

Mohawk Valley Country Editor

September 8
2018

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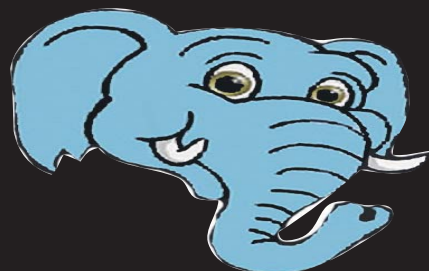
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Queen set was \$499

Solstice
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	WAS	NOW
Twin set	\$299	\$198
Full set	\$399	\$248

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**plus ADJUSTABLE
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**Symbol Sheridan
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Queen set was \$699



	WAS	NOW
Twin set	\$499	\$379
Full set	\$579	\$479
King set	\$949	\$699

**Oliver & James
Westminster Euro Top**

\$599

Queen set was \$799



	WAS	NOW
Twin set	\$599	\$395
Full set	\$699	\$495
King set	\$1599	\$795

**Symbol Shelton
2-Sided Firm**

\$649

Queen set was \$749



	WAS	NOW
Twin set	\$649	\$449
Full set	\$699	\$599
King set	\$999	\$899

**Oliver & James
Manchester Euro Top
or St. James Firm**

\$795

Queen set was \$999



	WAS	NOW
Twin set	\$749	\$549
Full set	\$899	\$695
King set	\$1299	\$1095

**Englander
Enclosed Coil
w/Gel Turin Plush**

\$799

Queen set was \$999



	WAS	NOW
Twin set	\$849	\$649
Full set	\$949	\$749
King set	\$1299	\$1099

**Englander
Tension Ease
E-Hotel Victoria
2 Sided Pillow Top**

\$995

Queen set was \$1199



	WAS	NOW
Twin set	\$899	\$745
Full set	\$1099	\$895
King set	\$1499	\$1295

**Jamison
Resort Hotel St.
Simon Plush**

\$998

Queen set was \$1299



	WAS	NOW
Twin set	\$799	\$598
Full set	\$1199	\$948
King set	\$1599	\$1298

**Englander
Coil on Coil
Veneto Firm 2313 Coil**

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Queen set was \$1399



	WAS	NOW
Twin set	\$1199	\$849
Full set	\$1299	\$995
King set	\$1899	\$1595

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To Everyone who has supported us following the death of Dorothy Booth, we wish to express our sincere thanks and appreciation for your acts of kindness and sympathy. Jimmy and Dawn, Robert and Becky.

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Mohawk Valley Country Editor

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Fort Klock Craft Fair

Now in its 46th year, the Fort Klock Craft Fair continues to be one of the best and largest in the area. Featuring handcrafted items from local artisans and crafters, you're sure to find just what you need. With over 100 booths in a beautiful, historic setting, this fair will have something for everyone.

In addition to the quality vendors you look for each year, we will have many new vendors exhibiting. While browsing through the craft fair, stop down for a tour of the Colonial-era fortified homestead. Built in 1750 by Johannes Klock, it has been restored to retain its original features.

For more information on the craft fair or Fort Klock contact the organizers at 518.568.7779 or 518.649.2531.



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Farm Machinery Consignment Auction Sat September 22nd, 10am Already consigned is a John Deere 336 Hay Baler, New Holland 669 Haybine, New Holland 252 Hay Rake, Hay Basket hold 100 bales, Flat Bed Wagon, Forage Wagon and more still coming...JR'S Auction 7403 St Hwy 5 St Johnsville NY 518-993-4668

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HORSE AND PONY AUCTION Sat September 29th at JR'S Auction 518-993-4668 Already consigned are 12 Horses from West Winfield, including 7 Yr old Paint Mare broke to Ride, 4 yr old Buckskin mare, and 10 Morgans and crosses.. more info coming. Consign your horses early..

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

8 FOOT TABLES & folding chairs for rent. Canajoharie Volunteer Fire Department 518-673-3812

JUST CONSIGNED for our Antique Auction in Herkimer on Sept 14th Antique Banquet Table, Large Primitive Dry Sink, Primitive Painted Jelly Cupboard, Large Mohawk Station Sign, 4 ft tall Concrete Tiger Maple Game Table, Antique Incubator, Antique Oval Table, Antique Nestling Table, Wide Board Walnut Drop Leaf Table, Dove Tailed Tool Chest, and more still coming...call if you have items you want to sell 518-993-4668

RAFFLE TICKETS: 500- \$60, 1,000-\$75, 1,500-\$90, 2,000-\$100. Other quantities available. Call Lee Newspapers at 518-673-0101 or email commercialprint@leepub.com

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Tire confidential: Tips on picking the right one for you

(BPT) — To most people, a tire is a tire is a tire. To the naked eye, that's absolutely correct: They are black and round. However, upon further inspection, tires are one of the most technologically advanced parts of a car, influencing the braking, steering, comfort, handling, safety and fuel efficiency. They are also the only parts actually touching the road.

Whether it's the daily commute, family road trip, cruise to the beach, off-road adventure or grocery run, tires absorb constant pounding over all sorts of surfaces in all kinds of weather conditions. Thanks to stout engineering and technology, they continue to perform with amazing effectiveness and last longer than ever.

However, no matter how long-lasting tires are, there's a time when you'll need to replace them, and picking the right one for your vehicle can be challenging. "Cornering, acceleration, wet road traction, tire wear, ride, styling and fuel economy can be modified by changing tires," says Alan Holtschneider of Yokohama Tire. "Knowing what types of tires are available is important because it can save money

and fuel and vastly improve a vehicle's ride and handling."

Holtschneider said the first step to selecting the right tires is to consider how you will be using them.

- Think about how far (and fast) you normally drive and add in the weather and road conditions you generally encounter.

- Determine how you want your vehicle to perform.

- Calculate how much money you want to spend.

- Decide how long you plan to keep the vehicle.

With countless tire sizes and types, there are a few things to know, according to Holtschneider. The three basic tire categories are all-season, summer and winter.

- All-season tires are the most popular because they can work all year, depending on where you live. All-season tires can even handle moderate snow.

- Summer tires are generally more performance/handling-oriented and are not recommended for winter/snowy conditions.

- Winter tires are great in the snow but don't perform as well in non-winter conditions.

There are sub-categories, too, like ultra high performance, light truck and grand touring tires," says Holtschneider.

After selecting the tire that best meets your needs, Holtschneider suggests keeping them properly maintained. Here are some tips:

- Check tire pressure at least once a month — this takes about five minutes. Consult the vehicle's owner's manual or placard on the driver's door to determine proper tire pressure. Tire pressure should be checked when the tires are cold.

- Check your tread

depth by placing a penny upside down into a tread groove. If you can see all of Lincoln's head, your tire's tread has worn down to the legal limit and you need to buy a new tire.

- Tires should be replaced when the tread is worn down to 2/32 of an

inch, the lowest legal limit. It's best to replace them before they reach 2/32 for optimal performance, especially in bad weather.

For more tire care and safety tips, visit www.yokohamatire.com/tires-101.

Calendar of events

Sept 8

Haudenosaunee Film Festival. 10 a.m. - 10 p.m. Kanatsiohareke, 4934 State Highway 5, Fonda. For complete schedule of events, film details, etc., please visit our Kanatsiohareke Haudenosaunee Film Festival Facebook events page for updated information. For more information: 518.673.4197 or Kanatsiohareke@gmail.com.

Sept 8-9

Fort Klock 46th Annual Craft Fair. Fort Klock is located at 7214 State Route 5, St. Johnsville. Spaces \$50 for the two days. For more information contact Joan Kark-Wren at 518.649.2531, find us on Facebook, <https://www.facebook.com/fortklockhistoricrestoration> or stop by the Fort Friday-Monday to pick up an application.

Sept 8

Free Clothing Give-Away. 9 - 11 a.m. Doors open at 8:45 a.m. Valley Alliance Church, on State Highway 5 one mile east of the Nelliston traffic light. Refreshments provided.

Sept 10

Palatine Literary Society Meeting 6 p.m. Bring a dish to share. Arkell Center, 2 Lower Maple Ave., Canajoharie. For more information, call 518.673.4408.

