Mohawk Valley

Country Editor

Delivered Weekly by the U.S. Postal Service

March 30,

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MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY OVERFLOW WITH HOPE BY THE POWER OF THE HOLY SPIRIT. —ROMANS 15:1.











MARCH 2019

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.

Spaghetti Supper: The Class of 2021 will hold a take-out spaghetti supper at the Harry Hoag Elementary School on Wednesday, April 17th from 4:00-7:30 p.m. Dinner includes spaghetti, tossed salad and Italian bread. There will also be a bake sale. Cost is \$7 for adults and \$5 for children.

Remembering "Jack" Calbet: The

Fort Plain school community mourns the loss of Jacques "Jack" Calbet, a devoted staff member of thirty-eight years, who passed away suddenly on February 18th. Jack will be remembered for his bright smile, cheerful attitude, and love for the faculty, staff and students throughout the district. Jack was a joy to know and is greatly missed by all.

Elementary Students Have Heart:

The PE Department recently held the annual "Kids Heart Challenge", to benefit the American Heart Association. Students learned about their hearts, and about how to develop heart-healthy habits that will benefit them as they grow. Everyone gained satisfaction from doing their part for the American Heart Association. The money that the students raised will help fund innovative research for new treatments, provide programs and services for survivors and their families, and help more of our loved ones lower their risk of cardiovascular disease and stroke.

Students of the Month:

Connor Kelley

Congratulations to the Students of the Month for February:

Grade K

Grade 12

Hattie Hogan Grade 2 **Trent Marriott** Grade 4 Tatyanna Washington Grade 4 **Daniel Euler** Grade 5 Vienna Jackson Grade 6 Joseph Montoya Grade 6 Kathrine Cheshire Grade 7 Grade 8 Isaac Nichols **Tyrell Martin** Grade 9 Justin Schumacher Grade 10 Willow MaGinnis Grade 11

Upcoming Events:

Brianna Siegenthaler

3/29 School Closed4/10 7:00 p.m. Budget Hearing4/18 Conference Day: No School

4/19-4/26 Spring Break: No School

5/8 7:00 p.m. Budget Hearing

5/21 1:00-9:00 p.m. Budget Vote



Drama Club Presents The Sound of Music:

The Fort Plain-Canajoharie Drama Club will present this year's spring musical, "The Sound of Music" 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.



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 9:00noon 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-vour-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 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.

No Two Fingerprints Are Alike: The students in Mr. Hanifin's 5th grade science classes recently spent time learning about fingerprints. Fingerprints are the impressions made by the papillary ridges on the ends of our fingers. Because the ridges are unique to every human being, and do not change with growth or age, they make an ideal form of identification. The students made prints of their own fingers, and then worked to identify the major characteristics that they saw. They discovered that "loops" are the most common fingerprint feature, seen in about 65% of people. "Whorls" are the next most common, appearing about 30% of the time. The rarest feature is the "arch" or "tented arch", which is only found in about 5% of fingerprints. With the assistance of Fort Plain P.D. Detective Sitterly, the students also learned about the technology used to locate and lift fingerprints at crime scenes, and about why certain surfaces hold better fingerprint traces than others. Finally, the students explored all of the ways in which technology allows us to use fingerprint identification to access doors, phones and other secure areas and devices. They brainstormed some ideas for how fingerprint technology might be used even more in the future. The students had a good time discovering that their fingerprints are just as unique as they are!



Leprechaun Auction: The members of the Elementary Student Council recently held their annual Leprechaun Auction. Students in 4th - 6th grade worked throughout the winter to earn Topper Bucks. Bucks were earned for things like completing homework on time, doing good deeds for others, going above and beyond what is expected, and exhibiting excellent behaviors throughout the school building. Student council members offered to be a leprechaun for a day, providing the winning student with a day full of service. Typical jobs included cleaning lockers and desks, carrying books from class to class, organizing folders and papers, and other small tasks. Elementary Student Council advisor Mrs. Hext was joined by the special auctioneer Mr. O'Hanifin. Each student council member wore green, with many of them sporting handmade t-shirts with slogans on the front and back. They told the crowd which jobs they felt they were best at, and why they would make the perfect leprechaun. Everyone had a great time, and there were a lot of lockers and desks that were clean and organized for a change!



Young Architects: Members of the 5th & 6th grade Talented and Gifted Program recently enjoyed a three part unit called "Young Architects." The students first talked about the different types of housing units that they have encountered - such as a single-family home, duplex, apartment building or mobile home. Each group decided which type of house that they wanted to plan - with most choosing either a single-family home or a mansion-style. Next, the students learned about floor plans and how they are a "birds-eye view" of that the interior of a house looks like. They worked together to decide what rooms their house should have, and then added extras such as closets, laundry rooms, pet rooms, swimming pools, or a garage. Once the group had a list of what features their home would include, they used stencils to lay out the walls and label the rooms. Next, they added features such as appliances and furniture, by cutting and pasting pre-made objects or by free-drawing them in. Most of the groups decided that each person would get their own room, with whatever features and amenities that were most important to them. They then included common areas like living rooms, play rooms, a library, a music room, or a game room. The final step was to convert the floor plan into a model of the home. The students had to think about what rooms in the house they wanted to be accessible to each other, and where a hallway might be needed. They also looked at how many windows a home could reasonably have and where those windows would be best placed. Clear plastic walls were added, with stickers being used to mark where doors and windows should be located. The model homes were displayed in the library for the rest of the school to see. All in all, the "Young Architects" did a really great job!









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John Snyder, Sales Manager
518-673-0129,
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Jordan Hurd, Sales Associate 518-673-0131, jhurd@leepub.com

Reader ads 518-673-0111 or 800-218-5586

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518-673-0150, ptripp@leepub.com

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518-673-0101, commercialprint@leepub.com

Send all correspondence to:
PO Box 121, Palatine Bridge, NY 13428
Advertising email: jsnyder@leepub.com
Editorial email: jkarkwren@leepub.com
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Thank you to all voters coming out and voting, and for the ones voting for Debra and I. A special Thank-you to Linda, Christy, Niel, and Sarah Yerdon for reminding people about the election. The mayor and trustees will be walking with transparency and honesty to get Nelliston back on track for all taxpayers. Richard Clinton. Debra Gros.

HELP WANTED: LI-BRARY CLERK 15-24hrs, high school diploma or GED required. Apply at Margaret Reaney Library at 19 Kingsbury Ave. St. Johnsville, NY by March 31st.

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Before visiting an IRS Taxpayer Assistance Center for in-person help with their tax issues, a taxpayer needs to call 844.545.5640 to schedule an appointment. All TACs provide service by appointment. The Contact Your Local Office tool on IRS.gov helps taxpayers find the closest IRS TAC, the days and hours of operation and a list of services provided.

Once they make an appointment, taxpayers will receive an automated email to the address they provide. The email will confirm the day and time of their appointment. Taxpayers should consider the self-service options on IRS.gov before calling for an appointment. Taxpayers can resolve many questions online without taxpayers having to travel to a Tax Assistance Center.

