

Mohawk Valley Country Editor

August 31,
2019

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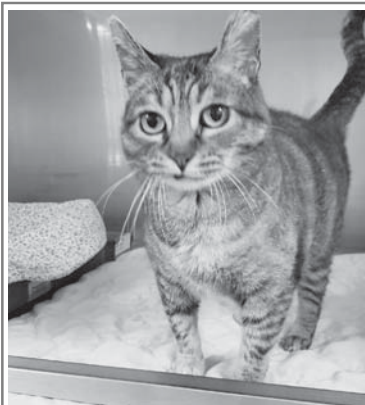
Rae is a 12 year old female pit bull mix looking for her retirement home. Great with people and kids. Needs a kitty free home. Dog selective.



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!



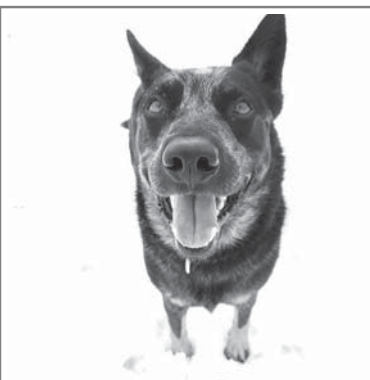
Dakota is a 4 year old great pyrenees husky mix. This hundred pound boy is so sweet. He is good with some dogs. Dakota needs a home with no kids.



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 kitten. 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 pit bull mix. 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 pit bull mix 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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Bat awareness

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

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

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

Immediately call Montgomery County Public Health 518.853.3531.

For a video demonstration on "How to Safely Capture a Bat" go to the NYSDOH website at www.health.ny.gov/diseases/communicable/zoonoses/rabies.

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

Comfort Foods Made Fast and Healthy

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Lemon Strawberry Shake

Here's a great way to cool off on a hot summer afternoon or a quick healthy snack you can help the kids make when they get home from school.

1 1/2 cups Dannon plain fat-free yogurt

1/2 cup diet ginger ale

1 (4-serving) package Jell-O sugar-free lemon gelatin

1 cup sliced fresh strawberries

1. In a blender container, combine yogurt, ginger ale and dry gelatin. Cover and process on HIGH for 10 to 15 seconds. Add strawberries.

2. Re-cover and process on HIGH for 15 to 20 seconds or until mixture is smooth. Evenly pour into 2 glasses. Serve at once. Makes 2 (1 1/2 cup) servings.

* Each serving equals: 120 calories, 0g fat, 10g protein, 20g carbs, 221mg sodium, 238mg calcium, 1g fiber; Diabetic Exchanges: 1 Fat-Free Milk, 1/2 Fruit; Carb Choices: 1.

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running through a few pages of our guest book!

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Book Signing on Saturday, September 14th, 11-3

Book 18 of *Murder in the Mohawk Valley* by local author Christine Oarr Eggleston featuring a horrific murder committed at 35 Steele Ave in Gloversville, as well as the Saratoga murder following WWII of a yellow Bobby sock wearing girl!!



This is one edition you won't want to go without!!

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SOMETHING FOR EVERYONE & EVERY BUDGET!

Don't let tires flatten your travel plans

(NAPS) — Getting a flat tire is no fun for anyone at any time, especially on va-

cation. To keep your next road trip rolling along, the nonprofit Car Care Council recommends a quick tire check before you leave the driveway.

"The excitement of summer vacation quickly deflates when your car has a flat tire," said Rich White, executive director, Car Care Council. "A quick four-step tire check will help you to avoid the aggravation of changing a flat tire on the side of the road."

1. Check that all tires, including the spare, are inflated to recommended pressure levels.

2. Check tire tread depth with a simple penny test — if you see Lincoln's head above the tread, then it is time for new tires.

3. Check for irregular wear as uneven wear indicates a need for wheel alignment.

4. Check tires for cuts, bruises, bulges, bald spots or other irregularities that can lead to a flat tire.

"AAA expects to get calls from stranded motorists

this summer and a good portion of those vehicle troubles will be tire related," said White. "A comprehensive pre-trip vehicle inspection, including the tires, is the best way to alert yourself to any potential issues so you can address them before you leave home and keep your road trip on track."

For more information on tire safety and maintenance, visit www.ustires.org/safety. For service interval schedules, questions to ask a technician and other helpful auto care information, view the Car Care Council's free digital "Car Care Guide" at www.car-care.org/car-care-guide.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. To order a free copy of the "Car Care Guide," visit www.car-care.org.

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Chow Line:

Food safety & homemade fruit- or vegetable-infused water

Q: I'm planning to add either fresh strawberry or cucumber slices to a pitcher of water to serve with a lunch I'm hosting. Are there any food safety concerns that I need to be aware of when making fruit- or vegetable-infused water?

A: Infusing water with fruits or vegetables is a wonderful, healthy and delicious way to add flavor to water without adding sugar. Not only is infused water a simple way to stay hydrated, but it has also become increasingly popular among consumers who are seeking healthy alternatives to sugary drinks.

However, when preparing fruit- or vegetable-infused water, it's important to keep food safety in mind to prevent the potential of developing a foodborne illness. In fact, you should handle infused water as you would any perishable food, according to "Infused Water with Ohio Local Foods," a recent Ohioline fact sheet written by Patrice Powers-Barker, an Ohio State University Extension educator.

Because you are adding fresh fruits or vegetables, the infused water is perishable. When serving infused water at a party or on a buffet table, treat it like other perishable foods. Add ice to the water and remember that perishable foods should not be left at room temperature for more than two hours. After two hours at room temperature, the food can enter the "danger zone," a range of temperatures between 40 and 140° F at which bacteria grows most rapidly.

"For food safety, store the infused water in the refrigerator," wrote Powers-Barker. "As in any food or beverage preparation, do not forget to wash hands with

soap and water before handling the food, as well as wash all produce with clean running water. Use clean containers and sanitize preparation surfaces before starting."

Also, cut away any damaged or bruised areas on fresh fruits and vegetables, and avoid using any produce that looks rotten, advised the U.S. Food and Drug Administration.

Because fruits and vegetables can sometimes harbor harmful bacteria, rinse all produce under clear running water before preparing or eating it. When washing firm produce such as melons and cucumbers, clean it with a produce brush and pat it dry with a clean cloth towel or paper towel to further reduce bacteria that might be present on the surface, the FDA said.

For example, cantaloupe skin has nooks and crannies that can house dirt particles. Therefore, give cantaloupes a good rinse and scrub them with a clean brush before cutting through them with a knife. Peeling or cutting unwashed produce can transfer dirt or other contaminants from the surface of the produce to the portion of the fruit or vegetable that you plan to eat or add to your water.

