

# Mohawk Valley Country Editor

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June 8,  
2019

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**NELLISTON ROCKS**  
 We are currently looking for private donations, to redo the rocks spelling "NELLISTON" on the hill in our park on Rt. 5, which will cover the expense of the materials. As you know the Emergency Response Helicopter lands in our park for critical emergency airlifts. Our name on the hill gives them aerial guidance and for the community a sense of value for our village. All funds will go strictly to the NELLISTON park lettering. If our name on the hill is important to you, please take a minute and send or call me with a private donation, no credit cards.  
 We are also looking for people, Friends of Nelliston, who love and care for our village to join us to help with community projects.  
 Thank You, Sarah Yerdon  
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## Third Annual Cherry Valley Outdoor Games

The Third Annual Cherry Valley Outdoor Games will be held June 14 - 16 at the Cherry Valley Alden Field Center, 2 Genesee St., Cherry Valley.

Show hours are:

- June 14: noon - 10:30 p.m.
- June 15: 8 a.m. - 10 p.m.
- June 16: 8 a.m. - 5 p.m.

The Third Annual Cherry Valley Outdoor Games is a free, family-friendly weekend. Join us this Father's Day Weekend. The games feature a Fierce Lumberjack Competition with the best athletes in the country. This year we are also featuring a 5K run. Stop in at the archery shoot or cornhole tournament. Take a stroll around the grounds and check out the car show, taste some barbecue from our contestants and visit our large selection of vendors - and much more. It's sure to be a fun weekend for the whole family. See [cherryvalleyoutdoorgames.com](http://cherryvalleyoutdoorgames.com) for the complete schedule.

For more information email [cwatbeau@gmail.com](mailto:cwatbeau@gmail.com) or check out [facebook.com/northeastqualifier](https://facebook.com/northeastqualifier).

## Make good use of your final days as a student as graduation nears

Graduation is the culmination of a lengthy journey students take in pursuit of their academic and professional goals. As graduation day draws near, it can be tempting for students to take their foot off the gas and spend their time having fun with their fellow students

before everyone goes their separate ways. Such an attitude can derail years of hard work. Though the temptation of celebrating with friends may be hard to resist, the following are some ways prospective graduates can stay on course as graduation day draws near.

- Maintain your academic focus. It can be easy to get caught up in upcoming celebrations and the next chapter in your life, but students should stay the academic course until their final day in the classroom. Keeping grades up is important, as no one wants to put graduation at risk when it is so close.

- Familiarize yourself with your school's guidance office. Guidance counselors often provide information on coursework and future schooling options, but they can guide you in other ways as well. Some guidance offices double as career placement services, helping students prepare résumés, cover letters and portfolios. Some also help students with career assessments that can guide them as they look to begin their ca-

reers as professionals.

- Gather some references. The organizers behind the Sales Innovation Expo, a professional networking gathering, indicate that 85 percent of jobs are filled through networking. Begin talking with all of the people you can, particularly during internships or volunteer opportunities. Contact trusted confidantes, be it current or former supervisors and professors, to serve as references.

- Have an idea of your next steps. It's not necessary to have everything mapped out just yet, but you should have a good idea of whether you're going on to more schooling, taking a vocational career tract, entering the workforce, or even taking some time to travel. Create a road map on paper showing where you want to be and when.

- Plan for some downtime. After all of this hard work and dedication, set some time aside after the graduation celebration to recharge your batteries. Some time off can help you focus on the future when you're rested and ready to approach new goals.





## Paw's Corner

by Sam Mazzotta

### Lab ignores owner when water beckons

**Dear Paw's Corner:** Near my house is a fenced park with a pond. When no one else is in the park, I'll let my black Lab, Kerry, off of his leash to run free for a few minutes. However, he tends to run straight into the pond for a swim and won't come when I call him (he normally is very obedient). Then he's muddy and gross. What can I do to teach him to stay away from the water? – Eric S., Kissimmee, FL

**Dear Eric:** Let me get this straight. You have a black Labrador Retriever, you're walking him next to a body of water, and you don't want him to jump into that water?

That's a really tough order for Kerry to follow. Labs love water. They adore it. Natural bodies of water are their second home. (Baths are not so well-loved, unfortunately.) When you let him off his leash next to a pond, you've given him the biggest treat of his day.

So it's really hard for him when you call him back, and he probably gets very willful. There's a disconnect happening that is confusing for him: Ultimate happiness by splashing in a pond makes his papa unhappy. He's not sure what to do.

If you want a dog who's always obedient and also stays clean, then Kerry has to stay on a leash in this park. If you want a dog who's happy, give Kerry some water time. Maybe that water has to be somewhere else a little less muddy. Maybe you'll have to resign yourself to rinsing him off after time in the park. But find a middle ground where both of you are happy.

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# GARAGE SALE

**CLEANING OUT SALE:** JD lawn tractor, push mower, two new engines, toys, men's women's clothes 4XL, wood-crafted items, antiques, household goods, too much to list. 643 State Hwy. 163 Ft. Plain. Friday, Saturday, Sunday June 7th-9th.

**BARBARA'S GARAGE SALE:** (Glorified Junk) Route 29, between Rockwood & Johnstown. Every Saturday & Sunday, 10am.

**GARAGE SALE** 8 Glen Ave, Little Falls. June 8th and 9th, Saturday and Sunday 9am-3pm. Loveseat glider, snowblower, gas grill, picnic table, housewares, something for everyone.



