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March 23,
2019

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The insect pest race is on! Ladies and gentlemen, start your vacuums

by Noah Radliff

My wife and I have noticed an increased concern from our customers over produce and pesticides which is the reason why we have engaged in total transparency for our customers. We make it a point to tell them everything that we do to our produce. We are not certified organic and we are not your standard commercial farm either. We are a hybrid of the two. We keep records of what pest control method is used and over the years have steered away from commercial pesticides. One little trick I tried for a while was going out at night with a flashlight and squishing slow-moving insects, but after 400 feet of squash and new mosquito bites every night I had enough. The next was an idea I got from my brother while he was vacuuming up wasps from their nest.

A vacuum! I looked it up and it turned out to be a thing farmers do for pest control. For that season I was the odd guy in the garden with a vacuum. It was great and the customers loved it. For me, not using pesticides on my farmstead means I am not using a blanket all-insect remover. I am trying to give the insect predators (such as the predatory stink bug, praying mantis, ladybug, wheel bug, assassin bug, spiders and tiger beetles) that may already be in the garden a chance to help aid me with pest removal.

There are many different types of vac-

uums that you can use. I would suggest using a smaller vacuum, something lighter and a little easier to move. Keep in mind that these are vacuums that need a source of power. You can get a fairly nice priced corded vacuum cleaner that is small and will do the job. After you are done in the garden the vacuum will still be powerful enough to do other cleaning jobs. There is another vacuum option that runs on the batteries from cordless tools. Almost every single name brand cordless power tool company has one of these vacuum options available.

A corded vacuum cleaner means that you have a lead cord to power it. I use a gas-powered generator. It is just something that I have on hand at my farmstead. It is heavy, and loud, but it gives me power. Lead cords can be pricey depending upon how long your rows are. My garden rows are 100 feet long each. That is plenty long enough for me when I am using the vacuum cleaner – so factor in row lengths when deciding.

The cordless vacuum cleaner is a great option for longer rows but the battery can only supply power for so long before you need to recharge it. The battery-powered vacuum cleaner in itself is expensive depending upon which brand you are using. If you want longer run time the upgraded run time batteries or additional batteries can be expensive as well.

Using either vacuum cleaner option to remove insect pests from your garden means you spend less time manually squishing insects with your fingers and you can possibly forgo or stop the use of an organic or commercial pesticide, thus saving money. Keep in mind that the vacuuming method is used for the larger insects such as squash bugs, tobacco hornworms, Japanese beetles, Colorado potato beetles and spotted or striped cucumber beetles – any of the larger insects that have made your plant their home and are steadfast on not leaving.

You may even catch yourself a vine borer moth. You will not be using this for aphids and more than likely it will not remove insect eggs. If you are not careful you can accidentally vacuum parts of your plant away. Big leaves, flowers and even whole plants will find their way into the vacuum cleaner and if the infestation is too large then removing only the insects you see might not be enough.

Farmers are an ingenious lot and need to stay open to new ideas that might be odd at first but just might be the missing piece to the puzzle.

Library to host stamp lovers on March 28

FORT PLAIN – Why do people collect stamps? Aside from their beautiful designs, stamps tell stories. Some people collect them as an investment. Others collect stamps because it's a relaxing pastime. Regardless of their reasons for collecting, stamp lovers of all ages and experience levels are invited to come to the Fort Plain Free Library on

Thursday, March 28 for "Stuck on Stamps."

The free, drop-in group meets at the 19 Willett St. library on the last Thursday of each month from 6:30 - 8 p.m. It is facilitated by stamp collector and American Philatelic Society member Keith Seeber and open to the public. Call 518.993.4646 for information.



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THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

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Buying horses from Huston

I'll identify another old Palatine Bridge building. You have passed this building many times. It was once longer with rolling doors. It was Frank Huston's horse sales stable. Both my grandfather and my mother bought horses there, as attested by these receipts. When they bought them, horses for field work were an everyday necessity. Yes, there were tractors and automobiles in 1929 when Grandpa William Barshied (1867 - 1949) bought this team, but his source of power was still horse power. He never drove a tractor or car. When Mother bought the horse we called Nelly I was less than a month from turning six years old.

Horse traders were thinning in 1936. Road horses were a thing of the past but saddle horses were still a nostalgic part of the former years. Nelly could be either a saddle horse or be driven. Grandpa bought this team of work horses for \$300.

I asked an Amish friend what would be the comparative price for these horses now. I was told a good team of work horses could cost as much as \$7,000, and a driving horse \$2,500.

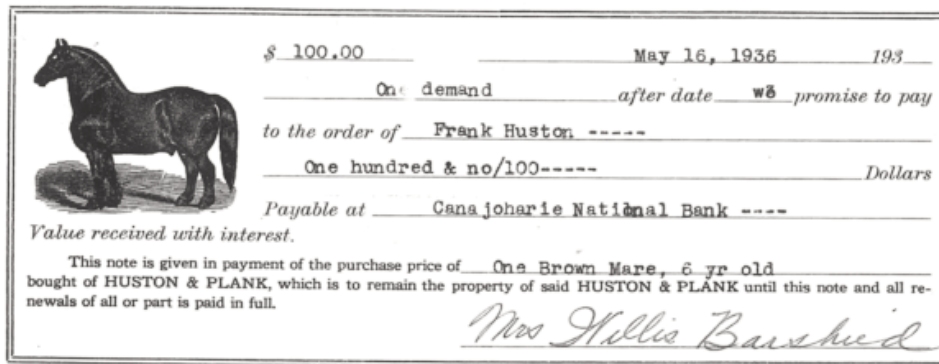
I do remember Frank Huston and went there with my mother from

time to time. Another family connection would be that my wife Ethel bought her buckskin horse (Buck) from Huston at a period in time that my father-in-law Ben-

jamin S. Nellis (1900 - 1972) trucked horses for him. Huston received railroad car loads of western horses, some broke and some not. Horse trading was a legend -

and so was horse doctoring. You never knew what you were getting.

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Per E.J. Brosnan

Get the most out of bridal shows and wedding events

Recently engaged couples may be excited to get a jump on wedding planning. Bridal shows can be a great way for couples to meet and familiarize themselves with local wedding professionals, all the while introducing themselves to the terminology of wedding planning.

Though they're a great source of information, contacts and samples, bridal shows also can be a bit overwhelming. Learning how to maximize time spent at shows can help couples plan their weddings as efficiently as possible.

- Start small. If the idea of large crowds is unappealing, attend the more intimate, boutique shows that are often held at local reception halls and restaurants instead of the larger installations at convention centers and hotels.

- Scout out vendors. Check the bridal show's website for lists of exhibitors and see if your desired vendors are on the list. But even if they're not, keep an open mind and use the show as a chance to compare offerings. If an event map is available, marking off must-visit booths can help save time.

- Pre-register. Pre-registering for bridal events saves time at check-in, and doing so may make you eligible for discounted tickets.

- Come prepared. Chances are each vendor is going to ask couples for information so that they can follow up with a phone call or email with more detailed offerings and estimates. Couples attending the show can expediate the process by coming

equipped with labels that feature their names, contact information and wedding date. They can then stick the labels on sign-in sheets or use them like business cards.

- Dress comfortably. Bridal expos involve a lot of walking and roaming around. Wear comfortable clothing and shoes. Consider a backpack or hands-free bag so you are not weighed down when collecting the swag and other handouts throughout the day.

- Ask questions. When face-to-face with vendors, rely on their expertise but don't hesitate to ask questions concerning themes, colors, recommendations for honeymoon locations, invitation paper suggestions, and much more.

- Stay for the fashion show. Many shows will of-

fer a runway experience to present the latest gown and tuxedo offerings. This can be an entertaining way for couples to formulate their wedding styles.

Wedding shows introduce couples to vendors and set them on the path to making decisions regarding the planning of their weddings.