Tai Chi classes. 10 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. 10-11 a.m. - Beginner Tai Chi ; 11:10 a.m. - 12:10 p.m. intermediate TAI CHI. Both sponsored by Montgomery County OFA, Earl O'Bryon, instructor. Donations. For more information, call 518.673.4408.

Senior Exercise Program. Sept 10 18. 10-10:30 a.m. Basement, Arkell Center, 2 Lower Maple Ave., Canajoharie. Mondays, Wednesdays and Friday in September. Coffee afterwards. For more information, call 518.673.4408.

Sept 11

Valley Choralaires Rehearsals resume. 7 p.m. United Methodist Church, East Main St., Canajoharie. Rehearsals are held every Tuesday. Anyone wishing to join this all-female chorus is welcome. Simply come to the first rehearsal and someone will help you. The first concert will be held Sunday, Oct. 7, at 2 p.m. at the the Stone Arabia Church.

Canajoharie/Pal Br. Chamber of Commerce Meeting. 6 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie For more information, call 518.673.4408.

Defensive Driving. 9 a.m. - 3 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. With the Shults Agency. For more information, call 518.673.4408.

Sept 12

Knit/Crochet with Carol Balfe. Sept 12 18. 6 - 8 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. For more information, call 518.673.4408.

Sept 12, 19 and 26

Senior Citizens Pinochle Card Party. 12:30 - 4 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Party dates started Sept. 5. Donation \$2. Prizes and refreshments. If you would like to sub, call Terry 518.673.5635.

Sept 13

Suicide Prevention Workshop. 1 p.m. St. Johnsville House of Bread, 14 Park Place (next to Kinney Drug Store).

Sept 13, 20 and 27

Eat Healthy Be Active. Classes started Sept. 6. MC OFA Molly Capito shares Nutritional Tips, Taste Test, Handouts, Prizes weekly Call Molly 518.843.2300 and reserve a seat.

Diet Club. 10:15 - 11 a.m. Gallery, Arkell Center, 2 Lower Maple Ave., Canajoharie. The goal is to be accountable while losing weight. Call Arkell Hall Diet Club at 518.673.2112.

Sept 15

Ames Museum Summers End Festival. Sep 15 18. 9 a.m. - 3 p.m. Contact: 518-673-5820, f@amesmesuem or www.amesmesuemweebly.com.

Rabies Clinic. 9 a.m. - noon. Town of Amsterdam Highway Department. 283 Manny's Corners Road. Amsterdam For more information call 518.853.3531.

Sept 15-16

Antiques in Schoharie County 43rd Annual Fall Show. Saturday 10 a.m. - 5 p.m. Sunday 1 - 4 p.m. Schoharie Valley Railroad Complex, Depot Lane, Village of Schoharie. Call 518.295.7505 (office) or Show Manager Ruth Anne Wilkinson at 518.231.7241.

Sept 18-25

CANCELLED Yoga with Sharon C. Arkell Center, 2 Lower Maple Ave., Canajoharie. For more information, call 518.673.4408.

Sept 20

Water Color with Shanna Becker. Sept 20 18. 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a friend. \$10 each For more information, call 518.673.4408.

Sept 21

Canajoharie Senior Citizens Club Meeting. Sept 21 18. 1 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. For more information, call 518.673.4408.

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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 **KING'S**

Thurs., September 6th Food Auction ~ 6:33PM

Sat., September 8th Flea Market ~ 10-5PM

Sat., September 8th Consignment Auction ~ 6:33PM

Sun., September 9th Breeder Sale ~ 11:33AM

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Mohawk Valley Produce Auction

SPECIAL PUMPKIN SALE

Tuesday, September 18th

10:00 AM

840 Fordsbush Road, Fort Plain, NY 13339

Pumpkins

Mums

Gourds

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Fall Decor & Produce

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Terms By: Mohawk Valley Produce Auction

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

Mon. Aug. 27th – Sold 354 head. Cull Ave. \$.42 Top Cow \$.55, Organic Cull ave. \$.55 top cow \$.77, Bulls/Steers \$.57- \$.80, Bull calves top \$1.68, beef calf \$1.68, heifer calf top \$.75, Organic Dairy Milking age to \$1525. Conventional Dairy Milking age \$1025, bred heifers \$1000.

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. Show age calves & heifers in this group all by popular sires! RHA 18,185 4.4 753 3.3 592 SCC 170,000. Owners: Lewis & Trudy Tanner, Warren CT. 860-868-2120 cell: 860-685-0708. Watch for more complete details.

Mon. Sept. 10th – Normal Monday Sale monthly Heifer Sale. Special: Knox Valley Farm (Berne, NY) Complete Dispersal. 90 Head consisting of 60 milking age in all stages of lactation ave. 60# with 4.0/3.0. SCC 200,000. This is a well managed Dairy AI bred for years- expect fancy uddered cows with excellent feet & legs. This herd goes out daily

Mon. Sept. 17th – Normal Monday Sale Monthly Sheep, Lamb, Goat & Pig Sale.

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A cat is terrorizing this family. Can a cat whisperer help?

by Tracee M. Herbaugh, Associated Press

Cats are often misunderstood by their owners.

This I learned from “cat whisperer” Rachel Geller. I became aware of Geller after my kitten Treats’ behavior suddenly shifted into problematic realms — biting, scratching, random middle-of-the-night attacks. He had become a nuisance at best, a terror at his worst. My 7-year-old son, Oliver, had begged for months for a cat, and eventually I gave in, but I’d come to regret this decision.

I was told this cat whisperer could tame the craziest cats. I was skeptical at first, but why not try it?

There is no shortage of animal behaviorists, especially after the success of National Geographic’s reality series Dog Whisperer, in which star Cesar Millan visits the homes of harried dog owners and teaches them techniques for improving their dogs’ bad manners.

Pet whisperers come in a wide spectrum of specialties. There are whisperers for horses, small animals like rabbits, and pets who have experienced trauma.

Amy Nichols, the Humane Society’s vice president of

companion animals, urges people to check out thoroughly any animal behavior specialist before hiring them, because this is an unregulated industry.

“There are absolutely proven and effective training techniques that when correctly applied, can be life-changing for both the pet parent and the cat or dog, but there is a very wide range of the practical application of those techniques,” Nichols said.

In our case, bringing in a professional proved to be helpful. Here’s how it worked:

Geller works with cat shelters in eastern Massachusetts, and with private cat owners. She sits on the board of some cat welfare organizations. She is a bone-deep cat lover.

I told her the basics of our story: Having Treats was great fun at first, but once he hit puberty, he went crazy. He scratched furniture and our arms and legs. He bit and attacked everything from the baby’s stuffed toys to our geriatric Cavalier King Charles Spaniel. Treats commonly crouched in a corner, and when we’d walk by he’d spring out and grab onto a leg with his claws. We started sleeping with closed bedroom doors.

Secretly, I wanted to get rid of this cat. He wasn’t a terror all the time. He could be sweet, cuddling up with me on the couch after a psychotic outburst. But I was worried he might try to attack the baby. Still, abandoning him would break Oliver’s heart. So, the cat stayed.

Geller grew up in rural Maine with a menagerie of pets, but now she lives in Newton, MA.

“I have this ability to think like a cat,” she told me the first time we spoke over the phone.

Common cat-related problems that she encounters include litter box issues, aggression, scratched furniture and running away from home.

Some behaviors are instinctual to cats: They like high spaces, for instance, and many crawl up onto tables and counters. Human behaviors complicate the cat’s world. Leave food on the counter, and the cat will jump up there even more.

“The biggest part of my job is explaining to someone how to see the problem from a cat’s point of view, and why they do it,” Geller said. “Some people think their cats aren’t using the litter box to spite them, because the cat is mad about something, but that’s just not the case.”

Geller empathizes with her clients. “By the time people reach out to an animal behavior specialist, it’s usually the end of the rope,” she said.

Often, she works for free, or in return for a donation to a cat welfare organization.

“I want to express to the client that I know how upsetting the cat’s behavior is, but with these problems, there is usually something that can be fixed “pretty straightforwardly,” she said, even by talking over the phone.

For my Treats’ incessant need to bite and attack, Geller believed active playtime should help.

“Get him a fishing pole with a toy at the end,” she said. “Make sure the toy is one he can really bite into. This will help curb his natural instinct to hunt.”