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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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**OPEN HOUSE**

(2007) 64 Hancock St, Fort Plain: **Open Saturday, June 22nd from 9-11.** Fairly priced 3 BR village home near bike path. Recently painted interior in good shape. Hardwood floors. Open staircase. New windows. Vinyl sided. Enclosed front porch. Great side lawn where wild life abounds. Last house at the village limits. **Worth checking out for \$60,000**

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## Tales from the Minden History Whisperer

### Sunday cruise of the Margaret D. from Fort Plain to Mindenville on the Mohawk River

The *Margaret D.* weighed anchor at 10:10 a.m. on Sunday, July 30, 1936 and headed west on a cruise bound for Mindenville from Fort Plain. Commodore George Duffy was in command with Captain Lasher at the wheel. First Mate Frank Selwood, Purser James L. Hagar, Chief Engineer Thomas Temple, Radio Operator Howard B. Gray, Boatswain Douglas Ayres Jr. and Alice Gray, cook, comprised the crew. Two members of the crew were absent on shore leave.

The Abeel Island Game Refuge was sighted off the starboard bow. On a promontory, jutting from the mainland, Byron "Lovey" Nellis was sighted casting for tarpon and tuna. The captain blew a salute on the ship's whistle and rang the bell. "Lovey" replied in Morse

code (Nelliston version). The Garoga Creek mouth was soon passed on the starboard and was soon astern. Commodore Duffy and Purser Hagar went below and went into executive conference at 10:45 a.m. Radio Operator Gray released the result of this conference on short wave broadcast to the Fort Plain Seaplane Base.

A reconnoitering seaplane, under command of Ned Greene, was immediately dispatched by Admiral Hudson from the base and reported the Mohawk River was reasonably free of debris as far as Mindenville. Commodore Duffy ordered the vessel to proceed from this point at half-speed. Several fast moving craft were passed near East St. Johnsville, causing some delay owing to reduced speed.

Near Mother Creek,

Chief Engineer Temple put all hands to the pumps and cleared the holds of bilge water. The sloop Cora dipped her ensign in salute at St. Johnsville Harbor. First Mate Selwood observed a large boulder in mid-channel, west of St. Johnsville, and marked the spot with a lighted buoy. A delicious meal was served by Cook Alice Gray. The ship then proceeded in a westerly course at 5 knots.

The *Margaret D.* was met at Mindenville by Customs Officials, who had been hiding in the old river channel disguised as fishermen. What might have proved to be a marring incident to the voyage was skillfully handled by Purser Hagar, who convinced the government men that certain important goods, in the possession of Radio Operator Gray, had previously passed through Customs at Spraker's Basin. Sealed orders were opened by Boatswain Doug Ayres at this time and he blew his whistle for all hands to

stand by. Captain Lasher brought the ship about, and Engineer Temple cast anchor.

At the Mindenville Lock, Commodore Duffy ordered his craft to return to her mooring at the Fort Plain Yacht Club. Boatswain Ayres seized a pike and fended off the wharf as Captain Lasher skillfully brought her into port. Admiral Pres Hudson and First Mate Sitterly assisted with the shore lines.

The next voyage was expected to include a one-night stop-over at Indian Castle and exploratory navigation of Nowadaga Creek. When the *Margaret D.* returned to port, John O'Day (the First Officer of the *Margaret D.*) was observed standing in the boat house with his baggage all ready for the cruise which had just ended.

Purser Hagar had a wireless message sent to him in time for him to arrive for the voyage but he was in the land of dreams. And so ends the tale of the Mindenville cruise of the *Margaret D.*

**Robert C. Carter, Town of Minden Historian**

The fool doth think he is wise,  
but the wise man knows  
himself to be a fool.  
William Shakespeare

**HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

**Weekly Sales Every Monday approx. 11:30 with Misc. & Small animals followed by Dairy & Livestock**

**Mon. May 27th** – Sold 280 head, Cull ave. \$.56 top cow \$.69, Beef breed cull cows ave. \$.69 top cow \$.83, Organic cull dairy ave. \$.90 top cow \$1.06, Bulls/Steers \$.85 - \$1.02, Organic Bulls/Steers \$.90-\$1.01, Bull calves top \$1.25 beef calf top \$1.90, heifer calves top \$.55 - top beef calf.

**Mon. June 10th** - Normal Monday Sale & Monthly Heifer Sale. Special: A really nice Reg. Swiss fresh 4/25/19 looks great! And a group of Reg. Heifers all ages to breeding age.

**Mon. June 17th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig sale

**Mon. June 24th** - 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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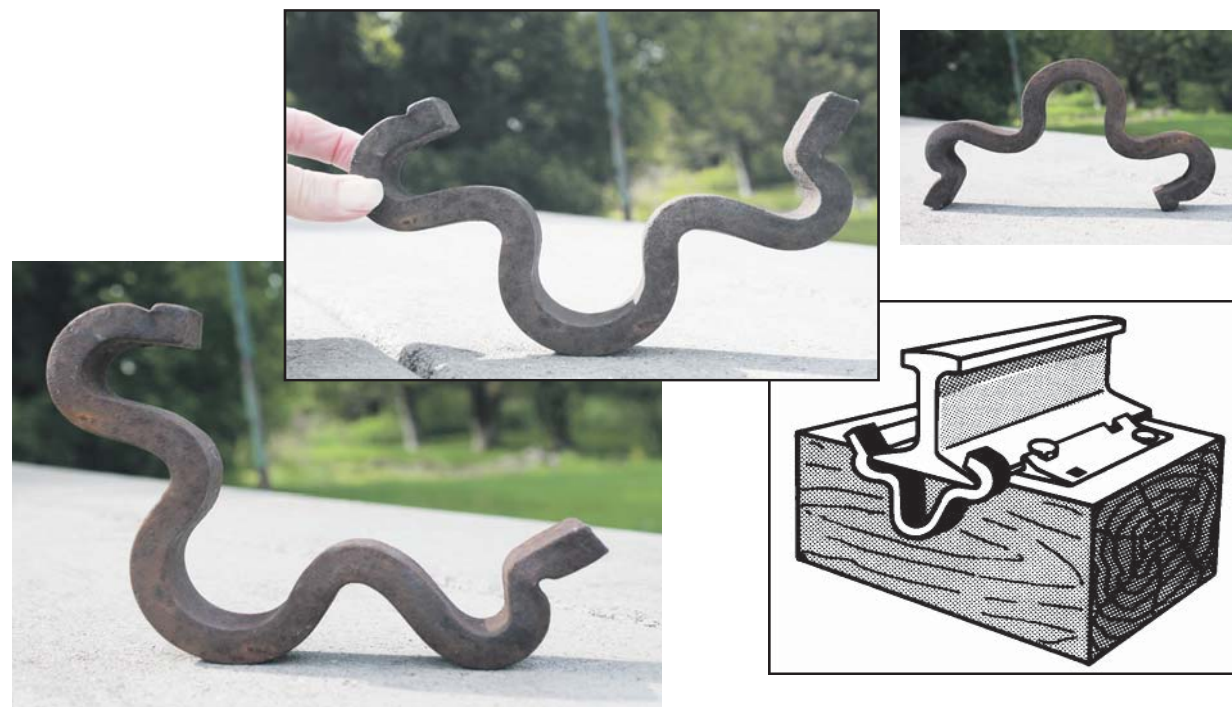
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## Whatchamacallits