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When it can be smart to hire a painting pro

Few things can revitalize a home more readily than a fresh coat of paint. Thanks in part to the af-

fordability of paint and its ease of application, painting is something that even novice DIYers can typically handle. According to the marketing advice guru Brandon Gaille, it is estimated that residential interior paint only lasts around three years before it needs to be updated. Exterior paint can fade, chip and peel due to various environmental factors. As a result, many homes can likely use a fresh coat of paint in at least one room.

As DIY-friendly as painting can be, when attempting to paint the interior or exterior of their homes, homeowners may learn that some painting projects are best left to the professionals. Painting requires skill, patience and a knowledge of how various paints — including finishes for particular applications — will hold up. Novice painters may do more harm than good by dripping paint on expensive



Painting can give a home a facelift, and oftentimes it is smart to turn the work over to professionals to ensure the job is done just right.

carpeting or floors or fail to recognize the nuances that indicate a spot-on painting job.

Professional painters have spent hours upon hours learning the ropes of what works — and

what does not. Painters often understand that painstaking preparatory work is crucial to getting pristine finished results. Walls and ceilings must be properly repaired and prepared even before a base coat is applied.

Professional painters also have an eye for details. And because professional painters make a business out of doing interior and exterior surfaces, they understand which techniques can improve efficiency. That means a professional job can typically be completed much more quickly than a DIY project.

Even though some people think they'll save mon-

ey by painting their own homes, that's not necessarily true. Professionals already have all the equipment necessary, unlike novices who may need to make repeated and potentially costly trips to the hardware store for supplies. Plus, if mistakes happen, DIYers have to spend additional time and money fixing them.

Safety can be a large motivator for turning painting over to a pro. Navigating exterior areas or tall interior ceilings can be challenging and may require scaffolding or tall ladders DIYers do not have. Risk of falls or other injuries increase with lack of experience.

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Fri. March 22nd – sale held at the farm Cherry Valley, NY – 11AM. Gravelland 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. Great consignments from Sco-Li, Haner, Mac-Mara, Rose-land, Boanco Off, Morrill Dairy, Locust-Vale, Sample Farm, Van-Cliff, Carpenter, Weissman, Bookmark, Falls Pride Ayrshire, Gold-N-Ayr, Lawtons, Crossbrook, Tel-Hill Swiss, Thorndale Swiss, Twin Hollow, Hell-Hollow plus many more. Fresh young cows, many show age heifers to choose from, and deep pedigrees to breed from.

Mon. April 1st - Normal Monday sale & Monthly Fat Cow & Feeder Sale

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

Mon. April 8th - Normal Monday Sale & Monthly Heifer Sale. Also our first Easter Lamb, Goat & Pig Sale

Mon. April 15th – Normal Monday Sale & Our Second Easter Sheep, Lamb, Goat & Pig Sale

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

Mon. April 22nd - Normal Monday Sale & Monthly Organic Day

Mon. April 29th - Normal Monday Sale & Our Spring Beef Turnout Sale – Call now to advertise your group. We are doing a Monday sale because of our sale schedule. We will start taking animals in on Sat. the 27th anything that needs to be preg. Checked we would like to have here by Sunday 11AM.

Watch for 2019 Sales:

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

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Whatchamacallits

This bad boy may look like a medieval torture device, but I promise you it is not. It's actually a very handy tool for making a very tasty treat.

This large cylinder with all the spikes poking through it was used many years ago to cut cheese curds.

Curds are a dairy product made by coagulating milk. The coagulation can be caused by adding rennet or any edible acidic substance (like lemon juice or vinegar) to milk and then allowing it to change into a semi-solid form. The increased acidity causes the milk proteins (called casein) to tangle into solid masses – the curds.

Milk that has been left to sour (such as raw milk by itself or pasteurized milk with added lactic acid bacteria) will also naturally produce curds, and sour milk cheese such as Harzer is produced this way.

Producing cheese curds is one of the first steps in cheesemaking. After the milk clots it is cut into cubes – something this whatchamacallit would have done quickly and easily with large amounts of dairy product. The result is a mixture of whey

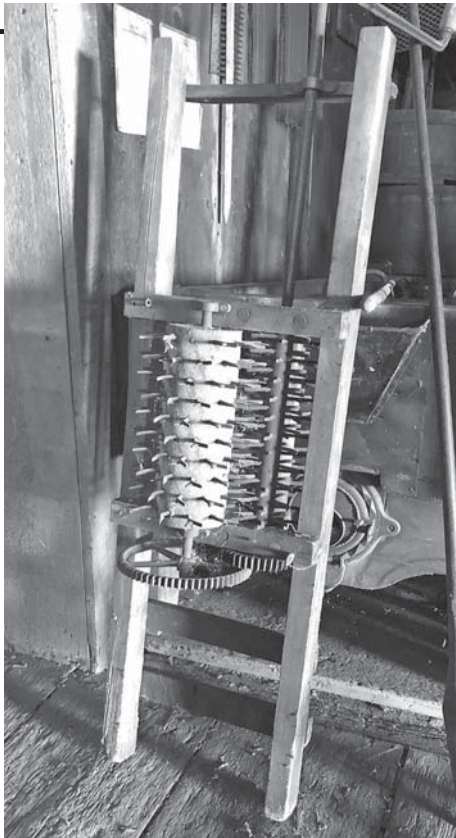
and curd. This mixture is then cooked and pressed to release the whey from the curd, creating the final product of cheese curd.

The curds are pressed and drained to varying amounts for different styles of cheese, and different secondary agents (molds for blue cheeses, etc.) are introduced before the desired aging finishes the cheese. The remaining liquid, which contains only whey proteins, is the whey. In cow milk, 90 percent of the proteins are caseins.

Cheese curds tend to be eaten as a snack or used for other things. According to one source, the dairy treat is chiefly found in the region around Quebec, Canada, in poutine (made of French fries topped with cheese curds and gravy) and in the Northeast and Midwest of the United States. Because of the noise the moist cheese makes, curds are sometimes referred to as “squeaky cheese.”

Curd products vary by region and include cottage cheese, curd cheese (curdled by bacteria or rennet), farmer cheese, pot cheese, queso blanco and paneer. Whatever they're called, they're usually delicious.

Do you have your own Whatchamacallit?
Send a photo and short description to cllewellyn@leepub.com.



Ayres Animal Shelter

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Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.org



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.



Zoey is a 3 to 4 year old spayed female boxer mix. She weighs about 57 pounds with more to gain! Zoey loves people and is good with some dogs. She does need a home with no kitties. Zoey loves to go on car rides and walks! She is enjoying every bit of life as a loved family pet!



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!



Lucy and Billi Jo are 4 year old Shepherd and Shar Pei mixes. These two sisters love each other and have always been together - so we are really going to try to adopt them out together. These two love people. They will need to be helped with housebreaking, because they have always been outside dogs.



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, DSH orange tiger and white. Super sweet and playful with extra toes!

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St. Johnsville Community Conversation Meeting

The St. Johnsville Chamber of Commerce is sponsoring a second Community Conversation on Tuesday, March 26 at the St. Johnsville Community House at 16 Washington St. The event will begin at 6:30 p.m.

At our initial conversation in January, we shared ideas, concerns and possible solutions toward creating a community-wide initiative of ongoing strategic planning. We want to continue this with our main goal being to build consensus in an effort to move the community forward positively and productively.

All residents of St. Johnsville village and town are encouraged to come, not just business owners or Chamber members.

Comments and questions, which will be used as talking points for the discussion, may be emailed to chamberprez13452@yahoo.com or mailed to St. Johnsville Chamber of Commerce, P.O. Box 144, St. Johnsville, NY 13452.

We hope to see you there.

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

Mar 23

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

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.