Her other instructions included allowing the cat to “capture” the toy, and never using your bare hand to wrestle with him — it teaches the cat that skin is a toy. Having 15 minutes of active play two times a day should wear the cat out and give him the outlet he needs.

It’s been almost two months now, and I can say that Treats terrorizes our family less. Although he’s not the perfect companion, he behaves better when we’ve played with him.

“Try to think about the problem from the point of view of the cat, not from one of a human,” Geller said. “In many of these situations, there is a simple solution that can make everyone’s lives better, for the owner and cats.”

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Whatchamacallits

According to “Lanterns That Lit Our World” by Anthony Hobson, the word “lantern” originally referred specifically to the translucent or transparent case or covering, such as horn, that protected a candle or other flame from wind and water. (The word “lamp” referred to the actual light source; today, the terms are often used interchangeably.)

The ancient Chinese would sometimes capture fireflies to use as a short-term light source in paper lanterns.

American-made lanterns were in use for more than a century and a half as the primary means of providing a light source that could be transported, either by hand, by boat, by carriage, by train and later even on automobiles.

Another important function of a lantern was to reduce the risk of fire if a spark leapt from the flame or the light was dropped. This was especially important below deck on ships — a fire on a wooden ship was a major catastrophe. Lanterns were also used as signaling devices — we all know the story of Paul Revere’s midnight ride and his announcement from the tower of the Old North Church in Boston regarding the arriv-



al of the English forces: “One if by land, two if by sea.”

Today, lanterns are often used as decorative elements, still mostly outdoors.

The pictured item, usually called a box lantern because of its shape, is one of the simplest designs for portable lanterns. It holds a single candle in its base and has holes in its top bell to allow small amounts of air in to keep the flame lit. Even though the entire lid is made of metal, the large hooped handle allowed heat from the flame to be dispersed before it could reach and possibly harm the hand that held it.

This model has three glass panes and one metal panel that slides up and down to allow for a candle to be placed and lit within the lantern. While decorative box lanterns have glass on all four sides, a benefit to this antique lantern’s design was focusing more of the candle’s light to the front and the sides. Mirrors are also sometimes placed on the back panel to reflect more light forward.

As times and styles changed, more elaborate lanterns came in to play before the invention of the light bulb, but the box lantern was the classic model for many early Americans.

Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

A west side story

by Terry Berkson

My son Jonathan calls up to the farm almost daily to let me know about his air conditioner installation work in crowded New York City. One would think it impossible to find parking for a truck but he has an “app” on his home computer that enables him to look at street signs to find out when it’s legal to park near the address he’s headed for. He’s even able to look on his monitor to see the building he’ll be

who looked to be well above 90 years old if he could check out the piano. The response was, “Certainly.” My son walked over to the instrument, lifted the keyboard cover and fingered a G7 chord. “Do you play? the old man asked. “I took lessons.” “Let’s hear something.” Jonathan sat down and produced a bouncy rendition of an old tune we like to call “Pick You Up In A Taxi Honey.”

home from work my erudite young son made his usual end of the day call to tell me about this old timer he’d met whose name was Charles Stern — and to ask, “Who’s Leonard Bernstein?” “Remember the movie “West Side Story?” I asked. “Yeah...” “Well, he wrote the music.” “Oh,” Jonathan surmised. “Then he must have practiced to perfection.”

“What?” “Something Charles Stern told me.” “Coincidentally,” I added. “I read somewhere that Stern and Bernstein co-wrote another song called “Now I Know.” “Is that right?” my son said incredulously. “That’s right.” “So now — I know. “Know what?” I asked. “How the passage of time wears at celebrity.”



The song Jonathan played for Mr. Stern.

Photo courtesy of Terry Berkson

working in to find out how the air conditioners appear to be mounted. In spite of the assistance in reconnaissance that internet technology gives him, Jonathan occasionally gets a discouragingly expensive parking ticket. The other day his destination was a co-op on the 14th floor of an exclusive building on the upper west side of Manhattan which is a difficult place to find parking — but he did. A distinguished old man let him and his hand truck with tools and a new air conditioner into the apartment. The window installation went smoothly and while my son was working he couldn’t help but notice stacks of hand written sheet music and a beautiful baby grand piano sitting at the far end of the living room. When finished with the job, Jonathan hesitated but managed to ask the man

“I remember that song well,” the listener said humming as Jonathan was nearing the end. “You know you should practice every day — if you want to achieve perfection.” “I don’t always have time,” my son responded. “You have to make time. “Easier said than done.” “My name is Charles Stern — and I used to be Leonard Bernstein’s partner.” “Is that right?” Jonathan said with forced enthusiasm. “Yes, we were at Harvard University together working on dramatic musical productions — and among the many things we co-wrote were songs like “I Want To Grow Up To Be Yours” and “It’s Not So Hotsy Totsy Being A Nazi.” Again, Jonathan worked up an enthusiastic, “Wow!” That night, on his way

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The warning signs of a heart attack

An umbrella term that encompasses various conditions, cardiovascular disease, or CVD, is a formidable foe. According to the World Health Organization, cardiovascular diseases claim the lives of 17.7 million people across the globe every year, accounting for 31 percent of all deaths worldwide. If CVD statistics are alarming, then it's important to note that many premature deaths related to CVD can be prevented. While the WHO notes that four out of five CVD deaths are due to heart attacks and strokes, men and women who learn to recognize the warning signs of heart attack may be able to get help before things escalate. In fact, the American Heart Association notes that many heart attacks begin slowly with mild pain or discomfort. By paying attention to their bodies and learning to recognize these warning signs, men and women may be able to get help before heart attacks claim their lives.

• Chest discomfort: Discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back is a telltale sign of heart attack. The discomfort may feel like pressure in the chest, squeezing, fullness, or pain.

• Discomfort in the upper body: Discomfort in areas of the upper body that are not the chest also may be a warning sign of heart attack. The AHA notes that such discomfort or pain may occur in one or both arms, the back, neck, jaw, or stomach.

• Shortness of breath: Shortness of breath may be an early warning sign of heart problems. The AHA notes that this may or may not be accompanied by discomfort in the chest.

• Additional signs: The AHA notes that some people suffering from a heart attack may break out in a cold sweat, experience nausea or begin to feel lightheaded.

Are symptoms different for men and women?

Symptoms of heart attack tend to be different for men and women. While the most common symptom for both men and women is chest pain or discomfort, women are more likely than men to experience additional symptoms. According to the AHA, women are more likely than men to experience shortness of breath, nausea/vomiting and pain in their backs or jaws.

The AHA urges fast action by anyone who suspects they or a loved one are suffering a heart attack. Acting quickly can save lives and help men and women avoid joining the nearly 18 million people who succumb to cardiovascular disease each year.



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Donna's Day: Creative family fun

by Donna Erickson

Back to school

It's an exciting time full of promise for eager young minds as kids head back to school

across the country. So ease into the season, get into the groove and take advantage of learning opportunities with these tips and activities:

Prioritize school

Set the tone for this school year with ongoing conversations with your kids that let them know that education is a

priority in your family. "We have our jobs, and now your job is going to school to learn all that you can," is a place to begin.

Show up

These first weeks set an important pattern for the school year and should not be missed if at all possible, so plan vacations and extended weekends away accordingly. This time is key to year-long academic success for all grade levels; classroom routines are set, rules and expectations are explained and put in place, and new friendships are made.

Study time

"I can study while I watch TV" is not a reliable statement. Structuring and sticking with new routines is helpful, so encourage a study time and a quiet place free from distractions. When possible, model reading or other quiet tasks while your child does homework.

Stay organized

Create a family information center. Post a calendar to coincide with your digital calendar with athletic schedules, class trips, school meetings, etc. Be sure to pencil in regular family time, too. Make it a central place to grab assignments, supplies and signed permission

slips during the morning race out the door. Discovering that your child was the only one who forgot his bag lunch for the field trip is stressful for all involved.

Keep minds sharp

Family life can support what kids are doing in school with learning fun.

- While still fresh in your minds, write a list of summer "bests." For example, best movie, best hike, best ballgame, best day. Talk about them, and share ideas for fun stuff to do this fall.

