

# Mohawk Valley Country Editor

May 11,  
2019  
Delivered Weekly  
by the U.S.  
Postal Service

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AND WITHOUT FAITH IT IS IMPOSSIBLE TO PLEASE GOD, BECAUSE ANYONE WHO COMES TO HIM MUST BELIEVE THAT HE EXISTS AND THAT HE REWARDS THOSE WHO EARNESTLY SEEK HIM. HEBREWS 11:6

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**2015 Dodge Durango Limited SUV**



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**2016 Jeep Wrangler JK Unlimited Sport SUV**



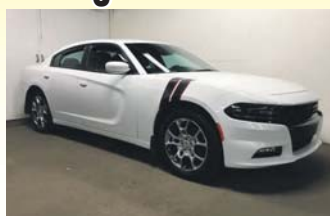
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## Senior News Line

by Matilda Charles

### Medicare scammed out of \$1.7 billion

Scammers have billed Medicare \$1.7 billion in phony invoices for selling hundreds of thousands of us pieces of medical equipment we don't need. Federal agencies have brought charges for peddling unnecessary braces for knee, wrist, shoulder and back.

How did this happen? We answered TV and radio ads aimed at Medicare beneficiaries. By calling them for more information, we were offered "free" devices we didn't need.

Per the Department of Justice news release,

medical doctors were bribed into prescribing the devices to patients they had never even met or those they'd only talked to via brief phone conversations. Once we gave them our Medicare numbers and personal information, our calls would be switched to a foreign call center, and they were then able to bill Medicare. It was a complicated scam, involving doctors, company executives, call centers, 130 companies, bribery, kickbacks and more.

Scary, isn't it?

If you see an ad on TV about free medical equipment you can get because you're on Medicare, write

down the information and give it to your doctor. Ask whether that device or service is something you really need. If it is, and if it's something approved by Medicare, you can still get it for free. In fact, whether it's for free medical equipment, or insurance coverage, or for any reason, if it's related

to Medicare, all the scammers really want is your Medicare number.

In other Medicare scams, they'll call you and say they need to update your information, including your bank account number where your Social Security is deposited. Whether they use sympathy, offers of

help or aggressive tactics ... don't let it fool you. Hang up.

Remember, once the scammers have your

Medicare card number, they can use it again and again.

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### Did you know?

Many an amateur landscaper has encountered grubs while tending to their lawns, but even the most attentive green thumber may have a lawn infested with grubs and not know it.

According to the pest and weed experts at Roundup®, grubs often go unnoticed until late summer, when they've already done substantial damage to a lawn. Oddly enough, one of the telltales signs of a grub infestation is not the grubs themselves but the animals looking to dine on them. Fully grown grubs make for hearty meals, so homeowners who notice raccoons, skunks and/or birds digging up their lawns may have a grub infestation. That's because these unwanted guests like to dine on mature grubs who have spent summer feasting on organic matter in the soil.

Another sign of a possible grub infestation is a lawn that feels spongy when stepped on. Patches of dead grass that peel back easily are a sign that grubs have eaten the roots that keep healthy grass in place.



#### GARAGE SALE:

209 Groff Road, Palatine Bridge  
May 16th, 17th, 18th 8am to 4pm.

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## Have fun at the prom regardless of the company you keep

Prom is a milestone steeped in tradition. Perhaps because of that, many teenagers put immense pressure on themselves to make sure that their prom experiences are perfect.

Some of the stress that results from that desire for a perfect prom experience stems from who to take as a date. It's a mis-

conception that every person who intends to attend the prom must have a steady boyfriend or girlfriend. In fact, it's perfectly acceptable, and even common, to attend prom without a date. The latest research from YouGov, a data- and information-gathering site engaging communities, found that among Ameri-

cans who went to prom, only around half (51 percent) went with a date.

It's possible to have a great time at the prom even if you attend without a date. Teenagers should feel confident and have fun whether they attend prom with a date, a friend, a group, or even alone. Here are some ways to maximize the fun.

- Leave the expectations behind. Even though prom fever may not be as intense as it was for gen-

erations past, teens may ultimately regret skipping their proms. Attend the prom with no expectations except mingling with classmates, having a bite to eat and making a few memories to share with others in the future. Prom can provide an early foray into feeling special by donning formal attire, a chance that, for teens, doesn't come around all that often.

- Mingle as much as possible. Solo prom-goers have the benefit of being

able to converse and move between different groups of people. This can inspire entertaining conversation throughout the night, and can even help students form stronger bonds with their friends.

- Get up and dance. The DJ or the band will be playing, so grab a partner and get out on the dance

floor. Now is not the time to be self-conscious. Students who are going off to college or careers may not see their classmates often after prom night, so make the most of the night by cutting a rug.

Attending prom can be a great experience whether teenagers have a date on their arm or attend alone.

### Mohawk Valley Country Editor

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Teenagers should feel confident and have fun whether they attend prom with a date, a friend, a group, or even alone.

## Gloversville sailor serves in Mediterranean aboard USS Bainbridge

MEDITERRANEAN SEA – Gunner's Mate Seaman James Crouse from Gloversville, NY, stands watch during a live fire exercise aboard the Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96). Bainbridge is underway as part of the Abraham Lincoln Carrier Strike Group (ABECSG) deployment in support of maritime security coopera-

tion efforts in the U.S. 5th, 6th and 7th Fleet areas of responsibility. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12 (CSG 12), Destroyer Squadron 2 (DESRON 2) and Carrier Air Wing 7 (CVW 7), as well as Alvaro de Bazan-class frigate ESPS Méndez Núñez (F 104).



Gunner's Mate Seaman James Crouse stands watch during a live fire exercise aboard the Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96).

U.S. Navy photo by Mass Communication Specialist Seaman Jason Waite/Released



## Teen Driving Safety

Prom season is here!!! Montgomery County Public Health wants to provide parents of teenage drivers with some helpful tips to keep your child safe on the road.

As parents, we want to teach our teens to become safe drivers, and to drive responsibly.

Here are some Safe Driving Tips to help keep your teenager safe on the road:

- Know your teen – not all teens are ready to drive at the same age.

- Be a responsible role model – parents' driving behavior directly influences the driving actions of their teens. Insist on seatbelts all the time.

- Driver Education is a great starting point – learning the rules of the road with a professional, establishes a strong base of knowledge that a teen can build on from there.

- Practice makes better teen drivers – supervised driving sessions with parents provide teens with opportunities to enhance learning, reinforce proper

driving techniques and skills, and receive constructive feedback from the people who care most about their safety and success.

- Restrict passengers – teen passengers can distract a beginning driver and/or lead to greater risk-taking. Teen drivers' chances of crashing increase with each additional teen passenger.

- Teens need sleep – teens need about nine hours of sleep every night. Lack of sleep affects vision, hand-eye coordination, reaction time and judgment.

- Eliminate distractions – Cell phones and text messaging are hazardous distractions for teen drivers.

- Create a contract – A parent-teen driving agreement with rules, conditions, restrictions and consequences of teens' driving written down in advance establishes driving as a privilege, and not something to be taken lightly. Proper driving behavior should

be encouraged and rewarded with additional liberties.

- Discuss and review – parental involvement and communication is critical in the prevention of teen-related crashes. Designate a time each week to address concerns (both parent and teen) and review the teen's driving performance.

- Prohibit drinking – Make it clear that it's illegal and highly dangerous for a teenager to drink alcohol.

- Choose vehicles for safety, not looks – teenagers should drive vehicles that reduce their chances of a crash and

offer protection in case they do crash.

According to The National Highway Traffic Safety Administration (NHTSA), in 2016, there were 1,908 young driver in the United States killed in motor vehicles crashes. That means that six teens ages 15–20 died every day from motor vehicle injuries. Don't let your child be another statistic!

For more information of Teen Driving Safety, contact Montgomery County Public Health at

518.853.3531 or visit The NHTSA website @ <https://www.nhtsa.gov/road-safety/teen-driving>.

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\*based on ER visits  
Source: Porch/NEISS

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## The Old Musket's Story

I am an old flintlock musket. I'll tell you what I know about myself. I was made in France, probably between 1730 and 1740. Time has seen fit to keep me reasonably well preserved. Now I want to take you back to more recent times. Yes, I remember a day when a young boy got interested in old guns. It was about 1942 or '43. The boy was in his early teens. My owner, a man named Charlie Van from near Ames, NY, placed me in the young boy's hands as a gift. How pleased he was to get me, as I was still an original flintlock rather than being modernized. When my new owner

placed my stock on the ground, I found I was nearly as tall as he was – in fact, 58 inches long. My 43-inch barrel could be loaded with a 3/4-inch lead ball. I hope the reader noticed my graceful-shaped gooseneck hammer that holds the flint that struck the spark to fire me.

