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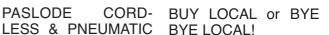
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MOHAWK VALLEY COUNTRY EDITOR

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FORT KLOCK CRAFT FAIR Sept. 7 & 8 Don't miss our 47th Annual Craft Fair at Fort Klock, one of the biggest craft fairs in the area with over 100 crafters! Free admission and free parking. 7203 Route 5, St. Johnsville Call 518-568-7779 or visit www.fortklockrestoration.org for more information.

LARSON Screen Doors, 32" & 36" x 80" white in stock. C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016



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

MOHAWK VALLEY COUNTRY EDITOR

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Published weekly on Saturday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

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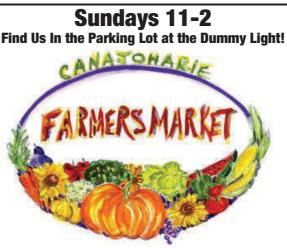
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Sponsored by Lee's Shops at Wagner Square 24 Church Street • Canajoharie, NY 13317





MOHAWK VALLEY COUNTRY EDITOR

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

jsnyder@leepub.com CALLING ALL CRAFTERS! Join us for the 47th Annual

Craft Fair at Fort Klock Sept. 7 & 8. Spaces available. Call Joan at 518-649-2531 or email fortklock@gmail.com for more information.

APARTMENT FOR RENT: St. Johnsville. Remodeled 1-2 bedroom upper. Off street parking. \$625 per month includes heat. 518-848-1229

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.

FOR SALE: CEDAR ADIRONDACK LAWN CHAIRS. 1468 Stone Arabia Road, Fort Plain, NY 13339

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KOVAL'S APPLIANCE repair is affordable and fast. Call anytime (315) 867-9333.

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 **RAFFLE TICKETS:** 500- \$60, 1,000- \$75, 1,500-\$90, 2,000-\$100. Other quantities available. Call Lee Newspapers Inc. at 518-673-0101 or email commercial-print@leepub.com

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

2013 NISSAN SEN-TRA SR, 141k, well maintained, new brakes & tires, \$4,900. Call or text 518-428-6164

BOILING POT PHO-TOGRAPHY 518-378-3279: Baby, Graduation Photos, Weddings and more. Find us on Facebook

KOVAL'S Major Appliance Repair has over 30 years experience and is affordable. Call 315-867-9333

USED Books, Postcards, DVDs, new local books. Book Hound, 16 Main St., Amsterdam. www.thebookhound.com 518-842-7504

MOVING SALE: Lots of odds & ends, knick knacks, kitchen stuff. Womans purses from the 60's, 70's & 80's, never used. 3 tables filled with hundreds of stuff. Barbell set with workout bench, \$125. Amana chest freezer, 22 cubic, excellent condition, hardly used, cost \$1,000, sell \$500. 607-264-3618

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! FREE SHIPPING included. Call Lee Newspapers Inc. at 518-673-0101 or email commercialprint @leepub.com

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555

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

CANADARAGO LAKE mobile home camp, 93ft waterfront by 250ft, 2 car garage, dock, near boat launch, private road, \$225,000. 315-868-5784

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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

2013 NISSAN SEN-TRA SR, 141k, well maintained, new brakes & tires, \$4,900. Call or text 518-428-6164

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

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

NEED A NEW CAR? Get 0% financing at Sampson Motor Car where everyone is approved! 261 East Main Street Amsterdam. 518-848-7359

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30

Years

Experience

MAN

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

DOES YOUR APPLI-ANCE NEED REPAIR? Need prompt service that's affordable? Call KOVAL's Major Appliance Repair. (315)867-9333

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

STORAGE 10x14 SHED, \$2,400. Delivered within 20 miles of Richfield Springs. 315-858-0841





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Prepare for thunderstorms, lightning

Are you ready for the next severe thunderstorm? It's important to be prepared and to protect yourself from



PERSONAL CARE AIDE

The Arkell Hall Adult Home is looking for caring and compassionate people to become part of our team.

We are currently hiring for part-time personal care aides. Preference given to applicants with prior health care experience; dispensing of medications a plus.

Shifts may include some evenings, every other weekend and call-in. Pleasant working conditions, competitive starting rate. Part time employees at Arkell Hall may qualify for paid vacation, holiday incentives and pension benefits.

Complete an application at: ARKELL HALL 55 MONTGOMERY ST., CANAJOHARIE, NY 13317 ATTENTION: MRS. KIM LAWRENCE, DIRECTOR 518-673-5514 EOE

Golden Brook Farm – Bob Tracy Estate Farm Equipment Auction Wednesday, August 14, 2019

at 11 AM

253 Briar Hill Road | Cooperstown, NY 13326

Due to Mr. Tracy's recent passing, his family has asked us to sell all their farm equipment. Most has been shed kept and is ready to work. Bob was a good friend, customer, and a well-respected, local businessman.

Be on time - NO small items!