It's important to note, however, that washing the produce will not get rid of all bacteria or viruses. And

washing it with soap, detergent or commercial produce washes is no more effective than washing it with water, the FDA said.

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).

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. Aug. 19th – Sold 214 head, Cull ave. \$.46 top cow \$.58, Beef Breed Cull Ave. \$.43 top cow \$.56, Organic cull dairy ave. \$.70 top cow \$.98, Grassfed Organic Cull Ave. \$.58 top cow \$.96, Bulls/Steers \$.54 – \$.87, Organic Bulls/Steers \$.83, heifer calves top \$.40, bull calves top \$.93 top beef calf \$1.60.

Mon. Sept. 2nd – Normal Monday Sale & Monthly Fat cow & Feeder Sale

Mon. Sept. 9th – Normal Monday Sale & Monthly Heifer Sale

Mon. Sept. 16th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Sept. 23rd – Normal Monday Sale & Monthly Organic Day

Mon. Sept. 30th – Normal Monday Sale. Special Certified Organic Jersey Herd consisting of 23 Milking age cows – AI sired & Bred. SCC 200,000

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.

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& Family

6096 St. Hwy. 8, New Berlin, NY 13411

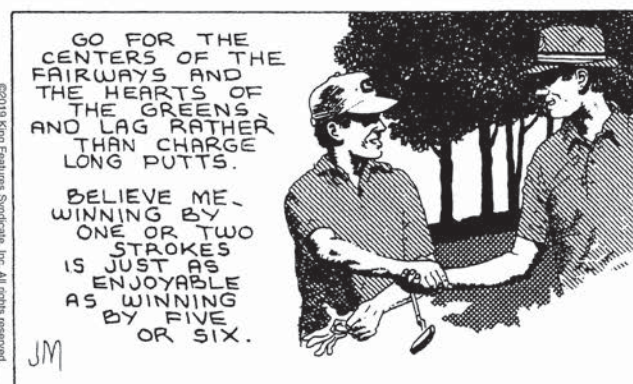
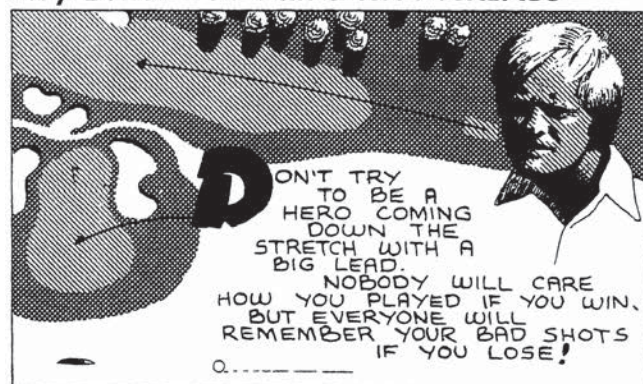


607-847-8800

cell: 607-972-1770 or 1771

Dan Hosking: 607-972-8773

Play Better Golf with JACK NICKLAUS



Whatchamacallits

I was in a bit of panic mode at first concerning this week's whatchamacallit, because no one was sure what it was – not even Skip, our "Mr. Whatcha."

He had just gotten this a couple of weeks ago at a tag sale. He thought it was interesting and he is right.

Our whatchamacallit has a patent date of (I think) 1867 stamped on the top clamp, but I don't know if it applies to the entire apparatus.

I looked online at different clamps to no avail, so I brought it to church and asked a few of the men who had worked in assorted machine shops.

Lo and behold, our pastor recognized it as a fly tying vise – although he'd not seen one exactly like it, he

knew the different components.

The only thing missing was the rod with the pincher-clip on the end to hold the hook. Once he said that, it made perfect sense.

The vise was mounted on a workbench or table and the rod was able to be placed though the top clamp, pointing in several directions depending on what type of fly you were working on or how you needed to view it. Also, the clamp arm was able to swivel or pivot anywhere within a 45° angle and locked into place for ease of tying.

I tried online again, armed with this new information. After looking at hundreds of images, I still did not find an example of our unique, antique vise.



Do you have your own Whatchamacallit?

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

Summer's End Festival at the Ames Museum

by **Dennis Malcolm, Ames Village Historian**

Ames? Where is Ames? This is one of the most common questions I receive. Ames is the smallest incorporated village in all of New York State. Ames is located on Route 10, seven miles south of Canajoharie (Exit 29 off the Thruway) and three miles north of Sharon Springs and Route 20.

Ames is a village that is small and quiet. It is situated in an area where the fall foliage colors can be seen no matter where you look. In the book "Stuart Little" by E.B. White (1945), White describes Ames in Chapter 13, titled "Ames Crossing." He states, "In the loveliest town of all, where the houses were white and high and the elm trees were green and higher than the houses, where the front yards were wide and pleasant and the back yards were bushy and worth finding out about, where the streets sloped down to the stream and the stream flowed quietly under the bridge, where the lawns ended in orchards and orchards ended in fields and the fields ended in pastures and the pastures climbed the hill and disappeared over

the top toward the wonderful wide sky, in this loveliest of all towns Stuart stopped to get a drink of sarsaparilla" (p. 109).

In our small village, standing as the focal point, is the museum. Yes, Ames has a museum – which is the second most asked question. Although the town is small, the museum is large. It was built in 1832 as an academy. It later became a Free School which was eventually merged into the Canajoharie School District until its closing in 1959. It housed the village records and served as the village meeting and polling location until 1989. At that time it was dedicated as a museum. The museum brings together life from the beginning of the village until the present. It features an antique tool shed with early American tools and gadgets, an antique camera collection and the largest remaining collection of Beechnut circus figurines from their traveling circus buses. We have a local connection to the early Beechnut circus. A collection of memorabilia from the original driver of the circus bus was donated to the museum by his son.

For the past three years, the village and the museum have

sponsored a Summer's End Festival on the third Saturday of September. The festival is for crafters, artists, small businesses, non-profits, church groups, authors and more. What is unique about our festi-

val is that the vendor spaces are free. If you are interested in being a vendor, call 518.673.5820. Check us out on www.amesmuseum.weebly.com or on Facebook @amesmuseum.

Come and enjoy the day on Saturday, Sept. 21 from 9 a.m. - 3 p.m. in the smallest incorporated and most loveliest village in the world. Come be our welcomed guest. You will be amazed.



The Ames Museum will sponsor the 2019 Summer's End Festival on Saturday, Sept. 21. Enjoy the day in the smallest incorporated and most loveliest village in the world.

