

Johnstown ~ Fonda ~ Fultonville

Country Editor

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GO THEREFORE AND MAKE DISCIPLES OF ALL THE NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT, TEACHING THEM TO OBSERVE ALL THINGS THAT I HAVE COMMANDED YOU; AND LO, I AM WITH YOU ALWAYS, EVEN TO THE END OF THE AGE." AMEN. ~ MATTHEW 28:18-20

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Hello, Fonda, Fultonville and Johnstown!

You may already know us, but please allow us to re-introduce ourselves. We are Country Editor, published by Lee Newspapers of Palatine Bridge. In the past, we have occasionally reached out to you, like a neighbor waving to you when passing by. Now, we want to strengthen our relationship and really

get to know you, and to serve you, as best we can.

You have reached out to us, asking for something especially for you, and we will deliver – literally. This new Country Editor publication will be mailed directly to your homes. We will be bringing you important news updates, features

on the folks your communities and the best deals from the businesses that call Fonda, Fultonville and Johnstown home. This will be your monthly periodical.

We are looking forward to growing this relationship with you and being your partners in this new venture. If you

have events or news you'd like to share with us, please let us know! You can email us at jkarkwren@leepub.com or call 518.673.0141. If you'd like to advertise with us, you can reach out to John Snyder at jsnyder@leepub.com or 518.673.0129.

Mountain Valley Hospice welcomes Terry Swierzowski as Director of Business & Community Development

GLOVERSVILLE – In an effort to reconnect with the health-care community and nurture relationships with referring providers and other business partners, Mountain Valley Hospice welcomes Terry Swierzowski to their team as the Director of Business and Community Development.

“According to a report to Congress earlier this year by the Medicare Payment Advisory Commission (MedPAC), less than half of Medicare patients take advantage of the hospice service, despite the fact that 88 percent of people say they’d rather die at home but only 30 percent actually do,” said Kara Travis, President/CEO of MVH. “We know we are not reaching

all of the patients and families who need us in Fulton, Montgomery, Saratoga and Hamilton counties. Furthermore, we often talk to community members who have no idea that we offer eight beds with round-the-clock clinical care at the Nancy Dowd Hospice Home right here in Gloversville.”

Funded by a grant from the Adirondack Health Institute (AHI), the strategic position Swierzowski will fill is expected to address the gap in access to services. “Developing relationships with the doctors, nurses, discharge planners and care navigators throughout our region will not only identify patients and families who would benefit from our services soon-

er but will also serve as an important collaborative partnership for the clinicians seeking support in the care planning and treatment options for their patient practice,” Travis added.

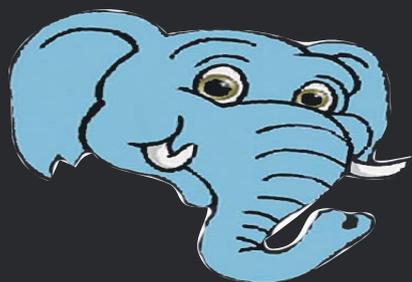
“I am so excited for the opportunity to join the team at Mountain Valley Hospice and the Nancy Dowd Hospice Home. I’m hoping that my years of experience at the Fulton Montgomery Chamber with regional businesses and community members will help MVH move forward its important program of work. I feel fortunate to join this excellent organization that is a touchstone for so many in our region and beyond.”

“Nathan Littauer Hospital, as

part of our population health initiative, was happy to support Mountain Valley Hospice in seeking DSRIP grant funds to create this transformational marketing position. We look forward to working with Terry to better identify patients and families earlier in their disease process. Littauer patients and staff will benefit from this new capacity for collaborative consultation in identifying patients appropriate for palliative care or longer-term hospice care,” said Geoffrey W. Peck, vice president of population health, Nathan Littauer Hospital & Nursing Home.

Founded in 1988 by Nancy J. Dowd as a not-for-profit, MVH’s mission is to enhance

the lives of those they serve by supporting what matters most to them, encompassing patients and families in Fulton, Montgomery, Hamilton and Saratoga counties. MVH’s unique offering is an eight-bedroom, Adirondack-style home in Gloversville that provides 24-hour clinical care. Built with private funds 12 years ago, the Nancy Dowd Hospice Home is a testimony to community partnerships with long-lasting benefit. MVH also offers complimentary grief counselling and bereavement services to any member of the community, regardless of whether their loved one was a hospice patient.



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Kayaking courses for children at Schoharie Crossing

FORT HUNTER – Schoharie Crossing State Historic Site will be hosting introductory kayaking lessons for children on Sept. 22. These courses are intended for beginner or novice level paddlers ages 14 - 17. Audrey Egelston of Down by the River Kayak Rentals will facilitate the two-hour introductory sessions at 9 a.m. and noon. Space is limited and pre-registration is required for this free program.

Parental signatures and liability insurance agreement

are required for each participant. The program begins and ends at the Schoharie Crossing boat launch off NYS-Rt. 5S. The site will supply personal floatation devices, paddles and kayaks. Participants are asked to dress according to the weather, encouraged to wear sunscreen and water appropriate footwear.

For information about this program and to register, visit <https://goo.gl/forms/A1r7xhcMPCYJAx83> or call the Visitor Center at 518.829.7516. Email the site

at SchoharieCrossing@parks.ny.gov or visit our Facebook event page.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails which are visited by 71 million people annually. For more information on any of these recreation areas, call 518.474.0456 or visit www.nys-parks.com, connect on Facebook or follow on Twitter.

by Samantha Weaver

It was beloved American humorist Will Rogers who made the following sage observation: "Everything is funny as long as it's happening to somebody else."

If you have spent a great deal of time in the Scottish highlands, you might be familiar with the term "sgiomlaireachd." Evidently, the habit of dropping in at mealtimes is common enough there to require a word to describe it.

The world's most popular fruit is the banana. In the United States, people consume more bananas than apples and oranges put together.

How would you like to

brush your teeth with salt, chalk or ground brick? The first tooth powders used with toothbrushes were made of just such materials.

Ever wonder why magazine publisher Hugh Hefner chose a rabbit as the symbol of his Playboy magazine? Evidently, when the mogul was a small boy, one of his treasured possessions was a blanket with bunnies all over it.

Those who study such things say that Italians drink, on average, 26 gallons of wine every year.

The English word "vegetable" comes from the Latin word "vegetare," which means "to invigorate."

Strange but True

Thought for the Day: "I divide my officers into four groups. There are clever, diligent, stupid and lazy officers. Usually two characteristics are combined. Some are clever and diligent —

their place is the General Staff. The next lot are stupid and lazy — they make up 90 percent of every army and are suited to routine duties. Anyone who is both clever and lazy is qualified for

the highest leadership duties, because he possesses the intellectual clarity and the composure necessary for difficult decisions. One must beware of anyone who is stupid and diligent — he

must not be entrusted with any responsibility because he will always cause only mischief." — Kurt Freiherr von Hammerstein-Equord

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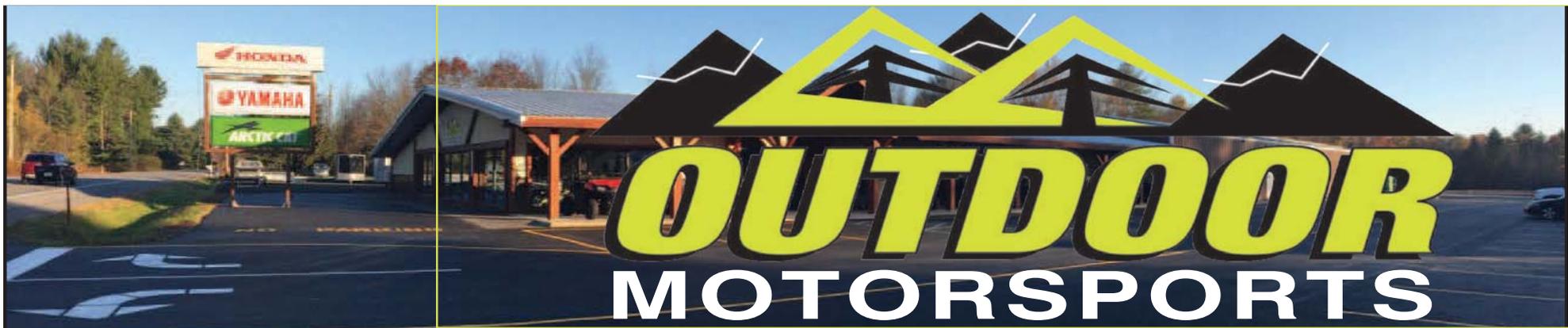
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Donna's Day: Creative family fun

by Donna Erickson

Keeping fit with grandchildren

Scoot and run. Scoot and run.

The energetic 6-year-old balancing on her scooter set the pace for her grandmother running alongside — or maybe it was the other way around. They passed me when I stopped to let our family dog, Cali, do some sniffing on the wild grassy shoreline of our city lake.

Resuming my run, I caught up behind the duo and eavesdropped on their breathless chatter that sounded like a clever made-up game of "Scoot and Run ABC's."

Airplanes and Anglers — someone caught a fish! Bikers in bright colors.

Coffee-sipping gossipers.

Dawdlers and Dog walkers. "On your left!"

Elms turning colors, but where is an F.

(I restrained myself

from shouting "Fountain" when I stopped for a water break as they carried on.)

Scoot and run.

A healthy grandparent-grandchild workout made memories and connections through movement, an alphabet game and conversation.

Mary Clapp, fitness coach for 20 years and mom of two, says it's important to set aside designated times to exercise with kids. But doing it takes discipline, so put the workout schedule on the calendar and stick to it.

"As kids grow, you'll find that if you make workout time together a priority (with a dose of fun), you'll continue to share similar interests around physical activity that can last a lifetime," she says.

Like 75-year-old Paula Larsen, who attends Mary's hydro-fit classes. When 12-year-old grand-

daughter Isabel, an active swimmer on a community team, visited the class, they enjoyed every splash. "Through the treading water, intervals and bright smiles, they were building a bond and respect for one another," says Mary.

"Wow!" exclaimed Isabel after a challenging core-strengthening routine, "that was a hard one — you are really strong, Grandma!"

"Exercising together, whether it's dog walking, jumping on bikes or taking laps in a pool, it's part education, part fun and part family-oriented — how can you go wrong?" says Mary.

If you're a physically active grandparent, be a role model. Put on your sneakers, grab a grandkid, and get moving ... together.