PARTIAL LISTING INCLUDES: CaseIH 7110 Magnum 4wd w/ duals - 4600 original hours, VERY NICE!; IH 1456 w/ cab, front & rear weights, recent paint, very good; IH 1086 4wd 4 post w/ enclosure & full rack of weights (the family's favorite); White 1870 open station; Case 2290 w/ cab; IH 3388 2+2; Case 1490; MF 65 dsl; AC D-14; JD 520; MF 50A dsl loader backhoe; Case 1840 skid steer; Cub Cadet Volunteer utility vehicle; CaselH 3950 22ft Rock Flex discs; Nice Degelman RR1500 15ft rock rake; Brillion 13ft cultimulcher; IH 720 5x plows; JD 7000 4 row planter; IH 510 drill; Brillion folding drags; 10ft Perfecta; Kuhn FC353GC center pivot discbine; Kuhn GA4120TH rotary rake; Niemeyer 4 star hydraulic fold tedder; NH windrow merger; G6000 Ag Bagger; 3 good Miller Pro 5300 forage wagons; CaselH 600 forage blower; CaselH 881 forage harvester; IH 781 forage harvester; JD336 baler; 2 steel & 2 wood kicker wagons; gravity wagon; 30ft elevator; Husky 4000 gallon tank spreader (good condition); Schuler 125 feeder wagon - good condition; Enorossi 3pt sickle bar mower / hyd lift, nearly new; Agri-Metal 3pt bedding chopper; 8ft snow blower; post hole digger; 7ft finish mower; 30ft elevator; tandem axle trailer; Complete milking & pipeline system, plus near new vacuum pump in barn to be removed by buyer; 2 Harvestore Goliath silo unloaders to be removed by buyer; Stationary feed mixer w/ scales; several Harvestore belt conveyors; roller mill; Agway 5 ton grain bin; BOB'S PERSONAL TRUCK - 2001 Ford 7.3 Dually PowerStroke, 6 Speed with 30K original miles from North Dakota last year - SHARP! - sells last subject to family approval.

Be on time - NO small items!

1457 Hwy. Rt. 20

Sharon Springs, NY

Jim (518) 231-8080

Office (518) 284-2090

www.macfaddens.com

Auction By: MacFadden & Sons Inc. s lightning, wind, hail and other weather issues.

Lightning is the leading cause of injury and death from weather-related hazards, according to Ready.gov, a national public service campaign designed to educate and empower Americans to prepare for emergencies.

Most lightning strike victims survive; however, people struck by lightning often report a variety of longterm, debilitating symptoms. Thunderstorms are dangerous storms that include lightning, can include powerful winds over 50 mph, create hail and cause flash flooding and even tornadoes.

Laurie Gannon, director of claims administration for Virginia Farm Bureau Mutual Insurance Co., said the company frequently receives claims resulting from summer thunderstorms. "The damage we see depends on the type of storm it is."

She said heavy lightning storms typically result in claims related to livestock deaths, damage to pumps and electronics, and food spoilage due to electricity outages.

"If there is more wind than lightning, we typically receive claims for trees or branches damaging structures, fences or driveways," Gannon explained. "We





also see blown-off roofing and siding materials and wind-driven rain damage."

She recommended always unplugging appliances during storms and securing anything outdoors that could become a missile in the wind, such as trampolines, outdoor furniture and flags.

"Properly maintaining your home by trimming trees, caulking around windows and vents, and securing flashing around windows and dormers also is important," Gannon added.

In most places, storms can occur year-round and at any hour. Many communities have a warning system for which residents can sign up. The national Emergency Alert System and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts.

If a thunderstorm warning is issued for your area, seek safe shelter immediately. Move indoors when the thunder starts. A sturdy building is the safest place to be during a thunderstorm.

For more information on how to prepare for thunderstorms and lightning, visit ready.gov/thunderstorms-lightning.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. July 29th - Sold 312 head, Cull ave. \$.48 top cow \$.67, Beef Breed Cull Ave. \$.54 top cow \$.72, Organic cull dairy ave. \$.90 top cow \$.96, Grassfed Organic Cull Ave. \$1.03 top Cow \$1.08, Bulls/Steers \$.90, Organic Bulls/Steers None, Bull calves top \$.65 top beef calves \$1.85, heifer calves top \$.30, Scotch View Reg. Jerseys top Milking age cow \$1725, bred heifer \$1300.

Mon. Aug. 12th - Normal Monday Sale & Monthly Heifer Sale. Short Notice 40 registered & grade Hol-

steins, 5 reg. Dutchbelt milking herd dispersal. Steven Lewis - Medusa, NY Mon. Aug. 19th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Aug. 19th - Normal Monday Sale & Monthly Organic Day.

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 - COMMERICAL PRICES. Ethier Acres sending their small herd of 34 Head Registered Ayrshires & Holsteins. 18 Ayrshires 7 milking age, 11 heifers - From VG 88 2yr. olds to EX92 on the cows and all the heifers are from EX90- EX 93 Dams back 5 Generations. 18 Holsteins 10 Milking age, 8 heifers. Hadlock Dairy - Getting to hand pick 20-25 Al 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:

Friday, Oct. 18th - Reserved for local Herd Dispersal- on the farm. DHI Tested & AI sired Grade Holsteins from a well managed Family Farm.

Sat. Oct. 19th - Allegany Steuben Holstein Club Sale

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 Like us on facebook



Signs of separation anxiety in dogs

Dogs are loyal and beloved companions that make great household pets. When leaving for work in the morning, dog owners may lament that they can't take their furry friends with them. But it turns out those dogs might be even more upset that they can't follow their owners out the door each morning.

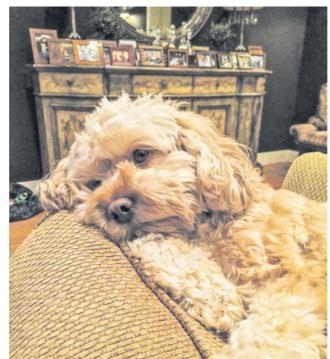
Separation anxiety is a significant issue that can affect any breed of dog. According to the ASPCA, separation anxiety is triggered when dogs become upset because they've been separated from their guardians, such as in the morning when owners leave for work. Separation anxiety is a very difficult problem for dogs, creating a sense of distress that can pave the way for destructive and potentially harmful behaviors.

Dog owners may wonder what they can do to soothe their dogs' anxiety so they can be left alone without experiencing the fear or distress associated with separation anxiety. Learning to recognize the symptoms of separation anxiety is a great first step in that healing process.

• Urinating and defecating: Some dogs urinate or defecate when left alone, even if they're potty trained. This is a sign of separation anxiety. The ASPCA notes that dogs that urinate or defecate in the presence of their owners are probably not suffering from separation anxiety but a different issue, and such behavior should be discussed with a veterinarian.