I'll now try to relate what I think is my past before Mr. Van got me. He told the new owner that many years ago he was in the store at Ames, NY, and made a statement that he would give \$5 for a flintlock musket. A few days later a Mr. D. brought me to Mr. Van and got the \$5. It seems that Mr. D. needed money

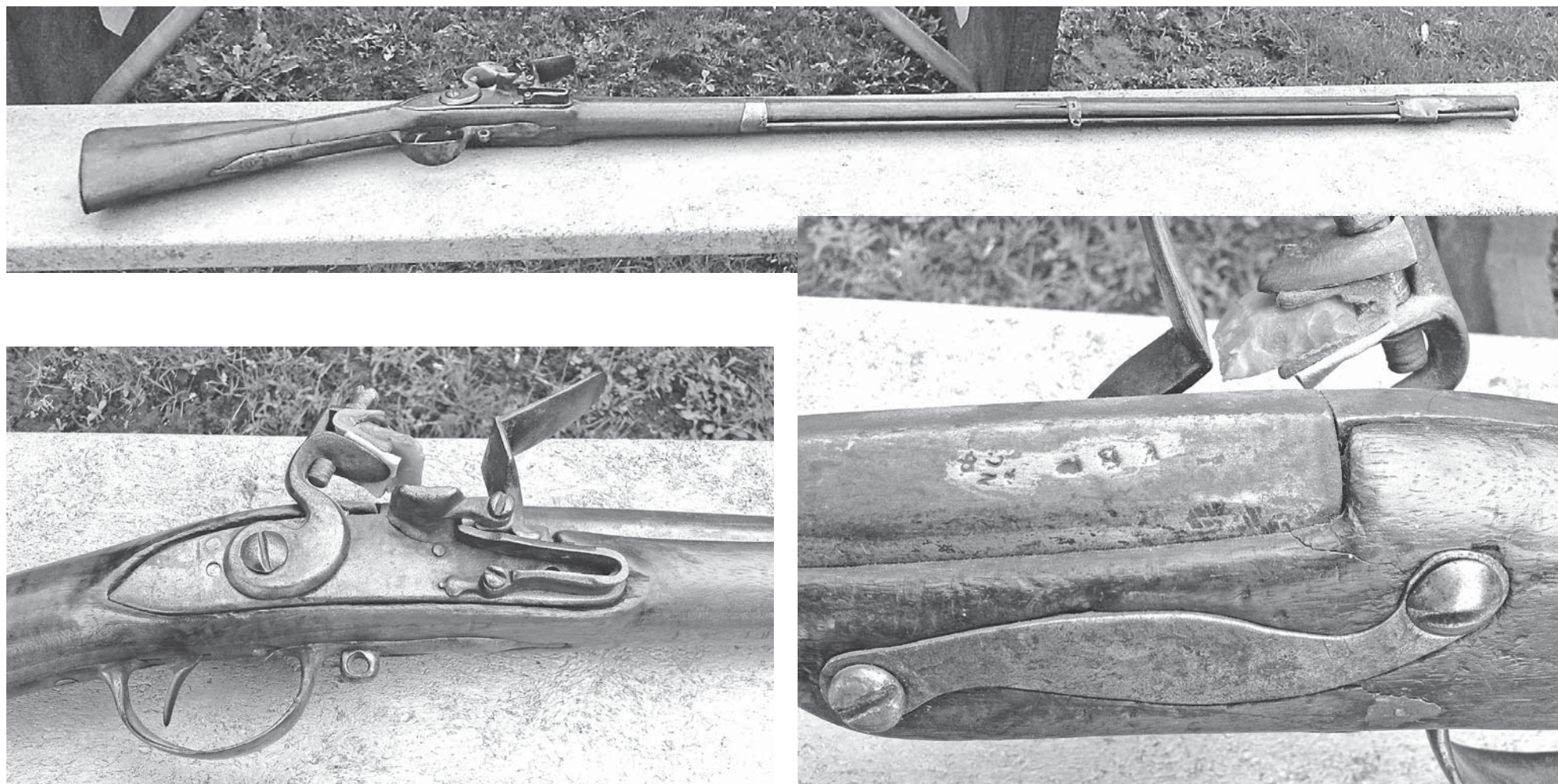
to buy strong drink. That could have been the end of my story except that a man named Arthur Barnes who employed Mr. D. stated that an old flintlock musket that was over his wagon house had disappeared. I think I now know more of my history. Not long after I learned that Arthur was born in 1847 and his grandfather, Philander Barnes, was born in 1763 in Massachusetts, from whence he had emigrated to the Ames area when it was yet a wilderness. I'm sure I was pretty useful then.

I know I'm only an old musket, but I'd like to know how I came to North Amer-

ica from far away France.

I do know there were wars in the mid-1700s involving French troops here in America. Did I come over then or was I shipped over at the time of the American Revolution, even though I was growing old? Arms for American use were scarce then. Was I used here in the Mohawk Valley in those early days? There is no way I'll ever know. What I am sure of is that I'm still in pretty good shape and hope someone will keep me far into the future.

**The old French musket**  
**May 1, 2019**



## Whatchamacallits

### How to milk a cow by hand:

First, you want to secure the cow and clean the udder. Tie the cow to a stable fixture in a low-stress, quiet environment. Approach the cow slowly, speaking in a low voice and patting her side so she knows where you are. (Cows have a 300-degree range of vision, which means they can see all around them without moving their heads, except for what is directly in front of or behind them.)

Next, you need to clean the teats with soapy water or iodine. This will help prevent any soil or bacteria from contaminating the milk. Washing with warm water may help bring down the milk too. Make sure to dry the teats before milking, so water and soap don't drip into the milk either. You want to protect your hands as well as the cow's udder, so latex gloves or lubricating your hands first with petroleum jelly is recommended.

Strip each teat to pass any dirt,

bacteria or other debris from the milk ducts – do not catch the milk from the stripping in your milk bucket. Once that's done, you can place your bucket (or your milk pan, like one from the collection pictured here) beneath the udders to collect your milk. Your body should be very close to the cow – basically underneath it – so that there is as little distance as possible between the bucket and udder.

To begin milking, wrap a hand around two of the four teats. Choose diagonal teats (front left and rear right, for example), or try the rear teats first, then the back pair. Begin milking by gently clamping (almost pinching) each teat between your extended thumb and first finger, so that the teat fills your palm as you squeeze down. You may need to "bump the bag" or gently bump against/nudge the udder to help stimulate the udder to let down milk as a calf would.

Squeeze down to push out the milk.

As you press down on the teat, maintain your grip on the base of the teat so that the milk doesn't flow back up into the udder. This motion is performed by sequentially squeezing your fingers from the middle to the pinky to force the milk out. Be gentle yet firm.

Milk until the quarter looks deflated. Just looking at the quarter can tell you if it's been emptied enough or not. A full udder will appear tight and be firm to the touch; an emptied quarter of the udder will look saggy and wrinkled, and feel much softer.



After finishing your first quarter, move on to milk the other two teats. Your collected milk will eventually fill your pan – and a pan may be more useful than a bucket, because if a cow kicks over a bucket, you have a lot more to lose.

### Do you have your own Whatchamacallit?

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



# Ayres Animal Shelter

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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!



**Zoey** is a 3 to 4 year old spayed female Boxer girl who weighs about 60 pounds now. Zoey needs a home with no small dogs or cats. She is dog selective but loves people! Zoe is great on car rides and loves adventures!



**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.



**Allely** is a 4 to 5 year old beagle/boxer mix. She loves people and is great with kids. Allie is good with most dogs and has lived with cats. She loves to play!



**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!



**Smockey** is a 4 year old neutered male, 64 pound cattle dog. Smockey 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!



**Nikki** is a 5 year old spayed female pittie girl who weighs about 70 pounds. Nikki loves people and is good with some dogs. She rides amazing in the car and is housebroken. Nikki is calm as can be and LOVES to cuddle/relax.

**Wish List:**

- Clay Kitty Litter
- Lumabone type chews



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# Comfort Foods Made Fast and Healthy

## by Healthy Exchanges

### Chicken Casserole

Chicken is an almost universal favorite — and especially when served in tasty, easy dishes like this *Chicken a la King Casserole*.

- 1 1/2 cups diced cooked chicken breast
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1/2 cup frozen peas
- 1 1/2 cups cooked noodles, rinsed and drained
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1/4 cup fat-free milk
- 1 (2-ounce) jar diced pimiento, undrained

1 teaspoon dried parsley flakes

1. Heat oven to 350°F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine chicken, mushrooms, peas and noodles. Add mushroom soup, milk, undrained pimiento and parsley flakes. Mix well to combine. Spread mixture into prepared baking dish.

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

\* Each serving equals: 241 calories, 5g fat, 23g protein, 26g carb., 440mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch.

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## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com)**

### May 10

**Kindergarten Registration at Canajoharie Central School.** For students who will be five years old on or before Dec. 1, 2019. Parents of eligible children should contact Mrs. Sherri Hodge at East Hill Elementary School at 518.673.6310 to schedule an appointment.

### 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](http://www.amesmuseum.weebly.com). Email [f@amesmuseum.com](mailto:f@amesmuseum.com). Fort Plain Free Library

**Free youth fun day.** 1-3 p.m. Plant a flower for Mom. Refreshments fun and games. At the Canajoharie United Methodist Church, 50 East Main Street.

### May 16

The informal discussion group Philo Café on will explore the differences between justice and revenge at Fort Plain Free Library, 19 Willett Street. 6:30 to 8:30 p.m. No charge. For more information, call 518.993.4646.

### May 17

**Free Friday Movie screenings** at the St. Johnsville Marina starting May 17 at 8 p.m. Check [imagequilt.com](http://imagequilt.com) to reserve your seat. First movie is the award winning documentary film, "Wrestle!"

### May 17-18

**Fort Plain Free Library's fifth Spring Book, Plant, and White Elephant Sale** on Friday, May 17, and Saturday, May 18. 10 a.m. to 4 p.m. on Friday, and from 9 a.m. to noon on Saturday at the landmark's 19 Willett St. location. To donate books, plants or garage sale items or for more information about the fundraisers, please call 518.993.4646 or visit the 19 Willett St. library.

### May 18

**Kids to Park Day.** Contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com)

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

### May 18-19

10 a.m. **Opening Weekend at Fort Klock** - Living History demonstrations include baking, hearth cooking, textile arts, kid's games, militia drills and much more. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779, email [fortklock@gmail.com](mailto:fortklock@gmail.com) or find us on Facebook.