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Whether it's dog walking, jumping on bikes or taking laps in a pool, how can you go wrong?

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Now Here's a Tip

by JoAnn Derson

• "I like a dark wash on my jeans and have found the perfect pair fit wise, but after repeated washing they tend to lighten up. I use an in-washer dye to freshen up the color, and my jeans go back to dark blue in a snap. You can do the same with once-black pants or T-shirts that have turned faded by using black dye. Just make sure that it's not embroidered, because it'll dye that too." — R.H. in Arkansas

• Heading into sniffles season, here's a great tip from E.G.: "Get a roll of toilet paper that's easy on the nose,

then squeeze to loosen the center cardboard roll. Remove cardboard. Carefully open the bottom of an empty tissue box and insert the roll of toilet paper, threading the TP from the inside of the roll up through the center. Tape the bottom of the box closed, and then use at will. It lasts longer, it's cheaper and you easily can replace it."

• Use this teachers' hack to hang a poster in your rental: Apply a piece of low-tack painter's tape to the wall. Run a line of hot glue along the tape and push the poster into place. The poster sticks to the glue,

which sticks to the tape on the wall, which is not damaged in any way.

• "Sunglass cases are excellent cord keepers. I went through so many pairs of earbuds just stuffing them in my backpack, but now the ones I like are safe and secure, along with my charging cord and a cube to plug into the wall outlet if I need it." — P.A. in Florida

• Recipe substitution: For a cup of heavy cream in sauces (not whipping) try this vegan alternative: 2/3 cup plain unflavored soy milk and 1/3 cup olive oil.

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by Sam Mazzotta

Think you own your pet? Think again

Dear Paw's Corner: I recently saw a news report about something called a "pet lease." You pay for a purebred dog or cat, only to find out later that you never really owned it. What is this? — Carlos T., Pasadena, CA

Dear Carlos: It's true — some stores that sell dogs, cats or other pets have been offering "pet loans" so that buyers can finance the several thousands of dollars that many of these pets cost. The catch: Some of these loans actually are leases, with much longer payment periods.

According to the ASP-CA, these "leases" can result in pet owners, who

thought they were paying \$1,500 to \$3,000 for a purebred dog, shelling out more than \$5,000 when all is said and done. And if the pet dies during the lease period, the buyers are expected to continue making payments!

These leases are not illegal in most states, by the way. Only California and Nevada have banned this practice. However, more states are looking into pet leasing, and are taking a hard look at how sales pitches are made and whether the terms of the leases are made clear to buyers before they sign.

Practices like this are just one more reason why I urge potential owners to adopt a pet from their local shelter, rather than

shell out thousands of dollars to a pet shop. A fantastic family pet is waiting for you there.

If you insist on owning a specific breed, educate yourself about the breed, its care and the purchasing process. Buy only

from reputable breeders who are above-board with the transaction (no loans are offered) and who care deeply about the pet's health and welfare even after the sale.

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Paw's Corner



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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Chinese twins

Once long ago in China there was a pair of immortal twins, one bringing harmony and the other union, according to the legends. So, artists made figurines showing the twin brothers, who were called "He-He." They often were pictured and given to brides, because it was thought they brought a happy marriage. A recent auction had a 5-3/8-inch figurine of He-He wearing green-and-black, flower-decorated robes. It is easy to recognize the brothers; one carries a lotus flower, and the other carries a box. The auction figurine also had the traditional unglazed base. The twin boys modeled together as a group was estimated at \$800 to \$1,200, but no one bid high enough. Perhaps the bidders did not know the figures would lead to a happy marriage.

Q: I have an opportunity to acquire two vintage sperm whale teeth authenticated as over 250 years old. They are uncarved. They are treasured collectibles and will not be sold. Can I import them?

A: Sperm whales are protected by the Endangered Species Act and the Marine Mammal Protection Act of 1972. Whales' teeth are a hard form of ivory. According to the U.S. Fish & Wildlife Service website, it is illegal to import whale ivory (whale teeth), or items made from whale ivory, except by special permit. Your whale teeth are not decorated (scrimshawed), so all of the laws may

not apply, but you should check with the U.S. Fish & Wildlife Service before importing them. Breaking the law can result in heavy fines or jail time.

Q: I have a "1969" Polaroid camera. Is it worth anything to a collector?

A: Polaroid was founded in 1937. The first Polaroid Land cameras were sold in 1948. They were named after Edwin Land, who invented the instant camera and demonstrated it in 1947. The name "Land" wasn't used on Polaroid cameras after Edwin Land retired in 1982. Film and batteries for old Polaroid cameras can be bought on Amazon and other sites. A Polaroid 350 model, which was made from 1969 to 1971, in perfect condition, sells online for about \$50 to \$75.

Current prices

- Tablecloth, cotton, red and white checkered pattern, scroll and leaf design with fringed edge, early 1900s, 88 x 56 inches, \$75.

- Honey box, pressed glass with etched honeybees and beehives, dome lid, finial and splay feet, Indiana Glass Co., c. 1910, 4 x 6 inches, \$150.

- Ashtray, oval, hammered iron, molded catfish center and wavy rim, c. 1900, 7 x 5 inches, \$330.

- School dental chart, pull-down poster depicting teeth and natural human dentition, paper on linen, Hagemann, 1960s, 67 x 47 inches, \$525.

Tip: Handle gemstone jewelry carefully. Opals crack easily, and soaking them in water to prevent cracking may do more harm than good. Some stones,



These twin boys, according to Chinese legend, will bring a happy marriage to the owner. But they must wait for another sale, because this time there was no bid high enough to buy the twins.

like pink beryl, will fade if left in bright sun for a long time.

For more collecting news, tips and re-

sources, visit www.Kovels.com

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Good Housekeeping

Fish tacos

Ready-to-use ingredients, such as shredded cabbage mix and bottled salsa, help you get this heart-healthy, Mexican-style meal on the table in just 15 minutes.

2 limes

4 cups (half 16-ounce bag) shredded cabbage mix for coleslaw

1/2 cup reduced-fat sour cream

1 tablespoon olive oil

1 1/4 pounds tilapia fillets

1/4 teaspoon ground chipotle chili pepper

8 corn tortillas

1 cup salsa

1. From limes, grate 2 teaspoons peel and squeeze 1/4 cup juice.

2. In large bowl, combine coleslaw mix and lime juice; set aside. In small bowl, stir lime peel into sour cream; set aside.

3. In 12-inch skillet, heat oil on medium-high until hot. On sheet of waxed paper, sprinkle tilapia fillets with chipotle chili pepper and 1/4 teaspoon salt to season both sides. Add fish to skillet and cook 5 to 6 minutes or until it turns opaque throughout, turning over once. Meanwhile, warm tortillas.

4. To serve, cut fillets into 8 pieces. Place 2 pieces tilapia in each tortilla; top with slaw, lime sour cream

and salsa. Serves 4.

* Each serving: About 360 calories, 12g total fat (3g saturated), 28g protein, 37g carbohydrate, 4g fiber, 12mg cholesterol, 790mg sodium.

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

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Calendar of events

September 15

Rabies Clinic 9 a.m. - noon
Town of Amsterdam Highway Department, 283 Manny's Corners Road, Amsterdam. For more information call 518.853.3531.

Ames Museum Summers End Festival 9 a.m. - 3 p.m.
Call 518.673.5820, or visit www.amesmuseumweebly.com

September 15-16

Antiques in Schoharie County 43rd Annual Fall Show Saturday 10 a.m. - 5 p.m. Sunday 1 - 4 p.m.
Schoharie Valley Railroad Complex, Depot Lane, Village of Schoharie
Call 518.295.7505 (office) or Show Manager Ruth Anne Wilkinson at 518.231.7241.

September 21

Memories of Montgomery County 1:30 p.m. with Kel-

ly Farquar, Historian. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a friend. For more information, call 518.673.4408.

September 29-30

Cycle Adirondacks Introduces Fall Harvester Bicycling The two-day family friendly road cycling event will be based at Johnson Hall State Historic Site in Johnstown and feature the pastoral agricultural landscape and rich history of Fulton County and the southern Adirondacks. Registration, now open at CycleAdirondacks.com.

Interrupted Harvest (1778) The Mohawk Valley's Refugee crisis. Reenactment, speakers, reception, and more. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook.

Youth Pheasant Hunt (ages 12-15) 8 a.m. Canajoharie Forest, Fish and Game Association, Canajoharie. Registration call 518.441.1815 or 518.774.9165.

October 7

Veteran's Pheasant Hunt 8 a.m. This free event will be held at the Canajoharie Forest, Fish and Game Association, Canajoharie. To register call 518.441.1815 or 518.774.9165.

October 13

Rabies Clinic 9 a.m. - noon
Florida Town Highway Department, Fort Hunter Road, Minaville. For more information call 518.853.3531.

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 jkarkwren@leepub.com



To Your Good Health

by Keith Roach, M.D.

Try baking soda for underarm odor

Dear Dr. Roach: I am a 77-year-old female. I had a left-breast lumpectomy (with some lymph nodes removed) about 15 years ago, leaving me with a much heavier right breast. I don't know whether this plays an important role with my problem.

Since the surgery, I have had a problem controlling underarm odor. I do not use any aluminum-based products. I have tried vinegar, milk of magnesia and a deodorant made from milk of magnesia. Within a matter of just a few hours, I notice quite an odor, particularly in my right armpit, which gets worse as the day goes on. I do not perspire profusely, but do develop some underarm moisture.

Can you think of any reason this is happening, or any remedy that might work for me? I would appreciate your comments. — D.M.M.

Answer: I would start by trying a non-antiperspirant deodorant. These are not aluminum-based and work well for most people.

If the deodorant doesn't work, you should consider another old-fashioned remedy that you haven't tried: baking soda. It changes the pH of the armpit and helps to keep it dry, and both of those things help get rid of odor.

Underarm odor is caused by bacteria that live on our skin; the sweat itself is odorless. Thus, if you get rid of the bacteria, you can get rid of the odor. I have prescribed topical antibiotics on occasion. Some people have told me that an

alcohol-based hand-sanitizing gel helps. It might be that it dries out the skin and also kills bacteria. I would be cautious about overusing this as a solution. The underarm is a sensitive area that can get irritated.