100in1 Day: Gloversville. 100in1 Day is an international movement currently in 31 cities across the globe. The event is meant to bring people together on one single day to perform 100 (or there abouts) acts of positivity for their community. Visit 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 or at 518.725.7700 ext. 1004.

Mar 26

St. Johnsville Community Conversation Meeting. At the St. Johnsville Community House at 16 Washington Street. All residents of St. Johnsville Village and Town are encouraged to come, not just business owners or chamber members. Comments and questions, which will be used as talking points for the discussion, may be emailed to chamberprez13452@yahoo.com or mailed to St. Johnsville Chamber of Commerce, PO Box 144, St. Johnsville, NY 13452.

Plan now

Ames End of Summer festival planning underway. Ames Museum is seeking vendors for their Sept. 21 End of Summer festival. Vendor spaces are free. Call 518.673.5820. For general museum information, visit www.amesmuseum.weebly.com or write to f@amesmuseum.

May 11

Ames Museum Mother's Day. May 11 19. 9 a.m. - 3 p.m. A free flower for all mothers. Call 518.673.5820. Visit www.amesmuseum.weebly.com. Email f@amesmuseum.

Apr 11

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

May 18

Market Basket Workshop with Beverly Cornelius. 9 a.m. - 4:30 p.m. Inside the Enders House, Schoharie Street, Fort Hunter. Registration is encouraged for this program as seating is limited. For online registration information, https://form.jotform.com/83604950008151 or please contact 518.829.7516 / david.brooks@parks.ny.gov.

Apr 20

Ames Museum Easter Egg Hunt. 9 a.m. - 3 p.m. For ages ages up to 8. Call 518.673.5820. Visit www.amesmuseum.weebly.com f@amesmuseum .

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.

May 21

Philo Café' discussion forum. May 21 19. 6:30 - 8:30 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. For more information, call 518.993.4646.

Apr 27

Canal Clean Sweep. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

May 4

I Love My Park. May 4 19. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

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.

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.

Senior News Line

by Matilda Charles

Doing nothing in retirement

A show of hands, please: How many of us are doing nothing we'd planned to do once we quit working? How many of us are, more accurately, doing nothing at all?

I thought it was just me, jettisoning carefully laid plans for how I'd spend my time and opting to do... not much. I'm not the only

one among my friends. Those who are ahead of me claim they did the same thing for one year. That length of time seems to be the common theme, spending a year chilling out, avoiding responsibility if it involves making plans and in general hiding from those who want to rope us into doing... anything. The suspected reason: We did too much during our working years.

At the end of the year, I'm told, it's like coming up for air, looking around at the world and deciding to join it again.

Experts say this happens frequently, that once we retire we don't know how to make new friends, and so on. I think they're wrong. It's not that we don't know how to do those things, we just don't want to. When it comes to volunteering,

they say that the "menial" type of volunteer work available doesn't appeal to us. But then neither does the "mentoring" they say should be the answer to it all because it would use our skills.

Once I identified this "I'm not going to do anything" mentality in myself, I decided to counter all the TV watching with a personal strategy designed to at least get me

out of the house. On a big calendar I've made entries for things like visiting the library once a week or checking out a class at the senior college.

And when the time comes I don't actually have to do those things. I can say no.

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Moments In Time The History Channel

- On March 30, 1855, in territorial Kansas' first election, some 5,000 "Border Ruffians" invade the territory from western Missouri and force the election of a pro-slavery legislature. Although the votes cast exceeded the number of eligible voters, Kansas Gov. Andrew Reeder reluctantly approved the election to prevent further bloodshed.

- On March 28, 1915, the first American is killed eight months into the conflict that would become known as World War I. Leon Thrasher, a 31-year-old mining engineer and native of Massachusetts, drowned when a German submarine torpedoed the cargo-passenger ship Falaba off the coast of England.

- On March 31, 1931, Knute Rockne, the legendary Notre Dame football coach, is killed in a plane crash near Bazaar, KS, at age 43. His players included All-American George "Gipper" Gipp, the inspiration for Rockne's now-famous motivational line "Win one for the Gipper."

- On March 25, 1958, boxer Sugar Ray Robinson defeats Carmen Basilio to regain the middleweight championship, the fifth and final title of his career. Robinson is considered by many to be the greatest prizefighter in history.

- On March 26, 1969, a group called Women Strike for Peace demonstrates in Washington, D.C., in the first large antiwar protest since President Richard Nixon's inauguration in January. Criticism of Nixon's handling of the Vietnam War mounted steadily during his term in office.

- On March 29, 1971, Lt. William Calley is found guilty of premeditated murder at My Lai by a U.S. Army court-martial. Calley, a platoon leader, had led his men in a massacre of 200 Vietnamese civilians, including women and children, in Quang Ngai Province in March 1968.

- On March 27, 1990, the U.S. government begins broadcasting TV programs into communist Cuba. TV Marti was conceived in the 1940s to beam news and propaganda throughout the world, particularly to communist nations.

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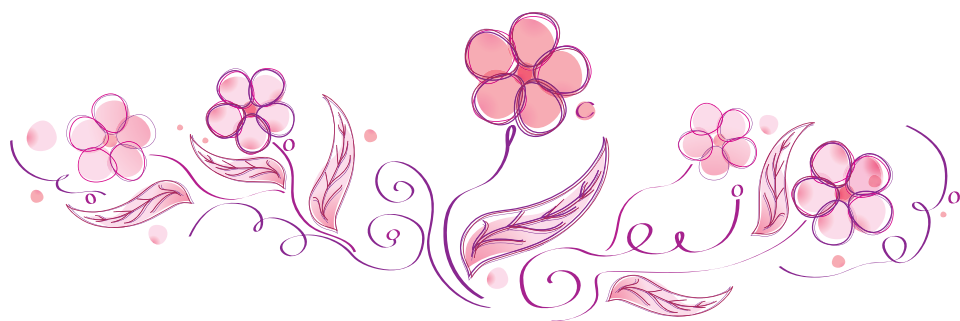
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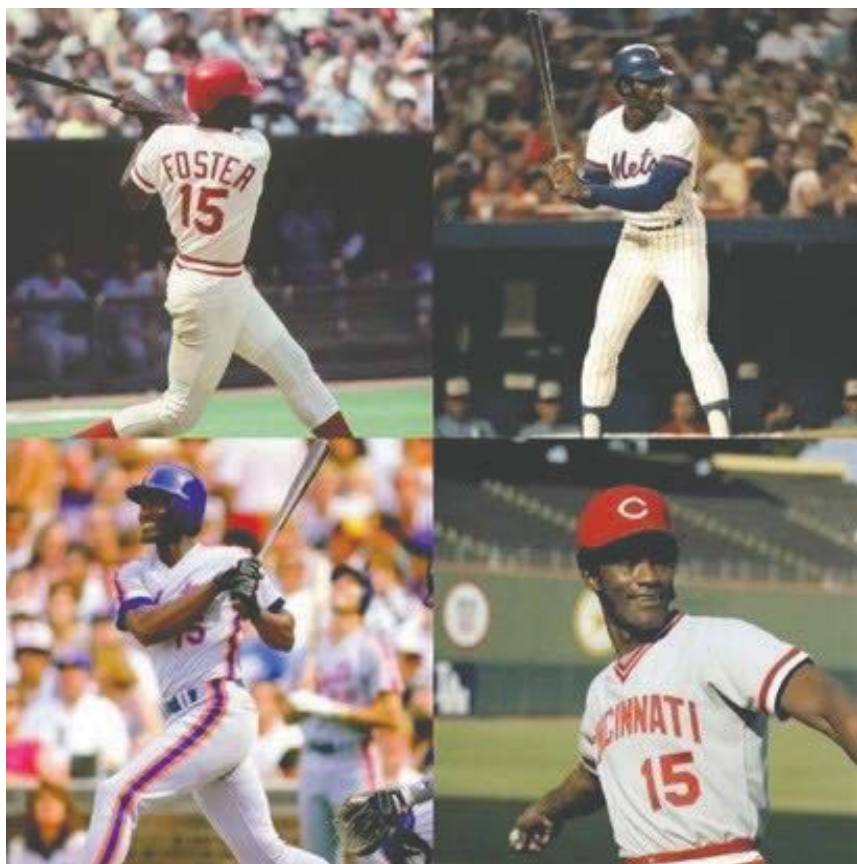


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Former National League MVP and "Big Red Machine" slugger George Foster is set to speak at the Mohawk Valley Baseball Hall of Fame Dinner on April 12, 2019 at the Travelodge in Little Falls.

