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FORT PLAIN

CENTRAL SCHOOL DISTRICT

Veterans Honored The district honored local veterans during joint assemblies in November. Elementary students learned about what a veteran is, the history of Veterans Day, and about the song "Taps." Their assembly featured patriotic songs, and thank you gifts to the veterans present. At the Jr/Sr High School, the band honored America and a group of junior high students demonstrated how to fold and unfold the American flag. Senior high students made a presentation about the White Table, which honors veterans no longer here. Superintendent Kathy Dougherty unveiled a veteran memorial, which has been placed by the flag pole in front of the Jr/Sr High School and reads "To Our Men and Women in the Armed Forces - Past, Present and Future - We Thank You. In Memory of Many; In Honor of All."

Students Sign Letters of Intent: Michaela Stockwell recently signed a letter of intent to play softball at LeMoyne College in Syracuse next fall. She will be a biology major. Michaela has spent her high school career as a standout pitcher and leadoff hitter. Brady Fureno also signed a letter of intent to play for LeMoyne College, playing baseball while majoring in physics/civil engineering. Brady has been the starting catcher for several award-winning seasons of Fort Plain baseball.

Les Miserable Rehearsals Begin: A cast of 42 has begun rehearsals for the spring drama club performance of "Les Miserables." Mark your calendars now for performance weekend: March 27th and 28th at 7:00 p.m. and March 29th at 2:00 p.m. All performances are at Canajoharie High School. "Les Miserables" is under the direction of Will Ryan and Lauri Broady, with musical direction by Norma Bowley.

Students of the Month:

The elementary school principal Lauren Crisman is proud to announce the elementary October Students of the Month:

Caine Suiter	1st Grade
Ethan Shostek	2nd Grade
Laken MacNeil	2nd Grade
Alexandra Hinkle	3rd Grade
Jordan Gallt	4th Grade
Trinity Belleveau	5th Grade
Allyson Rathbun	6th Grade

The students and their families were treated to a celebration breakfast and award ceremony. Congratulations to all of these hard-working students!

Upcoming Events:

12/23-1/3	School Closed: Holiday Break
1/15	Board of Education Mtg 6:00 pm
1/20	School Closed: MLK Jr. Day
1/21-1/24	High School Regents Exams
1/31	Jr/Sr High School 2nd Qtr Reports

Superintendent's Message: December is, above all, a time for giving. Finding opportunities to give of one's self to improve the well-being of others is a true hallmark of this season, and is one of many ways in which we can measure our value and contributions as human beings toward the greater goodness that exists in our world.

There are infinite ways in which we can accomplish the goal of contributing to the well-being of others. There are many local, regional and national organizations that welcome the work of volunteers, such as our local animal shelters or other service organizations such as the Elks Club, VFW, or Public Library. Each of us can explore what organizations are in need of assistance and decide which best align with our skills and interests. At this time of year especially, there are many organizations reaching out to the public for the support that will be used to improve the lives of those less fortunate than ourselves.

In the Fort Plain community, there is a rather unique initiative entitled, "Gram Lorraine Children's Christmas Program." It is named for a community member who was a loving mother and grandmother who spent hours every day volunteering in and serving the Fort Plain community. After her passing, members of the community took up the gauntlet and carried on with her mission. Over the past two decades, this program has provided thousands of deserving children with four items of clothing and a toy, book or game of their choice at Christmas time. The Fort Plain School District is in its 10th year of participation in this program, with upwards of 150 children being supported this year. Our staff members Lori Fredericks and Tara Hayes are our district representatives to this program, and are instrumental in making sure that all the logistics are handled appropriately. They work tirelessly soliciting donations and helping to guide others who wish to contribute gifts or funding to this most worthy program. While the dates for contributing for the 2019 program will have passed by the time this newsletter is published, anyone wishing to contribute to next year's program is welcome to do so by contacting our district office at 518-993-4000. We are very proud of our role in the Gram Lorraine Children's Christmas Program and appreciate the efforts of everyone involved in helping to make Christmas a little brighter for so many of our students.

-Kathy Dougherty, Interim Superintendent of Schools

Students Help Local Animal Shelter:

Students in Mr. Arndt and Mr. Broady's grade 7-9 class recently participated in "No Shave November" to benefit the Ayres Memorial Animal Shelter. Mr. Arndt and Mr. Broady agreed to go the month without shaving. The students were able to select some "unique" facial hair styles that they would like to see Mr. Arndt and Mr. Broady sport on the last school day of the month. All month long, the class donated "chance cards" that they receive for reaching academic and performance goals in the classroom. The students normally get to trade those cards for a chance to win prizes. During "No Shave November" many students elected to donate their cards to the Animal Shelter collection fund, which were then converted to a cash donation by Mr. Arndt and Mr. Broady. The students selected the animal shelter as the organization that they wanted to help, because so many members of the class have pets at home that they love and appreciate, and they wanted to help ensure that every dog and cat at the shelter gets a chance to find a loving home. While the whole class participated, the "winner" who got to decide on the crazy hair style was Ayden Hart, with Jorge Medina coming in second place.

2019 Fall Sports Awards Announced: The NYS Public High School Athletic Association announced the following Scholar-Athlete Team Awards: C-FP Volleyball (93.430), C-FP Girls Cross Country (93.255), C-FP Boys Cross Country (95.615), Golf (92.405), Girls Soccer (91.169) and Boys Soccer (90.089). Individual winners of Western Athletic Conference (WAC) awards were: **Volleyball:** 1st Team All Star - Sydney Shepard Senior Game Athletes - McKayla Hayner, Sydney Shepard, Lauren Weinberger, Isabella Page. **Golf:** 1st Team All Stars - Taylor Gifford & Brady Fureno 2nd Team All Stars - Seth Rivkovich & Evan Crouse **Girls Soccer:** 1st Team All Star - Gabriella Jenks 2nd Team All Stars - Sarah Florian & Molli Bates **Boys Soccer:** 1st Team All Stars - Robert Jordan, Ethan Reese, and Joe LeMoine. **Girls Cross Country:** 1st Team All Star - Emma Karker

First Graders Helping Soldiers: First graders and their teachers recently completed a service project to benefit men and women of the Armed Forces, through Operation Gratitude. Operation Gratitude coordinates and sends care

packages to soldiers deployed throughout the world. The students collected items for the care package, and they each wrote a letter, thanking the service members for all that do.

