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#### Country Preacher

#### by Pastor Dan West

James is a book that is full of practical wisdom living our lives, whether we are committed to living for the Lord or not. In James 1:19 we read "... let everyone be swift to hear, slow to speak and slow to anger." Years ago when I was a teacher I would tell my students "we have two ears and one mouth, so we are supposed to listen twice as much as we talk." Usually they didn't buy it but it would get my point across.

Another old saying that goes along with this is that "you don't learn anything when your mouth is open," alluding to the need to listen to others to learn from them. Have you ever been annoyed by someone who is describing a problem or issue that is bothering them and you have valuable information that would be helpful to them, but they

won't stop talking long enough for them to listen to you tell them about it?

Another aspect of this involves our reaction when someone is disagreeing with us. When a person starts defending himself before they have heard all of the other side, they often miss the point and only increase the anger and resistance of the other person. The best way to deal with disagreement is to think through it to make a well thought-out, unemotional response.

Anger doesn't accomplish anything; it's a physical, mental and emotional response to stimulus that we perceive to be contrary to our thoughts or expectations. When we get angry we are most likely to stop trying for a solution, and begin to defend ourself. So, the longer we can delay anger, the more time we have to accomplish a solution to our conundrum.







#### **Senior News Line**

#### by Matilda Charles Losing friends and making new ones

If we live long enough, we'll eventually get to the age where we start losing people around Friends, neighbors and relatives succumb to serious illness, and our lives will never be the same. We end up going to more and more funerals. Our social networks get smaller and smaller, and that leaves us ... where?

Alone ... unless we see the writing on the wall and plan ahead for our own futures.

That's not to say we should turn our backs on friends of a certain age or level of health. But protecting our own health needs to be uppermost in our minds. Extended loneliness and grief can take its toll, if we let it, and lead to depression, elder abuse, cognitive decline and more.

The phrase "safety in numbers" might be one to consider. We can join groups where there are people of all ages, or at least be around people who share our interests.

Is there a hobby you've always wanted to try? Maybe pottery or painting? Or a college class you've wanted to audit?

Does the senior center host short travel expeditions, maybe to a big city for museums and shows? Do they have a weekly writing group?

How about volunteering somewhere, on a regular schedule? The library can't function without daily shelving. Can you read to a morning group of toddlers? Socialize cats and dogs at the shelter? Do you like shopping enough to do deliveries from grocery stores to the homebound? Interested in a daily walking group? The point is to be out among people. Somewhere in the mix you're likely to find new friends.

The key to maintaining health is the number of interactions we have with others. But often we have to take the first step.

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#### Those darned old window shades

Do you remember when most houses had retractable window shades? You know, the ones that made the snap and flip-flop as they headed for the ceiling? Well I still have them to remember the old times by. This morning I finished up the chores that I could not put off until tomorrow. I'll just look at the TV for a while. Maybe I can check on the Lone Ranger or Matlock. That bright-light on the Stone Arabia snow fought the TV picture. I'll just pull that old shade down. You guessed it — up there it went. I got the step ladder and retrieved it. All

was okay again. As is often the case, a memory of long ago came to mind.

Do you remember my aged-friend Annie I wrote about before? Annie was going for 90 and still alone. Every few days I'd stop for a visit. I knew it would be a few days before I could come again. I still did not have a house key.

I rang the bell and Annie did not answer the door as usual. To get in I gave the back-screen door a hard pull. I stepped in and heard, "Help!" Where are you, Annie? In the bathtub was the answer. There was Annie, clothes and all,

lying in the tub with her back against the faucet end. The next question was, "Does anything hurt bad?" The answer was, "No." How long have you been in there? Since early this morning. It was now early evening.

While I carefully picked her up and told her to put just a little pressure on her feet, I asked how she got in that position. She said, "I went to pull the shade down. It tore off and I lost my balance."

Now you see the connection with my story. I carefully picked her up and asked if she wanted to lie down on her bed which was close. The reply was, "No, I've laid down all day. I want to go to my chair." When I got her there I asked where her glasses were. Her answer was, "On the ledge of the bathtub back. I did not think I would need them today."

Soon Annie was limbered up so I was sure she could walk and take care of herself as she had done so many years. The darned old, worn out shade was replaced and my friend held out alone for several years.

Skip Barshied Stone Arabia

#### **Paw's Corner**

by Sam Mazzotta
When your cat cares a
little too much

**Dear Paw's Corner:** I had animals all my life until my wife and dog died seven years ago. I

got a cat two years ago when a neighbor moved. Last year, another neighbor gave us her cat after having a baby. The two cats — both fixed females — got along fine from start. What's curious is, one jumps up on my bed every night and walks up to my face. When I put my hand out to pat her, she starts licking my arm, wrist to elbow, with

her sandpaper tongue! Seems she is checking that I have not deserted her! Do I taste that good? What's so tempting about my arm? — Dr. William H., Central Falls, RI

**Dear Dr. William:** You may taste pretty good to your cat, but I think you're on the right track when you say she seems to be checking that you have not deserted her.

Many experts believe that cats groom their house-mates — both felines and humans — as a way of showing they accept you as family, that they trust you and that they are caring for you.

Sometimes excessive licking is a sign that a cat wants more attention. It can also be a sign of anxiety or stress. However, that seems unlikely since your cat does this routinely and seems calm.

So the only question that remains is: Does it annoy you? If so, try gently redirecting the cat from your arm, maybe to snuggle against your shoulder. If it's really annoying or she doesn't stop after a few redirects, get up and walk away for a few minutes. She may eventually get the mes-

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#### **Hop over for Easter Brunch**

#### Make the dining room fun:

- · Decorate with all the colored eggs you and the kids have made (but don't leave out for more than 2 hours if you plan to eat them)
- · Add whatever is blooming in your yard (or your neighbor's) - use different heights of vases
- Gather some baskets small and medium work best as center-
- White and pastel platters and crockery look freshest, so use those
- pastel or pink/lime/teal colored linens - mix and match solids and spring prints
- · Add any ceramic bunnies or chickens you've collected over the years
- Make a stencil of a giant bunny's foot. Lay on floor and sprinkle inside with flour, making it look like a giant bunny came hopping in.

#### Get your craft on:

Eggshell place cards/vases: Make an inch size hole in top of egg; blow or shake out egg; scramble, cook and enjoy. Rinse out shell; let dry upside down. Using colored Sharpees, decorate shells

with family names and other designs. Sit in egg cups or sherbet glasses, held upright with jelly beans. Fill with water and add some tiny flowers.