Foster, a 2003 Inductee of the Cincinnati Red Hall of Fame, spent 18 years in Major League Baseball eventually becoming one of the most feared sluggers in the game. He was a key cog in the Reds' 1975 and 1976 World Championships and in 1977 was named the top player in all of the National League when he batted .320 with a league-leading 52 home runs, 149 runs batted in and 124 runs scored.

"We are ecstatic to welcome another World Champion to our esteemed lineup of special guests," said DiamondDawgs' Owner and President of the Mohawk Valley Baseball Hall of Fame, Travis Heiser. "The fact that George also has a connection to the New York Mets is like icing on the cake for our fans who have a longtime connection to the Mets."

Foster led the National League in home runs in 1977 & 1978 and RBIs in 1976, 1977 & 1978. He won a Silver Slugger Award in 1981 and was named to 5 All-Star teams.

Drafted by the San Francisco Giants in 1968, Foster made his debut in 1969. When the 20-year old reached

the majors, he played alongside Willie Mays, Bobby Bonds and Ken Henderson. In 1971, the Giants traded Foster to the Cincinnati Reds.

After 11 years with the Reds, Foster was traded to the New York Mets, where he played from 1982 to 1986. Foster finished his 18 year career in 1986 with the Chicago White Sox.

"George brings a voluminous amount of history to the dinner this year," added Heiser. "We once again have a monumental figure in the history of our game to come and help us welcome the newest members of our Hall of Fame and to kick off our 2019 season!"

In 18 years, Foster had played in 1,977 games, had a lifetime average of .274, belted 348 home runs and drove in 1,239 runs.

The inductees into the 2019 Mohawk Valley Baseball Hall of Fame include Bud Fowler, Jim LaFountain and Joe Milazzo. into.

The event's doors will open on April 12, at 5:30 P.M. for cocktails, autographs and silent auction with dinner and program following.

Tickets cost \$40 per person and a table of 8 can be purchased for \$275.

To purchase a seat or table, please email Travis@mydiamonddawgs.com or contact team owner Travis Heiser at (315) 985-0692.

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- ✿ *CELEBRATE* New York's first agricultural harvest of the season in a family-friendly environment.

- ✿ *MEET* the producers who annually make New York the second largest maple producing state in the U.S.
- ✿ *SHARE* in the many ways to cook and bake with maple syrup, maple sap and other maple drinks and products.
- ✿ *WITNESS* sustainable agriculture at its best.

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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.
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Did you know?

Self-driving cars might once have seemed like a futuristic concept that may never come to fruition, but the future is now. In 2018, Waymo, once known as the Google self-driving car project, launched its commercial self-driving car service in Phoenix. While it's not widely available and safety protocols, including the presence of human safety operators behind the wheel, are in place, Waymo has made it possible for people to pay for self-driving car rides. Tech industry insiders note that Google's fellow tech giants, including Apple and IBM, also are working on self-driving car services. And much like many things in the tech industry, the self-driving car

market figures to evolve rapidly, making it seem as though the availability of self-driving cars became widespread overnight. However, today's self-driving vehicles are the byproduct of years of research and sizable financial investments.

For example, a little more than a decade ago, Darpa, the experimental laboratory of the Pentagon, hosted the Urban Challenge at an Air Force base in Southern California. At that event, which was one of a handful sponsored by the United States military, several driverless vehicles traversed real traffic conditions. That showcase was an integral component of the foundation of the modern self-driving car industry.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Italian Carrots and Celery Au Gratin

You won't have to force yourself to eat enough vegetables when this easy dish is on the menu.

- 3 cups sliced fresh or frozen carrots
 - 1 1/2 cups sliced celery
 - 2 cups water
 - 1 (10 3/4-ounce) can reduced-fat cream of celery soup
 - 1 (2.5-ounce) jar sliced mushrooms, drained
 - 1 teaspoon dried parsley flakes
 - 1 cup shredded reduced-fat mozzarella cheese
 - 6 tablespoons dried fine breadcrumbs
 - 2 tablespoons fat-free Italian dressing
1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with olive oil-flavored cooking spray. In medium saucepan, combine carrots, celery and water. Cook over medium heat for 20 minutes or until vegetables are just tender. Drain vegetables, then return vegetables to saucepan.
 2. Add celery soup, mushrooms, parsley flakes and mozzarella cheese. Mix well to combine. Pour mixture into prepared baking dish. In a small bowl, combine breadcrumbs and Italian dressing. Sprinkle crumb mixture evenly over top.
 3. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

* Each serving equals: 138 calories, 6g fat, 7g protein, 14g carb., 725mg sodium, 2gm fiber; Diabetic Exchanges: 1 Meat, 1 Vegetable, 1/2 Starch/Carb.

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Kovels: Antiques and Collecting



There are many collectors of Christmas and Halloween items, but few celebrate St. Patrick's Day with a collection of figures. This smiling leprechaun nods his head as he learns that he was bought for \$59 at a Bertoia auction in New Jersey.

by Terry and Kim Kovel
**Irish Leprechaun
Nodder**

Bobble heads are popular today as sports collectibles. Most baseball teams offer souvenir bobble-head dolls at some of the games during the season, but today's dolls are made of slick plastic and usually are wearing fabric uniforms. Early toy bobble heads were made of paint-

ed papier-mache. The head bobs up and down because it is attached to a long-weighted neck that's suspended in the neck's hole. It is balanced on a narrow metal rod that swings back and forth, making the head move.

The idea came from 18th-century porcelain figurines that had moving heads and hands. The major German porcelain fac-

tories made complicated noddors. One was a group of four women drinking tea while their heads and hands moved. Another was a 20th-century figure of a woman seated in front of a typewriter. Her hands moved up and down as she typed.

This bobble-head figure in a lime-green suit and hat is a 5-inch-tall, smiling Irish Leprechaun nodder. It was made in Germany of a composition material; his glass eye is winking. He's a charming fellow, but St. Patrick's Day collectibles are not as popular as those for Halloween or Christmas, and there were fewer bids. The buyer paid only \$59.

Q: Is it true that furniture from the U.S. House of Representatives is sometimes sold at auction? Who owns the chair used by each elected official?

A: For many years, there were few rules about the furniture that belonged to the government in the Congressional buildings, the White House or other Federal buildings. It is said that President Lincoln's wife sold some of the furnishings because she needed money to live on, as there was no pension for the wife of a president. Now there are pages of instructions about buying and selling official furnishings. Most pieces have to be paid for by the elected official according to a written schedule.

We have seen several Victorian chairs from the House of Representatives sold. They were made in 1857 by a famous New York firm, Bembe & Kimbel. They featured three stars carved on the chair crest, and carved oak branches representing longevity and laurel for victory on the arms and legs. In 2008, a chair sold

for about \$19,000.

Recent prices

Wooden pie crimper, pastry wheel, shaped turned handle with ball finial, "France" etched on handle, 1960s, \$15.

Wendy doll, Madame Alexander, St. Patty's Day parade, red curly hair, freckles, green iridescent dress, top hat, pot of gold, box, 8 inches, \$70.

Murano vase, orange creamsicle swirl, free-form with in-folding rim, orange, white and clear, Italy, c. 1960, 9 x 9 inches, \$145.