Student Video Featured on Smithsonian Website

As members of the Environmental Study Team, students Grace Hoffman, Sarah Paradiso, Sophia Rogers and Willow MaGinnis created a video about the Erie Canal. The video explores the significance of the Erie Canal to the Fort Plain community of the past. Teacher Lance Elliott submitted the video to the Smithsonian's "Stories on Main Street" project, which features videos made in local communities across the county. The Fort Plain High School video that the girls made was selected as one of the featured videos, both on the Smithsonian website and as a part of a traveling exhibit in Syracuse. One of the video creators, Sarah Paradiso, summed up their excitement in saying "It was so rewarding and mind-blowing to see our exhibit in Syracuse, and knowing it's on the Smithsonian website is so cool!"

Students See the Election Process Firsthand

Fort Plain High School students Jenna Reese, Brady Fureno and Ethan Gallt performed a civic duty in early November, serving as poll inspectors on Election Day. The opportunity came through the Montgomery County Board of Elections' "Student Poll Worker Program." To be eligible to apply for the opportunity, students must be 17 years of age, have been or are currently enrolled in US History and Participation in Government, and have a GPA of 2.5 or better. The students were trained by the election board staff, and are able to now serve as poll inspectors anywhere in Montgomery County.

Food Science Class Addresses Local Hunger

Students in Cory Cooley's Food Science class were recently having discussions in class about food security, scarcity issues, and what families do if they don't have the ability to prepare and cook meals. To further her students' interest and curiosity about how to help, Mrs. Cooley invited Pastor Nancy Ryan of the Fort Plain Reformed Church to come speak to the class. The church has an emergency food pantry, which provides not only food staples but fully prepared homemade meals that families can just thaw and microwave. Following the presentation, the class researched recipe ideas - trying to come up with nutritious meals that would freeze and store well and still taste delicious when heated up. They decided that the three best meals would be: BBQ chicken with sweet potatoes & asparagus, roasted vegetable mac & cheese, and vegetable soup with cornbread. The students made a sample of each meal and offered it to Rev. Ryan and teachers to taste. All of the meals were a hit! Using an anonymous donation for the supplies, the students made up forty meals and packaged them for delivery to the church food pantry, to be distributed to those in need. Rev. Ryan spoke highly of the effort and enthusiasm of the students to help their fellow community members, "They took their learning to the street and said 'Here's what we can do with what we can lean.' They learned about nutrition, but they also learned about helping their neighbors, and that really warms my heart."

Model United Nations Program Inspires:

Several Fort Plain Jr/Sr High School students recently participated in the Model United Nations simulation at the Cary Institute for Global Good in Rensselaerville. The students represented the nations of Austria-Hungary, Portugal, Mexico and Russia. Each "county" had to represent their stance on global imperialism. The students wrote resolutions, and each resolution was debated and voted on. The Fort Plain team presented a resolution on behalf of Austria-Hungary, and it was approved! They really enjoyed the hands-on look at world diplomacy, and learning about what it takes for all nations to live in peace. This year's Model UN Team consisted of: Nate Beam, Emma Karker, Sophia Rogers, Brady Fureno (Captain), Taylor Gifford, Michaela Stockwell, Jenna Reese, Emma Oldick and Tucker Jones.

FPCS Class of '65 supports library, gathers for photo

FORT PLAIN — Members of the Fort Plain Central School Class of 1965 gathered at the Fort Plain Free Library late last month for a special photo and for reminiscences in front of the historic structure.

Although it wasn't an official reunion — their 50th was celebrated in 2015 — the alumni had decided as a group to sponsor a paving stone at the library's main entrance on River Street. Discussions began last fall about the potential use of the money for that purpose.

That's according to Fort Plain resident Edna Bowman, who said her former classmates committed their leftover reunion funds to the library's capital-project fundraiser. On the Thursday before Thanksgiving, they gathered to check out the recently engraved paver and to take a group photo.

Most of the class was born in 1946-1947, Bowman said, noting they were among the first of the Baby Boomer generation. Around 109 stu-

dents graduated from "the Great Class of 1965" — one of the largest classes to graduate from Fort Plain Central School, she said.

In order to coordinate the photo shoot, Bowman said she sent an e-mail to invitees, noting deceased members and those who could not attend "were there in our thoughts." Some of those present went to lunch after the photo.

Fort Plain Free Library Director Whitney Hubbard was appreciative of the class' contribution to the library's paver fund, noting that the paving-stone fundraising initiative generates money for the library's multi-pronged construction project. Although the work to improve and update the 100-plus-year-old facility and its additions is partially funded with New York State Public Library Construction Grants administered by the Mohawk Valley Library System, the library is responsible for 25 percent of the total cost. "This helps us meet

our local share," she said.

For more information about the project, to contribute toward a commemorative paver, or to suggest other fundraisers, please call the 19 Willett Street library at 518.993.4646. Also, please follow the Fort Plain Free Library on Facebook.

Members of the Fort Plain Central School Class of 1965 gathered at the Fort Plain Free Library on Nov. 21 to check out the class' recently engraved paving stone at the library's main entrance. Those present included the following (L-R): Row 1 - Sharon (Moyer) Tavern, Edna (Garrison) Bowman, Barbara (Nichols) Bell, and Donna (Primer) DiBlasio; Row 2 - Lee Ritter, Deborah (Bowler) Taylor, and Linda (Liddle) Casler; and back row: David Manclow, Helmut Deeg, Ronald Wiedenmayer, Alan Cunningham and David Herb.

