRS-certified volunteers provide free, basic income tax return preparation with electronic filing to eligible taxpayers who generally earn \$54,000 or less.

Tax Counseling for the Elderly — TCE is mainly for people age 60 or older, but offers service to all taxpayers. The program focuses on tax issues unique to seniors. AARP participates in the TCE program through AARP

Tax-Aide.

**Tax Preparers** — Professional tax preparers across the country provide paid tax preparation services. Taxpayers can visit the Choosing a Tax Professional page on IRS.gov for tips on choosing a preparer who fits their needs.

All taxpayers should keep a copy of their tax return. Taxpayers using a software product for the first time may need their adjusted gross income amount from their prioryear tax return to verify their identity. Taxpayers can learn more about how to verify their identity and electronically sign tax returns at Validating Your Electronically Filed Tax Return.

Source: irs.gov

# Interest on home equity loans often still deductible under new law

WASHINGTON, D.C. — The Internal Revenue Service recently advised taxpayers that in many cases they can continue to deduct interest paid on home equity loans.

Responding to many questions received from tax-payers and tax professionals, the IRS said that despite newly-enacted restrictions on home mortgages, tax-payers can often still deduct interest on a home equity loan, home equity line of credit (HELOC) or second mortgage, regardless of how the loan is labelled. The Tax Cuts and Jobs Act of 2017, enacted Dec. 22, suspends from 2018 until 2026 the deduction for interest paid on home equity loans and lines of credit, unless they are used to buy, build or substantially improve the taxpayer's home that secures the loan.

Under the new law, for example, interest on a home equity loan used to build an addition to an existing home is typically deductible, while interest on the same loan used to pay personal living expenses, such as credit card debts, is not. As under prior law, the loan must be secured by the taxpayer's main home or second home (known as a qualified residence), not exceed the cost of the home and meet other requirements.

# New dollar limit on total qualified residence loan balance

For anyone considering taking out a mortgage, the new law imposes a lower dollar limit on mortgages qualifying for the home mortgage interest deduction. Beginning in 2018, taxpayers may only deduct interest on \$750,000 of qualified residence loans. The limit is \$375,000 for a married taxpayer filing a separate return. These are down from the prior limits of \$1 million, or \$500,000 for a married taxpayer filing a separate return. The limits apply to the combined amount of loans used to buy, build or substantially improve the taxpayer's main home and second home.

The following examples illustrate these points.

**Example 1:** In January 2018, a taxpayer takes out a \$500,000 mortgage to purchase a main home with a fair market value of \$800,000. In February 2018, the taxpayer takes out a \$250,000 home equity loan to put an addition on the main home. Both loans are secured by the main home and the total does not exceed the cost of the home. Because the total amount of both loans does not exceed \$750,000, all of the interest paid on the loans is deductible. However, if the taxpayer used the home equity loan proceeds for personal expenses, such as paying off student loans and credit cards, then the interest on the home equity loan would not be deductible.

**Example 2:** In January 2018, a taxpayer takes out a \$500,000 mortgage to purchase a main home. The loan is secured by the main home. In February 2018, the taxpayer takes out a \$250,000 loan to purchase a vacation home. The loan is secured by the vacation home. Because the total amount of both mortgages does not exceed \$750,000, all of the interest paid on both mortgages is deductible. However, if the taxpayer took out a \$250,000 home equity loan on the main home to purchase the vacation home, then the interest on the home equity loan would not be deductible.

**Example 3:** In January 2018, a taxpayer takes out a \$500,000 mortgage to purchase a main home. The loan is secured by the main home. In February 2018, the taxpayer takes out a \$500,000 loan to purchase a vacation home. The loan is secured by the vacation home. Because the total amount of both mortgages exceeds \$750,000, not all of the interest paid on the mortgages is deductible. A percentage of the total interest paid is deductible (see Publication 936).

For more information about the new tax law, visit the Tax Reform page on IRS.gov.