• Barking and howling: Dogs experiencing separation anxiety may persistently bark or howl when separated from their guardians. Neighbors may complain that dogs continuously bark throughout the day, which can signal to owners that their dogs are experiencing separation anxiety. The ASPCA notes that barking or howling is typically only triggered by being left alone.

• Destructive behaviors: Destructive behaviors



when left alone, such as chewing on objects, door frames or window sills, is a telltale sign of separation anxiety. Some dogs will dig at doors and doorways, perhaps in an attempt to escape the home and follow their guardians out the door, or destroy household objects, including furniture. These destructive behaviors not only aggravate owners, but they also pose a significant injury risk to dogs. Dog owners typically do not witness the destructive behavior, which can cause injuries like broken teeth, cut and scraped paws and damaged nails.

• Coprophagia: Some dogs defecate and then consume all or some of

their excrement when left alone. This is all called coprophagia and likely won't occur when owners are present.

Dogs that act up when owners leave home aren't being destructive for the sake of being disruptive. In fact, these dogs are often suffering from separation anxiety, the recognition of which can be the first step toward helping dogs overcome this troubling condition.





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.

8th Annual Dolgeville **CONSIGNMENT AUCTION** Saturday, August 10, 2019 Starting at 9:00am New 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. *Accepting Consignments! To Have Your Items Consigned, Call:* Earl Reiff: 518-568-3562, ext. 5 • Jacob Horst: 315- 867-6835 Amish Lunch Stand Serving Breakfast from 7am-10am • Breakfast Sandwiches • Pancakes & Bacon • Sausage & Eggs Serving Lunch from 10am-? Chicken BBQ • Homemade Ice Cream All Day

Proceeds to benefit Special Needs Children • Please Help Support A Worthy Cause			
Furniture	Hickory Furniture:	Tools	
A Load of Rustic Furniture	Rocking Chairs	DeWalt Tools	

Load of Rustic Furniture <u>Colorado Aspen, Sassafras &</u> Pine with Wildlife and Farm Animal Engraving: Bedroom Suite with Choice of King or Queen Bed Blanket Chests Futon with Mattress **Dining Room Table Set** Pub Table Set Park Benches **Rocking Chairs** Coffee Tables **End Tables** Folding Benches **Bookshelves** Wall Shelves Welcome Signs Walking Sticks

Rocking Chairs Gliders End Tables Foot Stools & More If you want to bring the natural beauty of the great outdoors into your home, you don't want to miss this one...

Quilts

Quilt Tops Wall Hangings Crib-Size Quilt Queen-Size Quilt **Retro-Style Furniture** Antique Furniture Milwaukee Tools Tool Boxes, Tools **Outdoor** Horse-Drawn Cultivators Poly Lawn Furniture Crafts Rustic Signs Small Tractor Miscellaneous Equipment **Plants** Shrubs, Trees, Flowers **Construction** Lumber Building Packages

Metal Roofing Finished Pine Wood Tongue-&-Groove

Fort Klock Historic Restoration hosts Annual Strawberry Festival



by Rachael Takacs

The Fort Klock Historic Restoration celebrated the Fourth of July in a delightfully old fashioned way by hosting their Annual Strawberry Festival. Included in the day's activities was the reading of the Declaration of Independence, a musket salute, and delicious strawberry themed treats.

Guests were given the option to tour the historical site as well as vis-

it with colonial period reenactors.

One such guide was board member and head interpreter of The Fort Klock Historic Restoration, Les Bearclaw Stewart. He was conducting guided tours, as well as demonstrating how shingles were made in the colonial era. "This is a shingle horse and a draw knife," Stewart explained. He then described how each end of the shingles were either tapered or thick and how the draw knife formed them.

For more upcoming events and information regarding the historical landmark, please visit their website at www.fortklockrestoration.org . For more information concerning other local history, as well as the many local historical sites, please visit the newly created Valley History Alliance page at https://valleyhistoryalliancebvma.weebly.com/.



Visitor Keith Fowler and Fort Klock Board President Robert Metzger have a discussion.

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Board Member/Head Interpreter Les Bearclaw Stewart demonstrates how to make Colonial-Era shingles. Photos by Rachael Takacs



(L-R) Reenactor Ed Schneidmuller displays an old-time treaty with 30-year Seneca Indian Reenactor Glenn Bentz.



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Fort Plain on the Fourth

by Rachael Takacs

Fort Plain started the Fourth of July off with a bang by hosting its 32nd annual 4th on the 3rd. The young and old alike enjoyed the many wonderful treats, games, activities, and performers available that evening. Vendors of all kinds lined the walkways in Wiles Park, and the delicious smells of pretzels, macaroni and cheese, and all sorts of other goodies wafted through the air.

Visiting from the Bug Country news station was DJ Laurie Britton. She was live broadcasting the event and has been doing so for the past several years. "The 4th on the 3rd celebration is always a wonderful event for the entire community," she exclaimed. "And I think the beautiful weather that day helped to bring even more people out to enjoy it!"

In attendance was President of the AMVETS (American Vets) Riders NY Chapter 2000 Joe Ballas. He was accompanied by members of the AMVETS, as well as the VFW Post 3275 Fort Plain Memorial Squad. They played an important role within the event's schedule. "VFW 3275 and AMVETS Post 2000 partner together to honor vet-

erans," Ballas explained. "Our program is Veterans Honoring Veterans. We have Congressmen Delgado coming to honor us with a speech, followed by a presentation of an Honor and Remember flag for Michael Gushue who is a deceased war veteran. His family will receive the Honor and Remember flag in honor of his life given for our freedom. We also have the Suicide 22 presentation. Twentytwo veterans commit suicide in the United States every day, and our goal is to get that number down to zero. We have a suicide prevention hotline that's available with all giveaways. Anyone that can recognize a friend, mother, father, sister, brother, uncle, or neighbor that might need help, we will lead them to intervene and get the crisis hotline going."

