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613 - MLS20191768 80 Moyer Street, CANAJOHARIE:

one of the rare preserved, yet updated,

Victorian era homes in the area. The current owner and previous generation have maintained

many of the original

Krutz Properties is #1 per Capital District MLS for property SOLD in Montgomery County!



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



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



067 - MI S201918506 367 Schoharie Hill Road, **SCHOHARIE:** This house is perched on a side hill giving the home owner a beautiful view across the Schoharie Val ley. The home is located on five acres with the property lined

by woods, giving you seclusion nd privacy. The property was beautifully landscaped (some work required o bring back to its full potential). The basement was gutted and refinished to dry lock the foundation, totally brand new plumbing throughout, 200 amp service box, oil furnce and wood furnace attached to the heating ducts. Brand new kitchen with new appliances, granite counter tops, new cupboards, fixtures, lights, 3 bedrooms. Enjoy the view while barbecuing from the deck or sit in the living room and enjoy the view year round and in the winter the warmth of fireplace. Asking \$219,000



299 - MLS201914083: 363 State Highway 162, SPRAKERS: For a little house out in the country this one shouldn't go unnoticed! It is surrounded by farmland and has huge deck to enjoy the views. It has had many recent updates and is very well kept. It even has the option of being solo



features, including the kitchen pantry, butlers pantry, pocket doors, clawfoot tub, woodwor and windows throughout. The new owner will be lucky to acquire this precious piece of history. Asking \$134,900



NEW LISTING!!! 679 - MLS201917752 - 2 Witter Street, FORT PLAIN: The owner is offering a great deal of value here for the asking price. ocated on a quiet side street! This two bedroom home is listed in "move in" condition and has some outstanding features, including an automatic door and a whole house generator. It's built for wheelchair makes the floor plan open and inviting. Asking \$59,900



REDUCED PRICE!!! 800 - MLS201832758: 32 Clark Ave., FORT PLAIN: Well-maintained ranch - two bedrooms (11x15 and 10x10) (large closets), 1 1/2 baths. Large living room (16x22) has a large picture window and large closets. Kitchen is a gallery, opens into the dining area. The three season rom has a natural gas stove and 3 sliding doors. Laundry room is off the kitchen which leads to the one car garage. A whole hous attic fan cools the home in the summer and radiant electric heat in the ceiling for winter time. Great location with no homes across the street o behind! Asking \$99,900



802 - MLS201915264: 861 State Highway 163, **FORT PLAIN:** A 2007 4 bedroom, 3 full bathrooms Modular with 4 acres and a great view! This home has a lot to offer – Large open kitchen with an island and ope concept to the dining area, family room with fireplace, living room with a great view of the valley, laundry area on the first floor, large master bedroom with master bath, breezeway leading to a two car garage, plus a 3 car detached garage for all your toys. Full basement with high ceilings for room to expand. And, as a great plus an in-law apartment in the upstairs Asking \$299,000



LISTING!!! 803 MLS201918201

inhland Place CANAJOHA-RIE: This is a aoraeous older ne with a lot of character. Large rooms, four bedrooms 3 upstairs).

hardwood flooring, fireplace, French doors to patio with a large yard, built-home hutches!!! Please see the information sheet for detailed infor mation. Must see home to appreciate its character! Asking \$89,500



960 - MLS201913076: O East Hill Road, MIDDLEBURGH: Views galore Be inspired, at peace and enjoy this 2 acre location with its breathtaking scenery. Build your dream home or cabin here overlooking the beautiful Schoharie Valley and surrounding mountains. Approx. 1 hour from Albany and 3 hours from NYC, 5-10 minutes to village with many restaurants, shops and amenities. If you made it to Anderson Road you went too far. Property located on turn on E. Hill Rd. in front of brown house. Asking \$13,500



MLS201910637: 424 Fical Corners East Road, EPHRATAH: Beautiful well kept home with lots of acreage with handmade stone walls dividing pastures on property. This lovely home is handicapped accessible and has a nice 2 stall garage with barn and milk building across from the ome. Plenty of acreage for any kind of animal retreat. Nice deck off rea of home for grilling and enjoying the outdoors with wildlife galore on roperty. Could be an in-law apartment upstairs as will as basement with outside entrance. Asking \$310,000



NEW LISTING!!! MLS201914948: 294 Beardslee Road, ST. JOHNSVILLE: Beautiful secluded road leading to dead end just past Beardslee Lake. Timber on 5.04 acre property, nice place to build on. Camper has roof/lean-to over it. Lot can be sold without camper if desired. If you enjoy fishing, love the lake and walking distance to enjoy peaceful relaxing of wooded area then this is the place for you!!! Asking \$53,500

2 • May 18, 2019

Annual Drinking Water Quality Report for 2018

Village of Canajoharie

75 Erie Boulevard, Canajoharie, NY 13317 • Public Water Supply ID# NY2800137

INTRODUCTION

To comply with State regulations, the Village of Canajoharie will be annually issuing a report describing the quality of your drinking water. The purpose of this report is to raise your understanding of drinking water and awareness of the need to protect our drinking water sources. This report provides an overview of last year's water quality. Included are details about where your water comes from, what it contains, and how it compares to State standards. If you have any questions about this report or concerning your drinking water, please contact: Mr. Rodney Mabie, Supt. of Water, 75 Erie Blvd, Canajoharie, NY 13317; Telephone (518) 673-2007. If you want to learn more, please attend any of our regularly scheduled village board meetings. The meetings are held on the 1st Tuesday of each month at the Village Office Building, 75 Erie Blvd., Canajoharie, NY 13317 at 7:00 PM.

WHERE DOES OUR WATER COME FROM?

In general, the sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activities. Contaminants that may be present in source water include: microbial contaminants; inorganic contaminants; pesticides and herbicides; organic chemical contaminants; and radioactive contaminants. In order to ensure that tap water is safe to drink, the State and the EPA prescribe regulations which limit the amount of certain contaminants in water provided by public water systems. The State Health Departments and the FDA's regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Our water source is a surface water source consisting of several upland springs. The Hill, Gray, Sand, Young, and Plank Springs comprise the "springline" in addition to the Sprite Creek which feeds water to our reservoir. The reservoir has a storage capacity of 93 million gallons. The water is filtered at our Slow Sand Filtration plant. The plant

consists of three slow sand filters. After passing through the filters the finished water is disinfected by injection of a sodium hypochlorite solution. Water not consumed by our customers is stored at the Smith Street Reservoir, East Hill Tank, and Palatine Clear well, providing us with 2.63 million gallons of water storage to meet consumer demand and provide adequate fire protection.

The NYS DOH has completed a source water assessment for this system, based on available information. Possible and actual threats to this drinking water source were evaluated The source water assessment includes a susceptibility rating based on the risk posed by each potential source of contamination and how rapidly contaminants can move through the subsurface to the wells. The susceptibility of a water supply source to contamination is dependent upon both the presence of potential sources of contamination within the source's contributing area and the likelihood that the contamination can travel through the environment to reach the source. The susceptibility rating is an estimate of the potential for contamination of the source water, it does not mean that the water delivered to consumers is, or will become contaminated. See section "Are there contaminants in our drinking water?" for a list of the contaminants that have been detected. The source water assessments provide resource managers with additional information for protecting source waters into the future.

Our water is derived from several spring sources and a reservoir. Based on the analysis of available information for these spring sources, there are no water quality concerns found in the assessment area. No land cover water quality concerns, permitted discharges, or other discrete facilities were identified in the assessment area using GIS. It should be noted that springs in general can be highly sensitive to petroleum products and solvents. An assessment of the reservoir found no noteworthy risks to source water quality. It should be noted that reservoirs in general are highly sensitive to phosphorus and microbial contaminants.

Please note that our water is filtered and disinfected to ensure that that the finished water delivered into your home meets New York State's drinking water standards for microbial contamination.

FACTS AND FIGURES

Our water system serves approximately 2,300 people through 868 service connections. The total amount of water produced in 2018 was 110,717,915 gallons. The daily average of water treated and pumped into the distribution system was 303,336 gallons per day. Our single highest day was 650,010 gallons.