Taxpayers checking on a tax refund status can:

- Use the "Where's My Refund?" online tool.
- Call 800.829.1954 anytime to access the audio version of this tool.

Before using these tools, a taxpayer should have their Social Security number, filing status, and exact refund amount ready.

Taxpayers who need answers to tax questions can:

- Use the Interactive Tax Assistant, which asks the taxpayer a series of questions and provides answers based on their input.
- Check out Publication 17, which covers a broad range of topics and updates on tax law changes.
- Visit the IRS Tax Map to find tax information on a variety of tax topics.
- Visit IRS.gov for info about what to do when a letter from the IRS arrives.
- View Publication 5136, IRS Services Guide (PDF), for additional ways taxpayers and tax professionals can get help.

Taxpayers who need to make a payment can:

- Use IRS Direct Pay on IRS.gov a free, secure electronic payment method from a checking or savings account.
- Visit the Electronic Federal Tax Payment System for online and phone options.
- Pay when using tax software when e-filing, Taxpayers can pay online, by phone, or with a mobile device using the IRS2Go app.
- View their balance online or refer to the information in the notice they received to determine the amount owed. They can also access their tax account to view recent payment history.
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- Mail a personal, cashier's check or money order made payable to "U.S. Treasury" along with a completed Form 1040-V, Payment Voucher. Taxpayers should never send cash.

Taxpayers who need forms & publications can:

• View, download and print federal tax forms and publications anytime. Dozens of IRS publications are available to download.

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Sat. March 30th - Spring Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell. Great consignments from Sco-Li, Haner, Mac-Mara, Roseland, 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 pedi-

Mon. April 1st - Normal Monday sale & Monthly Fat Cow & Feeder Sale Twin Tines Farm Dairy Dispersal - 80 head sell 40 milking age and 40 heifers. Mixed herd mostly fresh in the last 60 days.

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

Fri. April 12 & Sat. April 13th - sale held on the farm 188 Cty Hwy 33W Cooperstown, NY. 10AM SHARP. Cooperstown Holsteins Corp. Complete Dispersal. Cattle sell Friday, 4/12 - Equip. & Feed sell 4/13. 560 Head Reg. & Sire ID Holsteins plus a few Color breeds including Jerseys & Guernseys. 280 Milking age, 280 heifers from springing down to newborns. DHI RHA 25652 4.5 1079 3.1 775 ave. 85#/day. SCC 200,000. Freestall Parlor trained.

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Mon. April 15th - Normal Monday Sale & Our Second Easter Sheep, Lamb

Sat. April 20th - Annual Spring Consignment Machinery Sale - Held at our Facility. We have a few lines of Machinery already consigned watch for more

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. 15 Wagyu - F1's feeder cattle and 2 Reg. Wagyu bulls. Expecting a large number of beef breed feeders and brood cows

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

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Visual impairment affects people of all ages and all walks of life. The American Foundation for the Blind defines visual impairment often referred to as "low vision," as any vision problem that is severe enough to affect an individual's ability to carry out the tasks of everyday living. Millions of people have some degree of visual impairment that requires corrective lenses, and some still struggle even while wearing glasses or contact lenses.

People with low vision can experience difficulty performing daily activities, such as cooking, shopping, reading, watching television, and more. Some practical solutions can help people address changes in their vision.

• Use more light. After about age 60, many people require additional light to perform most indoor tasks as well as outdoor activities. After age 60, the pupil no longer opens as widely as it once did,



Low vision impacts daily living, but there are ways to counter the effects of impaired vision.

which affects the amount of light that reaches the retina, where vision processing occurs. Brighten areas of the kitchen, garage, crafting table, and other areas where fine details are examined.

• Rely on darker contrasts. Contrasting colors can make it easier to see edges and lines of demarcation. For example, use a dark tablecloth and white dishes to see table settings and food more clearly.

• Label items. Bold-colored labels or those of different shapes can help set items apart when reading containers or boxes becomes challenging.

• Use filters and shields. Certain devices, such as lens filters and shields, can reduce glare and improve vision. Individuals also can invest in shields for their computers or tablet screens to reduce glare.

• Choose "large print"

formats. At local booksellers, seek books that are available in large print. This makes it easier to enjoy reading.

• Switch bulbs at home. The eye care resource All About Vision suggests swapping fluorescent and incandescent light bulbs with warm-toned LED bulbs. These bulbs emit less blue light and can be more comforting with reduced glare.

• Invest in adaptive devices. Large-button phones with speed dial, large-print calendars, watches that speak the time, and digital home assistant devices also can help men and women overcome vision loss.

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There are boot jacks, and then there are *boot jacks*. This whatchamacallit falls into the latter category, because it is detailed, heavy and ornate. This isn't just a tool - it is a piece of useful art.

Farmers and ranchers know the importance of boots. The heavy, tall ones can keep your feet warm and dry, protecting you and your pants from

snow, water, mud, manure ... whatever you may need to traipse through as you care for you land and your animals. However, when it comes to take your boots off, it can get a little tricky. All that nastiness may coat your boots and the long, thin shape can give them a little bit of suction. They'll want to stay right on your feet.

That's where this item comes into play. A boot jack, which can also be known as a boot pull, usually has a U-shaped mouth that grips the heel of the boot, and a flat area to which weight can be applied. The person using it places the heel of their boot in the mouth of the jack, stands on the back of the device with the other





foot and pulls their foot free of the front boot. Then you repeat the process for the other

The boot jack has several advantages over the removal of boots by hand. By allowing the wearer to pull their foot straight up and out of the boot, and by using their full body weight to hold the boot in place, far greater leverage and a much more secure grip are possible than what can be achieved with hands alone.

Plus, this cast iron beauty just looks really nice by the

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

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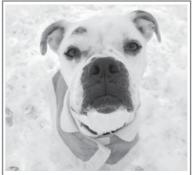
Paisley is a female dilute tortie. She is a little shy at first, but warms up to be such a sweet loving kitty. Paisley loves other cats and is very playful!



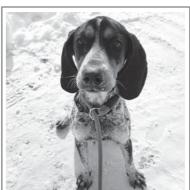
Maisie is a 3 year old spayed female pittie girl. Maisie loves people, is great with kids and is good with some dogs. Maisie is crate trained, rides great in the car and loves to cuddle - especially getting her belly rubbed! Maisie does have some allergies, but her dietary requirements are not too hard to maintain at all.