Attorney and New York State Representative Antonio Delgado delivered a passionately patriotic speech concerning the price of freedom and what it means to be a United States citizen. He was pleased to join guests for the festivities, stating, "As we celebrate the 4th of July, our Independence Day, I can't think of a more fitting or patriotic way to honor our

country and our American values by honoring our veterans, including our fallen service members and their families. Members of our military put their lives on the line in order to uphold and defend the rights enshrined by our Constitution. They serve our country so that we can preserve our American values, including promoting peace and goodwill on earth, and safeguarding and transmitting to posterity the principles of justice, freedom, and democracy."

Organizing the event was Chairman Ron Dievendorf. He was working hard throughout the event to make sure everything ran smoothly. Dievendorf was very grateful for all who supported him and the Fort Plain Community Activity Council in their endeavor. He began by thanking all who donated their time, money, and any other donations. He then thanked those who worked alongside him as well. "Thank you to the chairmen who worked many extra hours. They are: Mayor Mark Nearbin and Jerry Ward (field logistics), Jeff Swartz (parking), Tom Ar-

FOURTH 10



(Left to right) Fort Plain class of 2022 members Emma Karker and Erin Crouse man a fundraising concession stand to raise money for senior trip and prom.



FOURTH from 9

mitstead and Bob Wilson (barrel drive), Lori Fredericks (concession stand), Jamie Sharp and his wife, April (sanitation), Cindea Bradley (social media), and April Johnson (volunteer chairman). The chairmen recruited over 100 volunteers to work the barrel drive, concession stand, traffic control, video Airborne Adventures. trailer. bounce houses, sanitation, setup and cleanup of the event. These people are your friends, neighbors, civic organization members and local businesses who all shared the common goal of community spirit and pride.

He went on to thank Joe Ballas and Antonio Delgado for their part in making the night so memorable. "Most importantly, we thank our families and neighbors who came together to join us in this celebration of our independence and freedom. Thank you for patronizing the civic organizations and local businesses, playing bingo, watching juggling and acrobatics, hot air balloon rides, learning about our non-profit agencies and enjoying the music, ceremony and food. Thank you for the persons enjoying the Majestic fireworks from Wiles Park and surrounding hillside areas (in part paid for by the \$5,800 raised through the community barrel drop). The celebration has grown to become a premier attraction for our communities in the Mohawk Valley. Seeing families and neighbors enjoy this event makes all the effort worthwhile."

The Fort Plain Community Activity Council works hard to make local events community oriented and fun for the entire family. For more information on upcoming events and other community information, please visit their Facebook page at www.facebook.com/FPCAC .

• RED

• BLACK

BROWN

• TOP SOIL

• SAND

• STONE

CRUSHER RUN

MOHAWK VALLEY COUNTRY EDITOR



President of the AMVETS Riders NY Chapter 2000 Joe Ballas begins the AMVET ceremony. Photo by Rachael Takacs



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REMOVAL

• CONCRETE

- SLABS
- PATIOS
- SHEDS • STAMPED CONCRETE • RENOVATIONS
- COLORED CONCRETE
 GARAGES
- FOUNDATIONS
- SIDEWALKS
- REPAIRS
- PAVER BRICKS

Roofs:

- NEW or REPAIR
- SHINGLE
- RUBBER
- TIN
- **Retaining Walls:**
- CONCRETE
- BLOCKS
- WALL STONE
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Blacktop:

- WATERLINES
- NEW INSTALLATIONS

ADDITIONS

• DECKS

• STEPS

REPAIRS

Whatchamacallits

SPECIAL SENIOR CITIZEN DISCOUNT

Schedule NOW for

Lawnmowing & Spring Clean-Up

Call Today For An Estimate

Our Whatchamacallit this week sent me on quite a wild goose chase online. You may be thinking, "What's so hard to find out about a flour sifter?"

I was trying to research R.Z. Smith & Son in Fort Plain, as they are the company advertised on the side of the sifter, which was apparently sold at their feed and implement store.

I did find them listed in the 1939 Fulton and Montgomery Counties farm directory's list of advertisers. R.Z. Smith & Son offered McCormick-Deering farm machines and implements, feed and silos, International farm machinery and trucks, sales and service.

I also found R.Z. Smith mentioned in a 1913 article in the American Produce Review. That article reported on the expansion of the Fort Plain Milk Company by the purchase of seven factories from the Otsquago Valley Creamery. Smith was president of the Fort Plain Milk Co. at the time.

As an interesting side note, the Otsquago Creek enters the Mohawk River at Fort Plain and is a Mohawk Indian word meaning "under the bridge" or "healing waters," depending on which spelling is used - Otsquago or Otsquage. Its headwaters are located near Van Hornesville. The creek includes two falls, one of



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

which is named Creamery Falls.

Squash blossoms drop, and sometimes that's normal

by B. Rosie Lerner, rosie@purdue.edu

A common complaint among vegetable gardeners is that their squash plants have a lot of flowers, but many of them just fall off without producing any fruit. This same observation can be made of cucumbers, melons, pumpkins and gourds, all of which are collectively known as "vine" crops to home gardeners. These plants are all members of the Cucurbitaceae family and are also commonly referred to as "cucurbits."

All of these vine crops produce separate male and female flowers, but usually there are both types on the same plant. For a fruit to be produced, pollen must be successfully transferred from the male flower to the female flower. In the garden, pollen transfer is conducted primarily by bees. If pollen does not successfully unite with the egg cells within the female flowers, then no fruit will be produced and the female flowers will abort.

