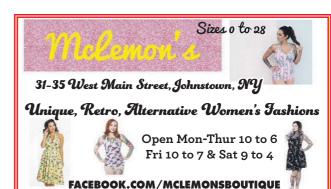
# Pennysaver Pennysaver

Serving the Homes of the Mohawk Valley

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**June 23, 2018** • Volume 9 • Number 37 • 518-673-3237





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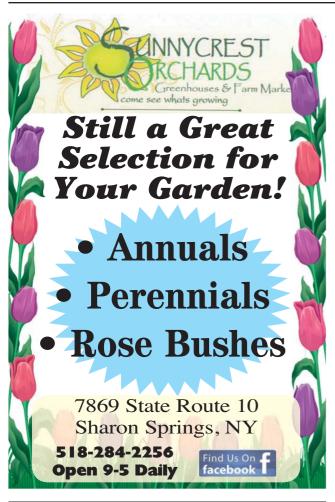
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#### **Senior News Line**

by Matilda Charles

#### Here's How to Stay Cool This Summer

Summer isn't officially here, but there is at least one location in the country where the temperature reached 100 degrees F. Much of the Sunbelt already is seeing highs in the 90s. All of those numbers are going to rise in the coming weeks. It's the time of year for seniors to beware the heat. Here are some tips:

- If you have window air conditioners that someone installs for you each year, schedule it earlier rather than later. Once the interior walls in your house get warm, it's hard to bring those temperatures down.
- Consider sun-blocking drapes for windows on the south and west side of the house. Keep them closed during the heat of the day.

## Beat the Heat This Summer

- Join afternoon activities at the library and senior center. That way you'll be in air conditioning when the heat is at its worst. If you can get to the mall, go there. Sit in the food court and read a book, or walk some laps for exercise.
  - Plan your errands for early or late in the day.
- Call your doctor's office and ask about your water intake. Be sure to tell them all of your medications; some drugs can make it too easy to become dehydrated, especially if you take diuretics. Remember that sugary drinks don't count as liquid intake.
- Keep an eye on your neighbors if they're out in the yard. If you go out, use a wide-brim woven hat. Check the weather and keep an eye on the heat index. Wear loose cotton clothing.

Remember: We seniors don't always know when we're getting overheated. Heat exhaustion or heat-stroke can creep up on us because our circulatory system doesn't work like it used to. Know the symptoms of heat exhaustion: weakness, headaches, dizziness and muscle cramps. The more serious heatstroke can follow only 10-15 minutes later.

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STREET WIDE Garage Sale, Churchill Street, Little Falls. Saturday, June 30th, 9am to 4pm.

GARAGE SALE: Lots of items! Too much to mention. Friday, Saturday & Sunday, 10-5, 5826 State Hwy. 29, Lassellsville



When you reach the end of your rope, tie a knot in it and hang on.

— Franklin D. Roosevelt













A ministry of Faith Bible Church www.fbcministriesny.com

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Preparations are currently under way for Faith Bible Academy to begin its 45th year of operation this September. The private Christian school, located two miles north of the village of Carlisle on Carlisle Road is a ministry of Faith Bible Church. David White, principal notes that applications are currently being received. For information concerning the academy, interested persons should contact the school at (518) 234-3497.

Faith Bible Academy admits students of any race to all the rights, privileges, programs, and activities generally accorded or made available to students of the academy.

Faith Bible Academy does not discriminate on the basis of race in the administration of its educational policies, admissions policies, and other school administered programs.

## Pennysaver

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1 tablespoon taco seasoning

6 wheat hamburger buns

1. In a large bowl, combine meat, carrots, zucchini,

green pepper and onion. Stir in barbecue sauce, soy sauce and taco seasoning. Using a 1/3-cup measuring cup as a guide, form into 6 patties.

2. Place patties on a medium-hot grill. Cook about 10 minutes on each side or until no longer pink in center. For each serving, place 1 patty on a hamburg-

Hint: These also can be cooked in a large skillet sprayed with butter-flavored cooking spray. Cook for about 12 to 15 minutes.

\* Each serving equals: 180 calories, 4g fat, 16g protein, 20g carbs, 462mg sodium, 8mg calcium, 4g fiber; Diabetic Exchanges: 2 1/2 Protein, 1 Starch, 1 Vegetable; Carb Choices: 1.

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#### Calendar of events

#### 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.

#### **Starts June 26**

Brookwood Point History & Garden Tours this summer. June 26, July 23 and Aug. 22. 6 p.m. Brookwood Point Garden. Cooperstown. NY. To RSVP or for more information about Otsego Land Trust, email OLT's Communications and Outreach Manager Becky Talbot at becky@otsegolandtrust.org or call 607.547.2236.

#### **June 27**

Nelson Brothers Band Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

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.

Wednesdays at Fort Klock. 6:30 p.m. Schoharie County author Jeff O'Connor will discuss early 18th century Palatine Migration History, from Europe to New York. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!

#### June 28

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

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

Get Stuck on Stamps. 6:30 - 8 Fort Plain Free Library. 19 Willett Street. Fort Plain. Held each

fourth Thursday of the month. Call 518-993-4646 for information.

#### July 4

Annual Strawberry Festival. 12-4 p.m., the reading of the Declaration of Independence and the 2018 Fort Klock Art Contest Show. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!

#### July 7

Ames Museum Open. July 7 18. 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.

#### July 10

Rabies Clinic. 6:30 - 7:30 p.m. St. Johnsville Town Barn. 7431 Route 5. St. Johnsville. For more information call 518.853.3531.

#### July 11

The Oldies Show Band Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

#### July 18

Double Image Band Concert. July 18 18. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Wednesdays at Fort Klock. 6:30 p.m. Wade Wells, Historic Site Manager Johnson Hall, will discuss the 18th Century Funeral and mourning practices. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Face-

#### **July 25**

Dan Duggan and Peggy Lynn Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Wednesdays at Fort Klock. 6:30 p.m. Kevin Richard-Morrow, Captain of the Mabee Farm Bateaux "DeSager", will discuss the Mohawk River's role in 18th century commerce. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Face-

#### **July 27**

Stone Soup Concert. 7 p.m. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!

#### July 30

Golf for Mohawk Valley Libraries event. 9 a.m. Canajoharie Golf & Country Club. For complete details and registration, call Eric at 518.355.2010 x223 at the Mohawk Valley Library System.

