

THE Original Valley Pennysaver

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Homes of the
Mohawk Valley

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July 21, 2018

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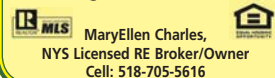
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Twilight Market opens in downtown Gloversville

GLOVERSVILLE – The Fulton County Center for Regional Growth and the Gloversville Downtown Development Specialists are proud to announce the start of the second Twilight Market season, a monthly event in the heart of downtown Gloversville. The first market of the season was held Friday, July 13 along North Main Street. The Twilight Market will feature a small farmers market, live music, children's activities and more. Full details are available at www.downtowngloversville.org.

Vendors present on July 13 included Denique Vintage Designs, Euro Delicacies, Leaning Tree Designs, Slate Valley Farms, Smart Cosmetics and Vashti's Kitchen Delights.

The Twilight Market will be held two more times over the course of the summer on Aug. 10 and Sept. 14. All vendors are producer-only and from New York State; many are located within a 50-mile radius of Gloversville. Community groups will be present throughout the season as well.

"We are excited to once again bring this great family-friendly event to downtown Gloversville," said Jennifer Jennings, Gloversville Downtown Development Specialist. "The Twilight Market will welcome hundreds of people each month and we are ready to show off all that downtown has to offer. This year's event will be bigger and better than before and showcase not just the vendors present but the dedicated shop owners who make our business district so distinct."

The event's layout spans North Main Street between Church and Fremont streets. To ensure the safety of both market-goers and drivers, North Main Street will be closed at Fulton Street starting at 2:30 p.m. on market days. Family-friendly activities and live music will round out the evening's festivities.

"Our goal is to get the community out and about, walking up and down North Main Street, visiting with friends, family and neighbors," Jennings noted.

Event sponsors include Key Partner Nathan Littauer Hospital, media sponsor The Leader Herald, major sponsor Fulton County Center for Regional Growth, community supporters Kinderhook Bank and North Country Ecological Services and friends of the market Fage USA, Ricmar Printing & Design and To the Moon and Back.

"Nathan Littauer's mission is to bring healthcare to our community," said Cheryl McGrattan, vice president of Marketing, Communications & Community Relations at Nathan Littauer Hospital, key partner of the Twilight Market. "We are also tireless advocates for prevention as we strive to improve public health. Therefore, this event is a good match to our mission. The Twilight Market is designed to encourage walkability in the urban core, creating a sense of place and connection to the community. We are happy to sponsor this event for our neighbors, our patients and our employees."

For more information on the Twilight Market and other downtown events and programs, go to www.downtowngloversville.org or find the event on Facebook at @gloversvilletwilightmarket.

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THE Original Valley Pennysaver

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Kovels: Antiques and Collecting

by **Terry and Kim Kovel**
Adirondack style

The Adirondack style started with a chair in 1903. Many wealthy folks from the East Coast wanted a cool place to live for the summer, so they started building homes in the Adirondack mountain area. Thomas Lee was vacationing in Adirondack town of Westport, NY, and he wanted comfortable outdoor chairs for his house. He made the chair from 11 pieces of wood and finally decided on the reclining chair with wide armrests now known as the Adirondack or Westport chair. Lee had a local carpenter friend named Harry Bunnell, who made the chairs to sell. Bunnell patented the design in 1905. Lee never received any of the profits.

The houses in the Adirondacks led to other pieces of furniture that were made of local wood, twigs and carving as decoration. The style was very much like Western or Rustic style today. It originally was all handmade of local wood by nearby carpenters. Sometimes there was added paint, or cut-out and applied figures like stars or animal profiles. Pieces are heavy-looking and since they are made of logs, they are heavy to move.

An Adirondack bookcase on chest was in a Skinner auction and sold for \$6,150. It had carved diagonal lines on the trim around the two lower cabinet doors, two upper glass doors, plus a decorated center on each cabinet door and some applied burl decoration. Inside are three drawers and two shelves. It's definitely homemade and one of a kind.

Q: Can these be sold? I have a pair of Royal Purple nylon, with back seam, in their original box. It reads "10 1/2 style 704/4 nutria 1/4" on the end of the box. Are they of value, or should I just give them away?

A: Collectors of vintage clothing are interested in



This is a bookshelf and cabinet made for a house furnished in Adirondack or Rustic style. It is 86 inches high and 46 inches wide. The chest is signed "DZ JR" in the wood. Its price is \$6,150.

vintage stockings. Royal Purple was a trademark of Sears & Roebuck. Silk stockings were fashionable until nylon was invented. Nylon stockings were introduced at the 1939 New York World's Fair and were first sold in 1940. Stockings went out of fashion when pantyhose became popular in the 1960s. Royal Purple stockings have sold online for \$6 to \$35 a pair. The empty box has sold for \$4.50.

Current Prices

- Sugar bowl, turquoise-blue milk glass, relief grapevines with bunches of grapes,

footed, dome lid, grape cluster finial, 1920s, 6 inches, \$60.

- Bronze bookends, big rig truck, molded, protruding from arched plaque, flared rounded base, hammered, 1930s, 6 x 6 inches, \$405.

- Sand pail, Kewpie Beach, Kewpie Castle, Scootles Tourist, tin lithograph, Rose O'Neill, 1937, 3 x 3 inches, \$800.

- Friendship Quilt, red and white pinwheels, 450

embroidered names, made by women of a church in Iowa, c. 1910, 76 x 92 inches, \$2,550.

TIP: Acorn by Georg Jensen, Audubon by Tiffany & Co. and Francis I by Reed & Barton still are very popular sterling-silver flatware patterns wanted by new brides.

For more collecting news, tips and resources, visit www.Kovels.com

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KING'S

Sat., July 21st Consignment Auction ~ 6:33PM

Sun., July 22nd Breeder Sale ~ 11:33AM

Sat., July 28th Consignment Auction ~ 6:33PM

Thurs., August 2nd Food Auction ~ 6:33PM

Sat., August 4th Consignment Auction ~ 6:33PM

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Mon. July 23rd – Normal Monday Sale & Monthly Organic Day. Special: Conventional Herd: Kane Farm Dairy Dispersal this herd consists of 30 milking age, 10 heifers 5 have been with the bull and 5 calves. Super Milk awards with a SCC 170,000.

Mon. July 30th – Normal Monday Sale

Mon. Aug. 6th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Wed. Aug. 8th – Langdon New Hampshire. Morrill Farm Reg. & Grade Milking Herd Dispersal – 300 head sell with 100 R&W – many more RC and 100 milking in their 1st lactation. Super herd of Freestall cows. Mgrs: Northeast Kingdom Sales & Raymond LeBlanc. Assisting as Ringman – call with your bids.

Mon. Aug. 13th – Normal Monday Sale & Monthly Heifer Sale

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.

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SOLD!

Child safety seat check set for Aug. 2

On Thursday, Aug. 2, 2018 Montgomery Public Health will be conducting a child safety seat check from 10 a.m. - 1 p.m. This event will be held at the Mohawk Volunteer Fire Department at 2553 St. Hwy. 30A, Fonda. This is an opportunity for parents and caregivers to receive education by certified technicians to ensure their child's safety seat is appropriate for their child and properly installed. This is a free service open to anyone.

The New York State Child Restraint Law requires parents to properly restrain children up to age 8 in an appropriate child restraint system, based upon the

child's age, height and weight and vehicle equipment.

According to the National Highway Traffic Safety Administration, approximately eight out of every 10 child safety seats are not used correctly.

This is the only scheduled safety seat check scheduled for Montgomery County this year.

This child safety seat check is made possible through a grant provided by the Governor's Traffic Safety Committee and the generosity of the Town of Mohawk Volunteer Fire Department.

For more information contact the Montgomery County Public Health office at 518.853.3531.