Real grass baskets/pots: Plant grass in a pot of soil or in a plastic liner in a basket (add some pebbles on the bottom for drainage); sprinkle on grass seed and keep moist. In 7 days you'll see some grass; in a month, you'll have a pot of lawn! Tuck in some colored eggs. Mow with scissors. For a quick grass basket, cut a piece from purchased sod; tuck into pot/basket; water voila!

Pastel Deviled Eggs: After peeling the hard-boiled eggs, slice in half and remove the yolks (place yolks in zip-top plastic bag). In small cups, measure out enough water to cover egg white halves. Add a drop or two of liquid food coloring to each; stir with a tooth pick; slip in an egg white half. Let sit just until you like the color (pastel will take no time at all - deeper colors, a bit longer); remove with toothpick; dry on paper towels.

Easy Deviled Eggs: Squash

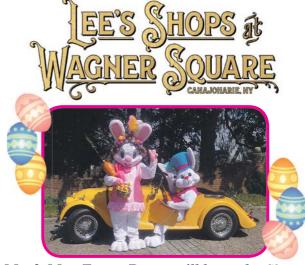
yolks into a powder in a zip-top plastic bag then add all usual suspects for Deviled Eggs (mayo, mustard, hot sauce, relish, etc.); combine well. Before serving, smooth yolk mixture to one corner of bag; snip off corner; squeeze into waiting egg while halves. Garnish.

#### Perfect hard-boiled eggs (Two ways)

- Lay a single layer of eggs that are a week or two old in a saucepan; cover with an inch of water. Cover pan and bring to a boil. Immediately turn off heat and let eggs sit in hot water, off heat, for 15 min. Pour off hot water and let sit in ice water for 20 minutes. Eat or refrigerate; enjoy within one week.
- Heat 1 inch water to a boil. Sit a vegetable steam in pan with eggs in it. Cover pan and lower heat to a simmer - let steam 10 - 12 minutes. Remove eggs, crack shells all over and let sit in ice water for 20 min. Peel right away; eat or refrigerate; enjoy within 3 days.

Source: Virginia Egg Council, eggsrgr8@rev.net, 540.345.3958, www.virginiaeggcouncil.org





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> and Saturday, March 24 • 1-3 Be sure to bring in your little ones for a visit! We have a great selection of basket items too!

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#### The Easter Bunny's Eggs in a Basket

- 3 cloves garlic, minced
- 2 Tablespoons parsley, minced

Pinch salt

Pinch pepper

- 2 Tablespoons olive oil
- 1 sourdough baguette, approximately 24" long

Preheat oven to 400°. Mix garlic, parsley, salt and pepper with olive oil in a small saucepan and sauté on medium heat until garlic is slightly browned. Remove from heat and set aside.

Place baguette on a sheet of foil and roll up the sides to hold the bread in place. Use a small serrated knife to cut six holes in top of baguette, spacing evenly apart with enough depth and width to hold one egg. Be careful not to cut through the bottom of the bread.

Press down on the bread in the hole to make room

for the egg and olive oil mixture (or pinch out some if bread is too tough to press down). Spoon olive oil mixture into each hole. Crack one egg into each hole.

Cover baguette gently with one large piece of foil, creating a "tent" and bake for 5 minutes. Open the tent and cook until egg white is set, but yolk is soft and runny\* about 15 minutes.

Remove from oven and gently remove foil. Cool slightly and sprinkle with salt and pepper. Slice baguette in spaces between the eggs and serve immediately.

Serves 6

\*Those with compromised immune systems, the elderly, pregnant women and children should consume fully cooked eggs

Source: Virginia Egg Council, 540.345.3958, eggsrgr8@rev.net, www.virginiaeggcouncil.org

#### Easter and egg safety

- steps of cooking, cooling, dyeing and
- Keep the eggs refrigerated as much as possible. Put them back into the refrigerator whenever you're not working
- After you've found all the hidden eggs, throw out any that are cracked or have been out at room temperature for more than two hours.
- Be sure that all the decorating mate-

• Wash your hands between all the rials you use are food safe if you plan to eat the eggs.

- If you hide the decorated eggs, put them where they won't come in contact with pets, other animals, birds or lawn
- Enjoy hard-boiled eggs, if they've been kept refrigerated, within one week of cooking them.

Go to www.incredibleegg.org/Easter/ for tons of Easter ideas, crafts, recipes,

#### **Scalloped Pineapple**

The perfect side dish for ham - make juice ahead and bake along with the ham for the perfect Easter brunch.

3 eggs, beaten

1 cup sugar

1/2 cup brown sugar

1/2 tsp. salt

1/8 tsp. nutmeg

1/2 cup milk or half and half

1 tsp. Lemon juice or extract

1/2 tsp. Vanilla extract

3 cups bread crumbs from Sweet Hawaiian bread

Mix eggs with everything except bread crumbs. Once smooth, fold in crumbs. Pour into a greased 11x7" or 9x9" (11/22 qt.) casserole dish and bake at  $350^{\circ}$ for 45 min.

Serves 8

Source: Virginia Egg Council, 540.345.3958, eggsrgr8@rev.net, 1 20 oz. can pineapple chunks and www.virginiaeggcouncil.org



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#### **Coconut Bunny Tails**

This is the perfect thing to serve for your Easter brunch. Just add some baked ham, a bowl of cut up fruit, and a platter of colored, hard boiled eggs, and you have a colorful and delicious meal. The 'tails' are actually coconut flavored scones, that look just like a bunny's tail.

together.

sticks together.

prepared pans.

Place dough on a

floured surface, and

lightly knead until it all

Pat into a rectangle,

and cut this into 24

equal portions. Roll each

into a ball and place on

Bake for 10 - 12 min-

Cooking spray

3 1/2 cups all-purpose

1/2 cup sugar

2 tsp. baking powder

1/2 tsp. salt

3/4 cup butter (12 T. or

1 1/2 sticks)

4 eggs

1 tsp. vanilla extract

1 tsp. almond flavoring

1 tsp. coconut flavoring

1/2 cup milk

1 cup flaked coconut (sweetened or unsweetened)\*

Topping:

1/4 cup milk

1 tsp. coconut flavoring

2+ cups powdered sugar (add more if needed to make a thick glaze)

3 cups shredded coconut\* (may be tinted with food coloring)

Line two baking sheets with parchment and spray. Preheat oven to 425°.

In a large mixing bowl, combine the first five ingredients, using a pastry blender or two knives (criss-cross fashion) to cut in the butter to resemble coarse crumbs.

Blend eggs and liquids in a bowl or cup, then add to dry ingredients. Stir in coconut and mix Cool on racks. Ice and until everything clings coat with coconut.

Topping:

Whisk the milk, flavoring and powdered sugar together in a medium bowl, adding more sugar, if needed, to make a thick paste).

