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## **Country Preacher**

#### by Pastor Dan West

James explains clearly in James 2:14 - 20 the difference between trust and faith. The apostle Paul says in Ephesians 2:8 that it is through our faith that God's grace works to save us from the punishment for our sin in hell.

In James 2:14 James asks the question, what good is your claim of faith if you haven't put it into action, if you have no evidence to show for it? Then he asks a rhetorical question, can that kind of faith save you? From studying Paul's writings we know the answer is NO

the faith that saves is not alone." It is a faith that shows in a person's accomplishments for the Lord that is a saving faith. Verses 15 and 16 give an example of giving of yourself to help someone in need. Then verse **17** plainly says "...faith, if it has not works [action, accomplishmentl is dead being alone." In verse 18 James challenges his readers to show him their faith — because he can show his by his accomplishments. What accomplishments of yours show your faith? Faith without works is a dead faith.

"Faith alone saves, but

It has been well said, (James 2:20)

## **Poison prevention**

In 2016, the 55 U.S. poison control centers provided telephone guidance for nearly 2.159 million human poison exposures. That's about:

- 6.6 poison exposures/1,000 population,
- 41.3 poison exposures in children younger than 6 years of age/1,000 children,

• 1 poison exposure reported to U.S. poison control centers every 14.6 seconds.

#### **Poison Prevention Tips**

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

· Store medicines and household products separately, keeping them away from food products. • Keep items in the bottle, box or jar they came in.

Putting the contents in an empty food container sends a message that it is okay to eat this product.

• Leave labels on all products, and read the label before using.

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

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

\* Keep highly concentrated "single dose packs" of laundry detergent up and away from children.

#### What if a poisoning happens?

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### The Poison Information Specialist will ask you:

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- Amount involved.
- Time of poisoning.
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- The Poison Center will tell you what to do next.

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For more information call 1.800.222.1222, text POISON 484848 or go http://www.upstate.edu/poison/.



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A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical caps and gowns that "individuality" is the key to success. - Robert Orben



Published weekly on Saturday by Lee Publications 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President *Frederick W. Lee* V.P., General Manager *Bruce Button* V.P., Treasurer *Janet Lee Stanley* 

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## **Tales from the Minden History Whisperer**

by Robert C. Carter, Town of Minden Historian

The Haymarket Club, originally built (about 1828) during the infant years of the Erie Canal as Grant's Erie Canal grocery store directly on the south bank of the canal, is what would become known as The Haymarket Club in later years about 1880 to 1938. It was a kind of social entertainment gathering place for the more promi-

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nent and professional businessmen or "Dandies" of the Village of Fort Plain.

Located about three miles west of Fort Plain, between South Saint Johnsville and the village, stood the club. It was accessible directly from the old canal, and also by a road from the old River Road, which was actually the continuation of Fort Plain's Canal Street, long before the Thruway came in and the new River Road entrance on the top of the hill was made. Many of the members boated up the canal from Fort Plain to visit.

As the canal fell out of favor due to the railroad



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of transport, the canal store eventually ceased to exist. After a number of years, about the early 1880s — a group of "good ole boys" from Fort Plain decided to form a Gentlemen's Club and took possession of the former store. One of the founding members was George O'Connor, who owned the Fort Plain Standard newspaper along with his brother Walter and who also built the present Standard building on Canal Street. On a personal side note, George's and Walter's mother. Mary Sponable, was this writer's great-greatgrandmother's sister.

and more express forms

The Haymarket Club was a place where they would hold clambakes, fishing parties, dances with the ladies, beer drinking and general camaraderie. Speaking of beer drinking, they made their own "beer".

This beer was known as the "Cherry Valley Quickstep". This drink consisted of the juice of one lemon, one egg white, 15 to 20 mint leaves, 1/2pint of whiskey, 2 tablespoons powdered sugar, and finely chopped ice. Now, shake until frothy, sit down, lean back, relax, drink and await the results. Serves "2". This was a rather potent drink which was famously known around the countryside. Where the Cherry

Valley name came to be applied to it is unknown.

ORIGINAL VALLEY PENNYSAVER

During the 1920s, as the men either died off, lost interest, or their wives would not permit them to attend anymore, the club became less and frequented. The less building had not been used for some time and was well locked up. It was still owned by a few members from the village in the later years, with John Parr as the caretaker. It went down in a spectacular blaze on a Friday evening about 9 o'clock in late February of 1938.

Lester Walrath. who was the closest resident, discovered the blaze. It attracted a number of onlookers from Fort Plain and St. Johnsville and the surrounding area as the flames were reflected in the night sky. Upon arrival by many, the building was just about leveled and it was also realized that there were no fire departments in close proximity. So, it was deemed meaningless to try and save it. The fire was of unknown origin officially, but it was thought by many to have been ignited by a spark from a passing West Shore train which ran very close to the Club, or quite possibly a misguided tramp. Parts of the foundation might still be visible if one knows where to look. So closes the chapter on the Haymarket Club.



## **Fulton County Real Property Tax Foreclosure Auction 2018**

JOHNSTOWN, NY - Fulton County Treasurer, Edward T. Blodgett, has announced that Fulton County will hold a Real Property Tax Foreclosure Auction of real estate on Wednesday, June 20, at 11 a.m. at the Holiday Inn, located at 308 N. Comrie Avenue in Johnstown, NY. This year's auction will be conducted by the NYSAuctions.com Team.