It is easy to tell the difference between female and

male flowers in this group of plants. Female flowers look as if they have a miniature fruit (squash, cucumber, gourd, etc.) just below where the petals are attached. Male flowers simply have a slender stalk below the petals.

If the male flowers are the ones falling off, this is normal! Often, the very first flush of flowers early in the growing season will only be males, and, of course, these male flowers are expected to fall off after pollen is shed. The next flush of flowers should include both male and female flowers.

However, if female flowers are the ones dropping, then it is safe to conclude that some factor is preventing successful pollination. The most common culprits include excessively hot or cold temperatures and lack of bee activity due to weather, low population, etc. Some commonly used insecticides, including carbaryl (Sevin), are highly toxic to bees, so if you must apply

Good Housekeeping

Shrimp, Watermelon and Feta Salad

Get this fresh, protein-rich summer salad on the table in just 20 minutes.

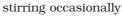
- 4 tablespoons lemon-chive dressing
- 1 pound large shelled and deveined shrimp
- 1 bag (5 to 6 ounces) mixed baby greens

3 cups (from about $1 \frac{1}{2}$ pounds with rind) diced (1 1/2-inch chunks) seedless watermelon

2 ounces (1/3 cup) crumbled feta cheese

1. In 12-inch nonstick skillet, heat 1 tablespoon

dressing on medium 1 minute. Add shrimp and cook 6 to 8 minutes or until shrimp are opaque throughout,



2. Meanwhile, in large bowl, toss mixed greens, diced watermelon and remaining 3 tablespoons dressing until evenly coated. To serve, divide salad among 4 serving plates and top with shrimp and crumbled feta.

Each serving: About 280 calories, 14g total fat (3g saturated), 185mg cholesterol, 415mg sodium, 12g total carbohydrate, 1g dietary fiber, 27g protein.

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such products, time your sprays for periods when the

bees are not active.

BBQ Chicken Benefit **Justine Nightingale** *2 Year old Little girl born with hypotonia (lack of muscle tone) *Spent 3 months in NICU Home a short time *Another month in NICU Underwent 4 surgeries in first year ^{*}Currently has an undiagnosed neuromuscular disorder August 21, 2019 - 2 to 6pm **Moose Lodge** 159 Erie Blvd. Canajoharie **Trips to Rochester Golisano Children's Hospital** Horseshoe Tournament @ 1pm \$20/Team **Tickets: \$15 Couple** \$10 Single 50/50 & \$5 Kids 6-10 **Raffle Items** Kids 5 and under Free **Presale Tickets Available** Call Justin 518-779-4152

or Kayla 518-256-5000



The health benefits of carrots

When looking to quell hunger pangs that can pop up between meals, many people reach for snacks. Snacks can be a great way to prevent overeating at mealtime, but such benefits can be negated if people choose the wrong snacks.

Potato chips and sugary packaged baked goods may be readily available inside office vending machines and at convenience stores, but such snacks don't pack the nutritional punch of carrots. Considered a superfood by many people, carrots are a simple snack that can be found at any grocery store and brought along to an office, regardless of whether that office is traditional office, a work site or anywhere else people spend their workdays.

Vitamins and minerals

Carrots are a great source of various vitamins and minerals. According to the health and wellness information site Healthline®, carrots are great sources of vitamin A, biotin, vitamin K1, potassium, and vitamin B6.

Carrots are rich in beta-carotene, which the body converts into a vitamin A, a nutrient that promotes strong vision and plays a vital role in immune function.

Studies have shown that biotin plays an important



role in the body's ability to metabolize fat and protein. Vitamin K1 plays a vital role in blood coagulation,

which is the process of making blood clot. Coagulation enables the blood to plug and heal a wound.

Potassium can help people control their blood pressure, which can benefit their long-term health in various ways.

Finally, vitamin B6 plays a role in converting food into energy, making it an ideal afternoon snack for people who want to quell their hunger pangs and give themselves a needed energy boost.

Carrots and long-term health

Carrots also have been shown to have long-term health benefits. In 2016, the American Institute for Cancer Research added carrots to its list of "Foods that Fight Cancer." The links between carrots and reducing cancer risk are many and include carrots' status as a low-calorie snack. Low-calorie snacks can help people reduce their risk of overweight and obesity, which the AICR notes are a cause of 11 cancers.

Studies, including one published in the European Journal of Nutrition, have linked carrots to lower cholesterol levels. That's a considerable benefit, as high cholesterol is among the most significant risk factors for heart disease.

Carrots have long been touted as helping to improve vision, and that reputation is well-earned. When the beta-carotene in carrots is converted into vitamin A, that vitamin A combines with a protein called opsin to form rhodopsin, which is needed for night and color vision.

When snack time beckons, carrots can help people reap immediate and long-term rewards.

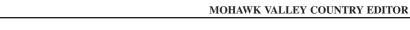


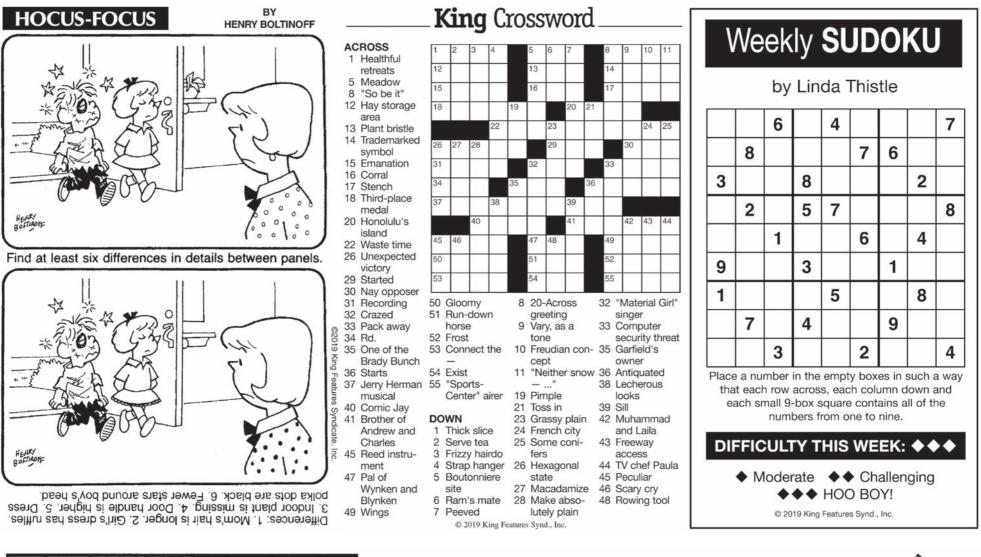
Carrots are a great source of various vitamins and minerals.