Dip or spread icing on tops of baked 'tails', then dip in coconut.

Serve with jam, if de-

sired.

\*Some people don't like the texture of coconut, so in that case, substitute the coconut in the scones with cut up dried fruit and simply ice them, eliminating the coconut on top.

Source: Virginia Egg Council, 540.345.3958, eggsrgr8@rev.net, www.virginiaeggcouncil.org

#### KIN Sat., March 24th Consignment Auction ~ 6:33PM Sun., March 25th Breeder Sale ~ 11:33AM

Thurs., April 5th Food Auction ~ 6:33AM

Sat., March 31st Consignment Auction ~ 6:33PM

Burrows Rd., West Winfield, NY • (315) 822-5221 WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

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

#### **NO RESERVE!! PUBLIC FARM MACHINERY AUCTION** SAT APRIL 7th 9:00am

**East Springfield/Cooperstown Area** 

International Case 885 with a Q750 Quick Attach Loader, 2005 Chevrolet 1500 Silverado Pickup Truck 8' Bed 4 Wheel Drive, International 766 Tractor, International 1066 Turbo, International 686 Tractor, International 1086 w/cab International 1066 Tractor w/cab, International 666 Tractor w/cab, Case RB 444 Round Baler like new, Claas Tedder model VOLTO 52 like new, Kuhn GA 4220TH Hay Tedder, New Holland 900 Haybine, New Holland 166 Windrow Doubler, Round Bale Wagon model 6278 Tandem Axle, Salaco Round Bale Wrapper, 2-Dion 1016SE Tandem Axle Forage Wagons, Gehl 970 Tandem Axle Forage Wagon, John Deere Disk, International 3 Bottom Plow, International 5 Bottom model 720 Plow, White 4 Bottom Plow, 12'3 pt 4 row Cultivator, 3 Grain Bin Wagons, Case 4 Row 900 Cyclo Corn Planter, Valmetal Silage Cart, New Holland Feed Mixer, Gehl High Thrower, Brush Hog, Hay Elevator, 4 Hay Rack Kicker Wagons, New Holland 36 Chopper, New Holland Hayliner 326 Square Baler with kicker good condition, Case International DC101 Discbine, International 510 Grain Drill, New Holland 28 Whirl a Feed Blower, Dion Model SF 1460 Cutter Blower, Field Sprayer with booms & 200 gallon tank, Ford 120 Lawn Tractor, Cub Cadet TL1040 w/mower deck Cub Cadet Zero Turn 125 hrs, 3 Pt Log Splitter, Lincoln Welder, Craftsman Air Compressor, Torch Set, Stihl Chainsaw, Blacksmith Anvil, Blacksmith Forge, Leg Vise, Antique McCullough 2 Man Chainsaw, Wrenches, Tool Boxes, and lots more to be listed...The corners are packed...80 years of accumulation!! Lots of antiques and smalls!!

Attention all the Tractors start and are in working condition. All Hay Equipment is in working condition!

Auction Conducted by JR'S Auction 518-993-4668

Auction to be held for Robert & Greg Searles. 2005 Co. Hwy 31 Cooperstown, NY 13326 (1 Mile south of Rt 20)

UPCOMING!!! Farm Machinery Consignment Auction Sat April 14th 9:00am St Johnsville Huge Flower Consignment Auction Sat May 5th 9:00am in St Johnsville HUGE 2 Day Consignment Auction at the Fordsbush Produce Auction Friday & Saturday May 11th & 12 Heifers, Machinery, Equipment, Tools, Shrubs, Flowers, Crafts, Furniture, Sheds, Carriages, and more!!

#### **HOSKING SALES LLC – CERTIFIED** ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock

Monday, Mar. 12th - Sold 312 head. Cull Ave. \$.52 Top Cow \$.68, Bulls/ Steers None, Bull calves top \$2.20, heifer calf top \$2.00, Dairy milking age top \$1275.

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

Sat. Mar. 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, MacMara Holsteins, Ju-Vindale, Brew-Line, Lisle-View, Gottfried, Trill-Acres, Locust-Vale, Stanver Farm, TNT Jerseys, Arethusa, plus many more. Looking for that fancy show age heifer, deep pedigree heifer, fresh young cows this is the sale you don't want to miss!

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 - Special: Spring Beef Turnout Sale - a group of 30 Angus feeders - 10 heifers ready to breed this spring the rest feeder bulls. Call to advertise you group of cattle it makes a diffaerence.

Sat. April 21st - New Berlin, NY. Annual Spring Consignment Spring Machinery Sale & Plant, Shrub & Tree Auction. 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.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com Like us on facebook

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL Tom & Brenda Hosking HUSKING OF

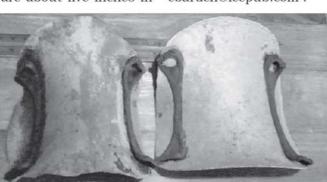
### Whatchamacallits

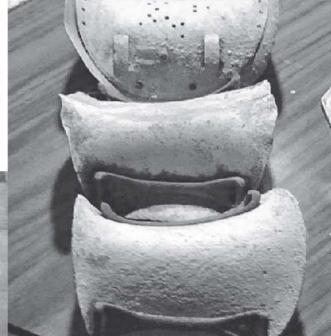


This week's What-length. chamacallit has stumped us and we are asking for your input. The items depicted were submitted by a reader who believes they came from the area of Long Island, NY. They were buried until a metal detector located them. The items are metal and are about five inches in

The standing guess is that these items were made as horse leg ar-

If you would like to contribute a guess or if you know what these Whatchamacallits contact Camden 518.673.0144 or write to cbarden@leepub.com.





Do you have your own Whatchamacallit?

#### **Parts Counter Person** Wanted

Full-time position, full benefits package, vacation, health insurance and retirement. Farm equipment knowledge a plus.

> Send resumes to: **Randall Implements Co.** 2991 State Hwy 5S, Fultonville, NY 12072 or email to randall@telenet.net

# **Employment** opportunities... In the market for a new job?

#### **PART TIME VEHICLE CLEANER**

#### **Access Transportation**

Monday thru Friday 3pm to 7pm **Must have NYS Drivers** License. Starting Pay - Minimum Wage **APPLY IN PERSON ONLY- NO PHONE CALLS** 16 River St., Fort Plain

#### **Agricultural Equipment Dealer**

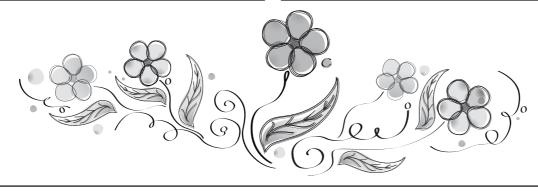
has a position available for a

#### ASSISTANT SERVICE MANAGER

to assist the Service Manager with repair orders, telephones, etc.