All of the auction information, including the entire list of properties and the auction brochure, is available on the team's website www.NYSAuctions.com . A printed auction brochure is also available by visiting any Town or Village Hall within Fulton County, the Fulton County Clerk's Office, Real Property Office or Treasurer's Office located at 223 West Main Street in Johnstown, or by calling 1.800.243.0061.

Anyone interested in buying property at the auction is urged to attend a "Public Bidder's Seminar" being held at the Holiday Inn on Monday, June 18 with early bidder registration at 6 p.m. followed by questions and answers at 7 p.m. This informative seminar is conducted by company representatives and is particularly useful for those attending the tax foreclosure auction for the first time. A review the auction's "Terms and Conditions" and useful research tips will be provided to help bidders become more informed buyers. The seminar is a great opportunity to learn and to ask questions about the entire auction process. (A pre-recorded seminar is available 24/7 on the website.)

Several improved properties will be made available for preview on Tuesday, June 19. A showing schedule will be posted to www.NYSAuctions.com on Friday, June 15.

Auction-day registration will begin at the Holiday Inn promptly at 9 a.m. Prospective purchasers must register and provide a government-issued photo ID such as a valid driver's license or passport and social security number (for companies, bring copies of state filing receipt proving incorporation, IRS issued EIN and resolution authorizing registrant to bid) before obtaining a bidding number. The deed will be issued in the name/entity that is on the registration forms, and ownership of the property is conveyed when the deed is recorded in the Fulton County Clerk's Office.

Successful bidders will be required to place an immediate deposit of \$1,000 or 20 percent of the total contract price (whichever is higher) at the auction. The deposit must be paid by cash, bank teller's/cashier's check or money order payable to "Fulton County Treasurer," or by credit/debit card (Master Card, Discover Card or VISA). Business or personal checks will not be accepted. All properties are sold "as is" and officials suggest prospective bidders complete their research prior to bidding at the auction.





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#### by JoAnn Derson

• When you replace batteries, write the date of installation on the actual battery with a permanent marker.

• "Get a sock bag for your laundry room. In our house, all stray socks go in the bag. Sometimes I will find a lone sock in a dresser drawer or under the bed. Chances are good I'll find its mate in the sock bag." — I.L. in Pennsylvania

• "If you're cooking ribs for a large group, you should use a small cooler to store them. I have two. I cook my ribs in the oven, then finish them on the grill. So, cooked ribs out of the oven go in a small blue cooler, and when they are finished on the grill and I'm ready to grill the next batch, they go in a red one. These are ready to eat. They don't lose much heat this way, and the meat will fall right off the bone."

- T.S. in North Carolina

• "I sew a lot and do alterations for many people. I have found that if I use invisible thread for the top thread and change bobbins for different colors that I save a lot of time not threading the needle every time I do a different-colored garment." - J.S. via email

• Dollar-store game hack: "I purchased a set of laundry bags at the dollar store. I use them to

keep our building sets intact inside a larger container for Legos®. The bags are mesh, and they don't bubble up and waste space like the plastic zipperclose bags." — H.K. in Missouri

• If you keep a couple of crackers in your sugar jar, they will keep the sugar from caking. Plain saltine crackers work best, especially the no-salt kind.

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## **Calendar of events**

#### Now - June 10

The Fort Plain Museum's American Revolution Mohawk Valley Conference. June 7-10. Most of the conference will be held at the Fulton-Montgomery Community College. To register or for further information, please visit http:// www.fortplainmuseum.com/conference or email info@fortplainmuseum.org or call 518.774.5669. To register or for further information, please visit http://www.fortplainmuseum.com/conference or email info@fortplainmuseum.org or call 518.774.5669.

#### June 9

Poland Fire Company Auxiliary Flea Market, Craft Fair & Chicken BBQ. Event: 9 a.m. - 3 p.m. Chicken BBQ: Noon until all gone. Poland Firehouse, 216 Rt. 8. Between Poland and Cold Brook. Take-Outs: 315.826.7141.

Friendship Craft Festival. 9 a.m. - 3 p.m. Church Of Christ Uniting. Spring Park on Scenic U.S. Route 20. Richfield Springs. For event info e-mail friendshipcraftfestival@ yahoo.com. For festival details go to www.rschurchofchristuniting.com.

#### June 12

Canajoharie/Palatine Bridge Chamber of Commerce Meeting. 6 p.m. Arkell Center. Canajoharie.

#### June 13

Knitting — how to make mittens. Crochet — how to make granny squares with Carol Balfe. Arkell Center. Canajoharie. Bring a project or want to learn — bring a friend.

#### June 13, 20 and 27

Senior Citizens Pinochle Card Party. 12:30 - 4 p.m. Arkell Center. Canajoharie. \$2 donation. Prizes and refreshments. If you would like to sub, call Terry at 518.673.5635.

#### June 14, 21 and 28

Writers Group at Fort Plain. 3-5 p.m. Fort Plain Free Library. 19 Willett Street. Fort Plain. Held each Thursday. Call 518-993-4646 for information.

Diet Club. 10:15 a.m. - 11 a.m. Gallery at Arkell Center. Canajoharie. New York. The goal is to be accountable while losing or maintaining your weight. Call 518.673.2112.

Creative Textile Fibers Group. Fort Plain Free Library. 19 Willett Street. Fort Plain. Held every Thursday. Call 518-993-4646 for information.

#### June 14

Liberty Bell Choir will perform Patriotic Music. June 14 18. 1:30 p.m. Arkell Center. Canajoharie.

