

# Mohawk Valley Country Editor

March 9,  
2019

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# FORT PLAIN

## CENTRAL SCHOOL DISTRICT

**Calendar Changes:** Please take note of the following updates to the published district calendar...

- June 25 Baccalaureate Rehearsal 4:00
- June 26 Baccalaureate Service 7:00
- June 27 Senior Breakfast 8:30 a.m.
- June 27 Graduation Rehearsal 9:15
- June 29 Graduation 10:00 a.m.

**Parent Teacher Conferences:** The elementary school will dismiss at 12 noon on Friday, March 8th, for parent teacher conferences.

**Health Fair 2019:** The Fort Plain District will join with the Canajoharie District to present their annual "Community Health and Wellness Fair" on Saturday, April 13th from 9:00-noon at the East Hill Elementary School in Canajoharie. This year's theme is "Super Snacking: The Power of Healthy Eating While Living Life on the Go." The health fair will feature many free, healthy snacks such as homemade guacamole, fruit kabobs, make-your-own trailmix and smoothies. Fitness activities will take place all morning long in the gym, and will include 9-minute home workouts, and free classes for both adults and children. There will be a golf clinic and an indoor family fun walk, along with many other children's games and activities. As always, the health fair will feature many information booths about the wealth of health and wellness services available in our surrounding area. Fair visitors can enjoy a massage, get a free health screening, participate in a cooking class, and take home many terrific give-aways. The health fair is completely free and open to the public of all ages.

**Students of the Month:**

Congratulations to the Students of the Month for January:

Zachary Alkenburgh	Grade K
Christian Jones	Grade K
Fiona Brown	Grade 1
Kassidee Dodson	Grade 4
Country Hammond	Grade 6
Payton Landry	Grade 6
Jordan Hillsgrove	Grade 7
Rylee Herron	Grade 8
Emma Oldick	Grade 9
Antonio Jefferson	Grade 10
Juan Hernandez	Grade 11
Bryce Thibodeau	Grade 12

**Upcoming Events:**

3/7	Elementary Spring Picture Day
3/8	Elementary Dismissed at Noon
3/13	School Closed
3/29	School Closed
3/29-3/31	The Sound of Music
4/2-4/4	NYS Testing ELA 7th & 8th

**Drama Club Presents The Sound of Music:** The Fort Plain-Canajoharie Drama Club will present this year's spring musical, "The Sound of Music" from March 29th-31st at the Canajoharie High School. Taking place in Austria in 1938, the story follows Maria as she leaves the abbey, where she is studying to become a nun, and begins to serve as a governess to the seven children of military hero Captain von-Trapp. Maria soon discovers the hidden musical talents in the children, while also discovering that love comes in many different forms. "The Sound of Music" stars Sophia Rogers (FP) as Maria, Connor Bowden (C) as Captain vonTrapp, Quinn Jones (FP) as Mother Abbess and Vicente Nunez (C) as Max. Also starring as the seven vonTrapp children are: Tori Rocas (C) as Liesl, Keagen Ford (FP) as Friedrich, Zianna Ellithorpe (C) as Louisa, Nura Handy (FP) as Brigitta, Vinnie DeCrescenzo (C) as Kurt, Caileigh Bartholomew (FP) as Marta and Faith Clark (FP) as Gretl. The are joined by Sarah Bowden as Elsa, Michael Barlow as Rolf, Rianna VanRenselaar at Frau Schmidt and Christian Jones as Franz. Completeing the cast are: Halle Nelson, Carlene Montanye, Sarah Paradiso, Anthony Paradiso, Steven Oeser, Joey Soto, Ashlin Tubbs, Chiarra Morris, Mathea Leonard, Max Richtmyer, Cassie Simpson, Amelia Gallagher, Jayden Bentz, Imani Haynes, Morgan Havilland, Richard Catarino, Dawson Sweet, and Emily Palmeri. "The Sound of Music" is directed by Will Ryan and Lauri Broady. Musical direction is provided by Norma Bowley, and Lisa Hill serves as the costumer. Sets are being provided by set builders Mike Broady and Bruce Dingman, along with students artists Greg Post and Cassandra Harwood. Technical and stage crew includes: Garrett Oeser, Willow MaGinnis, Phillip Wein, Mike Broady, Joey Soto, Ron Hill, Autumn Dodson, Catherine Twitchell, Jalen Hall, Vivian Hopkins, Aliza Hopkins, John Hopkins, and Tucker Jones. "The Sound of Music" will be presented on Friday, March 29th at 7:00 p.m., Saturday, March 30th at 7:00 p.m. and Sunday, March 31st at 2:00 p.m. All performances are held in the Arkell Performing Arts Theatre at Canajoharie High School. Admission is \$7 for adults and \$5 for seniors/ students. There will be an intermission with concessions.



**Fun With Math:** Members of the Elementary Talented & Gifted Group, "Fun With Math" recently met for an afternoon of math activities. They took mental math challenges, played a game of Mathological Liar, and participated in a Math Bee. Following the activities, students completed drills by solving 100 math facts in as short of time as possible. The following students successfully completed their facts in 6 minutes or less:

Jed Douglas	2 min 32 sec
Dawson Tracki	2 min 40 sec
Kimberly Kirby	3 min 34 sec

Sebastian Wood	4 min 24 sec
Hailey Davis	4 min 35 sec
Isis Hammond	4 min 55 sec

Ian Burns	5 min 24 sec	
Allyson Rathbun	5 min 34 sec	
Devon Lambert		Honorable Mention
Grace McFee		Honorable Mention
Natashia Hammond		Honorable Mention

The students enjoyed coming together with other kids who like math, with one student noting "math gets a bad rap! It really is fun!" Great job, everyone!

**Penny Wars:** Members of the Library Club have hosted "Penny Wars" throughout the month of February. Students were encouraged to donate their spare change, to benefit students and their families who are recovering from devastating forest fires in Paradise, California. Points were given and the winning class will be treated to a pizza party!

**Winter Sports All-Stars:** The Section 2 Western Athletic Conference recently honored two members of the C-FP wrestling team. Congratulations to Cody Haig and Jared Bentz, who received 2nd Team All-Star Honors.

The Section 2 Western Athletic Conference held it's annual Bowling Tournament in mid-February, with the Fort Plain boys team finishing in 1st place in the boys tournament, and the Fort Plain girls team finishing 2nd place in the girls tournament. Great job to all!  
Boys 2nd Team All Stars: Brady Fureno and Anthony Paradiso  
Girls 2nd Team All Star: Rachel Zuppari  
Congratulations!

**Scholar Athlete Teams Announced:** The New York State Public High School Athletic Association has announced the winter scholar athlete teams. Fort Plain teams earning this honor included:  
Girls Bowling  
Boys Bowling  
Boys Basketball  
Swimming

**Jaxson Yacowenia Achieves 1,000 points:** In a February 11th game against Duanesburg, Fort Plain High School Senior Jaxson Yacowenia became the districts's latest 1,000 point scorer in varsity basketball. Jaxson joins just six previous 1,000 point scorers, who include:  
Dennis Smith (1978) 1,319 points  
Roxanne Logan-Holtz (1979) 1,022 points  
Kim Strait (1997) 1,222 points  
Brad Strait (2000) 1,104 points  
Erica Cutspec (2004) 1,243 points  
Kelsey Logan (2011) 1,064 points  
Congratulations to Jaxson on this impressive achievement!

**Elementary STEAM Project:** District Technology Coordinator, Mr. Matthew Heiser, recently worked with elementary students on their latest STEAM project. STEAM is an educational approach to learning that uses science, technology, engineering, arts and math as access points for guiding student inquiry, dialogue and critical thinking. Students engage in experiential learning (hands-on), collaborating in pairs and teams to solve problems and walk through the creative process. The student learners tackled a robotic snowplow project during the month of February. They participated in a week-long design process, creating their snowplow and determining the best ways in which to get it to work. Their goal was to successful move paper "snow" from one end of the table to the other. All of the teams came up with creative designs, innovative solutions, and working models that performed their "snow removal" task admirably. Great job, students!

**Protect Your Family From the Flu:** Getting the flu vaccine can keep you and your child from getting sick. If you or your child are sick, avoid others as much as possible. Remember to regularly cover your coughs and sneezes, wash your hands often, and avoid touching your eyes, nose, and mouth. Contaminated surfaces that may have the flu viruses should be cleaned frequently. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick.



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FORT HUNTER – Schoharie Crossing State Historic Site will host a basket weaving workshop with Beverly Cornelius on Saturday, May 18 from 9 a.m. - 4:30 p.m. inside the Enders House on Schoharie Street. While iconic for Market Day, this basket is great for foraging in the wild. Easily slipped over your forearm, it is perfect for everything from wild mushrooms to herbs and pine cones.