ARE THERE CONTAMINANTS IN OUR DRINKING WATER?

As the State regulations require, we routinely test your drinking water for numerous contaminants. These contaminants include: inorganic compounds, nitrate, nitrite, lead and copper, volatile organic compounds, total trihalomethanes, haloacetic acids, radiological and synthetic organic compounds in addition, we test 2 samples for coliform bacteria monthly. The table presented prior depicts which compounds were detected in your drinking water. The State allows us to test for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more than one year old.

It should be noted that all drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline 800-426-4791 or the New York State Department of Health Herkimer District Office at (315) 866-6879.

WHAT DOES THIS INFORMATION MEAN?

We have learned through our testing that some contaminants have been detected. Color was detected above the MCL however color has no health effects. In some instances, color may be objectionable to some people at as low as 5 units. Its presence is aesthetically objectionable and suggests that the water may need additional treatment. To understand the possible health effects described for many regulated constituents, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

IS OUR WATER SYSTEM MEETING OTHER RULES THAT GOVERN OPERATIONS?

During 2018, our system was in compliance with applicable State drinking water operating, monitoring and reporting

DO I NEED TO TAKE SPECIAL PRECAUTIONS?

Although our drinking water met or exceeded state and federal regulations, some people may be more vulnerable to disease causing microorganisms or pathogens in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune

system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice from their health care provider about their drinking water. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium, Giardia and other microbial pathogens are available from the Safe Drinking Water Hotline (800-426-4791) or at

http://www.epa.gov/safewater.

INFORMATION ON LEAD

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Village of Canajoharie is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at

http://www.epa.gov/safewater/lead

WHY SAVE WATER AND HOW TO AVOID WASTING IT?

You can play a role in conserving water by becoming conscious of the amount of water your household is using, and by looking for ways to use less whenever you can. It is not hard to conserve water. Conservation tips include:

- Automatic dishwashers use 15 gallons for every cycle, regardless of how many dishes are loaded. So get a run for your money and load it to capacity.
- Turn off the tap when brushing your teeth.
- Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20 gallons a day. Fix it and you can save almost 6,000 gallons per year.
 Check your toilets for leaks by putting a few drops of
- Check your toilets for leaks by putting a few drops of food coloring in the tank, watch for a few minutes to see if the color shows up in the bowl. It is not uncommon to lose up to 100 gallons a day from one of these otherwise invisible toilet leaks. Fix it and you save more than 30,000 gallons a year.
- Use your water meter to detect hidden leaks. Simply turn off all taps and water using appliances, then check the meter after 15 minutes. If it moved, you have a leak.

CLOSING

Thank you for allowing us to continue to provide your family with quality drinking water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements. We ask that all our customers help us protect our water sources, which are the heart of our community. Please call our office if you have questions at (518) 673-2007.

Notes:

- 1—Turbidity is a measure of the cloudiness of the water. We monitor it because it is a good indicator of the effectiveness of our filtration system. Level detected represents the highest level detected. Our average turbidity is 0.01 NTU and our lowest level detected was 0.01NTU. The regulations require that 95% of the turbidity samples collected have measurements below 1.0 NTU
- 2 The level presented represents the 90th percentile of the 10 samples collected. The action level for copper was not exceeded at any of the 10 sites tested.
- 3 The level presented represents the 90th percentile of the 10 samples collected. The action level for lead was not exceeded at any of the 10 sites tested.
- $\hbox{4-Water containing more than 20 mg/l should not be consumed by persons on severely restricted so dium diets}\\$
- 5- The average is based on a Running Annual Average. The average shown represents the highest RAA for the 4 quarters in 2016 with the highest quarterly average for both TTHM and HAA5 in the 3rd quarter.

Glossary

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present

Action Level (AL)- the concentration of a contaminant, which, if exceeded, triggers treatment, or other requirements, which a water system must follow.

90th Percentile Value- The values reported for lead and copper represent the 90th percentile. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90% of the lead and copper values detected at your water system

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in \$10,000.
 Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single

penny in \$10,000,000.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drink-

ing water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination

RAA –The RAA is calculated each quarter by taking the average of the four most recent samples collected.

Treatment Technique (TT)-A required process intended to reduce the level of a contaminant in drinking water.

N/A-Not applicable

Table of Detected Contaminants Village of Canajoharie Water Works PWS ID#NY2800137

Date of Level Unit MCLG Regulatory Limit Likely source of

Contaminant	Violation Yes/No	Date of Sample	Level Detected	Unit Measure ment	MCLG	Regulatory Limit (MCL, TT or AL)	Likely source of Contamination		
Microbiological Contar	minants						I		
	N	Daily	0.1031	NTU	N/A	TT=5.0	Soil Run-off		
Turbidity (Highest value from 11/16/18)	1550		100% < 1.01			TT=95% of samples <1.0 NTU			
Inorganic Contaminan	ts						-		
Chloride	N	07/31/18	25	ppm	N/A	250	Naturally occurring or indicative of road salt contamination.		
Copper ² Range of values	N	08/30/18	.36 .0240	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits;		
Lead Range of values	N	08/30/18	4 ³ ND-18	ppb	0	AL=15	Corrosion of household plumbing systems, crosion of natural deposits		
Nickel	N	07/31/18	.648	ppb	N/A	N/A	Discharge from steel mills/ metal factories		
Sodium ⁴		07/31/18	10.5	ppm	N/A	N/A	Geology; Road Salt		
Sulfate	N	07/31/18	10.2	ppm	N/A	250	Naturally Occurring,		
Barium	N	07/31/18	13	ppb	2000	2000	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.		
Color	Y	7-9-18	20	units	N/A	15	Large quantities of organic chemicals, inadequate treatment, high disinfectant, demand and the potential for production of excess amounts of disinfectant by-products such as trihalomethanes; Natural color may be caused by decaying leaves, plants, and soil organic matter.		
Disinfection Byproducts									
HAA5 [Haloacetic Acids] Range of values	N	1/22/18 4/16/18 7/09/18 10/15/18	Avg 28.7(5) range 8.3-70.9	ppb	N/A	60	By-product of drinking water chlorination		
TTHM [Total Trihalomethanes] Range of values	N	1/22/18 4/16/18 7/09/18 10/15/18	Avg 31.2(5) 8.4-62.4	ppb	N/A	80	By-product of drinking water chlorination		
Chlorine Residual (average)	N	Daily	1.34 0.26 - 3.37	ppm	MRDLG	MRDL	Used in the treatment and disinfection of drinking water		
range					N/A	4			

MOHAWK VALLEY COUNTRY EDITOR





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Rabies vaccination clinics announced for May

A rabies vaccination clinic has been announced for Saturday, May 18 at 345 E. Main St. in Amsterdam from 9 a.m. - noon.

New York State Public Health Law requires that all dogs, cats and domestic ferrets shall have initial vaccinations administered against rabies no later than four months of age and stay up to date with re-vaccinations. Re-vaccinations are required one year later with a booster shot every three years. It is important to have pets vaccinated in a timely manner in order for the pet to be considered protected against the virus. Pet owners should bring proof of their pet's last rabies vaccination. This helps the veterinarian determine whether the pet will receive a one or three year vaccination; without it your pet will receive a one-year vaccination only.

Veterinarian administration fee is \$10 per rabies vaccine. Other vaccines will be offered at both clinics for additional administration fees.

To assure the safety of other pets and people, dogs must be leashed and cats and ferrets must be contained in a pet carrier or box when attending the rabies clinic.

For more information about rabies contact Montgomery County Public Health at 518.853.3531 Monday - Friday from 8:30 a.m. - 4 p.m. or your veterinarian.

Good Housekeeping

Spinach and Strawberry Salad

1 pound strawberries, hulled and sliced

3 tablespoons lime juice 2 teaspoons honey

1 teaspoons noncy 1 teaspoon olive oil Salt and pepper

1 container (12-ounce) baby spinach

10 ounces (2 cups) chicken breast meat, coarsely shredded

3/4 cup walnuts, toasted and coarsely chopped

1. In a blender, puree 3/4 cup strawberries with lime juice, honey, oil, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Transfer dressing to large

serving bowl.

