

Mohawk Valley Country Editor

July 27,
2019

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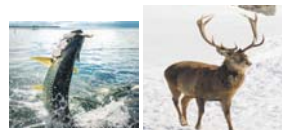
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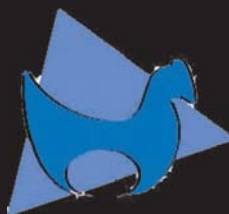
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running through
a few pages of
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We did and it's awesome!

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SOMETHING FOR EVERYONE & EVERY BUDGET!

Philo Café discussion forums

FORT PLAIN – Individuals who relish a hearty but respectful dialogue about a range of ideas and topics are invited to the Fort Plain Free Library on the first and third Thursday of each month for the Philo Café. The free, casual gatherings of the philosophically minded take place at the 19 Willett St. library from 6:30 - 8:30 p.m. Bimonthly talking points are based on

input from those present. The Civil War will be the subject of the Aug. 1 forum; the Aug. 15 topic has yet to be determined. Time travel, the influence of movies and the nature of the self are among other recent themes.

For more information, call 518.993.4646. Follow the library on Facebook for updates.

A friend is someone who knows all about you and still loves you.

Elbert Hubbard

It's garage sale time

BARBARA'S GARAGE SALE (Glorified Junk) Rte.29 between Rockwood and Johnstown. Open Saturday and Sunday through October 10am.

3 FAMILY GARAGE SALE at 132 West Skyline Drive, Palatine Bridge. July 26th-27th 9-4pm. Round dining room table with chairs; couch; household items; antiques; sports memorabilia; camping gear. Many items too numerous to list.



59 W. Main St., Canajoharie
518-673-2820

2474 St. Hwy. 30, Mayfield
518-661-6115

54 E. Main St., St. Johnsville
518-568-2776

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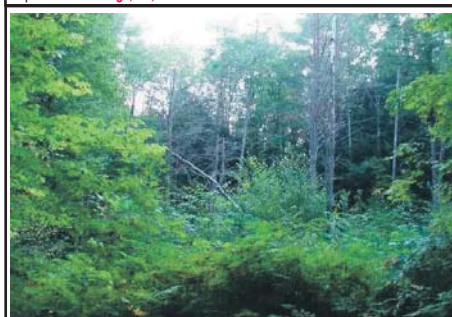
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PRICE REDUCTION!!! MLS201913854 - 064: 5 High Street, **FORT PLAIN:** This 4 bedroom home has many improvements and is located two minutes from the elementary school. The following is a list of improvements: New items included electrical panel, hot water tank, plumbing, floors in kitchen, living room, dining room, kitchen cabinets, carpet on the stairs and hallway and largest bedroom. The furnace and chimney have been cleaned, all rooms downstairs and some rooms upstairs have been repainted. **Asking \$64,900**



NEW LISTING!!! MLS201921988 - 700: 144 Dopp Road, **SPRAKERS:** Lovely country home on dead end road with 15+ acres. Mint condition waiting for a new family 4 bedroom with master on first floor, 2 baths, eat in kitchen, dining room looking out over barn and pasture. Three zone heating, ceiling fans and unique octagon windows. Wrap around porch to relax on to watch sunrise and sunset. Deck overlooking pastures and barn. Barn in excellent condition, wood siding with metal roof with fenced in paddocks. Water and power in barn. A must see home!!! Equine owners move in ready for you and your horses. Don't miss out, call to arrange showing before it belongs to someone else. **Asking \$250,000**



NEW LISTING!!! MLS201924644: 5727 State Highway 29, **ST. JOHN'SVILLE:** 24 acres hardwood on a seasonal road, was logged off 5 years ago. Open lot on main road. Great hunting, snowmobile and ATV trail. Could be divided. **Asking \$45,000**



MLS201924041: 38 North Blv., **GLOVERSVILLE:** Lovely home inside and out. Four bedrooms, 1 1/4 bathrooms, family room with pellet stove, beautiful woodwork and hardwood floors, updated kitchen and bath, jetted tub, private fenced in yard with 3 tier deck, 2 driveways and more. We love our home and have done the work for you!!! **Asking \$139,900**



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STONE SOUP CONCERT July 26 7 p.m. Enjoy an evening of blues, bluegrass, and a touch of jazz mixed with a pinch of folk music with Stone Soup. 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!

GARAGE SALE: July 27th 8:30-5; July 28th 10:30-5. 220 Stone Arabia Rd. Fort Plain

8x10 Photos only \$3.00 or get **2-5x7's for \$3.00**. Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

August Bargain! Pennzoil Motor Oil \$3.49 quart **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

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.

ATTENTION PARTY PLANNERS! The "Fort" aka VanAlstyne Homestead, available for your special event. Renovated, reasonable rate, ballroom, and kitchen. Call Mark Brody: 518-469-6985

ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **THURSDAY 5pm** prior to each edition date. **Call 518-673-0111**

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Mohawk Valley Country Editor

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Route 20 Road Challenge celebrates 20 years with Byway Relay

One of the most unique running series in the country is celebrating its 20th year in an equally unique fashion this summer.

Runners who have participated in the Route 20 Road Challenge over its 20-year existence are invited to take part in a relay covering the entire distance of the Route 20 Scenic Byway from Duanesburg to Lafayette on Saturday, Aug. 17.

Runners will cover one or more segments of two to three miles of the 108-mile Scenic Byway. Segments may have multiple runners but at least one runner is required for each segment.

The running series began in 1999, shortly after the formation of the Route 20 Association of New York State. The running series created by then-Association President Bill Kwasniewski and current co-chairs Craig North and Bill Kosina tied together many of the running events that were being held within the Route 20 corridor. Participants in a certain number of events earned a great running prize as an award for their achievement and as well "somewhat official" designation as a "Route 20 Roadie." This year's Road Challenge includes over 20 running events.

Those wishing to participate in the relay can send a check for \$10 to cover the cost of the special edition running shirt to Bill Kosina at 1434 Co. Hwy 25, Richfield Springs, NY 13439 (postmarked no later than July 27). You can also obtain more information by emailing jabkos@verizon.net, messaging Kosina on his Facebook page or visiting nyroute20.com.

A celebration following the event will take place at Cleaver's BBQ in West Winfield. Reservations are also being handled by Bill Kosina (contact info above).

St. Johnsville Community Conversation Meeting

ST. JOHNSTVILLE – The St. Johnsville Chamber of Commerce is sponsoring a Third Community Conversation on Tuesday, July 30 at the St. Johnsville Community House at 16 Washington St. The event will begin at 6:30 p.m.

At our two previous meetings, we shared ideas, concerns and possible solutions toward creating a community-wide initiative of ongoing strategic planning. We want to continue this with our main goal being to build consensus in an

effort to move the community forward positively and productively.

All residents of St. Johnsville Village and Town are encouraged to come, not just business owners or Chamber members.

Comments and questions that you may have which may be used as talking points for the discussion may be emailed to chamberprez13452@yahoo.com or mailed to St. Johnsville Chamber of Commerce, P.O. Box 144, St. Johnsville, NY 13452.

Library's obstacle course and sidewalk chalk events rescheduled

FORT PLAIN – The Fort Plain Free Library announced a date change for the Chalk of Fame and Gigantic Family Obstacle Course event originally scheduled for Saturday, July 27. The free, family-oriented event will now take place on Saturday, Sept. 28 from 11 a.m. - 3 p.m., with an Oct. 5 rain date.

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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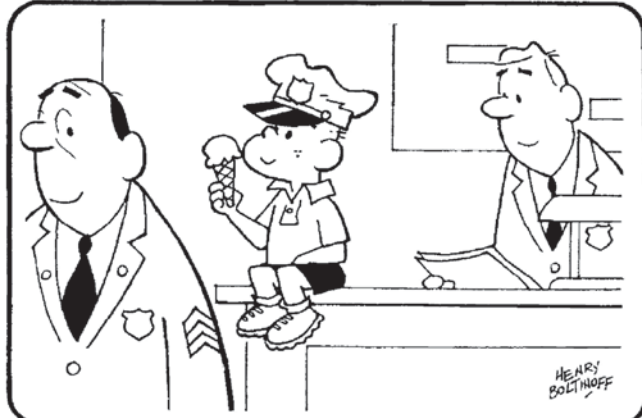
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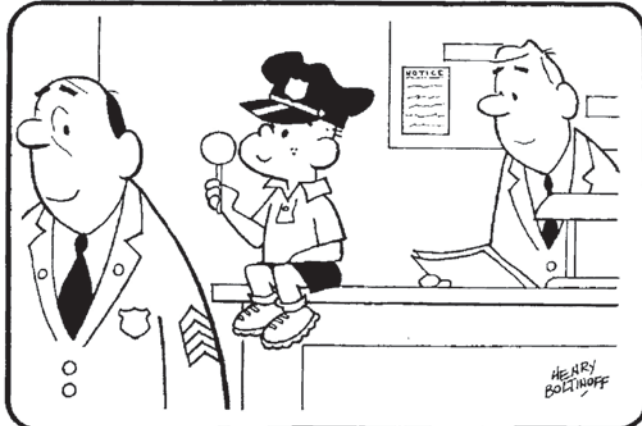
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HOCUS-FOCUS

BY
HENRY BOLTHOFF

Find at least six differences in details between panels.