Source: irs.gov



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# **Antiques In Schoharie** scheduled March 17 and 18

# Spring is just around the corner and we all have cabin fever

Mark your calendars for March 17 and 18 for Antiques In Schoharie at 136 Academy Drive, Schoharie, NY. Saturday from 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 4 p.m., the Schoharie Central School will be bursting with treasures of all kinds that the 100 dealers bring in for sale. The show promises to be one of the best so far with quality offerings gathered from everywhere. Buyers will find clocks, stoneware, textiles, furniture of all kinds, glass and china, silver and gold, paintings, vintage clothing, jewelry and collectibles of all kinds. There will be great homemade chili, macaroni ham & cheese, soup, sandwiches and desserts available in the café.

This show is a major fundraiser for Schoharie Colonial Heritage Association supporting its Railroad Museum, the 1742 Palatine House, its children's theatre program, the Depot Lane Singers and many other on-going activities throughout the year. This show is one of two that the organization sponsors. Sept. 15 and 16 are the dates for our Fall Antique Show at the Schoharie Valley RR Complex at 143 Depot Lane in the Village of Schoharie. Mark your calendars. For further information, call show manager. Ruth Anne Wilkinson at 518.231.7241 or SCHA office at 518.295.7505.

## by Angela Shelf Medearis Rotisserie chicken with taste of Morocco

I love using rotisserie chickens in my recipes when I'm pressed for time. Rotisserie chickens are reasonably priced, convenient, come seasoned in a variety of ways and can be transformed into a multitude of quick and easy main-dish meals. Best of all, if you purchase a plain, roasted chicken, you can use the bones to make a rich, homemade chicken stock or enhance the flavors of pre-packaged stocks or broths, so nothing goes to

Most rotisserie chickens are large enough to serve at least four people as a main course. Or, you can pull the meat from the bones and use it in recipes that call for pre-cooked chicken. Shredded chicken can be used in recipes from salads, sandwiches and soups to enchiladas or chicken pot pies.

Using a pre-cooked chicken lets you explore new and unusual recipes that would ordinarily take a lot of time to prepare. This recipe for Speedy Mediterranean Chicken is ready in just 30 minutes and imparts all the exotic spices and flavors of the traditional recipe. A rotisserie chicken seasoned with lemon pepper is perfect for this dish.

The flavors used in this recipe are reminiscent of an exotic Moroccan tagine. A tagine is both a type of heavy clay pot with a domed lid and the dish that is cooked in it. Tagines typically are found in the North African cuisines of Morocco. Most Moroccan tagines combine lamb, chicken or beef with a variety of ingredients and seasonings, including citrus fruits, nuts, honey and pungent spices.

This recipe blends spicy salsa and curry powder, and adds a hint of sweetness by incorporating honey and raisins with spectacular results. Toasting the curry powder in the oil first gives this dish an authentic taste and brings out the flavors of the spice. Serve with hot cooked couscous or rice to make the most of the savory sauce that envelops the chicken.

Speedy Mediterranean Chicken 1 tablespoon olive or vegetable oil

# Kitchen Diva

2 teaspoons curry powder

1 jar (16 ounces) chunky salsa

1/2 cup sliced green olives

1/4 cup golden raisins

1/4 cup honey

1 deli rotisserie chicken (2 to 2 1/2 pounds), cut into 6 to 8 pieces, skin removed if desired

1. In 12-inch nonstick skillet. heat oil over medium heat. Stir in curry powder. Cook over medium heat 1 minute, stirring constantly.

2. Stir in remaining ingredients except chicken. Add chicken; turn to coat.

3. Cover; cook over medium-high heat 5 to 6 minutes, turning chicken occasionally until sauce is bubbly and chicken is thoroughly heated. Makes 4 servings.

(Recipe courtesy of Betty Crocker: www.bettycrocker.com/recipes) (c) 2018 King Features Synd., Inc., and Angela Shelf Medearis



Speedy Mediterranean Chicken

# Girl Scouts Anniversary

Girl Scouts of the USA (GSUSA) is the largest organization for girls in the world.

Our mission is to build girls of courage, confidence, and character, who make the world a better place.

Through activities in science and technology, business and economic literacy,
and outdoor and environmental awareness, Girl Scouting provides girls with opportunities for fun and
friendship while fostering the development of leadership skills and self-esteem.