Mountaineering pack, back board, hardwood, rope, webbing and adjustable straps, climbing tools, 1940s, 27 x 15 inches, \$265.

Tip: Fray Check, a product found in sewing supply shops, is useful for repairing tears in cardboard signs.

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

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NEW LISTING!!! MLS201913804 - 063: 71 W. Grand Street, PALATINE BRIDGE: This was originally a two family home. It has been partially gutted for renovations and can remain a two family or converted to a one family home. The roof is new and new windows on the second floor. **Asking \$30,000**



harie for 27 years. Take over this successful business or create your own vision in this space. Lower level has retail space, office areas and workshop space. Upstairs is currently being used as additional work space but could be a potential studio apartment. **Asking \$175,000**



NEW LISTING!!! MLS201913854 - 064: 5 High Street, FORT PLAIN: This home has many improvements and is located two minutes from the elementary school. The following is a list of improvements: New items included electrical panel, hot water tank, plumbing, floors in kitchen, living room, dining room, kitchen cabinets, carpet on the stairs and hallway and largest bedroom. The furnace and chimney have been cleaned, all rooms downstairs and some rooms upstairs have been repainted. **Asking \$85,000**



MLS201912245 - 587: **NEW LISTING!!!** 39 Church Street, CANAJOHARIE: Well cared for commercial building with a total of 5 apartments and a large store front. Established antique store. Settlers Block is on the 1st floor, approximately 2,240 sq. ft. w/3 bathrooms. First floor is an open space and has 2 large display windows, 2nd floor is 3 apartments and 3rd floor is 2 apartments. Full basement w/plenty of storage. Updated furnace and electric entrance. Hardwood floors in all the apartments. This is a well-cared for building w/ endless possibilities. Plenty of off-street parking. **Asking \$259,000**



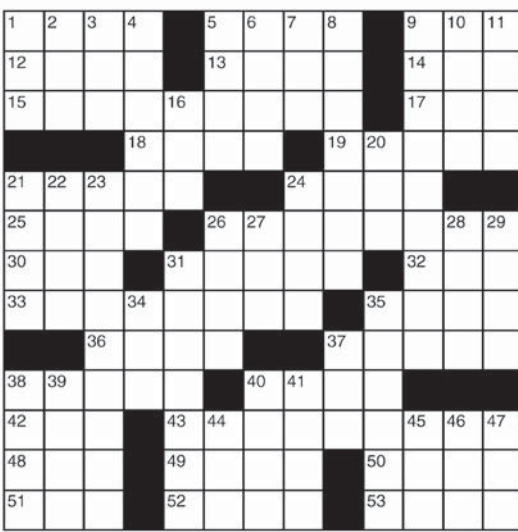
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King Crossword

ACROSS

- 1 Hindu prince
5 Persian leader
9 Bigshot, for short
12 Verve
13 Horseback game
14 Tokyo's old name
15 Chamber of the heart
17 Born
18 Good-looking guy
19 Bandleader Xavier
21 Lucky roll of the dice
24 Arrived
25 Thing
26 Pots and pans and such



- 49 Cupid's alias
50 Family
51 — and don'ts
52 Transmitted
53 TV award
7 Every last bit
8 Cornmeal creation
9 With a — (forcefully)
10 Concept
11 Bard
16 Scoot
20 Coal diggers' org.
21 Bro and sis
22 Needle case
23 Feuds
24 Hit on the head
26 Burn something
27 Lubricant
28 Bellow
29 Blunders
31 Dozens
34 First lady
35 Lead astray
37 Namely (Abbr.)
38 — over heels
39 Norway's capital
40 Unsigned (Abbr.)
41 Leftovers
44 Before
45 Shade tree
46 Felon's flight
47 Whatever number

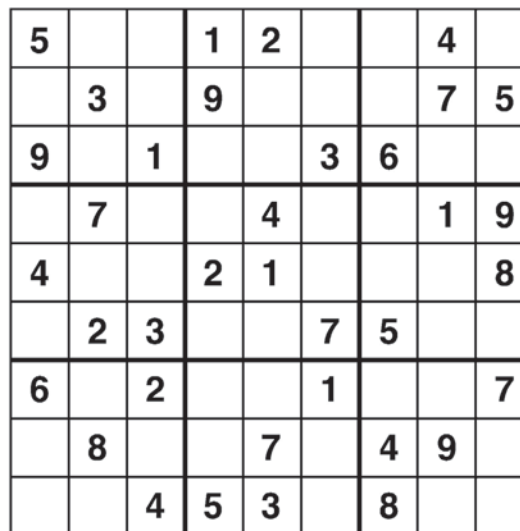
DOWN

- 1 Cleric's address (Abbr.)
2 Brewery product
3 One of the Brady Bunch
4 Country song?
5 Rotate
6 Pawn

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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.

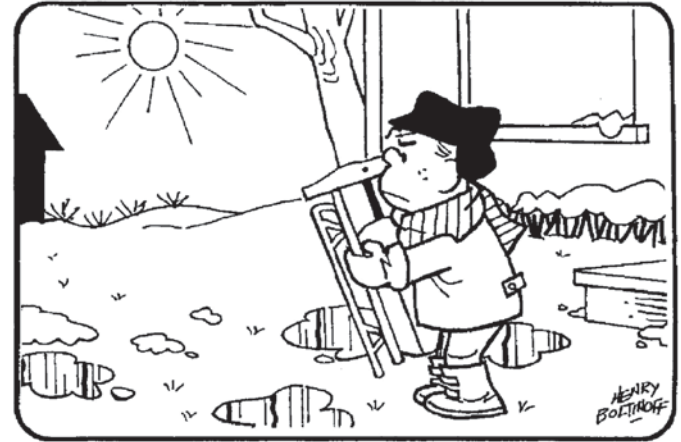
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Scarf is different. 2. Boots are higher. 3. Small shed is wider. 4. Puddle near sled is missing. 5. Snow is gone from window ledge. 6. Bush on left has been moved.

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RIDDLE CARD

1. How many peas in a pint?
2. Why is a battleship like a star?
3. What well-known animal drives a car?
4. Why is a crash of thunder like a jeweler?
5. Why is a hat on the head like a bucket full of water?

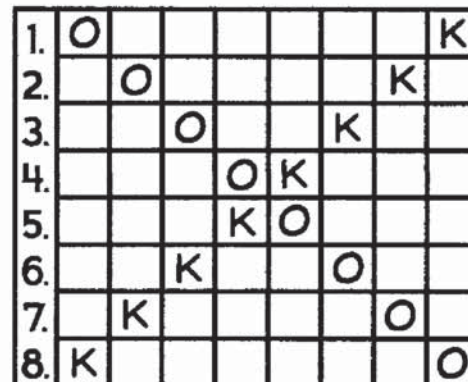


Answers: 1. One P. 2. Both contain T, A, R, S. 3. The road hog. 4. Because both make the ear ring. 5. Because they are both filled to the brim.

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Junior Whirl

by Charles Barry Townsend



FIND THE BIG WORDS!

It's not OK to be KO'd by this puzzle! Using the definitions and the anagrams below, find the eight, eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITIONS:

1. A sudden eruption.
2. Type of shared meal.
3. Incited to anger.
4. More frightening.
5. An easy win.
6. Type of tests.
7. Supporting framework.
8. North American Indian tribe

ANAGRAM:

- tour + beak
puts + lock
pork + dove
rook + pies
veal + work
bolt + skin
elks + note
cook + pika

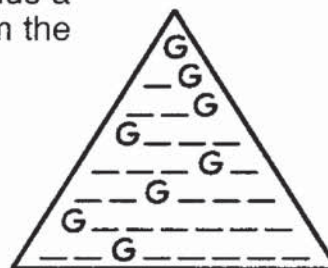


DON'T SCRUB OUT ON THIS ONE! In this back-to-school wardrobe problem, you must replace the letters on the board with the digits 0 through 9 so that you have a correct addition problem. The same letters get the same digits.