### May 21

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

**Nature-themed stories will be the focus of May toddler-preschool story times at the Fort Plain Free Library.** Participants will play with water sounds and sound words after listening to Tim McCanna's "Water-song." 11 a.m. For more information, call 518-993-4646. Fort Plain Free Library, 19 Willett St.

### 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](http://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.mjelegion-post168.org](http://www.mjelegion-post168.org). Email: [adj@mjelegion-post168.org](mailto:adj@mjelegion-post168.org). Call 518.332.1556.

### June 1

**National Trails Day (Kayaking Tour).** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. 518.829.7516.

### June 2

**23rd Annual Rhubarb Festival:** 1747 Nellis Tavern historic site, 7355 NYS Rt. 5 (east), St. Johnsville. 11 a.m.-4 p.m. Pie baking contest at noon. Lunch and rhubarb goodies available. Raffle. Free tours. Free concert by Battenkill String Band: 1-3 p.m. Benefit by Palatine Settlement Society for restoration of 1747 Nellis Tavern. More info: Contact Mary at 315.866.2619.

### June 6, 13, 20 and 27

**Putman Porch Music.** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. 518.829.7516 or visit [www.nysparks.com](http://www.nysparks.com)

### June 7

10 a.m. - 3 p.m. **American Revolution Mohawk Valley Conference Genealogy Day at Fort Klock.** Join us and Nancy Langlie (Johannes Klock descendant, DAR member and amateur genealogist) at Fort Klock and learn about Klock Family genealogy. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779, email [fortklock@gmail.com](mailto:fortklock@gmail.com) or find us on Facebook.

### June 8

**Ames Museum Open.** 9 a.m. - 3 p.m. Contact 518.673.5820 or [www.amesmuseum.weebly.com](http://www.amesmuseum.weebly.com) or [f@amesmuseum.com](mailto:f@amesmuseum.com)

**CHERRY VALLEY Fish and Game Road:** Land for sale, 3 acres, 6 acres, 70 acres, excellent hunting, beautiful views. Also, have displays for sale 3ftx6ft bear and fox fighting and coyotes, deer heads. 607-264-3618 leave message.

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**STOP IN** and check out our May in store specials! Your choice—Razorback Long handled round, square point shovel or bow rake \$24.99 **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

**HAVING A PARTY?** Did you know the Canajoharie Volunteer Fire Department rents the kitchen and banquet room. For your convenience we now have an elevator. 518-673-3812

**THINKING SPRING?** Our seed starting supplies have arrived! **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

**RAGTIME:** For those who dare to be different, two floors, 3,000 sq.ft. of stuff for sale. Antiques, mid-century modern collectibles. 39 Main Street, Fort Plain Thursday through Saturday 11ish to 5.

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

**WANTED TO BUY:** BEECHNUT Penny Machines, Wood Sap Buckets, Oak Bookcases, Decorated Crocks & Jugs, Old Paintings, Oak Frames, Old Christmas & Halloween, 1920's Postcards. Tin & Porcelain Signs, Decorative PYREX, Cabinet Cards, Scrapbooks, Holiday Blow Molds, Glass Negatives, Old Costume & Gold Jewelry, Quilts, Farm Primitives, Old Hats & Dresses, Pocket Watches & Knives, Early Comic Books, Railroad Items, Bakelite, Dairy Bottles, Cast Iron Toys, Griswold Pans, Old COKE & PEPSI Soda Signs, Large Thermometers, Civil War Items, Antique Baseball Stuff, Wood Boat & Plane Models, Taxidermy, Needlepoint, Doilies, Cigar Stuff, Hunting, Fishing, Advertising of all sorts. We absolutely DO NOT buy anything with barcodes, says CHINA, or made after 1975. WE WANT OLD STUFF! Free House Calls... Cash Paid... We R Fun! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-1177.

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# Trivia night fundraiser rewards teams as well as Haven of Hope

CANAJOHARIE – A room full of those wishing to test their mettle against a “Jeopardy!” contestant was the setting for Lee Publications Outreach’s first-ever trivia fundraiser, which took place on Thursday, April 25.

Lee Newspapers’ Courtney Llewellyn competed on the game show “Jeopardy!” last September, and as a trivia buff, thought a fundraiser that could involve others in her love of random knowledge could be a lot of fun.

“I would say I knew about 85% of the answers to the questions I asked for the trivia night before I put my list together,” Llewellyn said. “There were only a few things I had to look up to fill out my categories – and I definitely appreciated when people let me know those answers weren’t quite right. That’s what I get for not sticking to what I know! But I’m always willing to learn.”

A total of 12 teams – some consisting of only two players, others reaching the maximum of six – answered a series of 30 questions for the trivia portion of the fundraiser. There were six categories with five questions each, and the top three teams earned 26, 25 and 24 points, respectively. First place was earned by the Membrains; second place was Who Invited John?; and third place was won by The Titanic Swim Team.

Money being raised through the event went to Haven of Hope, a farm and residence in Fonda



Prizes for the top three highest-scoring teams included a local restaurant gift certificate trio; a Jameson gift pack; and a board game.

that serves as transitional housing for homeless women with children – specifically, their current drive to raise funds for a childcare center. Between the entry fee for the trivia competition, the 50/50 raffle and the Chinese auction, nearly \$800 ended up being donated to Haven of Hope.

The money raised brought Lee Publications Outreach’s total in giving back to the community to more than \$10,000 over the past five years.

The Canajoharie Moose Lodge hosted the event

and donated a prize of their own. Other donors included JW Signs & More, Sunshine Artistry by EG, Images by Llewellyn, Brotherhood Antiques and Country Store, Philly and 215 Lounge, Lee’s Shops at Wagner Square, Gabriana’s Pizza and Pasta, Papa Joe’s Pizzeria, Lee Newspapers, Fort Klock Historic Restoration, Work It With Jackie, Highwheeler Coffee, Cleaver’s BBQ, Boiling Pot Photography and Great Day Designs.

“Since we had such an enthusiastic turnout, I’d

love to turn trivia night into a regular occur-

rence,” Llewellyn said. “It might not be as extrava-

gant in the future, but it’s always a fun night out.”



The winning team, the Membrains, earned 26 points out of a possible total of 36.

Photos by Joan Kark-Wren

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# It's a GARDEN GROOVE THING!

## Simple ways to prevent dog-related lawn damage

Dogs love spending time outdoors. Dog owners with yards know that dogs benefit greatly from some exercise in the backyard. While that time might be great for dogs, it can take its toll on lawns.

Dog urine and feces can adversely affect the look and health of a lush green lawn. Nitrogen is essential to healthy soil, but only at certain levels. When those levels are exceeded, the result can be lawn damage. According to The Spruce Pets, an advisory site that offers practical tips and training advices to pet owners, this is what happens when pets frequently urinate on grass. Urine is naturally high in nitrogen, so when pets urinate on lawns, the grass might turn yellow or brown due to the excess nitrogen content. Nitrogen also is present in lawn fertilizers, further exacerbating the problem for pet owners who fertilize their lawns.

In addition to urine damage, dogs can trample frosted grass, contributing to problems that may not become evident until spring, and get into areas like gardens where they wreak additional havoc.

Pet owners who want to let their dogs run free in the yard but don't want damaged grass may be tempted to put their pooches in diapers or confine them to crates when letting them outside. But such an approach isn't necessary. In fact, some simple strategies can be highly effective at preventing dog-related lawn damage.

- Speak with a landscaper about planting new grass. Certain types of grass, such as Bermuda grass, can withstand dog damage better than others. Local climate will dictate which types of grass are likely to thrive in a given area, so speak with a professional

landscaper about the viability of planting new grass.

- Install fencing. Pet owners with expansive yards can install fencing that allows dogs to spend time exercising outdoors without granting them access to the entire property. Large dogs will need more room than small ones, but try to build fenced-in areas that allow dogs to run freely and get the exercise they need to stay healthy.

- Work with a dog trainer. Dog trainers might be able to work with dogs so they only urinate in certain areas

of the yard, greatly reducing the damage they can cause to a lawn. Trainers also might help curb digging and clawing behaviors that can damage lawns as well as gardens.

- Consider hardscaping. Hardscaping might be most effective for pet owners with small properties. Hardscaping does not include grass and can add visual appeal to a property while saving pet owners the headaches of dealing with dog-related lawn damage.



Dogs need time outdoors, and homeowners can take various steps to protect their lawns from dog-related damage.

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Mount Hope Cemetery Association Legal Notice. The Annual meeting of the Mount Hope Cemetery Association (Fordsbush) will be held on Saturday June 1st 2019 at 10:30AM in the Minden Town Barn Rte 80 Fort Plain NY. Lot owners and their families are welcome.

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## Paw's Corner

by Sam Mazzotta

**Do dogs really know what we're saying?**

**Dear Paw's Corner:** Settle a bet for me. Can dogs really understand human speech? Or are they reacting to other signals when we give them commands (like a hand signal that's repeated at the same time as the sound we make)? — Jerry in Seattle

**Dear Jerry:** You may have lost that bet. A study in 2016 found that dogs do indeed understand human speech, and that their brains process language in very much the same way that human brains do. The left side of a dog's brain processes the meaning of the words being spoken, while the right side of the brain processes the

emotional intent.

Of course, this understanding worked mainly when words were used that the dogs were familiar with, like "good boy" and "well done." And dogs responded most strongly when a familiar word was matched with equal intent: for example, saying "good boy" in a way that clearly praises the dog. They also responded much better to praise than to criticism (and honestly, who wouldn't)? If they didn't understand the word being used, but the intent was clear, they responded — though not as enthusiastically.