This is a true beginner basket with a flat solid bottom and a simple splint weave. Students will have the opportunity to play with dyed reed and pattern to personalize their own basket. The approximate finished size will be 8 x 12 x 12 inches and a materials fee of \$25 is due at the start of the class. The instructor will provide all supplies and tools required. Bring a bagged lunch and beverages for the day.

Registration is encouraged for this program, as seating is limited. For online registration information visit form.jotform.com/83604950008151, call 518.829.7516 or email david.brooks@parks.ny.gov. You can find out more about this program and others at Schoharie Crossing by finding them on Facebook or visiting their New York State Parks website.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails which are visited by 71 million people annually. For more information on any of these recreation areas, call 518.474.0456, visit www.nys-parks.com or connect on Facebook and Twitter.

**Expanded 'Philo Café' discussion forum continues March 21**

FORT PLAIN – For those individuals who relish a hearty but respectful dialogue about a range of ideas and topics, the Fort Plain Free Library will host an expanded Philo Café!

Based on input from those present for the inaugural gathering, the library has scheduled two evening forums in March. The first of the two evening forums was held on March 7, and the second is scheduled for Thursday, March 21 from 6:30 - 8:30 p.m.

The March 7 topic, se-

lected by those present for the February forum, focused on the legalization of marijuana. What potential problems might arise if pot were to be legalized?

A veritable feast, each casual gathering of the philosophically-minded takes place at the 19 Willett St. library on the first and third Thursdays of each month from 6:30 - 8:30 p.m. There is no charge.

For more information, call 518.993.4646. Follow the library on Facebook for updates.

**Snakes and St. Patrick**

For many years, one of the prevailing stories about St. Patrick involved the patron saint of Ireland driving snakes out of the Emerald Isle. Today, visitors to Ireland likely won't see a snake while traversing the country's rolling green hills or idyllic countryside. However, that absence of snakes has little to do with St. Patrick and more to do with geography. According to History.com, water has surrounded Ireland since the end of the last glacial period. That water has kept snakes out of the country. And prior to that most recent glacial period, Ireland was covered in ice, making the country uninhabitable for cold-blooded creatures, including snakes. The story of St. Patrick banishing Ireland's snakes into the surrounding seas is likely an allegory that highlights his role in bringing Christianity to Ireland. In that version of events, the "snakes" are actually the pagan ideology that natives to Ireland had embraced for centuries.



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John Lennon

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**Village of Nelliston Candidate Meet and Greet**

**March 13<sup>th</sup> at 6:30**

At the Village Barn. Located on Ehle St. Running for Mayor is Douglas Bothrick and Debra Gros. Current candidate for trustee position is Richard Clinton. Hope to see you there!

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**Mon. Mar. 11th** - Normal Monday Sale & Monthly Heifer Sale

**Fri. March 15th** - Sale held on the Farm - Annville, PA. 11:30AM Valley River Holsteins Milking Herd & Bred Heifer Dispersal. 75 Head of Registered Holsteins DHI RHA 24,302 4.1 933 3.1 745 BAA 109.9. Retirement Dispersal you don't want to miss!

**Mon. Mar. 18th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. There will be a real nice load of 10 butcher hogs.

**Fri. March 22nd** - sale held at the farm Cherry Valley, NY - 11AM. Graveland Farm - Matt & Dean Utter. Complete Dairy Dispersal. 150 Freestall milking age cows, 25 started heifer calves born since October. DHI 21582 3.8 822 3.2 683 SCC 200,000. 50 first lactation and 35 second lactation in this herd. GPS address: 599 County Highway 32A, Cherry Valley, NY.

**Mon. Mar. 25th** - Normal Monday sale & Monthly Organic Day

**Sat. March 30th** - Spring Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

**Sat. April 6th** - Sale on the farm - Copake, NY. 10:00AM. Hill-Over Farm Complete Machinery & Equipment Auction and Barn Equipment.

**Sat. April 20th** - Annual Spring Consignment Machinery Sale - Held at our Facility

**Watch for 2019 Sales:**

Sat. Oct. 26th - Fall Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

\*\*Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Wemyss Ware Pig

Marks on antiques, especially silver or ceramics, can lead a collector to history and age. However, the mark's information can sometimes be confusing. A date may be the year the pottery business started. A name may be the name of the seller, not the maker. And sometimes, especially with Asian ceramics, recent copies are so accurate even the old mark is reproduced.

Wemyss Ware is the name used as a mark by Robert Heron & Son (later called Fife Pottery), which started making creamware in Scotland about 1820. They later used the Weymss mark. During the mid-1800s, European artists were hired. The most famous was Karel Nekola, who stayed for 33 years. In the 1930s, Bovey Pottery of Devon, England, bought the rights to

make Wemyss Ware and hired Joseph Nekola Karelson. The pottery by Fife and Bovey is so similar, experts judge the maker by slight color differences. Joseph died in 1952, and very little Wemyss was made in the 1960s and 1970s. But in 1985, Griselda Hill pottery started making it, and they now own the Wemyss Ware trademark.

A ceramic pig that looks like Wemyss sold at a recent Humler and Nolan auction for \$472. It is marked "Plichta, London, England" and "Nekola Pinxt Plichta." Jan Plichta was a pottery and glass wholesaler who worked in London and, by 1916, bought many things from Bovey Pottery. The Latin mark means "Nekola painted design [for] Plichta," evidence the pig was made before 1952. Very early flower-decorated pigs have auctioned for over \$30,000.

**Q:** I recently found two old dining-room chairs in my attic that I remember using as a child 70 years ago. They have an arched back, six turned spindles and a shaped seat. I remember them having a shiny black finish, but they are very worn. I'm thinking of repainting them, but my son suggests that doing so might reduce their value. Can you tell me what their value is and whether repainting would make them more or less valuable?

**A:** Repainting or refinishing will lower the value of a piece of furniture if it is a valuable antique, made by a well-known craftsman or finished with a hand-painted technique like grain painting. Your chairs are not very old; they're probably from the early 1900s. They are worth about \$50. So, in your case, repainting them might bring them back to life and raise their decorative value.

### Current prices

- Souvenir badge, Atlantic City, bathing girls, woman, swimsuit, navy, white, 2 3/4 x 1 3/4 inches, \$80.

- Kitchen, kettle, apple butter, copper, rolled rim, iron bail handle, 1800s, 11 1/2 inches, \$130.

- Alligator, folk art, wood, carved, red glass eyes, nail teeth, articulated jaw, c. 1900, 21 x 5 inches, \$610.

- Door handle, pock-marked surface, steel, polished, blackened, James Bearden, 19 1/2 x 3 inches, pair, \$1,000.

Tip: Try not to vacuum rugs with fringe. The vacuum "eats" corners, damages edge bindings and edges, and tears fringe.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

(c) 2019 King Features Synd., Inc.

This Wemyss Ware pig was decorated by Joseph Nekola for Jan Plichta. The pre-1952 pig sold for \$472.



## Whatchamacallits

These items may look familiar, but with a fun twist. These whatchamacallits are obviously horseshoes, but they were not designed for horse use.

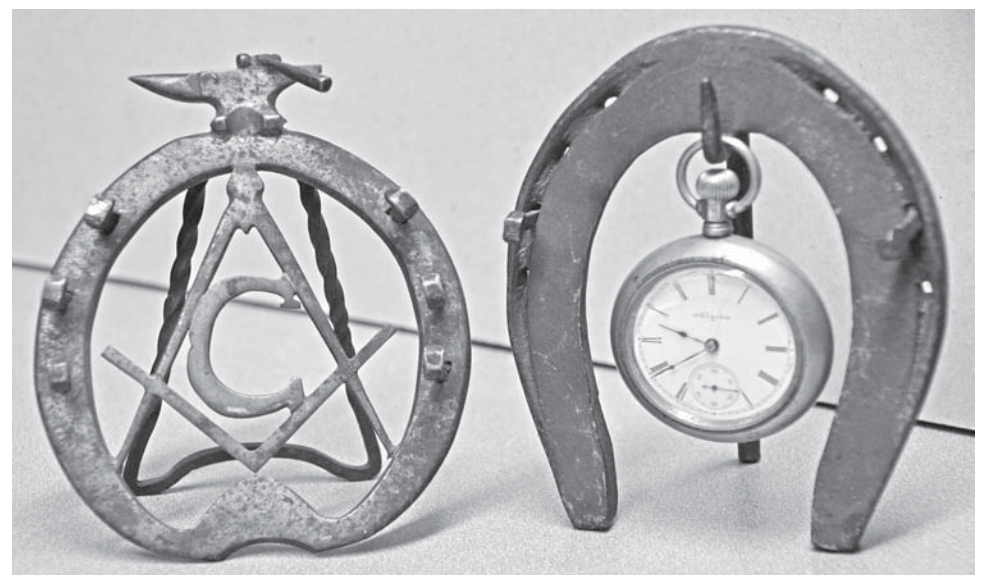
In the most literal sense, a horseshoe is a fabricated product, normally made of metal (although today they can be made partially or wholly of modern synthetic materials). They were designed to protect horse hooves from wear.