2. To bowl with dressing, add spinach, chicken and remaining strawberries; toss to coat. Sprinkle salad with walnuts to serve. Serves 6.

* Each serving: About 220 calories, 13g total fat (2g saturated), 40mg cholesterol, 220mg sodium, 10g total carbohydrate, 8g dietary fiber, 19g protein.

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

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GARAGE SALE: Frida, May 24, Saturday May 25, 9 to 5, 142 Moyer St., Canajoharie. Furniture, dishes, clothes, cards, puzzles, toys and more.

GARAGE SALE: 302 Main High St., Fort Plain. 9am May 16-18 Hand knits 1/2 price bargains!!

GARAGE SALE: 229 Main St. Fort Plain. May 17-19, 8am-5pm. Portable oxygen machine, apple decorations, kids wagon, new electric chainsaw, something for everybody.

4th STONE ARABIA WIDE Garage Sale. May 17-19. Sunday by chance. 8am-5pm. 15+families participating. Treasures for everyone. Worth a trip from anywhere. Maps available at all sales locations

Be a responsible pet owner

County Montgomery Public Health wants to remind all pet owners of the importance in getting your pets vaccinated against rabies. New York State law requires rabies vaccinations for all cats. dogs and ferrets. If your dog, cat or ferret is not vaccinated or is not upto-date on its vaccinations, you could be subject to a fine not to exceed \$200 for each offense. Additional fines may apply locally. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats. skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated. The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions,

spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

2019 Montgomery County Rabies Clinic Schedule

Saturday, May 18: 345 E. Main St., Amsterdam – 9 a.m. - noon

Saturday, June 1: Town of Amsterdam Highway Department, 283 Manny's Corners Rd., Amsterdam, 9 - 11 a.m.

*Saturday, June 22: Canajoharie Volunteer Fire Department Garage, 39 Mohawk St., Canajoharie, 9 a.m. - noon

Tuesday, July 9: St. Johnsville Town Barn, 7431 Route 5, St. Johnsville, 6:30 - 7:30 p.m.

Saturday Aug. 10: Rural Grove Fire Department, 1192 Rt. 162, Rural Grove, 9 a.m. - noon

Saturday, Sept. 14: Town of Amsterdam Highway Department, 283 Manny's Corners Rd., Amsterdam, 9 - 11 a.m.

Saturday, Sept. 14: St. Johnsville Town Barn, 7431 Route 5, St. Johnsville, 9 - 11 a.m.

*Saturday, Oct. 12: Florida Town Highway Department, Fort Hunter Road, Minaville, 9 a.m. noon Saturday, Nov. 2: Mohawk Town Barn, 2-4 Park St., Fonda, 9 a.m. - noon

Initial vaccination for dogs, cats and ferrets are due at three months of age, with revaccination one year later, and thereafter revaccination required every three years. Veterinarian administration fee is \$10 per vaccination.

Public health law requires dogs, cats and ferrets be vaccinated against rabies.

Pets not vaccinated in a

timely manner may not be protected from rabies. Pet owners revaccinating animals should bring the pet's last rabies vaccination certificate.

For more information on rabies call 518.853.3531 or your veterinarian.

*Vaccination is available free-of-charge to Montgomery County residents, but donations will be accepted to help defray program costs. Requested donation is \$10.



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Did you know?

The National Highway Traffic Safety Administration estimates that, per miles traveled in 2016, the number of deaths on motorcycles was nearly 28 times the number in cars. The Insurance Institute for Highway Safety notes that serious head injury is common among fatally injured motorcyclists. That only highlights the important role that helmets can play in preventing injury and even death among motorcyclists involved in traffic accidents.

In fact, the IIHS notes that statistics from the NHT-SA indicate that helmets are about 37% effective in preventing motorcycle deaths and roughly 67% effective in preventing brain injuries.

Despite that, in many areas of the United States, motorcyclists are free to ride their bikes without wearing helmets. The IIHS notes that only 19 states and the District of Columbia require all riders, including passengers, to wear helmets. Among the remaining states, 28 have laws mandating that some riders wear helmets. As of March 2019, only three states, Illinois, Iowa and New Hampshire, do not have any laws regarding helmet use while riding a motorcycle.

Things are more uniform in Canada, where all people riding motorcycles, operators and passengers alike, are required to wear helmets.

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Benefit for Teresa Conbeer set for June 1

Teresa Conbeer is 28 years old. Cutting wood to heat her farmhouse has been a family endeavor and something her family has enjoyed each year. On Oct. 20, 2018 while she was helping out, a tree broke and the pieces fell on her. She suffered a fracture to two vertebrae, her collarbone and a spinal cord injury, leaving her paralyzed from the waist down. She underwent surgery, 10 days in intensive care and then two months of physical therapy in a rehab hospital. She is now undergoing more intense physical training at a center in Florida, specializing in spinal cord injury, to continue building strength and becoming more independent in her personal care. This is a life changing accident; however, she has been very blessed that her injury was not any worse.

An event like this has many life changing results incurring lots of medical expenses along with expenses related to the modification of her family's home to meet her needs. She is thankful for people who have surrounded her and her family during this time. It has been an amazing support.

There will be a benefit for Teresa Conbeer in June. Teresa's Benefit 2019 will take place on Saturday, June 1 from 8 a.m. - 2 p.m. at the Ephratah Rod & Gun Club, 372 State Highway 67, Fort Plain.

A chicken barbecue will be held from noon - 2 p.m. The meal includes one chicken leg quarter, salt potatoes, cabbage salad, baked beans and a roll. Eat in or take out for \$10.

There will also be a Chinese auction and a 50/50 raffle. There will be a trail ride starting at the Ephratah Rod and Gun Club at 9 a.m. sharp. It's an approximately two-hour ride. Registration will start at 8:30 a.m. and the cost to ride is \$30. If you get sponsorships for \$50 or more, ride for free. Forms will be

For more information, call the Ephratah Rod and Gun Club at 518.993.3061.

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Mon. May 6th - Sold 169 head, Cull ave. \$.47 top cow \$.58, Beef breed cull cows ave. \$.55 top cow \$.76, Orgnaic cull dairy ave. \$.74 top cow \$.93, Bulls/ Steers \$.62 - \$.85, Bull calves top \$1.75 beef calf top \$2.20, heifer calves top \$.35 - top beef calf \$2.35, Dairy feeders \$.35 - \$.64.

Mon. May 20th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Thurs. May 23rd - sale held on the farm at 11am - Homer, NY. Riehlman Certified Organic Milking Herd & Bred Heifer Dispersal. 60 head sell - one of the finest Certified Organic Herds to ever sell! DHI herd ave. on the Holsteins over 23,000 and the Cross breeds are over 19,000. Catalog info at ringside with DHI info. Mon. May 27th - Normal Monday sale & Monthly Organic Day. From overstocked

Mon. May 27th - Normal Monday sale & Monthly Organic Day. From overstocked Dairy – 15-20 Grassfed Organic Cows –mostly Fresh with a few bred back cows. The fresh cows are mostly Holsteins – rest of herd is mixed. Cattle will have the SCC checked prior to sale. Also 10-12 Certified Organic Bred heifers from short bred to springers.

Mon. June 3rd - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Watch for 2019 Sales:

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

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Great add-ons for prom and grad parties

Prom and graduation season is a festive time of year for students and their families. Prom itself is a party that's often followed by after-parties, while many graduates celebrate their academic achievements with less formal, post-ceremony get-togethers with loved ones. When hosting a prom or graduation party, hosts can turn the fun up a notch with these add-ons.