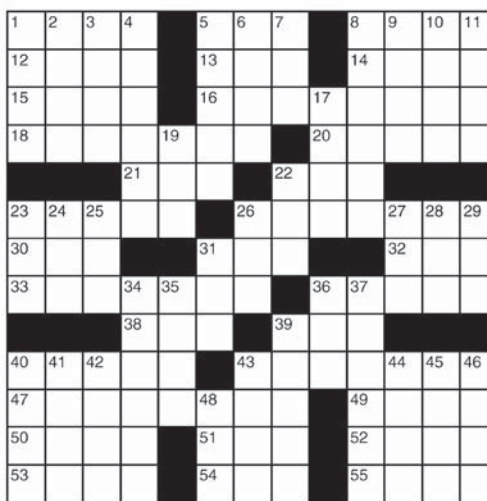
Differences: 1. Boy's hat is black. 2. Notice added to bulletin board. 3. Boy is holding a lollipop. 4. Officer has four stripes. 5. Officer's badge is missing. 6. Desk sergeant's badge is missing.

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King Crossword

ACROSS

- 1 Periodicals, for short
5 Cistern
8 Last writes
12 Guitarist Clapton
13 Brewery product
14 Infamous Roman
15 Genesis maker
16 Fan of classical music
18 Barbershop job
20 Stir up
21 Get on in years
22 Lubricate
23 Synagogue VIP
26 Hew
30 Swelled head
31 Write in the margins
32 Pod denizen
33 On the — (secretly)
36 Caulking material
38 A billion years
39 2,000 pounds
40 Angry dog's sound
43 Sleazy sort
47 Throughout your time
49 Rewrite, maybe
50 Satan's s-ped-

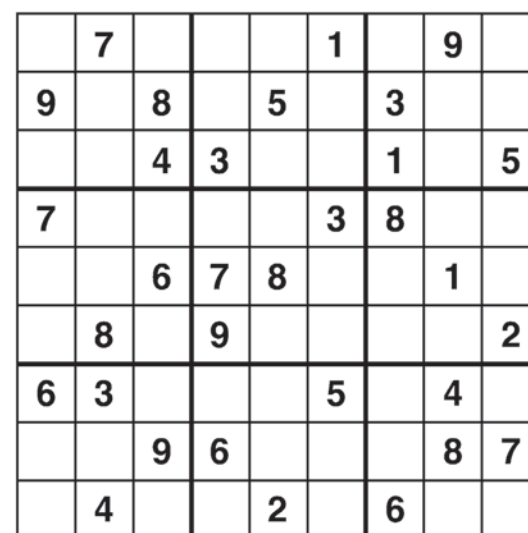


- cialty
51 Oklahoma city
52 Antitoxins
53 Trawler gear
54 Three-pointers in football (Abbr.)
55 Back talk
9 Suitor
10 Eye part
11 Ripped
17 Sandlike matter
19 Modern film trickery
22 Chic no more
23 Scarlet
24 In earlier times
25 Violinist's need
26 Calf's mom
27 Choose, with "for"
28 Drenched
29 Aye opponent
31 "The Daily Show With — Stewart"
34 Staircase posts
35 Lounge around
36 "Bam!"
37 Except if
39 Forum garb
40 Singer Campbell
41 Split apart
42 "Think nothing —"
43 Takeoff's opposite (Abbr.)
44 Concept
45 Some evergreens
46 Greek vowels
48 LummoX

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Weekly SUDOKU

by Linda Thistle

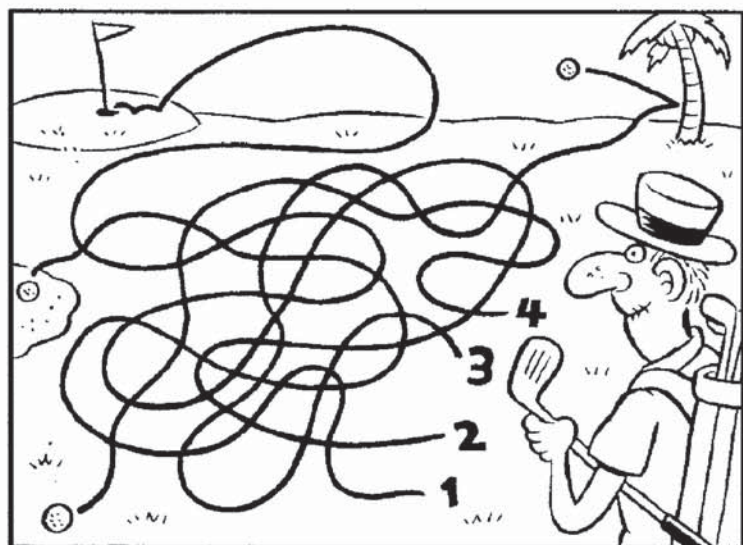


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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CAN YOU GUESS what iron — a 1, 2, 3 or 4 — Jock MacDivot should use to get a hole in one?

Answer: His trusty 2-iron will do the trick!

A VACATION PUZZLE! See if you can substitute the digits 1, 2, 3, 4, 5, 6, 8 and 9 for the letters on the board so you will have a correct addition problem. The same digit is used for the same letter.

Answer: F=2, U=8, N=9, I=4, T=3, H=5, E=1, S=6, (289 + 49 + 351 = 689).

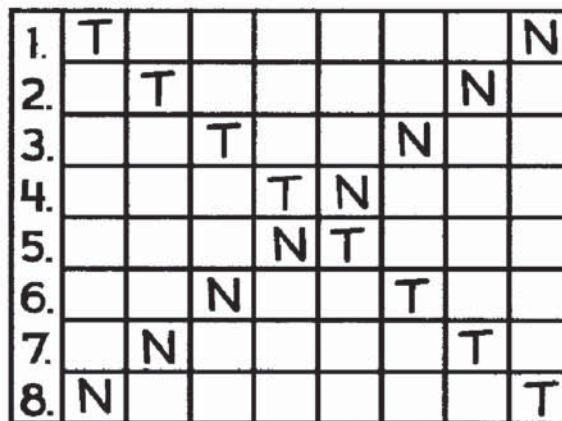
THE "H" PYRAMID! As you move down the word pyramid shown here, each word contains the same letters as the word above it, plus a new letter. We give you all the H's. Here are some hints from the top down:

1. Symbol for hydrogen. 2. An expression of greeting.
3. Put out of sight. 4. Tough animal skin.
5. To scold mildly. 6. Moved very slowly.
7. A type of lightning 8. A large Spanish estate.

Answers: 1. H (given). 2. Hi. 3. Hid. 4. Hide. 5. Chide. 6. Inched. 7. Chained (zig-zag). 8. Hacienda.



by Charles Barry Townsend



FIND THE BIG WORDS!

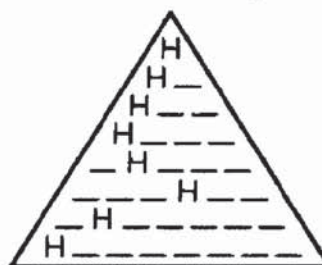
Using the definitions and anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the answer.

DEFINITION:

1. A cooking measurer.
2. Foul water.
3. A vine around a post.
4. Owners of a business.
5. Sailors working songs.
6. What you do at the beach.
7. How they protect young chickens.
8. One who writes.

ANAGRAM:

soon + tape
ants + tang
need + twin
spar + tern
aces + hint
hunt + base
nice + tuba
tins + love



Answers: 1. Teaspoon. 2. Stagnant. 3. Entwined. 4. Partners. 5. Chanties. 6. Sunbathe. 7. Incubate. 8. Novelist.

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Rae is a 12 year old female pittie girl looking for her retirement home. Great with people and kids. Needs a kitty free home. Dog selective.



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



Dakota is a 4 year old great pyranese husky mix. This hundred pound boy is so sweet. He is good with some dogs. Dakota needs a home with no kids.



Libby is a sweet, spayed 5 to 7 year old girl who loves people and has lived with both cats and dogs. Libby loves to be pet!



Raven is a 5 year old spayed female DLH kittle. She loves people and is good with other cats. Raven can be a little shy at first, but she loves to be pet and is playful.



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



Lucy and Billi Jo are 4 year old Shepherd and Shar Pei mixes. These two sisters love each other and have always been together - so we are really going to try to adopt them out together. These two love people. They will need to be helped with housebreaking, because they have always been outside dogs.



Papo is a 9 year old neutered male pittie boy. He needs a quiet adult home. He loves adventures and is good with some dogs. Needs a kitty free home.



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

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Glass pyramid

A 4 1/2-inch-high heavy glass pyramid was in a recent house sale. It was inexpensive, but no one knew what it was used for. It was almost too heavy to lift, so it wouldn't be a practical paperweight, but we bought it to display on a table with our obelisks. A long search of pictures online revealed what it is ... a "deck prism." It was used to give extra light to parts of an antique sailing ship that were below the waterline. The first deck prisms were used about 1840. Fire was the best source



This glass prism with a slightly green tint is 4 1/2 inches high and very heavy. It was used like a window on vintage sailing ships to get light below the main deck. Just an ornament today, it is worth about \$50 in an online sale.

of light, but it also was very dangerous on a wooden ship, so oil, kerosene lamps and candles were avoided.

