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MOHAWK VALLEY COUNTRY EDITOR

Protect pets in case of fire

A fire at home can cause fear and anxiety. When a fire breaks out at home, one's initial reaction is to get oneself and one's loved ones out of the house as quickly as possible. In such instances, the rush to get out of the house can sometimes cause families to forget their pets.

According to the home security firm Protect America, about 40,000 pets die in home fires every year. Many of those deaths are preventable. One of the best ways to prevent the death of pets in home fires is to devise a pet fire safety plan. Many parents devise fire safety and evacuation plans for their families, and it's important to consider pets when devising such plans. In fact, the American Red Cross notes that the best way to protect pets from the effects of a fire is to include them in fire safety plans.

Prevention is an essential part of protecting pets from home fires. And many preventive measures are designed to keep pets from starting the fires in the first place, as the National Fire Protection Association notes that nearly 1,000 home fires are accidentally started by pets every year. The American Red Cross recommends the following preventive measures to keep pets from starting home fires.

• Extinguish open flames. Pets tend to be curious, and that curiosity may draw them open flames burning in candles, cooking appliances and fireplaces. Make sure pets are never left unattended within the vicinity of open flames, and make sure all flames are thoroughly extinguished before leaving your home or going to bed at night.

• Install knob covers on your stove. The Red Cross notes that stoves or cook tops are the most common piece of equipment involved in home fires started by pets. Knob covers on stove knobs can prevent pets from accidentally turning burners on.

• Use flameless candles. Flameless candles can create a similar ambience as traditional candles but won't pose a fire risk. When pets knock over flameless candles, the result is a minor inconvenience, not a home fire.

• Confine pets to secure areas when away from home. Use baby gates or crates when away from home to ensure pets don't gain access to areas that may be vulnerable to home fires.

In addition to taking steps to prevent their pets from starting fires, pet owners can take steps to make it easier for firefighters to find and successfully remove pets from homes that have caught fire.

• Set up sleeping and lounging areas near entryways. A sleeping and lounging area near an entryway, whether it's the front door to a home or a door that allows access to the backyard, increases the chances that firefighters can quickly find and remove pets in the case of fire.

• Make sure pets wear collars at all times. Pet owners can quickly attach leashes to pets who wear collars at all times. This can help pet owners gain quick control of their pets if a fire is scaring them or causing them to feel anxiety.

• Affix a pet alert window cling. The Red Cross notes that pet alert window cling on the front of your home alerts firefighters to how many pets are in the home and saves them time in regard to locating pets.

Pets are as vulnerable to home fires as humans. Including pets in fire safety plans can save their lives.



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Christian Lake Bible Conference to host Ben Wilkerson

This is his 48th year preaching the Word of God from the King James Version

Speaking at Christian Lake Bible Conference the week of July 22 - 26 is Pastor Ben Wilkerson of Grace Fellowship Baptist Church in Arden, NC.

Pastor Wilkerson will be speaking Monday - Friday evenings at 7:30 p.m. and conducting a Bible study at 9 a.m. Tuesday - Friday. Either service is open to anyone who desires to attend.

Also available are a campground, beach, boats, fishing and shelters available for public use, with reservations. A large activity building with kitchen facilities is available for church groups to use during the season. A bonfire is planned after the Friday evening service, adjacent to the Prodigal's

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A Bible conference facility functions somewhat differently than an ordinary conference.

For more information on activities and camping rules and regulations at Christian Lake call 315.429.3515 or 315.429.3659 or write Christian Lake, 355 Perkins Mill Rd., Stratford, NY 13470. We're also on Facebook.



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Pastor Dan West

The effects of UV rays on the eyes

MOHAWK VALLEY COUNTRY EDITOR

The sun can be both friend and foe. A warm, sunny day can improve mood and increase levels of vitamin D in the body. Exposure to sunlight during the day also can help regulate the body's natural sleep-wake cycle, known as the circadian rhythm. However, overexposure to the sun can be dangerous as well.

Many people recognize that exposure to the sun can lead to sunburn and long-standing skin damage, but they may not realize that the eyes also are susceptible to damage caused by the sun. The eye health resource All About Vision warns that extended exposure to the sun's UV rays has been linked to significant eye problems, including cataracts, macular degeneration, pinguecula, pterygia and photokeratitis. UV rays come in three types: A, B and C. The atmosphere's ozone layer blocks virtually all UVC rays, which are the most potent, but UVA and UVB can be dangerous when exposure to the sun is significant.

Exposure to excessive amounts of UV radiation over a short period of time can cause photokeratitis, which is essentially a sunburn of the eye that can cause pain and redness. Prolonged exposure to UV rays without adequate protection may cause lasting damage, says the American Optometric Association. UV rays come from both the sun itself and tanning beds. Here's a look at some of the common UV-induced eye conditions.

• Cataracts: A clouding of the eye's natural lens, or the part of the eye that focuses the light a person sees.

• Macular degeneration: UV rays may lead to macular degeneration, which is a leading cause of vision loss for older people. The macula is the center portion of the retina, essential for vision.