WANTED TO BUY... Pre-1975 Halloween, Christmas, Pens, Barrels, Political Buttons, Postcards, Crocks, Jugs, Tools, Advertising Signs & Boxes, Coca Cola, Pepsi, Whiz, Sinclair, Texaco, Crates, Head Vases, Frames, Paintings, Victorian Jewelry, Bottles, Gumball/ Vending Machines, Keys, Locks, Buttons, Watches, Civil War, Glass Negatives, WWI, WWII, Jadeite, Lamps, Vintage Clothing & Hats, Lionel Trains, Quilts, Buckets, Linens, Stereoviewers & Cards, Doll Furniture, Marbles, Wicker, Beer Trays/ Taps, Stands, Shelves, Radios, Photographs, Metal Lawn Chairs, 1800s Books, Railroad Items, Knives, Arrowheads, Advertising Mirrors, Watch Fobs, Lanterns, Hunting/ Fishing, Straight Razors, Victorian Jewelry. If it's OLD, we pay CASH! SHOWCASE ANTIQUES, Little Falls 10-5pm 315-823-1177.

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8x10 Photos only \$3.00 or get 2-5x7's for \$3.00. Lee Newspapers, 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

ARTISANS/CRAFTERS WANTED: There's still time to reserve your booth at the 46th Annual Fort Klock Craft Fair, Sept. 8 & 9. Handmade items only. 7203 Route 5, St. Johnsville. Call Joan at 518-649-2531 to reserve your spot!

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Calendar of events

July 21

Annual Auction at Bleecker Community Church Hall. 10 a.m. 641 County Highway 112, in Bleecker. Henri Lebel, Auctioneer. Items from two local estates plus usual baked goods, fudge, and elderberry pies too. See photos on Fulton-Montgomery County Virtual Garage Sale.

July 23

Brookwood Point History & Garden Tours this summer. 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.

July 23-27

Christian Lake Bible Conference. The Christian Lake Bible Conference at 355 Perkins Mill Rd., Stratford, NY. Speaking will be Ephraim Stoltzfus, former Amish, from New Holland, PA. He will be preaching from the Scriptures each evening at 7:30 p.m. Monday through Friday. Drive in's are welcome. For more information on conference activities, or for camping rules and regulations at Christian Lake, call 315.429.3515 or 315.429.3659.

July 25

Third Annual Car Show. 3 - 7 p.m. Parkside Drive-In, St. Johnsville. Presented by St. Johnsville Chamber of Commerce. If interested in putting in a car or a truck, contact: Carmen Licari at 518.727.6024 or Dawn Lamphere: 518.332.6956.

Wednesdays at Fort Klock. 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 Facebook.

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

July 27

Stone Soup Concert. For more

information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

July 30

The 3rd Annual Golf Tournament to benefit the Foundation for Mohawk Valley Libraries. 8 a.m. Registration is at 8 a.m. The 4-person scramble shotgun start will be at the Canajoharie Golf & Country Club will be at 9 a.m. CG&CC members \$67, non members \$80, extra luncheon \$30. 18 holes. Call CG&CC Pro John Liu at 518.673.8183 with player names and handicaps.

Aug 1

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

Aug 2

Child Safety Seat Check. 10 a.m. - 1 p.m. Mohawk Volunteer Fire Department at 2553 St Hwy 30A, Fonda, NY. For more information you may contact The Montgomery County Public Health at 518.853.3531.

Aug 3-4

Roald Dahl's Willy Wonka. 7 p.m. Canajoharie High School, Canajoharie. Presented by Canajoharie-Fort Plain Summer Drama Club. \$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.

Aug 8

Small Town Big Band Concert. 7 p.m. Bandstand. Route 20, Richfield Springs. For more information, call 315.858.0964.

Aug 11

Rabies Clinic. 9 a.m. - noon. Rural Grove Fire Department. 1192 Rt. 162. Rural Grove. For more information call 518.853.3531.

Ames Academy School Reunion. 9 a.m. - 3 p.m. All welcome to help the students celebrate. Check Facebook for schedule of events or contact f@amesmuseum.

Aug 15

Wednesdays at Fort Klock. Paul Supley will discuss drinking chocolate in the 18th Century, Sample his chocolate preparations. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

Old Tyme Fiddlers Concert. 7 p.m. Bandstand. Route 20, Richfield Springs. For more information, call 315.858.0964.

Aug 18

"Celebration of the Spirit" concert. Noon-5 p.m. Arc Park. 420 E. German Street. Herkimer. For more information visit: www.archer-kimer.org or call 315.574.7000.

Aug 22

Wednesdays at Fort Klock. Fort Klock Historic Restoration founding member Skip Barshied will review lighting through the ages. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

New Horizons Barbershop Chorus and Individual Quartets Concert. 7 p.m. Bandstand. Route 20, Richfield Springs. New York. For more information, call 315.858.0964.

Sept 8-9

Fort Klock's 46th Annual Craft Fair. Sept. 8-9 18. Saturday 9 a.m. - 4 p.m. Sunday 10 a.m. - 3 p.m. One of the biggest craft fairs in the area with over 100 crafters. 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

Common vegetable diseases

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

Blossom end rot, early blight and powdery mildew are some of the common vegetable diseases that you might find in our region.

Blossom end rot begins as a water-soaked spot near the blossom end of the fruit. This spot (lesion) soon enlarges and turns dark, just as the green fruit is beginning to ripen. This lesion may become leathery and crack, with other diseases then taking hold.

Blossom end rot sounds like a disease caused by an infection, but it is not. Rather, it is caused by a calcium deficiency, often associated with too little water or drought. It often occurs after rapid growth early in the season, followed by hot and dry weather, or conditions alternating between the two. This physiological “disease” is most common on the earliest to set fruits, plants put out early into cold soil, or plants spaced too close together.

Blossom end rot is often prevented by:

- keeping soils uniformly moist, and deeply watered during drought (using mulches can help),
- avoiding root damage by not cultivating too close to plants,

- using fertilizers in subsequent years early in the season that are high in phosphorus and low in nitrogen, and
- spraying plants early in the season, especially after heavy rains, with a dilute calcium chloride solution. Mix one level tablespoon of calcium chloride (as used in making pickles) into one gallon of water.

Another disease that attacks stems, leaves and fruit of tomatoes, but also those of potatoes and eggplant, is early blight. This disease is caused by either of two fungi, beginning as circular or irregularly shaped spots one-quarter to one-half inch in diameter. If these spots have a yellow halo on the outside and concentric lines inside, they are likely from the Alternaria fungus. This fungus also can cause sunken, dark areas (cankers) in stems. Infected fruit have sunken, dark, leathery spots on the stem end.

If the leaf spots are gray with dark centers, they are likely from the Septoria leaf spot fungus. This fungus also may infect stems. Although fruit aren't attacked, they may be burned by the sun (sunscald) from infected leaves dropping off.

Ways to minimize or prevent early blight include:

- selecting resistant va-

- rieties,
- growing tomatoes in a different part of the garden each year,
- watering early in the morning if overhead watering, to allow leaves to dry during the day, and
- using a fungicide labeled for this disease. If using such a chemical, read and follow all label directions for best control, and for your safety and that of the environment.

Powdery mildew can attack many plants, but is most commonly seen on cucurbits such as squash and pumpkins. High humidity promotes this disease, but it does not require rain to spread, as do many diseases. In fact, rain may help to prevent the spread of the disease spores (microscopic structures which spread such diseases). Often the spores don't last over

winter in the north, but blow in from southern areas. Once infected, a single leaf can produce tens of millions of spores.

Symptoms are a quite visible white spotting or growth on leaves, eventually causing them to turn yellow, then brown, and finally die. Methods to control this disease include:

- choosing resistant varieties,

- planting in areas with good air circulation, and
- using appropriate fungicides. Again, to use these properly, read and follow label directions.

More on these and other vegetable diseases and how to control them can be found online from the University of Massachusetts Extension (ag.umass.edu/vegetable/fact-sheets/diseases).