Photo courtesy of Fort Plain Free Library





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Greetings friends and supporters of Schoharie Crossing State Historic Site!

As we draw down the last few days of 2019, let us remember all the wonderfully amazing things that have occurred at the site over the last year!

- We have a beautiful Quilt Square placed on the Enders House, donated to the Friends by Liz Argotsinger. Putting the site and the great custom square representing the Aqueduct on the Fulton Montgomery Quilt Barn Square Trail!

- The Friends have also adopted, developed, and opened a new connector trail from Yankee Hill Lock to the Mohawk Valley Gateway Overlook Bridge in South Amsterdam. The 3-mile long Eagle Trail had its first official event on Black Friday for #OptOutside day! Thank you, John Naple, for leading that walk.

- Thousands of Visitors from dozens of states, multiple countries, as well as so many right here close to home came to the site to experience history, recreate, and make memories!

- 39 On Site Events/Programs ranging from Wildlife Wednesdays to Putman Porch Music, Not Just for Kids Storytelling, Summer SKEWL, and 15 Miles on the Erie Canal Paddle events

- 12 Official Offsite Programs & Outreach (ranging from Syracuse to Schuylerville)

- Featured in exhibition at the Montgomery County Department of History & Archives for the Preservation League of NY Seven to Save

- Featured in Exhibition at the Erie Canal Museum: J. Galough images

- Hosted over 700 students from local schools be-

tween May 15 and June 23

- Friends Field trip to Syracuse: Erie Canal Museum and Clinton Square

- Hosted Official Pit-Stop for Parks & Trails NY Cycle the Erie tour

- And so much more!

Upcoming in 2020!

As we await word on a grant announcement, we are hopeful the resources will come through to stabilize the remains of the Schoharie Creek Aqueduct. We plan to update everyone as soon as we get word on this and other things in the works.

Planning for programs and events is underway! We are bringing back classics like Not Just for Kids Storytelling and Putman Porch for another year, as well as adding on new programs like Museum Mondays and a revamped Summer SKEWL. A refined yet still tentative event list will be coming out in early January.

More work will be done on the Eagle Trail and we hope to have programs that utilize the connection. Additionally, the Friends are looking into placing a Little Free Library near the Visitor Center, as well as planning some fundraising and advocacy events for the Aqueduct and other programs at the site. To become a member of the Friends or to renew your membership, visit <https://friendsofschohariecrossing.blogspot.com> for a link to their blogpost and membership form.

Plenty more great things are headed this way in 2020, so keep in touch and we'll keep ya posted!

Thank you for your support of the site, continued in-

terest and helping us share the passion we feel about Schoharie Crossing, its history, its natural beauty, and the people that make this place a treasure to all New Yorkers and Americans!

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New Year Bible Trivia

by Wilson Casey

1. Which book proclaims the first day of the new year is for resting and a memorial sounding the trumpet? Genesis, Exodus, Leviticus or Numbers

2. For possible new year's resolutions, Proverbs 16:3 says, "Commit thy works unto the Lord, and thy thoughts shall be ..."? Resolved, Established, Directed or Bountiful

3. Likewise, Psalm 37:5 instructs us to "Commit thy way unto the Lord; trust also in Him; and He shall bring it to ..."? Nurture, Pass, Action or Light

4. 2 Corinthians 5:17 and Galatians 2:20 are among the verses to focus on what in a new year? Blessings, Moving forward, Grace or Church attendance

5. In which month of the religious calendar did the new year begin in the Bible? 3rd, 5th, 7th or 9th

6. From James 1:5, what may one lack and if they ask God, it shall be given? Love, Wisdom, Truth or Goals

7. 1 Corinthians 10:31 proclaims, "Whether therefore ye eat, or drink,

or whatsoever ye do, do all to the ___ of God"? Likeness, Approval, Glory or Redemption

Answers: 1) Leviticus; 2) Established; 3) Pass; 4) Moving forward; 5) 7th; 6) Wisdom; 7) Glory

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Walker is a 2-4 year old neutered male coonhound. He's likes other dogs and would be fine with kids. He's very sweet and friendly.



Dakota is a 4 year old neutered male Husky/Great Pyrenees mix. He's good with some dogs but no cats or young kids.



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Bronco is a 5 year old neutered male pitbull. He's housebroken and well behaved. He loves everyone he meets. Good with most other dogs but no kitties.



Memphis is a 2-3 year old spayed female, domestic short hair. She's good with other cats. She can be a bit shy at first but once she's comfortable she is very sweet and friendly.



Twinkie is a 2-4 year old spayed female domestic short hair (tortie) She is friendly and affectionate.



Pepper is a 7 month old spayed female (tuxedo) she's playful and friendly and loves other cats.

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Carbon monoxide: Know the hazards

Montgomery County Public Health wants everyone to be warm this winter, but we also want you to be safe while heating your homes during these cold, winter months ahead.

Every year, many people get sick or die due to carbon monoxide poisoning from alternate heating sources. Carbon monoxide (CO) is a poisonous gas that can kill you in minutes. It is invisible, tasteless, odorless and non-irritating. Carbon monoxide is produced from burning fuels such as wood, oil, natural gas, propane, gasoline and kerosene.

Carbon monoxide is known as the "silent killer". It can prevent the body from getting oxygen. Symptoms

can be flu-like; nausea, headache, dizziness, shortness of breath, sleepiness and weakness. In large amounts, carbon monoxide can cause loss of consciousness, brain damage or death.