• Pterygium: This is a growth that begins on the white of the eye and may involve the cornea. The growth can eventually impede vision, says the organization Prevent Blindness America.

Sunglasses and other protective lenses are essential to keeping the eyes healthy. AOA says that for sunglasses to be effective, they should:

• Block out 99 - 100% of both UVA and UVB radiation

• Screen out 75 - 90% of visible light

· Have lenses that are perfectly matched in color and free of distortion and imperfection and

• Have lenses that are gray for proper color recognition In addition, people can wear wide-brimmed hats to protect their eyes from the sun and harmful UV rays. This will shield the eyes and the delicate skin of the face.

Learn more about protecting the eyes at www.allaboutvision.com, www.aoa.org or www.preventblindnessamerica.org.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges **Heartland Corn** and Beans

3 cups fresh or frozen cut green beans

1/2 cup finely chopped onion

1 full cup diced extralean ham

1 cup diced raw potatoes 2 cups water



 $1 \ 1/2$ cups fresh or frozen whole-kernel corn 1/8 teaspoon black pepper

1. In a large skillet, combine green beans, onion, ham, potatoes and water. Cover and cook over medium-low heat for 30 minutes or until vegetables are tender.

2. Stir in corn and black pepper. Continue cooking for 10 minutes, uncovered, or until corn is tender and most of the liquid is evaporated, stirring occasionally. Serves 4 (1 cup each).

* Each serving equals: 145 calories, 1g fat, 10g protein, 24g carb., 367mg sodium, 3g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Starch, 1 Meat.

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MOHAWK VALLEY COUNTRY EDITOR

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Mon. July 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Enos & Rebecca Beiler, Fort Plain, NY - Dairy of 57 Head of Holsteins on DHI Test ave. 65#. SCC 250,000 tiestall herd that goes out daily.

Mon. July 22nd - Normal Monday sale & Monthly Organic Day.

Mon. July 29th - Normal Monday Sale

Sat. Aug. 17th - 11:30AM Sale held at our facility, New Berlin, NY. Summer Production Sale - Special Sale for you great managers who are overstocked. We will be accepting 100 head of QUALITY Registered & Grade Dairy Cattle all Breeds for this sale. Early features include a group of Registered Holsteins from Clark Woodmansee, CT - with deep pedigrees from the greatest Cow Families in the breed! Also pick of the barn 20-25 Head of Top Grade Holsteins from Hadlock Dairy – Oneonta, NY. RHA 24479 4.2 1002F 13.1 Calving interval and SCC 107,000. Consignments also from Weissman Dairy, Boardwalk Holsteins, Fantasy-Found, Osborne Family Farm. We will be accepting additional consignments - call early to get into the advertising.

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How to add a bathroom in the basement or garage

(BPT) - It's home improvement season, which means you're probably dreaming of enhancements to make your space more livable and to enhance property value. Adding a bathroom is a great way to do both, but for many people, concrete poses a potential problem.

 \star

Want to add a bathroom to your garage? How about in the basement? A bathroom addition means you need proper plumbing, and often in these types of spaces none exists. You have a cold concrete slab and a bit of a dilemma: Do you give up

on your bathroom dreams or cut through the concrete to put in the conventional below-floor drainage and piping necessary for a bathroom?

Cutting through concrete is not to be taken lightly. Before you hire a contractor or rent a jackhammer and concrete saw, remember these red flags.

Five reasons to avoid cutting concrete

1. Cutting concrete undermines structural in-

it's aesthetically appealing, but the floor will not be as solid as it was to begin with. Plus, if your home sits on ground that's less than solid, such as sand, it may settle differently after the cut.

> 2. Cutting concrete is never perfect: You may need to cut a circle, square or rectangle into a floor for burying a sewage ejector and its wastestorage basin, but that perfect shape will inevitably crack on the edges and fray outward in unintended directions. Once a stress crack is created, it can extend into the footing or into the walls.

3. Cutting concrete is unpredictable: It is difficult to know the depth of the concrete and whether it sits on rocks or a ledge, as well as if it contains rebar or tension cables. You can cause major damage if you accidentally cut one of those cables, so many professional contractors use an X-ray machine to determine the positioning of the cables, which is an additional cost.

4. Cutting concrete creates leaks and seepage: Once a stress crack is generated, radon and ground-water penetration are major issues, with the latter bringing unwanted moisture and mold problems as well. You don't need a major flood to trigger these hazards. A higher-than-usual water table, because of extended wet weather, could be the culprit.

5. Large amounts of dust: Breaking through concrete generates a large amount of noise and dust. The noise stops when the jackhammers and saws shut down, but

the dust doesn't fade as quickly. That's because it not conventional is household dust, but a thick particulate that gets into the central air system, which means it can be around for a long time if not properly handled.