In keeping last week's theme, I asked hubby for a few more railroad-related Whatchamacallits — an easy task in our household — and he kindly obliged.

Rest assured, this item was not taken off the line, but was found alongside the tracks after the maintenance crew was finished replacing ties.

Our Whatchamacallit this week is a rail anchor or track brace. There are several types and this one is a Unit V rail anchor. Their purpose is to keep the rail from sliding or creeping lengthwise over the tops of the ties. This could occur due to the downward thrust of a moving or braking train, traffic patterns on the line or excessive change in temperature.

The anchors are made in one piece from spring steel and are clamped onto the base of the rail, snugged up against both sides of the tie and are generally used on both rails. According to railwayfasteners.com, a 39-foot long section of rail would require eight sets of rail anchors for level track and if working on a grade (hill), more should be used.

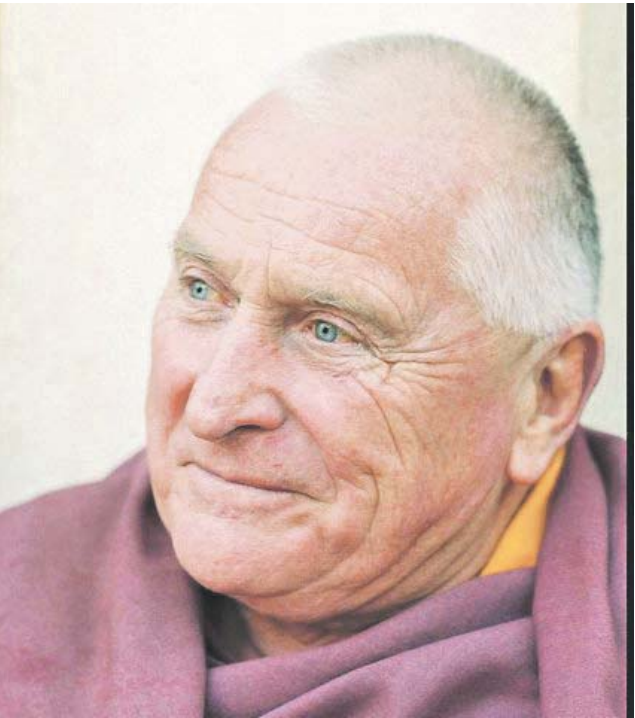
**Do you have your own Whatchamacallit?**

Send a photo and short description to [csuo@leepub.com](mailto:csuo@leepub.com) or call Colleen at 518-673-0145



# Learn to meditate at the Fort Plain Free Library starting June 4

FORT PLAIN – Learn how to “make friends with your mind” as the Fort Plain Free Library hosts a three-week introductory course in meditation for adults and youths aged 16 and up. Fort Plain resident Harold Rolls, a Tibetan Buddhist monk who was in Pullahari, Nepal, for over 20 years, will facilitate the program, slated for three consecutive Tuesdays starting June 4. Each free session will take place from 6 - 7 p.m. Rolls, whose spiritual name is Lama Tenzin Yongdu, said that each class will consist of meditation and discussion.



Tibetan Buddhist monk Harold Rolls (spiritual name Lama Tenzin Yongdu).

## Lippitt Morgan Breeders Association and Morgandy Farms hosts first Lippitt Morgan Horse Field Days

by Rachael Takacs

On a beautiful, breezy Saturday afternoon, Morgandy Farms in Fort Plain hosted its first ever Lippitt Morgan Horse Field Days. Sponsored by the Lippitt Morgan Breeders Association (LMBA), the event intended to introduce the Lippitt Morgan horse to the public as well as familiarize them with what the horse is capable of and what makes it a unique breed. In addition, the event was created to inspire horse enthusiasts of all ages to be involved as much as possible with the Lippitt Morgan horse breed.

The event itself was hosted by the owner of Morgandy Farms, Wendy Ayres. Ayres is an avid member of LMBA and has been breeding old-type Morgan horses for 62 years. She has also foaled over 100 Morgan horses throughout her lifetime. She currently owns 29 Morgan and Lippitt Morgan horses and has resided at Morgandy Farms since 1991.

LMBA President Laura Bapp was on hand to explain about the association, the Lippitt Morgan breed and the event. She said the LMBA was a non-profit association established in 1995 and consists of a small group of people who have bred the old-type Morgans. LMBA's goals are to preserve and raise awareness about the original Lippitt Morgan breed as well as to teach others about preserving and caring for the breed.

When asked about the origination of the event, Bapp stated “We are helping Wendy. She has Lippitts too of

Participants can expect “a little bit of background – some context – as to what meditation is,” said Rolls, noting that they will also learn how to meditate. “The class is for people who want to learn to meditate and to have guidance in meditation.” While he'll be approaching meditation from a Buddhist standpoint, the course is ecumenical. He said, “Meditation is universal. Fundamentally, it's a spiritual journey. It's not something you do, it's a practice. It becomes a way of life.” Benefits of meditation include learning how to calm oneself, he said. “When we get hurt, angry or jealous, our minds take over and control us.