Dear Dr. Roach: I have severe halitosis. I have had my sinuses, teeth and gums checked to see if they are the cause of the odor, but the dentist and ENT found nothing. I was referred by my primary doctor to a G.I. specialist, who found I had a sliding hiatal hernia, which was causing acid reflux. He recommended surgery to push the stomach back into its normal position below the diaphragm. I decided to pass on the surgery. He recommended taking over-the-counter medications such as Nexium, but after several days my lower

back started to hurt, so I stopped taking them. I am reconsidering the surgery and was wondering if this is a good idea. Is it possible that the hernia has nothing to do with the halitosis? — E.H.

Answer: Experts believe that 90 percent of the time, halitosis comes from the mouth. What your gastroenterologist is suggesting as the cause of the halitosis is plausible. I found several anecdotal cases where surgery cured the halitosis. However, it's not only possible that the hiatal hernia has nothing to do with the halitosis, I think it is unlikely that it does. Since surgery would not otherwise be recommended for a sliding hiatal hernia, I can't recommend surgery.

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How to prepare your lawn and garden for winter

Winter weather can be harsh. Homeowners who spend much of the year tending to their lawns and gardens may worry that winter will undo all of their hard work. Though homeowners cannot do anything to prevent snow, wind and ice from affecting their properties, they can take

various steps to prepare their lawns and gardens for whatever winter has in store.

• **Mulch leaves.** Falling leaves are a telltale sign that winter is coming. In lieu of raking leaves as they begin to fall, homeowners can mulch them into their lawns. Scotts®, an industry

leader in lawn care, notes that mulching leaves is a great way for homeowners to recycle a natural resource and enrich the soil of their lawns. While it might not be possible to mulch fallen leaves in late autumn when they begin to fall en masse, doing so in the early stages of



Fall is the perfect time for homeowners who spend months making their lawns and gardens as lush as possible to take steps to prepare such areas for potentially harsh winter weather.

fall should be possible so long as the lawn is not being suffocated. Scotts® recommends mulching the leaves to dime-size pieces to a point where half an inch of grass can be seen through the mulched leaf layer.

• **Rake leaves as they start to fall more heavily.** Once leaves begin to fall more heavily, rake them up and add them to compost piles. The resource GardeningKnowHow.com notes composting leaves creates a dark, rich and organic matter that can add nutrients to garden soil and loosen compacted earth. Leaving leaves on the lawn once they start to fall in great numbers makes it hard for

grass blades to breathe, and the leaves can block moisture from reaching the soil, which needs water to maintain strong roots. In addition, potentially harmful pathogens can breed on damp leaves left on a lawn, and such bacteria can cause significant damage to the turf over time.

• **Apply a winterizing fertilizer.** Winterizing fertilizers can help lawns store food they need to survive through winter and also can help them bounce back strong in spring. Such fertilizers are typically formulated for cool-season grasses such as fescue and bluegrass and are often best applied after the final cut of fall. Warm-season

grasses go dormant in winter, so homeowners whose lawns contain these types of grasses won't want to apply a winterizing fertilizer. Homeowners who don't know which type of grass they have or are concerned about when to apply a winterizing fertilizer should consult with a lawncare professional before fertilizing.

• **Remove annuals from the garden.** Annuals won't be coming back in spring, so it's best to remove ones that are no longer producing from the garden before the arrival of winter. Doing so can prevent the onset of fungal diseases that may adversely affect the garden in spring.



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Four tips to mitigate home improvement costs

(BPT) — Construction material costs in 2018 are up about 10 percent compared to last year, according to U.S. Bureau of Labor Statistics data, and some raw materials, like crude petroleum, are up nearly 50 percent. Labor is also getting more expensive as construction workers are in high demand due to the skilled labor shortage.

So, as a homeowner getting ready to start a project, what can you do to mitigate these rising costs?

1. Don't delay

Building materials are projected to get even more expensive and the project backlog for some contractors across the country is up to three or four months. Waiting to start the process of a home repair or improvement, especially a needed

one like a new roof, could push off the repair for months due to the contractor's schedule, and only cause the project to get more expensive as building material costs continue to rise.

2. Look for low-cost quality products

Home improvement isn't the place to cut corners by buying the cheapest supplies, but in many product segments there is a low-cost leader — a product or brand comparable in quality to more expensive brands, but offered at a lower cost to provide the best value per dollar.

3. Choose a reputable contractor

Don't cut corners when hiring a contractor. Even if it may be more expensive upfront, or result in a longer waiting period

for work to start, hiring an experienced local contractor with a good reputation can save thousands of dollars in the long run.

"A good contractor should be able to show homeowners their license to practice and a certificate of insurance," said Rick Taylor, Field Sales Training Manager for TAMKO Building Products, a lead-

ing manufacturer of asphalt roofing shingles.

A bonus, Taylor said, are certifications from the manufacturers of products the contractor installs, whether it be roofing, flooring or cabinets.

"Every company has a best way to install their products, and being educated on that preferred installation can go a long way in the product per-

forming the way it was intended to," Taylor said.

A reputable local contractor is more likely to do the job right the first time and be more willing to address any potential problems with the project in the future.

4. Plan, plan, plan

With any home improvement project, there are many decisions to be made, both large and

small. Making as many of those decisions early in the process can reduce project delays or rework. Some of the decisions that can be made before the contractor ever starts include establishing the scope of the project, identifying potential issues, having utilities marked and deciding what brands to use and product colors to install.



Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Fiesta Corn Salad

The last of your garden is coming in, and, oh, what to do with all of those fresh veggies?!

- 1/2 cup fat-free Italian dressing
- 1 tablespoon Splenda Granular
- 2 cups frozen whole-kernel corn, thawed
- 1 cup chopped fresh tomato
- 1 cup chopped unpeeled cucumber
- 3/4 cup chopped celery
- 1/4 cup chopped green onion

1. In a medium bowl, combine Italian dressing and Splenda. Add corn, tomato, cucumber, celery and green onion. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (2/3 cup) servings.

* Each serving equals: 72 calories, 0g fat, 2g protein, 16g carbs, 302mg sodium, 26mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Starch; Carb Choices: 1.

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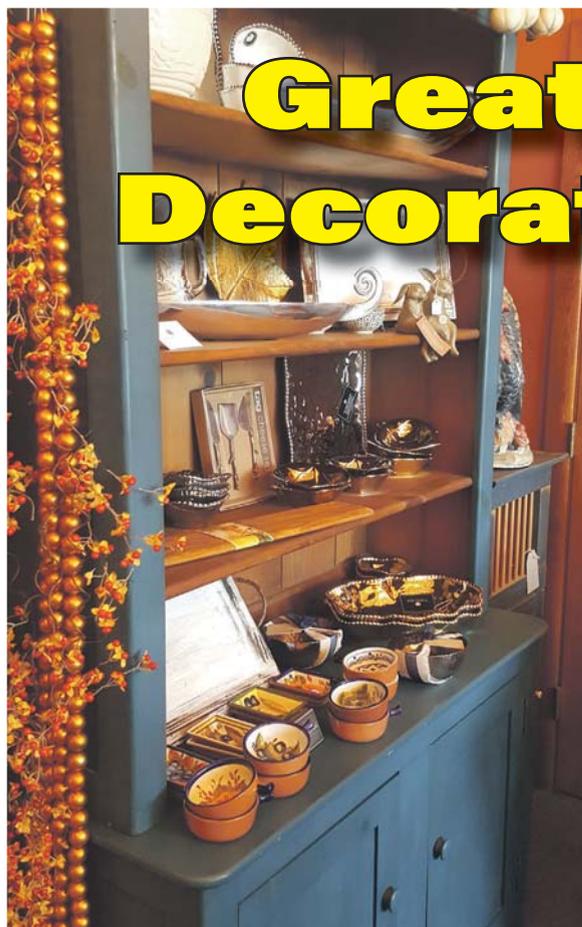
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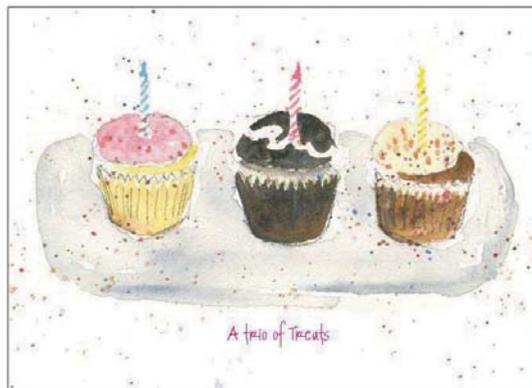
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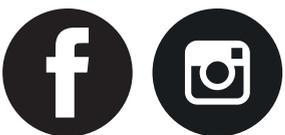
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Senior News Line

by Matilda Charles

Do we trust our doctors?

Sitting in a medical office last week, I overheard something that sent a chill up my spine. Another patient in the waiting room was whispering to her friend that she didn't trust the doctor. I wondered why she might feel that way.

Did the doctor not keep up with the literature on new treatments for diseases or on prescription medicine that has been found to cause problems? Is the doctor being wooed by drug company

reps? (Is the waiting room full of sales people with briefcases?)

A survey from a few years ago revealed that doctors themselves believe that patient trust is waning. Of more than 2,000 physicians surveyed, 87 percent said that patients trust doctors less than they did 10 years ago. Another survey, covering patients in 29 countries, showed the U.S. was at No. 24 when it comes to Americans trusting our doctors.

Online physician reviews came under fire in another survey when ap-

proximately half of patients said they only somewhat trust the reviews. That's something to consider when using those reviews to find a new doctor.

What happens when we don't entirely trust our doctor? We tend not to listen. Therefore we might not take it seriously when we're told to cut back on sodium or get a flu shot, both of which (or anything else they tell us) can lead to health complications.

What do we need for trust to either be present, or to rebuild after it's faded? For some of us, it

would be as simple as having a doctor who talks to us directly and doesn't spend all their time inputting data into a laptop ... as though clicking boxes for our list of ailments. Hit the "Send" button and a prescription slip prints out at the other end, based on no medical intervention whatsoever.

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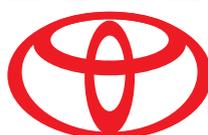
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Caring for kitchen countertops

Kitchen remodels are a popular home improvement project that help homeowners recoup large percentages of their initial investments at resale. A kitchen remodel can invigorate a home and make the most popular room in the house more functional.

According to HomeAdvisor, a home-improvement informational guide, homeowners spend an

average of \$22,000 on kitchen remodels. However, lavish projects can cost more than \$50,000. Protecting such investments is important and requires that homeowners understand how to properly maintain kitchen features so they have the longest life possible. This includes the new countertops that make the kitchen look complete.