#### Aug. 1

Jamie Notarthomas Concert. Bandstand. Route 20. 7 p.m. Richfield Springs. For more information, call 315.858.0964. Aug. 1

#### Aug. 3-4

"Willy Wonka". 7 p.m. both days. Canajoharie High School. Canajoharie. "Willy Wonka", by Richard Dahl, is a musical being presented by Canajoharie-Fort Plain Summer Drama club. Tickets are \$6/adults, \$4/seniors and students.

#### Aug. 7

Rabies Clinic. 6:30 - 7:30 p.m. Palatine Town Barn. 817 Stone Arabia Rd. Fort Plain. For more information call 518.853.3531.

#### Aug. 7-9

Young Pioneers Program. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!

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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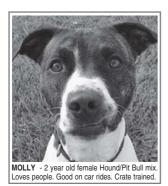
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ORIGINAL VALLEY PENNYSAVER 8 • June 23, 2018

#### Golf for Mohawk Valley Libraries event set July 30

Another opportunity is available to 'master your angle of approach' when you come to the Canajoharie Golf & Country Club on Monday, July 30, Start to benefit the braries of the Mohawk

at 9 a.m., with the 4-Person Scramble Shotgun of the 14 member li-

'Dream and Do Projects'

its fundraising arm, The Foundation for Mohawk Valley Libraries, in Fulton, Montgomery, Schenectady, and Schoharie counties. A full 18 holes with amenities beginning

with a continental break-

fast, drinks and snacks

lunch, on course competitions, three Ace opportunities, door prizes, 50/50, and raffles all for \$80 non-member, \$67 member including cart and greens fees. Guest lunch is \$30. Register by calling Eric at Mohawk Valley Library System 518.355.2010 x223.



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#### Avoid Lyme disease while gardening

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

Lyme disease is a potentially disabling disease of joints and the nervous system, spread by deer ticks. Knowing about this disease, how it is spread and steps to avoid it will allow you to continue gardening or enjoying the outdoors, along with your pets, without concern for these spider relatives.

Although this disease is rarely fatal, it can cause debilitating illness including heart irregularities, facial paralysis and impairment of the nervous system. Early symptoms to watch for include minor symptoms such as skin rash, fever, headaches and muscle and joint pain. Very characteristic, but not always present, is a skin rash called "erythema migrans". This rash appears as a red circular patch at the site of a tick bite within three days to one month. As it enlarges, this patch often takes on a "doughnut" or "bulls eye" appearance.

As ticks like warm spots, parts of the body to watch are thighs, groin, trunk, scalp and armpits. Ticks don't fly or jump, so you must come in contact with them and they crawl once on a body. Ticks are generally present within 18 to 24 inches of the ground.

Although there are no vaccines to prevent Lyme disease, it can be treated with antibiotics once diagnosed. Prompt treatment, however, is important.

Three types of ticks can carry Lyme disease, but deer (black-legged) ticks spread this in the Northeastern and North Central states. Ticks feed on small rodents, birds and deer that may carry the Lyme disease but not be affected by it. This is where the ticks pick up the bacterium and then transmit it to humans.

Although deer are what most think of as carrying ticks, field mice in many cases may be spreading them more widely. Opossums aren't usually thought of regarding deer ticks, but they're a huge help with them. As most mammals wandering through grass and brush, they attract ticks but, being very effective groomers, they kill 95 percent of ticks that try to feed on them

Obviously, avoiding places where ticks live or checking for tick bites if you are in such areas is a primary means of the prevention of Lyme disease. Ticks like cool, wet places such as wooded areas, piles of debris, stone walls and high grasses.

Since a deer tick must remain attached for 36 to 48 hours to cause infection, frequent checking for ticks is important. Both the nymph and adult stages of deer ticks can transmit Lyme disease.

If you find ticks, remember not all carry this disease. Half or more of tick bites cause an allergic reaction, but all such symptoms shouldn't be confused with the symptoms of Lyme disease. Such non-serious allergic reactions appear within a few hours or days, do not expand or have the bulls-eye feature, and disappear within a few days. Infections from Lyme disease usually start out about two inches wide, then expand. If the red area from a bite is under the size of a quarter, this is likely not Lyme disease and should disappear soon.

No matter what kind of tick you find, deer or otherwise, you probably want to remove it. DO NOT try to remove it with heat as from a match, or alcohol. This will only irritate the tick and cause it to more quickly insert more toxin. Instead, use a pair of fine-tipped tweezers to grasp the mouthparts of the tick as close to the skin as possible and firmly pull straight out. Fine-tipped is important, rather than normal tweezers that will simply squish ticks. Best to use is an inexpensive tick removal tool you can find at most drugstores.

Tips to prevent tick bites, in addition to avoiding their habitats, include:

- Wear light-colored clothing so you can spot ticks more easily.
- Wear long-sleeved shirts and pants to minimize exposure.

- Tuck pant legs inside socks or boots to keep ticks on the outside.
- Use an insect repellent containing 20 to 30 percent DEET, 10 percent for children, or picaridin. Most effective at killing ticks is permethrin, but only use this on clothing as it becomes ineffective on skin.

You also may find any number of repellents based on essential plant oils. Recent research (www.cdc.gov/lyme under prevention/natural repellents) showed effectiveness of several such oils such as rosemary, garlic, lemongrass, geranium and others.

• After being outdoors in high risk areas, inspect body surfaces closely. Place clothes in a hot drier to kill any ticks if on clothes.

**AVOID 10** 



Antiques, Lawn and Garden, Horse Tack, Household, New Tools

#### Saturday, June 30th • 10:00AM

301 McPhail Rd., Canajoharie, NY 13317

#### NEW: Milwaukee and Dewalt Tools:

Dewalt Circular Saws, Drills, Impacts, Lights and More Milwaukee Circular Saws, Drills, Impacts, Lights and More **ANTIQUES:** Large anvil in good condition; small anvil w/ chips; metal tubs and containers; antique tools; old trunks; antique apple cider press w/grinder on top; new apple cider press; antique rocker; antique saws; antique carriage lamp; misc. antique lamps; fireman's ax; drop leaf table; fireman statue; silverware set Rogers; desk; misc. furniture; old chairs; antique cast iron firemen toys and truck; crock; Philadelphia half spindle chairs; misc. old glassware; grandfather clock, needs work; old painting portrait from Germany; sewing machine cabinet; wooden toboggan.