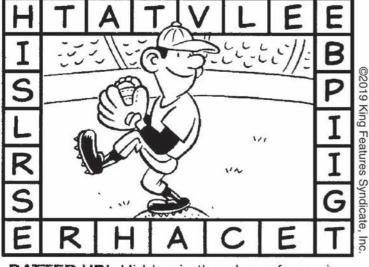


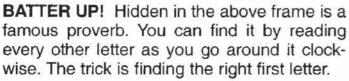
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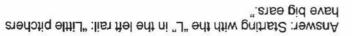








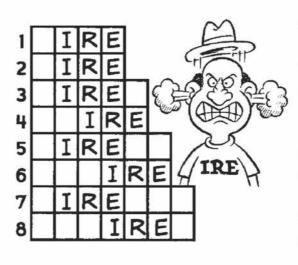




SIX OF ONE, HALF A DOZEN OF ANOTHER! You have 66 seconds to rearrange the numbers in the square so that the sum of any row, column or the two diagonals shall total 6.

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

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



by Charles Barry Townsend

 1
 2
 3

 1
 2
 3

 1
 2
 3

 1
 2
 3



TIME FOR ANGER MANAGEMENT!

Try to keep from blowing your top while identifying these "anger" words. Each one contains the word IRE. Using the following hints, see if you can cool things down in less than five minutes.

- 1. Having dreadful consequences.
- 2. To be stuck in the mud.
- 3. When you're connected to the Internet.
- 4. Part of many churches.
- 5. Loud noisemakers.
- 6. To strive toward an end.
- 7. Seen on summer evenings.
- 8. To have refereed.

Answers: 1. Dire. 2. Mire. 3. Wired. 4. Spire. 5. Sirens. 6. Aspire. 7. Firefly. 8. Umpired

Moments in Time

The History Channel

• On Aug. 11, 1806, explorer Meriwether Lewis is shot in the hip, probably by one of his own men. Private Cruzatte, who was blind in one eye and nearsighted in the other, insisted he had not shot his captain. Lewis, however, had the offending bullet: A .54 caliber slug from a modern U.S. Army rifle, identical to the one carried by Cruzatte.

• On Aug. 8, 1863, after his

Strange but True

erate President Jefferson Davis.

• On Aug. 10, 1937, the elec-

tric guitar is recognized by the United States Patent Office

with the award of Patent No.

2,089.171 for the Rickenbacker

Frying Pan. The guitar used a

heavy electromagnet that sur-

Davis refused the request.

by Samantha Weaver

• It was French playwright and actor Louis Verneuil who made the following sage observation: "The prime purpose of eloquence is to keep other people from talking."

• With only two known to exist, the rarest U.S. postage stamp is an 1868 1-cent Benjamin Franklin Z-Grill, so called because of the shape that was impressed into the stamp. One of the Z-Grills is in the collection of the New York Public Library, and the other was sold in 1998 for \$935,000. That's not the end of the story, though; in 2005, the same stamp was traded for a block of stamps valued at \$3 million.

• The year 1828 was a sad one for winemakers. For unknown reasons, 80 percent of the bottles of Champagne bottled that year exploded.

• There is a law on the books in Maine that prohibits having your shoes untied in public. I assume that one is not much enforced.

• In 2002, in an effort to be more environmentally friendly, Ireland decided to try to reduce the use of plastic grocery bags by levying a 15-cent tax on each one. It worked, too — use of the bags dropped by 95 percent.

• Sir Christopher Wren, who designed the famous London landmark St. Paul's Cathedral, was an astronomer, not an architect. His other achievements included developing a method for calculating eclipses and devising a way to measure the rings of Saturn.

• Back in 1935, the owner of the Chicago Cubs baseball team predicted that night games were "just a fad." He wasn't much of a prognosticator, it seems.

Thought for the Day: "It is easier to lead men to combat, stirring up their passion, than to restrain them and direct them toward the patient labors of peace." — Andre Gide

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defeat at Gettysburg, Confederate Gen. Robert E. Lee sends a letter of resignation to Confed-• On Aug. 6, 1945, an Ameri-

can B-29 bomber, the Enola Gay, drops the world's first atom bomb over the city of Hiroshima, Japan.

• On Aug. 7, 1959, the American satellite Explorer 6 is launched into Earth orbit. The 142-pound spacecraft featured a photocell scanner that transmitted a crude picture of the Earth's surface from a distance of 17,000 miles. The photo, received in Hawaii, took nearly 40 minutes to transmit.

• On Aug. 9, 1974, Richard Nixon officially resigns as president of the United States, departing in a helicopter from the White House lawn. Minutes later, Vice President Gerald Ford was sworn in. Ford spoke in a television address, declaring, "My fellow Americans, our long

national nightmare is over."

• On Aug. 5, 1981, President Ronald Reagan begins firing 11,359 air-traffic controllers striking in violation of his order to return to work. Two days earlier almost 13,000 air-traffic controllers went on strike over negotiations to raise their pay. (c) 2019 Hearst Communications. Inc.

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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

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.