#### June 15-17

2nd Annual Cherry Valley Outdoor Games. 9 a.m.-8:30 p.m. Friday. 8 a.m.-10 p.m. Saturday. 8 a.m.-5 p.m. Sunday. Cherry Valley Alden Field Center. For more information email: cwatbeau@gmail. com . Website: http://cherryvallevoutdoorgames.com. Facebook: www.facebook.com/northeastqualifier. 2 Genesee Street. Cherry Valley. For more information email: cwatbeau@gmail.com . Website: http://cherryvalleyoutdoorgames. com. Facebook: www.facebook. com/northeastqualifier.

#### June 16

Ames Museum Open to Visitors. 9 a.m. - 3 p.m. Ames Musem. Ames. Contact: 518.673.5820, f@ amesmesuem or www.amesmeseumweebly.com.

Free Clothing Giveaway. Doors open at 8:45 a.m. for 9 - 11 a.m. giveaway. Valley Alliance Church. State Highway 5 one mile east of the Nelliston traffic light. Doors open at 8:45 a.m. Refreshments will be provided.

Kickball Tournament. Arc Park. Herkimer. The kickball event will support Arc Park, which provides recreational opportunities for people of all abilities. If you or your team are interested in participating, please contact Frank Reid at 315.574.7347 or freid@archerkimer.org.

#### June 20

Local History Round Table. June 20 18. 6:30 – 8:30 p.m. Fort Plain Free Library. 19 Willett Street. Fort Plain. Local history enthusiast Luann Fisher presents a free slide show depicting scenes of historic Fort Plain. For more information, please call the library at 518,993,4646.

#### June 21

John Devalve will present "Local Birds" slideshow. 1:30 p.m. Arkell Center. Canajoharie.

#### June 22

Canajoharie Senior Citizens Meeting. 1 p.m. Arkell Center. Canajoharie.

#### June 23

Rabies Clinic. 9 a.m. - noon. Canajoharie Fire Department Garage. 39 Mohawk St. (not Fire House). Canajoharie. For more information call 518.853.3531.

#### June 26

**Alzheimers Caregiver Support** Group Meeting. 10-11 a.m. Arkell Center. Canajoharie.

#### June 28

Water Color with Shanna Becker. June 28 18. 1:30 p.m. Canajoharie. Bring a friend. \$10 each.

Get Stuck on Stamps. 6:30 - 8 p.m. Fort Plain Free Library. 19 Willett Street. Fort Plain. Held each fourth Thursday of the month. Call 518-993-4646 for information. July 7

Ames Museum Open. 9 a.m. - 3 p.m. New York. Contact 518.673.5820. See us on f@amesmuseum or amesmeuseum.weebly.com. We are collecting names and contact information for people who went to school there for a reunion on Aug. 11.

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

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## 4th Annual Putman Porch Music Series at Schoharie Crossing

FORT HUNTER, NY — Schoharie Crossing State Historic Site has announced the return of the Putman Porch Music series for its fourth year starting on Thursday, June 7 at 6 p.m. This series invites local musicians to come spend an evening on the historic Putman Canal Store porch to jam and enliven the vibe of the former Erie Canal stop off. Putman's store building is located at Yankee Hill Lock on the grounds of Schoharie Crossing, 553 Queen Anne Road.

Musicians with an interest in American roots, bluegrass and folk music are encouraged to spend some time on the porch and be a part of a great experience. Much like a group of canawlers that happen to be stuck waiting at the lock, a few instruments and strong voices is all that is needed to pass the time.

Putman Porch Music will occur every Thursday in June from 6 to 8 p.m. These are free events open to the public. The grounds for the site are open all

year from dawn until dusk. For information about this event or what is available at Schoharie Crossing, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov . Find and like us on Facebook. For more information about New York State Parks,

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visit the website at www.nysparks.com . New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by more than 60 million people annually. For more information on any of these recreation areas, call 518.474.0456 or visit www.nysparks.com , connect on Facebook, or follow us on Twitter.



Schoharie Crossing State Historic Site has announced the return of the Putman Porch Music every Thursday in June from 6 to 8 p.m. These are free events open to the public.

Photo courtesy of Schoharie Crossing State Historic Site

## Productive ways to spend the summer after graduation

Graduation is a momentous day in the lives of college students. After years of schooling that dates all the way back to preschool or kindergarten, newly minted college graduates are finally ready to begin their professional lives.

That can be a scary prospect for some students, especially those who graduate without jobs lined up. The summer after graduating from college can be a time like no other in the lives of new graduates. It can be easy to grow dejected as weeks or months go by without receiving a job offer. But spending the summer after graduation as productively as possible can help graduates overcome any dejection they might feel and increase their chances of landing a job.

• Contact career services offices at your alma mater. Career services offices can help recent graduates as they look for their first jobs out of college. Such offices may have access to job and internship opportunities that grads do not. In addition, they may coach grads on interviewing techniques and on ways to stand out in crowded job markets.

• Seek internships. If part- or full-time employment is proving elusive, don't be afraid to seek and ultimately accept internships, which can provide a way for grads to get their foot in the doors in certain industries. Summer internships may already be filled, so scour job boards for fall or winter internships.

• Start networking. Students who interned can get in touch with their past supervisors or mentors and find out if the company is hiring. Such people may be more inclined to bring someone with direct experience onboard — even if that experience was brief and unpaid. In addition, grads can connect with adjunct professors who work in their desired fields.