Consider smart alternatives

Beyond these red flag reasons, cutting concrete can be time-consuming and expensive. The actual expense of cutting concrete depends on the size and complexity of the job, as well as local labor availability and rates. In some parts of the nation, the per-foot rate may be a

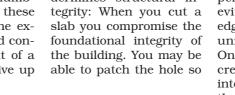
few hundred dollars; in

others, \$1,000 or more. To add a bathroom but avoid cutting concrete and the associated cost, consider above-floor plumbing technology like Saniflo. Macerating (also called up-flush) plumbing systems can be installed right on top of the existing floor virtually anywhere in your home.

How do macerating systems work? Waste and water from a toilet, tub or sink are pumped through small-diameter piping, rather than flowing down like conventional plumbing. The up-flush system doesn't store waste like a sewage ejector system; waste and water move out of the house to the septic or sewer system with every flush.

Macerating toilet and plumbing technology can be installed on top of concrete slabs, which means no costly cuts or messy, time-consuming extra steps. If space is a problem, these bathrooms can also be installed in a closet or the area beneath a stairway. Learn more at http://go.saniflo.com.

A bathroom addition means you need proper plumbing, and often in basements and garages none exists.







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Any time of year has the potential to be grilling season. Grilling is not only a way to prepare meals; for many, it's also

a passion. "Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle," said Jack Goldman, president and CEO, Hearth, Patio & Barbecue Association. "We expect consumers' passion for flavorful food and entertaining their family and friends to continue to increase."

The HPBA's 2017 industry survey found that 70% of adults in the United States own a grill or smoker. Those numbers are even greater in Canada, where 80% of adults have a grill to call their own. Flavor, lifestyle and entertainment are the prime reasons people grill.

When it comes time to replace or upgrade a grill, the age-old question remains: Do I choose a charcoal- or gas-fueled grill? That decision can spark heated debate among grillmasters, but for many it may boil down to a number of factors.

Cost

Charcoal grills tend to be the less expensive than gas grills. The food and beverage trend reporter Chowhound indicates that a low-end grill can be purchased for around \$25. However, deluxe charcoal kettles and other charcoal alternatives tend to be considerably more expensive. The most popular gas grills may cost anywhere from \$130 to \$300. Those who prefer more options and high-end offerings

can pay between \$800 and \$1,500. High heat searing

When cooking expensive, well-marbled steaks or other dishes that benefit from high-heat searing, charcoal grills seem to outperform gas ones, at least according to the behind experts The Sweethome, a product recommendation site owned by The New York Times Company. That isn't to say gas counterparts can't come very close. And deploying a cast-iron pan on top of the grates can help concentrate the heat and allow the meat to cook in its own fat.

Convenience

There is no doubt that gas grills are a marvel in regard to convenience, especially when they are directly tied into a home's propane or natural gas system. In such instances, one never has to worry about running out of gas. Gas fuel tends to be cheaper than charcoal and easier to clean, and some gas grills come with side burners that enable cooks to prepare side dishes right next to their grilled entrees.

Portability

For those who want to grill at home and on the go, then a charcoal grill is the right investment. A charcoal grill can be brought to a campsite or a park without going to great lengths.

Clean-up

Gas grills generally are easier to clean, and home chefs do not have to wrangle much ash or leftover coals once they're done cooking.

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food and the exploration of the historic location.

Spearheading the event was Steve Gurzler, a blacksmith from the Ballston Lake area. Gurzler has been organizing this event for 11 years and ex-

plained that visitor attendance fluctuates every year. "I've had a few people come through today," he stated. "And when somebody asks what I do, I say I'm the blacksmith in residence." Gurzler is a very skilled and experienced blacksmith, with a fondness for recreating tools and cooking implements. He also teaches his craft at the Adirondack Folk School, located in Lake Luzerne. Accompanying Gurzler were blacksmiths Colin Roy (from Round Lake, NY) and Sam Smith (hailing from Portland, Maine).

Also in attendance on Satur-FORT 12

Blacksmith Steve Gurzler begins to create an anvil tool by using bellows to raise the temperature of the fire he has started.



(L - R) Blacksmiths Colin Roy, Steve Gurzler and Sam Smith work together to hammer out a new tool.

Photos by Rachael Takacs

All Are Welcome To See The Traveling Talley's



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

MOVING SALE: 12' heavy duty folding ladder, \$75.00; excellent wooden ox harness, decorative, 2'x4', \$125; 21 point deer head, \$400; large blonde covote, \$300. Many other items for sale. 607-264-3618

We want to hear from you! Send your comments & suggestions to the **Mohawk Valley Country Editor** PO Box 121, Palatine Bridge, NY 13428 OR email

ΡΑΙΑΤΙΝΕ BRIDGE: Apartment suitable for one adult. Newly remodeled, new appliances, heat, water included. Off street parking, pets, No nonsmokers. Security required. Phone: 518-673-3546

Research has shown that laughing for two minutes is just as healthy as a 20 minute jog. So now I'm sitting in the park laughing at all the joggers.



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that's just running through a few pages of our guest book!