Public Health suggests these safety tips to help prevent carbon monoxide poisoning:

- Make sure fuel-burning appliances are properly installed, operated and serviced by qualified technicians according to the manufacturer's instructions and local building codes.
- Properly vent all fuel-burning appliances to the outside of the house and make sure the vents are not covered with snow, tarps or other items.

• Consider buying a vented space heater when replacing an unvented one.

• Never use a portable generator, gas or charcoal grill or portable fuel-burning camping equipment inside a home, building or shed.

• Open the fireplace damper before lighting a fire and don't close it until the ashes are cool.

• Move your idling car or truck outside the garage to warm up.

• Never use gas appliances, such as stoves, ovens, or clothes dryers, to heat your home.

Working carbon monoxide detector alarms provide you and your family with warning signals and critical time to escape your house in case of a carbon monoxide incident. Place carbon monoxide alarms in a central location outside each sleeping area and on every level of your home. Test all alarms every month to make sure they are working properly.

If you suspect carbon monoxide poisoning:

- Get out of the building and into fresh air.
- Call the fire department from outside the building.
- Call the gas company from outside the building.
- Call 911 if you or someone else is experiencing symptoms, or take the ill person to the emergency room. Tell the physician you suspect carbon monoxide poisoning.

Don't let having a carbon monoxide detector to give you all the security you need to be safe. Preventing the problem is better than relying on an alarm.

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

December 24

Christmas Eve Worship 6 p.m. at Church of the Good Shepherd, 26 Moyer St., Canajoharie. Call 518.673.3440. Candlelight Service.

December 31

Fort Plain Free Library Meditation classes will be cancelled on Dec. 24 and 31 (Tuesdays). The next scheduled session will take place Tuesday, Jan. 7, 6-7 p.m. For more information call 518.993.4646.

December 28

Linda Lee & the Foxcreek Band Hoedown 4-8 p.m. at the Amsterdam Elks Lodge, 8 Fourth Ave., Amsterdam. Doors open at 3 p.m. \$10 at the door. Cash bar, food for purchase. Large wooden dance floor. Visit www.facebook.com/amsterdam.elkslodge or call 518.339.2260.

December 31

Fort Plain Free Library will have no Paper Crafting with Patty in December. Next scheduled program will be on Jan. 28 (the last Tuesday of January) from 6 to 8 p.m. For more information call 518.993.4646.

January 18

Canajoharie Forest, Fish & Game Assn. Rabbit Hunt 8 a.m. - 4 p.m. Q & A: Call Joe Bennett 518.265.3604 or Dottie Springer 518.774.9165.

January 9

Fort Plain Central School PTA Meeting. 6-7 p.m. Elementary School Cafeteria. Call 518.993.4000 ext. #1000.

January 12

Game Day 12-3 p.m. Highwheeler Coffee, 84 Canal St., Fort Plain.

January 15

Fort Plain Board of Education Meeting 6-7 p.m. District Office. Call 518.993.4000 ext. #1000.

January 19

Writers Group 12-3 p.m. Highwheeler Coffee, 84 Canal St., Fort Plain.

February 7

Alex Torres and his Latin Orchestra 7-10 p.m. Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. Cash bar. Food for purchase. Large wooden dance floor. For more information, please call Michelle Egelston at 518.339.2260 or check our Facebook page: www.facebook.com/amsterdam.elkslodge. Doors open 5:30 p.m.

February 8

Mostly Dead at Erie Station Bar and Grill 7:30-10:30 p.m., 7 Canal St, Fort Plain. Night of Grateful Dead music.

February 12

Fort Plain Board of Education Meeting. 6-7 p.m. District Office. Call 518.993.4000 ext. #1000.

February 13

PTA Meeting. 6-7 p.m. Fort Plain Elementary School Cafeteria. Call 518.993.4000 ext. #1000.

February 18-20

Safe Tractor and Machinery Operation Program at Clinton Tractor 8:30 a.m. - 3 p.m. For youth and adults 14 years of age and older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrater by Feb. 11 at: https://reg.cce.cornell.edu/TractorSafety2020-2-2_221 or call the 4-H Office at 315.866.7920 or email Jennifer Collins at jlr34@cornell.edu.

January 20

Fort Plain Free Library will be closed in observance of Martin Luther King Jr. Day. For more information call 518.993.4646.

February 29

All-County Music Festival. 3-6 p.m. Canajoharie High School, 136 Scholastic Way, Canajoharie, NY. Call 518.993.4000 ext. #1000.

March 11

Fort Plain Board of Education Public Hearing. 6-7 pm District Office. Call 518.993.4000 ext. #1000.

March 27

Grand Central Station 7-10 p.m. band. Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. Cash bar. Food for purchase. Large wooden dance floor. For more information, call Michelle Egelston at 518.339.2260 or check our Facebook page: www.facebook.com/amsterdam.elkslodge. Salsa Night.

May 15

Joe's Boys Band 7-10 p.m. band. Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. Cash bar. Food for purchase. Large wooden dance floor. For more information, call Michelle Egelston at 518.339.2260 or check our Facebook page: www.facebook.com/amsterdam.elkslodge. Doors open 5:30 p.m.

August 7

Georgie Wonders Band 7-10 p.m. band Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. Cash bar. Food for purchase. Large wooden dance floor. For more information, call Michelle Egelston at 518.339.2260 or check our Facebook page: www.facebook.com/amsterdam.elkslodge. Doors open 5:30 p.m.

Good Housekeeping: Chocolate Nemesis

Chocolate Nemesis

A festive dessert to make ahead.

½ cup water

1 cup sugar

1 lb bittersweet chocolate (good quality), chopped

2 sticks unsalted butter, cut up

7 large eggs, at room temperature

Softly whipped cream or creme fraiche

Fresh raspberries for garnish

1. Heat oven to 325° F. Grease bottom and side of 9-inch springform pan. Line bottom of pan with parchment paper. Dust side of pan with flour. Set pan on wide sheet of heavy-duty foil and tightly wrap foil up outside of pan to prevent water from leaking in during baking.