- Prepare a new fall meal together from start to finish. Let your child read a recipe aloud, then shop, measure and cook the ingredients, set the table and serve. How much time did it take? How much did it cost per serving?

- Read books together and talk about the plot when the story is finished.

Smile

Enjoy these years! School days go by quickly, and before you know it, your kids will be packing up their belongings and heading for college. Have a great school year!

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The school year has begun so take advantage of learning opportunities.

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Seniors’ senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one’s senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to

older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to

guish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

tied to early symptoms of Parkinson’s disease or Alzheimer’s disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It’s important to bring up diminished flavors or smells with a doctor to

rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one’s sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.



Loss of smell may indicate a serious condition.

personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets

the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distin-

Changes in these senses can contribute to feelings of depression, diminish one’s enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be



School hygiene tips

Children are in close contact with others at schools and daycare facilities, where germs can be easily transmitted. Children may not be as conscientious as adults in regard to the health risks associated with poor hygiene. These tips can help students to stay healthy and help prevent germs from being transported home, where they can affect other members of the family.

- Hand washing is essential to good hygiene. Children should wash their hands with soap and water after using the bathroom, before eating and after playing outdoors.

- Children can bring along their own tissues and use them when their noses

become runny. Tissues should be promptly discarded after use.

- Parents should ensure that fingernails are clean, as under the fingernails can be a breeding ground for bacteria. Clipping fingernails and regular hand washing can remove a number of germs.

- Keep ill children home from school, especially if they have a fever. Kids should not return to school until they are fever- or symptom-free.

- Toys and community supplies should be washed or disinfected regularly to kill germs. Cleaning classroom furniture regularly also can help establish healthy educational environments.

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Antiques in Schoharie scheduled for Sept. 15-16

Antiques in Schoharie will host its 43rd Annual Fall Show at the Schoharie Valley Railroad Complex on Depot Lane in the village of Schoharie on Sept. 15 and 16, Saturday from 10 a.m. - 5 p.m. and Sunday from 11 a.m. - 4 p.m.

The weekend of Sept. 15 and 16 is a great time to plan a trip to Schoharie County. At Antiques in Schoharie, the dealers will arrive early on Saturday laden with antique treasures. You'll find everything from blanket chests and cupboards to quilts, paintings, toys, sets of chairs, decorated stoneware, spinning equipment, homespun linens and lace, jewelry, silver, glass and china, time pieces, architectural pieces and everything in between. Visitors can view the railroad museum, which is open to show goes free of charge. Visitors can also enjoy our country lunch of homemade chili and soup to sandwiches made to order, topped off with our famous homemade pies. The eating tent is a perfect place to enjoy lunch and have a rest before heading out again to view more antiques.

This show is completely run by Schoharie Colonial Heritage Volunteers and is one of our largest fundraisers supporting our ongoing activities, especially for the 1743 Palatine House - the oldest building in Schoharie County and the Schoharie Valley Railroad Museum. For more information about the Colonial Heritage Association, go SchoharieHeritage.org. Membership is open to all. Call 518.295.7505 (office) or Show Manager Ruth Anne Wilkinson at 518.231.7241 for more information.



Strange but True

by Samantha Weaver

- It was Scott Adams, best known as the creator of the "Dilbert" comic strip, who made the following observation: "Give a man a fish, and you'll feed him for a day. Teach a man to fish, and he'll buy a funny hat. Talk to a hungry man about fish, and you're a consultant."

- According to the Oxford English Dictionary, the word that has the largest number of different meanings is "set"; it takes 26 pages to detail them all.

- As fall approaches, here's some good news: Except for the queens, all wasps die in the autumn.

- There are those who feel that we should adopt the metric system of measurement, claiming that our current system is outdated and archaic. To go truly archaic, though, we could start measuring things in flags, baronies, falls, roods, townships and hides. Yes, those are actual terms of measurement. They equal, respectively, 25 square feet, 4,000 acres, 342 square feet, a quarter of an acre, 36 square miles and 10 acres.

- Do you suffer from misoneism? Quite a few people these days seem to; it's a hatred or fear of change or innovation.

- Between Memorial Day and Labor Day, it's estimated that Americans eat a whopping 818 hot dogs "every second."

- In 1938, Fortune magazine published a prediction that, in hindsight, turns out to have been rather egregiously off the mark: "Few scientists foresee any serious or practical use for atomic energy. They regard the atom-splitting experiments as useful steps in the attempt to describe the atom more accurately, not as the key to the unlocking of any new power."

Thought for the Day: "Should you shield the canyons from the windstorms, you would never see the true beauty of their carvings." — Elisabeth Kubler-Ross

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How much money is it worth?

Few dedicated collectors have not been asked that question about their favorite collectible. The question is somewhat misleading and at times irritating. One person's treasure is sometimes junk to someone else. To a person dying of thirst, how much is a drink of water worth? The writer of these lines has collected Native American artifacts picked from a farm field, tools which were once an everyday necessity and lots of other things. To a sentimental person an irreplaceable family photo has great value, but not in dollars and cents. All sorts of value books have surfaced in later years. The information in them may be

accurate to some extent and even educational. However, the monetary value can lead the reader far astray. Values can fluctuate in a short or long time. I have had an interest in old firearms since I was 12 years old. I have in my hands a copy of "Muzzle Blasts," published by the National Muzzle Loading Rifle Association. My name is on this issue since I was a subscriber in September 1944 when I was 14 years old. Let's turn to a full page ad of A. Whitney Brown, Johnstown, NY, who I knew very well. In fact, I saw some of these firearms at that period when he had them. Let's list some of the examples advertised. The most expensive is listed first: "J.H. Hall Harpers Ferry Breech-Loading Flintlock Rifle, 1831 - original finish, \$50.00." I remember when some of these in new condition were found in an old arsenal. I always wanted one but never got it. Oh, yes, I could still get one for somewhere between \$3,000 and \$5,000. Civil War muskets were \$10 to \$15. There were a lot begging to be sold for that time in the 1940s and 1950s. One today would bring from \$850 to \$3,000 depending on condition. Let's look at two more guns on Whit's list. #38 is a like-new Maynard Civil War Carbine for \$8. Today it would probably bring from \$1,000 to \$3,000. A fine Sharps Civil War Carbine is on the list for \$10. Today the price

would probably be \$2,000 to \$3,000. What I am trying to establish is that it took one ultra rare old gun to get \$50 in the 1940s and 1950s. Many other collectibles followed the same pattern but some also saw great depreciation in value.

Often young people will say "I just bought this great old round oak table and it will always grow more valuable." The age-old rule is buy only that which you need or treasure yourself, not to make money. If you are successful in making money, so much the better. Otherwise, you may see the day when you will have to sell it for a price that someone else can afford to pay and you must take.

Some statements stick with you for years. When I was in my early teens I lived along a creek at Marshville, NY. World War II was on and our flyers needed fur for jacket liners. Muskrat fur was the choice, so I trapped muskrats. When my father took me the fur buyer I always got the same answer: "I'm sorry, but the price just went down yesterday." When you hear that about your favorite collectible, as I have many times, be wary. You might get on the short end of the deal. Always looking for a bargain may be a trap.

An afterthought: If you accumulate too much, it may become a curse instead of a blessing.

An old collector,
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Palatine Bridge Kinderhook Bank Branch Manager Angela Baker, Heather Rockwell from the Mohawk Valley Women's Club and Board Member Carl Marucci of Kinderhook Bank. The organization requested a donation of water for the Kwiatkowski family who lost their home to a fire on July 27. The family has eight children ranging from ages 5 to 17. They lost everything.

Photo courtesy of Kinderhook Bank

Calm the chaos on busy school mornings

Mornings can test the patience and stamina of busy families as adults and children hurry to get out the door on time. Starting off the morning already stressed can lead to feeling tense throughout the rest of the day.

There is no magic formula to make mornings less hectic, but the following are some ways families can streamline their morning routines.

- **Make use of the night before.** Morning madness may come about due to lack of preparation the previous night. The more that can be done the night before, the less there will be to do on weekday mornings. Encourage children to lay out clothes for the next day and take a shower or bath that evening. Make lunches the night before a school day, and gather all supplies from homework stations, restocking backpacks and gym bags so everything is ready to go come the morning.