Countertops come in various materials, not all of which should be treated the same way. Quartz, granite, marble, laminate, and tile countertops require different types of maintenance.

Quartz

Engineered quartz countertops are popular. Quartz countertops are nearly maintenance-free and resistant to stains, scratches and even heat.

Quartz will not need to be sealed like natural stone and can be cleaned using just a damp cloth with a mild, nonabrasive soap.

Granite

Polished or honed granite countertops offer a high-end look that adds instant value to a kitchen. Natural variations in granite give each kitchen a custom look. To keep granite countertops clean, avoid abrasive cleansers that can scratch, and opt for warm, soapy water instead. Stains are possible, but can be remedied with a baking soda paste left to sit for a couple of hours, advises Angie's List. Wipe up oils, acids and soda promptly to avoid stains, and follow advised sealing routines.

Marble

Marble is a natural stone that is porous and will need to be resealed periodically. Because marble has high levels of the mineral calcite, it can be reactive when acids come in contact with it, and etch marks may appear. Promptly wipe away

tomato juice, lemon juice, perfume, or toothpaste. Marble is softer than granite and will wear at a faster rate. Avoid scratching and exercise caution when using knives or sharp objects around marble.

Laminate

One of the more budget-friendly materials, laminate countertops can be fabricated to mimic the look of natural stone, wood or even quartz. Laminate is less resistant to damage than other materials and will need a gentle touch. Formica® says to never use abrasive cleansers, scouring pads or steel wool when

cleaning laminate countertops. For tough stains, an all-purpose cleaner should suffice when applied with a nylon-bristled brush. Test any cleanser in a discreet area first.

Tile

Cleaning tile countertops requires getting into crevices along the grout lines. A toothbrush and a mildew-fighting cleaner or bleach diluted with water is advised. Also, unglazed tiles need to be sealed yearly. Some soap may leave residue, which can be removed with a solution of vinegar and water.



Check with the manufacturer or installer of the countertops to learn more about the ways to clean and maintain new counters.

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Questions to ask before embracing DIY

Home improvement projects are as popular as ever. In its 2017 True Cost Survey, the home improvement site HomeAdvisor found that, between February 2016 and February 2017, homeowners spent an average of just over \$5,000 on home projects. That marked a nearly \$1,900 increase from the year prior, indicating that homeowners are increasingly opening their wallets to transform their homes.

In addition to spending money to improve their homes, many homeowners are spending their time on projects as well. While DIY projects can provide a sense of fulfillment and personal attachment to one's home, prospective do-it-yourselfers should ask themselves some questions before picking up their hammers and getting to work.

Do I have any physical limitations?

No matter how much home improvement television shows may simplify projects, prospective DIYers should know that such undertakings are typically very difficult and oftentimes physically demanding. Homeowners with existing health conditions or other physical limitations may not be capable of performing certain tasks or may need to take frequent breaks, which can delay projects.

Do I have the time?

Many home improvement projects require a significant amount of time to complete. Homeowners whose time is already stretched thin with commitments to work and/or family may not be able to complete projects within a reasonable amount of time. That's fine if working on a part of the home that won't affect daily life, but can

prove stressful or problematic if the project is in a room, such as a kitchen or bathroom, that residents of the home use each day. Novice DIYers should be especially honest with themselves about the time they have available to work on the project, as such homeowners are bound to experience a few time-consuming missteps along the way.

Can I afford it?

While DIY might seem more affordable than hiring a contractor, that's not necessarily true. Novice DIYers may need to buy or rent tools, costs that can add up. Contractors already have the tools necessary to begin and complete projects, so the cost savings of DIY might not be as significant as homeowners think. Before going the DIY route, homeowners should solicit estimates from contractors, comparing the estimates to how much a project will cost if homeowners do it themselves.

Can I go it alone?

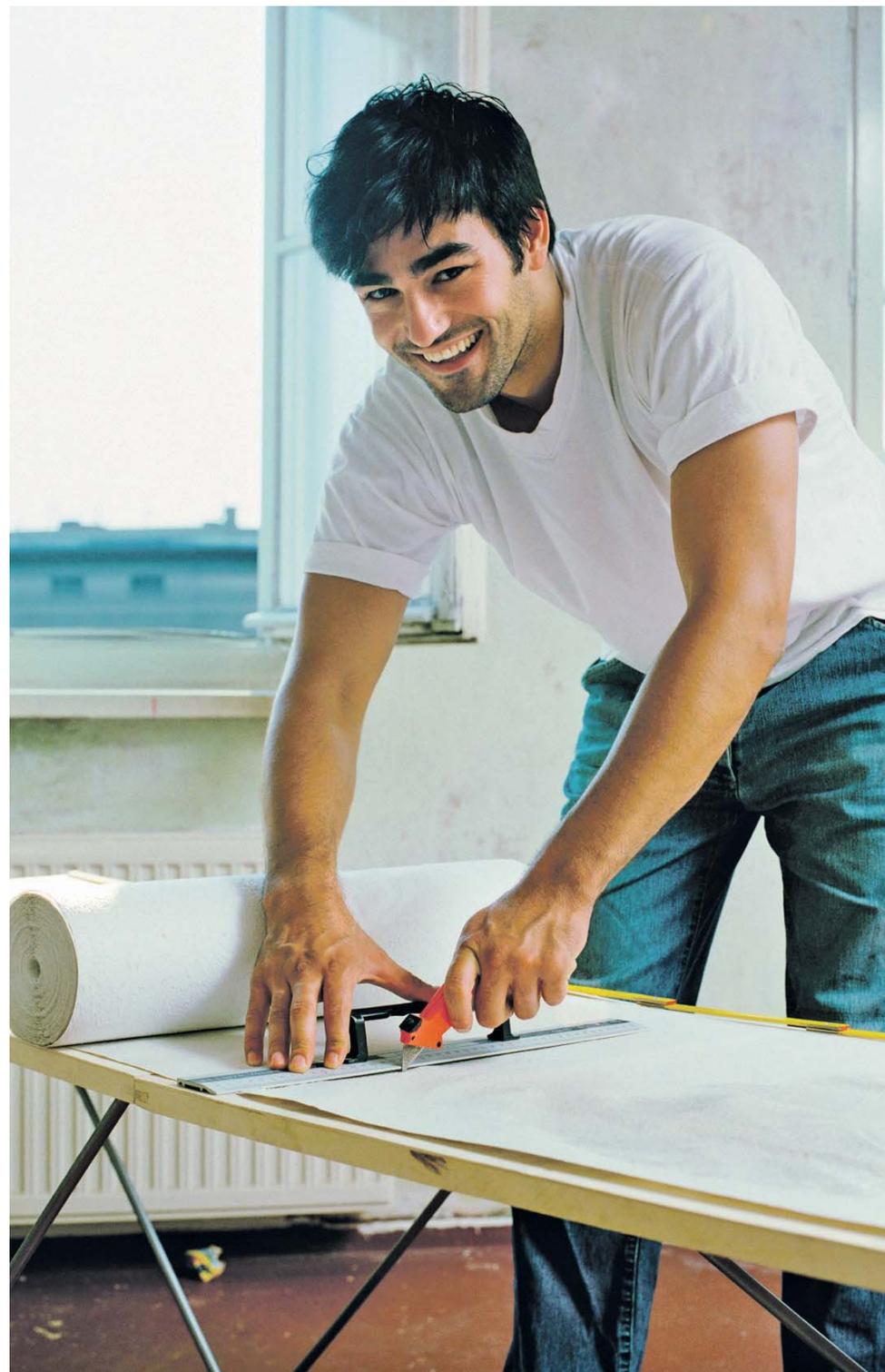
Many home improvement projects require more than one set of hands, and it's risky and even foolish for first-time DIYers to assume they can begin a project and see it through to completion entirely on their own. Homeowners whose spouses, partners, friends, or relatives are willing to chip in may think that's enough. However, the DIY skills of those who volunteer may be a mystery until the project begins. Novice DIYers should enlist the help

of a friend or family member with home improvement experience. If no such person is available, it may be wise to hire a con-

tractor instead.

Home improvement projects may seem simple on television. But prospective do-it-yourselfers must

make honest assessments of their skills, time and budgets before taking on a DIY project.



Prospective do-it-yourselfers should ask themselves some questions before picking up their hammers and getting to work.



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052: **REDUCED PRICE!!!**
 111 State Highway 80, **FORT PLAIN:** Don't judge the size of this home from the outside. There is plenty of space in this solid built home. This home is built on solid concrete piers in a full basement. There are three bedrooms on the first floor and the second floor is finished, but is wide open. It makes a nice family/game room or can be converted to one or two additional bedrooms. THIS HOME IS CERTIFIED NOT TO BE IN A FLOOD ZONE. There is a full bathroom on the first floor and a half bath in the basement. The attached garage with access to the basement provides space for an open deck off the back porch. **Asking \$85,000**



055: 154 Otsego Street, **CANAJOHARIE:** This home has been well cared for, new wood/laminate floors, new windows, new stove, many extras included. Great starter home for new family, easy to heat. Cozy screened in back porch overlooking small, but very nice backyard. Family room was used as a second bedroom, making it a possible three bedroom, one full bath home. **Asking \$79,000**



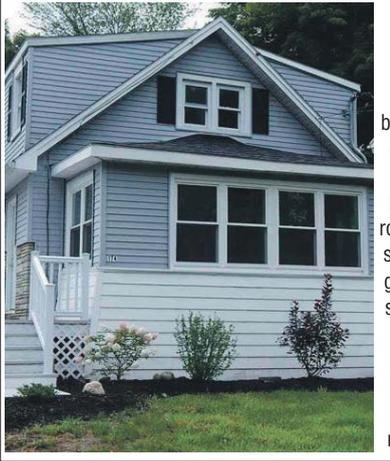
291: 161 Mohawk Drive, **AMSTERDAM:** This well-kept bungalow home must be seen to be appreciated. This home has a large first floor master bedroom, a full bath, a spacious and bright dining room with exposed beams that's great for entertaining and pristine carriage house cabinets in the kitchen. There are 2 bedrooms on the first floor and one on the 2nd floor. It sits on a beautiful 1.1 acre lot and has detached 2-car garage along with single car garage out back that is great for storage. Snowblower, John Deere riding lawnmower and air conditioners are all included. **Asking \$94,500**