JAKE is such a beatiful 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. Zoev loves to go on car rides and walks! She is enjoying every bit of life as a



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



cattle dog. Smokey is good with some dogs, but he needs to be cat tested and in a home with older kids



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 mánners, but being a sweetheart she already has



Pebbles and BamBam are a bonded 12 year old pair of siblings. They are Pomeranian and Corgi mixes Pebbles is good with most other animals - howeve BamBam is very stressed and reactive around other dogs. BamBam does have medications for a bad heart, but he can still go, go go! These two are the





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It's easy to underestimate the level of know-how required to be an automotive mechanic, and just how essential the job is. There are an estimated 30,000 parts on the average car, and data from the International Organization of Motor Vehicle Manufacturers indicates around 74,705,000 cars were produced in 2018. Auto mechanics are in high demand. Although many high schools offer adequate training to prepare individuals for a job in automotive mechanics, most mechanics are now expected to have completed an associate degree or certificate program in automotive training to keep up with ever-evolving vehicle technology. Students can enroll in a vocational education program, receive a certificate and then go on to employee

training. Upon completion of that training, students can become master mechanics. Training and schooling typically takes two years. Salary.com reports that the average automotive mechanic salary in the United States was \$38,551 as of December 2018.

Only the very weak-minded refuse to be influenced by literature and poetry.

Cassandra Clare

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

March 30

The Amen Place Soup Kitchen will be holding its annual Spring Brooks Chicken Barbecue. 1-5 p.m. At 105 Guy Park Ave., Amsterdam. Dinners include a half chicken, baked potato, coleslaw, roll butter and dessert. Meals are \$12 which supports the Soup Kitchen. All meals are takeout only and through our special drive thru. Deliveries will be available in the Amsterdam area by calling 518.843.2636.

Apply by Apr 1

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.

Apr 6

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

Apr 9

American Red Cross Blood Drive. 1 - 6 p.m. At St. John's St. Mark's Church, 143 Church St., Canajoharie. To schedule an appointment, call Kathy at 518.673.5443 or visit redcrossblood.org and enter sponsor code StJohnsStMarksCanajoharie or take a chance and be a walk-in.

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

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

Apr 24

Trap Season Begins. Canajoharie Forest, Fish and Game Assn., Inc., 149 Fish and Game Club Road, Canajoharie, NY.

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.

May 5 and June 9

ATA Shoot Events. May 5 at 9 a.m. June 9 at 9 a.m. Canajoharie Forest, Fish and Game Assn., Inc., 149 Fish and Game Club Road, Canajoharie, NY. Applications available online. Call Dottie at 518.774.9165.

May 11

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

May 18

Kids to Park Day. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

May 21

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 25

Geocache Challenge Starts. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

May 27

Morris J. Edwards American Legion Post 100th Anniversary. Begins with a Memorial Day Parade at 9:30 a.m. Memorial Service at Soldiers and Sailors Park following the Parade. Dedication of the new Park follows the Memorial Service. The Dedication will take place at the American Legion on Main Street. Memorial bricks are still available for purchase. Visit www.mjelegionpost168.org. Email: adj@mjelegionpost168.org. Call 518.332.1556.

June 1

National Trails Day (Kayaking Tour). June 1 19. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

June 6, 13, 20 and 27

Putman Porch Music. June 6, 13, 20 and 27. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com.

June 8

Ames Museum Open. 9 a.m. - 3 p.m. Contact 518.673.5820 or visit www.amesmuseum.weebly.com or write to f@amesmuseum.

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Friends Speaker & Meeting. For

Greetings friends and supporters of Schoharie Crossing

We've made it to March and regardless of whether the Lion or the Lamb opened the door, we are pretty excited about spring being on its way with our 2019 schedule of events kicking off!

The Visitor Center will open on May 1, but we have a handful of great things happening before then. In addition to the following events, we are looking forward to work on enhancing a trail that will connect Yankee Hill Lock and South Amsterdam. Friends Treasurer John Naple and SX Site Manager Janice Fontanella have be instrumental in getting the go ahead for an Adopt-a-Trail project.

We continue to plan Canal Days 2019, as well as put the finishing touches on all of the amazing events and programs we have scheduled. Collaborations and partnerships are really key for many of these – expect more updates soon. We'll be offering great new things and also annual favorites like Not Just for Kids Storytelling and Putman Porch Music. It is going to be another ROBUST season!

Coming up soon!

At the Johnstown, Library Schoharie Crossing as part of a series will present The Erie Canal: NYS Hero for children on April 25 and we'll round out with a revised version of History and Hearsay on May 22. We'll be sure to share more info as we get closer. Check out: www.johnstownpubliclibrary.info/home.html

Friends of Schoharie Crossing Meeting w/ a speaker from NYS Canal Corp - Tuesday, April 23 at 6:30 p.m. in the Enders House. This will be the first meeting for the Friends of 2019. Discussion will include some revised Parks policies as well as volunteer days for Canal Clean Sweep and I Love My Park Day - the work being on the trail between Yankee Hill and South Amsterdam. Then a representative from Canals will speak on the modern system.

Canal Clean Sweep - Saturday, April 27 from 8 a.m. (ish) to 12 noon, we will be working to clear and cut and clean up on the adopted trail. The site will provide lunch to those still around at noon. Find out more by contacting SchoharieCrossing@parks.ny.gov on what to bring with you. Register to volunteer on the Parks Trails website

https://ptny.wufoo.com/forms/2019-canal-cleansweep-volunteer-registration/

Hilarious Historians Comedy Show - April 30 we're trying something new and celebrating National Humor Month but offering up this program with historical jokes, jokes from history, and jokes told by Historians. Keep in touch for more info and if you are or know a historian with a wit that just won't quit like DeWitt, send us a message.

Opening Day - May 1.

I Love My Park Day! - Saturday, May 4, 8 a.m. (ish) to noon. We'll be sprucing up around the Visitor Center as well as working on the trail. Lunch will be provided for those participating until noon. Registration for this will soon open on the Parks & Trails website.

Also, don't forget - Beverly Cornelius will have a bas-

ket weaving workshop from 9 a.m. to 4:30 p.m. on May 18 - Only \$25 for materials and you get to create and keep a great Market Basket. There are only a couple spots left as space is limited. Register: https://form.jotform.com/83604950008151

The site has several school visits scheduled for the spring with more being added each week. We are lucky to have great resources for funding that school districts can make use of that cover the cost of their visit. Programs like the Erie Canalway National Heritage Corridor's Ticket to Ride Grant and also NYS Parks Connect Kids to Parks Grant. If you would like more information on these please let us know. If you're interested in recommending a site visit to an educator, we'd greatly appreciate it.

As always, you can keep up on what we have going on here at Schoharie Crossing by liking us on Facebook, checking out our NYS Parks website, following along on the Friends Blog (www.friendsofschohariecrossing.blogspot.com) and Social Media or - best of all - coming to the site, participating and enjoying all we have to offer.









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Longtime local Optometrist Dr. Craig Murcray 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. Murcray 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. Murcray'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 Herki





MVP Health Care lead sponsor VRS' Senior Health & Wellness Fair VRS' Senior Health & Wellness Fair: Boardwalk to Better Health

HERKIMER, NY — Valley Residential Services will host its annual senior health and wellness fair, Boardwalk To Better Health, on Thursday, April 25, 10 a.m. to 2 p.m., at Herkimer College's Robert McLaughlin College Center, Herkimer. "We are thrilled to announce MVP Health Care® as the lead sponsor," stated Lisa M. Betrus, President, Valley Health Services and Valley Residential Services.