2. In 4-quart saucepan, heat water and ½ cup of the sugar over medium-high heat until sugar completely dissolves, stirring occasionally. Add chocolate and butter to mixture in saucepan; stir constantly until melted. Remove pan from heat; cool chocolate mixture slightly, about 30 minutes.

3. Meanwhile, in a large bowl, with mixer at high speed, beat eggs with remaining ½ cup sugar 6 to 8 minutes or until mixture thickens and triples in volume. With wire

whisk, fold warm chocolate mixture into egg mixture until completely blended.

4. Pour batter into prepared springform pan; place in large (17 by 11½-inch) roasting pan and set on oven rack. Pour enough boiling water into roasting pan to come halfway up side of springform pan.

5. Bake cake 30 to 35 minutes or until edge begins to set and a thin crust forms on top. Carefully remove springform pan from water bath and place on wire rack. Cool cake to room temperature. Cover and refrigerate overnight.

6. About 30 minutes before serving, run sharp knife around edge of pan to loosen cake; remove foil and side of pan. Invert cake onto waxed paper; peel off parchment. Turn cake right side up onto platter. Serve with whipped cream and berries. Makes 16 servings.

• Each serving: About 345 calories, 27g total fat (15g saturated), 5g protein, 22g carbohydrate, 1g fiber, 126mg cholesterol, 45mg sodium.

For thousands of triple-tested recipes, visit www.goodhousekeeping.com/food-recipes.

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A message from the Fort Klock wooden turtle

In the wee hours of a recent morning, a message drifted back from Skip's other house on Kilts Road. It was as if it was coming from the moaning of Stone Arabia wind through the branches of the white pine tree so revered by the Mohawks. Who was trying to contact

Skip?

It turned out to be the Fort Klock wooden turtle, who was lonely in the silent old Kilts house. The turtle had been carved years ago by skilled chainsaw carver Tim Klock.

Heeding the turtle's call, Skip arrived, and the

turtle was struggling to decide what language to convey its message in. Should it be in that same moaning sound of the pine which the turtle was made from? Or should it be in Palatine German, long ago spoken at Fort Klock? Another choice could be Mohawk, spo-

ken by those members of the Turtle Clan who once camped near where the pine was cut that the turtle was carved from. Long ago that pine tree's ancestor sprouted from a seed dropped down from a cone from an ancient tree. That seed produced the tree that the turtle came from.

The turtle decided to speak in turtle language, and hoped Skip could understand that ancient dialect. The message came across that the turtle was

unhappy in the silent old building and wanted some help from its misery.

Turtles had been a part of Skip's life for a very long time. For 16 years he lived close to the bank of Bowman Creek in Marshville, getting to know all the frogs and turtles which called the creek their home. His great-grandfather had used a huge sea turtle shell as a sign for his liquor store, and later his mother used the same

shell as a sign when she and her family started a lunch room.

A smile came to the turtle's face on Friday, Nov. 22, when he got a new owner. Skip gave the turtle to his friend Joan. No one deserved it more, for Joan had given so much of her time and effort to keep old Fort Klock alive. May the turtle and Joan remain happy forevermore.

Skip Barshied
Stone Arabia
Nov. 23, 2019

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Prevent growth of mold/mildew in colder months

Mold and mildew are not only unsightly, but unhealthy. These fungi grow readily in damp areas and are found in the air breathed both indoors and outside. If left unaddressed, mold and mildew can threaten the health of a home's inhabitants.

Mildew is a type of mold that remains relatively flush with the surface it grows on. Other molds can grow puffy in appearance. Molds serve the purpose of destroying organic materials, but in high amounts, these microorganisms can cause respiratory problems, sinus congestion, throat irritation, headaches and other issues, particularly when mold grows unchecked indoors, says Better Homes and Gardens. As a result, it is essential to address mold before it becomes problematic.

According to Polygon, a drying technology and temporary climate solutions company, the wet season in winter is when molds often grow and expand. Mold can break down the integrity and strength of the surfaces where it grows.

Homeowners can employ the following strategies to prevent mold growth.

- Keep all surfaces clean, using proper cleaning products. Diluted bleach solutions are highly effective at killing microscopic fungi, viruses and bacteria.
- Reduce moisture and humidity by ensuring sufficient air circulation in

rooms, particularly bathrooms and kitchens. An exhaust fan will help remove moisture quickly.

- Fabrics covered in mildew that can be laundered should be carefully removed and washed in chlorine bleach and hot water. An oxygen bleach product also can be effective.

- Invest in a dehumidifier that can reduce moisture in the home in problem areas, such as damp basements or garages.

- Fix plumbing leaks as soon as possible.

- Remove damp leaves and snow from areas around the foundation of the home. Ensure that gutters and downspouts are clear of debris and can shuttle water away from the house effectively.

- Replace cracked or defective mortar in basements.

- Make sure all seals on windows and doors are not compromised and are in good working condition.

- Be sure an HVAC in-line humidifier is adjusted to the right setting and isn't pumping too much moisture into the heated air; otherwise, the added humidity can contribute to mold.

- If there is a flood or water infiltrates a home in other ways, hire a professional service to help clean and dry the home effectively.

Mold and mildew are problematic, but with diligence they can be kept at bay.

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Whatchamacallits



Finishing up the wrench series of whatchamacallits, this week we have the Matthews "Never Stall" monkey wrench. It was actually marketed as the "windmill tool" and the patent (No. 933,860) was issued to Frank Stolle on Sept. 14, 1909.

The Thomas Manufacturing Company of Dayton, Ohio, produced this and other combination tools in the early 20th century. The windmill tool was supposed to be the only tool you would need as you climbed a windmill tower to do repairs and was said to be 15 tools in one.