When you ‘make friends’ with your mind, you're not intimidated by your feelings. You can work with that energy in a positive way.” To register or 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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Aristotle

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## LIPPITT from 7

the Lippitt Morgan breed. We came here and had our spring meeting. Usually the events are in Vermont, and we wanted to have something in New York State to draw different people to come see the old-type Lippitt Morgans, so that's why we decided to have an event here. It's our first Lippitt Morgan Field Days!"

Bapp was thrilled with the turnout of the event. "We have a lot of young people here, which we were hoping to get to show them horses and what they can do," she said.

Also in attendance was the director of the LMBA, Joy Smith, owner of Weathermont Farm in Springfield, VT, as well as the famous Weathermont Ethan, a Lippitt Morgan stallion who has won over 300 trophies and ribbons in categories including jumping, dressage, saddle-seat, road hack, carriage driving and in-hand classes. Weathermont Ethan was honored as the champion of the Justin Morgan Standard Class in 2012, with a Breyer figurine being molded in his likeness in 2014. Smith showcased this figurine at the Field Days, and said the figurine would be given away in the afternoon raffle drawing.

As the LMBA hoped, they drew in many eager youngsters. Children could participate in visiting with different horses on the farm and had the opportunity to let the horses nibble hay from their hands. They also were given coloring pages, photo opportunities and miniature tractors to play on. Many parents expressed how impressed they were with the event. Ashleigh Downes and her daughter Lexis, 7, attended. Downes said, "I like the event! I think it's nice and is a good opportunity for

people to learn about horses and to see what happens on a farm."

In addition to children's activities, the event offered free ice cream, courtesy of Stewart's Shops. Herkimer County 4-H Educator Wendy Richardson and Herkimer County 4-H member Ahna Brackett, 9, served the ice cream. The Herkimer County 4-H also manned the event's free raffle. Consisting of an adult and child prize drawing, everyone had a chance to win a prize. Gabriana's Pizza and Pasta food truck was on site to provide customers with a slice of hot pizza too.

Many demonstrations were performed throughout the event, presented by Wendy's husband Kenneth Ayres. Included in these demonstrations was Morgandy's Raven, a 12-year-old Lippitt Morgan mare, led by volunteer Kristy Downes. Also included in the afternoon demonstrations was Jaspur Moro, a Lippitt Morgan mare owned by Judy Hinman. Hinman hails from Amberfield's Morgans in Brookfield, NY. Jaspur Moro was accompanied by her colt, Amberfield's Top Gun, owned by Melissa Sproule. Ayres awarded Hinman with a certificate, thanking her for traveling so far to share the two horses with the public, and for her marvelous imprint training on the young colt.

Hinman was grateful for the opportunity to participate, stating, "Thank you to the Ayres family for having this beautiful event. And I thank the weather for being nice also! It was great to visit with a lot of people, and to show them what our Lippitt Morgans can do. I love sharing my Morgans."

For more information on the Lippitt Morgan breed and to learn more about the LMBA, visit [lippittmorganbreeder-sassociation.com](http://lippittmorganbreeder-sassociation.com).



Volunteer Kristy Downes leads Morgandy's Raven.

Photo by Rachael Takacs



HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Picture is hanging vertically. 2. Clock is big-bow. 3. Picture on boy's shirt is missing. 4. Baby's hair is missing. 5. Drapes are wider. 6. Knob is missing from lamp.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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King Crossword

ACROSS

1 Cookie container  
4 Pen point  
7 Castle protector  
11 Quite eager  
13 Bobby of hockey lore  
14 Ames' state  
15 Curtain-like membranes  
16 Name in China's history  
17 Masticate  
18 Extemporize  
20 19th Hebrew letter  
22 Arrest  
24 Stay informed  
28 Waistband material  
32 Aircraft  
33 Mary's pet  
34 Twitch  
36 Helper  
37 Prom-goers' rides  
39 Desert  
41 Mall units  
43 Droop  
44 Solemn pledge  
46 Border shrubbery  
50 — En-lai  
53 Be sick  
55 Lounge  
56 Ladder step

DOWN

1 Coffee  
2 Elderly  
3 Hot dog holder  
4 — de plume  
5 Mideastern nation  
6 Stream  
7 "Pieta" artist  
8 Reaction to fireworks  
9 Emotion eliciting  
10 Caught sight of, to Tweety  
12 "Blue Boy" artist  
19 Cudgel  
21 Energy  
23 Morsel  
25 Settled a bill  
26 Loosen  
27 Hammerhead part  
28 Right angles  
29 Cafe au —

30 Bullets et al.  
31 U.S. spy org.  
35 Letterman's network  
38 Sailor's domain  
40 "That feels so good!"  
42 Workers  
45 Hastened  
47 Puts on  
48 Merriment  
49 Otherwise  
50 Weep  
51 Coloration  
52 — budget  
54 Meadow

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Mega Maze

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Americanisms

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"If you think hiring a professional is expensive, wait until you hire an amateur."  
— Red Adair

LAFF - A - DAY

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"No wonder there's such a shortage of surgeons. Look what they have to go through."



## The Fort Klock Historic Restoration hosts Opening Weekend

by Rachael Takacs

The Fort Klock Historic Restoration Opening Weekend began with blue skies and warm sun as reenactors prepared for the day's schedule. It was shaping up to be a very exciting and long day, as many interesting events and activities were planned.

The morning began with welcoming announcement from Lisa Emden. She thanked guests for visiting Fort Klock Historic Restoration and described

a few of the activities taking place that day. "Don't be afraid to ask questions and have a good time!" she advised. On conclusion of her speech, reenactors performed a militia gun salute and cannon firing in honor of the official start to Opening Weekend.