Photo courtesy of Ames Museum

FORT KLOCK

47th Annual

CRAFT FAIR 2019

SEPTEMBER 7 & 8

Saturday & Sunday

9am-4pm 10am-3pm

* **FREE Admission**

* **Food Concessions**

"One of the best Craft Fairs in the Northeast area"

Fort Klock, Route 5, St Johnsville, NY

Revival

EVANGELIST
PHIL SCHIPPER

AMAZING GRACE BAPTIST CHURCH

SEPTEMBER 1-4, 2019

AT 6:30 PM

131 Clark Road
Ft. Plain, New York

PASTOR FRANK CALABRESE

Foodborne illness: What consumers need to know

What is foodborne illness?

Foodborne illness is preventable, yet it causes an estimated 48 million illnesses and 3,000 deaths each year in the United States. It is an illness that comes from eating contaminated food. The onset of symptoms may occur within minutes to weeks and often presents itself in the form of nausea, vomiting, diarrhea or fever. Because the symptoms are often flu-like, many people may not recognize that harmful microorganisms (germs) in food cause the illness. Everyone is at risk for getting a foodborne illness. However, some people are at greater risk for experiencing a more serious illness or even death should they get a foodborne illness. Those at greater risk are infants, young children, pregnant women and their unborn babies, older adults and people with weakened immune systems (such as those with HIV/AIDS, cancer, diabetes, kidney disease and transplant patients.) Some people may become ill after ingesting only a few harmful germs; others may remain symptom free after ingesting thousands.

How do bacteria get in food?

Germs may be present on food items when you buy them. For example, plastic-wrapped chicken parts and ground meat came from live chickens or cattle. Raw meat, poultry, seafood and eggs are not free from germs; neither is fresh produce such as lettuce, tomatoes, sprouts and melons. Many germs are naturally present in our environment. Germs that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Not all germs cause disease in humans. For example, some are used to create cheese and yogurt. Foods, including safely cooked and ready-to-eat foods, can become cross-contaminated. Germs can be transferred from raw egg products, raw meat, poultry and seafood products and their juices, or from food handlers who do not practice safe hand washing, to the food you eat. Most cases of foodborne illness can be prevented with proper cooking or processing of food to destroy the germs.

The "Danger Zone"

Germs increase in numbers between temperatures of 40° F and 140° F. To keep food out of this "danger zone," **keep cold food cold and hot food hot.**

- Store food in the refrigerator (40° F or below) or freezer (0° F or below).
- Cook meat, poultry and leftovers to a safe minimum internal temperature of 165° F by using a food thermometer.
- Cook, beef, veal and lamb roasts to 145° F; "fully cooked" ham to 140° F; and fresh ham, pork and egg dishes to 160° F.
- Maintain hot cooked food at 140° F or above.
- Egg products can be substituted in recipes typically made with raw eggs, such as eggnog, custard or key lime pie. Be sure that eggs and products containing eggs are thoroughly cooked when serving those at

higher risk for foodborne illness.

In case of suspected foodborne illness follow these general guidelines:

- **Save a sample of the food.** If a portion of the suspected food is available, wrap it securely, mark "DANGER" and freeze it. Save all the packaging, such as cans or cartons. Write down the food type, the date, the time it was eaten and when symptoms began. Save any of the same unopened foods.
- **Seek treatment as necessary.** If the victim is in an "at risk" group, seek medical care right away. Like-

wise, if symptoms continue or are severe (such as bloody diarrhea, excessive nausea and vomiting or high temperature), call your doctor.

- **Call the local health department** if the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product.

- **Call the USDA Meat and Poultry Hotline at 1.888.MPHotline (1.888.674.6854) if the suspect food is a USDA-inspected product and you have all the packaging.**

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

Aug 31 and Sept 1

Canajoharie Library Labor Day Weekend Used Book Sale. 12 p.m. - 5 p.m. \$1 per bag of selected books from the special bag sale room on Sunday. Call 518.673.2314 or visit www.canajoharielibrary.org.

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.

elksldodge. Doors open 5:30 p.m. Very popular party/dance band.

Sept. 28

5:30-7:30 p.m. **A Taste of History.** Old Fort Johnson's annual fall fundraiser moves into Amsterdam's Colonial Club with another amazing sampler of homemade soups, bread and pies. Enjoy the best of local cooking and support the preservation of Old Fort Johnson National Historic Landmark. Tickets required. \$25 adults, \$10 children, admission includes a commemorative mug. Limited seating, advance reservations recommended. www.OldFortJohnson.org.

2019 Mohawk Valley Out of the Darkness Walk to Fight Suicide. At German Flatts Town Park. Check in 10:30 a.m. Walk begins 11:30 a.m. Register at afsp.org/mohawkvalley

The Support Hope Concert. 7 p.m. At Fonda Fultonville Central School Auditorium, 112 Old Johnstown Road, Fonda. Tickets can be purchased by visiting Eventbrite at <https://tinyurl.com/y5yltnxb> Visit www.havenofhopefarm.org to learn more about Haven of Hope or to donate.

Oct 5

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

Oct 11-13

Path Through History Weekend. For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or www.nysparks.com

Oct. 12

Montgomery County Rabies Clinic. Florida Town Highway Dept. Fort Hunter Rd., Minaville. 9 a.m. - noon. For more information on rabies call 518.853.3531 or your veterinarian.

Sept 15

Children's Sunday School - KICK. Kids In Christ's Kingdom. Come join us for Sunday School starting Sept. 15, 2019 at 9:30 a.m. For participation forms email stpaulsstj@gmail.com or visit our website at www.stpaulslutheranstj.com. St. Paul's Lutheran Church, 32 West Main Street, Saint Johnsville.

Sept. 18

Local History Round Table. 6:30 to 8:30 p.m. Fort Plain Free Library, 19 Willett Street. Please call 518.993.4646 for information.

Sept 21

Ames Museum End of Summer Festival. 9 a.m. - 3 p.m. Crafts, art, jewelry, food, revolutionary war items. A 5K run/walk for fitness. Vendor spaces are free. Contact 518.673.5820 or visit www.amesmuseum.weebly.com or write to f@amesmuseum.

8th Annual Woofstock event. 1-5 p.m. At Concordia Club, Gloversville. \$20 admission. Includes food and entertainment: two bands, a magician, a dance performance, vendors, a kissing booth and more. All proceeds benefit the animals in the care of Regional Animal Shelter.

Sept 27

Grand Central Station. 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.