They included a monkey wrench, a staple puller, a nail and wire cutter, a ratchet wrench, a screwdriver, a box opener, a pipe wrench, a nail puller, pipe pliers, a tap wrench, a vise and more.

A restoration YouTube video I found online stated that this is a well-made wrench, being drop forged instead of cast. The video also showed several of its applications in use. The other combo tool by Thomas Manufacturing that showed up in my search was a hatchet multi-tool thought to be used either on the railroad or for fixing fences.

Do you have your own Whatchamacallit?
Send a photo and short description to cllewellyn@leepub.com



*With Kind Remembrances and Best Wishes
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Three strategies for enjoying a safe New Year's Eve

New Year's Eve is one of the most festive nights of the year. Counting down to a new year while simultaneously saying goodbye to the current year provides grounds for celebration for millions of people across the globe.

New Year's celebrations vary depending on where the partying is taking place, but it's common for people to check their inhibitions at the door on Dec. 31. That can make for a fun evening, but also puts celebrants in jeopardy of making bad decisions or confronting the consequences of others' poor decisions. Adhering to three simple safety strategies can increase the chances that this New Year's Eve is memorable for all the right reasons.

1. Travel in packs.

Most people who are out and about on New Year's Eve are focused solely on having fun. However, some criminals

see New Year's Eve as an opportunity to prey on unsuspecting men and women who may not be as alert to danger as they are on other nights of the year. For example, a recent report from Australia's Bureau of Crime Statistics and Research found that the number of violent offenses between 9 p.m. and 3 a.m. on New Year's Eve is nine times higher than it is on other nights of the year. By hitting the town with friends and staying with those friends throughout the night, New Year's Eve revelers can make themselves less vulnerable to criminals.

2. Don't overindulge in alcohol.

The National Highway Traffic Safety Administration notes that people who consume alcohol begin experiencing a loss of judgment when their blood alcohol concentration, or BAC, reaches .02. That means it only takes

a relatively small amount of alcohol before people's judgment begins to falter, and judgment only suffers further with each additional drink. The pressure to overindulge in alcohol on New Year's Eve can be considerable, but revelers should avoid situations where they might be tempted to drink too much. Such overindul-

gence only makes people vulnerable to bad decisions and even criminals looking to prey on inebriated victims.

3. Don't get behind the wheel.

Even people who avoid alcohol on New Year's Eve are vulnerable to potentially unsafe highways. That's because everyone shares the roads, and

drivers never know who else will be on the road when New Year's Eve festivities end and everyone goes home. The U.S. Department of Transportation notes that, over the last half-decade, an average of 300 people died each year in drunk driving crashes in the week between Christmas and New Year's Day. To avoid

becoming such a statistic, New Year's revelers can celebrate at home and invite others to stay overnight.

New Year's Eve is a fun but potentially dangerous night. However, a few simple safety strategies can make sure New Year's Day conversations are all about the fun from the night before.

TOP Ten

World's Biggest CHOCOLATE EATERS*

1. Switzerland
2. Germany
3. Ireland
4. United Kingdom
5. Norway
6. Sweden
7. Australia
8. Netherlands
9. United States
10. France

*per capita consumption Source: Statista

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New Year's resolutions that work!

If you have trouble keeping New Year's resolutions, here are some suggestions:

- Focus on one resolution at a time. Divide and conquer the activities to achieve your desired results. Break larger tasks into smaller ones.
- Create a sense of accountability. Designate a friend, mentor or companion for sharing successes, monitoring progress and offering support. The benefit of involving others in your goals and plans is instant access to experience, knowledge

and wisdom. It also raises the bar of responsibility.

- Persist until completed. A resolution achieved is a combination of consistency and hard work. If you fall behind schedule or are sidetracked for any reason, try to refocus – and don't give up! Don't surrender to temptation, difficulty or temporary failure. Persist until you achieve the goal.
- Cultivate personal integrity. Have a clear purpose, commit to success and be accountable.

Prevent home fires

In 2017, fire departments across the country responded to 499,000 home structure fires, of that number 21 fires or explosions were considered catastrophic multiple-death fire. These fires caused a total 2,810 civilian deaths.

Your home should be a safe and comfortable place and you can help keep it fire safe by following these prevention tips:

- Stay warm — safely. If and when you use a space heater, keep it at least three feet away from anything that can catch on fire, like draperies, clothing, bedding or upholstered furniture and turn off heater when sleeping or leaving the room. Space heater whether portable or stationary accounted for one third of home heating fires.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional. Creosote is a sticky, oily combustible substance created when wood does not burn completely. It rises into the chimney as a liquid and deposits on the chimney wall, which has the potential to cause a chimney fire.
- Cook with care. When you cook, never leave cooking food unattended on the stove. Keep anything that can catch on fire, like potholders and towels, away

from the cooking area. Do not use your oven or stove top to heat your home.

• If you smoke, attempt to quit. Don't smoke inside your home. If you do smoke in your home, never smoke in bed or leave burning cigarettes unattended.

• Be alarmed. Install smoke alarms on every floor of your home, including the basement, and make sure you have smoke alarms near all sleeping rooms. For better protection, install smoke alarms in sleeping rooms, especially if they are occupied by a smoker. For best protection test all smoke alarms once a month.

• Make and practice an escape plan. Create a home fire escape plan. Know at least two ways out of every room, if possible, and have a meeting place outside. Practice your escape plan twice a year with everyone living in your home.

In New York State, fire related injuries are among the 10 leading causes of death. Those at highest risk for home fire deaths and injuries include some of our most vulnerable citizens: children under the age of five, adults 65 and over, and people with physical disabilities.

Keep your home fire safe and protect yourself.