My prism was inserted upside down into a hole on the main deck. The glass pyramid point hung down and shed some light into the room below. The base of the prism, now at the top, was set flush into the wooden deck. After a while, the caulking that held the glass would leak and the glass could chip, so the prism was carefully remounted and caulked. In 1861 a patented threaded light that could be screwed into a metal frame was invented, so prisms lost favor. But reproductions in colored glass still are made and used, and old ones are collected. They usually sell for less than \$50.

Q: I have my great-grandfather's accordion, a pre-1900 Hohner two-row button diatonic. It was appraised, and I was told it would fetch four figures. I'd love to keep it, but no one in my family wants it. It's normal fifth scalar organization, 20-plus treble buttons and 12 bass buttons, in very good condition. Where should I start?

A: You probably will get the highest price by selling the accordion at an auction of other antique musical instruments. Expect to pay the auction gallery a commission, a percentage of the hammer price. Fees are negotiable. Find out in advance what costs are and what it includes. Will the instrument be pictured in a catalog? What is the cost of shipping it to the auction? Insurance? Do you want a minimum bid? What are costs to you if it doesn't sell? You also can try a music store in your area. They may know someone who collects vintage instruments.

Current prices

- 1938 Calendar, Esso, "Happy Landing," child jumping from green plain, Standard Oil Company of Pennsylvania, 21 x 14 inches, \$129.

- Sewing stand, drop leaf, mahogany flame veneer and pine, three drawers, dovetailed, original pulls, carved leaves, c. 1835, 18 inches, \$300.

- Buff-Lo-Maid cleanser tin, cardboard body, tin lid & base, Indian woman, 4 5/8 x 3 1/8 inches, \$672.

- Donald Duck figurine, long-billed, movable head, stationary legs, Knickerbocker, 9 inches, \$1,357.

Tip: A magnet will not be attracted to solid brass. It will cling to brass-plated iron. For more collecting news, tips and resources, visit www.Kovels.com.

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Whatchamacallits

I'm not sure how many of our readers would put these two words together: "beautiful spittoon." But one look at these photos may cause you to hear those words coming out of your own mouth.

When you think spittoons, usually you picture the traditional utilitarian brass type which were mass-produced in the 19th century when spitting in public (on streets, floors and sidewalks) was considered uncouth.

Many places passed ordinances against public spitting except for the use of a spittoon. Spittoons were prevalent in public places such as saloons and hotels, banks, barbershops, courtrooms, shops and offices.

More expensive hotels and high

society homes would have spittoons made of cut glass, ceramic or porcelain – such as our two examples. One is glazed earthenware with a nice embossed design and the other is painted ceramic with a lovely floral/arbor design.

Shortly after the 1918 influenza epidemic, use of spittoons began to decline – partly due to advocates for public hygiene and partly due to the burgeoning popularity of the rolled cigarette. During the World War II scrap drives, many of the thousands of brass spittoons met their end – perhaps becoming arsenal shells.



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

To Your Good Health

by Keith Roach, M.D.
Is ‘beaver fever’ cause of digestive trouble?

Dear Dr. Roach: Last summer I went camping and ran out of clean water. I had to boil water and drink it without any treatment tablets. That evening, I had painful cramps in my stomach, and in my upper abdomen, under my ribcage. Since then, my digestion has been horrific. I have constant rank gas and bloating when eating foods I’ve never had a problem with before, even fruits and vegetables. I have been a big eater of probiotic foods, with no digestive disturbances. However, since this incident, any form of probiotic, whether from capsule or natural foods like sauerkraut or kimchi, gives me the worst gas and bloating I’ve ever had.

I had parasite and bacterial stool testing done with my doctor, and I came up clear. I feel like I need antibiotics or something to clear whatever is going on with my digestive system, but I’m hesitant because I have had four rounds of antibiotics in 2017 from surgeries. I am worried about “beaver fever.” What do you recommend? – A.L.

Answer: There are several infections one can get from drinking unprocessed water while camping. “Beaver fever” is a name for infection from the parasite *Giardia lamblia*, which is found in water where animals (especially beavers) are found. It’s a reasonable thought – it’s one of the few waterborne infections that can persist for months. However, I think *Giardia* is unlikely. Symptoms from *Giardia* normally begin one to two weeks after exposure, and the parasites are killed very rapidly by boiling water.

Your symptoms are very much like irritable bowel syndrome, and I do wonder if it might have been triggered by some event that day you were camping. Usually, three sets of cultures for parasites are done to make sure there isn’t an unwelcome guest in your intestine causing symptoms. A gastroenterologist would be a good choice to help you track down an identifiable cause and to get some symptomatic relief. Antibiotics are not recommended without knowing what you are treating.

The only true wisdom is in knowing
you know nothing.
Socrates

Now Here’s a Tip

by JoAnn Derson

- Keep a small bottle of white vinegar by your washing machine. Douse the underarm of T-shirts with the vinegar to remove antiperspirant stains and to deodorize shirts just before washing.
- “When you go to the pool, make sure you take a sealable baggie to protect your cell phone. You can use the touchscreen through the plastic, and it’s less likely to get wet. However, this doesn’t take the place of a sealable water bag if you’re going IN the water.” – G. in Virginia
- Cover metal belt buckles with a couple coats of clear nail polish to keep them from getting scratched up.
- This is an old-school trick for help threading a needle: Use a spritz of hairspray on your fingertips, and bring thread to

- a point. It stays nice and stiff for threading.
- According to the experts from REI, here’s a double-duty tip for your Nalgene water bottle. After helping you stay hydrated all day hiking, fill your bottle with hot water just before you retire for the night, and pop it down in the bottom of your sleeping bag after sealing well. It’s a nice bit of warmth for your toes!
 - “We recently went tubing, and here’s a genius thing we saw: A laundry bag was secured to a small ring float, which was tied behind the other tubes like a little caboose. It held canned drinks and water bottles. The water kept them super cold, and empty cans went right back in the bag, zipped securely away.” – C.W. in Florida
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Dear Dr. Roach: Seven years ago, I had a stroke. I was immediately put on Lipitor and Plavix. The statin drugs made my arms and shoulders ache, and the doctor tested me and found no reason for it. He said anecdotally that he had many patients who complained of the same thing. He then put me on fenofibrate. The pain stopped immediately. Now he says new research shows that any cholesterol-lowering drug makes the blood tests show lowered cholesterol levels but it does not prevent heart attack or stroke. So he took me off it. I wonder if you know anything about this study that said there was no benefit to taking statins. I did not really understand what he said. – G.C.

Answer: It sounds like the message got a bit confused. The evidence that statin drugs reduce the risk of heart attack and stroke in people at high risk, such as those who have had a previous event, is very strong. However, the evidence for fibrates drugs, such as fenofibrate, is much weaker.

Statin drugs often cause some muscle aches. Pravastatin and fluvastatin are least likely to cause this problem, so it’s worth a try switching, in my opinion. Some people get relief from muscle aches with a CoQ10 supplement.

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Calendar of events

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

July 26

Stone Soup Concert. 7 p.m. 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.

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.

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

Bake and Garage Sale. 9 a.m. -6 p.m. Lassellsville Senior Center, 5740 Route 29. Call 518.993.5357 for information.

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.

Palatine Church celebrates Christmas In July. 4 p.m. In the historic old Palatine Church. Rt. 5, between Nelliston and St. Johnsville. Christmas musical program.

July 29

Village of St. Johnsville Summer

Concert Series. 6:30 - 8:30 p.m. At the St. Johnsville Marina. Free. Refreshments available. The Elvis Show by Don Brown

July 29 -Aug. 2

Christian Lake Bible Conference to host Pastor Jack Young. Pastor Jack Young, Lighthouse Bible Baptist Church, Webster, NY guest speaker. At Christian Lake Bible Conference, 355 Perkins Mill Rd., Stratford. Message from scriptures Monday through Friday at 7:30 p.m. Bible class may be Tuesday through Friday morning at 9 a.m. Conference phone number is 315.429.3515.

July 30

St. Johnsville Community Conversation Meeting. 6:30 p.m. At St. Johnsville Community House, 16 Washington St. Comments and questions for the discussion may be emailed to chamberprez13452@yahoo.com.

Adult meditation classes. 6 to 7 p.m. At Fort Plain Free Library, 19 Willett St. For adults and youths aged 16 and up. Harold Rolls, a Tibetan Buddhist monk, facilitates the program. For more information, call 518.993.4646.

Aug 1

Creative Textile Fibers Group. At Fort Plain Free Library, 19 Willett St., Fort Plain. Each Thursday from 12:30 to 2:30 p.m. Call 518.993.4646 or visit the library for information.

Aug. 1 and 15

Philo Café discussion forums. 6:30 - 8:30 p.m. At Fort Plain Library, 19 Willett Street. The Civil War subject of the Aug. 1 forum. Aug. 15 topic to be determined. For more information, call 518.993.4646.

Aug. 2

5:30-7 p.m., **“Hidden in Plain Sight”** art exhibition opening reception–Montgomery County Dept. of History and Archives, Old Courthouse, 9 Park St., Fonda. For more information, contact the Dept. of History & Archives at 518.853.8186.