Sept 1

First Annual Blessing of the Backpacks and Students. 10:30 a.m. Bring your backpack to church! Praying for and blessing our students for a happy, healthy, and safe school year. St. Paul's Lutheran Church, 32 West Main Street, Saint Johnsville. For more information email us at stpaulsstj@gmail.com or visit our website at www.stpaulslutheranstj.com

Sept 5

Brook's Chicken Barbecue. 3:30 - 6:30 p.m. Marshville Evangelical Church, Rt. 10 South, Marshville. Take-out only. \$7 per half. Pre-paid tickets try to pick up by 5 p.m. For more information call 518.673.2394.

Sept 5 and 6

Book, Bake & Bulb Sale. 12 - 7 p.m. both days. At Frothingham Free Library, Fonda. Call Maureen at Frothingham Free Library at 518.853.3016.

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



Canajoharie STREET FAIR '19

Saturday, SEPTEMBER 14, 2019 9am-Fireworks

VENDORS • PARADE • FIREWORKS • HOT RODS • CLASSIC CARS • ANTIQUE TRACTORS • KING OF THE WING • LIVE MUSIC ALL DAY

PARADE....

Fire Departments, Marching Bands, Dance Teams, Village Officials, Antique Tractors, Horses!!

JOIN US....

get your club or organization on board with a float or just march!!!!



FLOATS...

Show Your Community Spirit!! Reserve a spot in the parade for your float! Youth Groups, Sunday Schools, Sports Teams, Coaches, Dance Teams, Clubs and Businesses!! Google Parade Float Ideas for some inspiration!!!

LIVE MUSIC ...

Music sponsors:

- Betz, Rossi, Bellinger & Stewart Family Funeral Home
- Lee's Shops at Wagner Square
- Music on Main Street

11-12:30 Warren Sieme: American Contemporary Folk

3-4:30 Becca Frame & The Tall Boys: Powerful vocals and transcendent lyrics.

7-8:30 Karen and Abby
More Coming!

We Have Jewelry • Thirty One • Food Trucks • Hand Made Signs
• Quilted Crafts • Honey • Produce • Raffles • Antiques • Collectibles • MORE!!

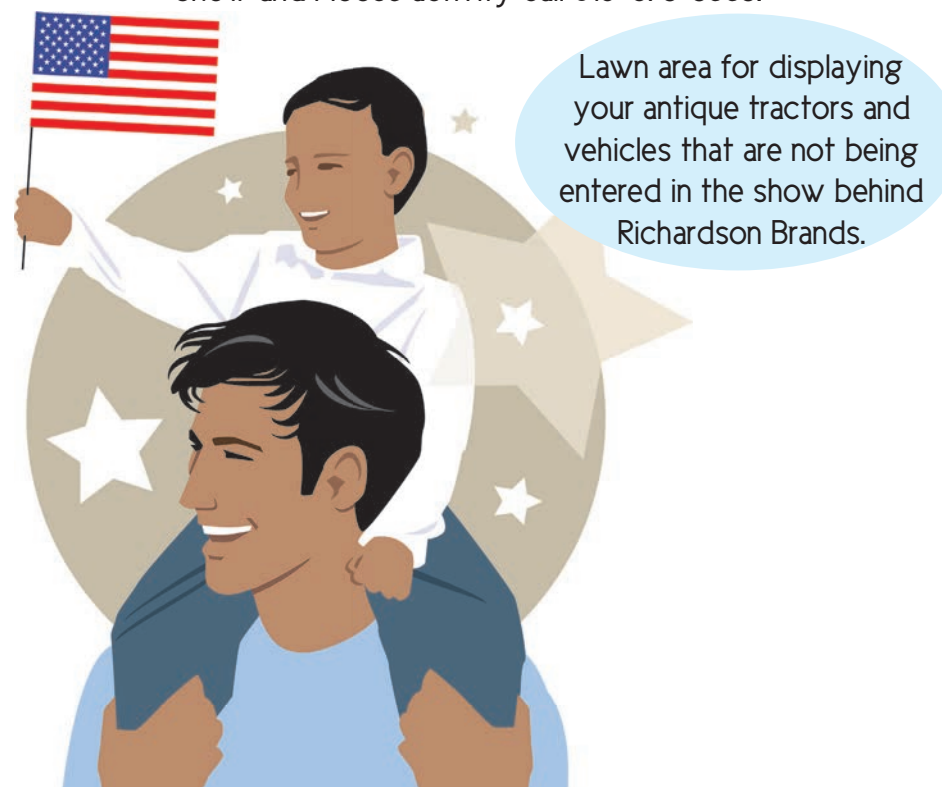
VENDORS ... Over 24 Vendors on board with more to come!

Get your application by emailing streetfaircanjo@gmail.com or call the numbers below!

T&M Photography Old Time Photos are on board as well as 3B Farm with honey products and hand made quilted home decor, Anna & David Keyser with homemade jewelry, bird houses. Bare Arms Gun Shop LLC, Essentially Crafty, JW Signs and More home made wood art, Jammin Juice Bar Food Truck, JYP with face painting and a great raffle for a fire pit full of summer fun, LC Designs, Massage Therapist Jacqueline Jodeksnis-Gunderson Maxwell Sawmill, Murder in the Mohawk Valley Products including a book signing by author Christine Eggelston for her brand new BOOK 18 at Lee's Shops at Wagner Square, Sharon's Sweet Creations, Sportee Designs Tote-ally Purse-onalized Thirty One products, Upstate Chapel, Utica Hemp in the Valley, Audrey's Trees, Brother's Bandanas with handmade reversible bandanas for your furry family and so many more coming on board daily

Car Show from 3-5 at the Canajoharie Moose Lodge #853

Show off your vehicle by driving it in the Parade (staging behind the Moose Lodge on Mohawk Street starting at noon. Parade at 1:30 Then Enter your Car, Truck, Motorcycle, Fire Truck, Tow Truck, Tractor, for a \$10 entry fee. Cash prizes in many categories. Moose will be open to the public and offering Steamed clams \$6/doz. Also Burgers and Hot Dogs and they will be entering wings in the KING OF THE WING CONTEST!! Also featuring their Frozen Margaritas (Strawberry too!!) For details on Car Show and Moose activity call 518-673-3993.



KING OF THE WING CONTEST

We will be having a contest for who is going to win the first annual KING OF THE WING contest. Over all Best Wings takes the trophy! Trophy will be displayed for the year and will be competed for again next year!! See who will be the KING for 2019! Participating businesses will be displaying a sign that indicates that tickets may be purchased at their location. \$2. admission includes wrist band and ballot ticket. Wings will be 50¢ each at participating businesses. Taste as many as you want and when you have made it to 3/4 of the participating businesses, you can leave your ballot! KING of the WING will be announced at 8:30 under the tent on the NBT Bank lawn by Abby and Karen!! Details will be available where you see the King of the Wing Signs.