**HORSE RELATED ITEMS:** Millcreek 3 ton ride wagon in great shape; feed tubs; pails; riding bits; western saddles; show bridles; halters; tack box.

**LAWN & GARDEN:** 2 snowblowers; 2 weedeaters; carts; wheelbarrow; ladders; hand tools; tractor lawn mower; aluminum scaffolding set; firewood organizer; DR wood splitter, 110 volt mechanical; Cub Cadet chipper shredder; chainsaw; gas cans; 9ft. wooden market umbrella; stock water tank.



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#### Whatchamacallits

Some of the items featured in Whatchamacallits may be true whatchamacallits. Others are very well known. This is Whatchamacallit is a piece of handwoven fabric.

Weaving is thought to have started in the Paleolithic era, 27,000 years ago. Although that is the current theory, it is well known that weaving has been around as early as 7,000 B.C. Early textiles were made from flax, cotton, wool or silk, depending on the civilization and materials available.

Weaving requires a basic but repetitive process. First, some thread is set up vertically on a type of board, becoming the taught warp that is the base of the project. Then more thread is interlaced horizontally, moving around the warp to create different patterns and textures. This

piece is called the weft or fill.

The pattern used in this Whatchamacallit is called the diamond twill. It is a pretty pattern and rather popular, but not the most basic method of weaving. This pattern starts with passing the west over one or more warp threads and then under two or more warp threads. This is continued back and forth across the width of the proj-

wool or silk, depending ect until the desired length is achieved.

Weaving always requires a great amount of time and effort, but the type of loom used could help the process along.



Last week's Whatchamacallit is still a mystery and we are looking for any information about what it could be.

If you have a guess or know what these items are, then we would like to hear from you.

You can call Camden at 518.673.0144 or email cbarden@leepub.com.



Do you have your own Whatchamacallit?

#### **Country Preacher**

by Pastor Dan West

James uses our control of In **James chapter 3** our tongue (signifying the



Thurs., July 5th Food Auction ~ 6:33PM Burrows Rd., West Winfield, NY • (315) 822-5221 WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

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

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

Monday, June 11th - Sold 176 head. Cull Ave. \$.54 Top Cow \$.64, Bulls/Steers \$.84 - \$.96, Bull calves top \$1.05, beef calves top \$2.10, heifer calf top \$ .73, Dairy Bred heifers top \$1125.

Mon. June 25th - Normal Monday Sale & Monthly Organic Day Sat. June 30th - Sale held on the farm Ilion, NY. 9:30AM. Wedgenock Farm Complete Machinery Dispersal. 7 late model tractors, 8 trucks, Self-Propelled Chopper, JD 9500 Combine - complete line of tillage, harvest & support equipment & misc. items. Watch for complete ads to follow! 45 years of accumulation around the farm come spend the day! GPS address: 391 Cedarville Road, Ilion, NY 13357. Owners: Terry & Bobbie Jones 315-822-5342. Full listing and pictures on our website -www.hoskingsales.com. Watch our facebook page for weekly pictures as we get things lined up.

THIS SALE HAS BEEN CANCELLED ------Sat. July 14th - Sale held on the farm Cazenovia, NY. Meadows Farm Complete Registered Waygu Beef Dispersal. We will be selling over 100+ Purebred cattle - Cows, Cow calf pairs, heifers, bulls & steers.

Fri. Sept. 7th - 11:30 AM sale held at the sale barn. Nutmeg Acres Complete Registered Brown Swiss & Holstein Dispersal. Selling 80 head - 60 Swiss 20 Holsteins. 45 milking age balance youngstock. Showage calves & heifers in this group all by popular sires! Owners: Lewis & Trudy Tanner, Warren CT. 860-868-2120 cell: 860-685-0708. Watch for more complete details.

Sat. Sept. 22nd - Sale to be held at Sale barn - New Berlin, NY. 12:00 PM E.S.T. Empire State Farms Complete Final Chapter Complete Fullblood Wagyu Dispersal. Approx. 100 lots sell including: Young & Mature cows, Bred & Open Heifers, herd sire prospects, preg. Recipients, cow calf pairs, embryos & semen. Watch for more complete 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.

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6096 St. Hwy. 8, New Berlin, NY 13411 cell: 607-972-1770 or 1771 things we say) as a gage of our faith. The word "perfect" in verse 2 means complete or to have reached a goal. Just as a small bit in a horse's mouth can change its direction and a small rudder on a large ship changes its course, so our diminutive tongue

and others' around us!

James, in chapter 3, verse 5, points out that a "little fire" (think "match") can start a "great matter" (think "wild fire"). He then likens the tongue to a match that can "set on fire the course of nature!" One person's gossip can damage the lives of many

people. You've seen it as well as I have. James says in verse 8 that the tongue is "full of deadly poison!" The old war-time saying "Loose lips sink ships" is just a modern version of James' admonition here.

Verse 10 says that we both bless and curse from the same mouth:

this should not be so he says, and gives several examples in the following verses of how unnatural and wrong it is.

The apostle Paul tells us in Ephesians 4:29 that everything we say should build strengthen (edify) those who hear it. Let's all work on that.

#### **Strange but True**

by Samantha Weaver

• It was French author, philosopher and journal-



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ist Albert Camus who made the following sage observation: "Nobody realizes that some people expend tremendous energy merely to be normal."

- Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-alike contest — and she lost
- If you're a sailor you're probably familiar with the hazards of being out on the water: high seas, storms, hidden reefs. You probably wouldn't count whales among the dangers, but you'd be wrong. In 2010, on a day sail out of Table Bay Harbor in South Africa, a couple on a 30-foot sailboat were whale-watching when

one got too close for comfort. A 40-ton whale they had been viewing breached right next to the boat and landed on the deck, breaking off the mast and then thrashing around before sliding back into the water. The whale lost some skin and blubber, but was otherwise unharmed: the couple were lucky to still have a seaworthy craft and made it safely back to the harbor.

- Married women aren't likely to be surprised by the following tidbit of information: Studies show that women with husbands typically do 30 percent more housework than single women do.
  - If you're heading to

the state of Washington with mischief on your mind, you'll need to keep in mind this state law: "A motorist with criminal intentions [must] stop at the city limits and telephone the chief of police as he [or she] is entering the town." I bet that one has been really effective in stopping crime.