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

Aug. 5

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

Aug. 5-9

Christian Lake Bible Conference guest minister. Jonas Yoder, HR Ministries/MAP Ministry, Princeton, KY will be the guest speaker the week at Christian Lake Bible Conference, 355 Perkins Mill Road, Stratford. Services are Monday through Friday at 7:30 p.m. For more information call 315.429.3515 or visit christianlakebibleconference.com.

Aug 6-8

Young Pioneers Program at Fort Klock. This program offers children 9-13 years of age, the opportunity to experience a bit of colonial life first hand. Participants can choose to wear clothing of the period, learn 18th century skills and meet interesting people. The program has limited openings, so don’t delay. Applications are available at the Fort, Tuesday - Sunday 9 a.m. to 5 p.m. or you may contact the Fort at fortklock@gmail.com or 518.568.7779.

Paw's Corner

by Sam Mazzotta

Opossum might make a good neighbor

Dear Paw's Corner: A family of possums has moved in under my porch. They are hideous looking. Are they a threat to my cat? – Julia in New Jersey

Dear Julia: Healthy opossums pose little or no threat to your cat, as long as it doesn't bother them. As scary as their pointed faces appear, opossums (pronounced "possums") are not a threat to pets nor to you. In fact, they can be beneficial.

Opossums are nocturnal creatures that avoid other wildlife – meaning they move around mostly

at night and try to stay out of the way of, well, anything bigger than them. If you're out at night and accidentally come face to face with an opossum – as I've done occasionally, especially growing up in the South – you'll probably get hissed at, which is frightening, but not attacked. When threatened, they often flop over and emit a foul-smelling fart. (They're not really "playing dead," as it's a reaction triggered by stress). Opossums may not even do structural damage under your porch, unlike raccoons and other small mammals.

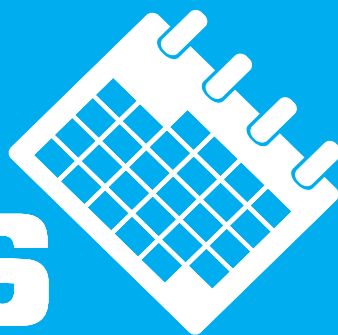
Opossums really are remarkable animals. They're the only marsupi-

al in North America, carrying their young in a pouch. (Possums without the "o" are an entirely different marsupial species found in Australia and the south Pacific region.) Opossums are omnivorous and eat snakes (even poisonous ones), slugs, grubs and roaches. They are reportedly resistant to the rabies virus and to Lyme disease, and they even eat ticks with no ill effects – up to 5,000 per year!

If you still don't want a family of opossums around, contact a pest removal service to trap the family and release them safely somewhere else.

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Chow Line: No such thing as male and female bell peppers

I saw a link on Facebook saying that male bell peppers have three bumps on the bottom and are better for cooking, while female bell peppers have four bumps and are sweeter and better for eating raw. Is that true?

No.

Although the myth that bell peppers are either male or female continues to spread, bell peppers do not have genders.

According to the myth, "male" bell peppers have three lobes and are more bitter, while "female" bell peppers have four or more lobes, have more seeds, and are sweeter to eat.

However, bell peppers grow from flowers that have both male and female parts. The peppers, which are the fruits of a pepper plant, each contain ovaries that produce

the seeds inside the peppers. Each pepper is produced through self-fertilization. The seeds are formed in each pepper after pollination, with those seeds then able to form new pepper plants.

Peppers are warm-season vegetables and are part of the Solanaceae or Nightshade family, along with tomatoes, eggplants, and potatoes, according to Growing Peppers in the Home Garden, a recent OhioLine fact sheet.

OhioLine is Ohio State University Extension's free online information resource and can be found at ohioline.osu.edu. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

Peppers are easily grown, can be prolific producers, and can be grown

in a variety of colors, shapes, and flavors. For instance, green bell peppers are green when they are in their immature stage. Bell peppers that ripen on the plant longer will develop a red, orange, yellow, or purple color.

Just like many other fruits and vegetables, the degree of sweetness is generally a factor of how

ripe the fruit or vegetable is. Bell peppers start out green, then ripen to yellow, then orange, then red, and in some cases turn purple. Thus red, orange, yellow, and purple bell peppers are generally sweeter than green bell peppers. And the lobes on peppers are determined by growing conditions and genetics, so

they don't indicate the sweetness factor of the pepper in any way.

Bell peppers are an excellent, healthy dietary option. They are a great source of vitamins A and C, and beta-carotene. They also provide essential minerals including iron, copper, zinc, potassium, manganese, magnesium, and selenium.

And they are a great-tasting, low-cost vegetable.

Chow Line is a service of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES) and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center (OARDC).

In The Grow: Remove errant branches to save 'weird' tree

Q: Please don't think I'm totally crazy, but I couldn't get anyone around here to answer this question and I thought someone at Purdue could. I have two trees in my backyard that are growing branches that are completely different from the rest of the trees. It is NOT another tree coming up under them, which is what most people tell me. Am I correct in guessing this is a cultivar that went wrong?

Do we cut them both down and start over, or can we just cut off the branches that do not match? I hate cutting down trees but honestly, this looks VERY weird sitting next to my house. – J.K., St. John, IN

A: What's happening to your trees is not really a rare occurrence. You are indeed on the right track. These are dwarf cultivars that are reverting back to what is the normal growth for the species.

Dwarf evergreens such as yours are usually selected from a plant that showed a mutation/genetic variation from the species. Sometimes this is a dwarf habit such as your plant. In other cultivars, it could be a unique color variegation in foliage or flowers, twisted leaves, weeping habit, etc.

The plant in your photo appears to be a dwarf Alberta spruce. The best approach is to prune out the errant branches – the sooner, the better. In addition to the larger branch habit, they tend to be more vigorous and can take over the plant. It is best to remove the branch by cutting back as close to the point of origin without damaging the main trunk. The plant may continue to send these out from time to time, so keep after them.

Here are a few articles that we've published on this very subject. You can see you are in good company!

- ag.purdue.edu/btny/ppdl/Pages/POTW_old/6-27-05.html
- ag.purdue.edu/btny/ppdl/Pages/POTW_old/5-31-10.html

Additional information on pruning technique can be found in Purdue Extension bulletin HO-4, Pruning Ornamental Trees and Shrubs (mdc.itap.purdue.edu/item.asp?itemID=22785).

Source: ag.purdue.edu

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Adult meditation classes to continue at library

FORT PLAIN – Adults and youths aged 16 and up wishing to learn the art of meditation are invited to come to the Fort Plain Free Library each Tuesday from 6 - 7 p.m. Each free class consists of meditation and discussion.

Fort Plain resident Harold Rolls, a Tibetan Buddhist monk who was based at Pullahari, Nepal, for over 20 years, facilitates each free, ecumenical program. "The class is

for people who want to learn to meditate and to have guidance in meditation," 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," he said.

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.

Library hosts creators' and writers' groups each Thursday

FORT PLAIN – Creative individuals seeking an outlet for their talents are invited to the Fort Plain Free Library each Thursday afternoon for the Creative Textile Fibers Group and the Writers at Fort Plain.

From 12:30 - 2:30 p.m., makers of traditional textile arts and handcrafts such as embroidery, needle felting, crocheting and knitting gather for the free and casual Creative Textile Fibers Group. Each week, participants share patterns, advice, ideas, laughter and friendship as they work on individual projects.

That is followed from 3 - 5 p.m. by participants of the creative writing group facilitated by published writer Joan Caska. Wordsmiths from varied writing backgrounds, genres, interests, goals and experience levels share their work in a fun and non-threatening setting. In addition to memoirs, participants work on novels, short stories, poems and more. Each free session features constructive feedback in a friendly and supportive setting.

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How to level an uneven yard

Many things can cause a yard to be uneven. Drainage problems, leaky pipes beneath the grass and pests can wreak havoc on a yard, resulting in uneven turf that can be both unsightly and unsafe.

Addressing an uneven yard might be homeowners' ultimate goal, but the home experts at BobVila.com note that homeowners should first figure out what's causing the problem and make fixing that their first task. Fixing uneven ground above leaky pipes will only be a temporary fix if the leaks themselves are not addressed. Professional contractors might be necessary depending on what's causing the problem. However, once the underlying issue has been addressed, many homeowners can handle the task of leveling an uneven yard on their own.

- **Get the right tools and materials.** Leveling an uneven yard may require various tools. Thatch will likely need to be removed from the lawn before it can be leveled out, so homeowners will need a thatch rake or dethatching machine to get this task started. Dethatching machines are generally necessary for especially large lawns, and these can typically be rented from home improvement retailers. A shovel, bow rake and push broom are other tools homeowners will likely need. Materials such as topsoil, compost and sand will be necessary as well, and these are typically sold at local garden centers.

- **Fill in areas beneath the grass.** Areas beneath the grass can be filled in with a mixture of sand, topsoil and compost. The experts at BobVila.com advise using

two parts sand, two parts topsoil and one part compost. Each of these components plays its own role in restoring the yard to full health. Sand helps the ground stay level, while the topsoil and compost provide the grass with valuable nutrients. If the low spots are not especially deep, this mixture can be applied without removing the grass. However, before filling in holes when addressing spots that are deeper than two or three inches, remove the grass then place it back in place once the hole has been filled. To dig up the grass, put the blade of the shovel at the outside of the low spot before sliding it under about two or three inches so you do not upset the grass roots.