- **Get to bed earlier.** Sleep experts say that if you need to rely on an alarm clock to get up in the morning, you may not be getting enough sleep. The National Sleep Foundation says school-aged children should get between nine and 11 hours of sleep a night.

Teenagers require between eight and 10 hours of sleep per night, while adults need between seven and nine hours. A good night's rest can reduce morning crankiness and get everyone moving more efficiently.

- **Incentivize timeliness for kids.** Children who are reluctant to head to school may need extra motivation to get out the door. Offer small rewards to kids when they get ready on their own or finish breakfast in a certain amount of time. Rewards can include a treat like choosing a favorite show to watch after school or a special outing on the weekend.

- **Follow a schedule.** Make mornings the same each day so everyone knows what to expect. Uniformity can streamline tasks and ensure everyone knows what's expected of them.

- **Stay organized.** Racing around trying to find keys or jackets can be very stressful. Make it a point to return items to their proper places so that everyone knows where to look for the items they need.

School mornings can be challenging, but with some ingenuity and forethought, the stress can be tamed.

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

– Albert Einstein

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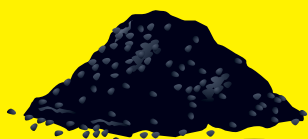


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How to manage relocating for a new job

Moving can be a considerable undertaking. While working professionals who are single or married with no children may find it easier to move than men and women with families, it's fair to say that anyone who is moving in the near future has some significant work ahead of them.

In its Job Relocation Survey, the moving company Allied Van Lines found that people move for a variety of reasons. Fifty percent of the 3,500 respondents indicated they relocated for career advancement or money, and many more indicated they relocated because of a job transfer (12 percent), their companies moved (9 percent) and to be closer to family/relationships (8 percent).

Regardless of what's motivating men and women to relocate, and whether or not they're relocating on their own or uprooting their families, various strategies can make a forthcoming move go more smoothly.

- Inquire about reloca-

tion assistance. The Allied survey found that 63 percent of companies offered relocation packages. That's a considerable perk, as moving can be expensive, especially for adults moving to different parts of the country. Asking about relocation expenses before being offered a job can be tricky, but some companies may mention such packages in their job ads or in their initial meetings with out-of-town candidates.

- Ask what relocation packages cover. Relocation packages vary from company to company. The Allied Survey found that 54 percent of companies that offered such packages covered moving expenses, while 21 percent gave new hires a lump sum of money to use as they deemed necessary. One in five companies even sponsored trips to search for homes. Adults who are offered relocation packages should get the specifics so they can start creating moving budgets.

- Emphasize organization. Much of the stress associated with relocating can be traced to the logistics of uprooting oneself and one's family. Men and women who are unaccustomed to making lists may want to start, as doing so can help keep track of all the tasks that need to be completed before hitting the road. Various unique tasks, from

canceling utilities to changing insurance policies, must be completed before moving, and it's easy to lose track of what's been done and what hasn't. Maintaining a to-do list and checking off tasks as they're completed can simplify the relocation process.

- Rent your first home. The Allied survey found that 31 percent of re-

spondents indicated the most challenging part of relocating for a job was finding a home, while 29 percent felt acclimating to their new community was the most challenging aspect of their relocation. Adults who rent their first homes upon relocating can remove some of the pressure to find the perfect home, knowing full well their first home in

their new community will be temporary. If possible, rent in a location that makes it easy to immerse yourself in your new community, which should make the adjustment easier. In addition, place items that are unnecessary for day-to-day life in storage. Having some of your possessions already packed should make your next move less stressful.



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532: **NEW LISTING!!!** 29 Averill Street, **ST. JOHNSVILLE:** Two family home located on a nice residential street in the Village of St. Johnsville. Nice front porch and off street parking. Walking distance to the middle school and high school. Separate utilities. OWNER FINANCING FOR QUALIFIED BUYER WITH 15K DOWN, 7%, 15 YEARS. **Asking \$59,500**



578: **NEW LISTING!!!** 40 Willett Street, **FORT PLAIN:** POSSIBLE OWNER FINANCING WITH 15K DOWN @ 7%!!! Two family home located on a corner lot fully rented. 85% has updated electric and entrance. Full walk up attic and full basement. Off street parking. Tenants pay heat and lights. **Asking \$59,500**



679: **NEW LISTING!!!** 558 McKinley Road, **PALATINE BRIDGE:** This immaculately maintained three bedroom, two full bath modular home is ready for you to move in. The care and maintenance the current owners have placed in the home and property shows the moment you arrive. Relax on your front porch with expansive views of the Mohawk Valley and Cherry Valley Mountains. **Asking \$172,500**



PRICE REDUCED!!! 825: 248 Moyer Street, **CANAJOHARIE:** Nice older home walking distance to the school. Has updated roof, windows, electrical and vinyl siding. You have 2 downstairs bedrooms, a formal dining room, large living room, a family room with a lot of windows and carriage house cabinets in the kitchen and a full bathroom. The 3rd bedroom is an attic type. Garage is beneath the residence - a car would fit, but not an SUV. Circular driveway. And what a great yard! The lot is 133 x 162! A must see home!!! **Asking \$92,500**



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The Kitchen Diva

by Angela Shelf Medearis
**Relax with
no cooking menu**
*This simple, no baking
and no cooking menu is a
delicious way to use a lot
less labor in the kitchen!*
**Mango and Jicama
Tropical Salad**
1/2 cup white wine
vinegar

and red pepper and add
them to the bowl along
with the cilantro or pars-
ley, chives or green onions
and the dressing. Toss in-
gredients together until
well-combined and coated
with the dressing. Refrig-
erate, covered, until serv-
ing. Makes 8 servings.
Italian

greens
8 ounces thinly sliced
deli chicken
1 medium purple onion,
thinly sliced
1. Cut loaves in half hor-
izontally; hollow out tops
and bottoms, leaving 1/2-
inch shells (save and
freeze the bread you re-
move for later use).

2. Combine reserved arti-
choke oil with the olive oil,
garlic, 2 teaspoons Italian
seasoning, 1 teaspoon salt
and 1 teaspoon black pep-
per. Brush 3 tablespoons
of the oil mixture inside
bread shells, reserving the
rest for drizzling on fin-
ished sandwiches.
3. Layer bottom of each
loaf with a fourth of the
roast beef, cheese, basil,
tomatoes, salami, sliced
artichokes, salad greens,
chicken and onion. Sea-
son with 1/2 teaspoon
each of salt and black
pepper, and 1 teaspoon of
the Italian seasoning. Re-
peat the meat, cheese,
herb, vegetables in layers
as directed. Drizzle with

remaining oil mixture.
4. Replace bread tops;
wrap tightly in plastic
wrap to compress and
meld flavors. Refrigerate
overnight or for at least 1
hour before slicing. Serves
12.
**Rice Krispie
S'more Bars**
1/4 cup butter, cubed
1 package (10-1/2
ounces) miniature marsh-
mallows
6 cups Rice Krispies
1-1/2 cups crushed gra-
ham crackers
1 cup milk chocolate
chips
Topping:
1/4 cup crushed gra-
ham crackers
2 milk chocolate candy

bars (1.55 ounces each)
1. In a 6-quart heavy
pot, melt butter over
medium heat. Add marsh-
mallows; cook and stir
until melted. Remove from
heat.
2. Stir in cereal and
crushed crackers. Fold in
chocolate chips. Press
into a greased 13 by 9-
inch baking pan. Cool to
room temperature.
3. Sprinkle crushed gra-
ham crackers over the
bars. Cut bars into equal
servings. Break candy
into 24 pieces; place a
piece of chocolate on each
bar. Makes 2 dozen bars.
**(c) 2018 King Features
Synd., Inc., and Angela
Shelf Medearis**



1/4 cup canola oil or co-
conut oil
1/4 cup honey
1 teaspoon minced fresh
ginger root or 1/2 tea-
spoon ground ginger
1/2 teaspoon salt
1/2 teaspoon pepper
1 medium jicama (about
1 1/2 pounds), peeled
2 tablespoons lime juice
1 medium mango,
peeled
1 medium sweet red bell
pepper
1/2 cup chopped fresh
cilantro or parsley
1/3 cup minced fresh
chives or 2 green onions,
white and green parts
To make the dressing:
Whisk together the vine-
gar, oil, honey, ginger, salt
and pepper in a medium
bowl and set aside.
To make the salad:
Cut the jicama into
matchsticks and place
into a large bowl. Cover
the jicama with lime juice
and toss together to pre-
vent it from turning
brown. Cut the mango