7th Annual

Dolgeville Consignment Auction

Friday August 10th and Saturday August 11, 2018

Proceeds to Benefit Little Falls Amish Schools

Dolgeville Athletic Field, 240 Lotville Road, Dolgeville, NY 13329

*Directions: From Johnstown: Take 29 West to Lotville Rd on right.
From Little Falls: Take Route 5 to 167 North to 29 East to Lotville Rd on left.*

Auction Friday August 10 from 3:30PM Till ?
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Auction Saturday August 11, 9AM
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Whatchamacallits

From May 1 to Nov. 2, 1901, eight million people made their way to Buffalo, NY for the Pan-American Exposition. This Whatchamacallit is a souvenir of that time.

In 1897, the Pan-American Exposition Company began to organize the exposition, originally planning to host it in Niagara Falls. The location was moved to Buffalo after the dust settled from the Spanish-American War due to Buffalo being the eighth largest city in the U.S. at the time, thus being more accessible by train than Niagara Falls. Congress agreed to supply \$50,000 towards the event, which had cost seven million dollars in total. Tickets sold for 50 cents, equivalent to \$15 now.

The exposition attracted attendance through several means — technological innovations, improvements for the home and music. A popular way used to get people excited about the exposition was the song entitled “Put Me Off at Buffalo.” However, electricity was one of the biggest draws.

The alternating current power transmission system allowed designers of the exposition to use power generated from Niagara Falls to light the buildings and plots, in total 350 acres. At night, the views of these buildings were very awe-inspiring, although the electricity was not installed inside some of the buildings themselves, such as the exposition's hospital. A video of the lights can be viewed at www.youtube.com/watch?v=t6WmPL98s4M.

Despite the wonders shown at the exposition, it is actually known for the assassination of President William

McKinley. While visiting the Temple of Music and greeting fair attendees on Sept. 6, an anarchist by the name of Leon Czolgosz fired two bullets.

One bullet grazed the President, but the other went into his abdomen, through his stomach, colon and kidney. The President died on Sept. 14 of gangrene and the bullet was never found.

It is conjectured, however, that if the attending doctor allowed the use of Thomas Edison's X-ray machine, on display at the exposition at the time, then the President might have survived. It is also thought that if

the hospital at the exposition was equipped with electricity, then the doctors could have operated better.

Due to the assassination of President McKinley, President Theodore Roosevelt took to office and the Secret Service became full-time protectors for the president instead of a unit for the Treasury. Prior to this event, the President could refuse protection, which is what President McKinley did on the day of his visit to the Temple of Music.

It took about a year for the buildings to be dismantled at the end of the Pan-American Exposition. There was an effort to save The Electric Tower, viewed as the crowning feature of the exposition, but the money wasn't raised in time. The land is now commercial and residential areas of Buffalo. However, remnants still remain. One such remnant is “A Trip to the Moon,” a dark ride which was later moved to Luna Park in Coney Island. Other remnants are the souvenirs, such as this brass-plated plate.



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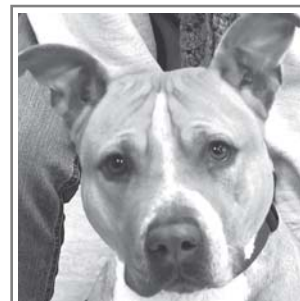
ANGEL - 10 year old female Shepherd mix. Good with some dogs. Super friendly.



BOGGER - 3 year old male Pit Bull. Sweet, loves people and has lived with kids.



BUSTER - 10 year old black and white Beagle mix. Best as only pet in adult home.



TRIXIE - Adorable 3 year old female Pit Bull mix. Good with some dogs. Friendly and lively.



TROY - 8 year old male Dutch Shepherd mix. Good with some dogs. Best with older kids.



SAPPHIRE - 1 1/2 year old female blue Pit Bull mix. Lived with another dog.



LACEY - 5 - 7 year old female Anatolian Shepherd mix. Good with other dogs and with kids.



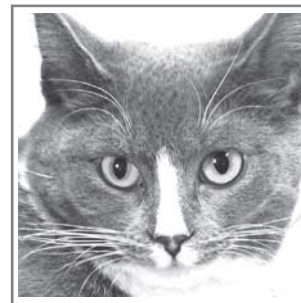
JADA - 3 year old female Staffordshire Bull Terrier.



THURMAN - 3 year old male Terrier mix. Lived with dog and cat. Quiet adult home.



SKYLER - 7-8 year old female Feist, 15 lbs.



SASSY - 10 - 11 month old gray and white female. Very playful.



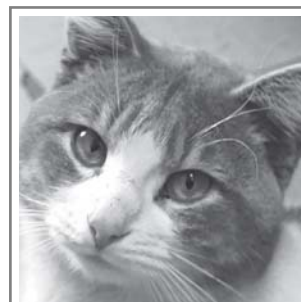
DESTINY - Beautiful 2 - 3 year old female tiger



HONEY - Lovely 2 - 3 year old spayed female Tortie. Affectionate. Should be the only cat.



TARA - Lovely 1 year old female Tortie. Found on Route 80, Fort Plain. Loves people.



EDDIE - Sweet 8 year old gray and white male.



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Summer musical: “Willy Wonka” set for Aug. 3-4

The Canajoharie-Fort Plain Summer Drama Club will present Roald Dahl's “Willy Wonka,” the stage musical, on Friday, Aug. 3 and Saturday, Aug. 4 at 7 p.m. in Canajoharie High School's Arkell Performing Arts auditorium. Tickets are \$6 for adults and \$4 for senior citizens and students. Come with us on a journey into your imagi-

nation where candy and golden tickets and Oompa Loompas abound.

As always, the stage show and the movie have quite a few differences, but carry the same valuable messages and fun, including the well-known song “The Candy Man.” Our 40-member cast and 13 member crew invites you to come and enjoy this annual summer

event. (Donations of paint are always welcome!)



Foundation for Mohawk Valley Libraries Golf Tournament set for July 30

The third annual golf tournament will be held on Monday, July 30, to benefit the Foundation for Mohawk Valley Libraries. Registration is at 8 a.m. The four-person scramble shotgun start will be at the Canajoharie Golf & Country Club will be at 9 a.m.

CG&CC members are \$67, non-members are \$80 and an extra luncheon is \$30. The course is a full 18 holes and the cost includes full amenities with continental breakfast, all day water, juice and snacks and a two-course luncheon. There will be raffles, door prizes, a 50/50 raffle, putting and chipping, and three ace opportunities. Call CG&CC Pro John Liu at 518.673.8183 with player names and

handicaps. Payment is made at registration.

Funds raised will be awarded among the 14 member public libraries in Fulton, Montgomery, Schenectady and Schoharie counties as Advocacy and Dream And Do Grants to keep our libraries strong and enabled to meet the needs and requests of the patrons.

Don't just “dream” about a good golf score, come to “do” and earn a great one. Your libraries will be forever grateful for your efforts.

Take these words to heart: “Play so that you may be serious” – Anacharsis, Scythian philosopher, c. 600 BC (taken from “Great Thoughts on the Grand Game GOLF,” Running Press, 1995).



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The effects of family dinners

Once a staple of family life, family dinners are now in decline. The American College of Pediatricians® reports that family time at the dinner table has declined by more than 30 percent over the past three decades. That unfortunate development could have a significant impact on children as they grow up.

The importance of family meals goes beyond parents ensuring their children are eating healthy diets. Family meals can affect various aspects of children's lives, some of which may surprise parents.

Family meals and substance abuse

For years, the National Center on Addiction and Substance Abuse at Columbia University has studied the links between family dinners and substance abuse among teenagers. Former U.S. Secretary of Health, Education and Welfare Joseph

Califano noted that 17 years of studying teens taught CASA researchers that the more often children have dinner with their families, the less likely they are to smoke, drink or do drugs. Such studies have shown that children who have between five and seven family dinners per week are considerably less likely to use tobacco, alcohol and marijuana than children who eat dinner with their families three or fewer times per week.

Family meals and academic performance

Family meals also have been linked to stronger performances in the classroom. One study from CASA found that teens that have frequent family dinners were nearly 40 percent more likely to report earning A's and B's in school than their counterparts who ate two or fewer dinners with their families each week. In addition, a 2012 analysis from the

Organization for Economic Cooperation and Development found that students who do not regularly eat with their parents are more likely to be truants at school than those who frequently break bread with their parents.