Hudson Mohawk AHEC announces scholarship opportunity

Hudson Mohawk Area Health Education Center (AHEC) will award scholarships of \$500 each to individuals newly entering an approved healthcare-related certificate or degree program at a local community college, university or training entity within New York State. Applicants must reside within the Hudson Mohawk AHEC 10-county service region, which includes Fulton, Hamilton and Montgomery counties.

Eligible applicants include any person seeking to further their education in a health-related field. Interested applicants can learn more about the scholarship opportunity by visiting the Hudson Mohawk AHEC website www.hmahec.org or calling the Hudson Mohawk AHEC office at 518.480.2432.

Applications are due on Monday, April 6. Awards will be made in May 2020.



Christmas tree recycling

When choosing a real Christmas tree for holiday celebrations, consumers should think about the many ways that trees can be repurposed after the holiday season. Some towns collect discarded trees to use them for various purposes. However, homeowners can get in on the action as well. The Old Farmer's Almanac offers these great ideas for post-holiday tree use.

- Prop up the tree near a bird feeder to provide another perch and shelter to birds that stick close to home in winter, such as chickadees and finches.
- String the tree with various treats for birds and put it in a sheltered location. Ideas include homemade suet, cranberries and millet.
- Mulch the tree and use it in the garden in the

spring.

- Use boughs to insulate perennials in the garden.
- Keep some branches to use as kindling in a wood stove or fireplace, or as aromatic logs for next year's yule fire.
- Sink an old tree in a personal pond. Fish and tadpoles will live and lay eggs around this sheltered area.
- Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

There are many imaginative ways to come up with handy uses for Christmas trees once the holiday season ends.



Moments In Time

The History Channel

- On Jan. 5, 1643, in the first record of a legal divorce in the American colonies, Anne Clarke of the Massachusetts Bay Colony is granted a divorce from her absent and adulterous husband, Denis Clarke, by the Quarter Court of Boston.

- On Jan. 1, 1818, "Frankenstein; or, The Modern Prometheus" is published. The book by 20-year-old Mary Shelley is frequently called the world's first science fiction novel. In Shelley's tale, a scientist animates a creature constructed from dismembered corpses.

- On Jan. 4, 1896, six years after Wilford Woodruff, president of the Mormon Church, issued his manifesto reforming political, religious and economic life in Utah, the territory is admitted into the Union as the 45th state. Woodruff's 1890 manifesto included a renunciation of the traditional Mormon practice of polygamy.

- On Dec. 30, 1922, the Union of Soviet Socialist Republics (USSR) is established, comprising a confederation of Russia, Belorussia, Ukraine and the Transcaucasian Federation. In 1991, the Soviet Union was dissolved following the collapse of its communist government.

- On Jan. 3, 1961, President Dwight Eisenhower closes the American embassy in Havana and severs diplomatic relations between the U.S. and Fidel Castro's government in Cuba. The action signaled that the U.S. was prepared to take extreme measures to oppose Castro's regime.

- On Jan. 2, 1974, President Richard Nixon signs the Emergency Highway Energy Conservation Act, requiring states to limit highway speeds to 55 mph or lose federal highway funding. It was a result of fuel shortages caused by the Arab oil embargo.

- On Dec. 31, 1999, the U.S. officially hands over control of the Panama Canal, putting the strategic waterway into Panamanian hands for the first time. The 50-mile canal, which links the Atlantic and Pacific oceans, officially opened when the SS Arcon sailed through in August 1914.

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Pitfalls to avoid as you try to lose weight

New Year's resolutions run the gamut from the simple to the complex. Some people resolve to make small changes that don't affect their daily lives all that much, while others aim to make significant changes in the hopes of dramatically improving their quality of life. Resolving to lose weight, which often tops annual lists of the most popular resolutions, falls into the latter category.

A 2018 survey from Cision and Varo Money found that 45% of respondents resolved to lose weight or get in shape in 2018. Unfortunately, various studies have found that resolutions often fall by the wayside long before people achieve their goals. In fact, a 2015 report from U.S. News indicated that 80% of resolutions fail by the second week of February. Such success rates, or lack thereof, might not be too big a deal for people who make silly resolutions that, successful or not, would not have too big an impact on their lives. But many people resolve to lose weight for serious reasons, such as lowering their risk for disease or improving their quality of life. In such instances, success can be a matter of life or death.

After resolving to lose weight, people might be derailed by some common pitfalls. Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.

• **You're not specific enough.** Try not to be vague when setting your weight loss goals. Simply saying "I want to lose weight" likely won't provide the motivation you need to achieve your goal. Speak with your physician and ask about how much weight you need to lose. Once you learn that number, work with your doctor and a personal trainer to set realistic goals. For example, if you need to lose 10 pounds, resolving to lose one pound per week for 10 weeks is a specific, realistic and healthy approach to weight loss. And by the end of that 10-week period, you likely will have grown accustomed to your new health routine, increasing the likelihood that you will keep it up even after you achieved your goal.

• **You try to save up your calories.** The experts at Northwestern Medicine® note that many people think skipping a few meals per day will decrease their overall calorie intake. However, such an approach typically leads to overeating when you sit down for a meal or increased snacking throughout the day. In addition, skipping meals slows down your metabolism, adversely affecting how your body approaches burning calories.

• **You embrace a fad diet.** Various studies examining an assortment of fad diets have indicated that such diets typically only produce short-term results, if any. Any weight lost while adhering to a fad diet is typically regained once dieters go off the diet. Instead of adopting a fad diet, work with your physician to devise a healthy, long-term eating plan.

• **You eat more than you think.** Audra Wilson, RD, a clinical dietitian affiliated with Northwestern Medicine, notes that people typically underestimate their calorie intake by 30%. Chances are, you're consuming more calories than you think, even while you attempt to lose weight. Track the calories you consume each day so you can stay the course in regard to what your physician recommends.

Avoiding some common weight loss pitfalls can help people turn their resolution to drop some weight into a reality.



Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.