Aug 8

Court Catherine Esther #1264 Catholic Daughters Ice Cream Social. In conjunction with the Fort Plain Summer Concerts. 7-9 p.m. In Haslett Park.

Aug 9

Georgie Wonders Band. 7-10 p.m. band. At Amsterdam Elks Lodge 101 located at 8 Fourth Ave., Amsterdam, NY. \$10 at the door. Or call Michelle Egelston at 518.339.2260 or www.facebook.com/amsterdam. elkslodge. Doors open 5:30 p.m. Big Band! Large Variety!

Aug. 10

Montgomery County Rabies Clinic. Rural Grove Fire Department, 1192 Rt. 162, Rural Grove. 9 a.m. – noon. For more information on rabies call 518.853.3531 or your veterinarian.

Aug 12

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

Aug. 12-16

Speaker announced. Pastor Mark Appell, Perth Bible Church, Perth, NY, will be guest speaker at Christian Lake Bible Conference, 355 Perkins Mill, Rd., Stratford, the week of Aug. 12-16 at 7:30 p.m. Monday through Friday. Contact 315.429.3515 or christianlakebibfeconference.com.

Aug 15

Philo Café discussion forums. August dates cancelled. Forums will resume Sept. 5. For more information, call 518.993.4646.

Aug 17

Crum Creek Church Ice Cream Social. 6-8 p.m. 110 County Highway 108, St. Johnsville, NY. Music by "The Empty Pockets". Bring your lawn chairs. Sponsored by the Crum Creek Church Preservation Society, Inc. **Aug 20**

Friends Speaker and Meeting. Aug. 20 and Sept. 24 For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com

Aug. 24

5th Annual Recreated 18th Century Tavern — Goshen "Goose" Van Alstyne's Colonial Tavern. 7-9 p.m. Including Theatrical Presentation of the historical Committee of Safety Meeting which took place at the homestead in Aug. 25-27, 1775.

5th Annual Van Alstyne Family Reunion and General Membership Appreciation Celebration. 7–9 p.m. Van Alstyne Homestead, 42 Moyer St., Canajoharie. Admission \$10.

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.

Sept 7 and 8

Fort Klock's 46th Annual Craft Fair Saturday, 9 a.m. - 4 p.m., Sunday 10 a.m.-3 p.m. One of the biggest craft fairs in the area with over 100 crafters. 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.

Sept. 14

Montgomery County Rabies Clinic. Town of Amsterdam Highway Dept., 283 Manny's Corners Rd., Amsterdam. 9 a.m. - 11 a.m. For more information on rabies call 518.853.3531 or your veterinarian.

Montgomery County Rabies Clin ic. St. Johnsville Town Barn, 7431 Route 5, St. Johnsville. 9 - 11 a.m. For more information on rabies call 518.853.3531 or your veterinarian.

Kovels: Antiques and Collecting

by Terry and Kim Kovel 'Pile-O-Gold'

paperweight that А looks like a forgotten mound of gold coins is a vintage puzzle that has been solved. A pristine example was offered for sale recently with the original box. There is an

on the bottom, and a small leaflet describing the coins and their history. The leather patch had a message: "Your friendship is more precious than gold." The paperweight was made by the Johnson Bronze Compa-

inscribed leather patch ny of New Castle, PA. The weights were sold to companies who gave them to customers as gifts. They were very popular with banks, insurance agents, stock brokers, mortgage brokers, real estate agents and other companies that dealt with coins

and money.

The paperweight is called the "Pile-O-Gold," and the coins picture presidents, captains of industry, scientists, inventors and engineers. Some of the coins have quotes, and all have the name and embossed



This 5 1/2-inch wide pile of coins is a paperweight, probably first made in the 1960s. It was a popular gift for good customers and executives who were in financial businesses. Some are being sold online for about \$40 to \$50.

head of the honored person, plus the name of the job that brought the person fame. A vintage example sold recently for about \$50. We are told the pile of gold coins on a desk often fools visitors.

G: A friend just told me that a $12 \frac{1}{2}$ -inch round wooden plate with a center "well" and nine smaller carved wells surrounding it is a gaming board - not an oyster plate like I thought. It is decorated

with painted playing cards so that might be true. Any suggestions?

A: It can't be an oyster plate. The food and the washing would destroy the painted cards, and oyster plates usually have four to six wells. That is a generous portion for dinner. There is an old English card game called "Pope Joan" that uses a board like yours. It

GOLD 17

Receive THE ULTIMATE **RUST PROTECTION AT** 518-725-1203 221 W. Fulton St., Gloversville, NY 12078 *Discount valid off regular retail price. Cannot be combined with any other offer.



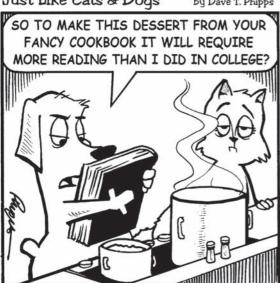




— King Crossword — — Weekly SUDOKU —

Just Like Cats & Dogs

by Dave T. Phipps



August Holidays

2

Answer

4 9

3 7

6

7

8 6

2 4 1 7 6

5 3 7

1 8

9

5

1 3 9 8

8 3 7

6 5 9

4 2 1

2

9 6 3

5 1

4 5

8 2

4

Aug. 10 – National S'mores Day

Aug. 12 – Middle Child's Day

Aug. 13 -Left Handers' Day

Aug. 15 -**Relaxation Day**

Aug. 16 National Tell A Joke Day

THINKING SMALL ISN'T ALWAYS A BAD TH

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> Advertising deadline for Fall 2019 issue is September 6, 2019. Issue Publishes October 7, 2019.