Family meals and family bonding

Family dinner tables are great places to bond as families, and families that eat dinner together more often tend to spend more time at the dinner table during such dinners than those who infrequently eat dinner together. CASA researchers report that teens who have frequent family dinners are twice as likely to say dinners lasts more than 30 minutes when compared to those who have infrequent family dinners. Time at the dinner table gives parents and children time to engage and communicate with one another, promoting strong relationships as a result.

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The Brussels hustle

by Terry Berkson

For some reason when we went to buy seedlings for our vegetable garden a few days before Memorial Day, my wife Alice didn't want to buy Brussels sprouts. They happen to be one of my favorites, especially the way Alice prepares them, first boiling them in chicken broth and then pouring a bit of honey over them before serving. "I thought you liked Brussels sprouts," I said to my wife as we loaded tomatoes and broccoli into our basket.

"Picking them off the stalk in cold weather is too much trouble," she replied before wandering off to look for marigolds.

I was disappointed but I couldn't resist the temptation of sneaking the sprouts into the basket while she was gone. I knew she'd surely take them out when she returned, so, I took a label from a red romaine lettuce pot and switched it with the one that said Brussels sprouts. She didn't notice the difference as I wouldn't have in that early stage of growth. Back home, we planted our vegetables and as each day passed evidence of my deception became more and more obvious but the label I placed in the ground at the beginning of the row continued to make Alice think that red romaine was on its way.

I was eager to share the ruse with someone, so when six-year old Joseph, one of my three visiting grandsons, was inspecting the garden, and in way of bonding, I shared my secret with him. A real trooper, Joseph kept a tight lip right up until his parents ended their visit and returned the family to Tennessee.

The secret remains intact as is the rapidly growing "romaine lettuce." I haven't told anyone else about the switch but since Alice is always the first one to read a new story, I'm expecting some flack when she learns she's been hustled.

Sure enough, after an early reading of what I thought was nearly a finished draft, Alice called me in from the garden saying, "I want to talk to you."

"I'm not finished watering," I called in an attempt to postpone a confrontation. When I finally entered the house my wife while sitting at my desk said, "I want to talk to you about honesty."

"I know," I said while trying to look guilty.

"I have a confession to make."

"You have a confession to make?"

"Yes, it's about last year's Brussels sprouts," Alice said sheepishly.

"What about last year's Brussels sprouts — besides the fact that they were very good?"

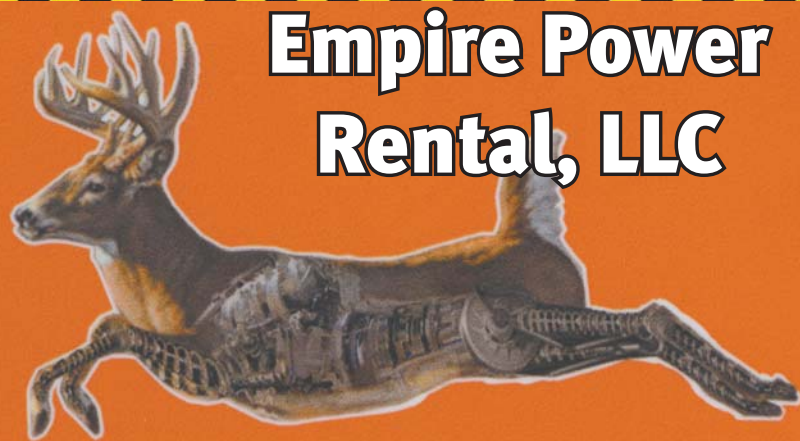
"Well, after I picked them I left them in the barn too long and they started turning brown — so I threw them out."

"You threw them out! After all the watering and weeding and picking you threw them out?"

"Actually I gave them to the chickens. You were eating store bought Brussels sprouts all winter."

"You could've told me," I said hypocritically.

"No," my wife said. "It was my secret. The only one I told was Joseph — before he left for Tennessee. He seemed to have a particular interest in the garden — so I told him."



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The author's secret-keeping grandson Joseph.

Photo by Terry Berkson

Donna's Day: Creative family fun

by **Donna Erickson**
**Plaster casting art
at a sandy beach**

Heading for the beach by the sea or a lake? Along with towels, sunscreen and flip-flops, bring along a carton of plaster of Paris, a paper cup and an empty quart-size can or plastic recycled food container to make a unique piece of natural art that will last — and decorate your yard or deck when you get back home.

You can even make a terrific creation in your own backyard sand-box if you don't live near the water. If your kids have made plaster handprints in school, they'll be familiar with the following and easy how-tos.

To make a mold in damp sand:
Use your hands to scoop out a free-form design at least 2 inches deep. If you are at an ocean beach, just be sure the tide won't be coming in for at least a couple of hours. You also can make a mold using toys such as a plastic fish or crab. Press the toy into the sand to make the shape, and then remove the toy. Any connecting areas in your design should be at least 2 inches wide to keep the final plaster project from breaking. To add interest, press some natural objects you collect on the beach into the base of the sand mold, such as shells, rocks, twigs and bark or driftwood.

Pour a cup or two of fresh or sea-water into the disposable container. Add the powdered plaster according to directions on the box and stir with a stick. The mixture should be smooth and thick like a milkshake. Don't overstir, however, as this causes the mixture to set up too quickly and weakens the final product. Immediately pour the mixture into your sand mold, spreading it evenly to all areas with a stick, if necessary.

To make a hanger for your art:
Poke a paper clip halfway into the plaster at the center top as the plaster thickens. If the project is large, you may wish to position two paper clips evenly spaced from each side.

Allow the plaster to harden for about an hour and a half, depending on the size of the mold, and then carefully remove the plaster souvenir from the sand. Dispose of leftover hard plaster in a trash can.

Take a picture of your pleased kids holding their creations before you head home. Wrap your art loosely with newspaper, and let it dry and harden completely. Glue on additional decorations, if you wish.

Note: Never pour liquid plaster down a drain.

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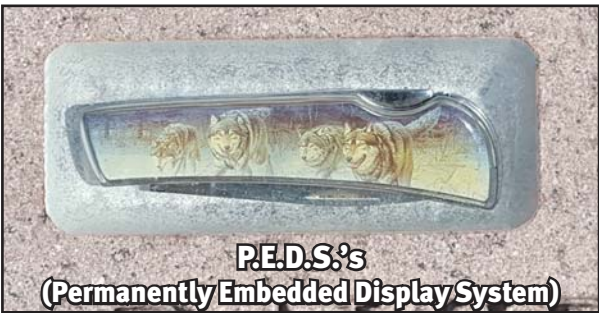


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What to do when a tire blows out while driving

Many frightening scenarios can unfold while driving. Inclement weather can affect visibility and the safety of roads, while distracted driving can put anyone on the road in harm's way.

One situation that can suddenly turn a Sunday drive into something scary is a blown out tire. No drivers or vehicles are immune to blown out tires. But savvy drivers who know what to do in such situations can greatly reduce their risk of a blown out tire turning into something far worse.

Recognizing a blown out tire

The movies might make blown out tires seem as though drivers suddenly find themselves in wholly uncontrollable situations. But blown out tires won't immediately send cars into the nearest roadside ditch. When a tire blows, the vehicle will immediately slow

down and then begin pulling to the right or left, depending on which side of the car suffered the blowout. The automotive retailer Pep Boys notes that, if a front tire blows out, drivers will feel the force in their steering wheels, while a rear tire blowout will be felt more in the seat and/or body of the vehicle.

Driving through a blowout

Plenty of drivers have safely navigated their way through tire blowouts. When such a situation arises, drivers should avoid slamming on their brakes, instead allowing their vehicles to gradually decelerate, making sure to turn on their emergency flashing lights once they are certain they have control of the vehicle.

All things auto

As the vehicle slows down, pull to the side of the road, calling for help if necessary.