Sub Sandwiches
I love making and serv-
ing this sandwich all year
round. It's portable and
"picnic friendly" and best
of all, tastes even better
when made and refrigerat-
ed the day before.
2 unsliced loaves (1
pound each) Italian bread
1 jar (6-1/2 ounces)
marinated artichoke
hearts, drain oil and re-
serve, slice artichokes
1/4 cup olive oil
3 garlic cloves, minced
4 teaspoons Italian sea-
soning, divided
1 1/2 teaspoons salt, di-
vided
1 1/2 teaspoons ground
black pepper, divided
1/2 pound deli roast
beef
12 slices Provolone
cheese (1 ounce each)
16 fresh basil leaves
3 medium tomatoes,
thinly sliced
1/4 pound thinly sliced
salami
1 package (10 ounces)
ready-to-serve salad

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- TIN

Retaining Walls:

- CONCRETE
- BLOCKS
- WALL STONE
- FIELD STONE
- RAILROAD TIES

Wood:

- ADDITIONS
- DECKS
- SHEDS
- RENOVATIONS
- GARAGES
- STEPS

Blacktop:

NEW or REPAIRS

- DRIVEWAYS
- PARKING LOTS
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- LINE STRIPING

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Paw's Corner

by Sam Mazzotta

Surrendering a pet

Dear Paw's Corner: I recently saw a viral video taken by a resident of a neighborhood where pets are regularly abandoned, likely because of its location next to some woodland. The resident watched as a car pulled up and deposited three confused, scared dogs at the edge of the woods. Even though the resident was standing right there and telling them where to

legally surrender their dogs, the owners drove away.

Many pet owners do not know that there are ways to safely surrender their pets, if they cannot care for them, in several U.S. municipalities. Owners can get guidance on surrendering their pet by talking to their veterinarians, contacting the local shelter or contacting a nonprofit organization like the ASPCA. These individuals and organiza-

tions can provide. Please let your readers know that these resources are available. — Pet Mom in Boise, ID

Dear Pet Mom: Thank you for reminding all of us of the importance of making sure pets are cared for, even when circumstances get tough.

Readers, in many cities and states, abandoning an animal is illegal. But worse than that, it is unspeakably cruel. Being abandoned is traumatic

for dogs and cats, who can quickly fall victim to predators or disease. Exotic pets can wreak havoc on the ecosystem, as boa constrictors have in Florida.

Animal Humane Society, a Minnesota-based animal welfare organization, has a good guide to surrendering a pet, plus alternatives like rehoming pets (www.animalhumanesociety.org). All Breed Rescue in Vermont (www.allbreedrescuevt.com) has great information as well. Learn your options by searching your local area online or talking to your vet. Don't just abandon a pet.

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Good Housekeeping

Orange-Glazed Steak

We marinated the beef in a soy and garlic mixture, then brushed it with orange marmalade on the grill. Serve with our Peach Salsa on the side.

1/4 cup soy sauce
2 garlic cloves, crushed with garlic press

1 teaspoon coarsely ground black pepper
1 top round steak, 1 1/4 inches thick (about 2 pounds)

1/3 cup orange marmalade

1. In 13-by-9-inch glass baking dish, mix soy sauce, garlic and pepper. Trim fat from round steak; add steak to soy sauce mixture, turning to

coat. Cover and refrigerate 30 minutes, turning once.

2. Place steak on grill over medium heat; spoon remaining marinade over steak. Cook steak 25 minutes for medium-rare or to desired doneness, brushing with orange marmalade during last 10 minutes of cooking, turning steak occasionally. Serves 6.

* Each serving: About 400 calories, 7g total fat (3g saturated), 36g protein, 13g carbohydrate, 95mg cholesterol, 415mg sodium.

Peach Salsa

Stirring in just a bit of peach or apricot jam brings out the fresh sweetness of the peaches.

8 (about 3 pounds) ripe peaches, coarsely chopped

1 small red pepper, cut into 1/4-inch dice

2 green onions, chopped

1/4 cup peach or apricot jam

2 tablespoons balsamic vinegar

2 tablespoons olive oil

1. In large bowl, toss ingredients until combined. Cover and refrigerate until ready to serve or up to two days. Makes 12 (6 cup) servings.

* Each serving: About 40 calories, 1g total fat, 8g carbohydrate, 2mg sodium, 1g fiber.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.

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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Bell toys

Bell toys, a type of pull toy that had moving parts that rang a bell, were made in America just after the Civil War. The Gong Bell Co. of Connecticut made the first

one. It was an iron four-wheel platform, holding a bell and an animal. The animal kicked or hit the bell when the platform moved. A popular bell toy featured an elephant that stepped on the bell to make it ring. The 9-1/2-

inch-long toy is made of decorated metal. It was estimated to be worth about \$800 to \$1,200.

Later bell toys used wood, tin or other metals and added realistic hair or animal hide. The toys all were painted. The 1880s-1890s were the golden age for the bell toys, and in the 1900s, copies were made of metal and eventually plastic. Today, the bell toys are wood or plastic made by Fisher Price or Playskool.

Q: I have dishes with bowls that look like heads of lettuce and plates that are a single lettuce leaf. They are marked with the signature "Dodie Thayer." Can you tell me anything about them?

A: Large leaves probably were one of the first "plates" used at a feast. So it is not surprising that plates were shaped like cabbage or lettuce leaves by the 1600s. Leaf-shaped European majolica plates were made by Delft, and by the 18th-

century they also were crafted by English potteries Wedgwood, Longton Hall, Chelsea and Minton, and French potteries Jacob Petit and Palissy. There was Etruscan Majolica from Pennsylvania, and modern giftware items like California Dodie Thayer ceramics. This Palm Beach dishware was made during the 1960s and '70s. Dishes were made from molds of actual cabbage or lettuce leaves, or full heads of the vegetable. Pink, red, yellow and green sets were made. They are signed with the artist's name.

Recently, the Lettuce Ware dishes were repro-

duced for the Tory Burch shops in green or white. Full sets are made with cups, plates, tureens and more. A new salad plate costs \$40. Leaf-shaped dishes of all ages are popular with collectors, but only those made of porcelain or after 1900 should be used to serve food.

Current prices

- Mouse trap, domed wire cage on hexagonal wood base, round opening at bottom, bail handle, France, 1940s, 5 x 5 1/2 inches, \$25.

- Badge, Labor Day celebration, ribbon, arm holding American flag, quote, white ground, multicolor, pinback, 1890s, 2 1/2 x 8 inches, \$85.

- Wall hanging, cherub, hand-carved wood, paint and gilt, wings wrap around the neck and spread out, upcast eyes, 1800s, 9 x 12 inches, \$615.

- Ginger jar, bright yellow ground with pink and green peaches, butterflies and flowers, porcelain with bronze lid, c. 1800, 9 inches, \$4,100.

Tip: Some vintage buyers are getting a chrome blender to display like a work of art in the kitchen. And sometimes it is even used to mix drinks.

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

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This bell toy elephant has the tip of his trunk up, signaling the good luck he rings. The 19th-century toy was offered for sale at a James Julia auction a few years ago.

ATTENTION TOWN OF PALATINE RESIDENTS WE NEED YOUR HELP

The Town of Palatine Planning Board, along with members of the community, are in the process of updating the Town's Comprehensive Plan*

In the near future you will be receiving a **SURVEY** in the mail. Please take the time to fill it out and return it. There will be a self-addressed envelope enclosed. All Town of Palatine residents over the age of 18 are encouraged to complete the survey either online or by mail. Your input is very important and would be greatly appreciated.

The Survey is also available online at:
www.surveymonkey.com/r/townofpalatinecomprehensiveplansurvey
and at the Town Hall, 141 West Grand Street

*A **comprehensive plan**, also known as a general plan, master plan or land-use plan, is a document designed to guide the future actions of a community. It presents a vision for the future, with long-range goals and objectives for all activities that affect the local government.