Founded by Juliette Gordon Low in Savannah, Georgia, on March 12, 1912 - over 100 years ago - Girl Scouts of the USA was chartered by the United States Congress on March 16, 1950. Today, there are over 3.2 million Girl Scouts: 2.3 million girl members and 890,000 adult members working primarily as volunteers.

# The Girl Scout Promise

On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law

# The Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and to be a sister to every Girl Scout.



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Live Music at 3 PM

**SHAKESPEARE** IN THE ALLEY

Saturday, March 17th **Serving at Noon** Till We Run Out Or Pass Out! Live Music at 3 PM

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March 17<sup>TH</sup> • 4:30-7:00PM

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# LET'S GET OUR GREEN ON

St. Patty's Day is almost here so st celebration early with an Irish in breakfast at the Ayres House on Sunday March 17th



**Menu Includes:** 

Green Eggs & Ham (a Dr. Seuss favorite), Irish Toast, Corned Beef Hash, Blarney Bake, Treacle Scones, Corned Beef n Swiss Omelets, Guiness Cupcakes, Irish Pound Cake, Soda Bread, Bourbon Pecan Pie and our regular menu items.

**Reservations Accepted - 518-993-5674** 

**Gift Certificates Always Available** 

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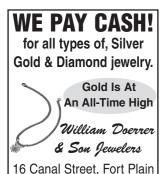
Located at 111 Canal Street, Fort Plain, NY



# Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than



(518) 993-3388



five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

### Exercise

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal Neurology found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

### Quit smoking

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

### Eat healthy foods

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fishbased proteins, unsaturated fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

### Consume caffeine

Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

### Work the brain

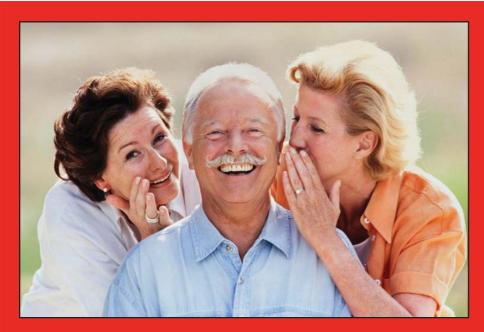
Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.



Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.





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# King Crossword

### **ACROSS** 1 "If I may interrupt, .

- 5 Pen filler
- 8 Otherwise 12 African gully
- 13 Born 14 Sweetie
- 15 "Metamorphoses" poet 16 Make less
- intense 18 Disappoint-
- ment 20 Shampoo directive
- 21 Author Buscaglia
- 22 Cravat 23 Fireplace
- minutia 26 Square dance party
- 30 constrictor
- 31 Prompt
- 32 Court
- 33 Overwhelm 36 Archipelago components
- 38 Suitable 39 Modern-day
- evidence 40 Frighten
- 43 Dusk 47 Prison securi-
- ty measure 49 Pelvic bones
- 50 Baseball's Hershiser
- 51 Varnish ingre-

Americanisms

"You wouldn't worry so

much about what others

think of you if you realized how seldom they do." —Eleanor Roosevelt

- 52 Breaks a Com-9 Ponce de -10 Cutting mandment
- 53 Simple 54 Coloring
- agent
- 55 Slam-dance
- **DOWN** 1 MPs' quarry
- Own 3 Tend manu-
- scripts Center
- 5 Halved
- panion
- 8 Formed a
- 6 Night light? 7 Barbie's com- 29 Ph. bk. data
- vortex
- 26 Attila, e.g. 27 Hooter
  - 28 Trouble 31 100 lbs.

tools

11 Sea flyer

19

17 Great Lake

parts ..

22 Pirouette

pivot

23 Recede

25 Satchel

24 Cattle call?

- the ram-

- 34 In an ominous 48 Antiquated
- way

# MAGIC MAZE • FOUND IN A

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

Cash Coins Contracts

Diamonds Jewelry Keys

**Passports Policies** SS cards

Valuables \\/ill

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# STICKELERS

Adam had more baseball cards than his friend Bob in a ratio of 7:5. Adam then gave Bob 12 of his cards and with those twelve Bob now had the same number of cards as Adam.

How many did each have before Adam gave Bob the 12 cards?