• It's been reported that singer Sting doesn't use deodorant. In fact, after interviewing him for a concert once, the journalists nicknamed him "Stink."

Thought for the Day: "It's far better to be unhappy alone than unhappy with someone." Marilyn Monroe

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Learning never exhausts the mind. - Leonardo da Vinci

#### **AVOID** from 9

About 70 percent of people that contract Lyme disease catch it from ticks in their own yards. Tips to minimize

ticks in your landscape include:

- Keep your yard clean and free of debris, grass clippings, and leaf litter.
  - Keep grass mowed, es-

pecially along property edges.

- Trim shrubs near walks and patios and keep groundcovers away from these and play areas.
- Create a three-foot wide barrier, three inches deep, between lawns and wooded areas using gravel, mulch or wood chips.
- Keep woodpiles away from gardens and lawns.
- If you have deer nearby, or visiting your landscape, begin deer-proofing techniques. There are some articles on this on my website ( perrysperennials.info).

While one of the original web resources for tick information was from the University of Rhode Island ( www.tickencounter.org ), many states now have excellent resources too, as does the National Centers for Disease Control and Prevention ( www.cdc.gov/ticks

#### JR's Auction

7403 St Hwy 5 • St. Johnsville, NY 13452 • (518) 993-4668

**Gun Fishing Tackle and Sportsman Auction Wed June 20th 6:00pm** 

ALREADY CONSIGNED IS A Savage 300 model 99 with scope, Iver Johnson Model X, Quackenbush Rifle, Stevens 44 Caliber Rifle, Remington Model 1100 Semi 12 Gauge, Savage 303, Arisaka model 99, Navy Arms 12 Ga Double Barrel, MARLIN 30-30 Lever action Rifle, Stevens 222 Rolling Block Rifle, JC Higgins 22 Rifle, Marlin 22 Rifle bolt action. Just came in are 30 Tin Signs, Collectible Knives, Swords, brand new 22 ammo in box, & more still coming

#### TAKING CONSIGNMENTS FOR GUNS & AMMUNITION... **Records and Radio Tube Estate Sale!** Saturday June 23rd starts at 8:00am (ONE DAY ONLY)

We have over 1000 Records (78's and 45's) Radio Tubes, and 20 Stereo Receivers, Radios, Radio Service Manuals, and over 50 Antique Picture Frames...These records and other items come from different Estates and Clean Outs.. Will be set at JR'S in the pole barn....most of these items have never been thru the Auction.

Next Food and Grocery Auction FRIDAY NIGHT in St Johnsville Friday July 6th 6:00pm Mark Your Calendar...No Herkimer Food Auction until August....(due to summer Holidays)

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ORIGINAL VALLEY PENNYSAVER **12** • June 23, 2018

#### Planning for a memorable and happy graduation day

Graduation day can be an exciting and nervewracking experience. Steeped in tradition, graduation signifies the end of the line for academia for many students.

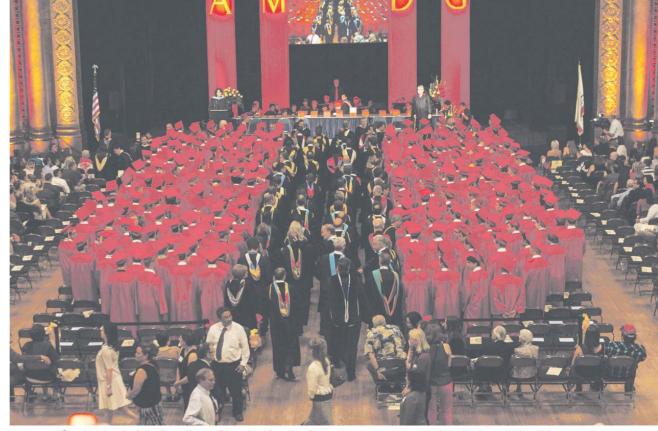
Knowing what to expect during the commencement ceremony and being prepared can help tame nerves and ensure the day moves along as smoothly as possible.

#### Get clothing set

Choose your attire several days before the grad-

the clothing that will be worn beneath the graduation gown along with the gown to ensure everything fits well. Collared shirts look classic beneath the gown for both female and male graduates. However, schools may have their own dress requirements that should be followed. Iron or have the dry cleaners press all items so they are crisp and free of wrinkles.

It's a good idea to wear



Graduation is full of tradition. Planning for the day can tame nerves and make it an enjoyable experience.

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flat shoes for the commencement ceremony. Whether traversing the football field or the school auditorium, flat, comfort-

able shoes will be easy to walk in and help graduates avoid slipping or tripping.

#### Fuel up

Depending on the size of the graduating class, commencement monies can take a few hours. Make sure to eat a hearty breakfast and be well-hydrated prior to leaving the house. If possible, bring along a small bottle of water. Outdoor ceremonies or those in stuffy auditoriums can mean contending with sun and warmth. Sipping water can prevent overheating.

#### Leave travel time

Much of the community will be en route to the graduation, making for congested roads and difficult parking situations. Do not add to nerves by rushing around. Give yourself an extra half hour or so to arrive at the destination and get settled. Suggest an early departure for guests as well, as the parking lot or onstreet parking will fill up quickly.

#### **Expect limited tickets**

Many schools have space restrictions and can only accommodate a predetermined number of

1 Full Bath,

attendees. Tickets may be limited to a specific number per graduate. Extend a courtesy to those who cannot be invited by explaining the ticket policy. Find a way to honor loved ones in another way, such as during a toast at an after-party or with personalized photo gifts.

#### Practice ceremony etiquette

The school will set the tone for the commencement ceremony. Formal schools may have a more buttoned-up atmosphere, while other schools embrace livelier traditions. Heed the direction of faculty, as there will be plenty of time to let loose after the ceremony.

Make sure that you give all graduates the respect they deserve by turning off cell phones. In addition, remain seated until the ceremony is over and allow each graduate to get individualized recognition and take photos without feeling rushed.

#### Wear academic dress properly

Graduation caps are worn flat on the head, parallel to the floor and with the front point centered on the forehead. The gown should be free of jewelry and flowers. Some schools will adorn caps and gowns with academic regalia, while others will not. Reserve your graduation party as a chance to personalize if vou so desire.