An early form of hoof protection was found in ancient Asia, where horses' hooves were wrapped in rawhide or leather for therapeutic purposes and protection from wear. In ancient Great Britain, the Romans attempted to protect their horses' feet with a strap-on, solid-bottomed "hipposandals" that have a slight resemblance to the modern hoof boot. Domesticated horses have been around for a very long time, but some of the earliest proof we have of actu-

al horseshoes were found in 1897, when four bronze horseshoes with apparent nail holes were found in an Etruscan tomb from about 400 B.C.

Shoes are attached on the ground side of hooves, usually nailed through the insensitive hoof wall. There are also cases where shoes are glued.

The fitting of horseshoes is a professional occupation, conducted by a farrier, a person who specializes in the preparation of horse feet, assessing potential lameness issues and fitting appropriate shoes. In some countries, such as the UK, horseshoeing is legally restricted to only people with specific qualifications and experience. In the U.S., where professional licensing is not legally required, professional organizations provide certification programs. People sometimes put decorative horseshoes on their horses if they are go-



ing to a competition.

According to our whatchamacallit expert Skip Barshied, "Blacksmiths and farriers once made their own

horseshoes instead of buying them. They showed their skill by making souvenirs for family and friends," such as the ones pictured here.

**Do you have your own Whatchamacallit?**

Send a photo and short description to [cllewellyn@leepub.com](mailto:cllewellyn@leepub.com).



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**Paisley** is a female dilute tortie. She is a little shy at first, but warms up to be such a sweet loving kitty. Paisley loves other cats and is very playful!



**Lexi** is a beautiful 67 pound spayed female Coonhound who is about 2 to 3 years old. She is a little shy at first, but once she warms up she is a complete mush! This sweetheart is good with some dogs.



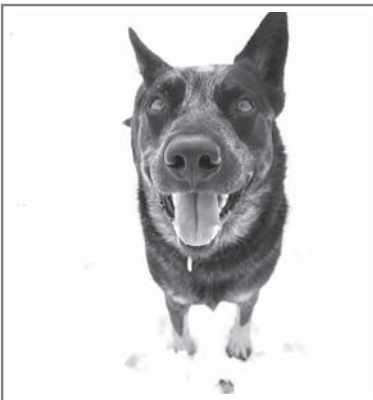
**JAKE** is such a beautiful guy! He is a 3 to 4 year old neutered male brindle pitty mix. HE LOVES to play ball. Jake loves people and is okay with some dogs. He needs a home with older kids.



**Carter** is a 1 to 2 year old neutered male DSH black and white cat. He is a little skittish at first, but loves other cats, is good with dogs and really loves to play/be cuddled!



**Twinkie** is a 36 pound female Bluetick Coonhound. Good with some other dogs and loves people. She is about 2 to 3 years old. Twinkie will need to learn basic house manners, but being a sweetheart she already had down pat!



**Smokey** is a 4 year old neutered male, 64 pound cattle dog. Smokey is good with some dogs, but he needs to be cat tested and in a home with older kids if any. He loves to play!



**Shellie** - Is a 4 to 5 year old spayed female shepherd (hound) mix? She is great with cats, good with some dogs but shy around new people.



This beautiful girl is **Snickers** - She is a 40 pound female Bluetick coonhound. Snickers is good with some other dogs and loves people. She is about 2 to 3 years old. Snickers will need to learn basic house manners, but being a sweetheart she already has down pat!



**Paul** - 4 month old neutered male FIV positive DSH orange tiger and white. Super sweet and playful with extra toes!

**Wish List:**

- Clay Kitty Litter
- Lumabone type chews



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# Call for photographs at Schoharie Crossing State Historic Site

**Deadline: May 1, 2019**

Schoharie Crossing State Historic Site is dedicated to the preservation and interpretation of the Erie Canal as one of the 19th century's greatest commercial and engineering projects. Within the site's boundaries are many features dating from the three eras of the canal's development. The site's largest structure is the remains of the Schoharie Creek Aqueduct, which carried the water of the Enlarged Erie Canal over the creek from the 1840's to 1916.

The Friends of Schoharie Crossing extend an oppor-

tunity to artists residing in New York State to showcase their work in a competitive juried exhibition.

#### Dates:

Submissions are due by May 1. Jury selections are made June 1. Exhibit dates: July and August 2019.

#### How to enter:

Complete the entry form online at [form.jotform.com/83604384492159](http://form.jotform.com/83604384492159) by midnight on May 1. Hand deliveries of entries will not be accepted. Schoharie Crossing (SXSJS) is not responsible for any

lost or late entries.

#### Conditions of entry:

Artists residing in New York State may submit no more than two pieces of art for entry. Artwork must have been completed within the last three years. For 2019 we are only accepting photographs. All approved work must be received installation ready with the appropriate hanging device, hardware and/or installation instructions included. Unframed works on paper will NOT be accepted. Only completed work may be entered. Proposals and/or works in progress will NOT be accepted.

Each work must be clearly labeled with the artist's name and the title of the work. All entries must be of original design and personal execution. Be sure your submission follows an interpretation on the theme of "The Passage of Time." Any piece selected in previous competitions may not be resubmitted. Accepted work may not be withdrawn before the close of the exhibition.

The Friends of Schoharie Crossing will retain a 20 percent commission on all sales made during the exhibition. A sale price (which includes commission) must be included on the entry form. Proceeds will be processed and disbursed to artists after the end of the exhibit.

Accepted works cannot be suspended from the ceiling and there are limitations on the weight of wall mounted works (indicate if a work weighs more than 30 pounds). Maximum height or width for piece is 36 inches including frame. Jurors and staff of SXSJS reserve the right to refuse any entry because of special conditions of installation or if the quality of the work was not accurately represented in the submitted images.

By entering, artists agree to allow their works to be reproduced into a calendar as well as postcards and for limited promotional purposes. Images may also be featured on the New York State Office of Parks, Recreation & Historic Preservation's website that reaches millions of people each year.

#### Digital images:

Submit digital images via submission form for review by jurors. Images must be at least 300 dpi and a finished size of approximately 5 by 7 inches. Files should not exceed 5,000 KB. Images must be in JPEG format. Each file must be named with the title of the work and artist's name. Emailed images will NOT be accepted.

#### Delivery and retrieval:

All accepted artwork must arrive at Schoharie Crossing between Monday, June 17 and Saturday, June 22 from 10 a.m. - 4 p.m. Artists are responsible for all shipping costs including insurance. Work must be shipped in a substantial, reusable container. Hand delivery will be accepted Tuesday, June 18 to Friday, June 21 and notice must be given of when the work will be brought to the site. Special arrangements for the installation/de-installation of large or heavy works may be required. Space requirements must be outlined on the entry form.

Artwork must be picked up by Sept. 6 or otherwise by appointment. Any artwork not picked up by 5 p.m. on the deadline or by other previous arrangements will be considered abandoned and subject to permanent disposal by staff of Schoharie Crossing State Historic Site.

#### About the theme:

Schoharie Crossing is a great source of recreation such as walking, cycling, kayaking, fishing, bird-watching, picnics and more, providing memories and experiences for generations. The site supplies great views of nature as well and the historic Erie Canal structures are juxtaposed among the natural world of plants and animals along the Schoharie Creek and Mohawk River. The trails along old towpaths of the canal allow for a journey back in time. Flora and fauna thrive within the tranquility of the waterways, wetlands and open spaces of Schoharie Crossing, lending great inspiration for any artist.

The Erie Canal's vital importance is highlighted by the classic arches of the Schoharie Creek Aqueduct and the impressive lock chambers that still exist at locations throughout Schoharie Crossing.

## Calendar of events

**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](mailto:cfeditor@leepub.com)**

### Mar 9

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

**Mop & Bucket Company's Improv Theater Group.** Cocktail Hour - 5:30-6:30 p.m. Dinner - 6:30 p.m. Show - 7:45 p.m. At the Canajoharie-Fort Plain Elks Lodge, Nelliston. Join the Mop & Bucket Company's Improv Theater Group for a night of laughs as they interact with the audience. Voted best Comedy Troupe in the Capital Region three years running. Tickets \$35. Includes: Cocktail. Hour - 5:30-6:30 p.m. Dinner-6:30 p.m. Show - 7:45 p.m. Contact: Steve Heiser 518.993.2111.