• When job hunting, don't get pigeon-holed by your major. Just because a student graduates with a particular degree does not mean he or she needs to look for work in that field. In fact, many companies may prefer entrylevel applicants with degrees that are not specific to their industries so their new hires are blank slates who can be easily trained. • Attend job fairs. While other graduates may be taking the summer off, enterprising grads looking for work should attend as

many job fairs as possible. Graduates likely won't leave job fairs with employment offers in hand, but job fairs are a great way for grads to meet hiring managers and submit their résumés to potential employers.

• Customize a résumé for every job. Be sure the curriculum vitae is not static. Write and refine résumés for each job you apply for, mildly tweaking the wording or accomplishments to address the key phrases used in the job listing.



## Tips to improve memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

• Embrace recognition instead of trusting recall. Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told.

• Recognize the value of repetition. The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repetition increases the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same approach can be applied by adults who are trying to improve their memories.

• Eat a healthy diet. A study published in 2015 in the journal Neurology found that people who eat healthy diets with lots of

fruits. vegetables, nuts and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

• Break things down. Breaking things down into small chunks also



can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory. Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.



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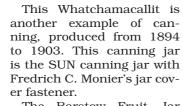
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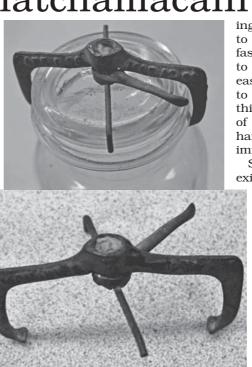


## Whatchamacallits



The Barstow Fruit Jar Company in New Jersey made the jar, trademarking the word "Sun" in the process. They gained use of the patented fastener on March 12, 1885. The fastener is a clamp, using a cam lever to keep the lid secured to the jar.

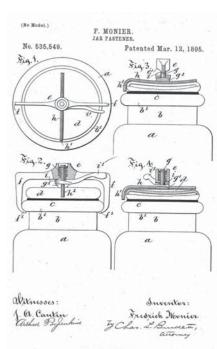
This jar caters to the appeal of using glass lids as opposed to metal lids. However, during the canning process, it was possible to burn your hands while clos-



ing or securing the lids to the jars. The cover fastener was invented to make securing the lid easier with little contact to the heated glass. In this way, the majority of the contact of a bare hand to the jar was minimized.

Some advertising still exists for this jar, claiming it to be the "only perfectly hermetically sealed jar...easy to open...strong...and simple", among other claims.

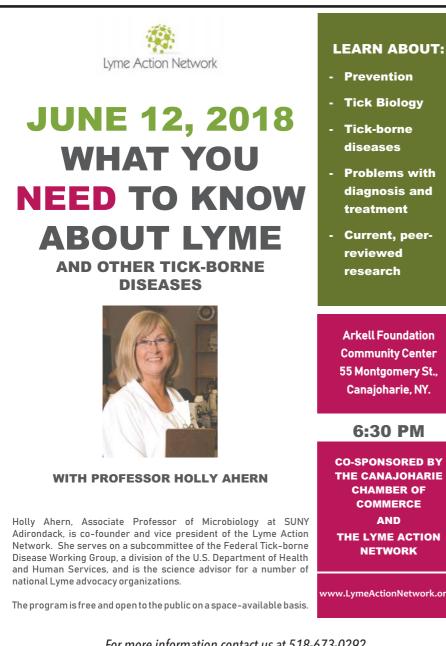
> The patent for the fastener shows how the product worked, using a system to secure itself to the jar before tightening down on the lid.



**Do you have your own Whatchamacallit?** Send a photo and short description to cbarden@leepub.com or call Camden at 518.673.0144 **10** • June 9, 2018



You may not know where you' re going, but so long as you spread your wings the winds will carry you. - C. JoyBell C.



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June 9, 2018 • 11



## Grow vertical vegetables

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

Many gardeners now have smaller gardens, either from lack of space or from lack of time to tend larger areas. If you're one of these, or if you just want to try something novel, grow some vegetables vertically.

Growing vegetables upright not only saves space,



but also makes harvesting easier. You don't have to stoop to cut fruit from the vines. This could be quite a saving for older gardeners or ones with back problems. Such culture keeps the fruit away from the ground, and allows better air circulation, so you should see fewer diseases and more easily spot any pests.

Pole beans (make sure you don't get the bush varieties) will climb up just about anything, even other plants. Native Americans used these in their traditional "three sisters" plantings of beans, corn and pumpkins. The corn stalks provided support for the beans, and the pumpkins (or other squash) provided a groundcover or living mulch below. Just make sure if using this method to give the corn a head start, or the fast-growing beans won't have anything to climb.

Pole beans also can be grown on bamboo teepees, trellises or over an arbor. The scarlet runner bean is old-fashioned and has attractive red flowers. There is even a variety of this now with yellow leaves — a nice contrast with the red flowers. Pole beans don't just add a vertical accent, but they keep producing longer than bush beans. They continue to grow, flower and fruit as long as you keep picking the pods.

Gourds and winter squash are cousins from the same family, with very long vines — up to 25 feet for the gourds and up to 10 feet for the squash. Both take a long season to mature, so in the colder northern gardens, give these a head start indoors in peat pots that then can be planted out. Heavy fruits of winter squash, such as butternut, should be individually supported by cloth twine (strips of used panty hose works great too) tied to the trellis or fence on which the vines are trained. For tying these and other vertical crops to their supports, avoid string which can cut into stems. Use a soft rope or cord such as cotton clothesline, or one of the thick and soft gardening ropes made just for this purpose.