MVP is a nationally recognized, regional not-forprofit health plan provider that is committed to having a positive impact on the health and wellness of those they serve. They care for over 700,000 members across New York State and Vermont. Their contribution to Valley Health Services and Valley Residential Services is impactful and an excellent opportunity for attendees to learn about the services they provide.

The Boardwalk To Better Health event will have a plethora of resources available for senior citizens who may be contemplating downsizing or who wish to remain independent in their own home, as well as information on estate and gift planning, assisted and enriched housing, safety and security, physical health,

Medicaid or Medicare and many other areas of interest.

This event sponsored by Valley Residential Services will include an exhibitors' showcase with a broad range of products and/or services important to senior citizens as well as speakers and presentations throughout the day. The event is free and open to the public

If your business is interested in exhibiting your products or services, please contact the office of Community Relations and Fund Development at 315.866.3330 extension 2329 for more information.

The Fort Plain-Canajohanie Drama Club Presents Specification of the State of the S

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Strange but True

by Samantha Weaver

- It was Isaac Asimov, professor of biochemistry and beloved Grand Master of science fiction, who made the following sage observation: "There is a cult of ignorance in the United States, and there always has been. The strain of anti-intellectualism has been a constant. thread winding its way through our political and cultural life, nurtured by the false notion that democracy means that 'my ignorance is just as good as your knowledge."
- According to the U.S. Department of Agricul-

ture, if you're like the average American, you drink 22.7 gallons of coffee every year. The surprising thing about that statistic isn't how much it is, though — it's how little. It seems that in the 1940s, Americans were drinking twice that amount of java.

- You might be surprised to learn that gravity makes you shorter. It's true; gravity compresses your spine in a weightless environment, you would be 2 to 3 inches taller than you are here on Earth.
- Those who study such things say that 1 percent of the world's lizard species have no males. The females reproduce by parthenogenesis, which produces offspring that are clones of their mothers.

Thought for the Day: "Mistakes are a part of being human. Appreciate your mistakes for what they are: precious life lessons that can only be learned the hard way. Unless it's a fatal mistake, which, at least, others can learn from." — Al Franken

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To Your Good Health

by Keith Roach, M.D.

Stomach "flu" is not actually flu

Dear Dr. Roach: With the flu season coming on, would you please discuss the difference between what people call the "stomach flu" and what the flu really is? I have two friends who said they weren't getting the flu shot anymore because despite having it, they got the flu. They each described several hours of throwing up, but feeling better the next day.

I suggested that they probably had a gastrointestinal episode and not influenza, which is a respiratory disease. They insisted that they had the flu, and they'd always learned that the stomach flu is influenza and the flu shot is meant to prevent it. Since then I've spo-

ken to two others who believe the same thing. — G.C.

Answer: You are right that there is much confusion about what influenza is. Influenza typically begins with sudden onset of fever, headache, fatigue and severe body and muscle aches. Influenza occurs about two days after exposure. There also often are symptoms of cough, sore throat and nasal discharge, just as there are with the common cold, but the sudden onset, fever (commonly 100 to 104 degrees) and muscle aches help distinguish cold from flu.

Gastrointestinal symptoms — such as nausea, vomiting and diarrhea — are less common in influenza, and these symptoms in absence of the major manifestations listed above makes the diagnosis of flu very unlikely. In late fall through early spring, some diar-

rheal illnesses (mostly viral) are common, but you are correct that these are NOT influenza.

The flu shot contains viral proteins, not live influenza, and it is incapable of causing the flu. Many people will have a sore arm and sometimes mild fever and body aches after a flu shot. This is just part of the body's reaction, and it goes away by itself within 24 hours. There is a live influenza vaccine given by nasal spray, which also generally has mild side effects. This may be given to adults under 50.

The flu shot is not perfect: You still can get the flu after receiving the shot. However, the flu shot is effective at reducing the most serious cases of flu, such as influenza pneumonia, which can be life-threatening or fatal.

Dear Dr. Roach: I'm a healthy 50-year-old woman, and I recently had my gallbladder removed. What are the effects of not having this organ? — I.T.

Answer: The gallbladder stores bile and release it when necessary after a meal. Bile is made by the liver and is needed for proper digestion, especially of fats. After gallbladder removal, usually because of gallstones, the liver takes over the job by storing bile in bile ducts, and releasing it at the right time, under the influence of hormones, such as cholecystokinin. After surgery, most people have no problems with digestion, as their body gets used to the new status quo after a few weeks.

Rarely, people who have had their gallbladder removed can develop postcholecystectomy syndrome, which manifests as upper abdominal pain. There are several possible causes. Discovering it requires expert evaluation, usually by the surgeon, and it often involves CT scans and a special kind of MRI (MRCP) to evaluate the biliary tract. Retained stones in the bile ducts, leakage of bile and strictures (narrowings) in the bile ducts are the most common causes of PCS.

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2 cups (one 16-ounce can) French-cut green beans, rinsed and drained

3/4 cup shredded reduced-fat cheddar cheese

2 cups water

2 cups instant potato flakes

1/3 cup nonfat dry milk powder

3/4 cup plain fat-free yogurt

1 teaspoon dried parsley flakes

l teaspoon chili seasoning

1/4 teaspoon black pepper

1. Heat oven to 375°F. Spray an 8-by-8-inch baking dish with olive oil-flavored cooking spray.

2. In a large skillet

sprayed with olive oil-flavored cooking spray, brown meat. Stir in salsa, tomato sauce and brown sugar substitute. Add green beans and half of cheddar cheese. Mix well to combine. Spread mixture evenly into prepared baking dish.

3. In a medium saucepan, bring water to boil. Remove from heat. Stir in potato flakes and dry milk powder. Add yogurt, parsley flakes, chili seasoning, black pepper and remaining cheddar cheese. Mix gently to combine. Spread potato mixture evenly over meat mixture.

4. Bake for 25 to 30 minutes. Place baking dish on wire rack and let set for 5 minutes. Divide into 6 servings.

* Each serving equals: 209 calories, 5g fat, 16g protein, 25g carb., 358mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

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An Irish celebration at Upstate Chapel

by Rachael Takacs

The Upstate Chapel in Canajoharie celebrated the "wearin' o' the green" with their seventh annual Celebration of Ireland Concert. The evening was bursting with cheerful Irish spirit and audience members found themselves singing along and tapping their toes to the

catchy jigs and ballads.

The lively concert lineup commenced with owner and renowned organist Dr. Eric Stroud. He performed several lovely Irish hymns and tunes on the chapel's organ and afterward addressed the audience. He greeted the guests and proceeded to tell some of his best St. Patrick's Day jokes. He also thanked the attendees for coming and supporting the entertainers.