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054: **NEW LISITING!!!** 370 Dygert Road, **PALATINE BRIDGE**: A great four bedroom, 3 ½ bathroom home with a great view!! This beautiful home has cathedral ceilings and second floor balcony overlooking the living room with all windows on first floor overlooking the valley. There is a full length deck looking out over the ponds. Large 60 x 40 pole barn. The basement is partially finished with full bath and double doors to the outside The property has road frontage on Dygert St. and off Groff Road 16.2 acres. Handicapped accessible doors and bathrooms, need ramp 1 step up from garage. Asking \$325,000



282: NEW LISTING!!! 5 Erie Blvd. CANAJOHARIE: Looking for a Business Opportunity? Commercial building located directly across the street from the Arkell Museum & Library. This framing business retail store has been successful in the village of Canajoharie for 27 years. Take over this successful business or create your own vision n this space. Lower level has retail space, office areas and worksho space. Upstairs is currently being used as additional work space bu could be a potential studio apartment. Asking \$175



284: NEW LISTING!!! 129 Begley Road, ESPERANCE: Peaceful and quiet living come with this cozy three bedroom, two bath country home! A beautiful lawn and 4.5 acres to insure your rivacy. This home is in superior condition has an open floor pla low taxes, a huge yard and so much more. Located in Fonda-Fultonville School District. It is an easy commute to Schenectady or Albany. (Close to I-88 and Rte 20) Asking \$115,000



687: NEW LISTING!!! 130 Short Road, SHARON SPRINGS: The dream kitchen and open living and dining space will welcome you nome the moment you arrive. This is a four bedroom, two full bath home. You'll notice the care that has been placed in updating and maintaining every room here. The large outdoor living space has been transformed into a park-like setting. Asking \$209,000



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#### **Kovels: Antiques and Collecting**

#### by Terry and Kim Kovel Cabinet of curiosities

"Cabinet of curiosities" was the name of an important room in the 1600s and, years later, a "cabinet of curiosities" meant just a cabinet. The room often had displays of skeletons, minerals, horns and plants, and some man-made fantasies like a mermaid or piece of the "True Cross." Collections of medals, silverware, stamps, minerals and other unusual things were popular in later cabinets. The early elaborate rooms with unusual displays were a sign of social importance. The simpler cabinet suggested the owner was a scientist or researcher with less status. A recent James Julia auction sold a Victorian bird's eye maple specimen cabinet with carved trim. columns, cases, drawers of various sizes, locks, keys and a mirror. It had been refinished, so the 63-inch high cabinet sold for \$1,936. The cabinets sell quickly, no doubt to be used by a 21st-century collector.

**g:** I have a Pairpoint pickle castor, but I don't have the glass insert for it. Will this drastically reduce the price? Should I try to find a suitable piece of glassware and marry the piece or sell it as it is?

A: Pickle castors were popular in about 1890. A silver or other metal frame held a glass jar, which usually had a silver or silver-plated top. The holder had a handle and a hook that held a pair of tongs. Replacement frames and glass jars have been made. You may be able to find a replacement glass jar online, or at antiques shows and shops. A replacement glass insert won't add enough to the price to cover the cost of the glass and your time. Original pickle castors with colored glass insets sell from \$100-\$250.

**G:** I have an Edison GEM lightbulb from about 1905 with the sticker still on it. Can you tell me its approximate value and who would be interested in this?

A: The letters GEM stand for General Electric Metallized. The GEM filament was invented by Willis Rodney Whitney, the director of the Gener-

al Electric research lab in Schenectady, NY. GEM lightbulbs were made from 1905 to 1918, when

production stopped to conserve fuel during World War I. There are collectors who want any



This strange cabinet was made in the 19th century to display many small, unusual items, known then as curiosities. It auctioned for \$1,936.



unusual lightbulbs. Look for sources online that sell vintage lightbulbs. Most also will buy them. GEM bulbs sell online for \$10 to \$15.

#### **Current prices**

Yo-yo, tin lithograph, space shuttle, astronaut in rocket, red, yellow, blue and white, Japan, 1950s, \$15.

Corncob holders, skew-

ers, sterling silver, corncob shape handles with spear-shaped spikes, signed, Webster, 1960s, 3 inches, set of 8, \$135.

Fishing rod, wooden halibut rod with copper reel, Mathews Conveyer Co., c. 1910, 39 inches, \$365.

Poison ring, silver and gold gilt, garnet cabochon center, oval locket with

clasp, rope twist and scroll design, c. 1800, size 10, \$1,040.

Tip: Clean your jewelry with jewelry cleaner or detergent suds and warm water. Brush the back to remove soap residue or other dirt from the back of the stones.

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#### To your good health

by Keith Roach, M.D.

The case against
hydrogen peroxide
DEAR DR. ROACH: M

**DEAR DR. ROACH:** My dental hygienist recommends rinsing your mouth with hydrogen peroxide to kill germs after flossing. Lately I have heard that using too much hydrogen peroxide

can be harmful. What are your thoughts? — T.W.

ANSWER: Hydrogen peroxide is a powerful antiseptic that has some usefulness for household objects; however, I don't recommend it as an oral rinse. It is too toxic to tissues. In a 1993 study, even hydrogen peroxide

solutions diluted to half and quarter strengths caused damage to mucous membranes and caused "overwhelmingly negative subjective reactions." Thus they were not recommended for oral care. A regular mouthwash is a much better choice, and your dentist

can prescribe a medicated mouthwash if needed.

Incidentally, I don't recommend hydrogen peroxide for cleaning cuts and abrasions, either. It isn't effective at inhibiting bacterial growth. I recommend careful cleaning with mild soap and water or saline and an antibiot-

ic ointment like Bacitracin.

**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 of the mouth or vagina, to lifethreatening, like a bloodborne, widely disseminated invasive infection.

Candida infection of mucus membranes is by 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.

**DEAR DR. ROACH:** I have been diagnosed with Fuchs' corneal dystrophy by an ophthalmologist, whom I saw for an eye exam recently. Would you please tell me more about this disease? Is there any treatment? What can I expect in the future? It is getting harder to read and do close work. — N.O.