For more information Call Bruce Button at 518-673-0104 OR Janet Stanley at 518-673-0292

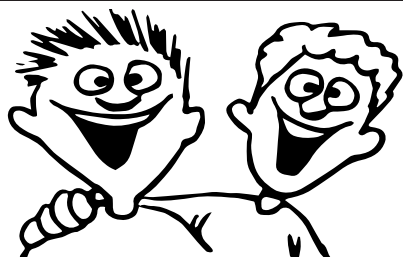
email: streetfaircanjo@gmail.com

Sponsored by the Country Editor a Lee Newspapers, Inc. Publication



Find us on Facebook:
Canajoharie Street Fair

COMING SOON To St. Johnsville



TWO BROTHERS LAUNDRY

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)

CHARLES D. STAHL

"SPECIAL TRUCKLOAD SALE"

Approx. 5 Face Cord "Seasoned" **\$425**

Approx. 7 1/2 Face Cord **\$550**

Approx. 11 Face Cord **\$850**



FURNACE CHUNK WOOD

Approx. 11 Face Cord **\$775**

315-823-1982

Prices may include extra delivery charge.

HEAP VENDOR

FOR SALE

(3) Three Month Old

BILLY GOATS

1 White, 1 Dark Brown & 1 Light Brown

Call David Swarey

518-775-0831

Marshville Evangelical Church
Rt. 10 South, Marshville, NY

Brooks  **CHICKEN Barbeque**

Thursday, Sept. 5, 2019 • 3:30 - 6:30PM
TAKE-OUTS ONLY - Cost: \$7.00 per half
On sale: baked goods, beans, salad, & baked potatoes
Pre-paid tickets try to pick up by 5:00pm
For more info call 673-2394

WILL REMOVE UNWANTED APPLIANCES FOR FREE

If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar, home, garage.



WILL REMOVE FOR FREE

No Labor Cost To You NO COST TO YOU

518-848-6469

Good Housekeeping

Pasta toss with summer basil

Use any short pasta for this delicious dish chock-full of garden eggplant, zucchini, tomatoes and peppers. If you like, you can substitute yellow summer squash for the zucchini.

- 3 medium red peppers
- 2 medium yellow peppers
- 1 package (16-ounce) penne, radiatore or fusilli pasta
- Salt
- 4 tablespoons olive oil
- 1 medium red onion, chopped
- 3 medium (6 ounces each) zucchini, each cut lengthwise in half then thinly sliced crosswise
- 1 medium (1 1/4 pounds) eggplant, cut into 1/2-inch chunks

- 3 medium (1 pound) ripe tomatoes, chopped
- 1 cup (loosely packed) fresh basil leaves
- 2 tablespoons capers, drained

1. Heat broiler. Line broiling pan (without rack) with foil. Cut each pepper lengthwise in half; discard stems and seeds. With hand, flatten each pepper half. Place peppers (half the amount at a time, if pan is small), cut-side down, in broiling pan. Place pan in broiler 5 to 6 inches from source of heat, and broil peppers until charred and blistered, 10 to 15 minutes. Wrap foil around peppers and allow to steam at room temperature 15 minutes or until cool enough to handle. (Repeat with remaining peppers.)

2. Meanwhile, prepare pasta in boiling salted water as label directs. Drain pasta; rinse with cold water, and drain again. Set aside.

3. Remove peppers from foil. Peel off skin and discard. Cut peppers into 1/2-inch pieces.

4. In nonstick 12-inch skillet, heat 1 tablespoon oil over medium heat until hot. Add onion and cook 6 minutes or until tender, stirring occasionally. Add zucchini and 1 tablespoon oil, and cook 7 minutes or until zucchini are tender-crisp, stirring frequently. Add eggplant, 3/4 teaspoon salt and remaining 2 tablespoons oil, and cook 8 minutes or until eggplant is tender, stirring frequently.

5. Transfer vegetables to large bowl; stir in tomatoes, basil, capers and 1/2 teaspoon salt. Add pasta; toss well. Serve salad warm, or cover and refrigerate until ready to serve. Makes 12 servings.

* Each serving: About 225 calories, 6g total fat (1g saturated), 0mg cholesterol, 285mg sodium, 38g total carbohydrate, 3g dietary fiber, 7g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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Do You Know The Bible Is:

The Owner's Manual For Your Life

A How-To Guide for Enjoying the Goodness
of God For All Eternity

A Guide to Abundant Life

Come join us as we learn from
God's Word

Grandview Baptist Church

15 Washington Avenue

Fort Plain, NY

518-993-9929



Pastor Dan West

Sunday School 10AM

Morning Service 11AM

Prayer & Bible Study
Wed. 6:30PM

Grace Christian Church

20 Center St., St. Johnsville, NY

Worship Service 11:00AM

Sunday School Opening Day:
September 15, 2019 • 9:30-10:45
(Lesson, Games, Crafts)

Women's Fellowship Rummage Sale:
September 7th & 8th • 9AM-4PM
Bake Sale Sat. Morning (9AM-Noon)

Stone Soup visits Fort Klock

by Rachael Takacs

On a sunny Friday evening, the Fort Klock Restoration hosted Stone Soup, a well-known music group consisting of several talented performers. Focusing mostly on American folk music, Stone Soup offered a fantastic lineup of catchy songs and witty humor. Their set list included such entries as “Frosty Morning in Maine” and “Shady Grove.”

Concert-goers also had the chance to enjoy some refreshing ice cream, brownies, cake and cold beverages served by members of the Fort Klock Restoration Committee, as well as participate in a raffle benefitting the historic landmark.

Visitors danced, sang along and visited with each other as the night continued. One such visitor was Craig Benoit. Hailing from Salisbury Center, Benoit, his wife and many of their children enjoyed the evening’s proceedings. Although they had never visited Fort Klock before, Benoit and his family felt quite welcome. “This is

really nice and it’s a beautiful place!” Benoit exclaimed. He assured that he and his family would be returning.

The Fort Klock Restoration Committee is always looking for new members as well as reenactors. For more information on this, as well as the many other events Fort Klock has to offer, visit www.FortKlockRestoration.org. For more information regarding other local history, as well as the many historic landmarks in the area, visit the recently created Valley History Alliance page at ValleyHistoryAllianceBVMA.weebly.com.

Craig Benoit dances to the music with his daughter Evangeline.
Photo by Rachael Takacs





Dining
&
Entertainment



Now Serving
Wine Ice Cream
Open
1pm-9pm Daily
49 Hancock St.,
Fort Plain



High River Energy Center Open House

Thursday, September 12 | 11 a.m.–1 p.m. and 5 p.m.–7 p.m.