The entertainment that evening included many local and well-loved performers, including the talented Misha Murdoch playing the bagpipes, Liaisons Plaisantes performing jigs and

waltz/polka medleys, Our Lady of Hope Choir, the Munster Pickles performing original Irish songs, Sue Crua singing several traditional Irish melodies

and Joann McNamara, who sang "The Sweetest Lad Was Jamie."

The evening concluded with light refreshments of Irish soda bread and other sweet St. Patrick's Day treats.

For more information on upcoming events and Upstate Chapel history, visit upstatechapel.com.

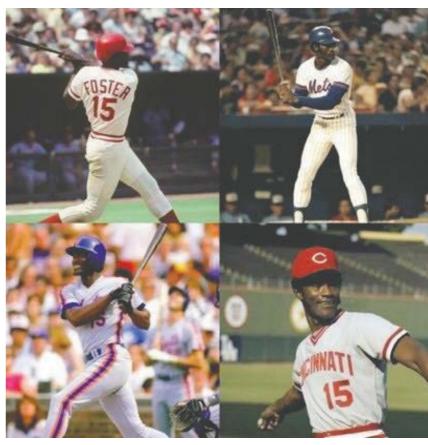


Misha Murdoch, the Stonehouse Piper, performs a rousing rendition of "Wearin O' the Green."

Photo by Rachael Takacs



DID YOU RESERVE YOUR TICKETS YET??



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 aa 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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14 • March 30, 2019

Don't Miss Maple Weekend! March 23-24 and 30-31, 2019



"Taste the Sweetness of Nature!" Mud Road Sugar House **NY State** Maple Weekend March 23rd & 24th **Mud Road Sugar House** Maple Weekend March 30th & 31st **Horse Drawn Wagon Rides** Sat.-Sun. 10-4 Learn the Process From Tap to Table! Mud Road, Ephratah, NY 518-863-6313 or 518-774-0137



During Maple Weekend, maple farms across New York State invite visitors to their "sugar houses" to experience firsthand how pure, mouth-watering maple syrup and other related products are made.

Visitors also have the opportunity to enjoy fun, family-friendly activities, taste New York's freshest syrup and purchase maple products.

Join us this year for sugar house tours, samples, activities and much more.

- TASTE a pure and natural food product at its freshest and in its many forms.
- LEARN how maple syrup and other maple confections are made.
- EXPERIENCE the unique family traditions of making maple syrup in New York State.
- 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.

New York State is home to the largest resource of tappable maple trees within the United States, and over 2,000 maple sugarmakers.

As an abundant and sustainable crop, New York's gournet maple industry is vibrant and growing on an annual basis.

Our state's unique climate and forestry make it naturally perfect for maple syrup production. This pure, additive-free sweetener is made simply by removing water from the sap to concentrate the natural sugars and nutrients made by the tree.

Maple production tends to be a community endeavor, many times involving the entire extended family working together to accomplish one common goal: to produce a pure, all-natural maple syrup that they can take pride in calling their own. The gourmet maple syrup and granulated sugar that come as a result are delicious additions, and dare we say necessities, to any kitchen worldwide.



Visit nysmaple.com for more information!









Year of the pumpkin

For many, pumpkins are associated with autumn, sweet desserts, and holiday festivities.

Pumpkins and other crops in the Cucurbitaceae family originated in Central America, where Native Americans would either roast and consume strips of pumpkin flesh, or dry the skins and weave them into mats. When European colonists arrived in the Americas, they prepared a dish believed to be a precursor of modern pumpkin pie. They cut the top off the pumpkin, removed the seeds, and filled the inside with milk, spices, and honey before baking it over hot ashes.

The popular tradition of pumpkin carving was derived from an Irish custom of carving jack-o'-lanterns out of turnips and potatoes, and placing an ember inside to ward off evil spirits. When Irish immigrants arrived in America in the 1800s, they brought this custom with them and applied it to pumpkins.

Today, pumpkins are a staple for fall decorations and recipes. Eating pumpkin provides numerous health benefits: they are high in fiber, potassium, iron, and vitamins A, B and C while being low in calories, fat, and sodium. Pumpkin is excellent in baked goods, soups, casseroles, pasta, and sauces. Cook with pumpkin throughout the year to support heart health and healthy blood pressure.

What is a pumpkin?

As a member of the Cucurbitaceae family, pumpkins are related to squash, cucumbers, and melons. Most varieties that we classify as pumpkins belong to the species Cucurbita pepo, which also includes varieties of winter squash, summer squash, zucchini, and gourds. These pumpkins are characterized by round

fruit with a thick shell that has smooth, slightly ribbed skin and a deep yellow to orange color.

Some winter squash varieties from the species Cucurbita maxima (Jarrahdale, Turk's Turban, and all giant pumpkins) and Cucurbita moschata (Long Island Cheese, Rouge Vif D'Etampes) are sometimes also considered pumpkins due to their similar appearance.

The diversity among varieties that are classified as pumpkins is incredible! With sizes ranging from 4 ounces to over 1,000 pounds, various unique shapes, and brilliant colors like orange, yellow, white, green, blue, gray, pink, and tan, there are endless opportunities to select the perfect pumpkin.

Choosing the perfect pumpkin

When selecting a pumpkin for cooking, it is best to choose a "pie pumpkin" which has dense, sweet flesh. Pik-A-Pie is a go-to favorite! The sugars and lower moisture of these types hold up best in cooking. It is also easy to grow pumpkins for harvesting edible seeds. To save time, choose a naked-seeded (hull-less or semi hull-less) pumpkin with seeds that do not need to be hulled before eating. The variety Naked Bear is an excellent all-around choice for cooking, edible seeds, and making pumpkin seed oil. Pepitas, an AAS Winner, has a strong handle, beautiful golden orange rinds with dark green streaks. The pumpkin is delicious, with nutritious flesh and bountiful "naked" tender, succulent, nutty seeds for roasting!

When selecting pumpkins for carving and fall decoration, choose varieties that suit your style! Traditional carving pumpkins are medium to large in size, deep orange, and lightly ribbed with a strong handle. Some standards are

Gladiator, Magic Lantern, and Howden. If you'd like to get creative with your carving, try a warted (Warty Goblin), yellow (Mellow Yellow), or white pumpkin (Super Moon [AAS Winner] and Lumina).

For painting, look for a small pumpkin with a strong handle and a smooth surface. An excellent choice is All-America Selections Winner Hijinks.

Add additional interest to fall décor using miniature pumpkins with unique colors and patterns. Miniature pumpkins are typically less than 2 pounds and can be found in a variety of shapes and colors; Hooligan, Baby Boo, Jack Be Little, and All-America Selections Winner Wee-B-Little are favorites that can add a perfect pop of color.

How to grow pumpkins

To have mature pumpkins for use in autumn, plant seeds between late May and mid-June after all risk of frost has passed. Seeds can be direct sown or started indoors and should be planted at a depth of 1" into well-drained soil that has warmed to 70°F. To ensure fruit set and yields, allow sufficient space between each plant. Give small pumpkins a 12 ft. area, large pumpkins a 24 ft. area, and giant pumpkins a 36-48 ft. area per plant.