293: 935 Elwood Road, **FORT PLAIN:** Updated country home has everything you have been looking for; perfect for entertaining! You have your own private bar, and large four car attached garage; plenty of space for your cars and toys. This is a 3 bedroom, 2 full bath home. The kitchen has bamboo wood floors and a beautiful built-in high top table. The bar could easily be transitioned into a 4th bedroom. The huge yard gives you room to have chickens, a garden and still have room for pets and kids alike. **Asking \$139,000**



294: 3137 State Route 80, **FORT PLAIN:** Priced to sell!!! This Cape Cod style home has a large yard, an above ground pool with a deck, a new septic, hardwood floors, and so much more! Three bedroom and one full and one 1/2 bath home. Location is close to Owen D. Young School, and just 20 miles from Cooperstown. Easy to Show!!! **Asking \$59,000**



295: **NEW LISTING!!!** 174 Osborne Road, **ALBANY:** Convenient and desirable location!!! This charming bungalow style house has been completely renovated. This is a three bedroom and two full bath home. It features a new roof, stunning hardwood floors, stainless steel appliances, gorgeous granite countertops and so much more. The plumbing and electrical wiring are also new along with the furnace. Everything has been done for you and all you have to do is move in!!! **Asking \$249,900**



355: **NEW LISTING!!!** 59 Van Derveer Street, **AMSTERDAM:** A Family Investment Property on a corner lot. Recently purchased, but buyer with cash flow issues. A lot of progress has been made to date. There is duct work for forced hot air, however, there are no furnaces. Previous tenants heated with natural gas stoves. Four unit home with 4 rooms, two bedrooms and 1 full bath in each unit. **Asking \$36,000**



505: **NEW LISTING!!!** Large traditional home on 6.6 acres. Home needs work, but over 2,000 square feet to make your own. Large kitchen and living room. Wide plank flooring and an updated roof. Make an appointment today. **Asking \$38,000**



504: **NEW LISTING!!!** 143 Carlisle Road, **CANAJOHARIE:** Custom brick home located perfectly outside the village with 1.6 acres. Hardwood floors, 2 fireplaces, French doors, granite counter tops, and expansive back enclosed porch to entertain your guests. Home has 3 bedrooms and two full bathrooms on first floor and 2 bedrooms and one full bathroom on the second floor. Home is set up perfectly for an in-law apartment. Unfinished basement with a fireplace. Total of 3 heating sources. **Asking \$228,900**



506: **NEW LISTING!!!** 72 Walnut Street, **CANAJOHARIE:** 2-story, 3 bedroom home with 2 full baths, and many nice features. Hardwood floors, large kitchen, formal dining room with a tin ceiling. A master bedroom with a walk-in closet. Great front porch for morning coffee and a back deck for those evening barbecues. Laundry on 1st floor and a full walk up attic. **Asking \$110,000.**



678: 6143 Main Street, **NELLYSTON:** One story Vanilla Shell. Commercial space would be ideal for office space and or retail space. Paved driveway and located on route 5. Additional buildings include 1 stall garage and a 1970 single wide trailer. 2.7 acres with 210 feet of road frontage. This is a great opportunity. **Asking \$144,900**



847: 210 Moyer Street, **CANAJOHARIE:** Great village home with many characteristics!!! Walking distance to schools, fenced in back yard, 3 bedrooms, 1 full bath 2nd floor, 1 half bath 1st floor, three season porch, hardwood flooring, 100 amp breakers, laundry room, new hot water heater and a fireplace. Two car detached garage. Sit in the back yard by the fire pit and listen to the gorge below. With some TLC this home would be a gorgeous home for entertaining. **MUST BE A FHA WITH 203 OR CONVENTIONAL LOAN. Asking \$69,900**



957: 6143 Main Street, **NELLYSTON:** One story Vanilla Shell. Commercial space would be ideal for office space and or retail space. Paved driveway and located on route 5. Additional buildings include 1 stall garage and a 1970 single wide trailer. 2.7 acres with 210 feet of road frontage. This is a great opportunity. **Asking \$144,900**



689: 5908 Lafayette Street, **PALATINE BRIDGE:** Prestigious, bright and spacious three bedroom, 3 full and 1/2 bathroom Contemporary home. The large wrap-around deck can be used to entertain guests and take in a captivating 180 degree view of the Mohawk Valley. The setting is truly spectacular. Located close to exit 29 of the NYS Thruway, a short drive from the Southern Adirondacks and Saratoga. Featuring 2 fireplaces, a freshly painted interior, new flooring throughout, attached 2 car garage, finished basement w/bar, barn and 4.3 acres. **Asking \$249,000**

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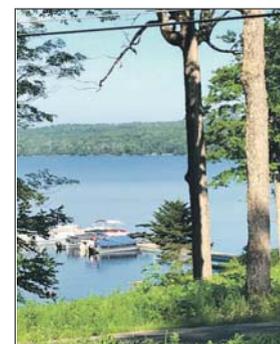
28 Acres! Pond! Barn! Borders State Land! \$285,000

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Classy Peck Lake House \$299,900

You'll be impressed! Enjoy abundant lake views from this immaculate 5 bedroom, 2 bath, year round home overlooking Sunrise Bay. Nothing to do but move in & enjoy summer at the lake!



Lassellville Gentleman's Farm \$163,000

7.6 acres, Fields, woods & year round creek, lovely restored Colonial that goes on and on! 3+ BR, 1.5BA, wood flrs, formal dining & living rms, office.



Year Round Waterfront Home! W. Caroga \$325,000

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Keyser Lake! Motor Friendly! \$178,000

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Shore Peck Leck \$259,000

3BR/1.5BA Open beamed ceiling in living room w/fireplace, full basement, 2 car garage, short walk to lake access!



West Caroga Lake \$249,900

65x400ft. Lot. Wonderful 2BR + loft, open interior, open living room, eat in kitchen. Modern septic. Sandy waterfront.



Bleecker! \$75,500

80 acres!! Off the grid cabin with wood stove! Drilled well! Plenty of privacy and trails through the acreage. Get away from it all. Start a Hunting Club!!



New! \$118,000

Lakeview Beach Association just steps away from this darling 3 season cottage! 2BR/1BA plus more room for guests on the front porch or in the living room! 2 lots included provide plenty of privacy! Neat and clean and WELL Maintained!



Caroga Lake ACREAGE \$172,000

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S. Shore East Caroga Lake \$44,000

8.5 Surveyed acres, wooded parcel with 100ft. of road frontage. Town and APA OK TO BUILD.



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2205 St. Hwy 10 \$110,000

3BR 1Bath w/washer/dryer! Full basement, easy to add furnace for year round living! 210ft of Road Frontage 100ft Deep Lot! Plenty of privacy in the back. Drilled well, modern septic!



86 West St, Gloversville \$42,000

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Factors to consider before including Fido in your wedding

Pets are full-fledged members of many families and even, apparently, families-to-be.

In its 2016 American Wedding Study, Brides magazine found that 8 percent of wedding ceremonies included pets. While the couples of yesteryear might have left Fido at home, many of today's couples want their four-legged friends to be there on their big day. Though no studies to date have examined which animals are most likely to make an appearance at couples' nuptials, it's fair to assume that dogs, which tend to get out of the house more than most other types of pets, are the most common furry bridesmaids, groomsmen or ring bearers.

Before including dogs in their wedding plans, couples may want to consider a few factors to ensure asking Fido to be there come the big day is what's best for couples, their guests and, of course, their beloved poodles.

Eligibility

Some venues do not allow pets that are not documented assistance animals on the premises. Confirm a venue's pet policy before purchasing any wedding day attire for your dog. Couples who are intent on including their pets in their wedding ceremonies should only consider pet-friendly facilities, which may be hard to find. Couples who plan to take a limousine to and from their wedding also should confirm that the cars allow pets before booking.

Personality

No two dogs are the same. Some dogs might love people and attention, while others might prefer one-on-one time with their owners. Dogs that are sociable and unaggressive may make perfect additions to wedding cere-

monies, while animals that exhibit anxiety around strangers or seem uncomfortable in noisy settings should be kept out of the ceremony.

Health

Dog owners also must consider their pets' health when deciding whether or not to include them in the wedding ceremony. Couples who bonded over a love of their dog may really hope to include their furry friend in the festivities, but should not do so at the expense of the animal's health. Outdoor wedding ceremonies under sunny skies may produce potentially unhealthy conditions for certain breeds or older dogs. Dogs that have difficulty getting around may need a red wagon (and attendant) to make the rounds at the wedding.

Assistance

Couples will be busy on their wedding days, so they may need to arrange for a caretaker to look after their dog during and after the ceremony. Asking a guest or guests to play this role may be asking too much, as guests will no doubt want to celebrate without having to take care of a dog. A professional pet sitter might work, but that can be costly, as couples must pay for the sitter and will likely need to pay for the sitter to have a seat and a meal during the reception.



Dogs can make great additions to weddings, but couples must consider a host of factors before deciding to have Fido join them as they tie the knot.

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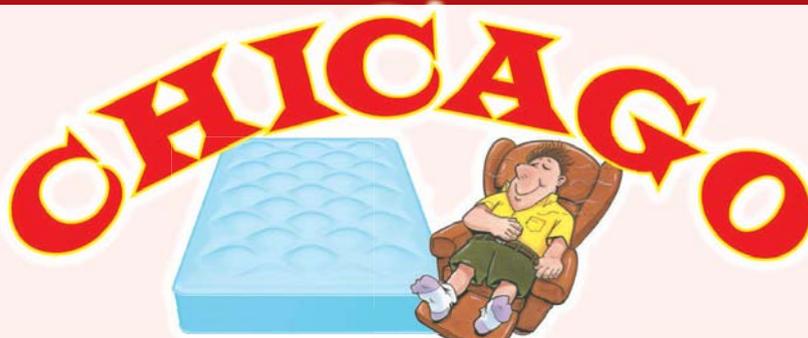
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Bridal Guide

Things to consider when choosing a wedding party

Making the important decision to get married can fill couples with joy and excitement as they imagine spending the rest of their lives together. Naturally, brides- and grooms-to-be are anxious to share the good news with others and include family and friends in the festivities. One way couples exemplify inclusion is by asking their closest acquaintances to be part of their wedding parties.