### Mar 12

**Canajoharie/Palatine Bridge Chamber of Commerce Meeting.** 6 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Call 518.673.4408.

### Mar 13

**Senior Citizens Pinochle Card Party.** Mar 13 19. 12:30 - 4 p.m. Dates are: Wednesdays March 13, 20 and 27. Donation is \$2. Prizes and refreshments. Looking to sub? Call Terry at 518.673.5635.

### Mar 14

**Gary Van Slyke performs Irish Music.** 10:30 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Call 518.673.4408.

**Diet Club.** Arkell Center, 2 Lower Maple Ave., Canajoharie. In the Gallery at Arkell Center. The goal is to be held accountable while maintaining weight. Call 518.673.2112.

### Mar 19

Toddler-preschool Story Times. 11 a.m. Fort Plain Free Library, 19 Willett St., Fort Plain. For more in-

formation, call 518-993-4646.

### Mar 28

### Mar 21

**Water Color with Shanna Becker.** 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. In the Gallery. Cost is \$10. Call 518.673.4408.

### Mar 22

**Mohawk Valley Dance Theatre with Shanna Becker.** 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Performance for the Senior Citizens Group. All are welcome. Call 518.673.4408.

**Free Film - "Sustainable".** 7 p.m. At Van Alstyne Homestead, 42 Moyer St., Canajoharie. A vital investigation of the economic and environmental instability of America's food system, from the agricultural issues we face - soil loss, water depletion, climate change, pesticide use - to the community of leaders who are determined to fix it. Discussion following the film. Refreshment available. Informed is Empowered Documentary Film Series is sponsored by Positive Action-Mohawk Valley.

### Mar 23

**Wild Irish Acres Dancers with Terri Hughes.** 10:30 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Call 518.673.4408. Saturday, March 23

**7th Annual Chili Cook-Off** 1-4 p.m. At Van Alstyne Homestead Society and Museum, 42 Moyer Street, Canajoharie. Cost: \$10. 50/50 raffle. Guided tours. For more information please call 518.673.2468. Music provided by the Jan Cronkhite Trio.

### Mar 26

**Understanding Alzheimers & Dementia with Meagan DeMento.** 9:30 a.m. - 11 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Followed by Caregiver Meeting. Call 518.673.4408.

**Breakfast with Our Senior Neighbors.** 9:30 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a dish to share. Call 518.673.4408.

### Mar 29, 30 and 31

**The Sound of Music.** Friday, March 29 and Saturday, March 30 at 7 p.m. Sunday, March 31 at 2 p.m. At the Canajoharie High School auditorium. The Fort Plain-Canajoharie Drama Club invites you to "The Sound of Music". Tickets \$7 for adults. \$5 for students/seniors.

### Apr 11

**Defensive Driving - 2019 class.** Apr 11 19. 9 a.m. - 3 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. \$20. Call 518.673.4408 to reserve your spot.

### Apr 23

**Friends Speaker & Meeting.** For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### Apr 27

**Canal Clean Sweep.** For more information, contact Schoharie Crossing State Historic Site, Fort Hunter at 518.829.7516.

### May 4

100in1 Day: Gloversville. 100in1 Day is an international movement currently in 31 cities across the globe. Full details about 100in1 Day: Gloversville and other downtown events are available at [www.downtowngloversville.org](http://www.downtowngloversville.org). Please contact Jennifer Jennings, Gloversville Downtown Development Specialist if you would like to help plan the event or have an activity you would like listed. She may be reached at [jenniferj@fccrg.org](mailto:jenniferj@fccrg.org) or at 518.725.7700 ext. 1004.



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## Must-haves for an amazing kitchen remodel

Kitchen remodels are among the most popular home renovation projects, whether they consist of swapping out cabinet hardware or doing major demolition.

Due to the sheer amount of time families spend in the kitchen, not to mention the number of tasks performed in this space, it is easy to see why Remodeling magazine consistently ranks kitchen renovations as projects that will enable homeowners to recoup a high percentage of their investments. In the magazine's 2018 "Cost vs. Value" report, midrange major kitchen remodels costing an average of \$63,829 recouped 59 percent of that investment.

When investing in a kitchen project, it is important to incorporate items that are coveted.

- Deep, double sinks: Having a double sink enables you to soak dishes in one side and then wash on the other. It also makes it easy to wash and prep produce for meals.

- Kitchen island and bar stools: Even though many meals are enjoyed around the table, there's something to be said for the convenience of a kitchen island and some well-placed bar stools for quick breakfasts or snacks.

- Smart kitchen storage: Work with a contractor to include storage solutions built into cabi-

etry and the pantry. Slide-out shelving, nooks for a paper towel roll and custom-designed areas to store stand mixers and other necessities can make kitchens more functional.

- Outdoor access: If possible, design a kitchen so it is easy to access the backyard via sliding doors. This can make outdoor entertaining or even coffee on the deck much easier.

- Under-cabinet lighting: Fixtures installed under cabinets provide both ambient lighting and task lighting. Such lighting makes it easier to see what you're working on as well, as even well-placed overhead lighting can fail to illuminate dark corners and spots on the counters.

- Convenient warming drawer: This appliance provides backup to the oven. It's a slide-out drawer that can keep prepared foods out of the way and warm until they are ready to be served. This is particularly handy for holidays and other entertaining.

- Beverage station: Designate one area of the kitchen to beverages, such as coffee and tea. Or make the area an informal bar. This can limit traffic in the kitchen to a single area.

Kitchen remodels are exciting to envision, and several choices can make these high-traffic spaces even more coveted.

### CALL from 8

Greater views of the Mohawk and Schoharie Valleys can also be taken in as you explore this landscape.

#### Awards:

The best way to be inspired by all that Schoharie Crossing has to offer is by visiting the site in person. In order to plan your visit, review the information below as we have listed web resources that can provide details as well as several terrific images of the site and all of its features.

Our Facebook page contains hundreds of images of the site, including photographs of events and programs throughout all seasons and over many years. The Friends of Schoharie Crossing Instagram and Twitter accounts contain content and images that provide a better understanding of the mission of the historic site as well as its supporting group. Our New York State Parks website contains valuable contact and programing information.

Questions? Contact Janice Fontanella at SchoharieCrossing@parks.ny.gov or 518.829.7516.



## Introduction to Irish dance

Dancing is an expression of emotion that can be perfectly matched to the tonality and sentiments of the musical accompaniment. Modern dancers interpret music and lyrics in ways that can evoke joy or sadness, anguish or contentment. Some of the more vibrant and intoxicating dances to behold are those of Celtic origins.

Irish dance steps and cadences have endured through the years. Today, dance studios around the world specialize in various types of Irish dance. There are a number of notable styles of Irish dance, each boasting its own unique components.

### Stepdancing

Irish stepdance is a solo dance, although it can be performed by several soloists in unison. It is characterized by a generally stiff, immobile upper body and quick, precise movements of the feet. It is among the most common dances performed in a competition called a Feis. Males and females can perform, but it is predominantly female-oriented. Many dancers wear traditional costumes, curled wigs and poodle socks.

### Sean-nós dancing

Sean-nós is another traditional form of solo Irish dancing. Unlike stepdance, sean-nós is a casual dance form. The name means "old style." Dancers perform low-to-the-ground footwork, improvised steps and free movement of the arms. This loose style of percussive dance is performed by individuals to their own rhythm — most often by men.

### Set dancing

Set dancing is a fresh and vibrant style of dance based on dancing Quadrilles, which originated in France. The Irish modified the dance to make it energetic, rhythmic and fun. It has similar roots to American square dancing, although the Irish sets have a more disciplined structure defined by the music.

### Céilí dancing

Céilí dancing is made up of different forms, but also

hails from French and English dances of the past. It is a form of old folk dancing in Ireland, and features various pairs of dancers in facing lines. The steps are similar to stepdancing, with dancers traveling sideways, with movement progression and partner switching. These dances are very social and fun in nature. Unlike set dancing, céilí dances are performed on the balls of the feet with pointed toes instead of flat feet.



## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Parmesan Bread

The perfect side to go with any soup supper you're having.