When on the side of the road

Drivers who do not have a spare tire or cannot change the tire themselves should wait patiently for assistance to arrive after they have called for help. Drivers who can change their tires should place reflective cones or triangles behind their vehicles before they begin working. Such devices warn oncoming drivers of stranded vehicles. If replacing the tire with a donut, remember that such replacement tires are not designed to travel long distances and will need to be replaced shortly after they are put on the vehicle.

To Your Good Health

by Keith Roach, M.D.

Hearing loss indeed possible after surgery

Dear Dr. Roach: I recently had a hip replacement. I am 84, with hearing loss. My family says my hearing is worse after the operation. My daughter talked with several seniors who experienced the same thing. They think it has to do with the anesthesia. Fact or fiction? — D.W.

Answer: Possibly fact. Hearing loss is a known and rare occurrence after surgery, and there are several ways in which it can happen. You mentioned anesthesia: Several anesthetic agents, especially nitrous oxide, can cause temporary hearing loss, but nitrous oxide is not used as often during surgery as it once was. Changes in the fluid pressure in the ear also

can cause both temporary and permanent hearing loss. Finally, antibiotics given around the time of an operation can cause hearing loss.

Dear Dr. Roach: I recently attended a free introductory visit at my local health spa. It's an interesting process. There is a circuit with 12 machines and 12 mats for doing cardio. Each exercise is done for 30 seconds, then you move to the next station. The circuit is supposed to be done twice at each session, three times per week. Can this really work to help you lose weight and get fit? Need I say again, 30 seconds ... really? Your opinion please. — E.Y.M.

Answer: There are two questions, and the first is on fitness. There, the answer is a resounding yes.

High-intensity interval training has been clearly proven to improve muscle and cardiovascular fitness. If you were to follow the program at the gym, working hard but not overdoing it, you certainly would find that your ability to do the exercises would improve, your stamina would increase, and you'd likely feel better and have more energy. A 24-minute workout (24 stations of 30 seconds each, done twice) is enough (and a LOT better than no workout at all).

Unfortunately, just doing the exercise will not make you lose much weight. Losing weight comes from better dietary habits, which can help you eat less food and still feel satisfied. The combination of increased exercise and a little less food, especially less low-quality ("junk") food, may help you lose a few pounds.

Losing weight shouldn't be the goal, in my opinion. Losing weight and keeping it off is tough to

do, but by exercising regularly and eating well, you can dramatically improve overall health and well-being even without weight loss.

Dear Dr. Roach: I have an itchy-ear problem. It even wakes me up at night. I've tried Cortizone-10, hydrogen peroxide solution, ear baths and cotton swabs. Nothing seems to work for long. Can you help me? — G.P.

Answer: Stop the hydrogen peroxide — it is very drying and can damage the sensitive skin in the ear. The hydrocortisone should work for many common conditions, but if it hasn't, then your regular doctor, a dermatologist or ENT doctor should take a look in your ear and see what is going on. Seborrheic dermatitis and eczema are common conditions that can affect the skin in the ear.

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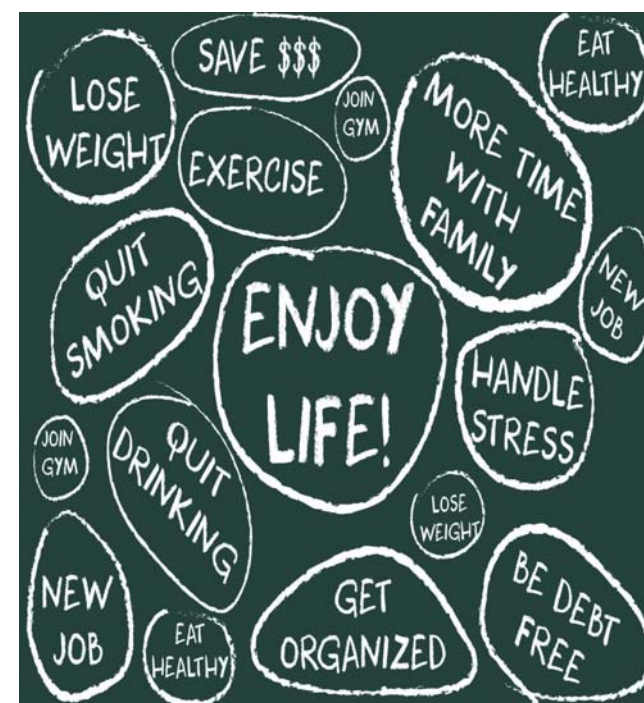
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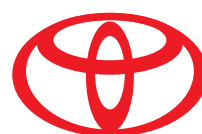


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17413	2017	Toyota	Sienna LE	2k	\$28,970	\$434	P1858	2015	Toyota	Rav 4 LE AWD	52k	\$17,990	\$257
18449A	2017	Toyota	4Runner SR5 prem	16k	\$36,990	\$564	P1872	2015	Toyota	Rav4 CERT XLE AWD	39k	\$20,990	\$305
P1804	2017	Kia	Sorento LX AWD	30k	\$19,960	\$289	18580A	2014	Jeep	Grand Cherokee	46k	\$25,990	\$386
18479A	2016	Subaru	Forester Prem.	57k	\$19,990	\$289	18721A	2014	Toyota	Highlander XLE AWD	30k	\$30,990	\$468
19693A	2016	BMW	Z4	11k	\$44,995	MUST SEE	18572A	2014	Jeep	Cherokee Trailhawk 4wd V6	55k	\$21,990	\$323
P1878	2016	Toyota	Rav4 LE AWD	39k	\$20,990	\$305	P1874A	2014	Camry	XLE	43k	\$15,990	\$225
18822A	2016	Toyota	Tacoma DBL CAB SR5 4WD	40k	\$30,990	\$466	18718A	2014	Toyota	FJ Cruiser	51k	\$30,990	\$466
P1867	2016	Toyota	Tundra 4wd DBL TRD	21k	\$35,990	\$547	18686A	2014	Chevy	Cruze LS	35k	\$11,990	\$160
P1742A	2016	Honda	CRV EX-L AWD	49k	\$23,490	\$347	18588B	2014	Nissan	Rogue S AWD	73k	\$14,490	\$201
18336A	2015	Chevy	Cruz LTZ Leather	40k	\$12,990	\$178	18461A	2013	Chevy	Equinox LS	51k	\$12,990	\$177
P1800	2015	Toyota	4Runner SR5 Cert.	32k	\$29,950	\$459	18653B	2013	Toyota	Highlander LTHR DVD	66k	\$23,990	\$354
18540A	2015	Toyota	Tundra 4wd Dbl cab	13k	\$29,990	\$450	18751A	2013	Toyota	Rav 4 LE AWD	89k	\$14,990	\$212
P1833A	2015	Chevrolet	Trax LT AWD	21k	\$16,990	\$241	18541A	2013	Toyota	Tundra SR5 CrewMax	64k	\$27,850	\$416
P1853	2015	Toyota	RAV 4 Limited AWD Cert.	29k	\$23,990	\$355	18192A	2013	Toyota	4Runner LTD (DVD)	68k	\$26,940	\$401
P1860A	2015	Chevy	Impala LTHR	73k	\$17,990	\$257	P1852A	2012	Toyota	Corolla LE	55k	\$11,490	\$152
18651A	2015	Toyota	Tacoma Ext. Cab Sport 4WD	30k	\$27,990	\$419	P1840A	2012	Toyota	Rav4 LE AWD	67k	\$12,990	\$176
18603A	2015	Toyota	Tacoma DBL TRD	58k	\$27,990	\$418	18436Z	2008	Toyota	Tundra Dbl Cab 4WD	59k	\$19,990	\$358
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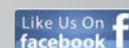
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Country Preacher

by Pastor Dan West

In James 4:10 James writes that we are to "humble [our]selves" in the sight of the Lord. This word humble means to "feel insignificant".

Why would I make myself feel insignificant? I've been taught by my parents and the school system that I am number one, there is nothing I can't do. In my career and civil life I strive for power, for prominence, to be influential!