ANSWER: Fuchs' dystrophy is a condition of older eyes, which happens when the cells in the innermost lining of the cornea (the translucent, colorless front part of the eye) degenerate, causing, initially, deposits in the cornea and later swelling of the cornea. The disease has a complex genetic pattern of inheritance, and tends to progress slowly. Treatments include soft contact lenses to "bandage" the cornea, and eyedrops. Transplant surgery of the affected lining of the cornea (called Descemet's membrane), or the whole cornea, is the definitive treatment.

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Co-Ed Volleyball Tournament

SATURDAY: AUGUST 11Th

8:30<sup>am</sup> Check in • 8:45<sup>am</sup> Captains Meeting POOL play starts at 9<sup>am</sup>

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

by Sam Mazzotta

Keeping small pets
safe from covotes

**DEAR PAW'S CORNER:** Yesterday we had a very scary incident in our backyard. I let our Llasa Apso, "Cherie," run free, knowing that she wouldn't wander into the woods as long as I was on the back porch, watching her. I was reading the newspaper when Cherie started barking. Looking up, I saw two coyotes at the edge of the woods, slowly approaching her.

I ran toward them, waving my arms and yelling like a crazy person. The coyotes took one look at me and disappeared into the woods. I picked up Cherie and brought her inside.

She wasn't hurt, but the situation could have quickly turned tragic if I hadn't looked up in time. For now, I'm keeping her indoors and only letting her out on a leash to relieve herself. Is there anything else I can do? — Bob in Leominster, MA

**DEAR BOB:** Keeping Cherie on a leash for the short term is a good idea, and I'm very glad you were supervising her backyard exploration. Contact the local animal control agency to report the coyotes' behavior.

Long term, you may want to put up fencing — at least 6 feet high and 1 foot below ground — to deter the coyotes, as well as motion-activated lights.

Make sure to keep trash securely covered and, if possible, indoors. Don't feed pets outside, because coyotes may investigate the food smell. Clear brush from your property and keep hedges trimmed.

On the plus side, you may never see more than two full-grown coyotes in your area — they are very territorial. If they become problematic, though, your municipality may need to step in and remove or eliminate the coyotes.

Send your questions, tips or comments to ask@pawscorner.com .

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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.

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For Sale- 2006 Chevy pick-up, 4 x 4, ½ ton, 4 dr, X cab. \$7,995-Call or stop in to Sitterly's, 7826 St Hwy 5, St. Johnsville, 13452 518-568-2416.

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#### **King** Crossword

#### **ACROSS**

- Hamstrings
- 6 Poorly lit 9 Moreover
- 12 Take as one's
- own 13 Elizabethan,
- e.g. 14 Luau side
- dish
- 15 Suitor
- 16 Sponge
- 18 Logic
- 20 Clue
- Sapporo sash 23 Drench
- 24 Papa
- 25 File's partner
- 27 Women's home, said John Gray
- 29 Power source "The -
- Cometh' 35 Because
- 37 Portrayal
- 38 Pop
- 41 Expert 43 Feedbag tidbit
- 44 Reed instrument
- 45 Askew
- 47 In a tempera-
- mental way 49 Archipelago
- component 52 Emeril's inter-
- jection 53 Lennon's lady

Amber Waves

OK, LOOK OUT BELOW! PREPARE TO BE AMAZED

- 54 African capital 8
- city 55 Pigpen
- 56 A Bobbsey twin
- 57 Private student
- **DOWN**
- 1 Legislation 2 Commotion
- 3 Dock doings
- 5 First Little
- Pig's material
- stripe
- 7 Press

- 4 Duel tool
- 6 Remove a

NOTHING TO WORRY ABOUT. I SPIT IN THE FACE OF FEAR

- chairman 9 Garden pest
- - 11 Filthy
  - drink?
  - 22 Prohibit
  - title 26 Showed
  - affection

  - 32 Having a romantic

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- glow, maybe 33 Carte lead-in Chinese
- 10 Incessantly
- 17 Second
- 19 Lucky roll 21 Raw rock
- 24 French noble
- 28 Sis' kid
- 30 Little louse

AHHH! TOO HIGH! TOO

HIGH! CAN'T LET GO!

- 34 Profit
  - 36 Big gorge
    - 38 Gets zero
    - 39 WWII vessel 40 Spacious
    - 42 Oust
    - 45 Radius neighbor
    - 46 Birthright barterer

by Dave T. Phipps

OUCHI UGH...OK, FEAR DECIDED TO SPIT BACK

- 48 Charged bit 50 Before
- 51 Pirouette pivot

#### CONSECUTIVE **MAGIC MAZE** • TWO-WORD **PHRASES**

SMJFBYUROKHDTAX U Q N K H E B K Y V W N S P M J H E B G G H O Y V E T Q O R LIGDBNYOWMATREP GMK I F I I B U D T B T Y W UNSQORMRKS H TIFD B Z I X W T T C O V E R U S Q OENDLSJFHLR FDDC AYTWNVTSAQOIXOP

LAMINANLKRICAOH

CFECKBLZYWCVUFB

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

Box	Landing
Kite	Craft
(clue answer)	Fair
Instrument	Weather
	Kite (clue answer)

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### Weekly **SUDOKU**

#### by Linda Thistle



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

#### **DIFFICULTY THIS WEEK:** ◆

♦ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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## Americanisms

"Somebody once asked me if I ever went up to the plate trying to hit a home run. I said, 'Sure, every time." -Mickey Mantle





HENRY BOLTINOFF

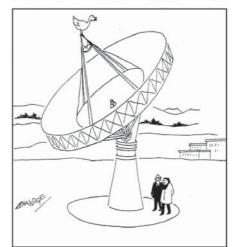


Find at least six differences in details between panels.



Officiences: 1. Light is missing. 2. Box is smaller. 3. Collar is smaller. 4. Shirt design is different. 5. Hat is missing. 6. Picture is missing. HOCUS FOCUS puzzles \$3.50 • 30 Volumes • Order at: rbmamall.com

#### LAFF-A-DAY



"Lately we seem to be picking up a confusing profusion of space debris."



Unscramble the letters to come up with a common, everyday 17-letter word ...

Beginning with "I."