Being asked to serve as a bridesmaid or groomsman is an honor. Some couples may be tempted to ask every friend, sibling or cousin they have to be in their wedding parties, and some do. In

fact, ancient Roman law required 10 witnesses to be part of the wedding ceremony. However, the larger the wedding party, the more people couples have to coordinate and the more personalities they must manage.

While large wedding parties are in style, there isn't any one-size-fits-all formula to decide which size party is right for a particular situation. Trends vary based on geography and culture. These tips can help couples decide on the size of their wedding parties.

- Match it to scope and style. Wedding planners may use a standard ratio for a proportion of guests

to wedding party members. That ratio is one pair of wedding attendants for every 50 guests. This creates a balanced feel where the more people in attendance, the larger the wedding party and vice versa.

- Consider your expenses. Wedding party members may be asked to spend considerable amounts of money to be in the wedding, but the couple will have certain expenses tied to the wedding party as well. These can include limousines to ferry people between the ceremony and reception, photography costs to arrange and photograph large wedding parties, the cost of boutonnieres and bouquets, attendants' gifts, as well as extra mouths to feed at the rehearsal dinner. Small wedding parties can be easier on couples' budgets.

- Know your expectations. Couples should discuss what they expect from their wedding parties. Do couples want their loved ones to be very hands-on or waiting in



Wedding party sizes are up to the couple, but bigger isn't always better.

the wings? For those who want a lot of input from their wedding parties, asking distant friends or family to be included may be impractical.

- Select reliable, easy-going people. Wedding party members should be people couples can rely on, and it only helps if wedding party members

are not prone to overreacting. Choose a wedding party that can be trusted and people with whom you get along.

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Natural ways to fight fall allergies

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies. Ragweed contributes to "hay fever," which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives.

Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here's how to beat the fall allergy blues.

- Stay away from pollen. Stay away from pollen and prevent it from being tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and launder them promptly, showering to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.

- Increase omega-3 fatty acids. It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs,

and cold-water fatty fish.

- Rinse off pollen. Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congregate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.

- Take natural supplements. A study published in the journal *Clinical and Experimental Allergy* found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.

- Use eucalyptus oil. This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.

- Wear a mask. When doing housework or yard work, wear a mask to reduce the inhalation of specific allergens.

Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms.



Leaves are a known cause of fall allergies. Raking them can stir up mold and pollen.

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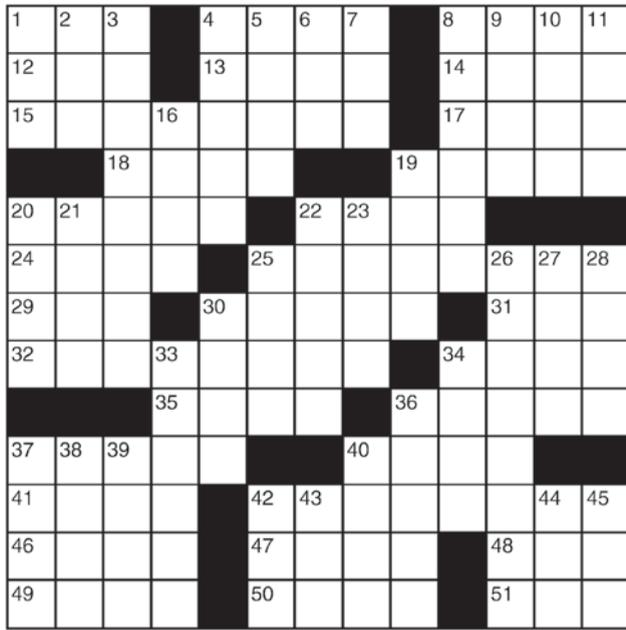
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ACROSS

- 1 Handle roughly
- 4 Dog bane
- 8 Back talk
- 12 Past
- 13 Peruse
- 14 Clarinet's cousin
- 15 Mansion staff
- 17 Smolder
- 18 Catches some rays
- 19 Playful water critter
- 20 Moral standard
- 22 Own
- 24 Destroy
- 25 Peace
- 29 Inseparable
- 30 Permanent inmate
- 31 "Golly!"
- 32 Snakes
- 34 Chew away (at)
- 35 Gross
- 36 Dentist's suggestion
- 37 Coarse
- 40 Funeral stand
- 41 Sea flier
- 42 Pepper or York
- 46 Kill a bill
- 47 Hexagonal state
- 48 Fresh

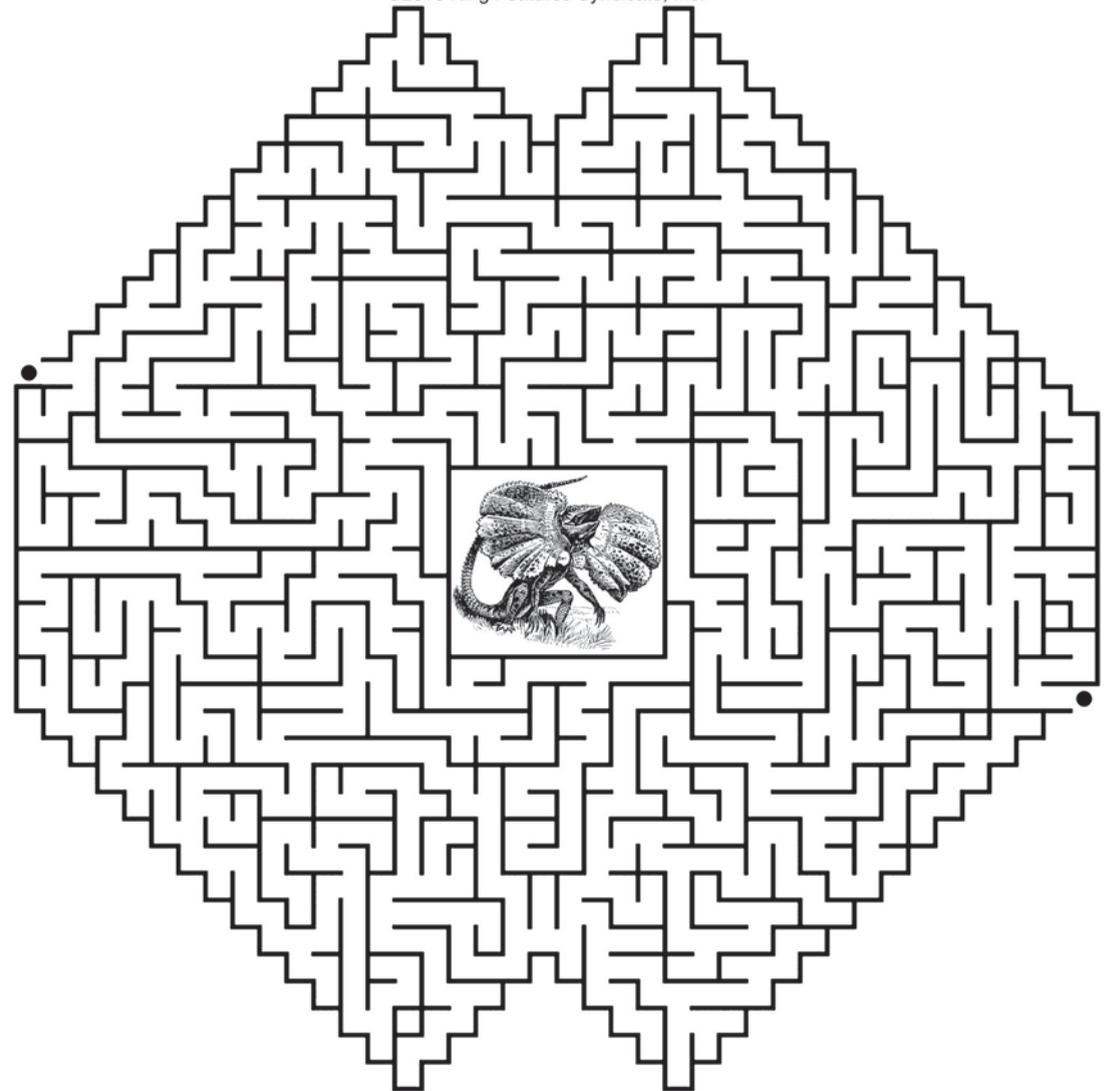


- 49 Anytime now
- 50 Huff and puff
- 51 As well
- 10 A few
- 11 Palm reader, maybe
- 16 Futile
- 19 Finished
- 20 Love god
- 21 Melody
- 22 Substantial
- 23 War god
- 25 Go under
- 26 Unknowing
- 27 Earl Grey and kin
- 28 Some ever-greens
- 30 Poland's Mr.
- 33 Urban bird
- 34 Merriment
- 36 Battle
- 37 Guns the engine
- 38 Black-and-white snack
- 39 "Do — others ..."
- 40 Cereal choice
- 42 Dine
- 43 Greek vowel
- 44 Keanu, in "The Matrix"
- 45 Pair

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Mega Maze

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



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Differences: 1. Fence is shorter. 2. Cap is reversed. 3. Car door is missing. 4. House is missing. 5. License plate is missing. 6. Shirt is different.

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



Americanisms



"If it looks like a duck, walks like a duck and quacks like a duck, then it just may be a duck."
—Walter Reuther

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Inaugural beer and wine fest brings hundreds to St. Johnsville

by Courtney Llewellyn

ST. JOHNSTOWN – September is not only back-to-school time but a time to reconnect with adult friends that haven't seen each other all summer. The inaugural Erie Canal Beer & Wine Festival, which took place Sept. 8 from 1 - 4 p.m. in St. Johnsville, offered a perfect opportunity to do so.

The goal of the first time event was "Bringing craft beverages to the Mohawk Valley," according to its website. It further stated, "We love craft beverages! Small breweries, local hard ciders, Upstate wineries and New York meads...We love them all. And we think you do too!" Admission to the festival included a souvenir tasting glass, unlimited tastings during the event, live music and local food truck fare.

Bob Case and Steve Case, both of St. Johnsville, attended the event, Bob proudly announcing that it was close enough that he could walk to it. The two were testing out samples from Helderberg Meadworks when Bob Case said, "This, the honey wine, is a nice treat."

"I highly recommend the Cherry Vanilla flavor," Steve Case added. "I haven't tasted anything else like this."

Fellow St. Johnsville residents Mike Kuntzsch and Katrina Caringi noted they both really liked the blueberry wine being offered. "This is awesome," Kuntzsch said. "We haven't really seen some of these beers and wines before and a lot of them are so close."