Also included in the day's itinerary were 18th century children games, textile arts, bread making, beer-making, candle-making, butter churning

and much more. David Manthey demonstrated bread making by utilizing a colonial-period clay dome oven known as a beehive oven. He showcased several homemade doughs he was working on, including some puff pastry dough. "This will end up being croissants or something similar," Manthey explained. "There's a lot of puff pastry based things, so depending on my whim, we will end up with many

different things!"

A familiar face among the many craftsmen was Hilkiah Cross, a tinkerer hailing from Schoharie. Cross was eight-years old when he began the art of metal casting and was present that day casting all sorts of interesting items — including colonial period spoons, musket balls, coins, buttons, and sundials. He showcased the many molds which assisted his craft, giving away some of the different

casts he made. Cross also gave visitors copies of Colonial America's first

FORT 11



(From left to right) New members Donna Cowsert, School Marm Becky Mauk, Tyler and Kenza (front) helped out in the schoolhouse.



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## Stop the Bleed

*You can help save a life in a new way. And we want to help.*

Following the tragedy at Sandy Hook School the Hartford Consensus was formed to develop measures to preserve lives in critical situations where medical needs were great and resources were limited. One of the strategies to evolve from this group was the national STOP THE BLEED initiative. This program provides non-medical personnel with the skills and education to prevent injured persons from hemorrhaging prior to the arrival of first responders. The skills offered in this program are directed at preventing loss of life in a mass casualty incident but can also be utilized in home medical emergencies.

The STOP THE BLEED initiative is supported by the American College of Surgeons, American College of Emergency Physicians, the Emergency Nurses' Association and many other national organizations. One report generated following the Las Vegas shooting incident concluded that approximately 20% of the fatalities could have been prevented utilizing the skills taught in this program. Training is being offered to schools, businesses and civic groups free of charge and can be completed in approximately one hour.

Nathan Littauer Hospital & Nursing Home in conjunction with the Adirondack Chapter of the Emergency Nurses' Association is offering this life saving educational opportunity to our community. Classes are offered monthly, the first Thursday of the month. To reserve your spot for yourself or your group, contact us at 518.773.5495 or ebreckenridge@nlh.org. We are booking classes now on a first come, first served basis. Classes can be provided on-site for large groups.

**It is just one hour. Let's save lives together.**



**FORT from 10**

reading lesson, as well as the New England Primer, which was originally printed in 1777.

Also in attendance were vendors Christine Thompson and her sister Irene L. Peters. Both sisters provided handmade jewelry, wood burnings, paintings, handmade musical instru-

ments and other crafted items.

Fort Klock Historic Restoration is always looking for more members to help keep history alive, and they were fortunate to have four brand new recruits present for Opening Weekend. These included Donna and Garrett Cowser, Becky Mauk and her daughter Kenza. When asked what she thought of her first time reenacting, Donna stated, "It's

different and interesting! It really brings you back to the way things were."

June 7 the Fort will be hosting Nancy Langlie, a Johannes Klock descendant, DAR member and amateur genealogist who will be researching the Klock Family genealogy. On June 15-16, they will be holding the annual Blacksmiths'

Hammer-In. This event will offer blacksmith demonstrations, food, prizes and a wonderful learning experience for the whole family to enjoy.

For more information regarding Fort Klock Historic Restoration and the many events it hosts, please visit their website at [www.fortklockrestoration.org](http://www.fortklockrestoration.org).



Tinkerer Hilkiyah Cross showcases the tools of the trade.



Reenactors honor the Fort Klock Historic Restoration Opening Weekend with a musket salute.

Photos by Rachael Takacs

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Prevent blisters while hiking

Hiking is a popular sport that takes people into the great outdoors on a regular basis. Hiking over varied terrain and up inclines and down declines is a great way to push the cardiovascular system and build up muscles in the lower body.

There are many opportunities to have a wonderful time out on the open trails. However, there are also chances for injury if hikers are not cautious. Perhaps surprisingly, one of the most prevalent hiking-related injuries also is one of the smallest. Blisters can sideline hikers and even lead to infection if allowed to fester.

The Victoria State Government's Better Health Channel states that a blister is a small pocket of fluid in the upper skin layers and is a common response to injury or friction. Blisters can be filled with serum, plasma, blood, or pus, depending on how and where they form, states Medical News Today. The purpose of a blister is to protect and cushion the layers of skin below the epidermis and to stop further damage to allow the tissue time to heal.

Despite the temptation to pop blisters, it is best to leave them intact to protect against infection in the underlying skin areas. Preventing blisters from forming allows hikers to enjoy comfortable hikes again and again.

According to Podiatry Today, high skin temperature and sweat exacerbate friction that can increase the chances of developing a blister. Therefore, choose socks that will wick away moisture, such as those made from wool or other breathable materials, rather than cotton. A study conducted at the University of Missouri-Columbia found that people who wear all-cotton socks are more likely to form blisters. Foot powders can dry out moisture even further and prevent the wrinkled, pruned skin that will easily chafe.

Another way to prevent blisters is to reduce the chances for friction. Thicker, more cushioned socks can reduce friction, as can high-quality, well-fitting hiking boots. Shoes that are too large or too small will create friction and discomfort.

Pack along a breathable, sticky bandage tape that can cover up hot spots on toes and heels in a pinch. Several times on the trail, take a seat and allow the feet to rest and air out. Change socks as needed to remain comfortable.

Blisters can sideline seasoned hikers and amateurs alike. Preventive measures can help hikers stay out on the trails.

## 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)**

### June 7-9

**Fort Plain Museum's 5th Annual American Revolution Mohawk Valley Conference.** Contact Brian Mack at 518.774.5669 or [brianm248420@hotmail.com](mailto:brianm248420@hotmail.com) or visit <http://www.fortplainmuseum.com/conference>.

### 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](mailto:f@amesmuseum).

**Ice cream social and book signing.** 12-3 p.m. Grace Lutheran Church, 1 Montgomery Street, Johnstown. Hot dogs and ice cream.