Knowledge of Farm Machinery a plus. Requires computer skills, handling customer service calls, good organization skills, etc. Excellent fringe benefits package. Salary is based on experience

Send Resumes to: Randall Implements Co., Inc. 2991 State Hwy. 5S, Fultonville, NY 12072 or apply online at randall@telenet.net



#### Calendar of events

Mar 23, 24, 25

#### Apr 1

Easter Services, Apr 1, 10:30

a.m., United Methodist Church, 50

#### **May 17**

Free — EPA Lead Trainings, May

17, 7:45 a.m. - 4:30 p.m., Mont-

gomery County Public Health, , New

York, Participants must pre-regis-

ter. Class size is limited to 24 par-

ticipants. Please register online:

https://tinyurl.com/y7kgo9xb For

more information contact Mont-

gomery County Public Health at

518.853.3531 (M-F) 8:30 a.m. - 4

p.m. Visit our web site at: https://

**May 19** 

Fort Klock Opening Day, May 19,

10 a.m., 4 p.m., Fort Klock. Experi-

ence 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! Visit

www.fortklockrestoration.org, St.

Johnsville, NY. Call 518-568-7779.

tinyurl.com/y7ovgsyc,

Mary Poppins - The Broadway Musical, Mar 23, 24, 25, Arkell Performing Arts Center, Friday: 7 p.m. Saturday: 7 p.m. Sunday: 2 p.m. Admission \$7 Adults. \$5 seniors/students. Presented by the Fort Plain-Canajoharie Drama Club, Canajoharie, NY.

#### **Mar 26**

Freysbush Cemetery Association meeting, Mar 26, 6 p.m., Freysbush Cemetery Association, 100 Reed St., Canajoharie, NY. For more information email jhwilliams0@lycos.com

#### **Mar 28**

Maundy Thursday Service, Mar 28, 7 p.m., 50 E. Main Street, Canajoharie, NY, Rev. Dr. Robert Farmer.

#### Apr 1

Easter Service with Special Music, Apr 1, 9 a.m. Coffee hour following the service., Marshville Evangelical Church, Route 10, Marshville, NY, Rev. David Bowley.

E. Main St., Canajoharie, NY, Rev. Dr. Robert Farmer, pastor. Service with special music.,

#### **Apr 19**

Free — EPA Lead Trainings, Apr 19, 7:45 a.m. - 4:30 p.m., Montgomery County Public Health, 20 Park Street,, Fonda, NY, For more information contact Montgomery County Public Health at 518.853.3531 (M-F) 8:30 a.m. - 4 p.m. Visit our web site at: https:// tinyurl.com/y7ovgsyc,

#### May 7

Spaghetti & Meatball Dinner, May 7, 4 - 7 p.m., HC Benefit Club,, Fundraiser for the Ephratah Rural Cemetery. \$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., 538 Crum Creek Rd,, St. Johnsville,,

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

HUNTER DSP8500 Wheel balancer, \$1000; Robinair 34788 A/C recharging unit, \$1000; Ranger R30XLT tire changer, \$2,500. Buy all three for \$4,000, get a new Autel Maxidas DS708 scanner for free. Call 315-717-5219

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MARCH BARGAIN of the Month! 6cu.ft Wheelbarrow Steel \$49.99 Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834

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KEEP COOL AIR OUT with some weatherstripping! Check out our large selection and get just what you need, and save at the same **Behind Every** Project is a True Value! 12 Willett St Fort Plain (518) 993-3834

SHAMROCK SPECIAL for March 1st - March 25% off all in stock space heaters! **Behind Every Project** is a True Value! 12 Willett St Fort Plain (518)993-3834

MAKE our phone ring so we can return the favor!! Place your reader ad today. Only \$4.00 for the first 14 words. 518-673-0111

**RANCH HOUSE** WANTED: Little Falls, Herkimer, Dolgeville area. 2-3 bedroom. Call 585-409-9757.

20% OFF ALL ITEMS in store for the month of March at Willy's Get Around to it! 14 Bridge Street. St. Johnsville. NY 13452

2012 JEEP GRAND Cherokee Loredo 4x4, silver, 69k, V-6, Auto, AC, CD, alloys. 1 owner, clean CARFAX, Sale \$17,995. John C Miller Inc. (518)762-7124 www.johncmiller.com

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KOVAL's Major Appliance Repair knows customer satisfaction, affordable and prompt! Call (315)867-9333

WE REPAIR WIN-DOWS and screens, including double pane. **Behind Every Project** is a True Value! 12 Willett St Fort Plain (518)993-3834

2014 DODGE CHARG-ER SE, Dk Blue, 37K, V-6, Auto, AC, CD, Alloys, Clean CARFAX. Sale: \$15,995. John C. Miller Inc. 518-762-2 www.johncmiller.com

**NOTE:** Calendar items



# Welcome to NY's Maple Weekend

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





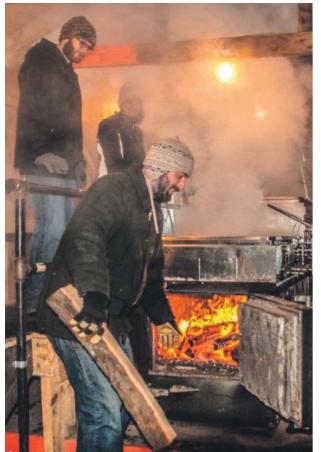






Soy Candles

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### Fraiser's Sugar Shack 2018 Maple Weekend Open House March 17 & 18 • March 24 & 25 Warn - 4pm

#### **COME WATCH US BOIL!**

144 Church Street, St. Johnsville 518-568-7438 ● 518-705-7584

### Peaceful Valley Maple Farms

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#### **OPEN HOUSE**

EVERY WEEKEND IN MARCH Specials • Drawings • Give-A-Ways!

**DINNER** Friday Nights 4:30-8:30 Reservations Really Appreciated

#### PANCAKE BREAKFAST

Come Hungry ~ Seconds Encouraged! \$12.75 Regular, \$11.75 Seniors, \$8.75 6-10, Under 5 FREE!

Saturdays 7 to 12, Sundays 7 to 1
Thru Fathers Day!