This year's festival featured 18 producers: Artisanal Brew Works, BarkEater Craft Brewery, Buried Acorn Brewing, Copper City Brewing Co., Crazy Williez Brewery, Foothill Hops Farm Brewery, Helderberg Meadworks, Hummingbird Hills Winery, IBU Brewery, Pail Shop Vineyards, Raquette River Brewing, Red Shed Brewery, Rogers' Cideryard, the Saratoga Winery, Township 7 Brewing Co., Tug Hill Vineyards, Valcour Brewing Co. and Woodland Farm Brewery, spanning 12 different Upstate counties.

Larry Fisher of Foothill Hops Farm Brewery in Munnsville said he started brewing in July 2017, opening a taproom that November. "Today we grow 14 varieties of hops. We started growing hops in 2001, and were the second growers in New York to begin bringing them back." Foothill Hops featured their Irish Red and American Brown beers at the tasting; they have nine taps at their brewery, including two that are gluten free.

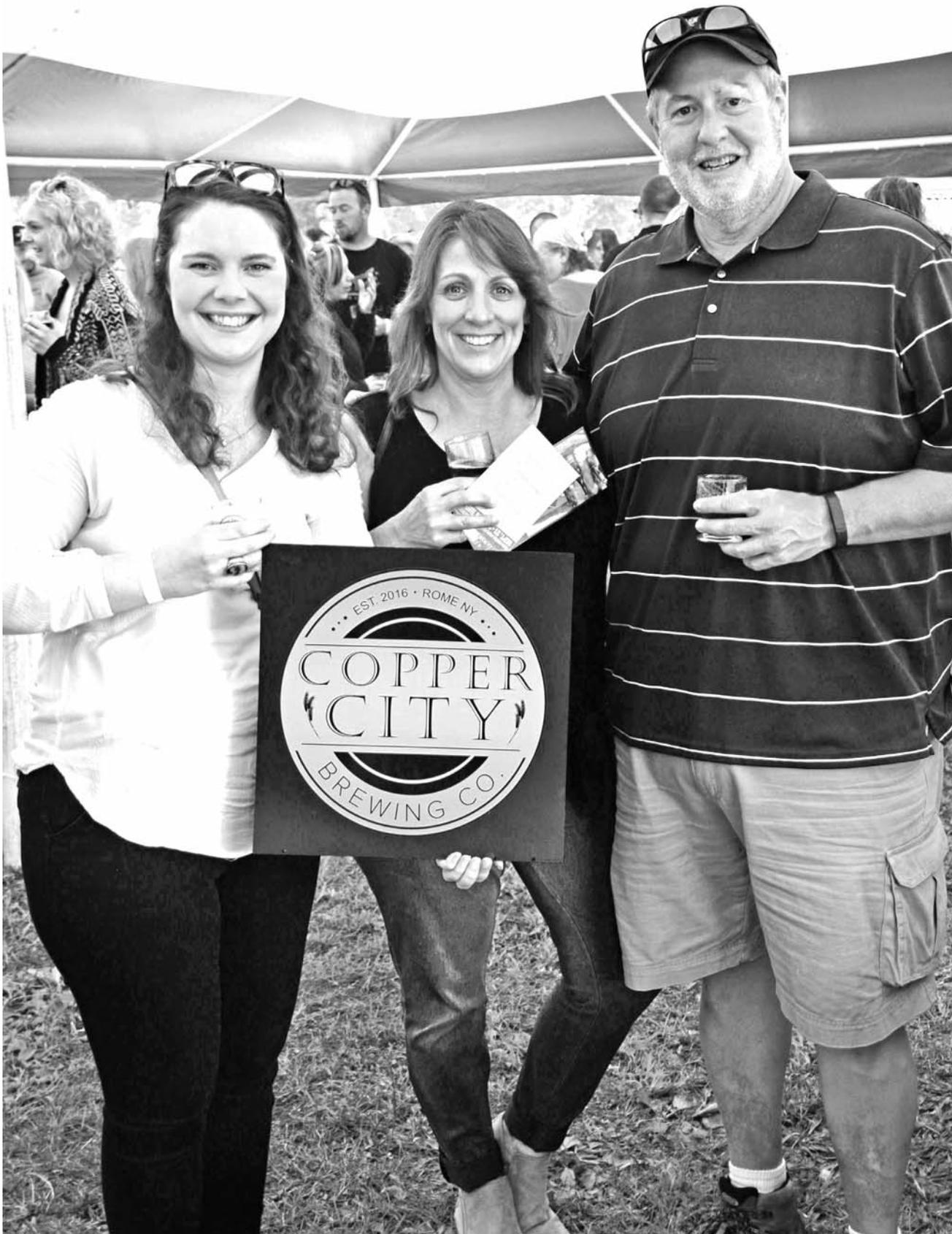
The mastermind behind Rogers' Cideryard, Mitch Rogers, couldn't be at the event because, according to his friend Joe Morrison who was manning the booth, he was very busy tending to his apples in this harvest season. "He has a passion for the orchard," Morrison said, "and he does a lot of this himself. His cider isn't as sweet as some of the other stuff out there. It's more traditional – really crisp."

Attendees enjoyed themselves despite the overcast skies. "It was a great event. We were hoping that we could bring people to St. Johnsville to experience some of the things that we think make it great," said Anthony Smida, a member of the Erie Canal Beer & Wine Festival staff. "Both our craft beverage producers and our ticketholders seemed to have a wonderful time and repeatedly mentioned how excited they were to come back next year."

Smida added, "We had hoped for more people, but this was our first event and we live in a small town. It's one of the things I love about St. Johnsville, but we knew that we would not attract the numbers of some of the large festivals. I think that's what made it so enjoyable. Our guests could talk to the craft beverage reps – you can't do that at the larger events."

The organizers are already looking ahead to next year, but plan on keeping it a limited-size event so that they can maintain the atmosphere of this year's festival. "We're hoping it only grows from here," Smida said, "but we would love to have even more people visit our hometown and visit our craft beverage partners."

To learn more, visit www.ECBWF.com or www.facebook.com/ErieCanalBeerWineFest.



Megan Masztalics of Albany, Louise Huth of Fonda and Steve Savage of Johnstown met up to sample some of the good stuff from Copper City Brewing Co. of Rome, NY.

Photo by Dylan Hopkins

Play Better Golf with JACK NICKLAUS

HERE'S AN EASY WAY FOR MOST HIGH HANDICAPPERS TO LOWER THEIR SCORES.

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Country Editor

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Announcements Announcements

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The Country Editor

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Announcements Cars, Trucks, Trailers

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The Kitchen Diva

by **Angela Shelf Medearis**
**Goodbye summer,
 Hello classrooms!**

School bells are ringing again! You probably go to great lengths during the school year to ensure your child has the right equipment — pens, notebooks, clothing — to make it through the day. Proper nutrition also is a key ingredient for school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating. Try one or two tips each week and soon you should see some relief in your grocery bills!

Save money

1. Invest in a good container. Choose an insulated bag and freezer packs to keep food at a safe temperature.

2. Use washable and reusable containers. Avoid plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunchbox needs.

3. Buy in bulk. Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding, and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.

4. Make your own. Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, which are high-priced.

5. Send in leftovers. Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.

6. Buy what's on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.

7. Buy store-brand food and compare unit prices.

8. Look high and low — bargains are usually on the top or bottom shelves, not at eye level.

9. Plan ahead and have a list when you go to the store. The more time you

spend in a store, the more money you spend.

Make it nutritious

10. Pack a rainbow! Provide a variety of options — the more color, the more nutrients.

11. A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious; have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

12. Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

13. Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.

14. Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium and protein sources.

15. For side items, rethink that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and

raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

16. For dessert, think beyond the cookie. Try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

17. Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.

Make it fun

18. Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes.

19. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Let them help pack their lunch.

20. Think beyond bread when making sandwiches. Think whole-grain bagels, whole-grain pita wraps and whole-wheat tortillas. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.

21. Pack a variety of op-



Nutritious food can be made fun.

Photo by Depositphotos

tions to keep a child's interest. Avoid packing the same lunch every day — this prevents kids from getting bored.

22. Vary the preparation. Try grilled or baked, chopped or grated, plain or with a dip.

23. Practice good nutrition yourself. Children

learn by association — you need to be a role model. Discuss with them the benefits of healthy eating.

24. Don't get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

By following these tips, not only will you save money, you'll also pack a nutritious lunch that your child will enjoy throughout the school year!

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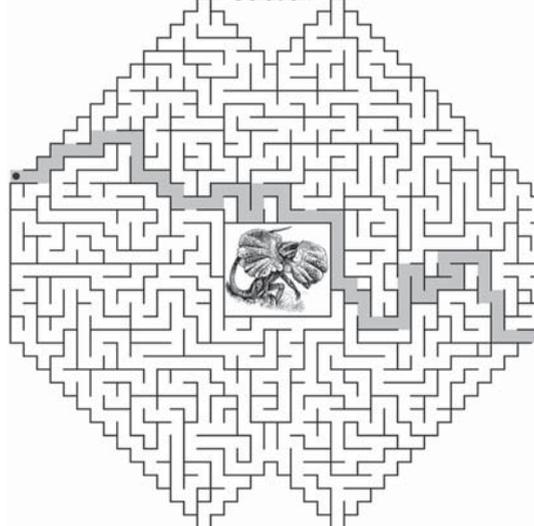
— **King Crossword** —
 Answers

Solution time: 27 mins.

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

Mega Maze

Solution



— **Weekly SUDOKU** —
 Answer

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

"September was a thirty-days long goodbye to summer, to the season that left everybody both happy and weary of the warm, humid weather and the exhausting but thrilling adventures."

- Lea Malot

GRIN THE BEAR IT



"Son, the time has come for that talk. ... It's halftime."

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Thruway - Rain or Shine (we have a tent)

24 Church St. Canajoharie

- Bring your lawn chairs
- ID will be required for any checks written
- Food/Drink will be available for purchase

*Specific Items will be listed as
we collect more & more*

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We Want Your:

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We Do Not Want:

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- Animals
- Toys
- Anything Broken or Not Working

For more specific information or to make an appointment to drop off merchandise that you may need assistance unloading into our storage garage, please call **518-673-0292** & ask for Janet. If you are unable to make it during specified times listed here please call for an appointment.

Merging finances after tying the knot

Happy couples experience various changes after tying the knot. One of those changes concerns couples' finances.