Both sessions will include an update on the project, cover the same information, and follow the same format.

The community is cordially invited to attend an informational open house for the High River Energy Center, a 90-megawatt solar project proposed in the town of Florida.

Meet our team, learn more about our company and the project, have your questions answered by our subject-matter experts, and listen to a presentation from the project developer.

Light refreshments will be served.



Location:

Fonda Fair (Scott Hall Building)
21 South Bridge Street
Fonda, NY 12068

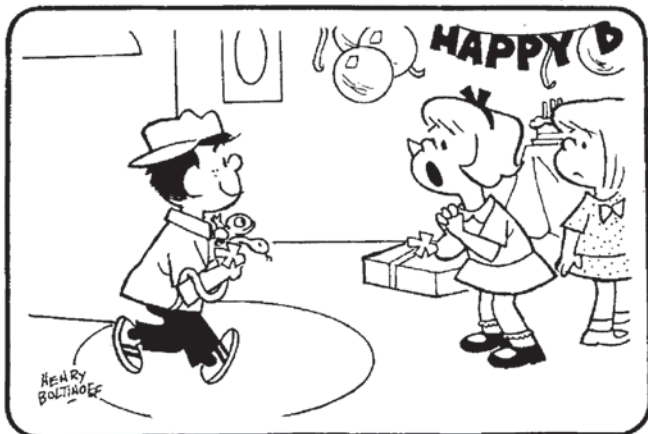
For additional information visit
www.highriverenergycenter.com
or call (800) 214-7929.

HOCUS-FOCUS

BY
HENRY BOLTINGOFF



Find at least six differences in details between panels.



Differences: 1. Banner letters are black. 2. Balloon has been added. 3. Boy's pants are dark. 4. Socks have ruffles. 5. One present is missing. 6. Bow has been added to snake.

King Crossword

ACROSS

1 Bygone Peruvian

5 Decibel increaser, for short

8 Jewels

12 Greenhouse structures

14 On

15 Caviar provider

16 Volcanic outflow

17 "Eureka!"

18 Not as short

20 Dishes

23 Ratio phrase

24 Little one in the litter

25 Tough puzzle

28 Affirmative

29 Diarist Nin

30 — Beta Kappa

32 Learner

34 Adolescent

35 Prod

36 Cause, as havoc

37 Expose, in a way

40 Hawaiian garland

41 Any minute now

42 Obdurate

47 "Zounds!"

48 Cook on a grill

49 Novelist Jaffe

50 "This tastes awful!"

51 Leftovers recipe

DOWN

1 "Monty Python" opener

2 Seine

3 French vineyard

4 Immoderate

5 Neighborhood

6 "O Sole —"

7 Woman's two-piece?

8 Fast gait

9 And others (Abbr.)

10 Relocate

11 Practice boxing

13 Turkish title

19 \$ dispensers

20 Weep

21 Colors

22 "Meet Me — Louis"

23 "Try — see"

25 Passes furtively

26 Duel tool

27 Actress Perlman

29 Commotions

31 Pen filler

33 Kampala's country

34 "Survivor" squads

36 "MacArthur Park" composer Jimmy

37 Addict

38 Nixed, at NASA

39 Complain

40 Hide in the bushes

43 Greek cross

44 Autumn mo.

45 Regret

46 Fresh

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Weekly SUDOKU

by Linda Thistle

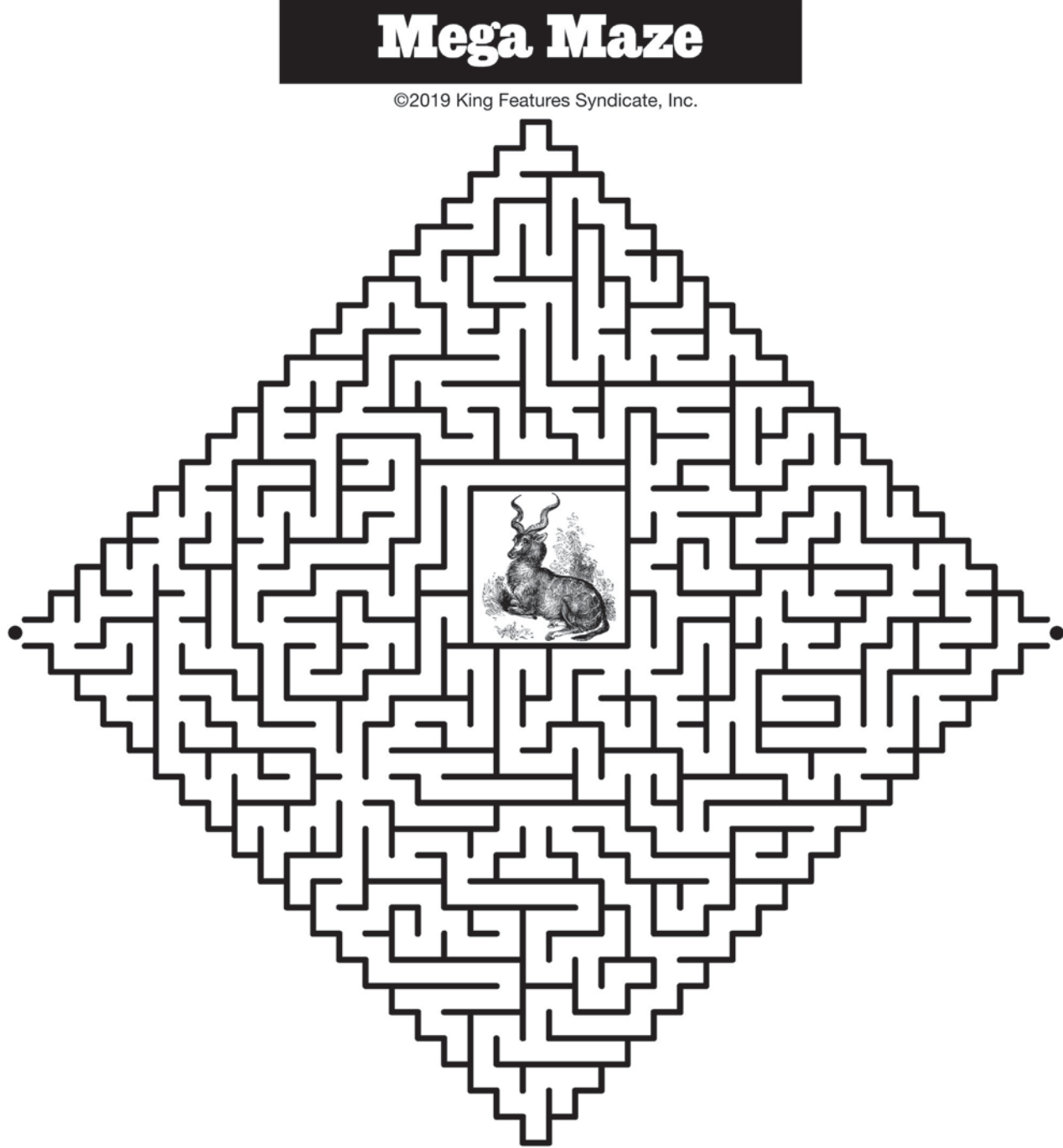
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Just Like Cats & Dogs

by Dave T. Phipps

WHAT'S WRONG WITH THIS COMPUTER? WITH MY OLD ONE, ALL I HAD TO DO IS GIVE IT A WACK IF IT ACTED SCREWY.