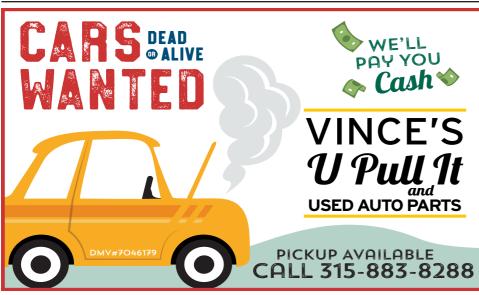
WE WILL BE BOILING "WEATHER PERMITTING"

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Annual Percentage Yield, **Money Market Savings:** Rate current as of March 1, 2018 and may change at any time. Minimum to open \$25,000. You must maintain an average daily balance of \$25,000 to earn the disclosed APY. The initial interest rate of 1.49% and 50% APY is effective on the day of account opening and remains in effect for 6 months. On the 6 month anniversary date, the account ill revert to the variable rates, tiers and applicable Service charges in effect for a Money Market Savings account at that time that are steed on our website at www.kinderhookbank.com. Fees may reduce earnings. Limited time offer and may not be combined with any her rate promotions. Free gift when you open any new account while supplies last, **19-Month CD**: Rate current as of March 1, 2018. Inimum to open is \$500 and account will automatically renew into a 1-Year Certificate of Deposit term at the current rate posted on a www.kinderhookbank.com in effect at that time. Penalty will be imposed for early withdrawal. Fees may reduce earnings mitted time offer and may not be combined with any other rate promotions. Free gift when you open any new account while supplies \$1.00 miles of the promotion of t

ALPACA SWEATERS in stock. Hundreds to choose from. NEW luxurious styles. Warmer than wool, softer than cashmere, smoother than silk and hypo-allergenic. Paca Gardens, 27 West Main St, Little Falls, NY 315-823-1100 M-F 10-5, Sat 10-4. Layaways available.

THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

WE HAVE! Timberwolf log splitters. Call for pricing + models available. North Creek Auto 315-866-3698

MARCH IN STORE SPECIAL! \$19.99 NEW!!! Rustoleum Glitter paint! Gold, Silver, and Iridescent all in stock! Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834

2010 FORD ESCAPE XLS 4x4, black, 70k, 4cyl., Auto, AC, Alloys, New Tires, 1-owner, clean CARFAX. Sale: \$9,750. John C. Miller 518-762-7124. Inc. www.johncmiller.com

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ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is THURSDAY 5pm prior to edition date. Call Peg 518-673-0111

2014 CHRYSLER 200 Touring S, Red, 44K, V-6, Auto, Moonroof, Full Power, 1-Owner, Clean CARFAX. Sale: \$11,995. John C. Miller Inc. 518-762-7124. www.johncmiller.com

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#### Donna's Day: Creative family fun

#### by Donna Erickson Give Easter eggs a spongeware look

Easter soon will be here, with eggs of all colors and designs to brighten our homes. We like to try a variety of egg-decorating techniques, from the easy commercial dyes in a tablet to experimenting with natural dyes that we concoct with onion skins, tea and berries.

toxic paints here and there with a sponge.

Here's the stuff you'll

- several eggs, blown (see below) or hard-boiled
- non-toxic acrylic paint in favorite colors
- recycled plastic lids or paper plates, one for each
- pieces of sponge, one for each color
- spring-type clothes-

handles

- egg cups
- newspaper

Here's the fun:

1. Working on a newspaper-covered surface, place an egg in an egg cup. Clip a sponge piece to a clothespin, and squeeze a puddle of paint onto a lid or plate.

2. Dip the sponge lightly in paint. Dab onto a piece of newspaper a few over the top half of the egg. Let dry. Turn egg over and repeat on bottom half. Repeat with additional colors and eggs.

3. Hang decorated hollowed eggs from branches, or display them in a pretty bowl. If using boiled eggs, keep refrigerated until served.

#### How to "blow out" an egg

Poke a small hole with a large safety pin at each end of a washed raw egg. Carefully wiggle the pin or a toothpick into one of the holes to break the yolk. Place a drinking straw over the hole on top, and blow through the straw, collecting the contents of the egg in a small dish. Rinse out the empty shell and let dry

completely before decorating.

#### Storage

Clean egg cartons make good containers for neat stacking in a storage bin in your home.

(c) 2018 Donna Erickson

Distributed by King Features Synd.



Artistic Easter memories can live on when blown-out eggs are used.

memories live on in egg cartons stored away in the "Easter" box. They last because we blow out the contents of raw eggs and clean them before we decorate. Like ornaments on a Christmas tree, the kid-decorated eggs come out annually. Full of memories, they're lovely hanging from blossoming spring branches.

This year's decorating technique is inspired by enduring spongeware pottery, popular in our country for centuries. The speckled look is super-easy to create, and it's fun for the whole family to do together. Color the eggs first in soft colors if you wish, or keep them natural, and then just dab, dab, dab a cheerful palette of non-









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#### Avoid the rush:

#### Taxpayers must validate identity when calling the IRS

WASHINGTON, D.C. — The Internal Revenue Service reminds taxpayers and tax professionals that they will be asked to verify their identities if they call the IRS. This is part of the agency's efforts to keep taxpayer data secure from identity thieves.

Callers should be prepared to verify their identities if they need to call the

IRS call center professionals take great care to make certain that they only discuss personal information with the taxpayer or someone the taxpayer authorizes to speak on their behalf. To ensure that taxpavers do not have to call back, the IRS reminds taxpayers to have the following documents ready:

- Social Security numbers and birth dates for those who were named on the tax return in question
- An Individual Taxpayer Identification Number (ITIN) letter if the taxpayer has one in lieu of a Social Security number (SSN)

- Household, Married Filing Joint or Married Filing Separate
- The prior-year tax return. Telephone assistors may need to verify taxpayer identity with information from the return before answering certain questions
- A copy of the tax return in ques-
- Any IRS letters or notices received by the taxpayer

By law, IRS assistors will only speak with the taxpayer or to their legally designated representative.

If taxpayers or tax professionals are calling about a third party's account, they should be prepared to verify their identities and provide information about the third party they are representing. Before calling about a third-party, be sure to have the following information available:

- Verbal or written authorization from the third-party to discuss the account
  - The ability to verify the taxpayer's

• Filing status - Single, Head of name, SSN/ITIN, tax period, and tax form(s) filed

- Preparer Tax Identification Number (PTIN) or PIN if a third-party designee
- A current, completed and signed Form 8821, Tax Information Authorization or
- A completed and signed Form 2848, Power of Attorney and Declaration of Representative

Questions regarding a deceased taxpayer require different steps. Be prepared to fax:

- The deceased taxpayer's death certificate, and
- Either copies of Letters Testamentary approved by the court, or IRS Form 56, Notice Concerning Fiduciary Relationship (for estate executors)

Answers to general tax questions may be found on IRS.gov. The quickest way to check the status of a tax refund is to go to "Where's My Refund?" or call 800.829.1954 for automated phone service.