According to an analysis of data from the National Survey of Families and Households, argu-

ments about money are a frequent concern with married couples. Furthermore, there is a higher correlation between the risk of divorce and the prevalence of financial disagreements. While fights about money do



Engaged couples who develop a post-wedding financial plan may find their transition to being married much easier than those who delay such discussions.

not necessarily cause divorce, they can create rifts in relationships.

Even couples who have plenty of money may have disagreements about their finances. Arguments may stem from couples not understanding how their partner views money or the disparities in spending habits among partners. Couples who make early efforts to get on the same page concerning finances may have smoother waters ahead than those who delay such discussions.

- Establish goals together. Couples should

define their financial goals together. Is it a goal to save for early retirement? Is a house in the immediate future? Is frequent travel a desire? Are we planning to contribute much to future children's educations? These questions and more need to be addressed early on. By creating a financial plan together, couples can more clearly map out their financial futures.

- Combining accounts may be easier. Some couples want to maintain their full financial independence. But combining accounts can help couples avoid arguments about secrecy and concerns about partner spending. Combining accounts also affords couples a clearer picture of their spending and saving habits.

- Assess debts as a team. One person may be bringing more debt to the marriage than another. It's important for all cards to be on the table and to work together to eradicate debt. If a person will be coming to the marriage with poor credit, it may be worth it to keep things separate until a spouse works on remedying his or her finances, according to Credit.com.

- Decide how to split expenses. One partner may make more money than the other, and one may spend more time handling household needs or future childcare responsibilities. Couples need to agree whether one person pays for certain bills exclusively, whether they spend from one salary and save the other, or combine finances completely and spend equally, offers NerdWallet.

Engaged couples who develop a post-wedding financial plan may find their transition to being married much easier than those who delay such discussions.

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Did you know?

The disclaimer "Objects in mirror are closer than they appear" is featured on passenger-side mirrors of vehicles manufactured in the United States, Canada, India, Korea, and Australia. These mirrors are convex, which means they distort the size of objects viewed in the mirror, and as such, distorts the perception of how close or far away objects are from the driver's car. However, this distortion allows for the reflection of a wider field of view on the side of the vehicle to help eliminate blind spots. In the United States and Canada, driver's side mirrors are flat or "planar." Dual convex mirrors are

not currently the norm on vehicles manufactured in North America based on requirements implemented by the National Highway Traffic Safety Administration's Federal Motor Vehicle Safety Standard 111 and the Canada Motor Vehicle Safety Standard 111. Elsewhere, such as in Europe, dual convex mirrors are included on vehicles. Many automotive companies support having two convex mirrors on the sides of cars to eliminate blind spots, as well as reduce the driver's need to twist his head to the left when turning or changing lanes. However, flat mirrors have been required to avoid dis-

tortion and give drivers the most accurate assessment of traffic to their left for changing lanes, called "unit magnification." This may soon change, though. According to a 2013 statement from the National Highway Traffic Safety Administration, "The agency intends to reevaluate existing side-mirror requirements (FMVSS No. 111) to determine whether convex mirrors should be harmonized with European requirements." Currently, drivers can modify their driver's-side mirrors to include a convex mirror add-on, as long as the mirrors also have the required flat portion.



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Grab a Friend & Come See What Canajoharie has to Offer!



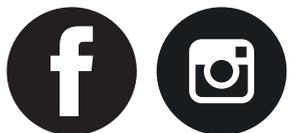
Next Stop, Lee's Shops where you will find an amazing unique collection of Halloween decorations for your home or office, Christmas decorations and specialty items arriving daily, toys, newborn gifts, household decorations and gifts for all seasons and all reasons!

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Lunchtime? You've got some awesome options here in Canajoharie! Right across the street from us here at Lee's Shops is Venice, around the corner from them is Jim's Irish Harbor, just back down Church Street is Gino's Restaurant and Pizzeria, the Village Restaurant or around the corner to Mercato's Restaurant down the boulevard to Iroquois Lanes. Everything from soup to full course dinners await you!



Need to walk off some of that lunch? Head on over to Harry's Pottery on W Main for great pottery and antique finds or around the corner to Peruzzi's Meat Market where you can get great prices on fresh meats or even a great piece of pre-owned furniture! Then to Emotional Outlet for some great fall clothing and accessories, around the corner to Picture Perfect Fine Art Gallery and the Arkell Museum and Art Gallery. Take a stroll down to Riverside Park and enjoy a beautiful fall day by the canal. We have so much to offer here in Canajoharie, come see for yourself!



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177th Annual Fonda Fair



The famous dirt track kept busy with demolition derbies, tractor pulls and truck pulls. Photos by Michael Wren



The six-horse Clydesdale team of Heather Brooke Hill Clydesdales could be seen daily around the fairgrounds.



The "Cow Palace" kept spectators busy and informed showing the different types of bovines in the area.

by Michael Wren

FONDA — Since 1841 crowds have been gathering in Fonda for the annual fair. This year was no different and even the hot weather couldn't keep thousands of people from attending the 177th annual Fonda Fair in Montgomery County. The fair ran from Aug. 29 to Sept. 3. This Upstate attraction is known for its rides and classic fair cuisine but also for its tractor pulls, demolition

derbies and large livestock showrooms. Many families and groups of friends come to the fair each year to see old friends and enjoy the lively atmosphere of a classic Upstate fair. It even becomes a family tradition, such as with Jen Brown.

"We come every year," she said with youngsters Kaden Pangburn and Dylan Brown. "I came with my parents and now with the kids."

Fonda Speedway's



Kieonna Christmas (left) and Talia Viscusi (right) stand with their horses Cinnamon and Chloe after both won awards in the Miniature Horse Showmanship class.

famous dirt track was home to many of the big events with everything from fireworks and demolition derbies to monster trucks and garden tractor pulls. Each night a new activity would



Layla Rust of Wells, NY, reaches down to pet a goat.

draw crowds of people to the grandstands to watch a spectacle take place. Wednesday night really set the stage for the dirt track attractions with the NYTPA Modified Tractor and Truck Pulls. Fans packed into the stands to see the power of these souped-up machines.

This year's fifth annual Convoy for A Cause started at the Beech-Nut facility and ended at the fairgrounds. The event consisted of over 200 vehicles traveling through Amsterdam then down Route 5 to the fair. This year, roughly \$8,750 was raised with half going to the 810 WGY Christmas Wish Program and half going to the Leatherstocking Honor Flight which flies veterans to visit war memorials.

Other attractions at the fair included a sand

sculpture, pig racing, slides, rides, 4-H exhibits, model trains, a Fonda Speedway museum and a rodeo.

Another major attraction at the Fonda Fair is the huge variety of livestock and agricultural exhibits.

Old and young alike competed in everything from rabbits and poultry to dairy goats and horses. Many local farms could be found in the

Cow Palace and surrounding buildings giving the fair a local and homey atmosphere.

The weather Monday evening was hot and humid with a few showers as vendors and exhibitors packed up their wares and animals. Most of them are ready to come back again in 2019.

Next year's fair will also be held over Labor Day weekend.



The fair included numerous livestock shows including the goat show.



A museum dedicated to the past racers of the Fonda Speedway made for an impressive and historical exhibit.

Good Housekeeping

Citrusy Shrimp-Stuffed Avocados

This South American fare fuses Chinese, Japanese and Latin cuisine.

- 1 small shallot, finely chopped
- 1/4 cup mayonnaise

- 3 tablespoons sour cream
 - 3 tablespoons lime juice
 - 2 tablespoons orange juice
 - 1 pound cooked shelled shrimp, chopped
 - 1 cup grape tomatoes, halved
 - 1 serrano chile, thinly sliced
 - 2 ripe avocados, halved, pits removed
 - Cilantro, for garnish
 - Sweet potato chips, for serving
- In small bowl, whisk shallot, mayonnaise, sour cream, lime juice, orange juice and 3/4 teaspoon salt.
 - In large bowl, toss shrimp, tomatoes, chile and half of dressing. Refrigerate 20 minutes or up to 2 hours.
 - To serve, spoon into avocado halves and drizzle with remaining dressing. Garnish with cilantro and serve with sweet potato chips. Makes four servings.
- * Each serving: About 420 calories, 29g fat (5g saturated), 31g protein, 13g carbs, 7g fiber, 430mg sodium.

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- 1 Book Of Gun Of The Year Tickets (7 Tickets)

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BIG SHOOTER PACKAGE \$125

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- \$200 In Bucket Drawing Tickets
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FNRA Banquet Dinner Ticket \$35

Proceeds benefit local shooting sports, youth education programs, firearms safety programs, range improvements, wildlife, and conservation programs in New York State and nationally. Apply for a NRA grant to benefit Fulton and Montgomery Counties at www.friendsofnra.org

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Detach Here

<p>For Reservations Send This Form & Check Or Card Info by September 20, 2018 FNRA c/o Christopher Blanchard, PO Box 1345, Gloversville, NY 12078</p> <p>Questions? Email: foothillsfnra@gmail.com Or call: 518-221-4103</p> <p>Make Checks Payable To: Foothills Friends of NRA</p>	<table border="0" style="width: 100%;"> <tr> <td>\$35 ea. _____</td> <td>NRA Banquet Dinner</td> <td>\$ _____</td> </tr> <tr> <td>\$125 ea. _____</td> <td>Big Shooter Package</td> <td>\$ _____</td> </tr> <tr> <td>\$300 ea. _____</td> <td>Liberty Sponsor</td> <td>\$ _____</td> </tr> <tr> <td>\$1,280 ea. _____</td> <td>JW Table Package</td> <td>\$ _____</td> </tr> <tr> <td>\$20 ea. _____</td> <td>Book of GOY 7 Tickets</td> <td>\$ _____</td> </tr> <tr> <td colspan="2">Please Select _____ Pistol or _____ Cash</td> <td></td> </tr> <tr> <td colspan="2">Tax Deductible Donation</td> <td>\$ _____</td> </tr> <tr> <td colspan="2" style="text-align: right;">Grand Total</td> <td>\$ _____</td> </tr> </table>	\$35 ea. _____	NRA Banquet Dinner	\$ _____	\$125 ea. _____	Big Shooter Package	\$ _____	\$300 ea. _____	Liberty Sponsor	\$ _____	\$1,280 ea. _____	JW Table Package	\$ _____	\$20 ea. _____	Book of GOY 7 Tickets	\$ _____	Please Select _____ Pistol or _____ Cash			Tax Deductible Donation		\$ _____	Grand Total		\$ _____	
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