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~Debra L. Scotia, NY

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FORT from 9

day were several reenactors traversing the grounds including Kathleen Sprague and her son Tyler. Sprague and her son have been attending the Hammer-In for three years and enjoy each event they attend at Fort Klock.

"We love all the events," exclaimed Sprague. "We've had a lot of people come this morning." Sprague said her duties as an interpreter at the historic site consisted mainly of "doing chores. Mostly through the house and the grounds, the schoolhouse, the barn and the blacksmith shop. Tyler does it as well.'

Since 1973, the Fort Klock Historic Restoration has been restoring and caring for the Fort Klock historic site with the aim of making history more enjoyable and interesting. Their next upcoming event is the Stone Soup concert, taking place July 26 at 7 p.m.

For more information on the Fort Klock Historic Restoration and its events. visit www.fortklockrestoration.org .



Tyler Sprague and Bill Murphy man the gift shop.





Music on the Mohawk

by Rachael Takacs

On a beautiful Saturday evening, Byron Nilsson and Malcolm Kogut performed their "Songs Along the Mohawk" at the Upstate Chapel in Canajoharie. The collection of unique and familiar tunes was handpicked with care by both performers as a tribute to the Mohawk Valley and its culture. Among these were favorites such as "Low Bridge, Everybody Down," "The E-ri-e "Bonny Canal" and Eloise." Also included were lesser known songs such as "Asleep in the Deep," "The Bright Mohawk Valley" and "Come Home, Father."

Nilsson led the singing of each old-time ballad, accompanied by Kogut on

piano. The men have collaborated for over 30 years and their chemistry on stage was unparalleled. "Malcolm and I have been performing together for about 34 years," explained Nilsson, "so we have amassed a considerable repertory over that time, tending towards the funny and forgotten - material by Flanders and Swann, Noel Coward, Tom Lehrer and the like - as well as even slipping in a few standards now and then (we performed an all-Gershwin show last summer)."

Nilsson described how each song was chosen by him and Kogut. "The program was put together for an Individual Artist's Grant from Saratoga Arts, so we culled a number of songs from our repertory that fit in directly (the Erie Canal songs 'Bonny Eloise,' 'Bright Mohawk Valley,' for example) and winched some others in there under the notion that these were the kinds of numbers that would have been performed in the Opera House days by itinerant artists," he said.

Nilsson's acting skills took center stage as he amused the audience with funny stories as well as a lot of historical background on the music presented.

"We would have enjoyed having more in the crowd to sing for but have long since learned to be undaunted by audience-size intimacy," Nilsson said of



Performer Byron Nilsson entertained the audience with a rousing version of "Low Bridge, Everybody Down."

Photo by Rachael Takacs

the event. "I spent many years as a radio announcer, where you're most successful when you speak as if you're speaking to one person (because, in effect, you are) – and the same holds true when singing before an audience in living room or arena. And I'm

always happy to banter with a receptive audience, which we certainly had."

Nilsson has written numerous articles, plays and musicals, and has performed for a decade with the New York State Theatre Institute. He has appeared on the TV shows "Law and Order" and "Law and Order: Special Victims Unit." He maintains a blog where he discusses music, life and more at www.banilsson.com.

For more information on Nilsson and Kogut's upcoming events, visit www.songstoamuse.com.



How to easily maximize coupon savings

Many items, including food and clothing, can strain a budget. As a result, many shoppers make it their mission to save money on their purchases, and coupons can be a great way to do just that.

According to a 2014 survey from the discount coupon site RetailMeNot, 96 percent of respondents regularly use coupons. In fact, Hawk Incentives, another deal resource, found that 40 percent of coupon users feel smarter when taking advantage of a deal. While there are some people who use coupons periodically, an entirely different type of shopper has mastered the art of maximizing coupon savings. Learning how to follow such shoppers' lead can save consumers substantial sums of money.

• Look for deals in your local newspaper. Begin by perusing newspaper inserts from local papers and match up the circulars to the stores you frequently visit. Pick the best deals you can find for products you actually use. You will not be saving money if you clip and utilize coupons but end up buying items that you don't need and/or won't use.

• See if you can stack coupons. Some stores will enable you to use both a manufacturer's coupon and a store coupon at the same time. This is called stacking. Shop at stores that allow stacking to get better deals, particularly on food.

315.429.3659.

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

July 14

and August 7, 14

Healing Service. In the sanctuary of the United Methodist Church, 50 E. Main St., Canajoharie. 4 p.m. By Faith, Hope and Love Christian

July 15

Church. Guest minister Dave Martin.

Village of St. Johnsville Summer Concert Series. 6:30 - 8:30 p.m. At the St. Johnsville Marina. Free. Refreshments available. Jennie & the Buck Shot 5

Haven of Hope Farm's sixth annual summer tea. 2 p.m. At 19 Cemetery St., Fonda. RSVP to 518.522.3342 or pbrooking@nycap.rr.com.