- **Spread the top dressing.** Once the holes have been filled and the grass has been placed back on the ground (if it was removed), spread the top dressing mix with a shovel. The mix should be spread evenly with the back of the bow rake at a depth of no more than half an inch. Make sure the mix is worked into the low spots and that it's not completely covering the grass, as that will suffocate the lawn. If necessary, use the push broom to work the mix into the soil.

- **Water the lawn.** Finally, water the lawn to help the top dressing settle into the grass. If necessary, repeat the process of applying top dressing and watering until the lawn is even and has returned to full strength.

An uneven lawn is an eyesore and potentially harmful. But fixing an uneven lawn is simple once homeowners discover and address what's behind the issue.

Short sale versus foreclosure

Shopping for real estate may require prospective buyers to learn a whole new language. Buyers may come across certain terms they don't understand. Among the more common terms that first-time buyers may not fully understand are "short sale" and "foreclosure."

According to Realtor.com, short sales and foreclosure auctions are situations that occur when homeowners fall behind on payments and can no longer afford to live in a home. A short sale happens when a homeowner owes more on the mortgage balance than the market value of the property when the owner needs to sell. The homeowner can ask the mortgage lender to accept a lesser amount than the total mortgage owed — making the homeowner/seller "short" on paying the lender back.

A foreclosure is a legal process that occurs when a borrower cannot make mortgage loan payments for a significant period of time. If the debt is not recouped, lenders

will step in and take ownership of the property, putting it up for sale in a foreclosure auction.

While these situations can be troublesome for the homeowner facing financial peril, distressed properties can be advantageous for buyers who oftentimes can buy homes at steep discounts. However, short sales and foreclosures are not without challenges.

The real estate experts at Zillow say that foreclosures and short sales involve more layers than traditional transactions. Zillow offers that bank lenders historically can be slow at giving approval for mortgages to purchase short sale properties or even agreeing on an amount for the sale. As a result, buyers may miss out on other opportunities while waiting for short sales to move along.

Foreclosures carry their own hurdles. Buyers may not get a chance to even see a foreclosure property, nor be eligible to have it inspected, as foreclosed homes are typically

sold "as-is" and at auction. The real estate agency Re/Max says buying a foreclosure typically is faster than buying a short sale, and an investor can buy a foreclosed home for below market value. But foreclosures cannot be contingent on the sale of another home, so a buyer must have funds in place and be ready to move quickly.

Short sales are often initiated by homeowners looking to avoid foreclosure. As a result, short sale properties may be in decent condition. This may not be the case with a foreclosure. The American Society of Home Inspectors says foreclosed homes may have been neglected by having utilities turned off and no maintenance done on the home. Other homes may have been purposefully vandalized by the former owner or by squatters.

Short sales and foreclosure properties are options for buyers who want to get the best price possible on a home and are willing to take some risks in their pursuits.

Moments in Time *The History Channel*

- On Aug. 3, 1492, from the Spanish port of Palos, Italian explorer Christopher Columbus sets sail with three ships – the Santa Maria, the Pinta and the Nina – to find a western sea route to China, India and Asia. On Oct. 12, the expedition found the Bahamas and later sighted Cuba, which he thought was mainland China.

- On Aug. 4, 1854, Henry David Thoreau's classic "Walden" is published. Thoreau was a 27-year-old Harvard graduate when he moved to Walden Pond and built the 10-by-15-foot cabin on land owned by his friend, poet Ralph Waldo Emerson.

- On July 29, 1862, Confederate spy Marie Isabella "Belle" Boyd is arrested by Union troops and held at the Old Capitol Prison in Washington, D.C. It was the first of three arrests for the skilled spy, who later parlayed her spying experiences into a book and an acting career.

- On July 30, 1956, President Dwight Eisenhower signs a law officially declaring "In God We Trust" to be

the nation's official motto and mandating that the phrase be printed on all U.S. paper currency.

- On July 31, 1964, Ranger 7, an unmanned U.S. lunar probe, takes the first close-up images of the moon before it impacts with the lunar surface. The images were 1,000 times clearer than anything ever seen through earth-bound telescopes.

- On Aug. 1, 1972, in the "Match of the Century," American chess grandmaster Bobby Fischer defeats Russian Boris Spassky during the World Chess Championship in Reykjavik, Iceland. Fischer became the first American to win the competition since its inception in 1866.

- On Aug. 2, 1990, Iraqi forces invade Kuwait, Iraq's tiny, oil-rich neighbor, and gain control of 20% of the world's oil reserves. On Aug. 9, Operation Desert Shield began as U.S. forces raced to the Persian Gulf.

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The Kitchen Diva

by Angela Shelf Medearis

Black-eyed peas, please

Black-eyed peas have had a tremendous influence on both my writing and culinary career. My first book for children was titled "Picking Peas for a Penny." It was a rhyming story about my mother and my Uncle John picking black-eyed peas for a penny a bushel basket on my grandparents' farm in Oklahoma during the 1940s.

Black-eyed peas also figure prominently in my career as a cookbook author and chef. Black-eyed peas, okra, peanuts and sesame seeds, and the oil they produce, are documented contributions from Africa via the slave trade to our American cuisine. I prepared black-eyed peas any number of ways while doing research for my first cookbook "The African-American Kitchen."

Originally from Africa, black-eyed peas are one of the most widely dispersed beans in the world. It was a nutritious staple in Africa long before it was brought to the American South. Black-eyed peas are often called black-eyed beans, or China peas (their bushy vines grew wild in Asia). Another name for the black-eyed pea is "cowpea," as it was used in animal food.

Although called a pea, the black-eyed pea is actually an edible "bean." Both peas and beans are legumes, and both have edible seeds and pods. The most common commercial black-eyed pea is called the California Blackeye. It is pale-colored with a prominent black spot. Black-eyed peas are extremely nourishing, both to people and to the soil.

If you're looking for a delicious way to lose weight and improve your health, here are some reasons to eat more black-eyed peas:

- Black-eyed peas are a low-fat and low-calorie food. One-half cup of black-eyed peas is generally less than 100 calories and contains about 1 gram of fat. Their protein helps cells grow and repair and provides energy to your body.

- If you need more potassium and usually eat bananas and avocados, try adding more black-eyed peas to your diet! A 1/2-cup serving of cooked from dry black-eyed peas contains 239 mg of potassium, and the same amount from a can has 206 mg. Potassium is a nutrient that helps keep your blood pressure at healthy levels, which lowers your risk of heart disease. It also supports the health of your muscles and bones.

- Protein also supports most parts of your body, including muscles, skin, hair and nails. One-half cup of dry and cooked black-eyed peas contains 6.7 grams of protein, and a 1/2 cup of canned black-eyed peas contains 5.7 grams.

- Black-eyed peas are rich in iron, helping to prevent anemia, which produces fatigue and weakness. Iron helps carry oxygen throughout your body to your organs, cells and muscles. A 1/2 cup serving of canned black-eyed peas has 1.2 mg of iron, while 1/2 cup cooked from dry black-eyed peas contains 2.2 mg.

- Black-eyed peas are high in vitamin B9 and rich in folate. Studies show that folate sourced from food can cut your risk of pancreatic cancer by up to 60%. Folate also helps with cell formation and is especially important during pregnancy. Black-eyed peas also contain thiamine, one of the B vitamins.

If you can, get fresh black-eyed peas; they cook up in no time. But if you can't get them fresh, then use the frozen or canned variety. Whichever you choose, they'll be delicious in this recipe for Texas Caviar. It's a flavorful and nutritious dip that keeps for up to two weeks in the refrigerator.

Texas Caviar

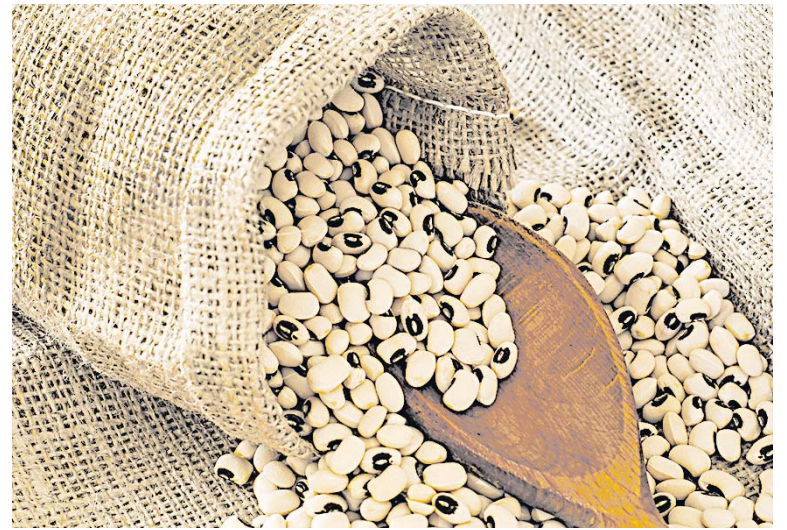
2 (15-ounce) cans black-eyed peas, rinsed and drained

1 (15-ounce) can black beans, rinsed and drained
1 red bell pepper, cored, seeded and finely chopped
1/2 green bell pepper, cored, seeded and finely chopped

1 small red onion, finely chopped
2 stalks celery, finely chopped
2 Roma tomatoes, finely chopped
1/3 cup chopped parsley or cilantro leaves
1/2 cup red wine vinegar
2 teaspoons stevia, honey or agave syrup
1 teaspoon garlic powder

- 1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup vegetable oil
1/2 teaspoon hot sauce, or more to taste
1. Combine black-eyed peas, black beans, bell peppers, red onion, celery, tomatoes and parsley or cilantro in a large bowl.
 2. In a small bowl, whisk together vinegar, stevia, honey or agave syrup, garlic powder, salt, pepper, vegetable oil and hot sauce.
 3. Pour dressing over black-eyed pea mixture and toss to coat. Refrigerate for 4 hours or overnight. Stir before serving. Makes 12 servings.