Melons can be grown similar to winter squash, and their fruit similarly supported with cloth twine or even slings made of old towels, sheets, or rags. Use old-fashioned or patterned fabric for an additional decorative touch to the vertical garden.

Cucumbers (the traditional vining types, not the newer bush types) can also be grown up a trellis or Aframe structure. You can also make a cage of the heavy wire used to reinforce concrete. This will be quite strong, stand up on its own, and support the weight of the vines. You also can use cages of widemesh fencing, only this will need additional support such as from wooden stakes or iron rods. I prefer the latter as they don't rot and will last almost forever.

If using stakes of bamboo, decorative rods or the rusty-colored iron rods, make sure and purchase "cane toppers." These can be plastic or ceramic, just a ball or a decorative structure. They don't just add to the aesthetics, but also function to protect your eyes when working around them. If you can't find these, colorful pencil erasers work on thicker bamboo stakes. For one-half inch wide stakes, such as metal rods, use short pieces of clear plastic tubing (available at hardware stores) as toppers.

Peas, of course, are a favorite early season, upright crop suitable for the vertical garden. Choose the edible-pod or snow peas that produce longer vines than most shelling, or English peas. And since they produce early in the season during cooler weather, combine them with later maturing vines such as beans or cucumbers. Or you may sow peas again in late summer for a fall harvest.

Tomatoes that have stems that keep growing — the indeterminate varieties (check the seed packet or description for this feature) — perform much better grown upright than sprawling over the ground where the fruits can be damaged by disease and insects. You'll need a sturdy stake for them, and tie them to it at intervals with soft twine. There also are many types of sturdy and colorful wire supports that you can buy to support these vining tomato varieties.

But don't just think about growing vegetables upright, as some such as peppers and cherry tomatoes can be grown in hanging baskets. Good compact cherry tomato varieties include the classic Patio, Tiny Tim or the newer Micro Tom. Cascading tomatoes good hanging include the popular Tumbling Tom or Cherry Falls.

Another option for a vertical garden is to plant in containers or large window boxes which are hung from a wall, trellis or placed on shelves. Putting containers on shelves of an A-frame, similar to the rungs of a ladder, ensure that the top containers don't shade those underneath or drip excess water on them and cause diseases. If growing in containers on a wall, choose one facing south or southwest for the most light.

Many vegetables can be grown in containers arranged vertically. Greens for such a planting include lettuce, spinach or Swiss chard. For microgreens — basically leafy seedlings harvested young there are many choices including cabbage, beets, mustard and basil. Quite a few herbs can be grown in vertically-arranged containers, such as parsley, mint, sage, oregano, basil and chives. Such smaller plants lend themselves to modular vertical planting systems, which you can find in some complete garden stores and online.





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## **Kitchen Diva**

#### Shelf by Angela Medearis

I'll drink to that I try to drink the recommended amount of water each day, but sometimes I want a healthy alternative. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients.

while others may provide nutrients but too much fat and too many calories. Here are some tips from myplate.gov to help you make better beverage choices.

Drink water

Drink water instead of

### day as beverages drinking water can help you manage your calo-

**Kid-friendly** drink zone

ries.

Make water, low-fat or fat-free milk, or 100 percent juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Put them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink 1/2 to 1 cup, and adults can drink up to 1 cup of

#### water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles also are easy on the environment.

Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium and calories to help you make better choices.

### Compare what

you drink

Food-A-Pedia, an online feature available on the SuperTracker web-



Try this healthy recipe for a Citrus Coconut Water Refresher. Photo by Depositphoto

sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

#### How much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

#### A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

Manage your calories Drink water with and between your meals. Adults and children take in about 400 calories per

100 percent fruit or vegetable juice each day. Don't forget

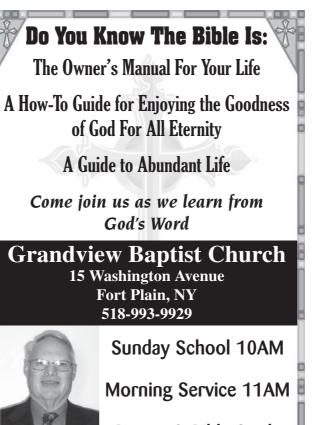
### your dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens and adults need 3 cups of milk per day, while children ages 4 to 8 need 2 1/2 cups and children 2 to 3 years old need 2 cups.

### Enjoy your beverage

When water just won't do: Enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to stay within calorie needs. Select smaller cans, cups or glasses instead of large or supersized options. Water on the go

Water is always convenient. Fill a clean, reusable



**Prayer & Bible Study** Wed. 6:30PM

also restores hydration and replenishes electrolytes lost during exercise.