To request a media kit or subscribe, call



Philo Café forums postponed until Sept. 5

FORT PLAIN – The Fort Plain Free Library's bimonthly Philo Café discussion groups originally scheduled for August have been cancelled. The free, casual gatherings of the philosophically minded will resume at

the 19 Willett St. library on Thursday, Sept. 5. The free, informal group meets on the first and third Thursdays of each month beginning at 6:30 p.m. Topics are based on input from those present.

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

GOLD from 16

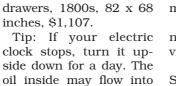
was known in the 16th century, and still is played today by three to eight players. The game was very popular with families in Victorian times and first recorded in the famous book of card and board game rules by Hoyle in 1814. The game uses the 52card deck minus the eight of diamonds and making the nine of diamonds an important winning card. All antique game boards are selling well today, and a rare round wooden Pope Joan board sold at auction for a little over \$1,000 a few

years ago. Current prices

Tazza, bronze, gilt, center medallion, Roman profile, Roman bust support, neoclassical handles, 8 x 16 inches, \$86.
Trunk, carriage, leather, embossed, steel straps, brass trim, hinged lid, Morley & Mason, 1800s, 17 x 26 inches, \$147.

• Vase, glass, green iridescent, flaring rim, Orient & Flume, Dan Shura, 1982, $5 1/4 \ge 3 1/2$ inches, \$385.

• Linen press, white pine, applied molded cornice, two doors, eight



the gears and the clock

may start working again. For more collecting news, tips and resources, visit www.Kovels.com (c) 2019 King Features Synd., Inc.





315-858-0841 Mon-Fri 8am-5pm · Sat 8am-3pm · CLOSED SUNDAY

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Putting Contest Winner 1st Place Judy Rivenberg

2nd Place Jim Fiashetti

Chipping Contest 1st Place Larry Hicks 2nd Place Deb Langdin



Lyme disease advisory

Montgomery County Public Health wants to remind everyone that Lyme disease is caused by the bite of a deer tick. You can reduce the likelihood of a tick bite by taking steps to protect yourself if you live in or visit areas with Lyme disease activity.

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

• Wear light-colored clothing with a tight weave to spot ticks easily.

• Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.

• Check clothes and any exposed skin frequently for ticks while outdoors.

• Consider using insect repellent (follow appropriate precautions and product instructions when using these products).Stay on cleared, well-trav-

eled trails. Walk in the center of trails. Avoid dense woods and bushy areas.

• Avoid sitting directly on the ground or on stone walls.

• Keep long hair tied back, especially when gardening.

• Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you. • Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

Anyone who has been bitten by a tick should be watched closely for at least 30 days. Typical symptoms of Lyme disease include fever, headache, fatigue and a large, expanding skin rash that may have a bull's-eye appearance. If left untreated, infection can spread to joints, the heart and the nervous system. Anyone who develops a fever or a rash after being bitten by a tick or spending time in tick-infested areas should seek prompt medical care. Most patients with Lyme disease can be treated successfully with a few weeks of antibiotics, especially if treated early.

Lyme disease prevention begins with recognizing the risks and taking action. For more information on Lyme disease, visit www.cdc.gov/Lyme .

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Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Special Peach Pie

Love fresh peaches? You'll enjoy this recipe. 1 (4-serving) package sugar-free vanilla cook-andserve pudding mix

2/3 cup nonfat dry milk powder

- 1 cup unsweetened orange juice
- 1/2 cup water
- 2 cups fresh peeled and sliced peaches
- 1 (6-ounce) purchased graham-cracker pie crust
- 1 (8-ounce) package fat-free cream cheese
- Sugar substitute to equal 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1 cup fat-free whipped topping
- 1/2 teaspoon ground nutmeg

1. In a large saucepan, combine dry pudding mix, dry milk powder, orange juice and water. Cook over medium heat until mixture thickens and starts to boil, stirring occasionally.

2. Remove from heat. Stir in peaches. Spoon hot mixture into pie crust. Refrigerate for at least 1 hour.

3. In a medium bowl, stir cream cheese with a spoon until soft. Add sugar substitute and vanilla extract. Mix well to combine. Fold in whipped topping. Spread mixture evenly over set peach filling. Lightly sprinkle nutmeg over top. Refrigerate for at least 15 minutes. Cut into 8 servings.

* Each serving: 213 calories, 5g fat, 7g protein, 35g carb., 401mg sodium, 1g fiber; Diabetic Exchanges: 1
1/2 Starch, 1/2 Fruit, 1/2 Meat, 1/2 Fat.
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COUNTERTOP



Paw's Corner

by Sam Mazzotta

Are these puppies playing or fighting?

Dear Paw's Corner: My friend and I each have a new puppy, and we try to get together once a week to socialize them. One thing that worries me is my puppy, "Tex," and my friend's puppy "Geno" sniff each other and then almost immediately start fighting. Is this normal behavior? — New Puppy Mom in Chicago

Dear Puppy Mom: There are some clear signals that dogs (and puppies) instinctively make to indicate whether they're play-fighting or actually fighting. Check these out, courtesy of the American Kennel Club.

Play-fighting:

Today's Date

Name (Print):

Street:

Phone #:

Card #:

Signature: Amount Paid:

Farm/Company Name:

City:

Email Address:

• They'll approach each other with open mouths that are relaxed or even seem like a grin.

• One or both puppies will initiate play with a little

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"bow" - front paws out and shoulders down, and back end up in the air. They may hop around a little and repeat this move or act silly.

• Continuous snarling and growling.

• Taking turns chasing each other, wrestling or falling down on their backs to expose their bellies.

• Continual fighting and playing.

Actual fighting:

upper back) may stand up. Ears pinned back, a threatened dog will get very tense.

- running away, tail tucked.

the area without engaging.

If your puppies are just play-fighting, everything is good, and they're getting along fine. Avoid jealousybased disagreements by keeping toys out of the area and not giving food or treats until after the play session. (c) 2019 King Features Synd., Inc.



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

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