- 1 1/2 cups Bisquick Heart Smart Baking Mix
- 1 tablespoon Splenda Granular
- 1 tablespoon dried onion flakes
- 1 teaspoon dried parsley flakes
- 2 tablespoons I Can't Believe It's Not Butter! Light Margarine
- 1 egg or equivalent in egg substitute
- 1/2 cup fat-free milk
- 1/4 cup (3/4 ounce) Kraft Reduced-Fat Parmesan Style Grated Topping

1. Heat oven to 400 F. Spray a 9-inch round cake pan with butter-flavored cooking spray. In a large bowl, combine baking mix, Splenda, onion flakes and parsley flakes. Cut in margarine. Add egg and milk. Mix well to combine.

2. Spread batter into prepared cake pan. Evenly sprinkle Parmesan cheese over top. Bake for 15 to 17 minutes. Place cake pan on a wire rack and spray top lightly with butter-flavored cooking spray. Let set for 5 minutes. Cut into 8 wedges. Serve warm.

\* Each serving equals: 115 calories, 3g fat, 3g protein, 19g carbs, 366mg sodium, 47mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

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## Debunking some myths about Irish culture

Ireland garners significant attention each March, when people across the globe don green garb and celebrate St. Patrick's Day. The day pays homage to the patron saint of Ireland and has become a day of celebration for people from all walks of life.

While St. Patrick's Day celebrations are all about fun, festivities may foster some misconceptions about Ireland and Irish culture. Debunking some of those myths may give people an even greater appreciation of the Emerald Isle.

1. The Irish are not enamored with leprechauns. Come St. Patrick's Day, leprechauns are purported to be mischief makers who can rev-up the fun. But within Ireland, the only places you're liable to find leprechauns is in tourist gift shops. In fact, while the origins of leprechauns may date back to ancient Ireland, many people now believe the image of the fighting, ill-tempered leprechaun is offensive to the Irish people.

2. Ireland is not a part of the United

Kingdom. Many people mistakenly believe that Ireland is part of the United Kingdom. However, this hasn't been true since the conclusion of the Irish War of Independence in 1921. The six counties known as Northern Ireland are still part of the UK, but the remainder of the island makes up the Republic of Ireland.

3. Ireland is a world economic power. Ireland is one of the richest nations in the European Union. The World Atlas ranks Ireland as the third richest coun-

try by GDP. Tourism and the beverage industry help solidify this ranking.

4. Ireland residents' wardrobes are not exclusively green. Known as the Emerald Isle for its awe-inspiring green countryside, Ireland has long been associated with the color green. As a result, St. Patrick's Day celebrants often wear green clothing on March 17. But the people of Ireland have more diverse sartorial tastes and are just as likely to wear various colors as they are to wear green.

Dining, Entertainment  
& Celebrations

### 25<sup>TH</sup> Annual St. Patrick's Day CELEBRATION

**Friday,  
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Live Music at 4 PM

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## Stewart's supports Fort Klock with donation

by Courtney Llewellyn

ST. JOHNSVILLE – On Tuesday, Feb. 26, representatives from Stewart's Shops met with members of the Fort Klock Historic Restoration for something that would warm hearts despite the oncoming late winter snow. The fort was being awarded a \$500 donation for programming from Stewart's Holiday Match Program.

Every year since 1986, Stewart's Shops has run its Holiday Match Program to benefit programs and organizations for children under the ages of 18. All customer donations made from Thanksgiving Day through Christmas Day are matched by the company and awarded in the counties in which they are collected. To date, the program has given out a total of \$28 million in the counties it serves.

The \$500 awarded to Fort Klock will be utilized in its Young Pioneers Program, a three-day summer vacation event for

youth aged nine to 13 during which they can experience what life was like in the mid- to late-1700s in Upstate New York.

Fort Klock Chairman of the Board Bob Metzger said, "We appreciate all that Stewart's has done for us – not only this generous \$500 donation but also the ice cream they provide for our Strawberry Festival on July Fourth each year."

The Fort Klock Historic Restoration will kick off its 2019 season with an opening weekend celebration scheduled for May 18-19. For more information, visit [www.fortklock-restoration.org](http://www.fortklock-restoration.org).

L-R — Laura Sherman, manager Stewart's St. Johnsville, Fort Klock members Lisa Emden, Joan Kark-Wren, Robert Metzger, Willis 'Skip' Barshied and Stewart's District Manager Mark Cole.



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## Coffee on a Sunday — WELCA group hosts coffee house

by Rachael Takacs

On a warm Sunday afternoon, the WELCA (Women of the Evangelical Lutheran Church of America) group of Saint John's and Saint Mark's Lutheran Church hosted a very successful coffee house. Spirits were high

and the delicious smells of coffee and desserts filled the air. Many people worked very hard to make the day successful, including the musically talented Ed and Phyllis Reese and the Empty Pockets Band. The band performed many Chris-

tian gospel and folk songs while the WELCA women worked hard in the kitchen serving coffee, cake, pies, brownies, cookies, and all sorts of other sweet confections. These confections were donated by the church members and the WELCA members as well.

Spearheading the WELCA group and this event was Co-Ordinator Linda Klump. She was working tirelessly in the kitchen

and among the guests that busy afternoon. She was pleased with the outcome of the event and explained that all the proceeds from the event would be going to local hunger, as well as the Local School Back Pack Program. She continued to state that although their WELCA group is small, they are strong and determined to work

COFFEE 15



Treasurer for Saint John's and Saint Mark's Church Bob Lindholm greeted guests and offered raffle tickets for a very tasteful Valentine's Day basket.

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### Dr. Murcraay turns practice over to Dr. Wadas

Longtime local Optometrist Dr. Craig Murcraay has decided to retire. He opened his practice in 1979 and has been providing eye care services to the community and surrounding areas ever since. He feels fortunate to have had the opportunity to take care of multiple generations of families as well as making countless friends along the way.


Despite having a fulfilling career in St. Johnsville, finding the right person to turn his practice over to hasn't been easy. However, he recently met Dr. Matthew Wadas who practices in nearby Herkimer. Upon meeting, Dr. Murcraay immediately knew he was leaving his patients in good hands and the two agreed to work together to make sure his patients aren't left without quality eye care.

Dr. Wadas provides full-scope eye care services including treatment and management of eye diseases and infections as well as a wide array of optical services for your glasses and contact lens needs.

Most importantly, at Dr. Wadas' office, you can expect the same level of personalized care and service you came to know at Dr. Murcraay's.

Dr. Wadas is a lifelong resident of the Mohawk Valley and is thrilled to be practicing in the community he loves. "I'm truly blessed" he says.

Dr. Wadas' office is located at 394 East State St. in Herkimer.  
Office phone number is 315-866-3751.  
[www.wadaseye.com](http://www.wadaseye.com)



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# top ten

## MOST DANGEROUS Power Tools

1. Power nailers
2. Chain saws
3. Table saws
4. Snowblowers
5. Circular saws
6. Riding lawnmowers
7. Power drills
8. Backhoes
9. Air compressors
10. Wood chippers

Source: Forbes



**COFFEE** from 14 — together with the church members and the community. “Our WELCA group works to support



(From left to right) WELCA Co-Ordinator Linda Klump poses with WELCA members Carly Kramer, Sadie Dillenbeck, and Barbara Kramer.

Photos by Rachael Takacs

the community in many ways. We collect and donate hats and mittens for the local school children, we adopt a family at Christmas, we help to support local fire victims, hunger victims, and much more; also sending quilts and other items to Lutheran World Relief, making visitations, bringing flowers and food

when needed, and serving and organizing funeral luncheons when needed.” Klump also exclaimed how grateful she was for the support that the community gives the WELCA group, as well as the church and the events they both provide. “As coordinator for the group, I speak for all in saying we

all work together for the good of our church in the heart of the community. We hold other events for the year and we truly appreciate the support that the community gives!” Klump also gave a massive thank you to Ed and Phyllis Reese and the Empty Pockets Band for the donation of their time and talents.



The Empty Pockets Band performed gospel and folk hits for the many guests in attendance.

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## Moments in Time – The History Channel

• On March 15, 44 BC, Julius Caesar, dictator of Rome, is stabbed to death in the Roman Senate house by 60 conspirators led by Brutus and Cassius, who believed that his death would lead to the restoration of the Roman Republic.

• On March 16, 1751, James Madison, author of the Federalist Papers and fourth president of the United States, is born in Virginia. Madison is best remembered for his critical role in the Constitutional Convention of 1787, where he oversaw the drafting of the final Constitution.

• On March 17, 1776, British forces are forced to evacuate Boston following Gen. George Washington's successful placement of fortifications and cannons on

Dorchester Heights. Realizing their position was now indefensible, 11,000 British troops sailed to the safety of Halifax, Nova Scotia.

• On March 14, 1919, Max Brand, perhaps the most prolific writer of Western stories, publishes his first novel, "The Untamed." Max Brand was one of 21 pen names used by author Frederick Faust. Unlike many Western authors, Faust made no pretense to historical accuracy in his works.