July 15-19

John Gregory, Grace Christian Fellowship, Bainbridge, NY is guest speaker this week at Christian Lake Bible Conference, 355 Perkins Mill Rd., Stratford. Monday through Friday evening services at 7:30 p.m. For more information call 315.429.3515 or 315.429.3659 or visit christianlakebibleconference.com.

July 16

FMRRC Mule Haul. Contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com

July 17

The Truth about Alexander Hamilton's Birth, Wedding, and the Newburgh Conspiracy. Presented by Michael E. Newton. 6 to 8 p.m. At The Fort Plain Museum, 389 Canal Street, Fort Plain.\$10 admission fee. Online at Eventbrite Website at https://tinyurl.com/ y3g7gjbh or call 518.774.5669.

July 17, 24, 31,

Hyde Hall Ghost Tours. Wednesday nights. Tickets at Hydehall.org.

July 19

5:30-9 p.m. Colonial Tavern Night at Old Fort Johnson. Join us on the lawn of Old Fort Johnson for a Colonial Tavern Night featuring local craft beers and hard cider, a full barbecue pork dinner, and a variety of colonial tavern games. Tickets required. \$25 per person. Advance purchase recommended. Proceeds benefit the restoration of Old Fort Johnson National Historic Landmark. www.OldFortJohnson.org

July 20

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

July 21

The Millers Mills Sundae Run and its finish line treat of homemade vanilla and chocolate ice cream celebrates its 25th anniversary this year. For more information or to register for the race, visit the Millers Mills Grange website at millersmillsny.com or runsignup.com

July 22

Village of St. Johnsville Summer Concert Series. 6:30 - 8:30 p.m. At the St. Johnsville Marina. Free. Refreshments available. The Swamp Drivers

July 22-26

Speaking at Christian Lake Bible Conference this week is Pastor Ben Wilkerson of Grace Fellowship Baptist Church, Arden, NC. Speaking evenings at 7:30 p.m. and conducting a Bible study at 9 a.m. Tuesday through Friday. For more Stone Soup Concert. 7 p.m. Enjoy an evening of blues, bluegrass, and a touch of jazz mixed with a pinch of folk music. Free admission and free parking. For more information visit www.fortklockhistoric.org, call

518.568.7779, email fortklock@

gmail.com or find us on Facebook.

information call 315.429.3515,

July 26

July 26-27

Canajoharie-Fort Plain Drama Club production of "Newsies". Performances will be held on Friday at 7 p.m. and Saturday at 2 p.m. at Fort Plain High School, (not Canajoharie). Tickets \$7 for adults. \$5 for seniors citizens/students.

July 27

Creative Textile Fibers. Each Thursday 12:30 - 2:30 p.m. with the exception of Thursday, July 4. At Fort Plain Free Library, 19 Willett St., Fort Plain. Free. Contact: 518.993.4646.

July 28 Schoharie Crossing Not Just for Kids Storytelling Series. Weekly from July 28 to Sept. 8 at 6 p.m. For more information, contact Schoharie Crossing at 518.829.7516 or SchoharieCrossing@parks.ny.gov.

July 27

Live Art Auction. Lions Club. At Canajoharie Library and Museum. 1-4 p.m.

July 28

Not Just for Kids Storytelling. July 28, Aug. 4 and Sept. 8. Contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com

• Use discount code sites. Regularly check sites and apps like RetailMeNot for codes for favorite retailers. This is easily done before you head to the check-out line. Popular stores frequently run deals, and you may not realize there is a discount even if you're in the store already. Oftentimes codes can be scanned directly from your phone. Other apps and resources enable you to load offers directly to a store rewards card. Investigate these possibilities for more savings.

• Automatically update your shopping cart. When making purchases online, utilize a plug-in site like Honey, which automatically scans its database of usable discount codes for the retailer you're using. See if there are any applicable codes that can earn you a discount on the spot. If not, Honey will tell you that you have the best price.

• Sign up for mailing lists. While you may not want to inundate your inbox with spam, retailer newsletters and mailing lists will inform you about discounts and sales others may not know about. If you're concerned about your email program getting flooded, designate a filter that will group these promotions into a separate folder. · Keep coupons close. Coupons are only good if they're available for use. Have a holder for print coupons or store digital coupons in a folder on your phone that can be easily accessed.

With these strategies in mind, consumers can increase their coupon savings considerably.

Practice amusement and theme park safety

Amusement parks are fun, family-friendly entertainment. The Association for Amusement Parks says nearly 335 million people visit amusement parks in the United States each year. Such parks are fun outlets for thrill seekers as well as people who might want to ride rides without scaring the daylights out of themselves.

The sheer volume of people who visit amusement parks on any given day can make it challenging to keep tabs on voungsters. And that's not the only thing parents have to be worried about when visiting their local amusement park. According to the Consumer Product Safety Commission, in 2016 emergency room personnel treated 30,900 injuries associated with amusement attractions nationwide. Here's how to maximize both enjoyment and safety at the theme park.