# Weekly **SUDOKU**

by Linda Thistle



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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35 Newspaper

37 Cruel treat-

39 Conical-cap

wearer

40 - gin fizz

"Iron Chef

America"

44 Hodgepodge

42 High cards

43 Vacillate

45 Victories

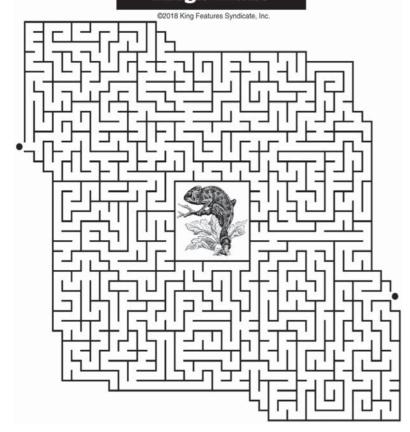
46 Doggerelist

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41 Cat of

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pg. 36 Hostel





"I'll refer him to you, then you refer him

by Dave T. Phipps

Just Like Cats & Dogs

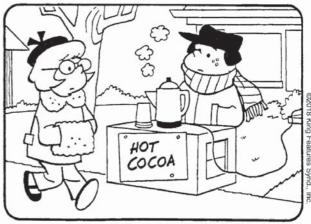
OK, IT'S PRETTY. I JUST DON'T SEE HOW RESORT CAN CALL ITSELF "PARADISE" WHEN THERE'S NO TV'S IN THE ROOMS



HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: Collar is smaller. S. Birdhouse is missing. 3. Pot is different. 4. Sign is smaller. 5. Scarf is different. 6. Lamp is missing.

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# **Comfort Foods Made Fast and Healthy**

# by Healthy Exchanges

# South of the Border Stuffed Toast

If you like a little "heat" in your food, then you'll enjoy this breakfast dish. It will warm you inside and out.

- 8 (3/4-ounce) slices Kraft reduced-fat Cheddar cheese
- 8 slices reduced-calorie bread
- 2 eggs, beaten or equivalent in egg substitute
- 1/4 cup fat-free milk
- 1 teaspoon dried parsley flakes
- 1 cup chunky salsa (mild, medium or hot)
- 1/4 cup Land O Lakes no-fat sour cream
- 1. Place 2 slices Cheddar cheese between 2 slices of bread. In a medium bowl, combine eggs, milk and parsley flakes. Dip sandwiches into egg mixture on both sides. Place on hot griddle or large skillet sprayed with butter-flavored cooking spray. Brown on both sides. For each serving, place 1 sandwich on a plate, spoon 1/4 cup salsa over top and garnish with 1 tablespoon sour cream. Serve at once. Serves 4.
- Each serving: 270 calories, 10g fat, 22g protein, 23g carbs, 908mg sodium, 226mg calcium, 2g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 Starch, 1/2 Vegetable; Carb Choices: 1 1/2.

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# **Events that helped shape Ireland**

Ireland is a small island nation, but its diminutive size does not mean it doesn't have a storied history. Celtic influences and Christianity have played a strong role in helping Ireland become what it is today.

Prior to the arrival of Christianity, there was not much written history of Ireland, as much information was passed through rich but spoken tales. It's believed the Celtic culture began to evolve in Ireland between 800 and 400 BC. The ancient Celts were various tribes living in several parts of Europe north of the Mediterranean. Although it's easy to imagine Celtic warriors invading Ireland like the Vikings and Normans did many years later, historians believe the Celts integrated their customs more gradually through trade and travel. The last of the Celts to arrive in Ireland, the Goidelic and Gaelic, are perhaps best known for their influences on the country.

St. Patrick is revered and celebrated for bringing Christianity to Ireland, but in his book, "The Story of Ireland," Irish author Neil Hegarty states that early Christians were most likely Britons who were brought to Ireland as slaves. In 431 AD, Bishop Palladius arrived from Rome to minister to any "Irish believing in Christ." However, St. Patrick is more widely credited with bringing Christianity to Ire-

Proximity to Britain put Ireland in the eyes of the monarchy. In 1167, Anglo-Normans under the direction of England's King Henry II were able to take possession of the island. When Henry VIII became king in 1541, Ireland became formally united under the British crown.