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

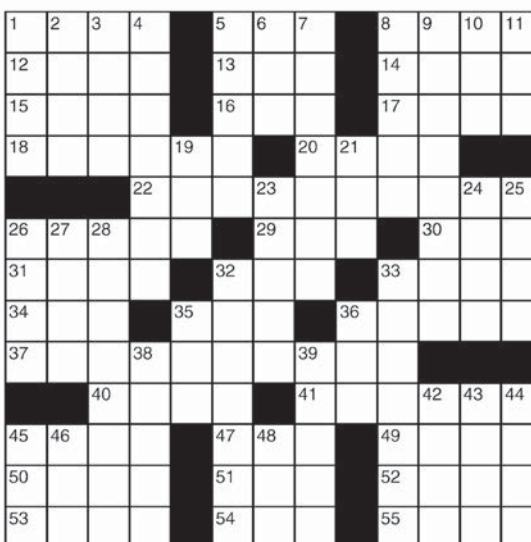


Differences: 1. Shirt is different. 2. Firewood is missing. 3. Arm is moved. 4. Hot dogs are missing. 5. Trash can is missing. 6. Strap is shorter.

ACROSS

- 1 Edinburgh resident
- 5 Letterman's network
- 8 Tibetan priest
- 12 Unaccompanied
- 13 Illustrations
- 14 Acknowledge
- 15 Feedbag contents
- 16 Neither partner
- 17 Transaction
- 18 Sloshed
- 20 Portent
- 22 What Sedaka said was "hard to do"
- 26 Side road
- 29 Tex- cuisine
- 30 Historic time
- 31 "So be it"
- 32 Dr.'s study
- 33 Work units
- 34 Hockey venue
- 35 Author Fleming
- 36 Beginning
- 37 Recording
- 40 Sea eagle
- 41 Humans
- 45 Short skirt
- 47 Trawler need
- 49 Sailor's jail
- 50 Probability

King Crossword

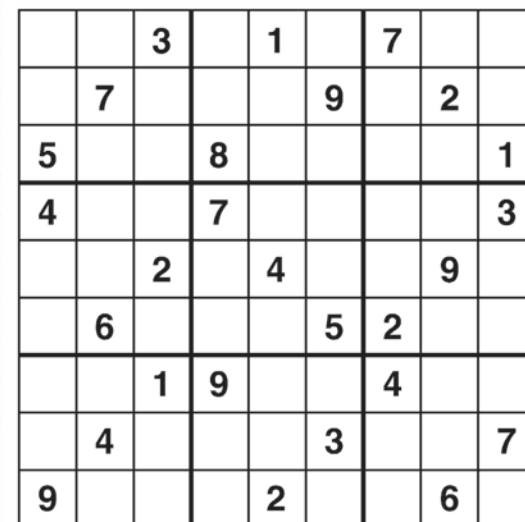


- 51 Mai — (cocktail)
- 52 Protracted
- 53 Swanky
- 54 Curved line
- 55 Rams' mates
- 7 Caressed
- 8 Burdened
- 9 Comic-book team, with "The"
- 10 Extinct bird
- 11 Piercing tool
- 19 Attempt
- 21 Blend
- 23 Alter a text
- 24 Incite
- 25 History
- 26 Fisherman's supply
- 27 Village People hit
- 28 Saturdays and Sundays
- 32 Purplish-red shade
- 33 Dignify
- 35 Hostel
- 36 Have bills
- 38 Hibernian
- 39 Eye-related
- 42 Front of a ship
- 43 Profession
- 44 Omelet basis
- 45 Swab
- 46 Altar affirmative
- 48 Corn spike

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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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ODD MAN OUT! Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around it counter-clockwise. The trick is finding the right first letter.

Answer: Starting with the bottom "T" in the left rail: "Two's company, three's a crowd."

A HIRAM HAYSTACK PROBLEM!

If Hiram has 25 haystacks in one field, 14 in another, 9 in yet another, and 5 in his smallest field, how many haystacks would there be altogether?

Answer: If he had them altogether, he'd have one very large haystack.

A TIGHT SQUEEZE! In this puzzle, all of the words get progressively longer, and they all start with BOA. Some hints are:

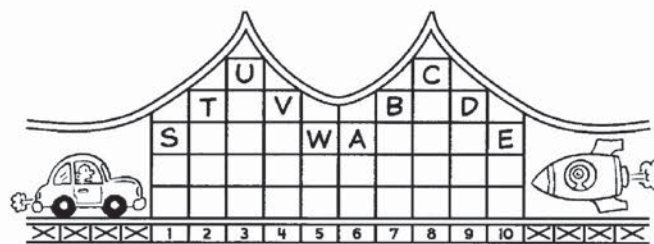
1. BOA (in place).
2. Has tusks.
3. To brag.
4. A straw hat.
5. Summer sport.
6. Type of house.

Answers: 1. Boa. 2. Boar. 3. Boast. 4. Boater. 5. Boating. 6. Boarding.



by Charles Barry Townsend

A WORD BRIDGE!



Illustrated by David Coulson

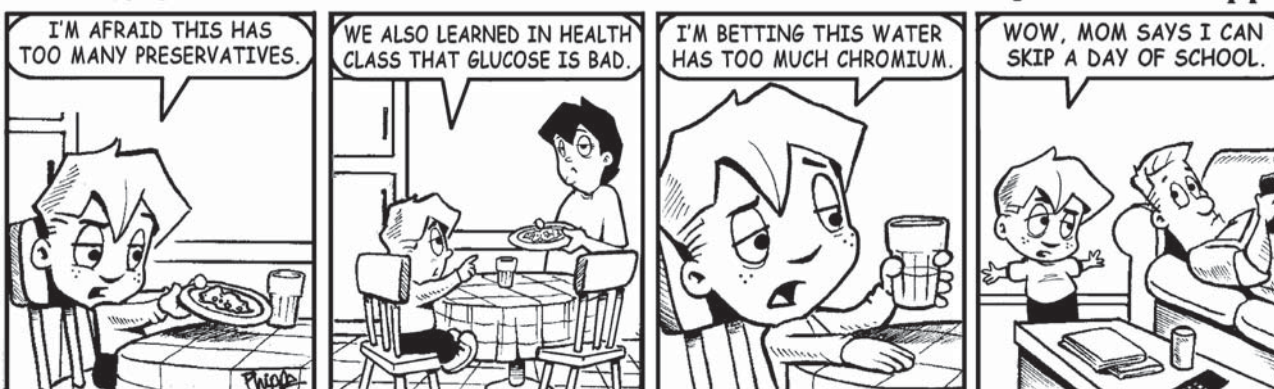
The bridge above contains 10 supporting words. We give you the first letter of each word, plus the following hints:

1. How you drink hot liquids.
2. Found on new clothes.
3. Found in a Broadway theater.
4. Second to the president.
5. A type of museum.
6. A hole-in-one.
7. To cheat or swindle.
8. A monotonous, rhythmic call.
9. To show how to do something.
10. A large, flightless bird.

Answers: 1. Sip. 2. Tags. 3. Usher. 4. Veep. 5. Wax. 6. Ace. 7. Bill. 8. Chant. 9. Demo. 10. Emu.

Amber Waves

by Dave T. Phipps



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MAGIC MAZE • SPRING AHEAD

R T P L I E B X U Q N J G D Z
W T Q N K H D A X U R P M R J
G D A X V S P Q (BOUNCE) P
N K I F D A X A V R T Q O P I
M J H F C A Y W E U A S R M K
P N L J H F D B G L Z C X A S
V T R Q O H M K I N D U E C H
F G N I V A S D T N I R P S B
Z Y W V T R V A U L T R U S H
Q O N L K I H O D S F Y P H D
C A Z X W V B U E D I R T S S

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

Bounce	Leap	Scurry	Streak
Bound	Race	Skip	Stride
Dash	Rush	Spring	Vault
Hurdle	Scamper	Sprint	

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- Peggy Toney Horton

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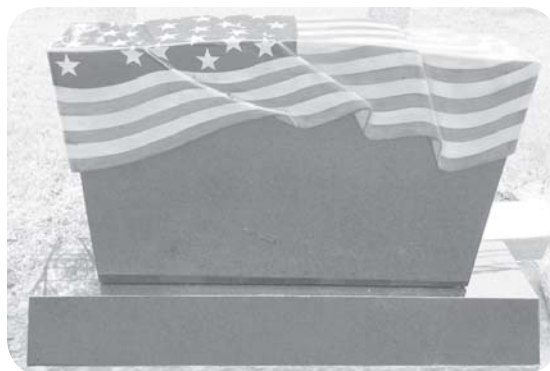
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Ten tips to help your kids do better in school

by Teresa Hunsaker, USU Extension family and consumer sciences educator, Weber County

Now that the kids are back in school, here are some tips that may help promote a greater enthusiasm for learning this new school year.