Follow park rules

It may seem like common sense, but many people fail to follow the rules at the park, which can lead to injuries. Riders should heed signage and verbal instructions given by the ride operators. Parents should never push operators to let their children ride if they are not tall enough or do not meet weight requirements

Protect against the sun

Standing outside all day can result in dangerous sunburns and eye injuries. Wear sunglasses that block against UV rays as well as sunscreen with adequate protection. Skip the horseplay

Accidents can occur when children panic and try to get off rides or riders act up and misbehave on rides. Evervone should remain seated with their backs against the headrests. Long hair should be tied back and secured. Riders should never switch seats or attempt to stand up while the ride is moving.

Arrange a meet-up spot It can be easy for children to get separated from their parents in crowds. Establish a highly visible area to meet up, such as a Ferris wheel or another tall attraction, if anyone gets lost. Also, it can be a good idea to use a temporary tattoo or tag where parents can place their phone numbers and instruct a child to go to a security guard if they get

separated in the crowd. Amusement parks are enjoyable places for families to visit. Making safety a priority can enhance the fun factor and reduce anxiety.

The Millers Mills Sundae Run and its finish line treat of homemade vanilla and chocolate ice cream celebrates its 25th anniversary this year. This year the 5K run and its younger sibling, the two-mile walk, happen on Sunday, July 21 with a start time of 9:15 a.m. Prizes are awarded to the overall top male and female finishers, the top three male and female age group finishers and the "middle of the pack" finisher. All runners receive a race day giveaway. The after-race party features ice cream and

toppings, music by DJ Ron

Lioacono and a chance for run-

ners and walkers to win great

door prizes (must be present to

win these).

The certified racecourse begins at the bridge by Little Lake Unadilla in downtown Millers Mills and continues to the top of Richfield Hill and back. Entries postmarked by Monday, July 15 or done online by noon on Friday, July 19 are only \$15 with a special rate of \$13 for those 60 and over. After these deadlines, the entry fee becomes \$25 for everyone. The walker fee is \$5 with no discounting. Race day registration runs from 7:30 - 8:30 a.m.

In addition to the race, the Millers Mills Grange will offer its homemade ice cream for sale in dishes, or quarts until 2 p.m. on race day. Ice cream toppings and other refreshments will also be available. The Millers Mills Community Baptist Church will have pies and other goodies for sale. Local artisans, free children's activities, a historical display and a raffle offering two great prizes of Amish made furniture (a rocking chair and a deacon's bench) will round out the day's activities.

The Grange will again open its doors to the public on Friday evening, July 19, from 6 - 8 p.m. with an Early Bird Ice Cream Social to demonstrate the freezing process and to enjoy the freshly made ice cream. Raffle tickets will also be available Friday or from Grange members prior to the events.

The hamlet of Millers Mills is located in southern Herkimer County. It's easy to find from Routes 20, 28 or 51. Race day parking is located off Jones

Road. For more information or to register for the race, visit the Millers Mills Grange website at millersmillsny.com or runsignup.com.



by Samantha Weaver

• It was noted 20th-century American poet e.e. cummings who made the following sage observation: "The most wasted of all days is one without laughter."

• Those who study such things claim that a single teaspoon of ordinary soil contains more living creatures than all the humans on the planet.

• Albert Einstein's final words are lost to history. He spoke his last words in his birth tongue, German, and it seems that the nurse who was attending him during his last moments spoke only English.

• Other than the fact that they were all famous writers, what did Charles Dickens, Edgar Allen Poe, Mark Twain, Louisa May Alcott, James A. Michener and Leo Tolstoy have in common? in They all were adopted.

• The monkfish, a species of anglerfish found primarily in the northwestern Atlantic Ocean, has an enormous head. Really, really enormous. The monkfish's head is so large, in fact, that it makes up three-quarters of its body.

It's been reported that country singer-songwriter Willie Nelson believes he's had numerous previous lives, including at least one as a Native American.
In an anthropological study once conducted in Papua New Guinea, it was found that one in three adult deaths was the result of homicide. And it seems that those murdered were often targeted because they were suspected of practic-

Strange but True

ing sorcery.

• If you've ever worn a tuxedo, you know what a cummerbund is, but you probably don't know the

origin of the word. It comes from a Hindi word meaning "waistband." Thought for the Day:

Thought for the Day: ot "Writers have two main th

problems. One is writer's block, when the words won't come at all, and the other is logorrhea, when the words come so fast that they can hardly get in the wastebasket in time." - Cecilia Bartholomew (c) 2019 King Features Synd., Inc.



Whatchamacallits

Do you have your own Whatchamacallit? Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145





It has been quite a while since our Whatchamacallit covered a firearm-related item. This is a double cavity bullet mold marked Colt's Patent which will make bullets for a Colt 1860 revolver. The 1860 revolvers were available in several calibers and corresponding molds were available for each. Ours is for a .44 caliber bullet mold and will cast a ball and conical.