Source: irs.gov

#### Don't be duped by sneaky scammers this tax filing season

#### New York State tracks schemes affecting taxpayers and preparers

The New York State Department of Taxation and Finance and the New York Department of State's Division of Consumer Protection alerted taxpayers and tax professionals to scammers who aim to steal sensitive information and hard-earned refunds.

"We've made tremendous strides in our ability to uncover and deter tax fraud even as it continues to proliferate," said Acting Tax Commissioner Nonie Manion. "Scammers continually adjust their tactics to circumvent the defenses in place, though, so we must all remain vigilant."

"Unfortunately, nefarious actors seek to take advantage of unsuspecting individuals during the annual tax filing process—especially in the wake of significant data breaches," said New York Secretary of State Rossana Rosado. "However, by taking action to protect and educate themselves, taxpayers will be able to spot a scam a mile away and protect their identities and refunds."

#### Stay on top of emerging scams

In the wake of recent personal information breaches, including the massive Equifax breach where hundreds of millions of identities were exposed, New York State has taken specific action to prevent the fraudulent use of taxpayers' personal information by nefarious preparers to file bogus refund claims.

By integrating predictive analytics into its processing, auditing, and collections systems, the Tax Department is better able to flag these refund claims and other suspicious tax filings for greater scrutiny. Teams dedicated to uncovering tax fraud and identity-theft schemes bolster

Since 2003, the Tax Department has used its evolving Case Identification and Selection System to pull questionable tax returns and fraudulent refund claims from the processing flow. The system uses predictive analytics to determine when to process a refund request and when to set it aside for further review.

However, as technology continues to advance, cyber thieves and scammers turn to more sophisticated methods in their attempts to steal personal information and defraud hardworking New Yorkers. That's why the Tax Department and Division of Consumer Protection track such schemes around the country to prepare for the use of these or similar tactics in New York and take steps to educate the public.

In one new scheme, a fraudster uses stolen information to file a return and claim a refund, which is deposited into the victim's actual bank account. This is followed by a call to the taxpayer from the scam artist posing as an official from a debt-collection agency. The scammer says the money was deposited in error, must be returned, and instructs the victim on how to forward the money.

Protect against fraud

The Tax Department and the IRS will never make threats over the phone and will never request personal or financial information by email.

"If you receive a phone call or email from someone about your tax return, a refund, or a possible debt you may owe, and aren't sure if it's legitimate, call us," Manion said. "We'll be able to verify the call or email."

Tax professionals are required to protect their clients' personal information by only providing it to trusted sources, such as the IRS and the Tax Department. In addition, they must securely shred documents that contain private data before discarding.

For more about tax professional standards, please visit our Professional responsibility webpage.

#### Report it

If you've been contacted by a scammer posing as an IRS agent, visit the IRS identity theft victim assistance web-

If you've been contacted by a con artist claiming to be from the New York State Tax Department, visit the Tax Department's Report fraud, scams, and identity theft web-

If you suspect a return preparer filed or altered a return without your consent, report it to the NYS Office of Taxpayer Rights Advocate at 518.530.HELP (option #2) or file a tax preparer complaint online.

#### Additional taxpayer actions

Take precautions to protect your refund and prevent identity theft with the following tips:

- File promptly. Prompt filing can limit an identity thief's ability to claim a fraudulent tax refund using stolen information
- · Beware of scam artists fraudulently posing as tax preparers. Scammers will often attempt to take advantage of those who might not otherwise have to file tax returns, such as the elderly or low-income households.
- Work only with paid tax preparers you have researched thoroughly and trust. Avoid preparers who claim they can obtain larger refunds than other preparers, as well as those who base their fee on a percentage of your refund.
- Make sure your tax preparer is willing to sign your return and provide their IRS Preparer Tax Identification Number (PTIN). The preparer must also provide you with a copy of the return.
- Look over your return carefully. You are responsible for what's on it. Similarly, if you hire a paid preparer, never sign a blank return.

For more information regarding scam prevention and consumer education, please contact the Division of Consumer Protection Helpline at 518.474.8583 800.697.1220.



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#### by Samantha Weaver

- It was French poet, journalist and novelist Anatole France who made the following sage observation: "The law, in its majestic equality, forbids the rich as well as the poor to sleep under bridges, to beg in the streets, and to steal bread."
- If you're planning a trip to North Carolina in June, try to make it to the small town of Spivey's Corner for the annual Hollerin' Contest. If you'd like to participate but are worried about straining your vocal cords, you can always enter the conch-

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blowing contest instead of one of the ones that involves actual yelling.

**Strange But True** 

- You might be surprised to learn that famed British author Aldous Huxley, best-known for his dystopian novel "Brave New World," was a consultant on Disney's 1951 animated film version of "Alice in Wonderland."
- · After the vows have been said in a traditional Korean wedding, the groom formally introduces his new wife to his parents. The bride's father-in-law then pelts the bride with red dates, which is supposed to en-

• Blade Sharpening

And Much

More

sure fertility.

- Jazz musician Glenn Miller was the recipient of the first gold record ever awarded, for the big-band hit "Chattanooga Choo-Choo."
- You might be surprised at some of the seemingly innocuous things that arouse passions in a group of people. Take the venerable 1960s television show "Mr. Ed," for example. Evidently an evangelist named Jim Brown took issue with the show's theme song, claiming that when played backward, the tune contains the message "the source is Satan" and "someone sang this song for Satan." His preaching on the subject was so persuasive that members of a church in Ironton, Ohio, made a bonfire of recordings of the song.

Thought for the Day: "Men of genius are often dull and inert in society, as a blazing meteor when it descends to earth, is only a stone." — Henry Wadsworth Longfellow

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18 • March 24, 2018

#### Now Here's a Tip

#### by JoAnn Derson

• "To make sure I'm drinking water throughout the day, I use a permanent marker to designate levels on my large reusable water cup. I labeled them 10 a.m., noon, 2 p.m. and 4 p.m. That's for a big one that sits on my desk at work. I have another for at home. This way I am not trying to play catch up later in the day." — A.L. in Oklahoma

• Three ways to save money on water-heater bills: 1) Set your temperature gauge to a lower setting. 2) Install a timer so that it's not heating water when you aren't there to use it. 3) Add an insulating cover to keep heat from escaping.