Pumpkins perform best when they are fertilized throughout the growing season and fruit set will be strongest if the flowers are pollinated by bees. If pumpkin flowers are not pollinated completely, the fruit will start growing but will abort before full development. To ensure a bountiful pumpkin harvest, encourage bees in your garden or pollinate the flowers by hand.

When the pumpkins have matured, the stem holding the fruit will begin to dry. Harvest the pumpkin by carefully cutting the vine on each side of the fruit stem, leaving a nub at the point where the stem meets the vine. This will encourage the stem to maintain strength as it dries down and will minimize infection by microbes that can cause decay.

To keep longer-lasting pumpkins, wash the fruits in a diluted bleach solution, allow them to dry, and place them in a cool shady spot after harvest. Then they'll be ready to carve, decorate, or use in the kitchen.

As pumpkins grow in the garden it is incredible to observe the changes throughout the season, and rewarding to finish with a harvest of beautiful, versatile fruits. The uses of pumpkins in the garden and kitchen are limitless, so let your creativity bloom!

Source: National Garden Bureau



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for baby Merle Stoltzfus

son of Ammon & Sylvia, he was born with heart defects, and spent six weeks in the hospital after birth. He has had open heart surgery, and will need additional surgeries as he continues to grow. The medical bills have begun to add up, and they need the support of the community.

Auction will be held

March 30, 2019 at 10:00AM

Quilt Raffle drawing at 12:30PM

Bake Sale - There will be lots of food available

Location: South Minden Fire Dept. 1029 St Hwy 163, Fort Plain, NY



To make a donation, please contact Daniel at 518-332-9244. For other questions, contact David at 518-416-6708.

Raffle Tickets available at
- Valley Housewares
- South Minden Fire Dept. - call
518-416-6708

Quilt on display at Valley Housewares, 66 Willet St., Fort Plain

Bring something to sell, and come to buy!

Now Here's a Tip

by JoAnn Derson

• Worried about pesticides in your

diet? Try mangos, one of the fruits least likely to have pesticide residue.

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April 2019

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The bonus goes to the customer that sells the most scrap metal to our yard in East Schuyler by April 30th*

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*Sorry, commercial accounts are excluded. Challenge is based on total dollar volume.

• It can be a snap to remove burnedon food from the bottom of a pot or frying pan. All you have to do is sprinkle in some baking soda and add hot water. Let the mixture sit overnight. In the morning, add a dash more baking soda and scrub the residue away.

- Got dirty floors? Make sure you aren't throwing good effort into a dirty mop. You'll need a second bucket filled with rinse water, then follow this pattern: Clean mop in water with cleaner, mop a section of floor, rinse mop in plain water, go back over that section, rinse mop again. Repeat.
- "I like strong tea with no milk. My husband drinks black coffee. The coffeemaker and our mugs get stained over time. About monthly, I 'brew' a pot of hot water, but I put a dishwasher 'pac'

in the carafe. The hot water dissolves the cleaner, making the coffee carafe easy to clean. Then I use the detergent water to clean all the mugs. It works like magic." — T.L. in Missouri

- Just in time for tax season: Don't overlook the value of opening and contributing to an individual retirement account to lower your tax bill. Contributions need not always be made by Dec. 31 to count; it's possible to open an account as late as tax-filing day on April 15 and still have it count against your 2018 taxes.
- To check for toilet leaks, add a few drops of food coloring to the toilet tank. If, without flushing, you see the bowl water start to change color, you know you have a leak.

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fery Jones Sr • Veteran Owne 113 Rouse Road, Fort Plain, NY Web: mvestatesale.com or facebook.com/mohawkvalleyestatesale mvescny@gmail.com Mohawk Valley Estate Sales provides you with a quick and easy way to downsize for your move or completely sell the entire contents of your home. MVES can take care of all your needs in selling all your items whether you live in the home or you are many miles away and need it done for a family member. We can also clean the home from top to bottom and dispose of all garbage so it's ready for the new owners. MVES takes care of all the advertising, staging and research pricing all items. MVES will buy one item or an entire estate.

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Fort Plain resident's book helps kids come to terms with death

FORT PLAIN — In order to help her young grandchildren come to terms with the death of her father, Fort Plain resident Kirkpatrick Kristine penned a poem that took on a life of its own. Titled "Where Did I Go?", the beautifully illustrated picture book, published by Blurb, encouraged the children to look for him through their senses and in nature.

the Fort Plain Free Li-

hard cover, full color book. It is "for all children who have suffered a loss." she wrote inside the jacket, noting that she will also be presenting a copy of the book to a local funeral home.

A retired school nurse and the wife of local attorney and Fort Plain Trustee Library Free John Kirkpatrick, Kristine said her father,

great grandchildren "didn't know anything else."

One child in particular had a difficult time with her father's death, she said. "[He] was crying every night. He's a very tender-hearted boy. He trouble falling asleep. His biggest question was where was [Poppa]? We didn't know what to do," Kristine said.

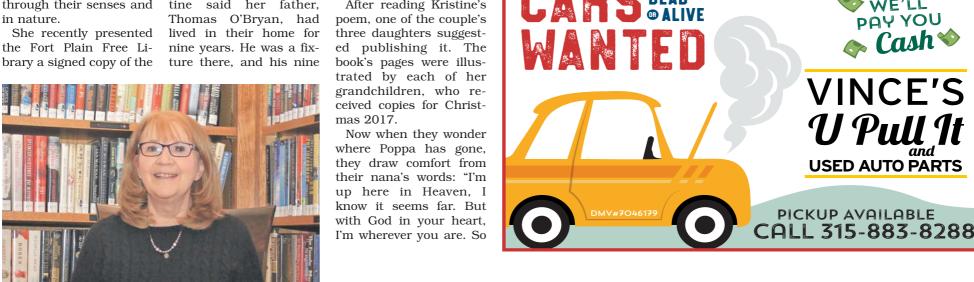
After reading Kristine's mas 2017.

look at my picture. Sit in my chair. Close your eyes and remember me there.'

The Fort Plain Free Library is located at 19 Willett St., Fort Plain. Call 518.993.4646 for information. Please follow the library on Facebook.









Local author Kristine Kirkpatrick holds a copy of the children's book she recently presented to the Fort Plain Free Library. Photo courtesy of Fort Plain Free Library









THE FAMILY OF MICHAEL COLE WOULD LIKE TO THANK SO MANY

FAMILY, FRIENDS, AND ACQUAINTANCES. OUR FAMILY SUFFERED A TRAGIC LOSS ON FEBRUARY 17th

FROM THAT POINT ON WE WERE BLESSED WITH SUCH OVERWHELMING SUPPORT FROM SO MANY PEOPLE. FOR ALL THE LOVE, KINDNESS, AND SUPPORT YOU HAVE SHOWN US, WE ARE SO THANKFUL AND IT WILL ALWAYS BE REMEMBERED. SPECIAL THANKS TO THE FOLLOWING;

M.W. ROOSEVELT & SON'S- My family would be lost without the support from all of you. JR you are such a special friend to us never leaving our side from the hospital to current. You all continue to spend time with us, and ensure that all is ok!!!