Before ammunition was mass produced in the late 1800s, firearms were often supplied with a mold so owners could make their own bullets. This was especially advantageous to the rural population during the time when we were not so mobile a country and supply chains were not dependable. Many enthusiasts today enjoy supplying their own ammo. Samuel Colt was issued a U.S. patent for the "revolver" in 1836 – it was called that due to the revolving cylinder that would hold five or six bullets.

The 1860 model was manufactured from 1860 - 1873 and over 200,000 revolvers were produced. The U.S. government was the biggest customer, issuing the model to soldiers. According to Wikipedia, the .44 "Army" model was the most widely used revolver during the Civil War.

Presentation cases were made for gifts or awards and could contain one or two revolvers and assorted accessories – the bullet mold being among them.



A piece of history changes hands



On June 17, 2019 the old Brown Bess musket featured in the Mohawk Valley Country Editor of June 8 found a new owner. It was handed to its new owner Jon Frey by Skip Barshied at a most appropriate site. That site is historic Fort Frey in Palatine Bridge. The old fortified stone house has stood the rigors of time from 1739 to the present. It has sheltered both Loyalists and Patriots.

In the early 1950s it went out of the Frey family. Recently it came home to the care of the Frey family. It is treasured as the important piece of Mohawk Valley history that it is.

Let's hope that the old building and the Brown Bess musket will survive long into the future. **Skip Barshied**

Stone Arabia

Jon Frey accepts the old Brown Bess from Skip Barshied at historic Fort Frey.

Singing in the shower is all fun and games until you get shampoo in your mouth. Then it just becomes a soap opera.

Dinin Entertainment & Celebrations **Now Serving** Wine Ice Cream Open 1pm-9pm Daily 49 Hancock St., Fort Plain Portubardos It's Vacation Time! PIZZERIA We'll Be Closed PLUS Julv 1st to July 17th Re-opening Thursday, July 18th (518) 568-7111 St. Hwy. 5, St. Johnsville, NY 13452 Enjoy the Beautiful View on our Outside All You Can Eat Buffet • Every Thursday 4pm - 8pm \$12.75

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	Answers											
S	Solution time: 24 mins.											
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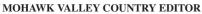
King Crossword — — Weekly SUDOKU

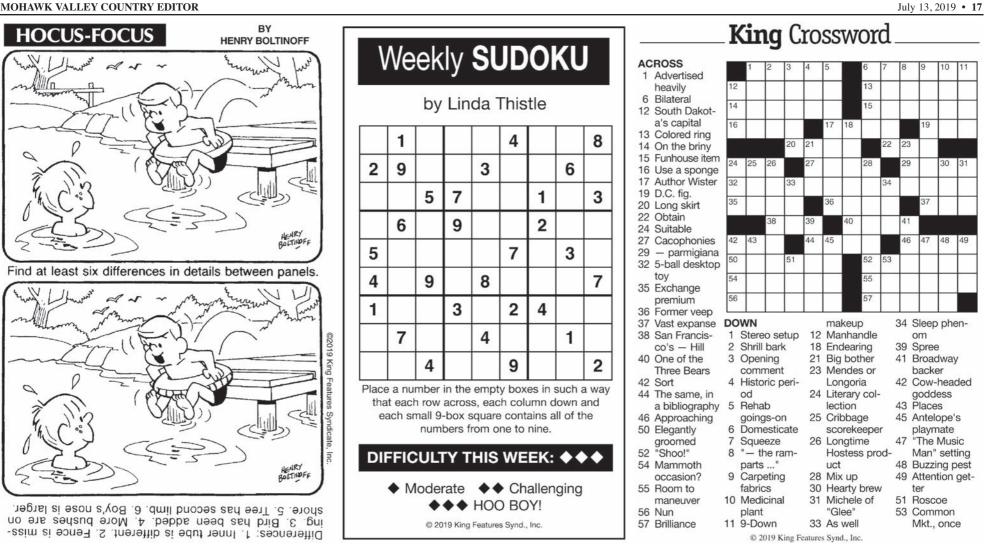
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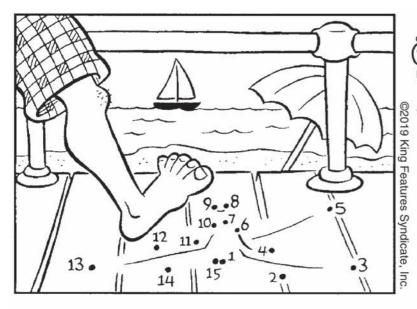
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"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies. I had that familiar conviction that life was beginning over again with the summer."

– F. Scott Fitzgerald, "The Great Gatsby"







CONNECT THE DOTS to find out what are the best (or worst) slippers for the boardwalk.

Answer: Banana peels.

HOW TO BECOME "TEACHER'S PET"! "For extra credit, see if you can make four 4's equal 55!"



Answer: 44 + 44/4 = 55.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "TALKER." 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. Time limit: 60 seconds.



R

D

THE PYRAMID OF WORD POWER

Starting with the given word at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with GABARDINE.