The answer to that question is in the second half of verse 10. When we submit ourselves to God and recognize Him as Lord and Master of our life, He will lift us up.

When the Lord lifts us up we know there is no corruption involved, no regrets, no toes stepped on that will come back and bite us in the future. He gives us His wisdom which is "...peaceable, gentle, easy to be asked for, full of mercy and goodness, without partiality and without hypocrisy." (James 3:17) His ways are so far above our ways. That's what I want for my life, how about you?

All things auto

Community Views ~ A snapshot of all the best in our neighborhood

Starting Sept. 1, we will print readers' photos in the Original Valley Pennysaver. Monthly themes will allow you to show off your photography skills within your community.

The September focus is 'Summer Fun' so start snapping your best shots of barbecues, family picnics, beach fun, hiking or whatever gets your family and friends together during the summer.

High resolution photos may be emailed to Gabbie Albrecht at gabbie@leepub.com with Community Views in the subject line.

Please note not all photos may make the paper so be sure to check our Facebook page!

Deadline for 'Summer Fun' submissions is Aug. 22, 2018.

Let the FUN begin!

Paw's Corner

by Sam Mazzotta

Make plans for pets before hurricane hits

Dear Paw's Corner:

Last year, my hometown of Houston was struck by unprecedented flooding when Hurricane Harvey, a powerful Category 4 storm, made landfall. Many of my neighbors lost almost everything. One of the great things that happened in the storm's aftermath was a coordinated effort to rescue thousands of pets that were abandoned or escaped during the deluge. Many were reunited with their owners a few weeks later thanks to having up-to-date ID, license tags and microchips.

Please urge everyone in coastal areas to make sure they AND their pets are prepared in case of a storm. It can make a huge difference in keeping your pets safe and helping an entire area recover more quickly from a disaster. — Ted G., via email

Dear Ted: You told them, and I thank you. Being prepared to evacuate quickly in the event of a natural disaster is important, and it's critically important to include your pets in the planning.

Have an evacuation kit that includes medication, copies of tough-to-replace

paperwork, water and food — enough for each family member, and each pet. Include a sturdy leash for each pet. Keep pets' carriers in an easy-to-access location to save time when preparing to leave.

Draw up an emergency evacuation plan for family and pets, including cellphone numbers, a location where everyone should gather, and steps you'll each take in the evacuation process. Have a shelter-in-place plan in case you are unable to evacuate in time or are advised to stay put.

Also have a plan for the aftermath, including places to stay long-term, like a pet-friendly hotel, and where to get medical help for family or pets.

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The Kitchen Diva

by **Angela Shelf Medearis**

Soup in the summer?!

When I think of summer recipes, I seldom think of soup. However, a well-balanced soup is the perfect way to highlight all the sweet, crisp flavors of freshly picked summer corn. Soups are a perfect dish in the winter, but they're easily a seasonal recipe with the right ingredients. Using both the corn kernels and the corn cob in a soup is a great way to quickly and deeply infuse the broth with flavor, creating a spoonful of summer with each bite.

Corn on the cob is an essential part of a summer meal and provides many health benefits year-round. The average serving of corn on the cob has about a quarter of your daily requirement for thiamin, which helps maintain memory, as well as beta-cryptoxanthin, which aids in lung health. Corn is high in folic acid, which is needed by women who are taking oral contraceptives. It also is a good source of fiber and thiamine, and contains fair amounts of vitamin C, magnesium, niacin and potassium. One serving or one ear of corn has about 83 calories.

Here are some tips from the Utah State Extension Service for selecting and storing fresh corn:

- Look for corn with good green husk color, silk ends that are free from decay or worm injury, and stem ends that are not too discolored or dried. Select ears that are well-covered with plump, not too mature kernels. Avoid ears with undeveloped kernels, ears with very large kernels and dark yellow kernels because they can be tough and not very sweet.

- Husk one side of the corn. Press a fingernail into one of the kernels to test the liquid. Ripe corn

should have a milky-looking liquid; overripe corn will have either a clear liquid or none at all.

- It is important to pick corn and process it within 2-3 hours. The sugar in corn is quickly lost, so for optimum quality process it as soon after picking as possible. If you can't cook fresh corn immediately, store it in the refrigerator.

This recipe for Sweet Corn Soup with Spicy Guacamole is the perfect showcase for fresh corn and summer vegetables. Soup in the summertime? Yes, please!

Sweet Corn Soup with Spicy Guacamole

8 ears fresh sweet corn
2 tablespoons olive oil
2 chopped green onions, white and green parts, roots discarded,
1/2 fresh, small serrano pepper, chopped
2 jarred fire-roasted red peppers, chopped
2 cloves garlic, minced
3 1/2 cups reduced-sodium chicken or vegetable broth
1/2 medium tomato, diced
2 tablespoons snipped fresh cilantro

ground black pepper

1 large avocado, halved, seeded, peeled, and coarsely chopped

1/2 cup crumbled queso fresco cheese

1. Using a sharp knife, cut the corn kernels off the cobs (should have about 4 cups). Set aside 3/4 cup of the corn for the guacamole. Set aside three of the corn cobs; discard remaining cobs.

2. In a large skillet heat 1 tablespoon olive oil over medium heat. Add 2 tablespoons green onions, half the chopped serrano, half the chopped fire-roasted pepper and half of the garlic. Cook and stir for 4 to 5 minutes or until vegetables are tender. Remove from skillet and set aside.

3. Add 1 1/2 cups of the broth and reserved corn cobs to the skillet. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Using tongs, remove corn cobs and discard; reserve broth in skillet.

4. Add the 3 1/4 cups corn kernels to broth in the skillet. Bring to boil; reduce heat. Cover and simmer 4 to 5 minutes or

blender, remove the center cap and cover the lid with a dish towel. Blend or process until almost smooth.

6. Return pureed mixture to the skillet. Slowly whisk in enough remaining broth to reach desired consistency; heat through. Keep soup warm while preparing guacamole.

7. For guacamole, in a large skillet, heat remaining 1 tablespoon oil over medium-high heat. Add the 3/4 cup reserved corn kernels. Cook 8 to 10 minutes or until kernels are tender and lightly browned, stirring occasionally. Remove from heat and cool slightly.

8. In a medium bowl combine toasted corn, the remaining garlic, green onion and peppers, the tomato, cilantro, lime peel, lime juice, salt and black pepper. Add the avocado. Lightly toss to combine. Ladle soup into bowls. Top with guacamole and sprinkle with crumbled queso fresco cheese.

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1 teaspoon minced lime peel
2 tablespoons lime juice
1/2 teaspoon coarse salt
1/4 teaspoon coarsely

until corn is tender. Cool slightly.

5. In a blender or food processor, combine cooked corn and pepper mixture. If using a

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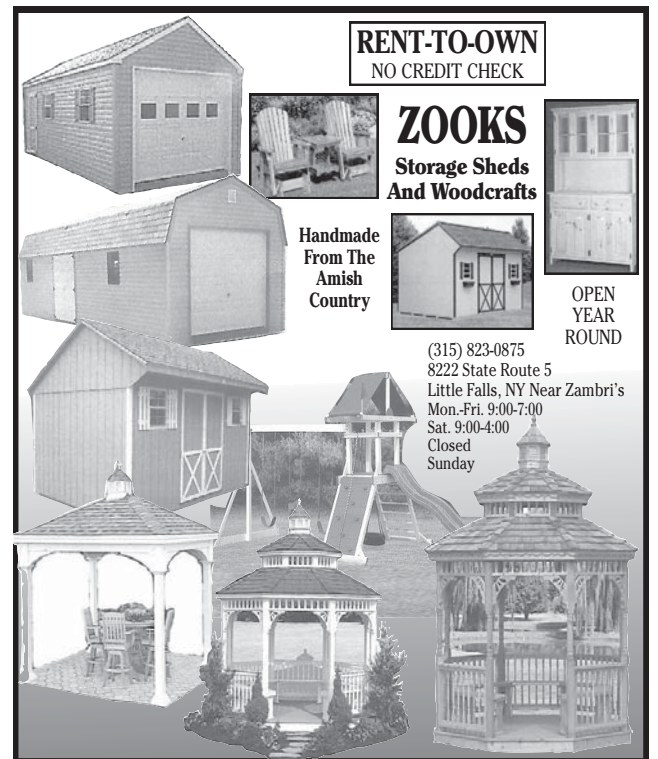
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Foodborne illness: What consumers need to know *What is foodborne illness?*

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 flu-like,

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 cross-contaminated. 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 hand washing to the food you eat. Most cases of foodborne illness can be prevented with proper cooking or processing of food to destroy the germs.