The area that would eventually be called Northern Ireland has seen its share of conflict. In 1601, Scottish farmers, craftsmen and other settlers arrived at the port of Donaghadee to create the Plantation of Ulster, a British (Protestant) settlement. Gaelic landowners were expelled, and this area would be in turmoil for a century to come.

An effort to regain an Irish-controlled country and one that supported Catholicism became a common theme in Irish history. The Irish Catholic Confederation was one attempt to do just that, as was the Irish Rebellion of 1798. In 1829, Daniel O'Connell's Catholic Association frightened the British with the threat of anarchy in Ireland.

The Easter Rising in 1916, which seized key government buildings in Dublin, would help set the course for the Irish War of Independence. In this uprising, the Irish Republican Army fought against British security forces. As a result of this uprising, Northern Ireland, a small area of the island, was partitioned to become a British-controlled

From 1916 to 1937, Ireland held the status of a dominion. In 1937, a new constitution was adopted and Ireland became a republic, though Northern Ireland remained under British control. Northern Ireland continued to be a conflict-driven portion of the island, and tensions boiled over when British soldiers shot 28 unarmed civilians during a peaceful protest on January 30, 1972, in Derry. Known as "Bloody Sunday," or the "Bogside Massacre," this incident was just one of many significant events that were ultimately referred to as "The Troubles."

More peaceful interactions have occurred in recent years thanks in part to the Good Friday Agreement signed in 1998. Today, Ireland ranks among the 25 wealthiest countries in the world. Though Irish history has its fair share of turmoil, the country has endured and is today among the most influential nations in the world.



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# Stickelers Answer

Adam had 84 cards and Bob had 60. One way to think about this is that if Adam gave Bob 12 of his cards so both had the same number, then Adam had to have 24 more cards than Bob in the beginning.

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:  $\frac{(x+24)}{x}$   $5x + 120 = 7x$   
 $2x = 120$   
 $x = 60$ 



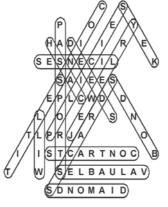
# Weekly SUDOKU \_\_\_

Answer

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6	5	4	9	3	8	2	7	1
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FOUND IN A SAFE



# **Basics of bats**

by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Bats are important to ecological systems worldwide, their role varying with region. In our temperate region they consume huge amounts of insects — up to their body weight in one night. A favorite food in this country is the corn earworm moth, which damages many commercial crops, from cotton to corn, artichokes to tomatoes and watermelons. One estimate is that bats save more than \$3.7 billion in crop damage and reduced pesticide usage. This latter, in turn, also helps the environment.

From the tropical rainforests to deserts, bats pollinate a wide variety of crops and plants from bananas to peaches, carob to agave. They also help to disperse seeds, particularly in areas cleared of their rainforests for lumber. This has earned them the nickname "farmers of the tropics."

That's the good news. The not-so-good is that bat numbers are declining globally. The International Union for the Conservation of Nature lists 26 species as in imminent risk of extinction, 51 other species endangered, and 954 bat species vulnerable. Most the reasons relate to human activity, a large reason being loss of forest habitat, particularly tropical rainforests.

In some Asian countries, bats are hunted for food or folk medicine. In Latin America and other areas, they're killed due to misplaced fears and inaccurate myths (such as them being vampires).

As wind energy and turbines have increased, so

have their impact on bats. But new technology has been developed and proven effective in keeping them away from turbines. Pesticides have killed off many of the insects they feed upon, and contaminated insects eaten by bats have killed many. Most recently in North America, over 5.7 million bats have been killed by the white nose syndrome disease.

Here are 10 amazing bat facts to give you a better appreciation of this mammal.

- They have super hearing, using "echolocation" or reflected sound waves, similar to dolphins, to locate objects. Their "sonar" system makes high frequency sounds that bounce off objects, returning to them as an echo.
- Many have good night vision, so the phrase "blind as a bat" isn't true
- Some bats have an internal "compass" that uses the earth's magnetic field to navigate
- Some bats have "heat vision", using specialized nose sensors to locate prey
- Some desert bats are resistant to the most venomous scorpion stings
- Bats are the only mammals capable of true and sustained flying, due to their webbed wings. Some bats can fly up to 60 miles per hour
- They are the second largest group of mammals, only surpassed in species by rodents
- Most bats only give birth to one "pup" at a time, which makes them vulnerable to losses and is one reason for declining numbers. Yet this makes sense since a pup can weigh up to one-third the mother's weight. In the human context, imagine giving birth to a 40-

pound baby.