So yes, as any dog owner who has ever had to spell out the word W-A-L-K to keep their pet from dashing toward the leash will tell you, dogs do understand us.

How can pet owners use this information to better relate to their dogs? It certainly can help when training a pet. Using positive praise, consistent words and keeping that training fun and happy will ensure that dogs learn faster and respond positively to commands. Try it out.

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## Fort Plain Free Library to host fifth annual Spring Book, Plant & White Elephant Sale May 17 and 18

FORT PLAIN – Bookworms, green thumbs and garage sale enthusiasts can land themselves some real finds at the Fort Plain Free Library's fifth Spring Book, Plant and White Elephant Sale on Friday, May 17, and Saturday, May 18. Piggybacking on the community's village-wide garage sales, the library's two-day event will be held from 10 a.m. - 4 p.m. on Friday and from 9 a.m. - noon on Saturday at the landmark's 19 Willett St. location.

In addition to books, magazines and a wide range of plants, there will be gently used household items for sale. On Saturday, there will be a free craft project at the "kids' creation station," and representatives from the Writers at Fort Plain will be on hand throughout the event for the unveiling of their Spring 2019 Writers' Compilation.

Shoppers buying \$20 worth of books and/or merchandise will receive one free ticket for the handcrafted quilt drawing,

which will take place at the end of the spring sale. The 90-by-100-inch quilt, made in 2017 by members of the Fort Plain Quilters Group and donated to the library, is a variation of the nine-patch pattern and fits a double bed. Raffle tickets can also be purchased at the circulation desk until the drawing.

Proceeds of the grassroots event go to the library's operating budget and will be used for book purchases, programming and general operations. In conjunction with this fundraiser, the library is still accepting donations for personalized, engraved paving stones that make up the new entranceway. Paving-stone contributions help pay for improvements to the facility.

To donate books, plants or garage sale items or for more information about the fundraisers, call 518.993.4646 or visit the 19 Willett St. library. Follow the Fort Plain Free Library on Facebook for more news and events.



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Volunteers staff the checkout table during the Fort Plain Free Library's Spring Book, Plant and White Elephant Sale last year. The 2019 event will be held at the 19 Willett St. location on Friday, May 17, and Saturday, May 18, from 10 a.m. - 4 p.m. on Friday and 9 a.m. - noon on Saturday.

Photo courtesy of Fort Plain Free Library



## The health benefits of eating apples

The phrase, “An apple a day keeps the doctor away,” is a familiar one that many people first heard as children. But some may be surprised to learn the phrase is as factual as it is familiar.

Apples are among the most cultivated and consumed foods in the world. They're also among the healthiest. Medical News Today, a market leader for medical news that is owned and operated by the United Kingdom-based health-care publisher Healthline Media, listed apples among its 10 healthiest foods.

Apples provide an array of health benefits, lending credence to the notion that consuming one per day might just keep the doctor away.

- Apples may reduce risk for stroke. Apples are rich in antioxidants, including quercetin, which researchers have determined can help people lower their risk for thrombotic stroke. In that study, which was published in the European Journal of Clinical Nutrition in 2000, researchers studied more than 9,200 men and women over a 28-year period. Those who ate the most apples during that time had a lower risk for thrombotic stroke, a type of stroke that occurs when a blood clot forms in an artery that supplies blood to the brain. Such blood clots block the flow of oxygen-rich blood to the brain, producing long-term brain damage.

- Apples lower levels of bad cholesterol. “Bad cholesterol” refers to low-density lipoprotein, or LDL. LDL is con-

sidered bad because high levels of it lead to a buildup of cholesterol in the arteries, raising a person’s risk for coronary artery disease. Thankfully, in 2011 researchers at Florida State University found that older women who consume apples every day had reduced their LDL levels by 23 percent in six months and even increased their “good” cholesterol levels by 4 percent over that period. Good cholesterol, also known as high-density lipoprotein or HDL, has been found to prevent arterial disease.

- Apples can help people maintain healthy weights. The flavonoid polymers found in apples inhibit enzymes that break down simple sugars. What does that mean for you? That means that the flavonoid polymers in apples help you flush more of the sugar in apples out of your system instead of storing it as fat. That can help people maintain healthy weights. Fuji apples have the highest concentration of flavonoids, so people who want this particular benefit of apples may be best picking up these types from their local farmers’ market.

- Apples can lower risk for diabetes. A recent cohort study published in BMJ (formerly the British Medical Journal) that involved researchers from the United Kingdom, the United States and Singapore found that consuming three servings per week of blueberries, grapes, raisins, apples, or pears reduced participants’ risk for type 2 diabetes by 7 percent.



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# Happy Mother's Day!



A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

Tenneva Jordan

## Americanisms



"It's not easy being a mother. If it were easy, fathers would do it."  
— Betty White (Dorothy, "The Golden Girls")

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## Comfort Foods Made Fast and Healthy

### by Healthy Exchanges A Mother's Day Chocolate Dessert

Mothers, grandmothers, aunts and special women in our lives will all be honored on Mother's Day. We'll take care of the dessert, and you take care of the rest.

18 (2 1/2-inch) chocolate graham cracker squares

1 (8-ounce) package fat-free cream cheese

2 cups reduced-calorie whipped topping

Sugar substitute to equal 1/2 cup sugar

1 teaspoon vanilla extract

2 (4-serving) packages sugar-free chocolate

fudge pudding mix

1 1/2 cups nonfat dry milk powder

2 1/2 cups water

1. Arrange 12 of the chocolate graham crackers in a 9-by-13-inch dish. In a large bowl, stir cream cheese with a spoon until soft. Add whipped topping, sugar substitute and vanilla extract. Mix gently to combine. Carefully spread mixture evenly over cracker crust.

2. In a large bowl, combine dry pudding mixes, dry milk powder and water. Mix well using a wire whisk. Pour pudding mixture evenly over cream cheese layer.

3. Crush remaining 6 graham crackers and evenly sprinkle crumbs over top. Cover and refrigerate at least 2 hours. Serves 8.

\* Each serving equals: 157 calories, 1g fat, 9g protein, 28g carb., 403mg sodium, 0g Fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Meat.

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All mothers are  
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Irish proverb

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# The Kitchen Diva

by Angela Shelf Medearis

## Mother's Day the easy way

Mother's Day is one of the busiest service days for restaurants. While I hate crowds and love to cook, I'm strictly forbidden to enter the kitchen on Mother's Day.

Unfortunately, the extent of my sweet husband's culinary skills begins and ends with a breakfast of easy-over eggs, bacon, pan sausage, toast and a great pot of coffee. So as a gift to mothers everywhere, I've created a simple Mother's Day dinner recipe that even a novice cook can successfully follow.

I've always felt that preparing a meal is one of the best ways to show someone that you love them. After all, the origin of Mother's Day is rooted in a daughter's love and respect for her mother.

In 1905, after her mother's death, Anna M. Jarvis began a campaign to recognize her mother's work as a community activist and peace advocate, and to honor her memory. It took several years, but in 1914, President Woodrow Wilson signed a bill recognizing Mother's Day, the second Sunday in May, as a national holiday.

The House of Representatives also adopted a resolution recommending that officials of the federal government wear carnations on Mother's Day. The tradition of wearing a red flower if your mother was living, and a white flower if she is deceased is still practiced in many churches today.

Here's a simple recipe for your Mother's Day dinner: a delicious Sheet Pan Spice-Rubbed Chicken With Roasted Vegetables. And for a sweet finish, try this easy, no-bake Cookie Cheesecake for dessert.

The simple preparation techniques will ensure a successful result for even the most inexperienced cook and create the perfect meal for the Moms we love do dearly. Happy Mother's Day!

### Spice-Rubbed Chicken and Roasted Vegetables

#### Spice Rub:

- 3 tablespoons poultry seasoning
- 2 tablespoons sweet or mild paprika
- 1 tablespoon brown sugar
- 2 teaspoons black pepper
- 2 teaspoons salt
- 1/8 teaspoon cayenne

#### Sheet Pan Chicken and Vegetables:

- 4 large (4 to 5 ounces) chicken breasts, rinsed and patted dry
  - 1/4 cup olive oil
  - 1 1/2 pounds fingerling potatoes, quartered
  - 2 red bell peppers, seeded and chopped
  - 1 zucchini, chopped
  - 1 cup cherry tomatoes, whole
  - 3 tablespoons olive oil
  - 2 tablespoons fresh parsley, chopped for garnish
  - 1/2 teaspoon coarse sea salt, for sprinkling potatoes
1. Heat oven to 425°F. Line two baking sheets with parchment paper or foil.
  2. In a small bowl, stir together the poultry seasoning, paprika, brown sugar, black pepper, salt and cayenne to make the rub. Rub each chicken breast on both sides with 1 tablespoon of the olive oil and 1 tablespoon of the rub, then space them evenly apart on one side of the lined baking sheet.
  3. In a large bowl, toss the potatoes with 2 tablespoons of olive oil. Add 2 tablespoons of rub mixture and toss to coat. Arrange the potatoes in a single layer on the remaining lined baking sheet. Place the pan of chicken on the top rack of the oven and the pan of potatoes on the bottom rack. Bake for 10 minutes.
  4. While everything is baking, toss the bell peppers and zucchini with the other tablespoon of olive oil and 1 tablespoon of the remaining spice rub.
  5. After 10 minutes, rotate the pan of potatoes on the bottom. Flip the chicken breasts over in the pan on the top rack. Arrange the bell peppers and zucchini on the empty side of the baking sheet with the chicken. Return to oven for 10 minutes.
  6. Add the cherry tomatoes to the pan with the chicken. Cook for 5 more minutes.
  7. Remove both sheet pans from oven. Sprinkle the vegetables with parsley, if desired, and the potatoes with the coarse sea salt, and serve immediately. Serves 4.