• On March 13, 1969, "The Love Bug," a movie about the adventures of a Volkswagen Beetle named Herbie, opens in theaters. The Walt Disney film, based on the 1961 book "Car, Boy, Girl" by Gordon Buford, spawned four spinoffs.

• On March 12, 1972, the last remnants of the First Australian Task Force withdraw from Vietnam. The Australian government had first sent troops to Vietnam in 1964 and by 1969, their forces totaled an estimated 6,600 personnel.

• On March 11, 1990, Lithuania becomes the first Soviet republic to proclaim its independence from the USSR. The Soviet government responded by imposing an oil embargo and economic blockade against the Baltic republic, and later sent troops. Lithuania would gain its independence in September 1991.

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# Girl Scouts Anniversary

*Girl Scouts of the USA (GSUSA) is the largest organization for girls in the world. Our mission is to build girls of courage, confidence, and character, who make the world a better place. Through activities in science and technology, business and economic literacy, and outdoor and environmental awareness, Girl Scouting provides girls with opportunities for fun and friendship while fostering the development of leadership skills and self-esteem.*

*Founded by Juliette Gordon Low in Savannah, Georgia, on March 12, 1912 - over 100 years ago - Girl Scouts of the USA was chartered by the United States Congress on March 16, 1950. Today, there are over 3.2 million Girl Scouts: 2.3 million girl members and 890,000 adult members working primarily as volunteers.*

### The Girl Scout Promise

*On my honor, I will try: To serve God and my country, To help people at all times,  
And to live by the Girl Scout Law*

### The Girl Scout Law

*I will do my best to be honest and fair, friendly and helpful, considerate and caring,  
courageous and strong, and responsible for what I say and do,  
and to respect myself and others, respect authority, use resources wisely,  
make the world a better place, and to be a sister to every Girl Scout.*



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**girl scouts** 



# King Crossword

**ACROSS**

1 Banner  
 5 Ayes' oppo-  
 nents  
 9 Water barrier  
 12 Continental  
 coin  
 13 Squashed cir-  
 cle  
 14 "— Got a  
 Secret"  
 15 First victim  
 16 Stage statu-  
 ary  
 17 Still, in verse  
 18 Peruse  
 19 Squid squirt  
 20 Mentor  
 21 Will Ferrell  
 Christmas  
 movie  
 23 Swelled head  
 25 PBS dinosaur  
 28 Intertwine  
 32 Underwater  
 gear  
 33 Hatred  
 34 Swear (to)  
 36 Refines, as  
 ore  
 37 Devoured  
 38 Coop denizen  
 39 Rude one  
 42 Expert  
 44 Birthday party  
 essential  
 48 Clumsy boat  
 49 Start a garden  
 50 One side of  
 the Urals

**DOWN**

1 Dread  
 2 Garage job  
 3 Vicinity  
 4 Nicklaus nick-  
 name, with  
 "The"  
 5 Inform  
 6 Shakesp-  
 eare's river  
 7 Northerner  
 8 Crafty  
 9 God, in  
 Grenoble  
 10 State  
 11 Waiter's  
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 20 Aaron's idol  
 22 Minimum  
 24 Travelocity  
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 25 Merit-badge  
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 26 Performance  
 27 Trench  
 29 Have a bug  
 30 Snip

31 Type mea-  
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 41 Gumbo need  
 43 Harvest  
 45 On the briny  
 46 Ukraine's  
 capital  
 47 Facility  
 49 The girl

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# Weekly SUDOKU

by Linda Thistle

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

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.

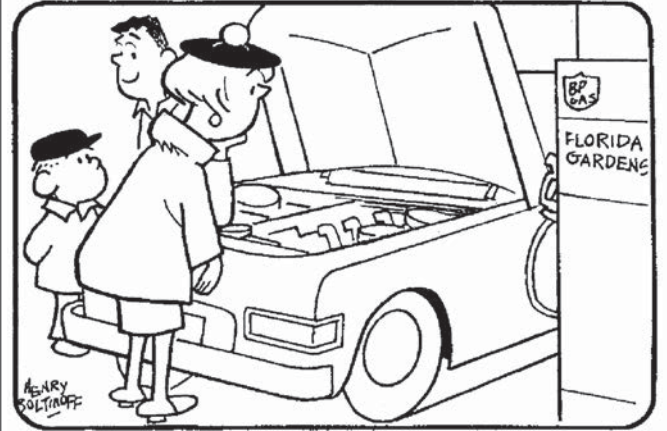
## DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
 ◆◆◆ HOO BOY!

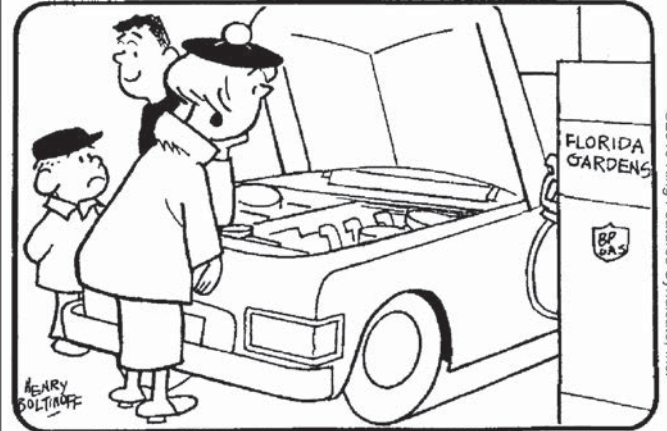
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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mechanic's shirt is different. 2. Boy is frowning. 3. Woman's earring is different. 4. Sign on gas pump has moved. 5. Headlight is bigger. 6. Woman's skirt is longer.

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# RIDDLE CARD



- When does a boat show affection?
- Why do lazy boys have to go to school?
- If a poor man found a dollar in every pocket of his pants, what would he probably have?
- Why is a coward like a leaky faucet?

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Answers: 1. When it hugs the shore. 2. Because the school won't come to them. 3. Somebody else's pants. 4. Because they both run.

**SEE IF YOU CAN** make this math expression correct by adding four plus signs between certain numbers:

1 2 3 4 5 6 7 = 100

Answers: 1 + 2 + 34 + 56 + 7 = 100 or 1 + 23 + 4 + 5 + 67 = 100.

**A PASSWORD TO WORD POWER!** Pictured below are two puzzle grids, each containing four words. Hints are given, and the words in Grid B contain the same letters as the corresponding words in Grid A.

- They come with nails.
- Mexican favorite.
- Coarse file.
- Found in classrooms.

GRID A

P			
	A		
		S	
			S

GRID B

W			
	O		
		R	
			D

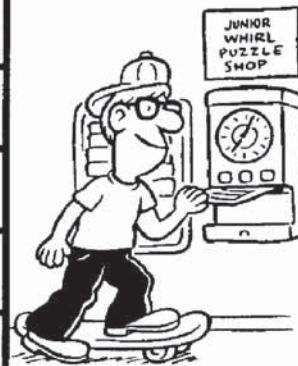
- A stinging pest.
- A layer of paint.
- Golfers love them.
- What cars may do.

Answers: 1. Paws-wasp. 2. Taco-coat. 3. Rasp-pars. 4. Kids-skid.

# Junior Whirl

by Charles Barry Townsend

TIME  
 TIRE  
 TARE  
 CARE  
 CARD



## PUNCH IN FOR PUZZLE FUN!

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move you must change one letter in the previous word so as to form a new word. In our example we changed TIME to CARD in four moves. See if you can change the following five words in four moves:

- GOLD to MINE
- FIRE to BALL
- WORM to BAIT
- HALF to PINT
- PASS to WORD

Answers: 1. GOLD, MOLD, MILD, MILE, MINE. 2. FIRE, FILE, BILE, BALL. 3. WORM, WARM, WART, WAIT, BAIT. 4. HALF, HALT, HILT, HINT, PINT. 5. PASS, PARS, WARS, WARD, WORD.



# Paw's Corner

by Sam Mazzotta

## What's behind dog's heavy panting?

**Dear Paw's Corner:** We have a large property of several acres, and I let our dog "Boomer," a big Labrador mix, run out there every day for at least an hour. Yesterday he came in panting very rapidly and drooling a bit, and looked agitated. He kept that up for over an hour before settling down. Boomer seems fine today, but what could have caused that rapid breathing? — Dan J., Bloomington, IN

**Dear Dan:** Even though he's returned to normal, take Boomer to the veterinarian to be checked out, just to make sure there are no underlying issues.