#### **Citrus Coconut-Water** Refresher

2 cups coconut water 1/4 cup lemon juice freshly squeezed

1/2 cup orange juice freshly squeezed 2 tablespoons lime juice

freshly squeezed

2 teaspoons stevia or

agave syrup 1 cup ice

1/2 orange, lime or lemon, sliced

Place all of the ingredients except the sliced fruit into a blender and blend until well-incorporated. Serve with citrus slices. Makes 2 to 4 servings

(c) 2018 King Features Synd., Inc., and Angela **Shelf Medearis** 



Pastor Dan West

in the second

part of a green coconut and start drinking. Store the coconut in the refrigerator and consume it within two to three weeks of purchase. You also can buy bot-

tled coconut water at most grocery stores. Be sure to read the ingredient list to make sure you're getting 100 percent coconut water. Some bottled brands contain added sugar or flavoring.

site, can help you com-

pare calories, added sug-

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Try this healthy recipe

for a Citrus Coconut Wa-

ter Refresher. It's a deli-

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fresh fruit juices and the

nutritious benefits of co-

conut water into your

Coconut water is the

juice found naturally in

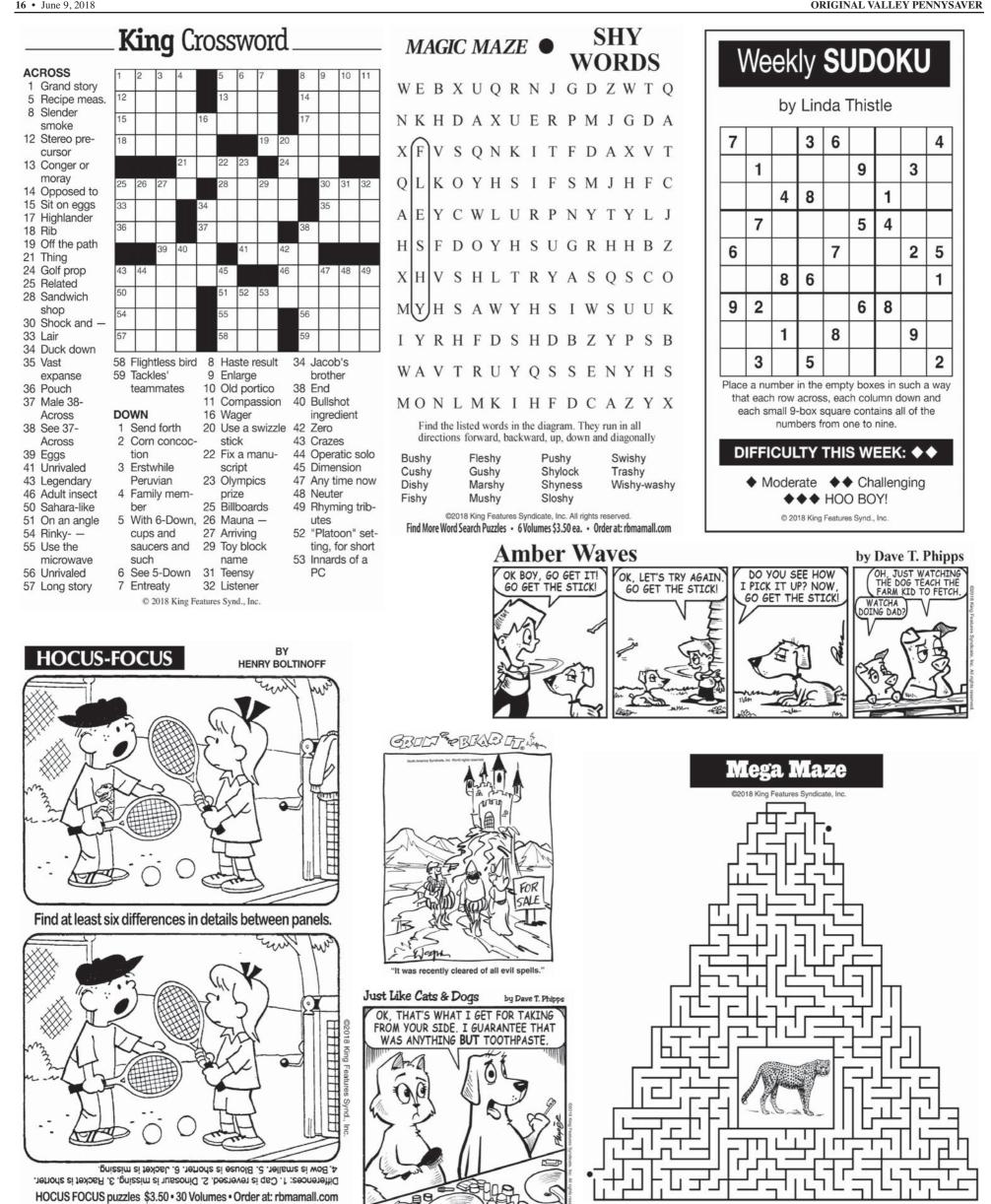
the center of a young,

and very little fat.

vorite beverages.

daily diet.

Research has shown that coconut water can lower blood sugar levels and improve other health markers in diabetic animals, guard against the development of kidney stones, reduce cholesterol levels and liver fat, reduce blood pressure levels and blood clots. It



## What is foodborne illness?

Foodborne illness is preventable, yet it causes an estimated 48 million illnesses and 3,000 deaths each year in the United States. It is an illness that comes from eating contaminated food. The onset of symptoms may occur within minutes to weeks and often presents itself in the form of nausea, vomiting, diarrhea or fever. Because the symptoms are often flulike, many people may not recognize that harmful microorganisms (germs) in food cause the illness. Everyone is at risk for getting a foodborne illness. However, some people are at greater risk for experiencing a more serious illness or even death should they get a foodborne illness. Those at greater risk are infants, young children, pregnant women and their unborn babies, older adults and people with weakened immune systems (such as those with HIV/AIDS, cancer, diabetes, kidney disease and transplant patients.) Some people may become ill after ingesting only a few harmful germs; others may remain symptom free after ingesting thousands.