**"Victory over Addictions" seminar.** 9 a.m. to noon. At Faith, Hope and Love Christian Church, 50 E. Main St., Canajoharie (downstairs at United Methodist Church). Contact Rev. David Bowley at 518.673.5128 for more information.

### June 9

**Valley Chorlares Spring Concert.** 3 p.m. United Methodist Church, 50 E. Main St., Canajoharie. Free will offering.

### June 10

**Valley Choraliers to perform at Arkell Center.** 7 p.m. Call Joan Cimino at 518.673.4408 for more information.

### June 11

**Canajoharie/Palatine Bridge Chamber of Commerce Meeting.** 6 p.m. at Arkell Center. Call Joan Cimino at 518.673.4408 for more information.

### June 12, 19 and 26

**Senior Citizens Pinochle Card**

### June 13, 20 and 27

**Party.** 12:30-4 p.m. Arkell Center. Donation \$2. Prizes and refreshments. Looking to sub, call Terry 518.673.5635.

**Diet Club.** Gallery at Arkell Center. 10:15-11 a.m. The goal is to be held accountable while maintaining weight. Call 518.673.2112.

### June 14

**Bingo at Arkell Center.** 1:30 p.m. Call Joan Cimino at 518.673.4408 for more information.

### June 14 and 28

**Canajoharie Senior Citizens Club Meeting.** 1 p.m. Bring a canned item for the pantry. Call Joan Cimino at 518.673.4408 for more information.

### June 14-16

**Path Through History Weekend.** Contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com)

**Third Annual Cherry Valley Outdoor Games.** June 14 - 12-10:30 p.m. June 15 8 a.m. - 10 p.m. June 16 8 a.m. - 5 p.m. At Cherry Valley Alden Field Center, 2 Genesee Street, Cherry Valley. For more information email: [cwatbeau@gmail.com](mailto:cwatbeau@gmail.com). Website: <http://cherryvalleyoutdoorgames.com/>. Facebook Link: [www.facebook.com/northeastqualifier](https://www.facebook.com/northeastqualifier).

### June 15-16

**250th Anniversary Celebration at Indian Castle Church.** 109 Dillenbeck Road, Little Falls. For more information, visit [www.facebook.com/johnsonhallstatehistoricsite](http://www.facebook.com/johnsonhallstatehistoricsite), write [JohnsonHall@parks.ny.gov](mailto:JohnsonHall@parks.ny.gov), or call 518. 872.8712.

### June 20

**Water Color with Shanna Becker** in the Gallery at Arkell Center. 1:30 p.m. \$10. Call Joan Cimino at 518.673.4408 for more information.

### June 25

**NY Connects Caring for Montgomerys Caregivers Breakfast** at Arkell Center. 9:30 a.m. Followed by a panel discussion of Montgomery County Resources. Call 518.673.4408 or 518.843.2300 to reserve a seat.

### June 26

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

### June 28

**Micky Boslet will perform for all Senior Citizens** at Arkell Center. 1:30 p.m. Call Joan Cimino at 518.673.4408 for more information.

### July 4

12-4 p.m. Join us at the Fort for our **Annual Strawberry Festival** and the reading of the Declaration of Independence. Free admission and free parking. 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 15-16

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Beautiful Porcelain Tea Set For Sale. White with delicate purple blooms. Comes with 4 tea cups with saucers, teapot, sugar bowl, 2 serving platters, and 4 serving bowls, Worth over \$300 new. Only asking, \$50 for all. Photos available upon request. Call or text: 315-360-5732.

**MULTI-FAMILY GARAGE SALE:** O'Hara Rd. Little Falls, NY. June 14th-16th (Fri-Sun) 8am-? Appliances, Furniture, mirrors, antiques, silverware, kitchenware, Kawaskai 1500 Vulcan, "Hand-made jewelry and birdhouses", dining room table & light fixtures, clothes, much more!!

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## Now Here's a Tip

by JoAnn Derson

• "I found a great way to reuse old, stretched-out athletic socks. Gather some together and stuff them into one sock, then put it in your car. On mornings when your windows are fogged by dew, just pull one out and wipe your windows clear. The socks will absorb the moisture, just like they do sweat. Then either toss or wash to use again." - J.C. in Florida

• Corn on the grill is delicious. To prevent the ear from being dried out by charring, wrap each ear in aluminum foil. If you want to get fancy, try adding any of the following for variety: a slather of butter and sprinkled taco seasoning (or ranch seasoning); cotija cheese and cumin; a slathering of mayonnaise and sprinkled red pepper, chipotle seasoning and lime juice.

• Nothing beats a crisp pickle crunch at a barbecue. Dill pickles are predominantly vinegary and salty, while

bread and butter pickles are sweet. Dill pickles clock in at five calories an ounce, but sweets will net up to 40!

• "I love air-popped popcorn, but I couldn't get my salt to stick! Adding butter seems counterproductive, so I used a couple blasts of non-stick cooking spray. No additional calories, and it was just enough to give the salt something to grab onto." - T. in Maine

• "I use a lingerie bag (the zip-up kind for delicates in the clothes washer) to put small items in the top rack of the dishwasher. It works like a charm for baby bottle pieces, small toys, canning lids and other small parts that are tough enough for the heat but might fall through the rack." - R.W. in Louisiana

• Keep paper lunch bags at the ready to ripen produce. This method can be used for peaches, pears, apples, avocados or tomatoes.