One Answer: W=4, A=2, S=9, H=1, N=3, D=7, E=5, R=8, (4291 + 237 = 4528.)

THE "G" PYRAMID! As you move down the word pyramid shown, each word contains the same letters as the word above it, plus a new letter. We give you all the G's. Here are some hints from the top down:

1. Slang for \$1,000 (given).
2. Inspector general.
3. To fit with sails.
4. A facial expression.
5. What a king does.
6. To get back again.
7. A family member.
8. Provoking, displeasing.



Answers: The words are g, Ig, ng, grin, regain, regal, reign, granie, angering.

Answers: 1. Outbreak. 2. Potlucks. 3. Provoked. 4. Spookier. 5. Walkover. 6. Inkblots. 7. Skeleton. 8. Kickapoo.

Develop a vehicle maintenance schedule

The oft-sudden expense of vehicle repairs can throw monthly budgets into disarray. Maintaining a routine service schedule is one way for drivers to keep repair costs down.

The online automotive resources Edmunds.com says many car owners do not adequately prepare for scheduled maintenance, and may not give maintenance a thought until it's

too late. The first step drivers take upon purchasing a new or preowned vehicle should be to familiarize themselves with the vehicle's owner's manual, which is filled with valuable information and likely includes maintenance interval recommendations.

Next, drivers should learn about their vehicle, which is particularly relevant when buying a preowned vehicle. Getting to know how the car or truck rides, as well as any sounds it may make, can provide drivers with a solid foundation they can then use to keep their cars running strong.

Routine service typically includes tire rotation, oil changes and topping off of fluids.

So just how long between service appointments can a car go? Here are some generalized estimates.

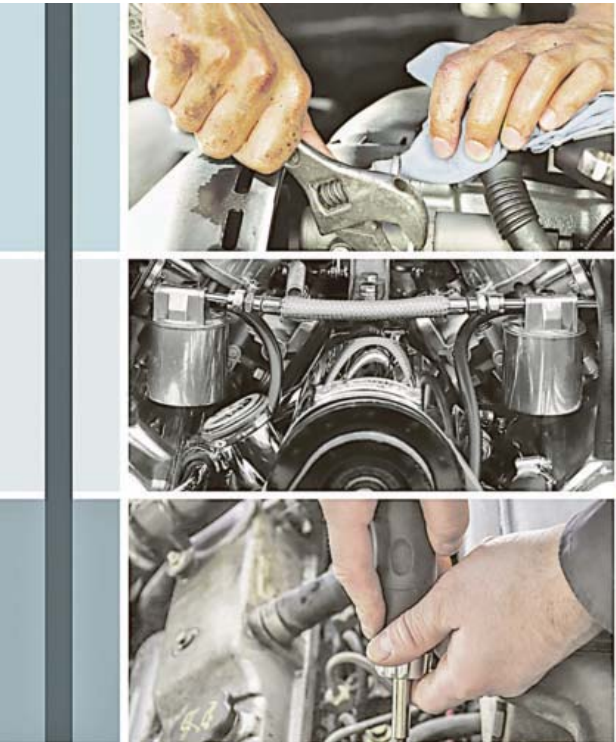
- Oil change: Oil chemistry and engine technology have improved so much that most cars can go well beyond the once-recommended 3,000 mile interval between oil changes. Now many vehicle manufacturers recommend between 5,000 and 10,000 miles between changes, advises Edmunds. Drivers should err on the side of caution if they do a lot of stop-and-go driving and short trips. Other drivers may want to invest in vehicles that have oil change maintenance minders built in. A light or countdown will come on the dashboard, indicating when the oil has reached the end of its usefulness.

- Tire rotation: Rotating tires helps prolong the life of the tires and alleviates uneven tread and wear. During the rotation, each tire is removed and relocated to a different position to ensure

that all the tires will wear evenly. Michelin Tires states that tires should be rotated around every six months, or between 6,000 and 8,000 miles.

- Vehicle fluids: Your best bet is to see what the manufacturer recommends in regard to fluids such as transmission fluid, differential oil, brake fluids, coolant, etc. Some transmissions need regular maintenance, while

others can go 150,000 miles between changes, according to the vehicle information site The Drive. Coolant typically can last 100,000 miles. For these types of changes, it may be best to go to a mechanic or service center familiar with your make and model rather than a quick-lube center, as knowing when to drain and refill can be more complicated.



Service schedules can be designed to adhere to manufacturers' recommendations and drivers' personal preferences.

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by Samantha Weaver

- Lightning isn't solely a phenomenon of Earth: Astronomers have noted lightning bolts on Jupiter, Saturn, Uranus and Venus.

- Historians say that Rus-

- Athletes playing baseball on steroids have been in the news in recent years, but drugs are nothing new in America's national sport. During the late 1960s and '70s, Dock Ellis was a valued pitcher who played for several teams, including the Pittsburgh Pirates. On June 12, 1970, Ellis took LSD, thinking

it was an off day for his team. By the time he realized that the Pirates were scheduled to play the San Diego Padres that evening, it was too late. The drug proved to have no ill effect on Ellis; in fact, he pitched a no-hitter. When he recounted the event to a reporter 12 years later, he said he remembered only bits and pieces of the game, though he felt euphoric. Many years later, after

- A woman in Tennessee was once arrested for biking while intoxicated – and she was on a stationary bike at the gym at the time.

- A newspaper reporter once asked Gen. Charles de Gaulle, leader of the Free French Forces during World War II

and later president of the French Fifth Republic, if he was happy. De Gaulle replied, "What do you take me for, an idiot?"

Thought for the Day: "Before you become a writer, you must first become a reader. Every hour spent reading is an hour spent learning how to write."
— Robert Macfarlane

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There is a crack in everything.
That's how the light gets in.
— Leonard Cohen

top ten

Potato Chip Brands

1. Lay's
2. Wavy Lay's
3. Pringles
4. Ruffles
5. Private label
6. Lay's Kettle Cooked
7. Cape Cod
8. Utz
9. Kettle
10. Baked Lay's

Source: Statista

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To Your Good Health

by Keith Roach, M.D.
Workout supplements are sum of their parts
Dear Dr. Roach: My son, in his mid-20s, uses a preworkout energy supplement to which I am opposed. Can you tell me if this is harmful so that I can show him scientific research and your educated and medically sound response?
The supplement he uses contains alanine 1 g, creatine 1 g, arginine 1 g, tyrosine and velvet bean seed extract. It also contains 150 mg caffeine. — B.G.
Answer: It's not always easy to tell what supplements are safe or effective for the condition they are marketed for, and the information available through a

web search often is biased. One place I start to get information is Medline Plus (www.nlm.nih.gov/medlineplus/), which has reliable information about many supplements, but you often have to search individually.
In this case, alanine, arginine and tyrosine all are amino acids. These are the building blocks for proteins, and are safe in reasonable amounts. Creatine is generally safe for adults, and has been shown modestly effective at helping improve strength in young male weightlifters. One gram is a fairly low dose and is generally considered safe. The 150 mg of caffeine is about the same as a cup of strong coffee. Velvet bean seed extract I had to look

up. It has been used both as a food crop and in traditional medicines. It has toxicity at high doses, but at the dose in the supplement, it should be safe.
In summary, I think this supplement is not likely to be harmful if taken in recommended doses, and it might have some small benefit. There is nothing in the supplement that cannot be obtained easily and cheaply from food, apart from the velvet bean, which I think has the least proof of benefit of all the components of the supplement.
Dear Dr. Roach: I am 49 years old and in good health. I recently was told by my doctor that what was first diagnosed as a swollen lymph is actually a condition called carotidynia. Can you please publish some information about this condition and what I can expect? Sometimes it is worse than at other times, but it never really goes away. I would not consider it painful; it is just uncomfortable, and when severe, it radiates up into my ear and down into my chest. — S.W.
Answer: Carotidynia (literally, "pain

in the carotid artery") can come from several distinct causes, some of which are catastrophic, such as a carotid artery dissection, which is a tearing of the lining of the artery. In some cases, carotidynia may be a form of migraine. After surgery or angioplasty to the carotid artery, one also can get pain that comes from the carotid itself.
In the case of no other cause being identified, the condition is sometimes called idiopathic (which simply means "of unknown cause") carotidynia, and some, but not all, experts think this condition comes from a type of inflammation around the artery, which can sometimes be seen on CT or MRI scan.
Idiopathic carotidynia is usually treated with anti-inflammatory medicines — ibuprofen, or prednisone in more severe cases. Most cases respond quickly, in a few days or up to a few weeks. However, I want to emphasize the need to thoroughly search for other concerning causes of neck pain.
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The best way to not feel hopeless is to get up and do something.
Don't wait for good things to happen to you.
If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.
Barack Obama