• Game changer: "When dunking a sandwich cookie (e.g. Oreos), jab a fork into the filling. Then you can dunk the whole thing or part of it without getting your fingers all milky— or your milk all 'fingery."— A.J. in Florida

• When you microwave leftovers on a flat plate, be sure to spread them out for even heating. The classic ring of food is best

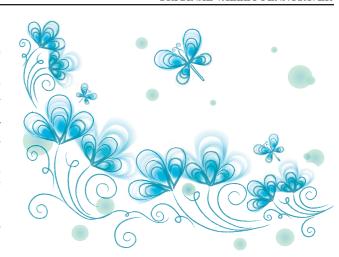
— leaving the center of the plate empty. Slice already-cooked potatoes, and cover with a moistened paper towel.

• Need to light a pillar candle inside a hurricane glass? Use a stick of spaghetti! The pasta stick lights easily, and it's long enough to give you the reach you need. It burns evenly, too.

• "If you like to save

money by buying large packs of meat — say, ground beef or chicken tenderloins – here's a great tip for storing them: Fill quart-size freezer bags, making sure to get out as much air as possible. Then stack flat on top of a pizza box in the freezer." — T.L. in Missouri

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#### Want healthier kids? Get a pet

If youngsters have been eyeing fuzzy kittens or boisterous puppies at nearby shelters or pet stores, parents may want

understand biology and children who could turn to pets for unconditional emotional support were less anxious and with-

activity and recorded higher levels of activity counts per minute than kids whose families did not own a dog.

had no pets in the home. Pets also may foster social interactions, which can benefit children who are shy. Inviting others



Pets can contribute to cognitive, physical and emotional wellness in children.

to give in to those cries for a family pet. Pets are added responsibilities, but the health benefits associated with pet ownership may be well worth the investment of time and effort.

Caring for a pet is sometimes viewed as a childhood rite of passage, but there's much more to the experience than just learning responsibility. Experts say a child's emotional, cognitive, physical and social development can be enhanced through interaction with a family pet. Studies continue, but the effects of family pets on children was heavily researched by developmental psychologist Gail F. Melson in 2003 Melson looked at literature on child-animal relationships and found that children who had

drawn than their peers without family pets to turn to.

Data from a small study conducted by researchers at the Cummings School of Veterinary Medicine at Tufts University reported that adolescents who had animal experience were more likely to see themselves as important contributors to communities and more likely to take on leadership roles.

Pets also can help children develop into wellrounded individuals. Playing with a pet requires children to engage in physical activity and can help stimulate motor skills. An English study conducted in 2010 and published in the American Journal of Public Health found that children from dog-owning families spent more time in light or mod-

Pets may help with allergies and respiratory ailments as well. A 2012 study by the American Academy of Pediatrics discovered that children who have early contact with cats and dogs have fewer respiratory infections and ear infections and need shorter courses of antibiotics than children who have not had contact with pets.

A study from Dennis Ownby, MD, a pediatrician and head of the allergy and immunology department of the Medical College of Georgia, found that having multiple pets decreases a child's risk of developing certain allergies. found that the children who were exposed to two or more dogs or cats as babies were less than half as likely to develop com-

# pets were better able to erate to vigorous physical mon allergies as kids who

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over to meet pets can children friends and find others with similar interests. Children may also confide in pets and develop their self-esteem.

Studies have indicated that the type of pet a family has, whether it's horses, dogs, snakes, etc., does not matter, as all companion animals have the potential to benefit children.

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#### King Crossword

#### **ACROSS**

- 1 Whatever's left
- 5 Fix a skirt
- 8 Ollie's pal 12 Sore
- 13 "All the Things You
- 14 Stylish
- 15 Item on stage 16 Moving vehi-
- cle 17 Shakespeare
- villain 18 Elvis Mississippi
- birthplace 20 Feathery cluster
- 22 Gave up 26 Censor's
- sound 29 Tic-tac-toe win
- 30 Scoffer's laugh
- 31 Libretto
- 33 Mexican money
- 35 Moonshine
- container Petruchio's Kate, e.g.
- 37 Western capital
- 40 Freeway access
- 41 Attractive

- 18
- 45 "Zounds!"

53

- 47 Mauna -
- 49 Church section
- 50 VHS alternative
- 32 Play on words 51 Mischievous tvke
- 52 Enrages 34 French article 53 Keg contents 54 Greek conso- 11 Sgt., e.g.
  - nants 55 Opening day? 21 Venusian
  - **DOWN**

**HOCUS-FOCUS** 

- Engrossed Beige
- Buy stuff
- Prepare for printing

- 5 Devastation 6 Historic
  - period Bring up
    - 8 Bradbury aenre 9 Margaret -
    - 10 Bailout recipient in 2009 news
    - 19 Track circuit
    - vessel? 23 Cheek
    - enhancer 24 Facility 25 Arab boat
    - 26 A/C measures 48 Ostrich's 27 Musical

CHUCK

CHICKEN

- Horne
- 28 Denounce 32 Jack-o'-
- lantern 33 Southwestern city
- 35 Bread spread 36 Pigpen
- 38 "M\*A\*S\*H" role
- 39 Types of tides 42 MacDonald's place
- 43 Eye layer
- 44 Not as much 45 "Chicago"
- lyricist Fred 46 "Golly!"

BY

HENRY BOLTINOFF

JACK

BARBER

MAIL

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### by Linda Thistle

"You really embarrassed me when

you started to pass your hat!"

Weekly **SUDOKU** 

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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

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♦ Moderate ♦ ♦ Challenging **♦♦♦** HOO BOY!

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

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by Dave T. Phipps



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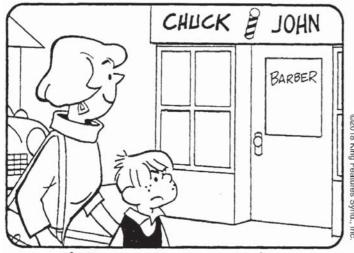
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Find at least six differences in details between panels.

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#### Vision greatly affects driving ability

Driving is a multisensory experience that requires careful coordination and mastery of a wide array of skills. Understanding the rules of the road and having sufficient practice are only part of the equation. Being able to see the road and react to obstacles, signage and more is crucial. Drivers should not downplay the importance of visual acuity when they turn their ignition keys.

Acceptable vision is involved in all components of driving. Motor vehicle operators need to have clear vision to read gauges and operate the controls of the car. Distance vision also is essential to identifying road hazards and seeing other cars on the road. The health resource All About Vision says aging and visual changes at any age can affect a person's ability to see moving objects while one is in motion — as is the case while driving a car or truck. In addition, changes in peripheral vision can increase blind spots while driving and affect reaction time.

#### Aging motorists

The National Highway Traffic Safety Administration reports that 6,165 people ages 65 and older were killed in automobile accidents in 2015, representing 18 percent of all traffic crashes in the United States, and declining vision may have been a factor in many of those accidents. Older drivers can make certain changes to improve their safety on the roadways.