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**JESSE LICARI**





An old musket tells its story

I am an old British military musket. I read the story in the Mohawk Valley Country Editor of May 11, 2019. I want to tell you I'm first as famous and as old also. I was made in England, probably between 1760 and 1780. The Crown and Tower and British broad arrow on my lock certify that long ago I was official British armament. Sometimes I might be called a Brown Bess. However, with my 42-inch, 75-caliber barrel I am a short land pattern to separate me from the long pattern musket with its 46-inch


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MLS201911736 - 304: 0 Irish Settlement Road, **DOLGEVILLE**: Approximately 90 acres, excellent hunting and/or recreational land. Plenty of wildlife and seclusion. Land is all wooded and creek. **Asking \$80,000**



MLS201705302 - 521: 3-5 Lincoln Street, **FORT PLAIN**: Duplex home with separate utilities. Three bedrooms in each unit. Dining rooms in each unit. Left unit has two living rooms, right unit has one living room. Full bath upstairs and 1/2 bath down in each unit. Back yard with deck. Both units rented. **Asking \$59,900**



**NEW LISTING!!!** MLS501920260 - 522: 157 Krutz Road, **PALATINE BRIDGE**: A well-cared-for home located on 2 acres of land in Palatine. Three bedrooms and 2 full baths. 1,120 square feet makes this home easy to maintain. Two sheds, garden area and Apple and Peach trees! Perfect location and a lovely view. **Asking \$119,000**



**NEW LISTING!!!** MLS201919110 - 905: 830 South Main Street, **NORTHVILLE**: Location is key!!! Come fall in love with this home on a private setting. Move in condition three bedroom ranch on 12+acres. Living room has wood burning fireplace, large kitchen and a front and back porch. Relax and enjoy the entertainment system in the full beautiful finished basement, great for entertaining. Home sits on a 7.5 acre lot, an additional 5.18 acre building lot can be included in this purchase. The additional lot sold separately. Pre-qualification is required. **Asking \$328,900**



The old Brown Bess with its owner, Skip.



OLD from 14

barrel that came before me.

For many years these muskets were the mainstay of the British military. I have proved that I was used by the British army but I may have been in the hands of American troops in the war to create the United States. There were few arms makers in the Colonies in Revolutionary War days. French muskets and captured British muskets or those held over from when America was a British colony were used.

I proudly bear another mark on my barrel: "60 Regt." This was the Royal American Regiment – so I know what regiment once possessed me. Buttons marked "60" have been found at Fort Ticonderoga and Crown Point and my longtime owner found one on the site of Revolutionary War Fort Paris in Stone Arabia.

I am a very heavy musket who started my existence as a flintlock. As was often the case, I was converted to percussion, probably for hunting.

Somehow I fell into the hands of an antique gun dealer in Johnstown, NY. Then, in 1953 or '54, I was purchased by a young man who was part of a new organization called "The Tryon County Muzzle Loaders" who were starting to restore Fort Klock. A flintlock firing squad was organized. The only thing barring me from the squad was that I no longer was a flintlock. Then, as if by magic, my new owner found original Brown Bess parts to reconvert me. For the next 65 years I was fired in salutes, Fort Klock pageants and historical demonstrations. I spoke really loudly, even with blank loads.

My longtime owner is now 89 years old. I know my time with him is limited. I must go to a new owner who I hope will care for me and cherish me for the piece of history I am. Recently, I got across to my longtime owner that I should be fired a few last times. I was taken to Emanuel's farm. I was loaded with black powder and wadding from an old issue of the Country Editor.

Emanuel fired me first, followed by his young son Sammy and finally by my longtime owner, Skip. Even though I was not loaded with a three-inch lead ball, I belched smoke and fire.

I am now ready to go to a new owner. Only time will tell the rest of my story.

The old Brown Bess



How color can affect your garden

Flower gardens can add color and awe-inspiring appeal to a property. The National Gardening Association notes that gardeners can find nearly every color of the spectrum in flowering perennials. So whether you prefer soft pink, are partial to bright red or want to relax in a garden and gaze at something deep blue, chances are you'll find a perennial to tickle your fancy.

The NGA offers the following breakdown of colors to help gardeners learn how their gardens can set the mood they're looking for.

Bright colors

A garden full of bright colors like red, orange, magenta, and yellow can provide a landscape with vigor and energy. The NGA notes that brightly colored flowers can withstand especially bright sunshine, meaning gardeners can marvel at their appearance even when the sun might be adversely affecting other plants and flowers.

Pastel colors

Pastels, which include soft pink, powder blue, lavender, and peach, create a tranquil feeling in a garden. This makes pastel perfect for those who want their gardens to be a relaxing, peaceful respite from the hustle and bustle of everyday life. The NGA notes that pastels may look washed out in the midday sun, so they might be best enjoyed early in the morning or late in the afternoon.

Complementary colors

Complementary colors are those that are opposite one another on the color wheel. Orange and blue are examples of complementary colors. According to the NGA, complementary colors can add creative energy and vitality to a garden.

Harmonious colors

These colors are those that are next to each other on the color wheel, such as orange and red. The NGA recommends harmonious colors for gardeners looking to create a unifying feel in their gardens without resorting to a monochromatic color scheme. Harmonious colors give off a gentle feeling that can make for a relaxing garden atmosphere.

Monochromatic colors

Monochromatic gardens can be awe-inspiring even though they stick to a single color and don't provide an array of awe-inspiring colors. The NGA notes that gardeners with monochromatic gardens make them inter-

esting by using plants of various sizes and shapes.

When planting a garden, gardeners can choose whichever color scheme they prefer. To learn more about the effects of color on a garden, visit the National Gardening Association website at [www.garden.org](http://www.garden.org).

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## Father's Day gifts for the modern dad

Father's Day is a chance for people to show the special men in their lives just how much they're loved. Though it was first celebrated on June 19, 1910, it was not until decades later that President Richard Nixon made honoring fathers a nationwide holiday in the United States.

While there are many different ways to honor dads, it has become customary to offer gifts and other tokens of affection. According to History.com, Americans now spend more than \$1 billion each year on Father's Day gifts.

Many modern fathers are more in-

volved in their children's lives and around the house than their own fathers were. Gifts that cater to today's well-rounded dads are sure to be appreciated.