- Bats are some of the most diverse animals on earth, their faces alone varying tremendously.
- Many bats sing as much as songbirds, with tunes similar and often more complex including rhythm, elaborate structures, and even rules for how they combine phrases.

Bat species can be placed into two groups colonial bats that live in colonies, often around buildings, and solitary bats that typically live singly in tree foliage or under bark. Two species are most commonly found in much of our country the little brown (colonial) and big brown bats (generally solitary males and colonial females). Virtually all species in North America eat insects in huge amounts and all types, including mosquitoes. The little brown bat, on a good night, can consume onethird of its body weight in only a half hour.

Although bats mate in fall and spring, young are only born from May through July. The pups are ready to fly away within three weeks. Mothers don't live in nests, but all manner of protected places such as in buildings, behind chimneys, under bridges, in caves or tree hollows, and similar.

About the time of first frost, bats start preparing for winter. Some species migrate short distances, others migrate 1,000 miles. Most species in North America hibernate, perhaps from October until May, flying about some during warm winter spells.

Sometimes bats can get inside buildings. It's important to keep in mind that healthy bats don't normally attack humans, even if chased. There are some great tips on how to deal with such a situation, as well as what to do if you find an injured bat, from the Vermont Bat Center (www.vermontbatcenter.org).

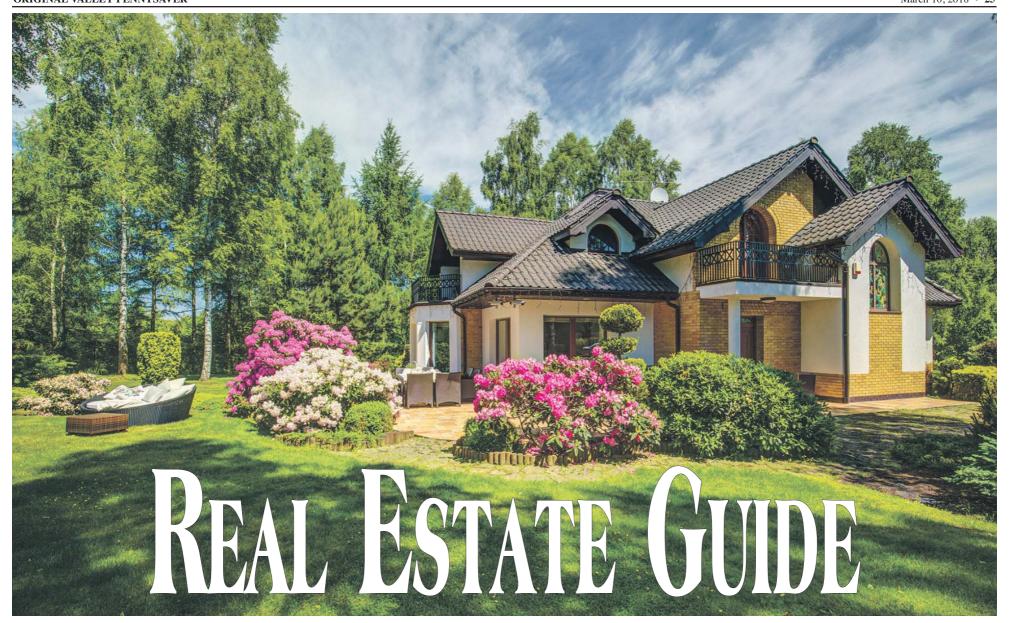
By learning the facts about bats — how they are useful and not dangerous, and what they need for habitats — you can help them to survive in your own landscape and locale. You'll have many fewer insects with them around. Check out more details on them, bat houses, and how to help bats globally from Bat Conservation International (www.batcon.org).

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# All things automotive



# Pickup trucks remain popular among car buyers

Pickup trucks have long been among the most popular vehicles sold, and Statistica states the number of new pickup trucks sold in the United States continues to grow. Between 2015 and 2016, 2.7 million pickups were sold, and some 2.24 million of those were full-sized pickups.