## How do bacteria get in food?

Germs may be present on food items when you buy them. For example, plastic-wrapped chicken parts and ground meat came from live chickens or cattle. Raw meat, poultry, seafood and eggs are not free from germs; neither is fresh produce such as lettuce, tomatoes, sprouts and melons. Many germs are naturally present in our environment. Germs that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Not all germs cause disease in humans. For example, some are used to create cheese and yogurt. Foods, including safely cooked and ready-to-eat foods, can become crosscontaminated. Germs can be transferred from raw egg products, raw meat, poultry and seafood products and their juices, or from food handlers who do not practice safe handwashing to the food you eat. Most cases of foodborne illness can be prevented with proper cooking or processing of food to de-

stroy the germs. **The "Danger Zone"** Germs increase in numbers between temperatures of 40°F and 140°F. To keep food out of this "Danger Zone," keep cold food cold and hot food hot.

• Store food in the refrigerator ( $40^{\circ}$ F or below) or freezer ( $0^{\circ}$ F or below).

• Cook meat, poultry and leftovers to a safe minimum internal temperature of 165°F by using a food thermometer.

• Cook, beef, veal and lamb roasts to 145°F; "fully cooked" ham to 140°F and fresh ham, pork, and egg dishes to 160°F.

 $\bullet$  Maintain hot cooked food at 140°F or above.

• Egg products can be substituted in recipes typically made with raw eggs, such as eggnog, custard, or key lime pie. Be sure that eggs and products containing eggs are thoroughly cooked when serving those at higher risk for foodborne illness.

In case of suspected foodborne illness follow these general guidelines: • Save a sample of the

 $\boldsymbol{food}.$  If a portion of the





#### suspected food is available, wrap it securely, mark "DANGER" and freeze it. Save all the packaging, such as cans or cartons. Write down the food type, the date, the time it was eaten, and when symptoms began. Save any of the same un-

opened foods.Seek treatment as

**necessary**. If the victim is in an "at risk" group, seek medical care right away. Likewise, if symptoms continue or are severe (such as bloody diarrhea, excessive nausea and vomiting, or high temperature), call your doctor. • **Call the local health** 

• Call the local health department if the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product.

• Call the USDA Meat and Poultry Hotline at 1.888.674.6854) if the suspect food is a USDAinspected product and you have all the packaging.

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5 whole (5 to 6 inch) whole-wheat or white

pitas with pockets

1/2 cup coarsely grated Parmesan cheese Salt (optional)

by Samantha Weaver • It was computer guru

Jef Raskin who made the following sage observation: "Imagine if every Thursday your shoes exploded if you tied them the usual way. This happens to us all the time with computers, and nobody thinks of complaining.

• The Secret Service is well-known today as the protector of the U.S. president, so you might be surprised to learn that it was originally established to fight counterfeit currency.

• The world record for the most published works by a single author is held

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ASTRAY

by L. Ron Hubbard (who also, incidentally, founded the Church of Scientology). His first work was published in February 1934, and his final work — number 1,084 — was published in March 2006.

Doubtless you've heard of the Taj Mahal in India, but did you know that there is a tourist attraction in America that is so grand it is popularly known as the Taj Mahal of the West? In 1968, a group of Hare Krishnas founded the New Vrindaban Community near Wheeling, WV. Though they began on 100 acres with no electricity or running water, the communi-

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**Good Housekeeping** 

1. Heat oven to 350°F. In cup, with fork, mix oil, cumin and ground red pepper.

2. With knife or kitchen shears, carefully split each pita in half. Brush 1 side of pita halves with oil mixture. Cut each half into 8 wedges. Arrange wedges, oiled-side up, in 2 ungreased 15 1/2-by-10 1/2-inch jelly-roll pans. Sprinkle with Parmesan, and salt if you like.

3. Place pans on 2 oven racks, and bake crisps 12 to 15 minutes or until golden, rotating pans from upper to lower racks halfway

## **Strange But True**

ty now covers more than 1.200 acres and features Prabhupada's Palace of Gold, an ornate edifice of gold, marble and handcarved teakwood. The award-winning rose garden alone is said to be worth a trip.

• Those who study such things claim that in the wild, animals don't die of old age.

• The town of Key Largo, FL, did not exist before the 1948 film of that name starring Humphrey Bogart made it famous. • Due to a series of earthquakes in 1811 and

1812, the Mississippi River ran backward for a time.

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7 5 9 through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or large self-sealing plastic bag up to 1 week. Makes 80 crisps.

\* Each crisp: About 20 calories, 1g protein, 2g carbohydrate, 1g total fat, 30mg sodium. For thousands of triple-tested recipes, visit our website at

www.goodhousekeeping.com/recipes .

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Thought for the Day: "To fall in love is to create a religion that has a fallible god." — Jorge Luis



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## Youth observe 2018 Fort Plain Memorial Day

by Elizabeth A. Tomlin An annual Memorial Day celebration and parade took place in Fort Plain, where members of VFW Post 3275, were

once again honored to host the event. Although most of the

wreath into the river to honor lost Navy heroes, many older folks who service was traditional, usually attend the cerewith the march to the mony were notably absent this year. However, bridge and throwing the

many young faces were in attendance. "Memorial Day is important to me," said

ORIGINAL VALLEY PENNYSAVER

YOUTH 22



Girl Scout Troop 2309, under the leadership of Jamie Norton, attended the ceremony at the Fort Plain VFW and marched in the parade.