Americanisms

"No one can make you feel inferior without your consent."

— Eleanor Roosevelt

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Manage hectic school mornings

If a typical school morning sees your family rushing around and out the door with nary a moment to spare, only to be left feeling like you ran a marathon by 9 a.m., a new approach to your routine might be necessary.

Mornings, especially in households in which parents who work outside of the home and have one or two kids requiring drop-off at their respective schools, can often be hectic. Starting off the morning feeling harried and stressed can carry over into the mood of the day, affecting productivity as a result.

According to Dr. David Anderson, PhD, senior director of the ADHD and Disruptive Behavior Disorders Center at the Child Mind Institute, busy mornings can be the most stressful moments of the day. Homework hour and getting prepared for bed are other typically stressful times of the day for families.

If less stressful mornings are a goal for your family, try these strategies.

Start the night before

Doing as much preparatory work the evening before can make quite a difference in taming hectic mornings. Things that can be done in advance include checking and stocking backpacks, signing paperwork, making lunches, setting out clothing, showering, and having breakfast foods ready to go.

Establish a 'launch pad'

Ann Dolin, a Virginia-based education specialist, suggests having a launch pad, or a place where all school-related items are prepped and stored. It can be a basket, box or another container big enough to contain school items. Children can drop and pick up the items as needed.

Make the routine the boss

Positive Parenting Solutions founder Amy McCready says families can implement a "when-then" routine that sets the tone for the morning. "When everyone is dressed, hair combed, breakfast eaten, and school supplies packed, then you can watch 10 minutes of an educational cartoon." This puts the routine in control rather than making the parents the bad guys.

Make kids responsible

Too often parents add more stress to their plates by showing up at school with forgotten lunch boxes or band instruments. Instead, parents can stop rescuing

their children and help train them to be more responsible — an essential trait.

Chart wake-up times


It may seem like micromanaging, but scheduling wake-up and bathroom times can help everyone know where they should be and when they should be there. It also helps avoid bottleneck situations in the bathroom or kitchen.

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To Your Good Health

by Keith Roach, M.D.

Confusion over women’s heart attack symptoms

Dear Dr. Roach: My question is about symptoms for women’s heart attacks. I have always heard that symptoms for women can be much different from men’s. Instead of the chest-clutching, sharp pain that men can have, I have read that women’s symptoms can be any of these: heartburn or indigestion; pain in the jaw, neck, shoulders, back, one or both arms; fatigue and troubled sleep; dizziness and nausea; or extreme anxiety.

Are you KIDDING me? I am a healthy, active 63-year-old woman. I have had all of these symptoms at one time or another. If I acted every time I had one of these symptoms, I would be at the doctor’s office every day. How is one to know which symptoms to take se-

riously and act on immediately, and which to wait a few days to see if it is temporary? — J.

Answer: I have seen many letters similar to yours. The confusing problem is that it’s true: In women, heart attack symptoms and the symptoms of angina before a heart attack can include all of those vague symptoms. The same is true of men as well, although it’s more likely for women than for men to have symptoms other than the classic left-sided chest discomfort (people are much more likely to describe angina as “discomfort” or “pressure” than “pain”).

So your question is entirely valid: How do you know when to take common symptoms seriously? The first thing I would say is that the greater your risk for heart disease, the more seriously you should take any

symptom. Age, family history of heart disease, high blood pressure and cholesterol, lack of regular physical exercise and diabetes are among the most important risk factors.

The second thing I would say is to take new symptoms seriously. If you never get heartburn, for example, then heartburn at age 63 should prompt concern.

Third, context matters. Symptoms such as nausea or jaw pain that occur with exercise — even carrying a bag of groceries or walking up stairs — is definitely a reason to talk to your doctor.

Most women don’t know that heart disease remains their No. 1 killer, far outstripping breast cancer (or any cancer). Both women and men need to take even vague symptoms seriously, especially if the symptoms are new, exertional or if the person has several risk factors. As a primary-care doctor, I’d rather see my patient for her concerns that symptoms may be heart disease than see her in the ICU with a heart attack.

Dear Dr. Roach: I have diverticulosis. At one time I was told not to eat nuts. I have since read that eating nuts is okay. What is your take? Also, are chia seeds safe? — E.M.

Answer: There are two answers to this question. The first comes from clinical research, and a very large trial showed that nut and popcorn consumption tended to protect against diverticulitis and diverticular bleeding. This may be due to the high fiber content, recommended in people with diverticula. So most experts allow their patients with diverticulosis to eat nuts and seeds, including chia seeds.

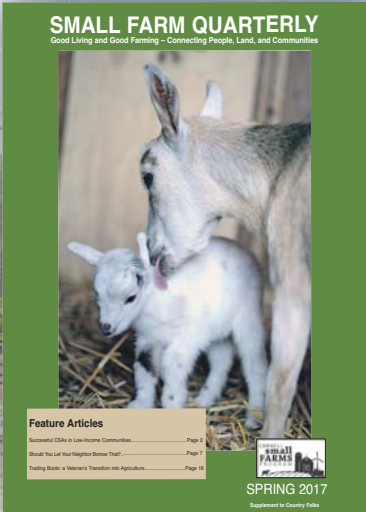
The second is practical experience. If someone has had clinical diverticulitis after eating nuts and seeds, especially if it happens repeatedly, it makes sense not to do so.