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

Americanisms

"The best way to get husbands to do something is to suggest that perhaps they are too old to do it."
— Shirley MacLaine

"Spring is nature's way of saying 'Let's Party!'"
— Robin Williams

Attention Town of Palatine

Supervisor MacLauchlin's presentation in writing at the February 27, 2019 meeting

Open letter to all involved parties

Re: Our Facilities

The updated , improvement, or replacement of our office building is a discussion that I feel is necessary. It has been a very controversial subject for years. Law suits and yelling contests have been the prevalent avenue. Basically nothing has been accomplished. The fact remains that the building is not properly arranged, and simply does not have enough square feet (building and parking lot) to provide the services the Town is trying to deliver.

I would like to introduce an alternative to a new building that will involve a lot less in both capital cost and costs to sustain. It will also not involve taking a large parcel off the assessment roll. It is a little complicated and involves the cooperation of all the parties I have listed in the attachment to this letter.

My plan involves acquiring the Old Pizza Hut building in the Dutchtown Plaza from Montgomery County. It also involves Montgomery County Sheriff occupying the front third of our building on Route 5.

Suggested procedure:

1. Firming up right of way status with Kamin Realty for the parking lot next to Pizza Hut, either by paying for access or using the eminent domain process
2. Acquire small parcel from Stewarts and simultaneously close on county owned Pizza Hut property
3. Renovate Pizza Hut building to house all Town offices except Court
4. Move Town Offices into renovated Pizza Hut
5. Renovate rear two thirds of Route 5 building to house Court
6. Locate Sheriff in the front third of Route 5 building

At this point all parties understand where I am coming from, and in most cases are cooperative. Best of all, it looks like both the County and Town will be better able to function with minimal additional cost. Where there is additional cost, additional revenue should result.

Interested Parties

1. Town of Palatine Board
2. Montgomery County Board of Legislators
3. Montgomery County Treasurer
4. Montgomery County Executive
5. Montgomery County Sheriff
6. Kamin Realty
7. Stewarts

TownOfPalatine.org is up and running

Who gains what

Town of Palatine

1. Newly renovated office building with adequate parking facilities
2. No large cash spent on a new building
3. No large commercial building of parcel removed from assessment roll
4. Offices located close to bulk of Town's population yet in area frequented by rural residents
5. Sheriff trade out for expenses to locate in our building- help in renovation costs for Route 5 building
6. Court room brought up to current state standards
7. Relationship with Sheriff resulting in increased revenue for Court
8. Increased patrol time and presence of Sheriff up county

Sheriff and County

1. Land locked parcel put to use instead of continually deteriorating building (brought \$100 at last tax sale)
2. Substantial enhancement in service by Sheriff to our area- minimal cost, more time on patrol, less time commuting
3. Shorter ride to restrain arrested people
4. Shorter trip for arraignment- Palatine Court

Kamin Realty

1. Increase in traffic in Mall created by non-competitive occupancy of old Pizza Hut building
2. Assurance of no future commercial competitive enterprise moving in
3. Initial payment by Town of Palatine for right of way easement

Stewarts

1. Increase in traffic around store
2. Assurance that a commercial occupancy that would test their rear property line is not going to happen

Conceptually, it looks good, but now it is time for each of us to get into details. As we all know, the devil is often in the details.

For the details we now have a Building Committee and we have a Town Board.

The necessity of something of this nature is clear to me. Continual budget and consolidation pressure from the state, federal and county governments will result in change in the near future. If the Town of Palatine is not effective, we will not exist.

All local courts will not survive.
All local police departments will not survive.
All local governments will not survive.
We must be efficient and competitive.

Very Truly Yours,
Bill MacLauchlin
Supervisor
Town of Palatine

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Now Here's A Tip

by JoAnn Derson

• "I use those individually packaged (usually 30 or 50 per box) eyeglass lens wipes to clean my glasses, and before they dry out, I use them to wipe down the touchpad on my microwave and stove. I use them to wipe down my phone screen too." – J.F. in Washington

• Still getting your groceries in plastic bags? Make sure you are recycling them. To make it easy, simply gather all your bags when you put away your purchases and put them in your trunk. The next time you shop, drop them off in the appropriate container at the store. Never put plastic bags in your curbside recycling bin.

• When replacing the box of baking soda from your fridge, dump the old one into your kitchen drain and follow with a couple cups of white vinegar. After a few minutes, flush the drain with hot water to leave it clean and smelling fresh.

• Is your silverware collection hanging around tarnishing? Here's a great tip from a friend up north: "Ketchup will polish silver." – C.I. in Minnesota

• "If you accidentally spill water on a book, separate the pages with pieces of wax paper. Then close the book. As it dries, the wax paper wicks moisture and prevents wrinkles. Also, wax paper is microwave safe and allows moisture to escape, so food doesn't get soggy." – A.W. in Idaho

• Help prevent your socks from getting fuzzballs in the dryer by turning them inside out before washing, according to M. from Saskatchewan, Canada.

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Paw's Corner

by Sam Mazzotta

Dog's rapid decline blamed on arthritis

DEAR PAW'S CORNER: My Border Collie "Angus" is 12 years old, so he's getting along. Until a few months ago he could whip along as fast as anything and had plenty of energy. At feeding time, he would jump up and down waiting for his food. However, lately he runs very little, seems to have little energy and just waits patiently for his food. The veterinarian said he has probably developed arthritis, and it's just to be expected at his age. What do you think? – Carl in Madison, WI

DEAR CARL: Ask the veterinarian to run some tests. While yes, 12 years is getting up into senior years for a dog, Angus' sudden change from an energetic adventurer to a lethargic homebody doesn't seem normal. If the vet doesn't want to do any tests, go to a different vet.

Angus may indeed have arthritis or just be slowing down, but there could be an underlying cause that can be treated. Diseases of age, like thyroid disorder, diabetes, heart disease and arthritis, could be at work. A tick-borne disease (Lyme disease being just one of several) can cause symp-

toms similar to arthritis or neurological illness. There are other possibilities that should be considered, like cancer.

Even if an illness or condition can't be completely cured, there's a good chance it can be managed. Angus shouldn't have to slow down or stop doing the things he loves just because of an assumption that he's too old. Get more tests, get a more detailed diagnosis of what may be causing Angus' loss of energy, and work forward from there to rebuild his health.

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Freestanding tubs can transform regular bathrooms into luxurious oases.