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CANJO 4'S SAND SLAM '19

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SAND COURTS LOCATED AT:
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2019 benefactors are the Canajoharie-Palatine Bridge Chamber of Commerce & the Mohawk Valley Collective's efforts in rehabilitating West Hill School.

Sponsored by the Canajoharie-Palatine Bridge Chamber of Commerce
Hosted by Richardson Brands Co. • Watch FB or Call for More Details
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Rabies awareness

Montgomery County Public Health wants to remind everyone that people and unvaccinated animals can get rabies from the bite or scratch of an infected animal or from infected animal's saliva entering a person's eyes, nose, mouth or any break in the skin. Rabies is nearly always fatal if treatment is not received soon after exposure. With warmer weather here, pets, people and wildlife are outdoors more often and the potential for interaction is increasing. Keep the following points in mind:

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated.

The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions, spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

The law requires that your pets be vaccinated. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

In the event of a bite, scratch or potential exposure to rabies, the following steps should be taken immediately:

- **Wash** the area of contact thoroughly with soap and water
- **Seek** medical attention
- **Call** your local health department to evaluate your risk for rabies, including whether rabies post-exposure treatment is recommended.
- **Try to capture the animal without damaging its head or risking further exposure. Contact your local health department to have the animal either observed or submitted for testing.**
- If someone has been exposed to a suspected rabid animal and the animal cannot be observed or tested, or it tests positive for rabies, treatment should begin immediately. Human treatment consists of a dose of rabies immune globulin administered as soon as possible after exposure. The first of four doses of rabies vaccine is given at the same time, with the remaining injections given on days 3, 7 and 14 following the initial injection. An additional dose may be given on day 28 if the person is immunocompromised.

To protect your family and your pets from rabies:

- Don't feed, touch or adopt wild animals, stray dogs or cats.
- Be sure your pets are up-to-date on their rabies vaccinations.
- Keep family pets indoors at night.
- Don't attract wild animals to your home or yard. Keep garbage cans tightly covered and avoid storing any food outside. If a wild animal is on your property, let it wander away. Bring children and pets indoors and alert neighbors who are outside.
- Prevent bats, raccoons and other wild animals from entering homes by sealing small openings, and keeping unscreened doors and windows closed.
- A majority of rabies post-exposure prophylactic vaccines are given for exposure to bats that were not captured for rabies testing. Most of these untested bats are not rabid; therefore, many of the post-exposure incidents could be avoided completely if the bats were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at www.nyhealth.gov/diseases/communicable/zoonoses/rabies.

Rabies vaccinations clinics will be held throughout Montgomery County on the following dates: Aug. 10, Sept. 14 (two locations), Oct. 12 and Nov. 2. For time and location, or for more information on rabies, contact Montgomery County Public Health (Monday - Friday) 9 a.m. - 4 p.m. at 518.853.3531 or visit www.co.montgomery.ny.us/publichealth. Like us on Facebook at Montgomery County - NY.



Mohawk Valley

Country Editor

Accepts Obituaries Now.

.....

With the drastic decrease in the readership of daily newspapers in the market along with their expensive cost, many people forego putting in obituaries for their loved ones, or go with very limited information.

The Mohawk Valley Country Editor is mailed to every home in Western Montgomery County. That is over 9,000 homes! The local daily only reaches 3,000!

As far as rates go, an obituary the size of this notice is \$117.00. We have other sizes available also, for example an announcement that is 3.25" w x 5" h is \$60.00.

All obituaries will also appear on our website at www.countryeditor.com

.....

To place an obituary, call 800-836-2888 or e-mail classified@leepub.com

Or stop in our office on Route 5 in Palatine Bridge.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

HEY, YOU SAID I COULD PICK THE RESTAURANT AS LONG AS I DON'T SKIMP. DID YOU NOTICE I SUPERSIZED IT?

What dreadful hot weather we have! It keeps me in a continual state of inelegance.

- Jane Austen

Exterior renovations that improve curb appeal

Neglecting a home's exterior can be a disservice to homeowners, particularly those looking to increase the value of their homes. Curb appeal is important, as a home's appearance can greatly affect prospective buyers' perceptions.

Knowing which projects can offer the most bang for their remodeling buck can help homeowners make the right choices when improving the exterior of their homes. The following are some areas where homeowners can direct their focus if their end goal is a great-looking home with added value, as determined by the 2019 "Cost vs. Value Report" from Remodeling Magazine. This report compares the average cost of 22 remodeling projects with the value those projects retain at resale across 136 markets.

- **Garage door replacement:** Homeowners can recoup 97.5% of their investment on a new garage door.

This remodel tops the list for good looks and value. The average cost of \$3,611 is for replacing an existing two-car garage.

- **Manufactured stone veneer:** Replacing a portion of vinyl siding with stone veneer can greatly improve curb appeal, adding style that can set a home apart. Homeowners can expect to recoup a 94.9% return on their investment.
- **Wood deck addition:** A wooden deck on the rear or side of a home enhances homeowners' ability to enjoy the outdoors year-round. A wood deck addition recoups 75.6% of the cost of homeowners' initial investment.
- **Siding replacement:** Not only does old or weathered siding look unsightly, it can impact the energy efficiency of a home. Even though a siding replacement project is costly – at roughly \$16,000 – it offers a 75%

return and peace of mind that the home is being well-protected from the elements.

- **New entry door:** Replacing an existing door with a 20-gauge steel door complete with clear dual-pane half-glass panel, jambs and an aluminum threshold with composite stop gets homeowners 75% of their initial investment back at resale. Improving the door isn't all about good looks, either. A door that isn't well-insulated or secure can be problematic.

In addition to these improvements, homeowners would be wise to focus on some upgraded landscaping, an upgraded roof, new windows and improved exterior lighting as surefire ways to add curb appeal and potential value to their homes.



It's not the load that breaks you down,
it's the way you carry it.
Lou Holtz

SUMMERS END FESTIVAL

September 21, 2019
9:00-3:00 pm
Village of Ames Museum
All vendor spaces are FREE
To reserve a space call
518-673-5820

Seeking crafts, art, antiques, baked goods,
woodwork, small business ventures, non
profits, authors and others

5K non competitive Run/Walk.
Donations accepted. Starts off at 9:00 am

Spend the day in the quiet setting of Ames
(Rt 10 between Canajoharie and Sharon Springs)

Palatine Church celebrates Christmas In July

A special mid-summer event takes place in the historic old Palatine Church on Sunday, July 28, at 4 p.m. Recreating the holiday spirit that would have been present at the historic site in the early years of our country's history, the one room native stone church will be the scene of an early Christmas musical program.

Guest musicians Richard and Evelyn VanAuken will present a program of holiday music on both the historic pipe organ and piano. The VanAukens are well known as recitalists and clinicians throughout the Eastern United States. The program will include new settings of standard Christmas music as well as carol singing by the audience. Decorations by Lee Shops at Wagner Square in Canajoharie will set the theme for the holiday program.

Next year the Palatine Church, built in 1770, will celebrate its 250th anniversary. Special programs are planned for this historic occasion. The public is invited to attend all concerts and programs at the historic site, located on Rt. 5, between Nelliston and St. Johnsville, NY.

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VFW - American Legion Polo Shirt Giveaway

Sponsored By
**Lee Newspapers
&
Crooked Brook**



The prize is one polo shirt in any color or size, with an American Legion or VFW patch, name of post, post number, city and state embroidered on the left front chest.

Optional:

- American flag patch on left or right shoulder and name / title on right chest.
- Shoulder Sleeve Insignia - Former Wartime Service Patch on right shoulder.

Value: \$50.00 - \$60 (depending on the size of the polo shirt) SHI included.

Terms & Conditions:

- There is no cost to enter and the recipient must be a member of an American Legion or VFW post. Just email the following information:

Name:
Phone #:
Email:
Post Name:
Post Phone #:

To info@crookedbrook.com or drop off / mail the information to:

Fort Schuyler Trading Company
North Utica Shopping Center
50 Auert Ave.
Utica, N.Y. 13502-2326

- Drawing will be held Friday 08/09/19.
- Winner will be chosen randomly and have 7 days from being notified as the winner to contact the Fort Schuyler Trading Company and order their polo shirt.
- Fort Schuyler Trading Company will ship or contact the winner to pick up the polo shirt within 21 days of ordering.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. July 15 th – Sold 296 head, Cull ave. \$.53 top cow \$.68, Beef Breed Cull Ave. \$.44 to cow \$.66, Organic cull dairy ave. \$.91 top cow \$1.04, Grassfed Organic Cull Ave. \$.68, Bulls/Steers \$.74 - \$.80, Bull calves top \$.60 top beef calves \$1.10, heifer calves top \$.65, Feeder bulls \$.78 - \$1.09, Feeder heifers \$.90 - \$.92, Dairy Feeders \$.50 - \$.51.