FUCCILLO AUTOPLEX OF NELLISTON- For all your special care you took of our family with phone calls, texts, food, visits, and most of all for the beautiful Memorial Service you held!!!

JIM'S IRISH HARBOUR-For hosting the reception, and making sure everyone was taken care of !!

Canajoharie DPW, Canajoharie Police Dept., Mont. County Sheriff's Dept.

Montgomery County Emergency Management, Canajoharie Vol. Fire Dept.- Fort Plain Vol. Fire Dept., Ames Vol. Fire Dept, Rural Grove Vol. Fire

Town Of Mohawk Fire Dept., St. Johnsville Vol. Fire Dept, Sharon Springs Vol. Fire Dept, Ephratah Vol. Fire Dept, Cobleskill Vol. Fire Dept, Appalachian Vol. Fire Dept

WE ARE TRULY THANKFUL FROM THE BOTTOM OF OUR HEARTS FOR ALL YOUR SUPPORT DURING OUR HUSBAND, SON, BROTHER, UNCLE, GODFATHER, NEPHEW, AND FRIEND SERVICES!! WITH ALL OF OUR LOVE, AND GRATITUDE NANCY COLE (GARRETT), JEAN COLE, TONY COLE (JULIE, SHAYLA, MACKENZIE, LUCAS)

20 • March 30, 2019



Good Housekeeping

Swordfish Steaks with Maitre d'Hotel Butter

Traditionally used to garnish fish and grilled meats, Maitre d'Hotel Butter is flavored with lemon and chopped parsley. Serve this broiled swordfish with a tomato salad.

Maitre d'Hotel Butter:

1/2 cup butter or margarine

2 tablespoons chopped fresh parsley

1/4 teaspoon lemon peel, freshly grated

1 tablespoon fresh lemon juice

Swordfish Steaks:

- 4 (6 ounces each) swordfish steaks, 1 inch thick
- 4 teaspoons Maître d'Hotel Butter
- 1. Prepare Maitre d'Hotel Butter: Mix 1/2 cup butter or margarine, 2 tablespoons chopped fresh parsley, 1/4 teaspoon freshly grated lemon peel,

- 1 tablespoon fresh lemon juice.
- 2. Prepare Swordfish Steaks: Heat broiler. Place swordfish on rack in broiling pan. Spread 1/2 teaspoon Maitre d'Hotel Butter on each side of each fish steak. Place pan in broiler, 4 inches from heat source. Broil swordfish, without turning, until just opaque throughout, 8 to 10 minutes. Spoon pan juices over fish to serve. Serves 4.
- * Each serving: About 10g total fat (4g saturated), 69mg cholesterol, 175mg sodium, 30g protein.

For thousands of tripletested recipes, visit our website at www.goodhousekeeping.com/recip es/.

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Dining, Entertainment, & Celebrations







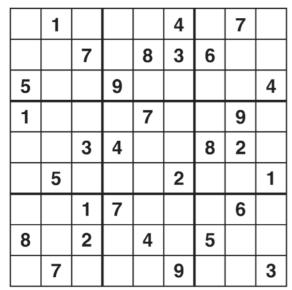






Weekly **SUDOKU**

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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King Crossword

- ACROSS 1 Long sand-
- wich
- 4 Loathe Den
- 12 Web address 13 Pianist Gilels
- 14 Competent15 Swelled head
- 16 India's movie
- industry 18 Happen again
- 20 Thanksgiving veggie "Show Boat"
- composer 24 Club used in
- sand traps 28 Robin Hood's
- forest 32 Night light
- 33 Tin container 34 Japanese
- wrestlers 36 Movie trick-
- ery, for short 37 Declare
- 39 Actor Clint 41 Archaeolo-
- gist's find 43 Approach
- 44 Chow down 46 Actress
- Winona "American Gothic" paint-
- 55 Hearty quaff
- 56 Top-notch 57 Spherical do
- 58 Work with 59 Bosc or



- 10 Dockworkers' 60 Goblet feature
- 61 Foundation
- DOWN
- Incite 3 United
- nations 4 New
- Testament book 5 I love (Lat.)
- Up to - May
 - Clampett 8 Marshals et
 - 9 Blood-group letters

org. Roulette bet 35 Fame

38 Hot dog

40 Like some

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48 Otherwise

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52 Santa

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verse 54 Raw rock

53 Frequently, in

49 Clarinetist's

- the night

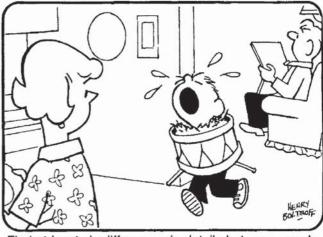
- 17 Deviate off 42 Feline course 1 Litigious one 19 Kiev's country 45
 - (Abbr.) 22 Libertine 47 Smear
 - 23 '- is an island" 25 Erte's style
 - 26 Full of energy 50 Space 27 Oklahoma city 51 Fish eggs
 - "The Lion King" villain 29 Own
 - 30 Organic compound 31 Amount of

medicine

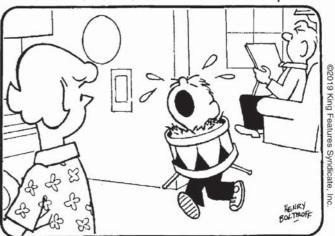
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HOCUS-FOCUS

HENRY BOLTINOFF

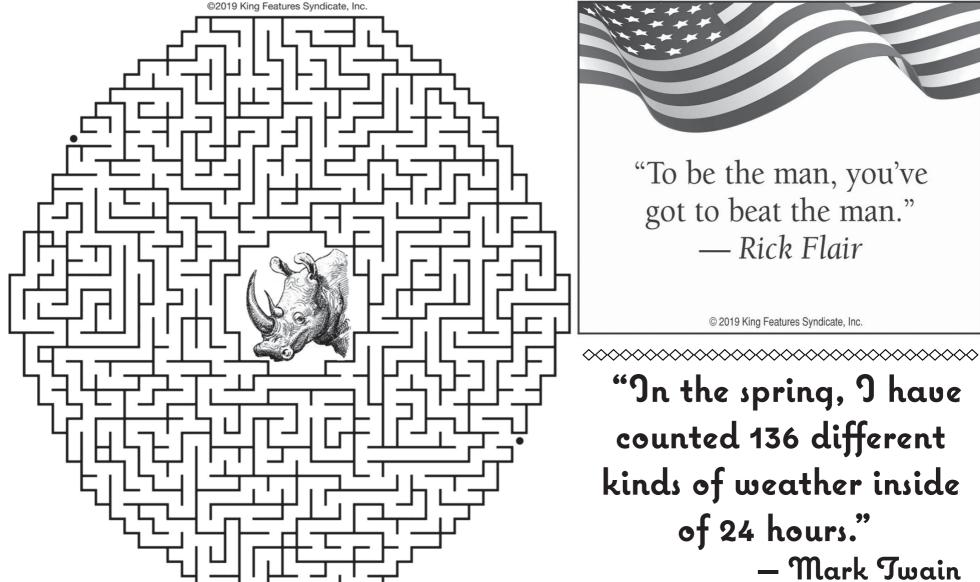


Find at least six differences in details between panels.