1. Set an example: One of things we know, from years of observation, is that the family environment makes a huge difference in forming good attitudes toward school success in youth. Let your kids see you involved in learning and reading. Take a class online, go with them to the library, read to them at night, study their topics with them or

learn a new language.
2. Promote study time: Have a quiet place and perhaps set time to study every day. Make sure youth are taking a short break during their study time. Provide a simple snack or divergent activity for them during the break. Be as consistent as possible about when it is study time. Work with them on being as organized as possible in their homework and studying. Have bins and shelves for completed assignments to make the process as systematic as possible. It is also helpful to teach your children about keeping their school papers and assignments organized before they get

home with them. Help them learn how to break assignments and studying down into more manageable tasks.
3. Let them talk: Studies have shown that children have higher IQ's when given the opportunity to talk often about many different topics. Provide a chance around the dinner table to discuss events of the day, concerns they have, or something they heard on the news. Ensure that there is emotional safety in expressing themselves. Let them tell you about their 'high' and 'low' points of the day.
4. Support a new interest or enrichment activity: Children who have a love of enrichment activities have a release from the doldrums of school. These activities provide an added purpose to their studies and to their day.

5. Remain supportive when they get low grades: True achievers seldom get perfect marks all the time. Unconditional acceptance is the rule. When your children are getting low grades, do your best to work with them, beside them, and for them. This may mean getting tutoring help, working with the teacher more closely, and talking to the child about his or her roadblocks on the subject. Be willing to hear them out, and do not compare them to their other siblings or peers who may be doing well in that subject. Be sure to find the balance of encouraging better grades and putting undue pressure on them. Be as constructive as possible on ways to do better next time.

6. Set standards of expectation and goal setting: There is nothing wrong with parents defining a level of expectation for school performance. Parents are to be parents, which sometimes means taking a proactive stand when children are not striving to do their best in school, which may mean disciplining for laziness, lack of hard work, and effort. Encourage your kids to set their own performance goals for the school year. Have them put them in writing and evaluate with them on a frequent basis. Checking on their progress toward goal accomplishment shows them you care and are playing an active part in their success. This also means attending back-to-school nights and parent/teacher conferences.

7. Engage your student in learning, not just reading: It is really easy for us to read something, but do we remember the idea or concept before moving on to the next paragraph? To help bridge the gap with your children between reading and learning, have them explain the concepts to you every few paragraphs. Quiz them at breakfast the next morn-

ing. Help them realize that employers in later life do not want to have to repeat things over and over again to their employees. Now is the time for them to understand they are responsible for their own learning. Just as parents go to work every day, their job for now is learning. Observe and encourage different learning styles. Are they visual learners, auditory learners, etc.?

8. Let them figure things out on their own: Sometimes, in our goal to get study time over with, we jump in too quickly with the answers. Encourage youth to look things up on their own, to read something again, or to learn from their mistakes. Set up scenarios where they have to use some aspect of what they are studying to solve a problem. Driving my kids to and fro was a great time to pose a math problem to them, or throw out a social studies issue that is current today for them to think on, or ask them their opinion on the life of some person in history. Often as parents we are too quick to offer our advice on life's problems to our kids. We want to prevent them from making mistakes rather than letting them learn the art of figuring things out.

9. Volunteer at the school: Not only do teachers and faculty appreciate help at the school, but volunteering helps you get to know the teachers, the administrative staff, the lunchroom staff, other parents, AND it also sends a message to your children that their school experience is important to you. This can also be helpful in having conversations with your child about things at school generally. Maybe you will see why your child is less than impressed with a certain teacher, or that there are issues with others in the school setting. Even if you work full-time outside the home, contact the PTA/PTO President and let him or her know you are interested in helping plan and implement activities at the school when you are not at work. (As a working mom myself, I know how difficult this can be, but it has paid off so many times throughout the years, that I cannot omit mentioning it.)

10. Eat together as a family at least 5 meals a week: Studies show that the more times a week children eat together with their family, the better they do in school, the more they stay clear of anti-social behaviors, and the more articulate they are in their communication skills.

Being actively engaged in the overall school experience does take time, thought, and energy. But the rewards are worth it, for both them and you.

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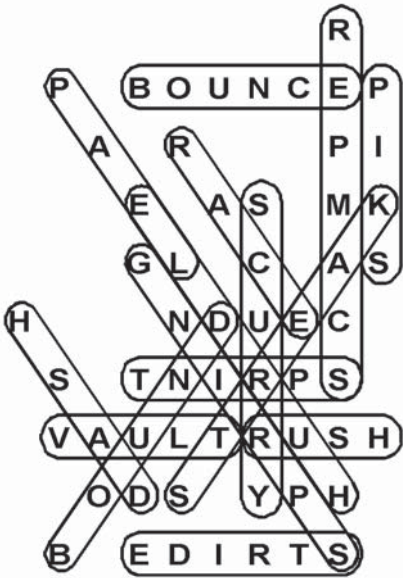
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L	O	N	E		A	R	T		A	V	O	W
O	A	T	S		N	O	R		D	E	A	L
B	L	O	T	T	O		O	M	E	N		
				B	R	E	A	K	I	N	G	U
B	Y	W	A	Y		M	E	X		E	R	A
A	M	E	N		M	E	D		E	R	G	S
I	C	E		I	A	N		O	N	S	E	T
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			E	R	N	E		P	E	O	P	L
M	I	N	I		N	E	T		B	R	I	G
O	D	D	S		T	A	I		L	O	N	G
P	O	S	H		A	R	C		E	W	E	S

SPRING AHEAD



Weekly SUDOKU

Answer

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

Just Like Cats & Dogs by Dave T. Phipps



"I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best."
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High temps, fast times heat up Boiling Pot 5K



by Courtney Llewellyn

CANAJOHARIE – With temperatures in the upper 80s, the seventh annual C.Y.C. Boiling Pot 5K, which took place Aug. 24, seemed to have an appropriate moniker.

The five-kilometer (3.1-mile) race had 117 registered adult runners, and the proceeds from their race fees benefitted the Canajoharie Community Youth Center

(C.Y.C.). Before the grown-ups toed the line, however, two children’s races featured smaller fleet feet – kids five and younger in the first heat and those six to 12 in the second heat.

Eleven-year-old Elaina Wells sang the National Anthem and Mayor Francis Avery welcomed all to the event before the start of the 5K. “It’s so good to see all of you

here,” Avery said. “The youth are the future of tomorrow.”

Those to win, place and show for the male runners were Andrew Yacobucci, 18, 17:43; Skyler Reed, 17, 17:50; and Mark Stephenson, 54, 18:52. For the females, the top runners were Daley Christman, 17, 21:40; Meagan Heiser, 28, 21:47; and Nicole Hauser, 35, 22:59.



Photos by Courtney Llewellyn



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Lunchtime? You've got some awesome options here in Canajoharie! Right across the street from us here at Lee's Shops is Venice, around the corner from them is Jim's Irish Harbor, just back down Church Street is Gino's Restaurant and Pizzeria, the Village Restaurant or around the corner to Mercato's Restaurant down the boulevard to Iroquois Lanes. Everything from soup to full course dinners await you!



Need to walk off some of that lunch?

Head on over to Peruzzi's Meat Market where you can get great prices on fresh meats or even a great piece of pre-owned furniture! Then to Emotional Outlet for some great fall clothing and accessories, around the corner to Picture Perfect Fine Art Gallery and the Arkell Museum and Art Gallery. Take a stroll down to Riverside Park and enjoy a beautiful fall day by the canal. We have so much to offer here in Canajoharie, come see for yourself!



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