Mon. July 29th – Normal Monday Sale . Scotch View Registered Jerseys Milking Herd Dispersal Dispersal. Selling 80 Head in all stages of lactation. Multiple Generations of EX & VG cows can be found in this herd. Owner: George Wilson, Stamford, NY. Dairy will start at 1:00. Catalogs at ringside.

Mon. Aug. 5th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Mon. Aug. 12th – Normal Monday Sale & Monthly Heifer Sale

Mon. Aug. 19th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Aug. 26th – Normal Monday Sale & Monthly Organic Day. A group of Grassfed Organic Devan Cross feeders sell.

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. Spent an afternoon in Connecticut with Clarke Woodmansee & Family getting a grand tour of his farm and maybe the best group of cattle I've had the privilege of walking through! We picked out a group of 25 head from his milking herd which are freestall parlor milked and bred heifers all I can say is Wow you'll be impressed!! Sires include Mogul, Awesome, Sid, Saloon, Gold Chain, Crush, Airlift, Doorman plus more. Maternal Lines – Hazel, Hezbolla, Ashlyn, Elegance, Linjet Ginny, Skybuck Lucy, Kite Linda-Red, Roy Jackie!! FOUNDATION CATTLE – COMMERCIAL PRICES. Hadlock Dairy – Getting to hand pick 20-25 AI sired Grades of their best cows. They will be young, fancy and milking like crazy. RHA 24,479 4.2 1002F SCC 107,000. Fantasy Found – We are selling some of our best fresh cows – watch for the Airlift Sr. 3yr. old with the Hill-Over prefix. Check out the Halo Family at NYS Picnic we have two family members sell-Franchise fresh second time milking 120# with a near perfect udder. An Awesome Gr.Dtr. from EX96 Ashlyns Angel just fresh! Watch for more consignments from Weissman Dairy, Boardwalk Holsteins, Hosking Farm, Osborne Family Farm. We will be accepting additional consignments - call early to get into the advertising.

Watch for 2019 Sales:

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

****Trucking Assistance** – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com

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& Family
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cell: 607-972-1770 or 1771
Dan Hosking: 607-972-8773

For me, I am driven by two main philosophies:
know more today about the world than I knew yesterday
and lessen the suffering of others.
You'd be surprised how far that gets you.

Neil deGrasse Tyson



GULF OF OMAN – Gunner's Mate Seaman James Crouse, from Gloversville, uses a head-space and timing key to check the battery of 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 area of operation 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.

Photo courtesy of U.S. Navy Mass Communication Specialist 3rd Class Jason Waite

SOMETHING FOR EVERYONE!

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8th Annual Dolgeville Consignment Auction

Saturday, August 10, 2019
Starting at 9:00am

Location: D&J Supply Yard • 360 County Highway 151 • St. Johnsville, NY 13452
From Johnstown, take 29 W. to County Highway 151 on left. From Little Falls, take 167 North to 29 East to County Highway 151 on right.

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PUBLIC AUCTION

Sat., August 3rd • 9:30 AM

2173 St Rt. 55, Little Falls, NY 13365

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Car Collection: Danbury mint cars, motorcycles, model airplanes, large Hess truck collection, large amount of specialty tools for building high end models. **Antique Car Parts:** car seats, large selection of wheel rims, lots of vintage hub caps, steering columns, 1 engine block w/head, car hoods, radiators, PR Rainbow wiper blades new in box, 100's of electrical parts, starters, motors, axles, radios, lights, mufflers new in box, owners manuals, repair books. **Shop Tools:** Craftsman generator, hydraulic press, engine hoist, garden tiller, snow blower, bolt bins w/ contents, yard roller, hand saws, lots of open end and socket wrench sets, 3 electric drill presses, small lathe, small band saw, Buffalo metal cutting band saw, shop vises, grinders, large selection of paint guns, belts, Linde welder, Makita drill kit, Craftsman tool kit, battery chargers, belt sander, Smithy Granite 1324 lathe very nice unit w/chuck and misc parts, antique time clock, tool boxes, lots of spray cans, radial arm saw, fans.

Furniture: Lots of misc. used furniture, large collection of salt and pepper shakers, glass plates, lots of items not unpacked.



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Three strategies to beat the summer heat

The dog days of summer can be challenging. As the mercury rises to potentially unhealthy heights, spending time outdoors can become less comfortable and even dangerous.

Finding ways to beat the summer heat can help people avoid injury and illness and ensure they still get to enjoy their summers. The following are three ways to beat the summer heat, though it's important that seniors, pregnant women, parents of young children, and anyone with a preexisting health condition speak with their physicians about the precautions they should take before going outside on hot days.

1. Change your exercise routine, if necessary.

Summer is a great time to exercise outdoors. However, it's important that people who are used to working out in midday change their outdoor exercise routines on hot days. Members of the Miami-based Bikila Athletic Club provide a list of tips to new members who may be unaccustomed to the Florida heat and humidity. One of those tips recommends training early in the morning before the sun gets too high. During the dog days of summer, early morning temperatures tend to be more mild than midday temperatures. That can reduce athletes' risk of injury or illness, though it's still important to avoid exercising in especially hot temperatures regardless of the time of day.

2. Practice passive cooling at night. Nightflushing is a passive cooling technique that involves opening the windows in a home at night. Doing so can make indoor areas healthier and more comfortable for a home's inhabitants during the dog days of summer. HVAC systems keep homes cool in summer, but over time

hot and stale air can accumulate inside a home. If that air is not removed, a home can feel stuffy and airborne pollutants like carbon dioxide can reach potentially unhealthy levels. By opening their windows at night, homeowners can let that stale, potentially unhealthy air out and let the cool air of summer

evenings in. 3. Stay hydrated. It's easy to become dehydrated at any time of year, but especially so during the dog days of summer. The U.S. National Library of Medicine notes that the human body needs an average of three quarts of water per day on a normal day. However, conditions on mid- to late-

summer days make it necessary for many people to consume more water than that, especially if they plan to spend time outdoors. On hot days, make sure you're taking in more fluids than you're losing. Take water with you when going outside, and be sure to rehydrate with more water when going back indoors.

Christian Lake Bible Conference to host guest minister

The Christian Lake Bible Conference in Stratford is celebrating its 48th year preaching the Word of God from the King James Version.

Jonas Yoder of HR Ministries/MAP Ministry in Princeton, KY, will be the guest speaker the week of Aug. 5 - 9 at Christian Lake Bible Conference.

Services are held Monday - Friday at 7:30 p.m. with the guest speaker of the week. A Bible class may be held Tuesday - Friday mornings at 9 a.m. with the speaker. Check with the office. The public is welcome 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, adjacent to the Prodigal's Refuge facility, after the Friday evening service to close out each week.

For more information on activities, camping rules and regulations at Christian Lake call 315.429.3515 or visit christianlakebibleconference.com .

Did you know?

A real estate attorney is an important professional to have in one's corner when buying or selling a home.

The legal resource Find Law says that buying and selling a home can be one of the most significant purchases made in a person's life. Real estate law can be complicated, and all parties involved need to ensure they are protected as they complete transactions and negotiations. That is why it is essential to have a real estate attorney in one's corner.

A lawyer trained in real estate law will review contracts and other documents like title transfers and deeds. The attorney also handles the closing. Throughout the process, attorneys will provide legal guidance and explain terminology related to the transaction. In case of a dispute, the attorney will also provide legal representation in the courtroom, if needed, or negotiate a resolution on a client's behalf.

Even though a real estate attorney is another expense in the process of purchasing real estate, it is a worthwhile investment for the protection and peace of mind attorneys provide.

MAIL OR CALL

Mohawk Valley

Country Editor

PO Box 121, Palatine Bridge, NY 13428 • Ph: 518-673-0111 OR 800-218-5586

\$4.00/14 words

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CHECK YOUR AD. ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 518-673-0111**

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YOUNG PIONEER PROGRAM at Fort Klock August 6-8 This program offers children 9-13 years of age, the opportunity to experience a bit of colonial life first hand. Participants can choose to wear clothing of the period, learn 18th century skills and meet interesting people. Limited openings, so don't delay. Applications are available at the Fort, Tuesday - Sunday 9 a.m. to 5 p.m. or contact the Fort at fortklock@gmail.com or 518.568.7779

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TRIVIA NIGHT Sept. 18, 7 p.m. Join Courtney Llewellyn (Jeopardy alum) at Fort Klock for a fun night of themed trivia. \$8/per person or \$40 for a team of up to six people. Call Joan at 518-649-2531 or email fortklock@gmail.com for more information.