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18 • June 23, 2018

#### Now here's a tip

#### by JoAnn Derson

- "Restore the shine on dull buttons by painting them with a coat of clear nail polish. I've renewed the buttons on my cardigan several times this way. I think it also strengthens the threads holding the buttons on." R.H. in Maine
- "Turn a regular bra into a racerback strap with a simple paperclip. Just tuck both arm straps into the paperclip and adjust the point on your back where

they come together. This has saved me when I had a nice tank top under a light jacket but then wanted to remove the jacket without my straps showing." — A.J. in California

- A paintbrush makes it really easy to clean out the crevices in your car. You can tape it to a ruler to get a longer reach and use it between the chairs and the center console, where there are a lot of crumbs but it's hard to reach.
  - "I found an all-plastic mattress cov-

er, meant to be a protection against spills or wetting the bed. I use it instead to protect my outside picnic table when the kids are doing messy crafts, like painting or working with glue or dyes. Because it's a fitted sheet, it grips the table in any amount of wind, so it never flies up. I can hose it off to clean up, and when it's dry I just store it until next time." — M.W. in Minnesota

• Thrift store pillowcases make an excellent dust cover for stored purses and

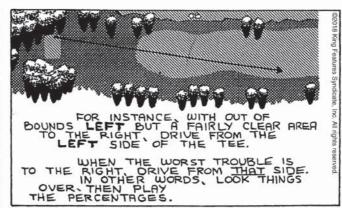
bags. They can be trimmed to size, if necessary, and tied closed with a bit of string.

• "For fun pancake shapes, use a turkey baster. Fill it with pancake batter, then spell or draw on a heated and oiled pan. Just make sure your letters are backward to start with; they look better when flipped!" — E.L. in Washington

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#### Play Better Golf with JACK NICKLAUS







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  - · Canjo 4's Sand Slam Co-Ed Volleyball Tournament

Saturday, August 11th 9am Watch for details

- Community Auction
  September 22, watch for details
- Golf Outing, Dinner & Silent Auction
   Sept. 7, 2018- watch for details
  - · Shop Small Saturday Saturday, Nov. 24, 2018
    - Elves Night Out Friday, Dec. 7, 2018

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Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: It is this, that in all things distinguishes the strong soul from the weak.

- Thomas Carlyle







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You can't blame gravity for falling in love.

- Albert Einstein

## Why should I be careful about the food I eat?

Montgomery County Public Health wants to remind the public that fresh fruits and vegetables can carry germs that cause severe illness. You can protect yourself from infections by many preparing them properly. Germs in food and water can cause diarrhea, upset stomach, vomiting, stomach cramps, fever. headaches, muscle pain and bloodstream infections.

Raw fruits and vegetables are safe to eat if you wash them carefully first. To avoid illness:

- Purchase produce that is not bruised or damaged.
- Wash hands with warm soap and water for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.
- Thoroughly wash all fresh fruits and vegetables under running tap water. Even if you plan to peel the produce before

eating, it is still important to wash it first. Packaged fruits and vegetables labeled "ready to eat", "washed" or "triple washed" do not usually require washing, however it is a good practice to thoroughly wash anything fresh you will be consuming. When selecting fresh cut produce such as a half a watermelon or bagged mixed salad greens - choose only those that are refrigerated or surrounded by

- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables.
- Raw Sprouts carry a risk of foodborne illness. Unlike other fresh produce, seeds need warm and humid conditions to sprout and grow. However, these conditions are also ideal for the growth of bacteria, including Salmonella, Listeria and E.

coli. Rinsing sprouts first will not remove bacteria. Homegrown sprouts also present a health risk if they are eaten raw or lightly cooked. Cooking thoroughly will kill the bacteria. Request that raw sprouts not be added to your food when eating out.

• Most juices sold in the USA are processed or pasteurized to kill harmful bacteria. There are some juices that are not, and have special labeling such as: "Warning: This product has not been pasteurized and therefore may contain harmful bacteria that can cause illness in children, the elderly and persons with weakened immune systems." If you or someone in your family is at risk for a foodborne illness, they should not drink unpasteurized juice unless it is brought to a boil Cherry Valley Memorials Cemetery Memorials Cleaning and lot restoration

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Month of June
With This Coupon

## King Crossword — Answers

Solution time: 27 mins.

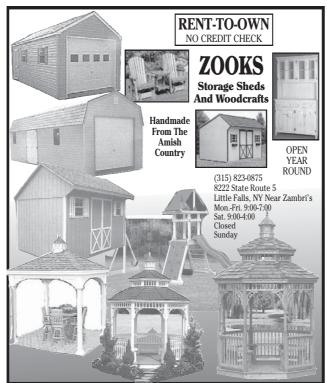
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#### Weekly SUDOKU \_\_\_

Answer

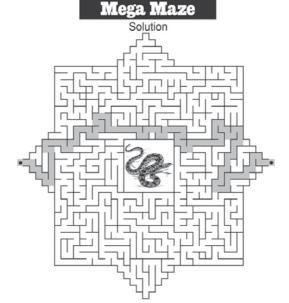
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6	4	3	7	9	1	5	2	8
8	2	1	6	3	5	7	4	9
3	8	2	5	1	6	9	7	4
5	7	6	3	4	9	2	8	1
9	1	4	8	7	2	6	3	5
2	9	8	1	6	3	4	5	7
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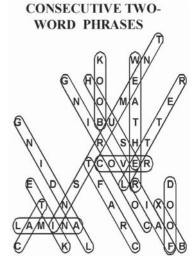
## Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better. – Samuel Beckett



#### Stickelers Answer

The answer is "industrialization."







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#### PART TIME COOK POSITION

The Arkell Hall Adult Home is hiring for part time cook. Applicants should have some experience in food preparation and handling. This position is primarily two weekends per month (2:30pm-8pm). Every other Friday 6am-2pm. Additional hours may be available. Part time employees at Arkell Hall may qualify for paid vacation, holiday incentives and pension benefits.

Respond to Kimberley Lawrence, Director, Arkell Hall 55 Montgomery St., Canajoharie, NY 13317 EOE



#### **Good Housekeeping**

#### Raspberry-Lemonade Granita

Here's a cool way to celebrate the start of raspberry season.