• Reduce driving at night. The group AAA says by age 60 eyes need three times as much light to see as they did at age 20. Over time pupils get smaller and do not dilate as much in dark conditions at night, making it harder to see. Limit driving at night as much as possible.

- Accommodate for glare. Invest in anti-glare coatings for glasses to minimize glare from the sun and oncoming headlights.
- Be especially cautious at intersections. The Insurance Institute for Highway Safety says 40 percent of the fatal collisions that occur for people age 70 and older take place at intersections. Taking more time to assess oncoming traffic and make sure intersections are clear can save lives.
- Get frequent vision checks. Annual eye exams are recommended by the American Optometric Association. This can help older drivers be aware of shortcomings in their vision.

#### Other drivers

Drivers of any age with vision issues should take heed of their limitations and make modifications as needed.

- Driving with macular degeneration. Macular degeneration affects central vision. It happens when deterioration of the central portion of the retina occurs. The American Macular Degeneration Foundation says MD is the leading cause of vision loss. As MD impacts vision, driving may need to be reduced or ceased.
- Color blindness impacts driving. Those with color blindness may need to use caution when identifying traffic signals or the brake lights of other vehicles. It may take practice and driving with someone who sees colors to become comfortable.
- Cataracts can blur vision. Those with cataracts may have blurry vision and see halos around lights that can make driving challenging. Cataracts also may make it more difficult to see pedestrians against the landscape, especially at night. Treating cataracts can



Drivers should not downplay the importance of visual acuity when they turn their ignition keys.

improve vision significantly.

Many motor vehicle agency vision tests do not take into consideration all of the factors that can impact vision while driving. Seeking care for visual problems and changing driving habits when necessary can help people stay safe on the road.

#### To Your Good Health

by Keith Roach, M.D.
Unnecessary
procedure on
terminal patient

Dear Dr. Roach: My mother has stage 4 cancer. She just went to a dermatologist, who performed Mohs surgery on her nose. I am BEYOND upset by this unethical behavior. The country is already deeply in debt, and Medicare is paying for this? Unconscionable! Not to mention the pain and suffering of my mother, who is now at risk of a secondary infection. I was sickened by the entire ordeal. — J.B.

Answer: I agree with you completely that often patients with terminal diseases receive unnecessary care. There have been studies clearly documenting this. However, the studies don't answer why, in a particular case, a physician performed these treatments, which add only pain, anxiety and expense.

I suppose it is possible that the motivation is simple greed; however, I still have enough faith in my colleagues that I think that is a very unusual reason; I think it's far more likely that a specialist just doesn't see the big picture. There's an old expression that when all you have is a hammer,

the whole world looks like a nail, and I think some specialists see a problem and fix it without realizing that the problem they are fixing isn't likely to ever cause symptoms.

For example, primarycare doctors order unnecessary tests, especially screening tests. I see mammograms ordered for women with advanced colon or ovarian cancer who are in palliative care, and this makes no sense. I have heard some physicians mention that insurance companies monitor the frequency of "quality sucĥ indicators," mammograms, which affect their ratings and reimbursement. That's an example of a well-meaning system motivating wrong behavior.

I should emphasize that not all care for terminal patients is useless. If the goal is to improve quality of life or reduce suffering, then I am all for it, after a consideration of the costs (pain and inconvenience as well as dollar costs).

**Dear Dr. Roach:** I have heard of yeast infections, but I don't know what causes them. How do they affect the body, and what can be done to get rid of them? — C.R.

**Answer:** Certain yeasts, but especially the Candida species, are

found on our skin, mucus membranes and GI tract. They normally live in balance with the 100 trillion or so bacteria we carry around. However, yeast can cause disease that ranges from fairly mild, like thrush, to lifethreatening, like a bloodborne, widely disseminated invasive infection.

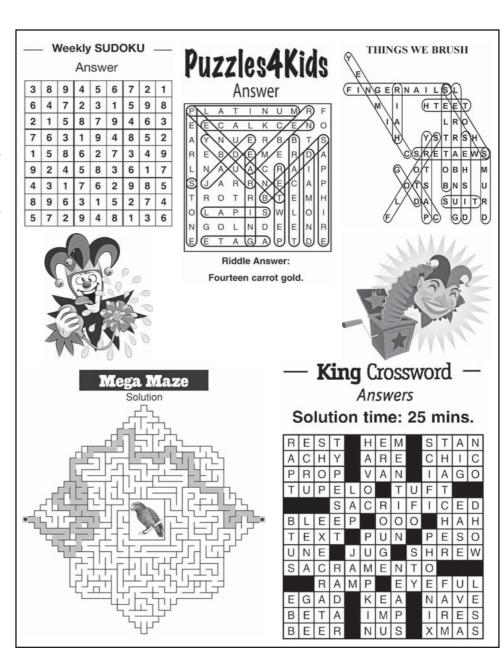
Candida infection of mucus membranes is usually caused changes in our bacteria, especially after the use of antibiotics. The antibiotics kill the bacteria they are supposed to (hopefully), but they also may kill the healthy bacteria that assist us in digestion (leading to diarrhea or worse), and this allows the other bacteria and yeast to grow.

Some people with genetic faults in their immune system are predisposed to chronic candida infections. These are uncommon but can be severe, and may require treatment by specialists, such as infectious disease doctors and immunologists.

The life-threatening yeast infections generally happen in people with severe illness and with poor immune system function.

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This soup is one you can start in the morning and leave on the stove all day long for lunch, afternoon snack or a quick dinner after coming in from a cold March day.

16 ounces skinned and boned uncooked chicken breast, cut into 36 pieces 3 cups shredded green

- cabbage 1 1/2 cups chopped
- celery 1 cup chopped carrots
- 5 cups diced fresh tomatoes
- 1 minced garlic clove
- 2 tablespoons chopped

fresh parsley

- (14-ounce) cans Swanson Lower Sodium Fat Free Chicken Broth
- 1 teaspoon dried thyme (optional)
- 1/4 teaspoon black pepper
- 2 tablespoons lemon juice or 2 tablespoons apple cider vinegar

In a large soup pot, combine uncooked chicken, cabbage, celery, carrots, tomatoes, garlic, parsley, chicken broth, thyme, black pepper and lemon juice or vinegar. Bring mixture to a boil. Lower heat and simmer for one hour. Makes 8 (1

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1/2 cup) servings.

TIP: Lean beef roast and beef broth can be used in place of chicken breast and chicken broth.

• Each serving equals: 114 calories, 2g fat, 15g protein, 9g carbs, 98mg sodium, 48mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable; Carb Choices: 1

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