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> David Prahst reads the last verse of the Star Spangled Banner aloud before closing the ceremony in prayer.

Photos by Elizabeth A. Tomlin

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LOOKING for it? Selling it? Looking for work? Looking to hire... give us a call at 518-673-0111 to place your reader ad today. **What car colors may say about drivers** Cars and trucks may be modes of transportation, but many people because of their metallic hues. Silver v

see their vehicles as extensions of their personalities. The color of a vehicle can say a lot about its driver. In fact, automotive experts say color affects drivers' decisions when they're buying new vehicles. In 2015, a survey from PPG Automotive Coatings found the color palette of black, silver, gray, and white makes up 75 percent of new cars on the road. White has been the most popular car color for years, perhaps because neutral tones tend to look new for years, improving resale value as a result.

The Pantone Color Institute periodically highlights popular trends in colors for home decorating, graphic design, fashion, and much more. Their experts know a thing about what color can say about a person. Here's a look at how drivers may perceive themselves (and how others view them) based on their color choices in vehicles, courtesy of Pantone, NerdWallet, Thrillist, and Today.com.

• White: This color — perhaps thanks to the popularity of Apple products — can often project a persona of a diligent, hardworking person. White is a dependable color that also is sleek and modern. Many people who prefer white also like the purity of the color and its perceived cleanliness.

• Black: Black vehicles have stood the test of time as status symbols. Those who purchase black cars may view them as classic and powerful. Black also conveys elegance. That's why limousines and hired cars are often black.

• Silver: Silver cars may have futuristic connotations

because of their metallic hues. Silver vehicles also can be elegant and prestigious. A certain element of modernity is associated with silver cars and trucks.

• Gray: People who choose gray vehicles may be less concerned about status and more interested in a vehicle that blends in with the crowd. This no-nonsense hue could be ideal for cautious, even-keeled drivers who like to go with the flow.

• Blue: Light blue to mid-blue cars convey a sense of calm and coolness. Blue is a dependable color and may indicate the person behind the wheel is friendly. Dark blue can be a confidence-booster and also signal authority, as many police cruisers and law enforcement uniforms feature deep blue.

• Red: People who own red cars probably like flash and attention. They're likely magnetic personalities who enjoy standing out in a crowd.

• Brown/beige: These earth-toned shades may indicate a person who is not pretentious, but easygoing and fiscally responsible. Reliability and comfort is prized above flashiness for those who go brown and beige.

• Green: Green cars indicate owners who have a very strong sense of self and care little about what others think of them. They may be the people who march to the beat of their own drums. But the popularity of green cars peaked in the 1990s, so fewer green cars may be on the road today than in the past.



## All things automotive

#### YOUTH from 20

Canajoharie High School senior Lanie Hanson. Hanson was one of the many young folks taking part in Memorial Day events. "It's good that we honor the people who lost their lives to protect ours.'

Valley Alliance Church, Nelliston, attended the VFW service in uniform and commented on Me-YOUTH 23

Pastor David Prahst of



Veterans stand at attention, while Fort Plain American Legion Commander James Peck reads from the bible before throwing the Memorial Wreath into the Mohawk River during a ceremony hosted by the Fort Plain Earl Stock Memorial VFW Post.



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## All things automotive

#### YOUTH from 22

morial Day.

"I believe it's good for U.S. citizens — especially the younger people — to realize that 'freedom isn't free,' " remarked Prahst. "Many people gave their lives so that we can enjoy the freedoms that we have."

Prahst said he started out his military career at the Air Force Academy, becoming a pilot in the USAF. "Later on when I got hired to fly for US Air out of Pittsburgh, I joined the Pennsylvania Air National Guard. After 22 years, I retired as a Lieutenant Colonel."

This was the first time Prahst had been invited

to be involved with the Memorial Day celebration in Fort Plain and he closed the opening ceremony with a reading and comments on the last verse of the 'Star Spangled Banner,' and prayer. U.S. Army Combat Veteran, Natalia A. Shefczuk, originally from the Canajoharie area. worked two tours — both in Iraq. Shefczuk said she was a Sergeant when she was hit by shrapnel

and sent home. "Memorial Day was originally started to honor the fallen," said Shefczuk. "The sacrifice of any life to fight for what they believe in is the greatest honor anyone could hope for." Seventeen-year old Connie Louise Frasier said she thinks it is important for the younger generation to observe Memorial Day to preserve history.

"It saddens me that most people think it's just for a day off or a parade," Fraiser said. "It is to remind us of those that have passed away. We all have loved ones that have gone, but we really need to remember the veterans. The ones that gave their lives for our freedom."

Fraiser said adults should instill the gift of freedom in young people. "The tradition must carry on to show our appreciation."

Hanson agrees.

"We should continue to observe Memorial Day," Hanson commented thoughtfully, "because the people who sacrificed their lives are the reason our life is so good."

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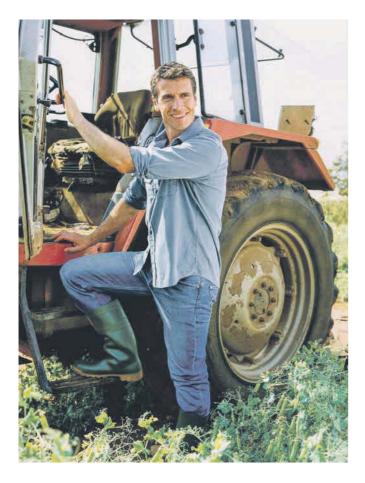
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