The "Danger Zone"

Germs increase in number between 40 and 140 degrees F. To keep food out of this "Danger Zone," **keep cold food cold and hot food hot.**

- Store food in the refrigerator (40 degrees F or below) or freezer (0 degrees F or below).
- Cook meat, poultry and leftovers to a safe minimum internal temperature of 165 degrees F by using a food thermometer.
- Cook beef, veal and lamb roasts to 145 degrees F; "fully cooked" ham to 140 degrees F; and fresh ham, pork and egg dishes to 160 degrees F.
- Maintain hot cooked food at 140 degrees 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 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 unopened 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 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-MPHotline (1-888-674-6854) if the suspect food is a USDA-inspected product and you have all the packaging.**

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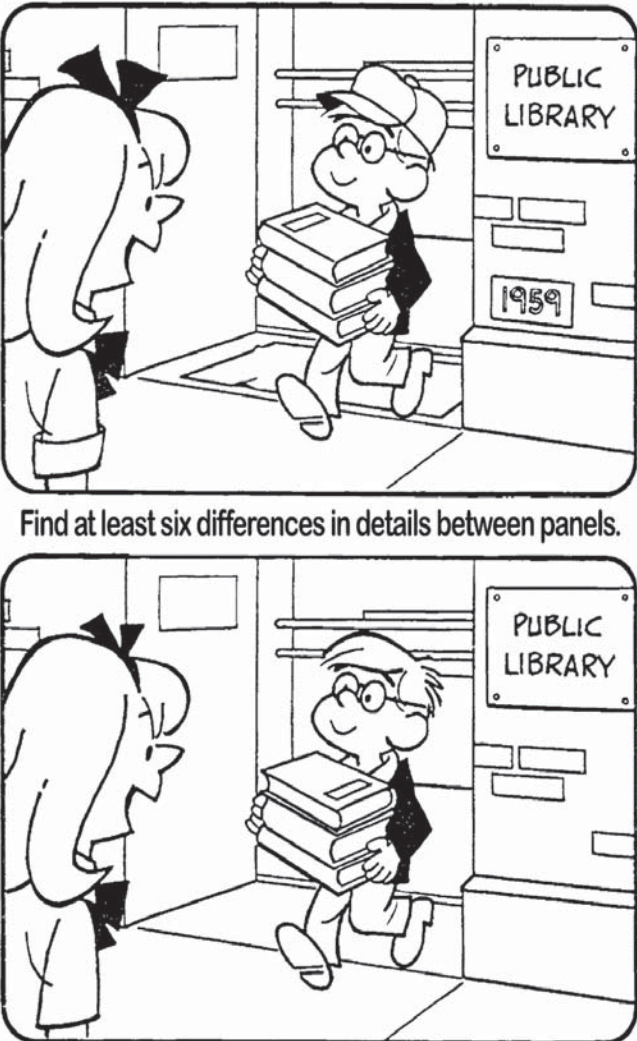
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BY
HENRY BOLTINOFF



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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

1 Departed

5 "Gosh!"

8 Capri or Wight

12 Wheelbase terminus

13 Scepter

14 Mast

15 Punishing, in a way

17 Erstwhile acorns

18 Fares, at times

19 British P.M., 1945-51

21 "— the sea-son ..."

22 Crucifix

23 Lived

26 AAA job

28 Grand tales

31 Rose fruit

33 Unruly bunch

35 Within (Pref.)

36 Give a speech

38 Kids' card game

40 Understand

41 Hear the alarm

43 Decay

45 Film festival city

47 Rock concert staffer

51 Low-pH

52 Sending unwanted

54 Hindu royal

55 Work unit

56 Taro root

57 Indication

58 Born

59 Tofu beans

9 Big name in sporting goods

10 Victoria, for one

11 Gaelic

16 Make booties

20 Sock part

23 Personal question?

24 Atmosphere

25 Generating

27 "Holy mack-erell!"

29 B-F link

30 Drunkard

32 Stunt double,

e.g.

34 Rapid out-pouring

37 — out a living

39 Space

42 German city

44 Domesticates

45 Lot wares

46 Antioxidant berry

48 "Thank You" singer

49 Race place

50 Hollywood clashers

53 Opposite of "post-"

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STICKELERS

by Terry Stickels

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

1. sanative

2. vafrous

3. dizen

4. palmate

5. nubilous

a. having webbed feet

b. healing, curative


c. to dress up

d. cloudy

e. cunning, sly

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Americanisms



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."
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Amber Waves


by Dave T. Phipps

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USRVP OVL LMD ELP J
ASOMALAI OGGKESD
BNOSINNUGGAPMAY
AYXSELLIVDAELWU

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

Alamosa

Avon

Dillon

Eagle-Vail

Frisco

Gold Hill

Granby

Gunnison

Keystone

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Friday, Dec. 7, 2018

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Preventing heat-related illness

The sun is shining, the temperature has risen and you can't wait to get outdoors. The last thing you are probably thinking about is a heat-related illness, which can cause serious injury and even death if not treated, warns Diane Ward, CHN of Herkimer County Public Health.

Anyone at any time, even those who are physically fit, can suffer heat-related illness. Some people, such as infants, young children and those over 65 years of age, are at even greater risk than others. Also, people with chronic respiratory illnesses, such as asthma or COPD, may find that their conditions get worse during the summer months.

Heat or sun stroke is the most dangerous type

of heat-related illness and causes several hundred deaths in the United States each year. Heat stroke occurs when a person's body temperature goes over 105 degrees Fahrenheit. If you think someone has heat stroke, call 911, Ms. Ward said.

A person may not have heat or sun stroke, but can experience heat exhaustion and heat cramps. Heat exhaustion symptoms include cold, pale, clammy skin, fainting and vomiting. Move the person to an area out of the direct sunlight and put a washcloth or towel with cool water on the back of their neck or forehead. Give them water every 15 minutes for one hour.

Heat cramps are painful spasms in the legs and abdomen. To re-

lieve heat cramps, apply pressure on the cramping muscles or gently massage them, advises Ms. Ward. As in the case of heat exhaustion, give the person sips of water every 15 minutes for one hour.

To ensure a safe summer, take these steps to stay cool in hot weather:

- Drink plenty of fluid. Don't wait until you are thirsty to drink. Water is best because it replenishes your body's natural fluids. Avoid alcohol and caffeine, which dehydrate the body.

- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. Wear a wide-brimmed hat or use an umbrella. Use a sunscreen of SPF 15 or higher.

- Eat small meals and

eat more often. Do not eat a lot of food high in protein, which increases your body heat.

- Engage in physical activity during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m. Try not to go outside during the hottest part of the day - between 10 a.m. and 2 p.m.

- Stay indoors in a cool or air-conditioned place.

- Never leave a person or pet in a parked vehicle, even if you expect it to be only for a short period of time.

For more information on heat-related illness, visit the New York State Department of Health at <http://www.health.ny.gov/publications/1243> or call Herkimer County Public Health at 315.867.1176.

Comfort Foods Made Fast and Healthy

by **Healthy Exchanges**
Corn and sweet pepper saute

Bring on the sweet corn! Here in Iowa we enjoy some of the best sweet

corn in the country, so we are always coming up with new recipes to use it

in. This side dish will add great flavor and color to your next BBQ.