- Photo booth: Smartphones have given people their own portable photo booths, but there's no replacement for the real thing. An old-school photo booth complete with a privacy curtain and rolls of wallet-size film may encourage guests to let loose, showcasing their funniest faces and crowding into the booth together to make memories that will last a lifetime.
- Sundae station: Prom season is in spring, and graduation ceremonies that take place at the end of the school year also occur in spring. The warm weather of spring makes a sundae station a great addition to any prom or graduation party. Hosts can create a homemade sundae station by supplying the ice cream, toppings, whipped cream

- and, of course, cherries.
- Open bar: Open bars need not serve alcoholic drinks, meaning they can be added to post-prom gatherings. If hosting teens at a post-prom party, a smoothie bar can provide youngsters with extra energy to dance through the night. If hosting a graduation party for a newly minted college graduate who's of legal drinking age, then an open bar serving specialty cocktails can make the gathering all the more memorable. Hosts can even work with the bartender/catering service in advance of the party to create a special concoction exclusive to the par-
- Fireworks: Impress guests with a private fireworks show. Before purchasing any fireworks, confirm with local authorities that they're legal in the area where you and your guests will be celebrating. should always be a priority when using fireworks, so hosts should hire professionals when planning a private fireworks show. Never leave fireworks unattended and always make sure guests stand a safe distance away from the fireworks when the show begins.

Whatchamacallits

This is a grouping of three snuff containers. The most prominent one in the group to me is the glass bottle labeled "Maccaboy Snuff," manufactured by Thomas Brown & Co. The prettiest snuff box is highly engraved and the rectangular one appears to have been well-used and would have been more common.

When using snuff became "fashionable" in the 1600-1700s, the manufacture of decorative accessories such as bottles and boxes developed into a lucrative industry and continued into the early part of the 20th century. They could be found in all shapes, sizes and materials.

Although my research found nothing listed regarding Thomas Brown & Co., I did find some interesting facts about Maccaboy snuff, as well as numerous mentions of the snuff in a variety of books online (https://books.google/)

In the 1911 "Report of the Commissioner of Corporations on the Tobacco Industry (parts 2 & 3)," the findings stated at that time, there were three principal types of snuff manufactured — Scotch, Maccaboy and Swedish (or Rapee). The Scotch snuff was dry and finely ground, free of all flavorings. Both Maccaboy and Swedish types were moist and highly flavored — the difference being the flavoring materials used. According to Wikipedia, the Maccaboy snuff is rose-scented and derived its name from the French "Macouba," the district in Martinique where it was made.

It also mentioned that some indigenous people of Brazil were known to grind to-bacco into snuff using a mortar and pestle made of rosewood, transferring the delicate aroma of the wood to the tobacco.



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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



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.



Alley 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



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



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

Wish List:

- Clay Kitty Litter
- Lumabone type chews



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King Crossword

ACROSS 1 Last few notes 5 Med. approval org. 8 Fall into a beanbag chair 12 Last write-up 13 Valentine mis-

- spelling 14 Actress Turner
- 15 Missing
- 16 Past
- 17 Spore cases 18 Pour wine 20 Time of discontent?
- 22 Calf's mama 23 Fresh 24 1/4 bushel
- 27 Not steadily 32 Vast expanse 33 Play with
- robots 34 Anonymous Richard
- 35 Discontinue 38 Nervous
- 39 Type of humor 40 Candle mate- 58 Jog rial
- 42 Chemical rel- DOWN ative 45 Discount
- store 49 Ms. Moore
- 50 Blunder 52 Green land
- 53 Mideast nation

- 54 Cartoonist Browne 55 Kvetches
- 56 Queue
- 57 Chances, for short
- Friaid
- 2 Reed instrument
- 4 Have at
- 5 Platyhelminth 28 Rapa -
- 3 Record
- 6 Used a shovel 7 Acknowledge 29 Museum

9 Debate closer

30 Visibility hin-

31 "30 Rock" star

36 White weasel

drance

37 Catcher's

place?

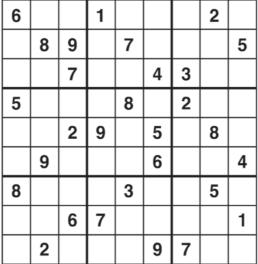
gold

- 10 Previously 11 Duo 19 "Forget it!" 21 Hostel
- 24 Next-to-last 38 Range letter 41 Symbol for 25 Still, in verse 26 Role for Julie, 42 "American -
- Eartha, Lee, 43 Big rig Michelle. 44 Start over Halle or Anne 46 Storyteller 47 Therefore
- (Easter Island) 48 Criterion 51 Tear

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging **♦♦♦** HOO BOY!

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HOCUS-FOCUS

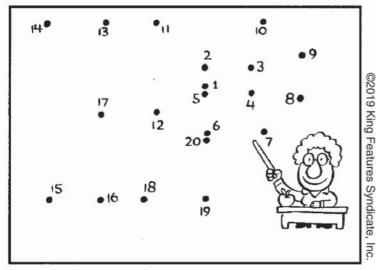
HENRY BOLTINOFF



Find at least six differences in details between panels.



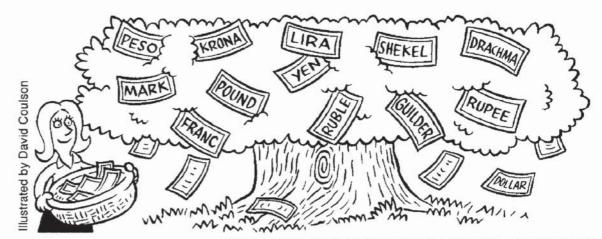
smaller 3. Fence replaces house on left. 4. Box is taller. 5. Plants added on the right. 6. Window is missing. Differences: 1. Boy's hat is different. 2. Man's nose is



WHAT TWO LETTERS of the alphabet have nothing between them? Connect the dots to find out the answer!

them. Answer: Letters N and P have O (nothing) between

by Charles Barry Townsend



WHO SAYS MONEY DOESN'T GROW ON TREES?

See if you can match the currencies with their countries of origin.

- 1. Peso 2. Mark
- 3. Franc
- 4. Krona 5. Pound
- 6. Ruble 7. Lira
- 8. Yen 9. Rupee
- 10. Guilder 11. Shekel
- 12. Drachma

- A. Russia
- B. Netherlands C. Israel
- D. Greece
- E. Mexico F. Japan
- G. India
- H. Sweden I. Germany
- J. Italy K. France
- L. Great Britain



AS EASY AS ONE, TWO, THREE!

See if you can rearrange the numbers in our square so that the sum of any row, column, or the two diagonals will

Answer: Top row: 2, 3, 1. Middle row: 1, 2, 3. Bottom row: 3,1,2.

FIND THE SEVEN WORDS PUZZLE! In the Word Square at B the right, we've removed six of the letters to spell out the word "BRAKED." See if you can replace these letters in the square so that you will have four three-letter words across and three four-letter words down.

Answers: (Across) Are, bed, leg, eke. (down) Able, reek, edge.

8-F, 9-G, 10-B, 11-C, 12-D. Answers: 1-E, 2-I, 3-K, 4-H, 5-L, 6-A, 7-J,

Chow line:

More foodborne illness outbreaks detected last year

It seems like there have been more foodborne illnesses in recent years. Is that true?

Sort of. More outbreaks have been detected in recent years, although the overall number of foodborne illnesses is thought to have remained largely the same.

According to the Centers for Disease Control and Prevention, there was an uptick in the number of detected foodborne illness outbreaks last year.

In fact, in a new report released recently, the CDC said that 120 Americans died as a result of foodborne illnesses last year and 25,606 Americans reported foodborne illnesses. Of those, 5,893 people required hospitalizations.

The CDC said it investigated 23 multistate foodborne illness outbreaks last year, several of which included reported cases of foodborne illnesses in Ohio. Some of the larger multistate outbreaks included E. coli outbreaks linked to romaine lettuce, ground beef, raw flour, and alfalfa sprouts; and salmonella outbreaks linked to raw turkey products, Kellogg's Honey Smacks cereal, precut melons, and kratom.

The report also found that there was an increase in the detected number of infections caused by eight specific pathogens: campylobacter, cyclospora, listeria, salmonella, Shiga toxin–producing E. coli, shigella, vibrio, and yersinia.

However, it's important to note that although detection of foodborne illnesses has increased, the overall incidence of cases has not, according to the CDC.

In other words, although more outbreaks have been reported, the food supply is not necessarily less safe. Rather, we are just getting better at detecting problems when they do occur, said Abigail Snyder, an assistant professor and a food safety field specialist with The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

Additionally, foodborne diseases are preventable through the application of various proactive food safety programs, she said.