It's normal for dogs to pant heavily after lots of exertion or on a hot day, but prolonged, heavy panting should catch your attention, especially if it's accompanied by other behaviors. The causes can be many: On

hot days, heat exhaustion or heat stroke are a big concern. A neurological or heart problem could be the silent culprit. Or, Boomer could have gotten into something that's poisonous to him.

Write down all of the symptoms you noticed during his panting episode, and include the temperature that day, what you fed him, how much he ate and how much water he drank during the day. Take those notes to the vet with Boomer.

If no underlying chronic cause is found, the vet probably will recommend that you keep a watchful eye on Boomer for a few days and make sure he gets plenty of water to drink. I also recommend that you go with him on his next couple of romps to see where he typically roams, looking for plants, chemicals left unattended or anything that he could accidentally ingest.

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## To Your Good Health

by **Keith Roach, M.D.**  
**Confusion over women's heart attack symptoms**

**Dear Dr. Roach:** My question is about symptoms for women's heart attacks. I have always heard that symptoms for women can be much different from men's. Instead of the chest-clutching, sharp pain that men can have, I have read that women's symptoms can be any of these: heartburn or indigestion; pain in the jaw, neck, shoulders, back, one or both arms; fatigue and troubled sleep; dizziness and nausea; or extreme anxiety.

Are you KIDDING me? I am a healthy, active 63-year-old woman. I have

had all of these symptoms at one time or another. If I acted every time I had one of these symptoms, I would be at the doctor's office every day. How is one to know which symptoms to take seriously and act on immediately, and which to wait a few days to see if it is temporary? — J.

**Answer:** I have seen many letters similar to yours. The confusing problem is that it's true: In women, heart attack symptoms and the symptoms of angina before a heart attack can include all of those vague symptoms. The same is true of men as well, although it's more likely for women than for men to have

symptoms other than the classic left-sided chest discomfort (people are much more likely to describe angina as "discomfort" or "pressure" than "pain").

So your question is entirely valid: How do you know when to take common symptoms seriously? The first thing I would say is that the greater your risk for heart disease, the more seriously you should take any symptom. Age, family history of heart disease, high blood pressure and cholesterol, lack of regular physical exercise and diabetes are among the most important risk factors.

The second thing I would say is to take new

symptoms seriously. If you never get heartburn, for example, then heartburn at age 63 should prompt concern.

Third, context matters. Symptoms such as nausea or jaw pain that occur with exercise — even carrying a bag of groceries or walking up stairs — is definitely a reason to talk to your doctor.

Most women don't know that heart disease remains their No. 1 killer, far outstripping breast cancer (or any cancer). Both women and men need to take even vague symptoms seriously, especially if the symptoms are new, exertional or if the person has several risk factors. As a pri-

mary-care doctor, I'd rather see my patient for her concerns that symptoms may be heart disease than see her in the ICU with a heart attack.

**Dear Dr. Roach:** I have diverticulosis. At one time I was told not to eat nuts. I have since read that eating nuts is okay. What is your take? Also, are chia seeds safe? — E.M.

**Answer:** There are two answers to this question. The first comes from clinical research, and a very large trial showed that nut and popcorn consumption tended to pro-

tect against diverticulitis and diverticular bleeding. This may be due to the high fiber content, recommended in people with diverticula. So most experts allow their patients with diverticulosis to eat nuts and seeds, including chia seeds.

The second is practical experience. If someone has had clinical diverticulitis after eating nuts and seeds, especially if it happens repeatedly, it makes sense not to do so.

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## Please don't top your trees

by **B. Rosie Lerner**

Topping a tree is an all-too-common practice among homeowners, particularly when their trees become too tall and pose a possible threat to the house or overhead power lines. Some have the trees topped because they believe, or are led to believe, that topping is a good pruning practice.

Some situations obviously require the removal of large limbs for the sake of safety. But topping is a drastic step that ultimately endangers the tree's life. Removing such a great quantity of growth in one shot throws off the roots-to-shoots balance that the tree has gradually developed all those years. The much-reduced leaf surface will not be able to manufacture sufficient food reserves to feed the large root system. As roots starve, the rest of

the tree will suffer from insufficient moisture and nutrients.

Another drawback to topping for many tree species is the stimulation of numerous, upright branches that grow straight up. These shoots are typically very soft, weak growth that breaks easily and is more susceptible to attack by diseases and insects. These shoots are rapid growers, so the tree will soon be back to and exceed its original height.

Stubs left by the topping are usually too large for the tree's defense process of callusing to seal the wound. Thus, stubs also become easy prey for insects, diseases and decay, and large stubs drastically disfigure the tree's natural beauty.

There are alternatives to topping when size reduction is required. Thinning out the canopy by remov-

ing selected branches completely back to their point of origin will reduce the tree's size while maintaining more of its natural shape. Cuts will be less conspicuous and should heal more rapidly. Thinning is a more time-consuming process that requires a more skilled hand, which usually translates to higher expense. In many cases, you'll need to hire a professional arborist to safely and correctly complete the job.

If the tree isn't worth the investment to do the job correctly, it's probably better to remove the tree entirely rather than top repeatedly. In the case of overhead power lines, it really is best to remove the tree and start over with a more appropriately sized plant. But if the tree is worth saving, make the right investment in a healthy future.

## Strange but true

by **Samantha Weaver**

- It was 20th-century British actor George Sewell who made the following sage observation: "Fear is the tax that conscience pays to guilt."

- When someone mentions the band ZZ Top, you probably think of a group of musicians with long beards. They don't all have beards, though; the drummer is clean-shaven as a matter of safety (imagine being in the middle of a drum solo and getting a stick caught in a long beard — ouch!). Interestingly, the un-bearded drummer's name is Frank Beard.

- If you're like most people, you've probably never encountered a tziganologist. That is, unless you consort with those who study Hungarian gypsies.

- Those who study such things say that the immortal bard, William Shakespeare, used a grand total of 17,677 words in his works. (That must have been a tedious calculation.) They also say that fully one-tenth of those words had never been used in writing before.

- Unless you were around on April 17, 1964, you may not be aware of the hullabaloo caused by the introduction of the Ford Mustang. In Seattle, a truck driver was so distracted by a display of new Mustangs that he crashed his cement truck through the window of the dealership. In Chicago, so many people were trying to crowd into the cars in a showroom that the dealer had to lock all the vehicle doors. A dealer in New Jersey had only one Mustang, so he auctioned it off. The winner of the auction insisted on sleeping in his new car that night, just to make sure nobody else got it before his check cleared.

- By the time he was 5 years old, 19th-century French composer Camille Saint-Saens was already composing waltzes.

Thought for the Day: "Nothing great in the world has been accomplished without passion." — Georg Wilhelm Friedrich Hegel

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# The Kitchen Diva

by **Angela Shelf Medearis**  
**New ways to serve  
 an old favorite**

Peanut butter and jelly sandwiches are an enduring lunchtime favorite. Although Dr. George Washington Carver invented more than 300 uses for the peanut, the invention of peanut butter isn't on the list of his accomplishments. The first U.S. patents for peanut butter were issued to Marcellus Gilmore Edson of Montreal, Quebec, in 1884 and J.H. Kellogg of Battle Creek, MI, in 1897.

Edson created his version of peanut butter by milling roasted peanuts between heated surfaces until the peanuts reached "a fluid or semi-fluid state and a consistency like that of butter, lard or ointment." Health and cereal guru Kellogg called the pasty substance he created "nut butter."

Making a peanut butter sandwich using organic products is an easy way to create a healthy lunch. Peanut butter is packed with protein and contains vitamins B-3 and E, magnesium, folate and dietary fiber. It also has high levels of monounsaturated fats and resveratrol, which help to pro-

tect against the risk of cardiovascular disease. There have been some concerns about peanut allergies, especially among schoolchildren, and many schools now have a "peanut table" or forbid trading lunches at school. Check your school's peanut policy before packing your child's lunch.

These recipes for Apple Peanut Butter on Cinnamon Raisin Bread and Grilled PB&J Sandwiches are great for breakfast, lunch or as an after-school snack. Changing the type of bread you use for your peanut butter sandwiches adds variety and more nutrients. Some children prefer white bread, and now white whole-grain wheat bread is available.

White whole-wheat bread is made with the whole grain and an albino or white variety of wheat. The albino wheat is lighter in color and has a sweet, mild flavor.

You can make the Apple Peanut Butter sandwiches the night before and store them, wrapped, in the refrigerator. Grilled Peanut Butter Sandwiches also make a deliciously easy to make breakfast or snack.



Variations on the traditional PB&J sandwich are endless.