### No-Bake Cookie Cheesecake

12 lemon or vanilla cream-filled cookies, crushed into crumbs

- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons sugar
- Zest of two lemons
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon pure vanilla extract
- 4 tablespoons lemon flavored gelatin (powdered mix)
- 1 (8 ounce) tub frozen whipped topping, thawed

1. Evenly divide the crumbs between 6 individual serving cups. Press into the bottoms of the cups to form a crust layer.

2. Using an electric mixer or food processor, beat the cream cheese and sugar until smooth. Add the lemon zest, lemon juice and vanilla, and mix to combine.

3. Sprinkle the gelatin powder onto the cream cheese mixture and mix on medium-high speed until thoroughly combined. Using a rubber spatula, fold in the whipped



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# Happy Mother's Day!



topping until well-blended and no streaks remain.

4. Evenly spoon the filling into the cups with the crushed cookies. Cover with plastic wrap, and refrigerate at least 2 hours before serving. If desired, garnish with additional whipped topping and lemon wedges. Serves 6.

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## The choice for staying put or moving on

Many home improvement television series showcase people deciding whether to improve upon their current homes to make them into the houses of their dreams or to put “for sale” signs in their lawns and move on to something new.

The question of whether to move or stay put depends on various factors. Such factors may include emotional attachment to a home, the current economic climate and the cost of real estate. Current data points to a greater propensity for people to invest and improve upon their current properties rather than trading up for something new.

According to information collected by John Burns Real Estate Consulting, the percentage

of homeowners moving up to their next home is the lowest in 25 years. Many are opting to make starter homes permanent by expanding them and repairing homes for the long haul.

The National Association of Realtors said that, between 1987 and 2008, homebuyers stayed in their homes an average of six years before selling. Since 2010, however, NAR says the average expected length of time people will stay in their homes before selling is now 15 years.

Part of what’s fueling this permanency is that many homebuyers were able to acquire rock-bottom mortgage interest rates shortly after the 2008 recession. As a result, they’re not inclined to walk

away from those rates, even if doing so means getting more house. Also, a low inventory of available houses has stymied repeat buying for many people.

Those factors and others have led many homeowners to invest in renovations instead. The experts at Bankrate say realistic budgeting and comparing renovation project costs against mortgages and interests rates can further help individuals decide whether to remain in their current homes or move out. Very often a smarter layout and more efficient floor plan can make meaningful differences in spaces. Renovations and re-designs can make sense and often are less expensive and disruptive than moving.



## Fort Plain Free Library features nature-themed toddler-preschool story times May 7 and 21

FORT PLAIN – Nature-themed stories will be the focus of May toddler-preschool story times at the Fort Plain Free Library.

The first free program, slated to take place on Tuesday, May 7, will feature Ellen Walsh’s “Mouse Count,” a count-

ing book about 10 clever mice who outsmart a hungry snake. During the May 21 program, participants will play with water sounds and sound words (onomatopoeia) after listening to Tim McCanna’s “Watersong.”

In addition to the stories, each program includes action rhymes, circle activities, simple crafts and healthy snacks.

The story time programs for toddlers, preschoolers and their parents or adult caregivers take place on the first and

third Tuesdays of each month beginning at 11 a.m. For more information, call 518.993.4646.

The Fort Plain Free Library is located at 19 Willett St. Follow the library on Facebook for updates.

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## The Kitchen Diva

by **Angela Shelf Medearis**  
A Derby-worthy  
recipe

I was "Netflix and chill-ing" one evening when I discovered an exciting new docuseries called "7 Days Out." It provides an intimate look at the excitement and drama of the seven days leading up to significant histori-

racetrack in Kentucky. Clark and his newly organized horse-racing club raised enough funds to build a permanent racetrack in Louisville. On May 17, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby.

covered with Mornay sauce, and baked or broiled until the bread is crisp and the sauce begins to brown. Some Hot Browns also include ham with the turkey, and either pimento cheese or tomatoes layered over the sauce.

Good friends, good races, good food and

medium-low heat, stirring frequently.

2. Remove the pan from the heat. Whisk the heavy cream into the roux. Place the pan back over medium heat, stirring occasionally, until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat again and slowly whisk in Pecorino-Romano cheese. Stir in salt and pepper, nutmeg and cayenne. Remove from heat and set aside.

3. Place the garlic and the 1/4 cup of butter into a small saucepan over medium heat until butter is melted.

4. Arrange the bottom half of the rolls in an ungreased 13-by-9-inch baking pan. Brush with melted butter. Place turkey evenly over the

bottom half of rolls. Top with sliced tomatoes. Pour half of the sauce over the sandwiches, then top with sliced bacon pieces and top half of roll. Pour the garlic butter sauce over the top of the rolls.

5. Cover with foil and bake at 350 F for 10 minutes. Remove foil and sprinkle with additional Pecorino Romano. Bake for 2 minutes. Sprinkle with parsley. Cut into individual sliders. Serve

with the remaining cheese sauce for dipping. Serves 12.

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cal and cultural events, including the Westminster Dog Show, Chanel's Haute Couture fashion show and the "League of Legends" esports gaming championship ([www.netflix.com/title/80207124](http://www.netflix.com/title/80207124)).

My favorite event profile was the Kentucky Derby, held on the first Saturday in May. The horse race also is known as "The Run for the Roses" and "the most exciting two minutes in sports." The documentary showcases all the glitz and glamour that are a signature part of horse racing, as well as the blood, sweat and tears behind the scenes.

The Kentucky Derby's long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark (of the famed explorer pair Lewis and Clark) traveled to Europe. While there, he attended the Epsom Derby in England, a well-known horse race in operation since 1780, and the French Grand Prix de Paris Longchamps horse race.

Clark returned home determined to create a spectacular horse-racing event in America. His uncles, John and Henry Churchill, gave him enough land to develop a

Fifteen 3-year-old thoroughbred horses raced one and a half miles in front of 10,000 cheering spectators. Aristides was the first winner of the Kentucky Derby. Today, the Kentucky Derby is the longest running sporting event in the United States.

If you can't make it to Kentucky this year, why not host your own Derby party? Since the races are brief, you might want to show the "7 Days Out" Kentucky Derby docuseries before the race, and the award-winning movie "Secretariat" afterward. It's the inspiring story of a beautiful horse who won the Kentucky Derby in 1973 with the fastest finishing time to date, 1:59:40. Secretariat also went on to win horse racing's fabled Triple Crown.

There's nothing like finishing your Derby Day Party with an iconic Kentucky recipe, like this crowd-pleasing slider version of the traditional Hot Brown Sandwich. This open-faced sandwich was created by Fred K. Schmidt in 1926 and was first served at Louisville's historic Brown Hotel.

The Hot Brown is made with turkey and bacon,

good flicks! It's the perfect way to celebrate Derby Day!

### Hot Brown Sliders

*If you're looking to feed a crowd, these slider versions of the traditional hot-brown sandwich are the perfect party-sized bites.*

1 package (12 rolls) Hawaiian Savory Butter Dinner Rolls, cut in half crosswise

1 1/2 tablespoons plus 1/4 cup salted butter

1 1/2 tablespoons all-purpose flour

1 1/2 cups heavy cream

1/4 cup Pecorino Romano cheese plus extra for garnish

1 teaspoon salt

1 teaspoon ground black pepper

1/8 teaspoon ground nutmeg

1/8 teaspoon cayenne pepper

1 clove garlic, minced

8-ounces sliced deli turkey breast

2 Roma tomatoes, sliced

8 slices thick bacon, cooked until crispy

1/4 cup fresh chopped parsley

1. In a 2-quart saucepan, melt 1 1/2 tablespoons of butter and slowly whisk in the flour to make a roux. Cook the roux for 2 minutes over

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**Mon. May 13th** – Normal Monday sale & Monthly Heifer Sale. Small Dairy – Herkimer Cty. - of 19 head Mostly Holsteins and AI sired. Top fresh cows in this group. From a few overstocked Dairies: One group of Registered Holstein open heifers sired by Modesty, Supersire & Megaman backed by good production records and very well grown. From another great dairy 7 AI sired Holsteins from 6 mths - breeding age with 3 that have been with the bull - sires include Gold Chain, Hypnotic RC, Zion, Bachelor & Blake. Also sending a breeding age Mccutchin son that is elig. To register. Expecting a nice run of heifers this month.

**Mon. May 20th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Mon. May 27th** – Normal Monday sale & Monthly Organic Day

**Watch for 2019 Sales:**  
Sat. Oct. 26th – Fall Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

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## Steve Davis Collection Auction

Sat. May 18th 2019 - 10:00am

654 US Rt 20, West Winfield, NY  
**Steam Engines - Antique Tractors - Hay Equip. - Collectables - Signs and MUCH more !!!**

After 50 plus years of collecting and farming, Steve says it's time to cut back a little and enjoy life. This will be a fun opportunity to buy interesting and unique items from great people!