To help restaurants and the food service industry lessen their odds of causing an outbreak foodborne illness, food safety experts with CFAES offer food safety training to Ohio food service employees.

The ServSafe training is offered by Ohio State University Extension, CFAES' outreach arm. It focuses on key areas to reduce the transmission of foodborne illnesses: employee health and hygiene; clean, sanitized equipment and utensils; process management; and ingredient sourcing, preparation, and storage, among others, Snyder said.

Last year, OSU Extension offered more than 125 food safety trainings for the restaurant industry and trained more than 1,700 food service employees, including restaurant managers, school food service personnel, nursing home staff, and other food service personnel.

The classes are taught by OSU Extension family and consumer sciences educators, who are certified instructors through the National Restaurant Associa-



tion. The classes are offered at several sites statewide and are open to small, medium, and large food service establishments, she said.

"By having strong food safety programs in place, companies reduce the possibility of increased costs due to having to discard product to control food safety, facing potential closures and regulatory action, and of course, the variety of costs that can arise if an outbreak of foodborne illness is linked to their product," Snyder said.







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MOHAWK VALLEY COUNTRY EDITOR



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Moments in Time The History Channel

• On May 20, 1873, San Francisco businessman Levi Strauss and Reno, NV, tailor Jacob Davis are granted a patent for work pants reinforced with metal rivets, then known as "waist overalls." It marked the birth of one of the world's most famous garments: blue jeans.

• On May 23, 1911, the New York Public Library, the largest marble structure ever built in the United States, is dedicated in New York City. It took 14 years to complete. The next day some 40,000 people passed through its doors. The collection already consisted of more than a million books.

• On May 25, 1927, Robert Ludlum, the author of 21 best-selling thrillers, including the Jason Bourne spy novels, is born in New York City. Ludlum sold more than 300 million books before his death in 2001.

• On May 21, 1932, aviator Amelia Earhart flies solo across the North Atlantic, five years after aviator Charles Lindberg made the first solo flight.

Earhart traveled over 2,000 miles from Newfoundland to Ireland in under 15 hours.

• On May 26, 1959, Harvey Haddix of the Pittsburgh Pirates pitches 12 perfect innings against the Milwaukee Braves, only to lose the game on a two-run double in the 13th inning. It was the first time in major-league history that a pitcher threw more than nine perfect innings.

• On May 22, 1972, President Richard Nixon arrives in Moscow for a summit with Soviet leaders. Although it was Nixon's first visit to the USSR as president, he had visited Moscow once before — as U.S. vice president in 1959.

• On May 24, 1964, a referee's call in a soccer match between Peru and Argentina sparks a riot. More than 300 fans were killed and another 500 injured in the violent melee at National Stadium in Lima, Peru.

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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

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

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 provided.

Rabies Vaccination Clinic. At 345 E. Main Street, Amsterdam. 9 a.m. – noon. For more information about rabies contact Montgomery County Public Health at 518.853.3531.

Van Alstyne Homestead Spring/ Summer 2019 Season Opens. 1-4 p.m. Museum will be open every Saturday from May 18-Sept. 7. 42 Moyer Street, Canajoharie.

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, call 518.568.7779, email fortklock@gmail.com or find us on Facebook.

May 19

2 p.m. The Charleston Historical Society will host "The Hidden History of the Mohawk Valley" presented by Bob Cudmore at the society's head-quarters on Polin Road in the Town of Charleston. Contact 518.829.7592.

May 21

Friends Speaker & Meeting. Contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or 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 "Watersong." 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

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.

The Canajoharie Area Memorial Day Service. Church of the Good Shepherd, 26 Moyer St., Canajoharie. 9 a.m.

May 28

NYS Canal Corporation Tugboat Naming Ceremony by New York State Canal Corporation. Free. 11 a.m. – 1 p.m. Riverlink Park, 2 Front Street, Amsterdam, NY. https://tinyurl.com/y4s7z6c6

May 30

Free film. "Undeterred". U.S. Border policy uses death as a deterrent to migration. Those who live on the border and those who cross it remain undeterred. 7 p.m. Van Alstyne Homestead, 42 Moyer St, Canajoharie. Discussion following the film. Refreshments will available.

May 31

7 p.m. Byron Nilsson and Malcolm

Kogut Present "Songs along the Mohawk" at Old Fort Johnson. A cabaret-style entertainment of songs from the 19th- and early 20th-centuries: Erie Canal songs, vaudeville numbers, temperance ditties, and even some of those Victorian-era ballads in which people drop dead for no apparent reason. Funded by Saratoga Arts with a Community Arts Grant funded by the NYS Council on the Arts. www.OldFortJohnson.org

June 1

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

Benefit for Teresa Conbeer. At Ephratah Road and Gun Club, 372 NY-67, Fort Plain. Chicken BBQ, 12-2 p.m. \$10. Trail Ride starts at 9 a.m.; registration at 8:30 a.m. — \$30. Call 518.993.3061 or Visit Teresa's Benefit 2019.

June 2

23rd Annual Rhubarb Festival: 1747 Nellis Tavern historic site, 7355 NYS Rt. 5 (east), St. Johnsville, NY. 11 a.m. – 4 p.m. Pie baking contest at noon with guest judges; lunch and rhubarb goodies available; raffle; free tours. Free concert for all ages by the Battenkill String Band: 1–3 p.m. Benefit by Palatine Settlement Society for restoration of 1747 Nellis Tavern. More info – Mary - 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

June 7

10 a.m. - 3 p.m. American Revolution Mohawk Valley Conference Genealogy Day at Fort Klock. For more information visit www.fortklockhistoric.org, call 518.568.7779, email fortklock@gmail.com or find us on Facebook.

Those who dare to fail miserably can achieve greatly.

John F. Kennedy



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Animal shelter holds **Annual BBQ Chicken** and Ribs fundraiser

by Rachael Takacs

On a chilly Wednesday afternoon, the Ayres Memorial Animal Shelter hosted its annual BBQ Chicken and Ribs Drive Thru at the Church of the Good Shepherd in Canajoharie. Teaming up with Brooks House of Bar-B-Q, the shelter's Board of Directors worked tirelessly to make the afternoon a

monetary success; as all proceeds were going towards benefitting the shelter and its programs, as well as the many animals that find refuge there.

Greeting guests was Treasurer Melanie Shibley and Member Julie Slaper. They directed the many hungry and eager guests that lined the street in their vehicles. Assisting these ladies with customer orders and running information back and forth was Recording Secretary Elaine Nalli and 1st Vice President Sue Stegich. When asked how the afternoon had gone thus far, Shibley stated, "We started selling before 3:30, and it's been steady ever since!"

Within the church, the smell of savory barbecue was prominent. And within the downstairs, President Joe Rosemyer, 2nd Vice President Dale Folmsbee, and Member Kim Gustafson were hard at work packaging meals for the incoming visitors. These meals included ribs or chicken, applesauce, macaroni salad, a roll, and a homemade cookie for dessert. Threehundred-fifty meals had been prepared thus far, and all three members were pleased with the turnout. "It's good!" exclaimed Folmsbee. "Each year it gets bigger and bigger! We have a lot of animal support groups. They keep us going. And it's all for the animals,

that's who we do it for." The Ayres Memorial Animal Shelter hosts many events throughout the year. These include Chinese Auctions, open houses, bowling and golf tournaments, bake sales, and fundraising dinners such as this one. For more information on these events, visit their website at: http://ayresanimalshelter.org/ or visit their Facebook page at: www.facebook.com/AyresMemorialAnimalShelter . To donate items to the shelter or to volunteer your time, please visit them at 133 Hilltop Rd in Sprakers. Your four-legged furry

friends will thank you.



(From left to right) Member Julie Slaper, Treasurer Melanie Shibley, and Recording Secretary Elaine Nalli discuss a cus-



Second Vice President Dale Folmsbee poses with many of the 320 prepared dinners.



President Joe Rosemyer and Member Kim Gustafson prepare another dinner for a hungry guest.