Photo by Depositphotos

## Apple Peanut Butter on Cinnamon Raisin Bread

When sliced apples are exposed to air they start to turn brown from oxidation. Dip the apples in a mixture of water and a fresh lemon juice to keep them beautifully crisp.

- 1/2 cup organic peanut butter
- 2 tablespoons organic honey
- 8 slices whole-grain cinnamon raisin bread

1 small organic apple — unpeeled or peeled, cored and sliced or shredded

In a small bowl, mix together the peanut butter and honey. Spread about 2 tablespoons of the mixture onto one side of each slice of 4 pieces of the bread. Place an equal amount of the sliced or shredded apple on top of the peanut butter. Place the remaining slice of bread on top of the apple to make a sandwich. Serve immediately or wrap in plastic wrap and refrigerate overnight.

Makes 4 sandwiches.

## Grilled PB&J

- 3 teaspoons butter, softened
- 4 slices whole-wheat white bread
- 2 teaspoons organic peanut butter
- 4 teaspoons, any flavor, fruit jelly

1. If using a toaster oven, heat the oven to 450°F. Spread a teaspoon of the butter on one side of two slices of the bread. Spread the peanut butter and then the jelly on the remaining two slices of the bread. Top with the buttered slice of bread, so that peanut butter and jelly are in the middle.

2. If using a skillet, melt the remaining teaspoon of butter on high heat. Place the unbuttered slice of the bread down in the skillet. Cook for 4 minutes, and then turn and cook the bread on the buttered side until golden brown and heated through.

3. If using a toaster oven, butter one slice of bread and spread the peanut butter and jelly on the other. Toast the slices and then place one slice on top of the other to make a sandwich. Makes 2 sandwiches.

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## Weekly SUDOKU

Answer

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

## King Crossword

Answers

Solution time: 24 mins.

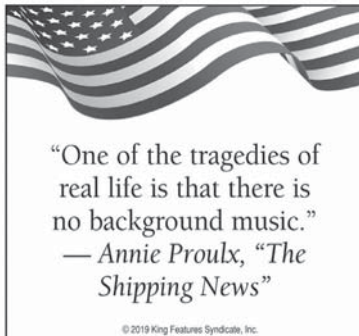
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## Just Like Cats & Dogs

by Dave T. Phipps

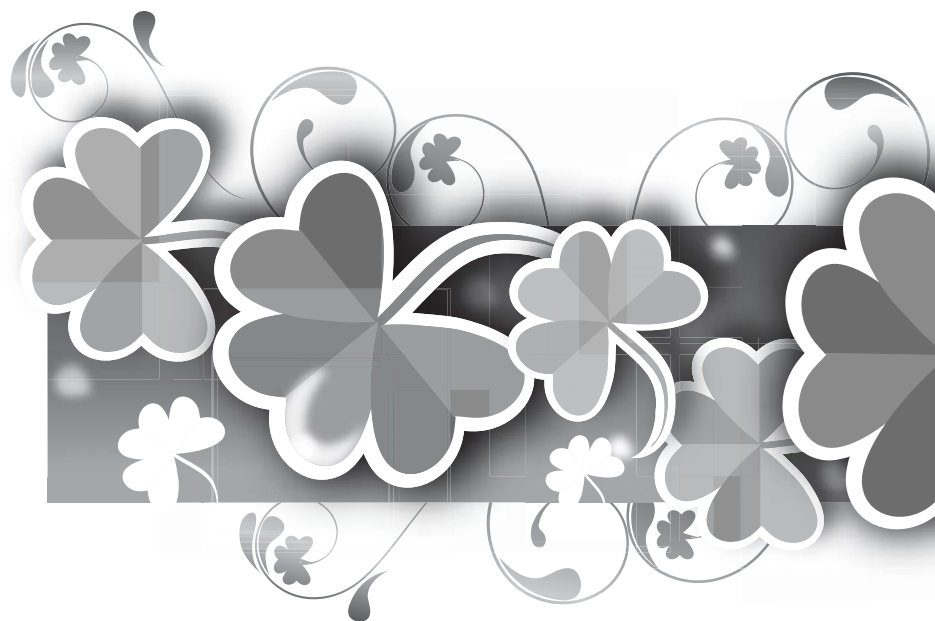


## Americanisms



It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

- Charles Dickens





## Love, lyrics, and laughs – Open Mic Night at Berean Bean



James Peck and his mom Carol offers sweet treats and salty snacks to the evening's guests.

Photos by Rachael Takacs

by Rachael Takacs

Love was in the air at the fourth monthly Open Mic Night at Berean Bean in Canajoharie. A pleased crowd of guests munched on delicious Valentine-themed treats and drank steaming cups of freshly brewed coffee while they enjoyed the wide variety of entertainers. The entertainment presented for the evening included impressions, jokes, poetry, and of course, music of all kinds.

The night began with an introduction from the well-known Mark Davidson. Davidson served as emcee for the course of the show, and warmly welcomed attendees with a smile and jokes galore. He thanked guests for coming and reminded

them that Berean Bean hosted the event free to the public, but donations were welcome. He also explained that Berean Bean was an outreach program courtesy of the Reformed Church of Canajoharie.

Continuing the evening's agenda was

Easton Peck, a young man who led the guests in the Pledge of Allegiance. He was followed by many talented performers some of which included Kevin Hohen-sheldt and his amusing impressions, Pastor David Bowley on the gui-

LOVE 22



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Pastor David Bowley performs "This Is the Day".

**LOVE from 21**

tar, Hailey Peck telling jokes, Carla Fountain reciting original poetry, Josh Mazzarella on the

piano/vocals, and Pastor Mark Fowler and his granddaughter Lyracey Fowler-Johnston performing a very beautiful



Pastor Mark Fowler and his granddaughter Lyracey Fowler-Johnston perform a lovely rendition of "Can't Help Falling in Love" by Elvis Presley.

duet of "Can't Help Falling in Love". David-

son subsequently led the spectators in a rousing version of Nat King Cole's "L-O-V-E", and in closing, John Denver's "Take Me Home, Country Roads".

Pastor Matt and Teresa Draffen spearhead this monthly event as well as the many other events Berean Bean hosts. Hailing from the Reformed Church of Canajoharie, it is their goal to reach out to the community in as many ways as possible. Teresa expounded on this by stating that Berean Bean's purpose "is for fellowship, fun and conversation. It is our gift to the community. We provide a space for groups such as NAMI, support groups for autism and developmental disabilities, knitting and crafts and various other activities."

Berean Bean is open Monday-Thursday from 8:30-11:30 a.m. and Friday 8:30 a.m.-2:30 p.m. Berean Bean is always looking for volunteers and assistance, and if you are interested in either, visit them at 64 Church Street in Canajo-



Joseph Mazzarella sings a rousing rendition of "That's Amore" by Dean Martin.

harie. For more information on upcoming events and other information, find them on Facebook by searching for Berean Bean.

## Wedding dress fitting guide

Because fashion preferences were once ornate and dependent on precise fits, ready-to-wear clothing really did not become widely available until the early 20th century. Such attire is now available in just about any retail store.

Because ready-to-wear clothing is so readily available, the average person may be unfamiliar with custom-made or tailored items. In fact, a couples' wedding may be the only instance in their lives when they require the services of a seamstress or tailor.

Fittings are a part of wedding planning, and here's how brides-to-be can navigate the process of finding and being fitted for a dress.

- Try on sample gowns. The first step is to make your rounds to various

gown shops and try on the samples they have available. Most sample sizes will not be the size you wear every day, so expect them to be ill-fitting. Do not be discouraged. Once a gown is chosen, the dress shop will take your measurements and order the gown according to the manufacturer's sizing guide. Again, this can be shocking, since the size will likely be larger than what you wear in street clothes. Some shops will also order a little larger to allow for adequate tailoring.

- Schedule the first fitting. The first fitting should be anywhere from eight to 12 weeks before the wedding date, according to experts at WeddingWire, an online wedding information provider. This is the time it takes to com-

plete most standard alterations. Complex customizations can take even longer. Brides should also budget a minimum of \$500 for alterations, which may or may not be included in the price of the dress.

- Bring shoes and undergarments. Remember to bring along the exact shoes and undergarments you will wear with your gown. A change in shoes or bra/corset can result in the alterations fitting poorly the next time. Bring these items along to all subsequent fittings.

- Speak up. Martha Stewart Weddings suggests speaking up at fittings if anything is uncomfortable or needs tweaking. Seamstresses are masters at their crafts, but only if they understand the desires of the bride.

- Check the details. The second fitting is designed to check that all issues from the first fitting have been addressed, the gown is comfortable and you can move freely. At the last fitting, ask the maid of honor to come along so that she understands how to bustle or help you handle complicated straps or closures.



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