1 tablespoon plus 1 teaspoon I Can't Believe It's Not Butter Light Margarine

2 cups fresh or frozen whole-kernel corn, thawed

1 cup chopped red bell pepper

1/2 cup chopped green bell pepper

1/2 cup chopped onion

2 tablespoons chopped fresh parsley

1 teaspoon lemon pepper

1. In a large skillet sprayed with butter-flavored cooking spray, melt margarine. Add corn, red pepper, green pepper and onion. Saute for 6 to 8 minutes.

2. Stir in parsley and lemon pepper. Continue to saute for 1 to 2 minutes. Serve at once. Makes 4 (1 cup) servings.

TIP: Thaw corn by rinsing in a colander under hot water for one minute.

- Each serving equals: 122 calories, 2g fat, 3g protein, 23g carbs, 52mg sodium, 17mg calcium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable, 1/2 Fat; Carb Choices: 1 1/2.

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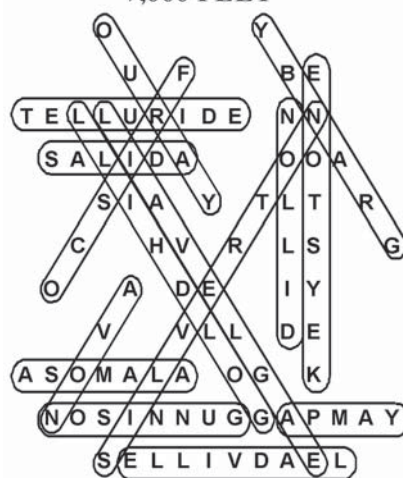


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8	6	2	4	9	1	3	7	5
7	3	8	6	1	2	5	4	9
4	2	5	8	7	9	6	3	1
9	1	6	5	3	4	8	2	7
6	9	4	1	2	8	7	5	3
2	8	3	9	5	7	4	1	6
5	7	1	3	4	6	2	9	8

Stickelers Answer

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

Just Like Cats & Dogs

by Dave T. Phipps





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Now Here's a Tip

by JoAnn Derson

- ate an "I'm Bored" jar with ideas about things to do. Now when that phrase inevitably comes up, you'll be ready with a quick solution.

• This tip takes the pain out of a task nobody likes: dusting the blinds! Use a set of salad tongs for a blinds duster; just wrap a microfiber cloth

around each of the tongs and secure it with a rubber band or two. Then use the tongs to grab and glide along each blind. Even kids can get behind this dusting job.

• "Tacos are a favorite meal in our house, but very messy — until we discovered a great use for coffee filters. We use a filter to hold the taco and peel back the paper as we eat. Now nothing drips out or falls out, even if the shell cracks!" — E.B. in Oregon

• "We like juice at home, and the kind we like has a large mouth on the bottle. It turns out that after we finish the juice, the bottle makes a great storage container for snacks. We clean and dry it, then

fill it with cereals or dry pasta. We've even used them for popcorn." — R.K. in Missouri

• Recipe substitution: For 1 cup of tomato juice, use 1/2 cup of tomato sauce plus 1/2 cup of water.

• If you have dry, cracked heels from wearing flip-flops and sandals too often, apply a layer of petroleum jelly to your feet before bed and cover with socks. If you can't sleep with socks, do this in the evening, maybe while watching TV. It will soften the hard skin after a week or so — sooner depending on how dry your feet are.

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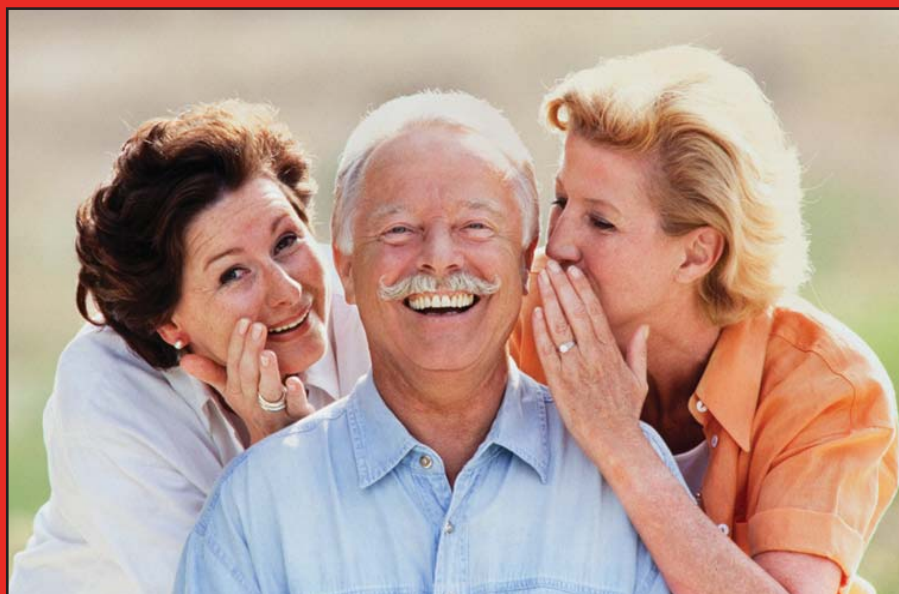
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St. Kateri Powwow honors veterans during July 4th weekend

by Courtney Llewellyn

FORT HUNTER – The smell of burning sage and the tattoo of drums meant that this was no average Saturday at Schoharie Crossing Historic Site on July 7.

The 2018 Veterans Powwow celebrating St. Kateri Tekawitha took place on a hot, sunny afternoon, honoring both those who

have served America in the armed services and St. Kateri, a Roman Catholic saint who was Algonquin-Mohawk. Born about 1656 near the Mohawk River, she converted to Roman Catholicism at age nineteen and baptized in honor of Saint Catherine of Siena. Dubbed “the Lily of the Mohawks,” she eventually left her village

and moved to a Jesuit mission village south of Montreal, where she spent the remainder of her days. She has been considered an honorary patroness of the indigenous peoples of the Americas. She is the first Native American woman of North America to be canonized. Her national shrine is found in nearby Fonda.

The powwow itself featured people of indigenous heritage, many of them members of the Metis Nation. The Métis in the United States are people descended from joint Native Americans and white parents. Some wore traditional uniforms, complete with feathers and furs; others were in civilian clothes. Through a variety of opportunities, though, almost all the people who attended this year’s gathering were invited to dance.

In one of the veterans’ dances, any and all who served danced, crossing circles to shake hands with each other. While the drums beat, chanters listed different major conflicts that left marks on America, including World War II, Korea, Vietnam and Desert Storm, as well as Wounded Knee and Greasy Grass (the Battle of Little Big Horn).

Intertribal dances, some of which invited everyone in attendance to participate in, also took place, as well as specialty women’s dances, solo

dances and a children’s drum circle.

Brian McCarville from South Attleboro, MA, part of the Metis Nation, attends the St. Kateri Powwow annually.

“From a public standpoint this is an educational situation,” he said. “There are too many people educated by Hollywood. Events like this show we are still here, embracing our culture and our ethnicity. A lot of the history books have a European slant to them, and we just take this opportunity to tell our side of the story.”

McCarville and his family will travel to different events like this twice a month, as the different powwows bring different people together. “It’s always great to see everybody – the Nation and the visitors.”

Jamie Hall traveled 13 hours by car from southwest Pennsylvania to attend and sell wares in his vendor tent. He described himself as part Cherokee, Blackfoot and Creek, and

said he made the trip because he is also a proud member of the Metis Nation.

The Schoharie Crossing Historic Site hosts a variety of community events like the St. Kateri Powwow throughout the year. For

more information, visit <https://parks.ny.gov/historic-sites/27/details.aspx>.

To see more photos from the powwow, see the Original Valley Pennysaver page on Facebook.



In addition to group dances, solo dancers in traditional costumes took to the circle. Many of those in attendance were part of the Metis Nation.



Veterans of all ages and backgrounds were recognized during various dances at the powwow. Chants that listed some of the conflicts they served in provided the soundtrack to this dance.

Photos by Dylan Hopkins

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