Photos by Rachael Takacs

How lawns benefit from aeration

Compacted soil can have a dramatic effect on grass. Compacted soil blocks oxygen, water and nutrients from reaching the root systems of the turf. That creates a lawn with weak roots, which make grass more vulnerable to disease and compromising its ability to withstand harsh weather, such as summer heat.

The buildup of thatch, which is a matted layer of grass clippings and other organic debris that collects on the top of the soil, is one indicator that a lawn could benefit from aeration, a process in which the surface of the lawn is perforated to break up compacted soil and allow oxygen, water and nutrients to reach root systems. Other signs that aeration may be necessary include patches of thin grass, brown spots and a high concentration of clay in the soil.

When faced with a lawn that could benefit from aeration, homeowners may wonder if such as task lends itself to DIY or if it's best left to professional landscapers. Aerating a lawn is not always easy, and typically it involves the use of one of three types of aerators:

• Core aerator: A core aerator uses hollow tines

to pull plugs of soil from the lawn. The plugs are left on the surface of the lawn. Homeowners can pick up the plugs or, according to the grass seed experts at Pennington, even leave them in the yard and allow them to break down.

- Spike aerator: The experts at Pennington note that spike aerators employ solid, spike-like tines to poke holes in the soil. These aerators leave the spikes in the soil. Some people wear spiked aeration shoes while walking around the yard to mimic the effects of spike aerators.
- Slicing aerator: According to Pennington, slicing aerators employ rotating blades that slice through thatch and down into the soil. These aerators leave the soil in the ground.

Aerators can be operated manually, though professionals tend to use motorized aerators. The machines are often heavy, so homeowners should consider their health and physical ability before deciding to aerate on their own. Hiring a professional landscaper who has experience aerating may the quickest and most effective way to restore a lawn to full health.

Great minds discuss ideas; average minds discuss events; small minds discuss people.

Eleanor Roosevelt



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Senior News Line

by Matilda Charles Senior\$afe Act lets banks call the cops

Congress took a big step last year to protect our financial interests. The Senior\$afe Act gives immunity to bank employees who call the authorities if they think a senior is being scammed. It's not quite that sim-

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ple, but that's the end result. Too often when seniors are being scammed, they go to the bank to ask about transferring or withdrawing large sums of money and wiring it to others. In scams, that can mean fake grandchildren or fake IRS employees who have scared us. It's estimated that seniors lose \$3 billion per year to financial exploitation.

Until now, the bank was unable to step in, even if it knew something was wrong, being told that privacy was more important than mere suspicions. Now certain bank employees, specially trained to identify questionable activities, will have immunity, or freedom from a lawsuit.

And it's not just banks. Other types of financial institutions also will be given this ability to help. Our investment advisers, brokers, insurance agents, credit unions and others also can train and designate certain employees to act. In return, the institution itself also gets immunity for the disclosure of private information to law enforcement.

That's not to say it's now required that banks and other institutions call the police if they suspect a senior is being financially exploited. Authors of the bill hope that by providing immunity it will encourage financial institutions to step up after they're trained.

A few states already have this protection against financial elder abuse, but now it's federal, and all states will need to follow the law. If enough financial institutions sign up for the program, it could go a long way toward helping seniors to avoid being victims.

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Charleston Historical Society begins 2019 programs

The Charleston Historical Society will be hosting its first program for the year on Sunday, May 19 at 2 p.m. – "The Hidden History of the Mohawk Valley." The program will feature guest speaker author Bob Cudmore.

Cudmore has written a newspaper column on Mohawk Valley history for the Daily Gazette for over 15 years and published three books about the history of the Mohawk Valley with The History Press. A radio and TV personality, he hosts "The Historians Podcast" online and on

air. He did a show on WVTL radio in Amsterdam from 2004 to 2014 and on WGY radio in Albany from 1980 to 1993. A former adjunct professor at the College of St. Rose, he worked in public relations for the State University of New York. He has an MA and BA from Boston University.

The program will entail stories from his latest book "The Hidden History of the Mohawk Valley." Cudmore will have his books available for purchase at the program.

The Charleston Histori-

cal Society's headquarters is the former First **Baptist** Church Charleston, located on Polin Road in the town of Charleston. Follow NYS Route 30A south outside of Fultonville to the town of Charleston. Take a right off Route 30A onto Polin Road to the Charleston Historical Society's headquarters.

Refreshments will follow the program.

The program is free and open to the public. For additional information about the program contact 518.829.7592.

by JoAnn Derson

- "If you have a flannelbacked vinyl tablecloth that gets a tear, don't throw it out. You can cut it into rectangles to line a shelf. Use a thin bead of glue at the edges to keep them down, and it makes a nice liner. You can even use squares between pans as a scuff guard." — T.A. in Ohio
- Washcloths with tags on them can be hung from an "S" hook on a towel bar. You can fit several, and they'll still dry as long as you hang them from the tag.

Now Here's a Tip

- Sewing machine tip from C.K. in Texas: "After you oil your machine, use a folded over paper towel to put a few stitches through. It will absorb any excess oil that is on the machine's surface or needle."
- Use a used fabric softener sheet to collect cat hair from areas where Kitty likes to nap — the back of the couch, fabriccovered chairs, etc. This also works on curtains that are regularly rubbed up against. Make sure you use a sheet that has already gone through the

laundry.

- "Idea for an old, unpaired sock: Insert a tennis ball and tie closed, then give to a dog as a toy." — R. in Oregon. (Here's another: Fill with clean, uncooked white rice and knot closed. Heat in the microwave for a hot pack to use on aching muscles.)
- Use an old toothbrush to clean out your combs or small brushes. Spray the comb with alcohol and then use the toothbrush to scrub it clean.

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Restore rusty tools

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Many people may be tempted to discard rusty tools that have gone unused and sat in a garage or shed for a significant period of time. But tools encrusted with rust do not need to be relegated to the trash bin, nor do gardeners have to toil for hours scraping and sanding off the rust. There's a much easier way to restore rusty tools that relies on a common household ingredient: vinegar. Pour vinegar into a deep enough vessel to submerge the metal part of the tool. Soak the tool overnight. The next day, use a scouring pad to rub off

If the tool is too big to fit into a can or bucket, simply wrap it with a vinegar-soaked rag and cover the whole tool with a tightly secured plastic bag. Follow the same procedure the next day. After all the rust is gone, rinse the tool in cool water and dry thoroughly. Then return it to regular usage.







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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.



New York state collecting tattered flag for proper disposal **May 26**

ALBANY, NY (AP) - Worn and tattered American flags can be dropped off at collection points all across New York state for proper disposal at an annual event over Memorial Day weekend.

Governor Andrew Cuomo says more than two dozen drop-off locations from Long Island to Buffalo are accepting flags through May 22. The Democrat is urging New Yorkers to bring their old national banners to these locations so the flags can be retired "properly with respect and honor."

The state Office of General Services will collect the flags. They'll be taken to the New York State Fair outside Syracuse, where they'll be disposed in a bonfire during the May 26 Memorial Watchfire organized by a local chapter of the Vietnam Veterans of America.





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To Your Good Health

by Keith Roach, M.D.
Blood pressure drops
when he stands up

Dear Dr. Roach: Will you write about orthostatic hypotension? I've been told I have this disorder. I'm a retired 86-year-old man in fairly good medical shape. I want to regain my regular activities.

My regular doctor put me on labetalol. I think he is researching this a bit himself. This apparently is not a frequent problem. I have found articles about it on the internet, but the medical language is not easy to understand. — R.T.F.

Answer: "Orthostatic hypotension" literally means "low blood pressure on standing upright." It is a symptom, not a diagnosis. There are many medical conditions that can lead to the symptom of orthostatic hypotension, but many people, especially those over 65, have no discernable cause that can be found.

On standing, the blood pools in our veins, and the heart and blood vessels need to rapidly adjust to prevent blood pressure from falling too much. Even a brief drop in blood pressure can lead to a sensation of lightheadedness, and to fainting if it is more severe and prolonged. Normally, blood pressure drops about five points, but the body compensates by increasing heart rate and by constricting blood vessels.