5. Mom's earring is missing. 6. Mom's hand is not seen. different. 3. Chair ruffle is missing. 4. Picture has been moved. Differences: 1. Window has been added. 2. Drum design is

Mega Maze



ericanism



"In the spring, I have counted 136 different kinds of weather inside of 24 hours." - Mark Twain

Moments in Time The History Channel

• On April 7, 1776, Navy Capt. John Barry, commander of the American warship Lexington, makes the first American naval capture of a British vessel

when he takes command of the warship HMS Edward off the coast of Virginia. The capture turned Barry into a national hero.

• On April 1, 1877, prospector Edward Schieffelin begins his search for silver in southern Arizona. Later that year, Schieffelin discovered one of the richest silver veins in the West. He named it the Tombstone Lode.

- On April 6, 1896, the Olympic Games, a long-lost tradition of ancient Greece, are reborn in Athens. King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations.
- On April 4, 1968, Martin Luther King Jr. is shot to death at a hotel in Memphis, TN. A single shot fired from a nearby motel by James Earl Ray struck King in the neck. The death of America's leading civil-rights advocate sparked a wave of rioting around the country.
- On April 2, 1972, silent film actor and filmmaker Charlie Chaplin prepares for his first voyage to the United States since 1952, when he was denied a re-entry visa amid questions about his leftist politics. Chaplin returned to accept an honorary Academy Award.
- On April 3, 1996, at his cabin in Montana, Theodore John Kaczynski is arrested by FBI agents and accused of being the Unabomber, the elusive terrorist blamed for 16 mail bombs that killed three people and injured 23. "Unabomber" was an acronym for university, airline and bomber.
- On April 5, 2000, Lee Petty, an early star of NASCAR, dies at the age of 86 in North Carolina. Lee Petty won more than 50 stock-car races during his career, including three NASCAR championships and the first Daytona 500, held in 1959.

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Masonic Temple 24 Bridge Street, St. Johnsville 1:00 p.m. - 5:00 p.m.

> Spaghetti Dinner Chinese Auction 50/50 Raffle Bake Sale

Adults \$10 each Kids 6-12 \$8 each - 5 & Under Free

David and Alberta White (Dave & Birdie) are long-standing residents of Fort Plain. They've raised their children in this small community and are devoted members of the Grandview Church. On February 12, 2019 the White family suffured from a devastating fire that destoryed their family home. This tragic event turned their lives upside down. As they are starting to recover emotionally, it is time to begin considering how to recover physically from this disaster. Please join us in supporting this family in their time of need.

IF YOU WOULD LIKE TO DONATE AN ITEM OR BASKET, PLEASE CONTACT

Renee Gee (315) 219-7085 Penny Wilson (315) 717-9586

Tickets are available at the door and for pre-sale at Kinderhook Bank in Canajoharie, Monday-Friday, 9-4 (ask Dallas White) AND Amerigas in St. Johnsville,

Monday-Friday 9-3





- 1. Louisville, Ky.
- 2. Kansas City
- 3. Raleigh-Durham, N.C.
- 4. Greensboro-High Point, N.C.
- 5. Cincinnati
- 6. Charlotte, N.C.
- (tie) Indianapolis
- 8. Knoxville, Tenn.
- (tie) Nashville, Tenn.
- (tie) Norfolk-Portsmouth, Va.

Source: ESPN

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Phony IRS calls increase during filing season

The tax filing season is a busy time for taxpayers, but scammers also stay busy. Taxpayers should be aware of several types of tax scams, but phone scams start to increase during the beginning of tax season and then remain active throughout the remainder of the year. Here's how this scam generally work:

- Scammers impersonating the IRS call taxpayers telling them they owe taxes and face arrest if they don't pay.
- The scammer may leave a message asking taxpayers to call back to clear up a tax matter or face arrest.
- · When taxpayers call back, the scammers often use threatening and hostile language.
- The thief demands that the taxpayers pay their tax debts with a gift card, other pre-paid cards or a wire transfer.

Taxpayers who receive these phone calls should:

- Hang up the phone immediately.
- Report the call to TIG-TA using their IRS Impersonation Scam Reporting form or by calling 800.366.4484.
- Report the number to phishing@irs.gov; put "IRS Phone Scam" in the subject line.

Taxpayers should remember that the IRS does not:

- Call taxpayers demanding immediate payment using a specific payment method. Generally, the IRS first mails a bill to the taxpayer.
- Threaten to have taxpayers arrested for not paying taxes.
- Demand payment without giving taxpayers an opportunity to question or appeal the amount owed.

Source: IRS.com



Music expresses that which cannot be put into words and that which cannot remain silent.

Victor Hugo

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& suggestions to the OR email



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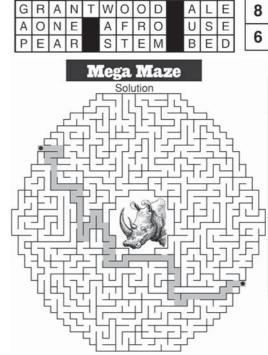
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Prices may include extra delivery charge.

HEAP VENDOR



King Crossword —

BOLLYWOOD

Y A M

KERNWEDGE

ABLE

CGI

RYDER

Answers

Solution time: 25 mins.

HATE

E M I L

SHERWOODNEON

AVOWEASTWOOD

SUMOS

RELICNEAR

EAT

URL

E G O

CAN

RECUR

Weekly SUDOKU ——

Answer

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

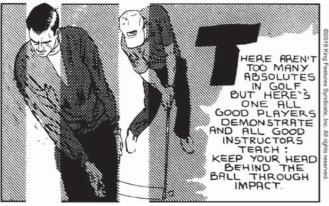


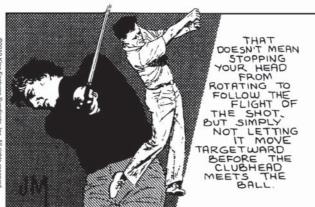
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24 • March 30, 2019

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Mohawk Valley

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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

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 Benjamin 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.

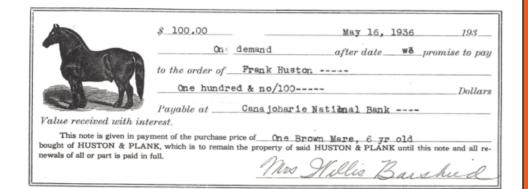
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