IN STOCK - PEX - Plumbing items, 1/2" tubing and fittings also SCHEDULE 40, in 1/2", 2", 3" & 4" x 10' pipe & fittings. C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

An eye toward the ground

There are those among us who search for bits and pieces of history in

the soil. Doubtless some search for that which has monetary value. Others

are satisfied with fragments of bygone days. The relic I want to tell you

about has no monetary value but may bring to mind a sad day in Stone Arabia history. Let's go back to October 19, 1780. An invading army is upon us. Crown troops, those loyal to Britain and Native Americans overrun our small community. Buildings are ablaze, our commander and some forty of his followers lie dead in a Stone Arabia field. Survivors flock back to our small fortification, Fort Paris. It is unknown how much the fort was actually fired upon by the enemy. Survivors, long after the battle, do record that shots were fired at the invaders using a small field piece (cannon). Some pieces of horse chain were among the projectiles, along with pieces of broken iron kettles.

This brings us to a rusty piece of metal found on the site some time ago. That is a small portion of a horse hobble. Pairs of these connected by chains were fastened to a horse's front feet to prevent them from running away. A complete pair is illustrated here. The fragment of one can be seen also. The chain is long gone. Is it possible

that the missing chain from this hobble was that one that was fired from the Fort Paris Cannon on an October day in 1780? The ground yielded the rusted fragment but no answer to go with it.

Skip Barshied
Stone Arabia
July 2019

P.S. Thanks to my friend Glenn, who found this artifact and gave it to me.



How to stay calm and collected in traffic

Commuting long distances seems to be a fact of life for many professionals. The average American spends 50 minutes commuting to work, and the average worker in the United Kingdom spends roughly an hour, according to a study from the University of West England.

Researchers in England found that adding an additional 20 minutes of commuting per day has the same negative effect on job satisfaction as receiving a 19 percent pay cut. Commuters can sometimes control their commutes to prevent such dissatisfaction, but other times factors beyond their control may be adversely affecting commuters' quality of life. For example, researchers with the Texas A&M Transportation Institute determined that rush-hour commuters in the United States lose an average of 42 hours per year to traffic delays. On the nation's 10 most gridlocked roads, that number doubles to 84 hours. That equates to three and a half days per year of sitting in traffic jams.

Spending time in traffic is no picnic, and it's easy to get frazzled when doing so day in and day out.

Following a few tips can help commuters keep their stress in check when traffic slows down.

- Leave plenty of time. Traffic can seem especially troublesome when you're racing the clock to get somewhere on time. Feeling anxious about missing a meeting or arriving to work late only exacerbates commuting-related stress. Check traffic maps before heading out and leave ample time to get where you need to be.

- Keep audiobooks at the ready. Listening to an engaging story on the way to work can direct attention away from traffic. In fact, you may not mind traffic at all if you're at a climactic point in the story.

- Cue up your favorite music playlists. Get lost in jams you love, as music can help soothe the stress of traffic.

- Explore alternate routes. In your spare time, figure out if there are less-traveled roads that can make a commute more predictable and enjoyable. While they may be slightly longer in mileage, moving along instead of being in stop-and-go traffic can be a relief.

- Smile even if you don't

feel like it. Psychology Today says that research suggests going through the motions of smiling may reduce the intensity of your body's stress response, even while sitting in traffic.

- Take deep breaths. Practice mindful breathing exercises that can reduce tension.

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Saturday



JD & THE
ROLLIN SOUTH BAND
Sunday



CHILDREN'S POWER
WHEEL DERBY
Sunday

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TUESDAY AUGUST 13TH

3:00 P.M. - Opening Ceremonies - Memorial Park

4:00 P.M. - Gates Open

5:30 P.M. - SMALL ANIMAL JUDGING -

Small Animal Bldg

Sponsored by TRACTOR SUPPLY

6:30 P.M. - JR. MISS, LITTLE MISS, LITTLE MISTER

PAGEANTS - In the AMERICAN HOMES Entertainment Pavilion

Sponsored by GILLETTE SHOWS

8:30 P.M. - PRINCE, PRINCESS & QUEEN

PAGEANTS - In the AMERICAN HOMES Entertainment Pavilion

Sponsored by GILLETTE SHOWS

10:30 P.M. - FIREWORKS

In the Show Ring

WEDNESDAY AUGUST 14TH

10:00 A.M. - 4:00 P.M. *CHILDREN'S DAY*

(Rides open at Noon)

Also half price day for adults 13 & older

9:30 A.M. - YOUTH & OPEN COLORED BREED

DAIRY SHOW

In the Seward Valley Farm Livestock Arena

11:00 A.M. - 2:00 P.M. - SENIOR BINGO

5:00 P.M. - KIDDIE FIREMATICS

In the M&T BANK Youth Arena

Sponsored by STEWART'S SHOPS

6:00 P.M. - BROOKFIELD GARDEN TRACTOR PULL

In the Show Ring

7:30 P.M. & 9:30 P.M. -

"Shania Twin" Her Farewell Performance

in the AMERICAN HOMES Entertainment Pavilion

THURSDAY AUGUST 15TH

10:00 A.M. - 4:00 P.M. *CHILDRENS DAY*

(Rides open at Noon)

10:00 A.M. - YOUTH & OPEN BEEF SHOW

In the Seward Valley Farm Livestock Arena

MEAT GOAT SHOW to follow

MAGIC IS IN THE AIR



1:00 P.M. - ICE-CREAM GIVEAWAY
Sponsored by STEWART'S SHOPS
& HERKIMER COUNTY DAIRY PROMOTION
Ag. Awareness Bldg.

1:00 P.M. - SPORTS CHALLENGE

Sponsored by STEWART'S SHOPS

5:00 P.M. - YOUTH & OPEN SHEEP SHOW

In Seward Valley Farm Livestock Arena

5:00 P.M. - KIDDIE FIREMATICS

In the M&T BANK Youth Arena,

Sponsored by M&T BANK

7:00 P.M. - DEMOLITION DERBY

In the Show Ring

Sponsored by VINCE'S U-PULL-IT

7:30 P.M. & 9:30 P.M. -

"RYLEE LUM", Country, In the AMERICAN HOMES

Entertainment Pavilion

FRIDAY AUGUST 16TH

9:30 A.M. - YOUTH & OPEN HOLSTEIN DAIRY
SHOW, In the Seward Valley Farm Livestock Arena

11:00 A.M. - 2:00 P.M. - AGRICULTURE

SCAVENGER HUNT, Sponsored by WHITE'S FARM SUPPLY

3:00 P.M. - PEDAL TRACTOR PULL

In the M&T BANK Youth Arena

Sponsored by M&T BANK

5:30 P.M. - CHILDREN'S PEDAL TRACTOR PULL

In the M&T BANK Youth Arena

Sponsored by LAWRENCE CONSTRUCTION

7:00 P.M. - DEMOLITION DERBY

In the Show Ring,

Sponsored by VINCE'S U-Pull-It

7:30 P.M. & 9:30 P.M. "CHRIS WOODWARD", Country

Rock In the AMERICAN HOMES Entertainment Pavilion

SATURDAY AUGUST 17TH

9:00 A.M. - YOUTH/OPEN HORSE SHOW

In Horse Corral

10:00 A.M. - YOUTH & OPEN GOAT SHOW

In the Seward Valley Farm Livestock Arena

11:00 A.M. - SOCCER KICK In the M&T BANK Youth

Arena, Sponsored by STEWART'S SHOPS

1:00 P.M. - TALENT SHOW In the AMERICAN HOMES

Entertainment Pavilion,

Sponsored by ILION TRUE VALUE HARDWARE

4:00 P.M. - CHILDREN'S RODEO, In the M&T BANK Youth

Arena, Sponsored by M&T BANK

6:00 P.M. - 4-WHEEL DRIVE TRUCK PULL

In the Show Ring, Sponsored by LITTLE FALLS LUMBER

& MID VALLEY AUTO

7:30 P.M. & 9:30 P.M. - "GRIT-N-WHISKEY",

Country Variety - In the AMERICAN HOMES

Entertainment Pavilion

SUNDAY AUGUST 18TH

1:00 P.M. - 7:00 P.M. - "RIDE SPECIAL"

9:00 A.M. - OPEN & YOUTH GYMKHANA HORSE SHOW

11:00 A.M. - TRACTOR PULL In the Show Ring,

Sponsored by CLINTON TRACTOR & BUELL FUELS

11:00 A.M. - HOOP SHOOT In the M&T BANK Youth

Arena, Sponsored by STEWART'S SHOPS

1:00 P.M. - "BUG COUNTRY SHOWDOWN"

In the AMERICAN HOMES Entertainment Pavilion

1:00 P.M. - MILKING CONTEST, In Milky Way's Farm

Adventure, Sponsored by WHITE'S FARM SUPPLY

3:00 P.M. - FARM YARD OLYMPICS

In the Seward Valley Farm Livestock Arena

4:00 P.M. - CHILDREN'S RODEO,

In the M&T Youth Arena, Sponsored by M&T BANK

6:00 P.M. - *CHILDREN'S POWER WHEEL DERBY*

In the Show Ring, Sponsored by

THE PETKOVSEK FAMILY

Following Country Showdown - Times to be determined

"JD & THE ROLLIN SOUTH BAND",

In the AMERICAN HOMES Entertainment Pavilion

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ENTERTAINMENT

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