Few home design elements provide the instant wow factor of freestanding tubs. Freestanding tubs have an air of luxury that can help current homeowners relax, and impress buyers when homes go on the market. Freestanding tubs are typically made of cast iron or porcelain. The home improvement website HomeAdvisor notes that cast iron is durable and solid and retains heat well, which is great

for those who want to spend more than a little time relaxing in a freestanding tub. However, because cast iron is so heavy, installing a cast iron tub may require structural reinforcement of the flooring, which will add to the overall cost of the project. According to HomeAdvisor, the average cost to install a tub varies widely depending on the type of tub, the materials its made of and other factors,

including plumbing and piping. For example, the cost to install a freestanding tub will rise considerably if new plumbing and piping are necessary. Before purchasing a freestanding tub, homeowners should seek estimates regarding installation, making sure to get them in writing. Contractors will determine if structural reinforcement is necessary and include such costs in their estimates. In addition, make

Benefits of freestanding tubs

sure to ask contractors to investigate piping and plumbing so no surprises pop up after the tub has been purchased and work has begun.

If estimates from contractors aren't budget busting, homeowners can consider these benefits of freestanding tubs before making their final decisions.

- **Cleaning:** Because they're detached from other bathroom fixtures and not flush against the wall, freestanding tubs tend to be easier to clean than built-in bathtubs. Freestanding tubs are accessible from all sides, making it easy to reach all those nooks and crannies where grime can build up.

- **Return on investment:** In its 2018 "Cost vs. Value" report, Remodeling magazine noted that upscale bathroom remodels recouped 56.2 percent of their cost at resale. That was a better return on investment than an upscale kitchen remodel (53.5 percent) and an upscale master suite addition (48.3 percent). The thought of a sizable return on investment can make relaxing in a freestanding tub that much

more enjoyable.

- **Warmth:** Even freestanding tubs made of materials other than cast iron offer great heat retention. Stone resin bathtubs, for example, pro-

vide excellent insulation on cold nights. That's ideal for people who want to unwind in the tub without having to exit early because the water has become cold.

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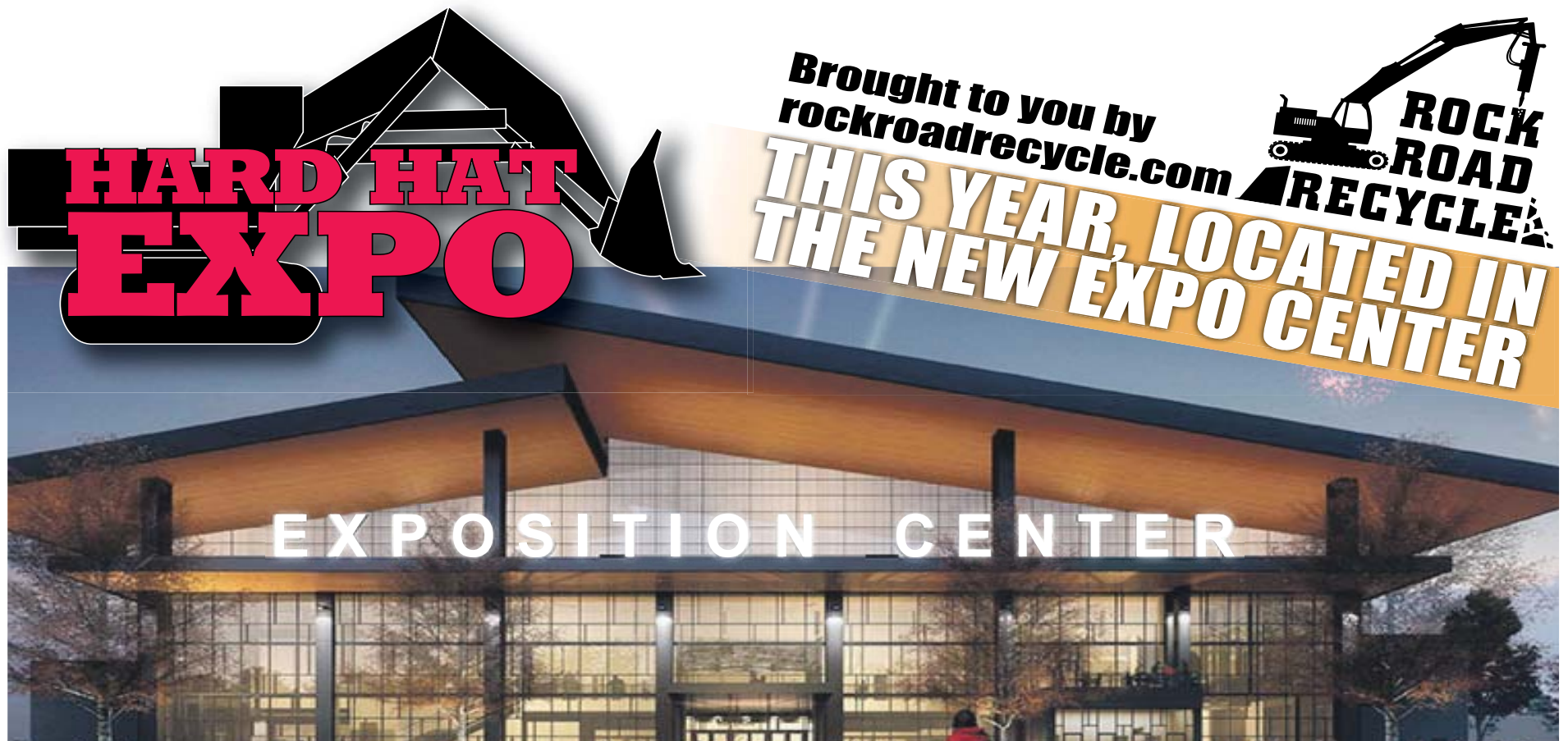


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Tips for toasting the bride and groom

Wedding toasts are a tradition that many guests and wedding participants look forward to. An opportunity for maids of honor and best men to express their feelings about the bride and groom, wedding toasts often touch on the heartfelt and the humorous while shedding light on the relationship between the happy couple and the men and women they have chosen to play such significant roles at their wedding.

While guests might enjoy wedding toasts, best men and maids of honor may be nervous about honoring the brides and grooms in such public settings. That anxiety is perfectly normal, especially for those who have never before been asked to serve as maid of honor or best man. Those tasked with toasting the newly anointed husband and wife can consider the following tips to make the task a little easier:

- Keep it brief. While there might be many things you want to say, try to express yourself as concisely as possible. Convey your relationship with the bride and/or groom, but avoid lengthy histories that might come off as rambling. While personal anecdotes that shed some humorous light on your relationship are great additions to wedding toasts, avoid going into too much detail when telling such stories, focusing instead on the parts of the stories that illustrate your feelings and generate a few laughs.

- Avoid being too formal. Even the most formal wedding can benefit from a toast that veers more toward the spontaneous. While you want to thank

the parents of the bride and groom for hosting the wedding and the guests for being on hand to celebrate, don't feel as though you need to be especially formal. Giving a less formal speech also may help calm your nerves.

- Practice, practice, practice. Practice your speech ahead of time so you are not reading from cards or notepads during the toast. Reading from a piece of paper is less likely to engage the audience than if you are speaking to them directly and sharing some heartfelt thoughts about the bride and groom. It's all right to hold onto some cue cards to keep you on track as you deliver your toast, but practicing your toast as the wedding draws near will boost your confidence and make you more comfortable once you have the microphone in hand.

- Stay appropriate. Hu-

mor adds a lot to wedding toasts, but make sure to clean up any humorous anecdotes so they can be shared with all wedding guests, including kids. In addition, avoid stories that, while humorous, may end up embarrassing the bride and groom.

- Share well wishes. Before you raise your glass and ask guests to do the same, express some heartfelt well wishes for the bride and groom. Doing so is a fitting end to a tradition that's meant to highlight the special relationship brides and grooms have with their maids of honor and best men.

Maids of honor and best men making their first wedding toasts may be nervous in advance of the big day, but there are ways to calm those nerves and deliver heartfelt, memorable toasts that will be remembered for all the right reasons.



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