**Partial listing includes:** 1959 JD 730 gas tractor bought new by Steve in West Winfield; 1880 Oneida Steam Engine; 1885 Robert George Steam engine made in New Lisbon, NY; 1890 Utica boiler; Reeves water wagon; 1918 Huber light 4 cross mount tractor; 1938 JD AR; 1944 JD B; nice 1960 B model Mack, plus a rough B model; 4 rough McCormick 10-20s; large Goulds pyramid pump; large wooden blacksmith bellows; unusual anvil supposedly from Remington factory – Iliion, NY; Wooden Remington Butter Churn; 1912 Lausen-Lawton 9hp gas engine; Horse drawn Adams road grader; cement mixer on steel with engine; small hammer mill; JD hammer mill; large millstones; 1928 Case 2x plow; Several large porcelain signs; large copper steam kettle; steam shovel moving wagon on solid rubber; large quantity steam lubricators, injectors etc; wooden Railroad Crossing sign; fire hose cart; Plus many more items not listed. Watch our website for pictures and updates!!

**Hay and Farm Equipment:** 3 good JD balers with throwers, 328 - 336 - 224; NH411 discbine; JD hay rake; 2 star & 4 star hay tedders; IHC hay rake on steel; Oliver plow beam; Pull type bush hog; 30ft hay elevator; 8 wooden kicker wagons from OK to poor condition; JD45 combine; NI corn picker; JD 2 row corn planter; IH 10ft discs; 4x JD plows; 3pt fertilizer spreader; 2 row cultipacker; spray rig; pair of cast hitching posts; Plus more farm items we missed!! Plan to join us!

**Inspection Friday, May 17th from 12pm-5pm ONLY.**

Auction by:

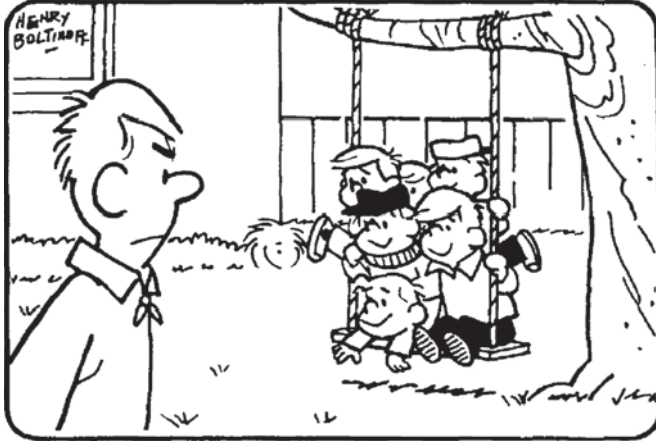


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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

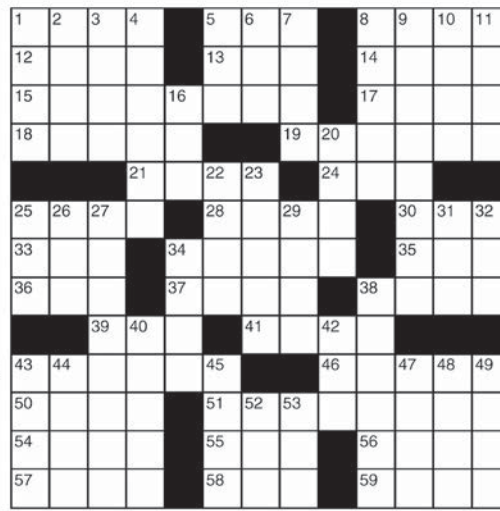


Differences: 1. Man's collar is different. 2. Window is larger on the bottom has a hat. 6. Part of fence is missing. 3. One boy is missing. 4. Leg on the left is missing. 5. Boy on the bottom has a hat. 6. Part of fence is missing.

# King Crossword

**ACROSS**

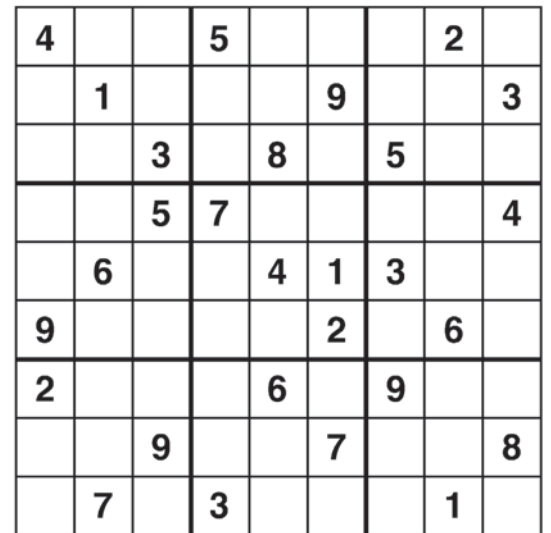
- 1 Gaucho's weapon
- 5 Big Apple abbr.
- 8 Silenced "Hey!"
- 12 "Once — a Mattress"
- 13 Debtor's letters
- 14 Duel tool
- 15 Delphinium
- 17 Rotate
- 18 Dismal
- 19 Snow White's pals
- 21 Put on the line
- 24 Everything
- 25 Pop flavor
- 28 Frogs' hang-out
- 30 Make up your mind
- 33 Kinsman, for short
- 34 Drops from the payroll
- 35 Letter after 31-Down
- 36 Moment
- 37 From the start
- 38 Read cursorily
- 39 Barbie's companion
- 41 Teensy bit
- 43 Go directly downhill
- 46 Pacific porch
- 50 Desirous look
- 51 Rash



- 54 Sandwich treat
- 55 Sphere
- 56 Reclined
- 57 Marries
- 58 Bill
- 59 Pronto, in the ER
- DOWN**
- 1 Socket insert
- 2 October stone
- 3 Traditional tales
- 4 Turkey's capital
- 5 Pinch
- 6 Second person
- 7 Cottage
- 8 Corolla component
- 9 Morgan of "Super Size Me"
- 10 Lowly laborer
- 11 Sawbucks
- 16 Half a Vail pair
- 20 Bankrolls
- 22 Rotate
- 23 "M\*A\*S\*H" locale
- 25 Letterman's network
- 26 Raw rock
- 27 Big name in U.S. aircraft
- 29 Mr. Gingrich
- 31 Letter before 35-Across
- 32 Allen or Conway
- 34 Enthusiasts
- 38 T-shirt sizes
- 40 Continental money
- 42 Timeworn
- 43 Decelerate
- 44 Wrap in a waxy cloth
- 45 Attempt
- 47 Tidy
- 48 One side of the Urals
- 49 "— It Romantic?"
- 52 Historic period
- 53 Recede

# 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.

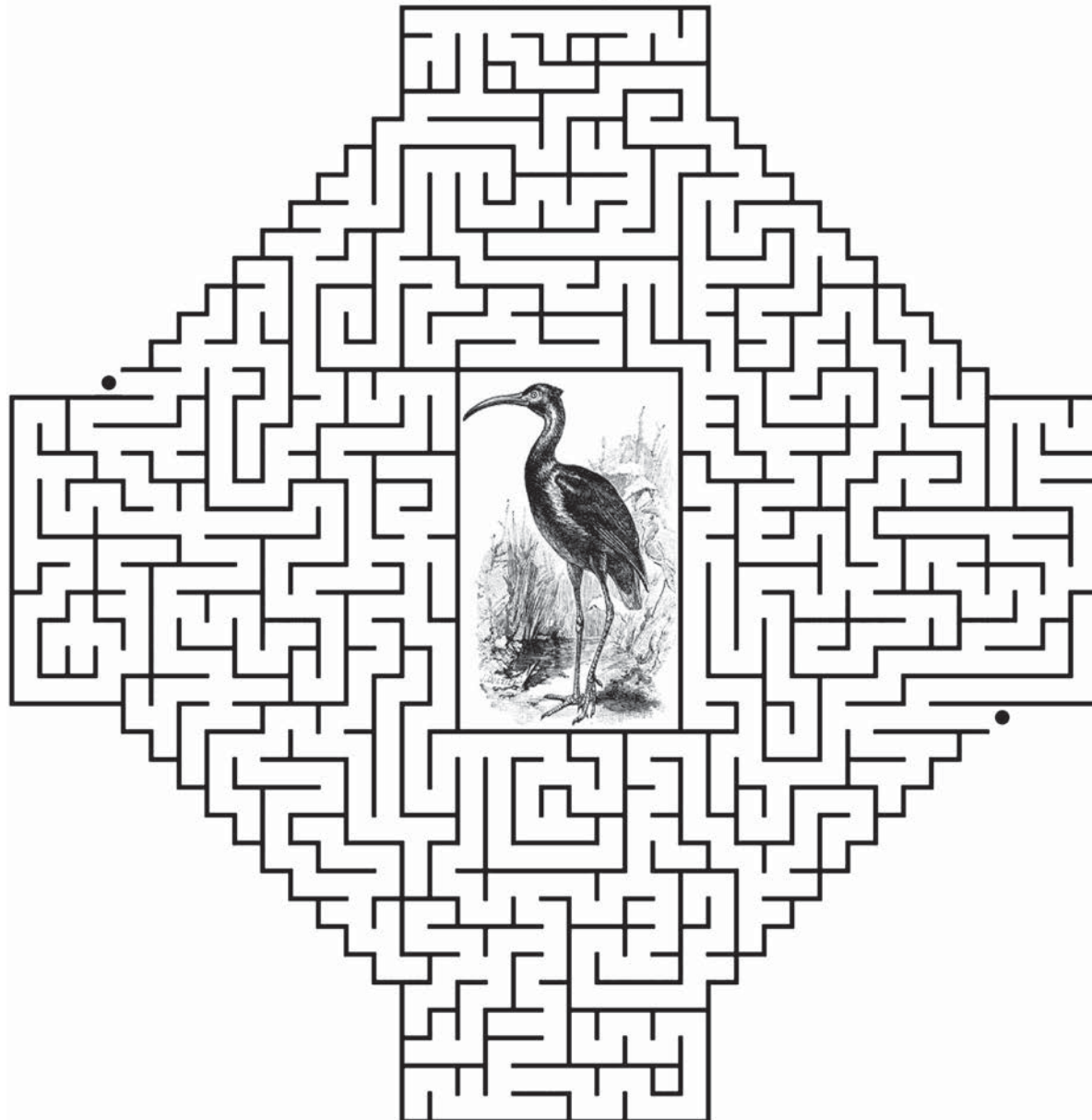
**DIFFICULTY THIS WEEK: ♦♦**

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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# Mega Maze