- 1. A cotton fabric (given).
- 2. Coating made with crumbs.
- 3. A recitation of written material.
- 4. Something won.
- 5. To condescend to give or grant.
- 6. To eat.

by Charles Barry Townsend

E

- 7. A deafening noise.
- 8. The best group.
- 9. Roman for one.

deign, dine, din, in (the "in group"), I. Gabardine, breading, reading, gained, Answers (from the bottom up):

Now Here's a Tip

by JoAnn Derson

• If you have a small bedroom with room for only a little bedside table, try hanging a lamp over it or using a wall-mounted lamp. It will free up space on your nightstand.

• Give kids small laundry baskets to race around the house collecting things that don't belong where they are. Then sort items and separate the misplaced items back into the baskets. Have kids deliver them to the right place. Older kids can collect any dirty dishes from around the house using a dishpan, and return them to the kitchen.

• "We add about an inch of kitty litter in the bottom of our kitchen trash can. If the can liner were to leak any liquids, they would be absorbed, and the litter does a great job of keeping smells in check." - Y.J. in Ohio

• Here's a great idea: Use a three-ring binder or an accordion folder to store manuals for appliances or electronics. An accordion folder is especially useful if the appliance comes with a small tool necessary for adjustments or any extra pieces that would be helpful to have on hand.

• "I have a zip-close baggie in my purse for trash. This way I can prevent small wrappers, unnecessary receipts, gum or other such litter from floating around my bag. I simply empty the bag from time to time and reuse it." - C.D. in Utah

• Use an old shower curtain as a ground liner underneath kiddie pools to protect the vinyl from twigs or rocks that might puncture your pool. You should always check the ground first, but a little extra protection doesn't hurt.

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PYREX, Cabinet Cards,

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Blow Molds, Glass

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Quilts, Farm Primitives,

Old Hats & Dresses,

Pocket Watches &

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(Family Features) -

When it comes to staying

safe on the roads -

whether you're traveling

cross-country or just

across town - routinely

checking the condition of

your tires can be impera-

tive. While variables like

road and weather condi-

tions can also impact

safety, it's important to

remember your tires are

the only thing between

your vehicle and the

During the summer

months, high heat and

hot roadways combined

with normal rolling, turn-

ing and braking con-

tribute to potential safety

hazards, particularly on

worn or improperly inflat-

ed tires. Before you hit the

road this summer, consid-

er these tips from the ex-

perts at your neighbor-

hood Discount Tire store

1. Check your tread.

Tread depth refers to the

amount of sufficient

tread on a tire, which impacts handling, traction and your vehicle's safe stopping distance. As

tires wear and tread depth is reduced, their

ability to perform in ad-

verse conditions such as

rain can be compromised. While most new

cars start with 11/32

inch tread, you can use

the penny test to check

your tread depth at home

by sticking a penny up-

side-down in a tread

groove. If Lincoln's entire head is visible, your tread

is worn beyond what tire experts recommend as

safe – less than 4/32 inch

- and it's time to replace

your tires.

to help keep you safe.

road.

Stay safe on the road this summer Five warm weather tire safety tips

2. Accurately measure pressure. Low tire pressure can lead to poor handling and gas mileage, excessive wear

e distance trips, as the impacts of bumps and turns r from everyday use can lead to normal air loss. r For the most accurate reading, check your tires when the car is cool as driving can heat up the tires and lead to an inaccurate reading. You can



recommended tire pressure on a sticker in your car's doorjamb or in your owner's manual. If you need assistance, look for a store like Discount Tire, which offers complimentary air checks and tire safety inspections. **3. Rotate often.** Tires

find the manufacturer's

3. Rotate often. Tires wear differently depending on their location on the vehicle. Routinely rotating your tires spreads wear evenly, which helps maximize their handling, traction and stopping capabilities. To increase longevity and keep your ride as smooth as possible, rotate your tires every 6,000 miles or earlier if irregular or uneven wear develops.

4. Inspect your trunk. Some newer vehicles now include tire inflation kits complete with puncturecoating sealants and air compressors, or run-flat tires that allow for continued driving with no air pressure for a short period of time rather than a traditional spare tire. Check your trunk to see what your vehicle contains and make sure you have a roadside assistance plan in case of emergency.

5. Avoid overloading. Overloading your vehicle can have a similar impact on your tires as driving on underinflated tires. The combination of warm roads and overloading, which is common during summer travel season, can lead to your tires potentially overheating and failing. Before loading your car, check the manufacturer's loading recommendation, which can be found in the owner's manual or on the doorjamb sticker.

For more tire safety tips, to locate a store near you or schedule a service appointment, visit discounttire.com.

Source: Discount Tire



It's important to remember your tires are the only thing between your vehicle and the road. Photo courtesy of Getty Images

and the possibility of tire failure. Remember to check your tire pressure at least once a month, especially before any long-



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- 1. Go to pet store.
- 2. Buy bird seeds.
- 3. Ask how long it will take for the bird to grow.
 - 4. Wait for the reaction.

MOHAWK VALLEY COUNTRY EDITOR