As we get older, our body's ability to adapt to rapid changes in position can diminish. Medications, especially beta blockers and antidepressants, interfere with the body's coping mechanisms. So I am surprised that your doctor is trying labetalol, since it is both a beta and alpha blocker, and it is one of the most notorious causes of orthostatic hypotension. But it can be difficult in older people with high blood pressure to find a medicine that doesn't

make orthostatic hypotension worse.

Some general advice may be of benefit. First, don't try to get up too quickly. If lying down, sit up for a few minutes before trying to stand, to give your body time to adapt. If your doctor says it's okay, increase salt and water intake.

In your case, it might be worth finding someone, like a hypertension expert or a cardiologist, with more expertise in managing orthostatic hypotension. I assure you it is far more common than you might think.

Dear Dr. Roach: I have been experiencing shortness of breath whenever I vacation and walk in the mountains. I was a smoker, but I quit 31 years ago. My doctor sent me for the lung capacity breathing test, and I passed with flying colors. The technician said my number was one of the highest she has seen. This concerns me. Why is it happening? — N.L.

Answer: I have two concerns. The first is that lung capacity is a measure of just what it sounds like — how big the lungs are. When the technician says it's among the biggest she's seen, I worry that it's too big. An elevated lung capacity can go along with emphysema, which can be related to distant smoking or can be due to a condition called alpha-1 antitrypsin deficiency. Emphysema can be diagnosed by other components of pulmonary function tests, particularly a test called the DLCO, and confirmed by X-ray or CT.

However, breathing problems also might indicate heart problems and anemia, so you might need another visit. On the other hand, there is less oxygen in the thin mountain air, so some degree of shortness of breath might not be abnormal.

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Husqvarna Mower Sale! zero-turn z248, prices start at \$3,199. Lawn tractors WT42SLX, prices start at \$2,699. Trimmers, chainsaws, push mowers in stock. Financing available. Randall Implements. 2991 St. Hwy 5S Fultonville 518-853-4500

SELF-INKING STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or commercialprint@leepub.com

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Mohawk Valley Country Editor

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

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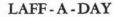


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Just Like Cats & Dogs by Dave T. Phipps THE GOOD NEWS IS WE'VE PERFECTED TIME TRAVEL, THE BAD IS AFTER 47 ATTEMPTS, THERE IS NO WINNING





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"Gimme a little shove."

20 • May 18, 2019

Dining, Entertainment & Celebrations



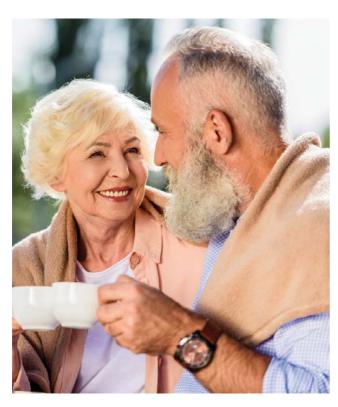
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American Revolution Mohawk Valley Conference

The Fort Plain Museum's fifth Annual American Revolution Mohawk Valley Conference will be held on June 6 - 9.

The American Revolution Mohawk Valley Conference celebrates its fifth year with more speakers. Pre-registration is required. Visit www.fortplainmuseum.com/conference for conference registration and information.

We have a great line-up of 12 notable historian/authors presenting on a wide variety of topics related to the American Revolution. Presenting this year are:

- David L. Preston First in Peace: The Delaware Indian Nation and its 1778 Treaty with the United States
- Eric H. Schnitzer Benedict Arnold at Saratoga: How a Newly Discovered Letter Changed History
- Mark Edward Lender The Plot Against General Washington: The Conway Cabal Reconsidered
- James Kirby Martin The Man Who Wouldn't Be King: George Washington, an Exceptional Revolutionary Leader
- Holly A. Mayer Women at War: Continental Army Followers
- John Buchanan The Road to Charleston: How Major General Nathanael Greene Dealt with Logistics, Savage Civil War and Politics in the Carolinas and Georgia
- Bruce M. Venter Defending the Mohawk Valley: Forts and Homes Illustrated by Rufus Grider's Art Work
- Glenn F. Williams Beyond the Mohawk: The Battles of Newtown and Groveland (240th Anniversary)

- Albert Louis Zambone The Rewards of Persistence: Daniel Morgan in the Saratoga Campaign
- Tony Williams George Washington & Alexander Hamilton: A Revolutionary Relationship
- Christian Di Spigna Founding Martyr: The Life and Death of Dr. Joseph Warren, the American Revolution's Lost
- Douglas J. Pippin The American Revolution in the St. Lawrence Valley

We also welcome back the voice of the Mohawk Valley, Bob Cudmore, who will serve as Master of Ceremony.

Genealogy Day - Friday, June 7

Visit Mohawk Country historic sites (sites, schedules and admission fees will be posted separately). Sites will have presentations or historians on hand to discuss the families that fought on both sides during the American Revolution.

An Incident at Caughnawaga -Fundraising Dinner, Saturday, June 8

Join Mohawk Valley Historian Norm Bollen as he describes the "Incident at Caughnawga" that ignited the Revolution in the Mohawk Valley in 1775. This incident includes neighbor against neighbor, an angry mob and a Loyalist sheriff shooting at the rebels. The dinner includes a choice of one of three entrees with sides, salad and dessert. There will also be a cocktail hour with cash bar.

We do have a few seats left for each of the bus tours; call 518.774.5669 for de-



Motorcycle Safety and Awareness Month

The month of May has been designated Motorcycle Safety and Awareness Month for two decades. As temperatures warm, Montgomery County Public Health would like to remind vehicle drivers to "share the road." As the presence of motorcycles increase, motorists and motorcyclists must unite in the safe sharing of roads.

According to the National Highway Traffic Safety Administration, in 2016, there were 5,286 motorcyclists killed in traffic crashes, a 5% increase from 2015. Motorcyclist fatalities occurred nearly 28 times more frequently than passenger car occupant fatalities.

This reminder is to motorists to be aware of motorcyclists. It's also a reminder to motorcyclists to keep their equipment in good working order and ride safely.

General tips for motorcyclists:

- Make sure you are properly licensed, practice operating your motorcycle and be sure your motorcycle is safe.
- Check tire pressure and tread depth, hand and foot brakes, headlights, signal indicators, mirrors and fluid levels. Also check for oil or gas leaks.
- If you're carrying cargo, you should secure and balance the load on the cycle,

and adjust the suspension and tire pressure to accommodate the extra weight.

- If you're carrying a passenger, they should mount the cycle after the engine has started, sit as far forward as possible and keep both feet on foot rests at all times. Tell your passenger to hold on firmly to your waist, hips or belt; keep movement to a minimum; and lean at the same time and in the same direction as you do.
- Always wear proper protection, and a Department of Transportation-approved helmet.

General tips for vehicle drivers:

- Motorcyclists have the same rights on the road as any motorist. Allow the motorcycle full width of a lane at all times.
- Always use turn signals when changing lanes or merging into traffic.
- Check mirrors and blind spots before changing lanes.
- Allow more follow distance (three to four seconds) when behind a motorcycle.
 - Look twice before pulling out.

Motorcycle riding is a popular form of recreation and transportation and the popularity increases each year.

Always drive and ride responsibly, obey traffic laws and never ride distracted or impaired.

Rethink your kitchen layout

Kitchens are the most popular rooms in many homes. Even though The U.S. Bureau of Labor Statistics states the average person spends just 68 minutes each weekday consuming food, and around 37 minutes preparing meals, the kitchen is not just a spot for food. It also is a gathering place for conversation, homework and family time.

In recognition that so much time is spent in this heart of the home, many people are embracing some of the more popular trends concerning kitchen layouts to maximize the comfort and efficiency of these rooms.

Communal zones

Unlike the days of yore when the kitchen was utilitarian, today's home floor plans make kitchens a focal point of a home. Food preparation also is no longer a solitary task. Thanks to larger kitchen footprints and multiple zones set up for meal creation, a greater number of people can hang out in the kitchen and help with meals. You'll find multiple sinks, large islands and more counter space are key components of modern kitchen layouts.