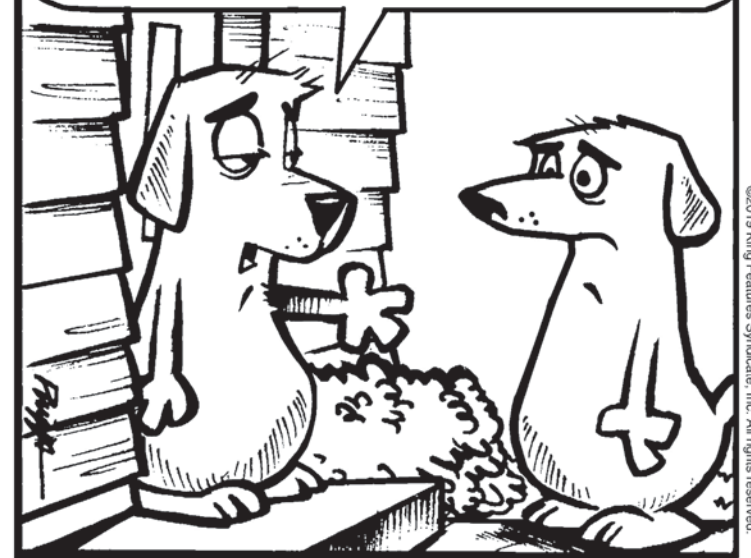
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# Just Like Cats & Dogs

by Dave T. Phipps

BOB, FOR POKER NIGHT MY WIFE MADE TOFU AND CUCUMBER SANDWICHES. IF YOU'D RATHER GIVE ME YOUR MONEY AND RUN I UNDERSTAND.



# STICKELERS [sic]

by Terry Stickels

John monitors three different machines during his shift at work. Each has a different probability of breaking down during a shift.

- Machine #1: 3/7
- Machine #2: 1/13
- Machine #3: 2/11

What is the probability that none of the machines will break down during a shift?

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## Alternate water supplies in emergencies

We can't live without water, so what would happen if there were an emergency and no cleaning drinking were available? Today's emergency plans recommend that everyone keep supplies of bottled water on hand and know where to look for alternative water sources if the bottled water is gone and tap water and other water sources are exhausted or contaminated.

"We need clean water to drink and use. An emergency may knock out or contaminate water sources. You may run out of your supply of bottled water. Learn today where to find alternate water sources for drinking in and around your house," said Diane Ward, CHN of Herkimer County Public Health.

At home, you can treat and use water from the water heater, pipes and toilet reserve tank. Outside, there is rainwater, rivers, streams, ponds, snow and pools. The water should be treated prior to use by bringing it to a rolling boil for at least one minute, chemically disinfecting it with chlorine or iodine, or through filtration treatments, to rid the water of microbes. These filtration systems are found in camping and emergency supply equipment.

"Chemical pollutants, such as oil and gasoline, cannot be safely removed from water so don't use them for drinking or preparing foods. Also, do not use any alternate water sources that contain solid materials, has an odor or dark color," Ms. Ward said.

Some alternate drinking water sources can be used without treatment if you know the water in your household plumbing has not become contaminated. (e.g., the pump was turned off by a power failure). However, if any doubt exists as to the water's purity, then it should be treated, she said.

Sources of clean water within the house may include:

- From the faucet: Open a faucet on the top floor of your home. Next, go to the faucet at the lowest point in your home. Open the faucet and drain the water you need into a clean storage container.
- From ice cube makers and trays.
- From the hot water tank: Water may be drained from the bottom drain spout of your hot water tank or water heater after the electricity and/or gas is turned

off. This source should not be confused with heating system boilers, plumbing and radiators. Do not turn the water heater on again until it is refilled. Drain the water into a clean storage container.

Ms. Ward warned to be careful since some alternative water sources, such as rainwater, snow, rivers and streams, ponds and lakes, natural spring and pool water, may contain chemical or bacterial pollutants and could be hazardous to your health. If you must use this water for drinking, it should always be treated. Water chemical disinfection, though, may not kill some microbes, such as cryptosporidium. In this case, boiling and filtration or a combination of treatments may work better.

As part of your emergency plan, store the amount of water recommended by the American Red Cross. They recommend storing at least one gallon of water per person per day. Make a list of alternative water sources in and around your house and keep it in a safe place. Store materials for treating water (heat source, chemicals, filters) to have it ready if you deplete your emergency bottled supply and have to use alternative water sources.

For more information on alternative water sources and emergency preparation call the Herkimer County Public Health at 315.867.1612 or visit the New York State Department of Health web site at [www.health.ny.gov/environmental/emergency](http://www.health.ny.gov/environmental/emergency).

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## Good Housekeeping

### Skillet Cornbread

This delicious home-made cornbread is baked in an oven-safe skillet — preferably one that's heavyweight, such as cast iron.

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 tablespoon sugar
- 2 teaspoon baking powder

- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 4 tablespoon margarine or butter, cold
- 1 can (8 1/2 ounces) cream-style corn
- 1 large egg, beaten
- 2 ounces Monterey Jack cheese with jalapeno chiles, shredded

1. Heat oven to 400°F. Grease 10-inch skillet with oven-safe handle.

2. In large bowl, mix flour, cornmeal, sugar, baking powder, salt and black pepper. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles fine

crumbs. With fork, stir corn, egg and cheese into flour mixture just until blended (batter will be very stiff).

3. Place greased skillet in oven; preheat pan 5 minutes (to help brown bottom of corn bread). Remove pan from oven; spoon batter into skillet and spread evenly with small metal spatula.

4. Bake cornbread 15 to 20 minutes, until toothpick inserted in center comes out clean and cornbread is just firm to the touch. Cut into 8 wedges and serve warm.

\* Each serving: About 290 calories, 9g total fat (3g saturated), 34mg cholesterol, 375mg sodium, 44g carbohydrate, 1g dietary fiber, 7g protein.

For thousands of triple-tested recipes, visit our website at [www.good-housekeeping.com/recipefinder/](http://www.good-housekeeping.com/recipefinder/).

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Admiral Fitzroy Clock

Admiral Robert FitzRoy (1805-1865) is best known to collectors for a barometer he did not invent. But historians know about his accomplishments in the British navy, politics and predicting the weather. He joined the navy at the age of 12, was captain of the ship that carried Charles Darwin on his expeditions, was elected to Parliament in 1841, became governor of New Zealand in 1843, and later began to study meteorology and the weather. He published an important book about weather, made sure there was a barometer in every port, and made charts that predicted the weather for sailors as the first "weather forecaster," a name he made up. He improved the design of barometers, but didn't invent the one now named for him. This "Admiral Fitzroy Clock and Barometer" made in about 1900 sold at a Cowan auction for \$270.

**Q:** I've owned Imperial Candlewick glassware for almost 70 years! It's been a prized possession in many places where we made our home as foreign missionaries. It's survived much use by our family of five children and was used frequently for special events. Now I find it necessary to sell my collection of many pieces. What advice can you give me?

**A:** Collections of glassware and dinnerware are hard to sell. Candlewick glass sells online on sites like ruby-lane.com, replacements.com and eBay.com. Shops that sell Candlewick may be interested in buying your pieces. You also can contact the National Imperial Glass Collectors' Society (imperialglass.org). If you decide to sell your glass online or send it to an online shop, you'll have to pack it up securely, insure it and send it to them. It's easier to try to sell locally at a consignment shop, flea market or antiques shop. You also might consider donating it to a charity. Determine its value by checking Candlewick glass that has sold on some of the online sites, and then take the tax deduction.

**Q:** I have a Puss 'n Boots creamer, which I have had for over 60 years. My cat does not have whiskers. Every other one I have seen has whiskers. Any idea why mine doesn't?

**A:** Shawnee made Puss 'n Boots creamers in several versions with different decorations, with and without whiskers. Some have decal decorations and gold trim. There also was an undecorated white Puss 'n Boots creamer and a gold-colored creamer.

### Current prices

- Lladro, Thai girl kneeling, No. 2069, 17 inches, \$150.
- Alligator sprinkler, heart-shaped sprayer, 8 1/2 inches, \$330.
- Weathervane, steam tractor, wagon, spoked wheels, sheet steel, 18 x 53 inches, \$425.
- Face Jug, pottery, dark alkaline olive glaze, stone teeth, Lanier Meaders, 8 1/4 x 7 1/4 inches, \$810.

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

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This circa 1900 clock and barometer named for Admiral FitzRoy is 51 inches long. It also includes an altimeter and thermometer. Price: \$270.

### Weekly SUDOKU

Answer

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

### King Crossword

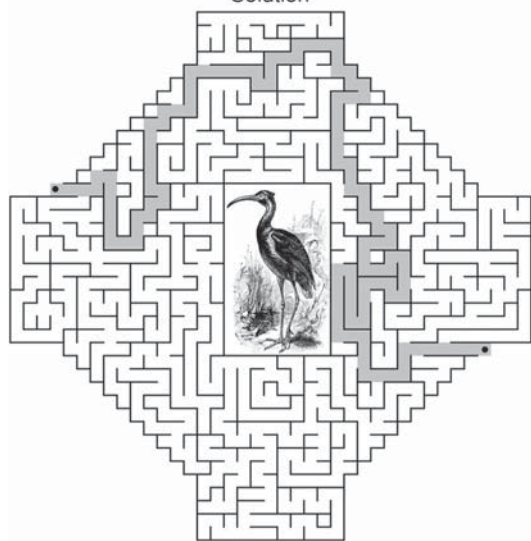
Answers

Solution time: 25 mins.