A recent study from the Automotive News Data Center found the big three pickup manufacturers, which include Ford, GM and Dodge, sell an average of 6,500 trucks every day in North Ameri-

While the popularity of pickup trucks may be evident to today's motorists, just who is behind the wheels of those trucks may come as a surprise. According to a recent study from MaritzCX, covering the 2016 model year, more people from affluent families are opting for pickup trucks than economy cars. The Ford F-150 was the most popular vehicle among households earning more than \$200,000 a year. Jeep Grand Cherokee, Honda Pilot and Jeep Wrangler were also tops among high-income Americans.

Other factors also may be contributing to the popularity of pickup trucks. A survey from Insure.com asked 2,000 licensed drivers ages 18 and up to rank the kinds of vehicles driven by the most attractive members of the opposite sex. The survey found that women prefer

drivers of black pickup trucks.

Motorists who have never before driven pickup trucks but are mulling whether or not to join the truck-loving masses can consider a host of factors as they begin looking for trucks.

- Size: Pickups are larger than many other vehicles and tend to be heavier. As a result, when driving a pickup, leave more space for braking and do not tailgate.
- Blind spots: Because pickup trucks are longer than cars, they may have larger blind spots. Drivers should adjust the mirrors to diminish as much of their blind spots as possible. Also, give ample notice when changing lanes or making turns.
- Reverse: Upon purchasing a pickup, first-time truck owners may benefit from practicing driving in reverse so they can grow accustomed to doing so in a truck.
- Hauling gear: Be sure to properly restrain items that are hauled in the pickup truck bed, or invest in a bed cover so nothing is lost and safety is not compromised.
- Inclement weather driving: Pickup trucks have very little weight in the back when their beds are empty. This can cause trucks to fishtail on wet or snowy roads. Alleviate this by placing some sandbags in truck beds before driving in poor weather.





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# All things automotive

# Mohawk Country **Association receives** grant assistance

The Mohawk Country Association Inc., a not for profit heritage tourism and historic preservation organization recently announced that they have received a \$10,000 grant from the William G. Pomeroy Foundation of Syracuse, NY. Association President Norm Bollen said the funds will be used to promote heritage tourism in Montgomery County and to help the area's many historic attractions. The group plans to produce "3-D Fun" Maps for tourists which highlight the area's many historic sites throughout Montgomery County. The maps will also introduce driving tours of many of the county's historic marker sites, often found on the less traveled back "Montgomery roads. County is blessed with miles of beautiful rural countryside," said Bollen. The maps will encourage travelers to explore our county and discover our heritage.

The William G. Pomeroy

Foundation funds the placement of historic markers to commemorate the rich history of the Mohawk Valley. The Mohawk Country Association has been working closely with the Pomeroy Foundation to create a new series of historic markers which highlight our Colonial, Native American and Revolutionary War history. The new markers will begin appearing in Montgomery County this summer. "This is all part of our master plan to bring true destination tourism back to our area," said Bollen. The organization's ambitious goals include marketing to travelers, creating driving tours and bus tours, helping to improve our historic attractions. Ultimately, we hoping to revitalize our area's tourism, create new jobs and preserve our history in the process. For more information on Mohawk Country contact us at mohawkcountryusa@yahoo.com or find us on Facebook.

# Did you know?

Millions of people across the globe claim Irish ancestry. While everyone is a little bit Irish on St. Patrick's Day, a growing number of people are interested in testing their DNA to determine just how much of a particular ethnicity comprises what makes him or her unique.

Thanks to an array of DNA-testing companies, just about anyone with some disposable income can have a vial of their saliva tested to determine their ancestry.

Before one starts toasting to St. Patrick, he or she should understand that these tests are not foolproof. Keep in mind that DNA tests use genetic markers that indicate variations in DNA that one or several ethnic groups may possess. Not all companies test for the same number of genetic markers. User error, namely a saliva sample that is compromised, can also affect results. While many of these tests can provide a general range of a person's ancestry, they are not 100 percent accurate.

As long as testers realize there is a margin for error and seek DNA for fun and curiosity, rather than to prove or disprove a country of origin, the results can be entertaining.



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