Dining nooks

Kitchen designs are bringing back banquette seating in a cozy nook. This design is a practical use of space, and can fit in large and small kitchens alike. It also can give a kitchen a high-end look, as built-in banquettes can highlight a bay window or seem custommade for the space. Banquette seating can fit a number of people comfortably and provides a sensible and casual dining spot solution.

Family table

The trend experts at Southern Living magazine indicate that formal dining and living rooms are now used infrequently. As a result, kitchens have evolved to accommodate meal prep and dining. A large family table in the center of the room brings people into the kitchen to get more involved with food, according to San Francisco designer David Kensington.

Counter culture

Taking a page out of a favorite corner diner or bar, kitchens are increasingly outfitted with a large island flanked by chic counter stools, according to the design pros at Domino. Family members can pull up a stool and grab a quick snack. It's also a great place for friends to engage in conversation while a host or hostess prepares cocktails and appetizers for an evening soirée.

Work zone

Many families like to have an area of the kitchen set up as a tech zone where kids can do their homework and even parents can do some work, such as paying bills. Setting aside an area of counter space as a small desk area can be a great idea. Such areas also help parents keep a watchful eye on children while they're surfing the internet.















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Village of Palatine Bridge Village Wide Clean Up

JUNE 4, 2019

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(NOT FOR BUSINESSES)
THE FOLLOWING RULES MUST BE FOLLOWED

- 1. NO TIRES, PAINT CANS WITH PAINT, BATTERIES OR DEMOLITION MATERIALS, INCLUDING BUT NOT LIMITED TO BRICK, WOOD OR DRYWALL WILL BE PICKED UP.
- REFRIGERATORS, FREEZERS AND AIR CONDI-TIONERS MUST BE PROPERLY TAGGED TO SHOW THAT FREON HAS BEEN REMOVED. DOORS MUST BE RE-MOVED FROM REFRIGERATORS AND FREEZERS.
- 3. TRASH SHOULD BE PLACED IN AN AREA NOT TO EXCEED 8 FEET LONG BY 5 FEET WIDE AND 5 FEET HIGH. MULITI-FAMILY DWELLINGS ARE SUBJECT TO ONE SUCH PILE. TRASH IN EXCESS OF THE REQUIREMENTS WILL BE LEFT AND BE THE RESPONSIBILITY OF THE HOME OWNER.
- 4. TRASH SHOULD BE PLACED AT THE CURB BETWEEN THE HOURS OF 5 PM AND 11 PM ON JUNE 3RD. PLEASE DO NOT PLACE TRASH OUT PRIOR TO THIS DATE.



MOHAWK VALLEY COUNTRY EDITOR **22** • May 18, 2019

Three ways to cut the costs of owning a vehicle

When buying a new vehicle, many consumers are fixated on sticker

prices. And that's understandable, as the automotive resource Kelley Blue Book noted that in March 2018, the average transaction price for light

vehicles purchased in the United States was more than \$35,000.

But as any veteran vehicle owner knows, the costs of owning a car or truck go beyond sticker price. Maintenance, insurance and fuel are

commitment. Many drivers finance their auto purchases with loans from the bank. When loans reach maturity, or if drivers pay the loans off early, only then are they free from monthly payments. But over the years

cle. Parents cart kids around town in minivans or SUVs that have the capacity to hold sports gear, musical instruments, etc. But if the kids are out of the house or still under your roof but now behind the wheels of their own



9.500



Driving is a necessity that does not come cheap. But there are many ways for motorists to reduce the costs of vehicle ownership.

some of the additional expenses that are part of owning a vehicle. And while it can be hard to get dealers to lower a sticker price, drivers can take other steps to reduce the cost of owning a vehicle.

1. Make a long-term

many drivers have equated the maturity dates on their auto loans with a time to buy a new car, essentially starting the process all over again. By resolving to keep their cars once their loans are paid off, drivers are making a long-term commitment to their vehicles and saving some money along the way. Even keeping a car that required a \$400 monthly loan payment for one year after paying the loan off can save drivers nearly \$5,000 in loan payments, and even more if drivers reduce their insurance coverage once the vehicle is officially theirs.

2. Downsize your vehi-

car, consider downsizing to a small vehicle. Small vehicles are typically less expensive to purchase, and they won't cost as much to insure or fill up at the gas station.

3. Skip the bells and whistles. Today's drivers may want their cars to be mobile offices and entertainment centers outfitted with all the latest gadgets and accessories. Though such accessories might be nice, they aren't necessary to get you from point A to point B. When buying a new car, buy the base model or one step up from the base model, which could save you thousands of dollars right off the bat.



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Pre-Owned Deal of the Week



2017 Hyundai Elantra GT

Stk#P2017, 38k mi.

\$13,680 • \$188



Γ	Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.	Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
	19178A	2018	Mitsubishi	Outlander ES	19k	\$19,990	\$289	P2067	2016	Jeep	Cherokee Trailhawk	18k	\$28,990	\$434
	P2031	2018	Toyota	Tacoma Dbl. SR5	30k	\$30,990	\$466	P2065	2016	Toyota	Camry LE	6k	\$18,490	\$265
	P2064	2018	Dodge	Gr. Caravan GT	36k	\$19,990	\$289	P2066	2016	Toyota	Camry LE	15k	\$17,990	\$257
	19178A	2017	Nissan	Titan SL Crew	12k	\$36,990	\$579	P2060	2016	Toyota	Highlander LE	32k	\$26,990	\$402
	P2032	2017	Toyota	Highlander LTD	26k	\$34,990	\$535	18902A	2015	Jeep	Cherokee LTD AWD-loaded	23k	\$21,540	\$314
	P2040	2017	Toyota	Tundra Dbl Cab	18k	\$28,990	\$434	19259A	2015	Mazda	CX5 Touring	82k	\$14,499	\$201
	19340A	2017	Hyundai	Santa Fe Sport	21k	\$18,990	\$281	P2030	2015	Toyota	Avalon XLE	26k	\$20,990	\$305
	19381A	2017	Toyota	Tacoma Dbl. Cab Sport	49k	\$30,990	\$466	181048A	2015	GMC	Sierra Ext. Cab SLE	34k	\$28,990	\$434
	19336A	2017	Ford	Fiesta	30k	\$11,490	\$153	19378A	2015	Toyota	Prius II	28k	\$16,990	\$241
	P2021	2016	Toyota	Rav4 XLE Hybrid	35k	\$23,990	\$354	19360A	2015	Toyota	Tundra Dbl. Cab SR5	46k	\$28,990	\$434
	P2010	2016	Toyota	RAV4 XLE	37k	\$21,990	\$321	18350Z	2015	Chrysler	300	37k	\$20,590	\$299
	P2003	2016	Toyota	Corolla S	44k	\$15,990	\$225	18999B	2013	Ram	1500 Big Horn	57k 53k	\$25,990	\$386
	P1971A	2016	Jeep	Cherokee Latitude	50k	\$19,990	\$289				· ·		' '	
	P2028	2016	Hyundai	Tucson Sport	43k	\$18,499	\$265	19328A	2014	Nissan	Rogue S	62k	\$14,990	\$208
	19266A	2016	Chevy	Trax LT AWD	50k	\$14,990	\$208	P2062A	2014	Honda	Odyssey LX	63k	\$15,490	\$216
	P2041	2016	Toyota	Camry SE Roof, Nav.	38k	\$18,490	\$265	P2025A	2014	Ford	T-Bird Convertible	80k	\$12,990	RARE!
	19392A	2016	Subaru	Outback	32k	\$22,990	\$337	18732A	2014	Toyota	RAV4 XLE	70k	\$16,990	\$241
	P2069	2016	Toyota	Corolla LE	26k	\$15.990	\$225	19239A	2013	Nissan	Quest	45k	\$11,883	\$159
	P2068	2016	Toyota	RAV4 LE	24k	\$21,990	\$321	P2056A	2013	Chevrolet	Equinox LS AWD	87k	\$10,990	\$145
				*Model Year 2010 and Newer - 7	2 mos. @ 4	.99%, 2009	and Older 60 mo	os. @ 6.99%. S	\$1999 Dow	n. Must be Cre	dit Qualified. Taxes & Fees Extra.			

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