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Strange but True

by Samantha Weaver

- It’s often been said that necessity is the mother of invention — and for good reason. Here’s an example: The idea for the original pull-top can originated when the inventor was at a picnic; he had forgotten to bring a can opener, so he had to use a car bumper.
- If you live in Georgia, you need to watch that wagging tongue: In that state it’s illegal to spread a false rumor.
- According to cetologists, an adult right whale requires 400,000 calories a day to survive. These scientists who specialize in whales also note that the mainstay of these mammals’ diet is a flea-sized crustacean called a copepod.
- If you’re right-handed, studies show that you tend to wash your left hand more thoroughly than your right hand. Reverse that if you’re a leftie.
- A study of 28 women found that screaming has a therapeutic effect on the physiology of the body. After bouts of screaming, the test subjects showed slower heart rates, lower blood pressure and lower body temperature.
- Those who study such things — and who, evidently, have way too much time on their hands — claim that there are 108 stitches in a baseball.
- If you take into account all the sales in the world, there are approximately 50 Bibles sold every minute.

Thought for the Day: “For disappearing acts, it’s hard to beat what happens to the eight hours supposedly left after eight of sleep and eight of work.” — Doug Larson

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Tips for grabbing the best deals on school clothes

Children and parents often look forward to the dawn of a new school year. But before the first homeroom session can take place, parents may need to take their students clothes shopping.

According to a 2018 survey by Deloitte, parents spend an average of \$510 per household on apparel, school supplies, electronic gadgets, and other items for their kids' return to school. The back-to-school season runs from July through September, during which American households alone spend \$27.6 billion, which is second only to the holiday season in regard to the most lucrative times for retailers.

Apparel is a large part of back-to-school shopping. Many parents find they need to outfit their kids with a new wardrobes each year. Jeans and leggings that fit like a glove in June may only reach mid-calf by Labor Day. To make the shopping process less harried and more productive, parents can employ these strategies.

Take inventory

Go through kids' wardrobes and see what can be salvaged and what might need to go. This is the perfect opportunity to put aside gently used, outgrown items that may be passed on to someone else who can use them.

Be sure to make a list of any items that the school requires, particularly in regard to uniforms or dress codes. By

knowing what's in stock in the closet, you'll have a clear idea of what you need to buy.

Check for tax-free discounts

Some states or cities offer tax-free or discount shopping incentives, which can add up to considerable savings. It may be well worth the effort to stock up on necessities during these times.

Sign up for loyalty programs

If yours is a child who prefers certain brands, sign up early in the year for such brands' loyalty clubs. For example, the popular retailer Hollister has Club Cali that, with each purchase, grants points toward discounts. Plus, you may be privy to sale advertisements before the general public.

Get enough to get by

While certain clothing sales happen between July and August, oftentimes the real savings begin in October, according to the budgeting resource Money Crashers. Wait until that time to buy the bulk of kids' school clothes. After all, the first weeks of school are usually warm, and summer clothing will still suffice with a few new items thrown in to freshen up wardrobes.

Invest in quality shoes

Sneakers and other shoes can be expensive. However, investing in quality brands can help you avoid having to buy shoes frequently. Watch for shoe sales and stock up on coupons. Many

stores offer "buy-one, get-one half off" during the back-to-school season.

In addition to these tips, save more by

shopping overstock stores or warehouse clubs for name-brand items at lower prices.



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Fort Plain Hilltoppers host car wash, bottle drive

by Rachael Takacs

On a recent Saturday morning, the Fort Plain Hilltoppers baseball team hosted a car wash and bottle drive at the Fort Plain Bus Garage in order to raise money for new baseball uniforms.

Accompanying them on their mission was Head Baseball Coach Craig Phillips

and Junior Varsity Coach Jason Brundage. Both assisted with washing vehicles and offering direction.

A charismatic and generous leader, Phillips donates money toward the annual Hilltopper Baseball Camp each year and is currently coaching his 46th season, determined to help his team succeed.



Member of the Fort Plain Hilltoppers Baseball Team Nate Beam hard at work during the fundraiser.

Photo by Rachael Takacs

— King Crossword — — Weekly SUDOKU —

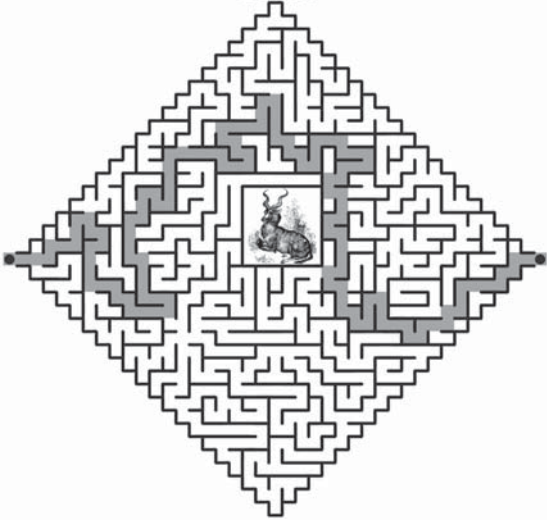
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Three factors to consider when choosing a mortgage lender

A home is the most significant purchase many people will ever make. Perhaps because of that, many buyers, particularly those purchasing a home for the first time, are understandably nervous about the home-buying process. The decision regarding which home to buy warrants ample consideration, but so, too, does the buyers' choice of lender.

Mortgage lenders can be found all over the internet, and the sheer volume of lender options can make it hard for home buyers to find the right fit for them. Couple that with lending-related terminology that many first-time buyers may be unfamiliar with, and it's easy to see why prospective homeowners can feel overwhelmed about the process of borrowing money to buy their homes.

When looking for a mortgage lender, prospective homeowners should never forget that the choice of lender is, in most cases, entirely theirs to make. When making that decision, a host of variables should be considered. The following are three such factors that, upon ample consideration, may help buyers rest easy knowing they did their due diligence when looking for lenders.

1. Reputation/recommendation

Just like other businesses, lenders have reputations, and oftentimes those reputations can be determined via some simple online research. Peruse online reviews to determine what past buyers felt about a given lender. If possible, ask friends, family or colleagues who they worked with to secure a mortgage.

2. Fees

Fees vary from lender to lender. Fees should not be mistaken for interest rates, which change daily and are typically dictated by the financial industry and prospective buyers' credit history and financial standing. When speaking with potential lenders, ask for a rundown of their fees, and the services those fees include, and closing cost estimates in writing, then compare and contrast fees and costs of various lenders before making a final decision. Some lenders may charge considerably more in fees than others, so buyers should put in the effort necessary to comparison shop.

3. Personal interaction

Buyers, especially those who have never before purchased a home, will likely have lots of questions. This is where personal interaction with a prospective lender should be noted. Securing financing for a home purchase can sometimes seem like an impersonal process, but it doesn't have to be, and many lenders are happy to answer buyers' questions. Lenders who answer questions quickly and clearly can make buyers more comfortable about the home buying process. Buyers may want to avoid lenders who seem evasive or unwilling to answer questions in writing.

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