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

### Mega Maze

Solution



### Americanisms



"Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life"  
— Eleanor Roosevelt

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### Stickelers Answer

The solution looks like this:  
4/7 x 12/13 x 9/11 = 432/1001  
432/1001 or 43.16%



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It would seem that something which means poverty, disorder and violence every single day should be avoided entirely, but the desire to beget children is a natural urge.  
Phyllis Diller



## To Your Good Health

by Keith Roach, M.D.

### B-12 shot paralyzes arm

**Dear Dr. Roach:** Two years ago at my yearly physical, my doctor said I was low on vitamin B-12 and that the only way to increase it was through a shot in the arm. I received my first shot that day, and my arm was paralyzed for four days. I went in a week later for my second shot, only to have the same thing happen again. I didn't get any more shots. It still hurts to this day, even though an MRI shows nothing wrong. The specialist says it was just coincidence. I cannot hold my arm over my head or stretch it out. What's your take? — D.R.

**Answer:** Well, I don't believe it was just coincidence. Nerve damage following injection is extremely rare, but it sounds like what you are describing. This can be due to direct trauma to the nerve by the needle, or by an inflammatory reaction. The treatment is physical therapy, but unfortunately for you, it works best if begun right away. I still think it is worth your while, however.

Also, vitamin B-12 deficiency absolutely can be treated with oral vitamin B-12. Although pernicious anemia, the most common form of vitamin B-12 deficiency, is due to poor B-12 absorption, this can be overcome simply by giving much more B-12 than the body usually needs. A dose of 1 mg daily by mouth is a safe, inexpensive and effective treatment for vitamin B-12 deficiency. Many of my patients still want the injection, however, even though it seems inexplicable to me.

**Dear Dr. Roach:** Yesterday, while walking barefoot in my back yard, I stepped on a bee. This has happened to

me before, and it seems that each time the results are a little worse. After I removed the stinger from the underside of one of my toes, I put ice on the sting and took a Benadryl. Since this happened in the evening, I was able to elevate my leg for the rest of the night. In the morning, the area was swollen, red, hot and painful. Now, after my usual three-mile morning power walk, the swelling and soreness is spreading up my foot.

I am notorious for going barefoot and stepping on bees. I just know this will happen again. Do you have any suggestions for what might help prevent a bee sting from going "viral"?

**Answer:** Your best bet is not to get stung in the first place, which for you means not stepping barefoot where bees might be. It's particularly important for you, as local reactions to bee stings do tend to get worse over time. Fortunately, they do not usually predict the life-threatening anaphylactic reaction.

Once stung by a bee, remove the stinger, within seconds if possible, since the venom can continue to be released for several seconds. The local reaction usually lasts less than a day in most people, but it can last up to five days.

The reason the swelling and soreness spread after your walk is that the exercise and increased blood flow to the area allowed the venom to move to different areas, and the inflammatory response also progressed. I would recommend that you continue cold compresses and avoid your power walks for at least another day or two after a sting.

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## Six smart moves when hiring movers

(NAPS) — The U.S. Census Bureau estimates that over 17 million Americans move to a new home every year.

If you're ever among them, knowing a few facts and figures can help you have a smoother move.

### Moving tips

To help, the experts at the American Moving and Storage Association, the national trade association for professional movers, created a checklist.

1. Do comparison shopping. Even if you're considering doing the move yourself, you should get at least three written, in-home estimates so you can make an informed choice. The estimates should be free, so you have nothing to lose by trying to find out whether a professional move is best for you.

Some movers even offer estimates based on videos and photos you submit online. Make sure you show the mover

everything that needs to be moved, from the attic to the basement, and any sheds, garages or storage areas. The mover needs a complete picture of everything to be moved to give you the most accurate estimate.

Reputable interstate movers will always give you estimates in writing and they must — by law — provide you with federal publications that explain the moving process and your rights and responsibilities. Be careful of any estimates offered over the phone or online, and if the mover asks for a large down payment or full payment in advance.

2. Read your paperwork carefully. Remember, once you've signed a contract, you've agreed to what it says about your move.

3. Understand what the mover's level of liability is, in case of loss or damage.

4. Bear in mind that communication is key.

Make sure the mover has your cell phone number or other way to reach you during the move and that you have the driver's full name and the truck number.

5. If you don't understand something, ask questions. Reputable movers will be happy to answer them. If the moving company can't or won't answer your questions, you might want to look for another mover.

6. You can find nearly 2,800 certified Pro-Movers, who meet high standards of safety and professionalism, at [www.Moving.org](http://www.Moving.org). A Pro-Mover certification takes the worry and hassle out of your move and helps you locate reputable, qualified movers — from small, family-run businesses to national van lines — who have been trained and tested.

For further facts and tips and to find nearby certified movers, go to [www.Moving.org](http://www.Moving.org).

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## Exercises to support stronger hips

Surgery is not an inevitable side effect of aging. In fact, men and women over 50 can employ various preventive techniques to strengthen their bones and joints in the hopes of avoiding the surgical wing of their lo-

cal hospitals.

According to AARP, more than 370,000 men and women undergo hip replacement surgeries in the United States each year. Some may think such surgeries are a final solution to their hip pain,



but that might not be the case, as AARP notes that one in 10 hip replacement recipients will need a second procedure for any number of reasons, including infection or mechanical failure.

A proactive approach that focuses on strengthening and protecting the hips can help aging men and women reduce their risk of one day needing hip replacement surgery. The following are a handful of exercises, courtesy of the AARP, that can help men and women strengthen their hips.

### Good Morning

Stand with your feet shoulder-width apart and keep your hands at your sides. With your knees slightly bent and your back naturally arched, bend at your hips as if you're bowing out of respect as far as you can go, or until your torso is almost parallel to the

floor. Return to the starting position. During the exercise, keep your core braced and don't bow your back.

### Hip Abduction

Stand with your feet shoulder-width apart. Loop a resistance band around both ankles, and then raise your right leg out to the side as far as you can. Hold in this position for a moment before slowly returning to the starting position. Switch legs and then repeat the exercise on the other side.

### Hip Adduction

Loop one end of a resistance band low around a solid object, then stand to the left of that object before looping the other end of the band around your right ankle. Place your legs shoulder-width apart, and then pull in your right leg until your ankles touch. Repeat with your left leg, this

time moving to the right side of the object.

### Glute Bridge

Lie on your back with your knees bent and your feet flat on the floor. Raise your hips to form a straight line from your shoulders to your knees, using some type of support if you need to. Clench your butt at the top of the movement, pause, and lower yourself back down.

Men and women unaccustomed to exercise should consult their physicians before performing any of these exercises. In addition, if

necessary, perform the exercises under the supervision of a personal trainer who can advise you on proper form and help you reduce your risk of injury.

## Four reasons to skip topping off at the filling station

The familiar click of the nozzle when filling up at the gas station is recognizable to anyone with a few miles of driving under their belt. Once that nozzle clicks, just about every driver faces the decision of whether or not to squeeze a few extra cents' worth of gas into their vehicles or remove the nozzle from their vehicles, place it back where it belongs and head off on their way.

Such scenes play out every day across the globe, and it's likely that the majority of drivers try to squeeze a few extra drops into their tank. While topping off can seem like a financially savvy way to delay your next trip to the filling station, doing so may only cost drivers and the planet they call home. The following are four great reasons to skip topping off the next time you pull into a filling station.

1. Topping off costs you money. According to the Environmental Protection Agency, drivers who top off at the pump are likely paying for gas they're not getting. That's because gas station pumps have vapor recovery systems that feed gas vapors back into their tanks in an effort to decrease air pollution. So any gas that drivers try to pump into their tanks after the nozzle has clicked may only be drawn into the vapor line and fed back into the gas station's tanks and not your vehicle's fuel tank.

2. Topping off may damage your car. Topping off won't just hurt your pocketbook; it can potentially damage your vehicle as well. Fuel tanks need extra room inside them so gas can expand while the car is being operated. Without room to expand, gas may evaporate into the vehicle's vapor collection system, which can damage the system and produce greater gas emissions, thereby harming the planet.

3. Topping off can affect the air you breathe. If you had a choice, would you pay extra for more air pollution? Likely not. But the EPA notes that this is precisely what many people are doing when they top off their gas tanks. When vehicles' fuel tanks are overfilled, gas vapors can escape into the air and produce toxic air pollutants. That adversely affects air quality, which ultimately affects your health as well.

4. Topping off can cost the gas station money. Many drivers may wonder why gas stations, who would seemingly benefit financially from topping off, post signs that forbid topping off. But the EPA notes that gas stations are likely to lose money due to drivers squeezing an extra few cents' worth of gas into their vehicles. That's because topping off can damage the station's vapor recovery systems, causing them to operate improperly and requiring potentially costly maintenance.

Topping off at the filling station may seem like a savvy move. But drivers, their vehicles and the planet are best served by taking the pump handle out of the tanks at the familiar sound of the nozzle's click.

5. Topping off can damage the station's vapor recovery systems, causing them to operate improperly and requiring potentially costly maintenance.

Topping off at the filling station may seem like a savvy move. But drivers, their vehicles and the planet are best served by taking the pump handle out of the tanks at the familiar sound of the nozzle's click.



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