• **Cool duds:** Modern dads are fashion-forward and might enjoy a piece of clothing or a gift card to their favorite retailer. If you know a store where Dad loves to shop, stop in for some inspiration.

• **Pampering products:** Mom is not the only one who likes to indulge in some pampering from time to time. Put together a carefully curated basket of

men's grooming products, or purchase a set from a bath and body store.

• **Fitness finds:** If you haven't already gifted the special man in your life with a fitness tracker watch, now is the time to do so. Such a watch will tap into his love of gadgets and provide some utility as he tries to be as healthy as possible.

• **Cookbooks:** The stereotype that dads are hopeless in the kitchen has long since been refuted. Many men are top-notch home chefs and will appreciate some new recipes to try. Combine the cookbook with a new culinary tool, like

a cast-iron skillet or a mandolin slicer, so he can try out his skills right away.

• **Support the team:** If Dad is a sports fan, find a baseball cap or a jersey of his favorite team/player.

• **Craft beers:** The craft beer movement has expanded exponentially in recent years. Visit with a local brewer and purchase bottles or growlers of a favorite brew. If you know the flavor profile that Dad favors, find a beer that suits that preference while also giving some new varieties so he can put together his own flight.

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## Bat awareness

Montgomery County Public Health would like to raise awareness to residents of the county regarding recent reports of bat exposures. Bats reside throughout New York State in both rural and urban areas. Keeping bats out of your home is a good first step in protecting yourself against rabies. Bats are just one of the carriers of rabies; other vectors include raccoons, skunks and foxes.

To bat-proof your home, use polypropylene bird netting, fly screening, sheet metal, wood or various caulking compounds to close or cover openings that allow entry to the roost. Bats like to roost in attics, behind shutters, under roofing or siding, the underside of a porch roof, between the house and chimney, in vents, in rafters, behind hollow walls and in other sheltered areas of homes and buildings. If you suspect bats are roosting in your house, watch for them leaving at dusk, and make sure there are no more bats coming from the roost. Seal off any crevice observed, being aware that bats can enter through crevices as small as a pencil. The best time to bat-proof is late autumn through winter. Area wildlife and bat control specialists are available for hire in the surrounding area.

Bats infected with rabies quickly show signs. Avoid contact with any bat, especially one that is outdoors during the daylight, on the ground or paralyzed. Bats rarely attack humans; however, any physical contact with a rabid bat may transmit the disease. In some situations a bat bite could go undetected, such as when a bat is found in a room with a sleeping person, or next to an unattended young child or pet. If there is any chance that contact with a bat has occurred to a person or pet, or you are not sure if contact has occurred, capture the bat without touching it. If indoors, close windows, room and closet doors, turn on lights and wait for the bat to land. Wearing heavy gloves cover the bat with a pail, coffee can or similar container. If the bat is not captured or tests positive for rabies, every person and pet that had a reasonable probability of exposure should receive rabies post exposure treatment as soon as possible. Immediately call Montgomery County Public Health 518.853.3531.

For a video demonstration on "How to Safely Capture a Bat" go to the NYSDOH website at [health.ny.gov/diseases/communicable/zoonoses/rabies](http://health.ny.gov/diseases/communicable/zoonoses/rabies).

For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

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## Senior News Line

by Matilda Charles

### Video chat is best for mental health

For any number of reasons, many seniors are socially isolated. Whether it's an illness that keeps us at home, living in a rural area or having no one living with us, some of us just don't have as much social interaction as we need. Feeling alone can, unfortunately, lead to depression and increase the risk of dementia.

Oregon Health & Science University conducted a study to determine which of four methods of online communication worked best to protect against loneliness and depression: social messaging, email, video chat or instant messaging. Researchers used information from 1,400 participants over age 60 and followed up with them two years later.

Email, social media, instant messaging and not using online communication all had the same result: They didn't do anything to fight depression. The clear winner was Skype, an online program that puts

people together face to face with video chat. Being face to face with people we know is much better than just reading a page of comments on social media or receiving a photo in an email.

Using Skype on your computer is easy. Search online for how to use Skype and follow the instructions. (For a treasure trove of how-to videos, go to YouTube.com and look at the offerings from Techboomers.) Look around at Skype.com. You'll get a Skype number, which gives you a free trial month of calls. Later, if you call someone who is also on Skype, the call is free. Otherwise you pay a small fee for calls to their cell phone.

You'll also need a webcam and a headset or microphone. Be ready to create a Skype user name and password. Remember to choose Private so you won't show up online to everyone, including scammers. When in doubt, ask the senior center to hold a class on using Skype.

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## Gloversville sailor serves on the USS Bainbridge



Gunner's Mate Seaman James Crouse, from Gloversville, cleans a .50-caliber machine gun aboard the Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96). Bainbridge is deployed to the U.S. 5th Fleet areas of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three strategic choke points.

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



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Sedan owners who suspect they might be part of a dying breed are not wrong to harbor such suspicions, as auto industry insiders note that the production of sedans has been in decline for about a decade. According to LMC Automotive, which tracks the auto industry, many auto manufacturers are responding to consumer demand for taller vehicles by producing more trucks, SUVs and crossovers at the expense of sedans. In fact, LMC Automotive estimates that by 2022, 84% of the vehicles sold by General Motors in the United States will be SUVs or trucks. And GM won't even be leading the pack in that regard, as LMC estimates Ford (90%) and Fiat Chrysler (97%) will be almost exclusively manufacturing some type of truck or SUV. While trucks and SUVs might first have taken hold of the U.S. automotive market, other countries are now following suit. According to the automotive research firm JATO Dynamics, SUVs, including crossovers, accounted for more than one in three cars sold across the globe in 2017.

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### King Crossword

Answers

Solution time: 21 mins.

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

### Weekly SUDOKU

Answer

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

### Mega Maze

Solution

"Welcome to the family, dear. I'm the crazy aunt."



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~~~~~  
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~~~~~  
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