- 2 to 3 lemons
- 3/4 cup sugar
- 3 cups water
- 1 pint raspberries
- 1. From lemons, grate 1 teaspoon peel and squeeze
- 2. In 1-quart saucepan, heat sugar, lemon peel and 1 1/2 cups water to boiling over high heat, stirring to dissolve sugar. Remove saucepan from heat; stir in raspberries. Cool sugar syrup to room temperature.
- 3. In food processor with knife blade attached, blend mixture until pureed. With back of spoon, press puree through sieve into bowl; discard seeds. Stir in lemon juice and remaining 1 1/2 cups water. Pour into 13-by-9-inch metal baking pan.
- 4. Cover and freeze mixture about 1 1/2 hours or until frozen around the edges. With fork, scrape ice, mixing it from the edge to the center. Repeat process about every 30 minutes or until mixture turns into ice shards, about 1 1/2 hours.
- 5. Serve granita right away, spooning shards into chilled dessert dishes or wine goblets. Or, cover and freeze up to 1 month. To serve, let stand about 5 minutes at room temperature to soften slightly. Makes about 8 cups, or 16 servings.
- \* Each serving: About 45 calories, 0g protein, 11g carbohydrate, 0mg cholesterol, 0mg sodium, 1g fiber.

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#### Stop sand from spoiling summer fun

Few things are as synonymous with summer recreation as a day at the beach enjoying the sun, sand and surf. Whiling away the hours at the coast is an ideal way to get fresh air and enjoy family or solitary time and also can be an entertaining way to exercise and learn about marine life.

While a beach isn't a beach without sand, sand can adversely affect beach excursions. Sand is a loose, granular material that blankets the coastlines of beaches, lakes and riverbeds. Depending on location, sand is comprised of many materials and comes in a vast array of colors. The resource LiveScience says

silicon dioxide in the form of quartz is the most common component of sand. Feldspar, mica and rock fragments are other materials. In tropical locations, the sand varies because there are no rich sources of quartz nearby. Tropical sand may take on a white or pastel hue thanks to the shells and skeletons of reef-living marine organisms that make up the sand in these locations. Black sand is comprised of volcanic glass.

Regardless of its composition, sand is a nuisance to some people. Because it is lightweight and can stick to clothing and other items, sand often follows beach revelers

home. During and after a beach trip, these suggestions can make sand less problematic.

- Protect the skin. Sand reflects the sun's rays and can be hot to the touch. Experts estimate that beach sand can reach 120 to 130 F. Wear sandals or water shoes to protect delicate undersides of the feet. And don't forget to apply sunscreen to all areas of the feet, which are vulnerable to sunburn.
- Powder up. Baby pow-

der, made of simple cornstarch, can help remove sand from the feet and body. Apply a thin layer to areas where stubborn sand is sticking, and it will fall away.

• Avoid digging dangers. Digging holes in the sand seems like fun, but it can be dangerous if a collapse occurs. Harvard researchers have catalogued 72 sand collapse stories over the past decade-plus, and 60 proved fatal. A good rule of thumb is to dig sand

holes that are no deeper than the knees of the smallest person in the hole.

• Rinse all items. Shake and rinse all beach toys of sand before returning home. Hang towels, coverups and other clothing outside to shake off on a clothesline before laundering. This will cut down on the amount of sand tracked inside.

Sand can be a bit of a nuisance. Make summer excursions more fun by handling sand effectively.



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## Identifying and understanding dehydration

Dehydration is a simple condition to understand, but one that can lead to a host of complicated problems. Many people may be quick to associate dehydration with athletes, particularly those who exercise outdoors in warm climates. But dehydration can affect anyone at any time, which only highlights why men, women and even children



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should learn to identify signs of dehydration and what to do should it sur-

#### What is dehydration?

Dehydration happens when the loss of body fluids, namely water, exceeds the amount of fluids that is taken in. When a person is diagnosed as dehydrated, that typically means his or her body has lost so much fluid that is has begun to lose its ability to function normally.

#### Who is vulnerable to dehydration?

Anyone can suffer from dehydration, which can be especially dangerous to young children and older adults. The Mayo Clinic notes that older adults, who naturally have a lower volume of water in their bodies. may not feel thirsty until they are already dehydrated, so it's important that aging men and women understand that thirst is not always the best indicator that they're becoming dehydrated. Babies may become dehydrated when they get sick with an illness that causes vomiting and diarrhea. But even teens and otherwise healthy adults can suffer from dehydration.

## What are the symptoms of dehydration?

Symptoms of dehydration vary with age. Parents of babies and young children should be on the lookout for signs of dehydrations, as infants and even toddlers may not be able to communicate that something is wrong.

Signs of dehydration in infants and young children include dry mouth and tongue, a lack of tears when crying, sunken eyes and cheeks, and a sunken soft spot on the top of the skull. In addition, babies who produce no wet diapers for three hours may be suffering from dehydration. A sense of listlessness or irritability in infants and young children is another potential indicator of dehydration.

Adults who experience extreme thirst may be suffering from dehydration. Less frequent urination and a dark-colored urine when going to the bathroom also is sympto-

matic of dehydration. Fatigue, dizziness and confusion are some additional indicators of dehydration in adults.

#### Can dehydration be prevented?

Dehydration can affect anyone, but there are ways to prevent it, even among those people who are especially susceptible to dehydration, such as children and older adults.

Parents of babies who are vomiting or experiencing diarrhea should speak with their pediatricians and discuss the ways to prevent such children from becoming dehydrated. Breastfeeding more frequently and giving the baby a medicine such as Pedialyte® can prevent the occurrence of dehydration in babies who are sick. The Mayo Clinic recommends parents take a proactive approach to preventing dehydration in young children, meaning they should not wait until dehydration occurs or symptoms of dehydration present themselves before taking action.

Adults who want to prevent dehydration should drink plenty of fluids and include lots of fruits and vegetables in their diets. Such foods contain lots of water and can help the body avoid becoming dehydrated.

The Mayo Clinic recommends that athletes begin hydrating the day before engaging in strenuous exercise. A telltale sign of a well-hydrated body is clear, diluted urine. Athletes should replenish their fluids during exercise and continue doing so even after they finish working out or competing.

Older adults should make a concerted effort to drink more fluids when suffering from minor illnesses, which is when such men and women most commonly become dehydrated. Drink extra water when battling influenza, bronchitis or bladder infections, remembering that feelings of thirst often surface only after the body has become dehydrated.

Dehydration is a serious yet preventable threat to men, women and children. Learn more at www.mayoclinic.org.

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