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Six ways to keep an active puppy out of trouble

It is hard to resist the beckoning big eyes, soft fur and lovable kisses of a puppy. When that tail begins wagging, it can be easy to forget how much attention and work puppies require.

Puppies love to learn about the world and are naturally curious and energetic. Puppies also can become easily bored and mischievous if not given chances to expend their

energy.

Puppies do not know what is right and wrong in their new environments and have to learn such lessons through trial and error, often getting into trouble along the way. However, puppy owners can take steps to curb potentially troublesome behaviors.

1. Provide a lot of exercise. A tired dog is a well-behaved dog, offer many

experts. The American Kennel Club says that puppy parents should speak with their vets and/or trainers about what is a reasonable amount of physical activity for their dogs. Activity to burn off excess energy is vital.

2. Offer mentally stimulating activities. Problem-solving toys and challenges can keep puppies focused on healthy skills

that build cognition to exercise the brain. Hide-and-seek, fetch and food-reward games can be great ways to exercise puppies' brains.

3. Keep an eye out. Puppies like to explore the world around them, and that can mean chewing, digging, soiling and other negative behaviors. The advice site Daily Puppy recommends that owners watch their pup-



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pies and keep them in their sight as much as possible. Crating is an effective way to keep puppies out of trouble when owners cannot offer constant supervision. Crates can be safe havens when treated in the right manner.

4. Puppy-proof the home. Look around the house for possible hazards. Move trash into hard-to-reach areas, erect gates to block restricted spaces, address cords and other electrical hazards and clear counters or tables of easy-to-reach food scraps.

5. Use positive reinforcement. Rewarding dogs when they do the right thing rather than punishing them when they behave badly helps

puppies learn manners and how to become good members of the family, offers the AKC. Teaching is also a way to offer exercise and stimulate dogs' minds.

6. Understand the breed. Some dogs are bred for their unique behaviors. For example, a bird dog like an English setter may seek out prey in the yard. Certain concessions may need to be made to keep puppies comfortable. Offering alternative activities that tie into this natural instinct also can work.

Keeping puppies out of trouble can take work, but as they become full-grown dogs, they will learn and negative behaviors will be abandoned.



Tips when choosing your 401(k) investments

Saving for retirement is an essential component of financial planning. Adults can save for retirement in various ways, and one of the simplest, most popular ways to do so is to enroll in an employer-sponsored 401(k) plan.

Enrolling in a 401(k) plan can be a wise decision. According to a recent report from Fidelity Investments, the average 401(k) balance rose 8% in the first quarter of 2019. Investors seem to be taking notice of such returns, as Fidelity also noted that the average 401(k) employee contribution reached \$2,370 in the first quarter of 2019, marking a 15% increase from the year prior.

When enrolling in a 401(k) plan, professionals may wonder how to choose their investments. Such plans typically include an assortment of funds. There are a host of factors to consider when choosing 401(k) investments, and the following are some strategies that can help investors make decisions they're comfort-

able with.

- Read the enrollment brochure. Brochures might not be the most exciting reads, but 401(k) brochures, which should be provided when employees enroll in a plan, typically include a detailed rundown of the investment options within a given plan. As valuable as these rundowns can be, a recent survey from Prudential Investments found that 42% of investors don't know how their retirement assets are being allocated. Investors who know how their 401(k) contributions are being allocated are in better position to address market fluctuations, giving them more control over their money.

- Involve a financial planner in your 401(k). Financial planners can be an invaluable resource that can help investors in myriad ways. Some investors may be surprised to learn that outside planners can even help them with their employer-sponsored 401(k) plans. Provide a planner

with detailed information about your 401(k), including a rundown of the plan's investment options, and share your retirement goals. A financial planner can then help you choose the funds from your plan that best align with your goals and your comfort levels in

regard to risk.

- Monitor your investments. While investors need to recognize that markets fluctuate, they still need to keep an eye on how their 401(k) investments are performing. Keep an eye out for funds that consistently lose money or provide lit-

tle to no return, as they're likely not worthy of your investment dollars. Investors should not overreact and immediately move money around when typically strong funds take a dip, but they also should not accept poorly performing funds as part of the risk of in-

vesting. It's a balancing act, and savvy investors know to keep their eyes peeled and to make changes when necessary.

Choosing 401(k) funds is a decision to take seriously, and one that can be made simpler by enlisting the help of a financial planner.



Financing funerals

According to Lincoln Heritage Funeral Advantage, the average funeral costs between \$7,000 and \$10,000. It can be easy to overlook planning for such a large expense, and many people may think their funeral costs will be covered by their life insurance policies. However, that isn't always the case and certain complications can arise.

The funeral planning information guide Funeral Basics states that sometimes insurance policies become invalid if payments have not been made. Policies may have liens on them, or some named beneficiaries may no longer be alive. This can stall the process as issues are worked through. In addition, it can sometimes take between six and eight weeks for beneficiaries to receive life insurance policy payouts. Since many funerals take place within a week of a person's death, it's unlikely that surviving family members will be able to finance funerals with life insurance payouts.

In addition, some policies may not be assignable, which means the benefits cannot be assigned to go to a third party who will file the claim for you (i.e., the funeral home or an assignment company with which the funeral home partners). It's important to determine if an existing policy is assignable and to take appropriate measures if it is not.

Individuals may want to consider burial insurance or preneed funeral insurance. Another option is to use preplanning services, which allow people to prepay for funeral expenses and make planning decisions regarding the services and burial so that family members will not be tasked with financing and/or planning a funeral during a difficult time in their lives.

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Did you know?

“Auld Lang Syne” is a Scottish poem that was written by Robert Burns in 1788. Burns claimed when he wrote the words down and put them to music, and later sent them the poem to the Scots Musical Museum, that “Auld Lang Syne” was an ancient song, but he had been the first to record it on paper.

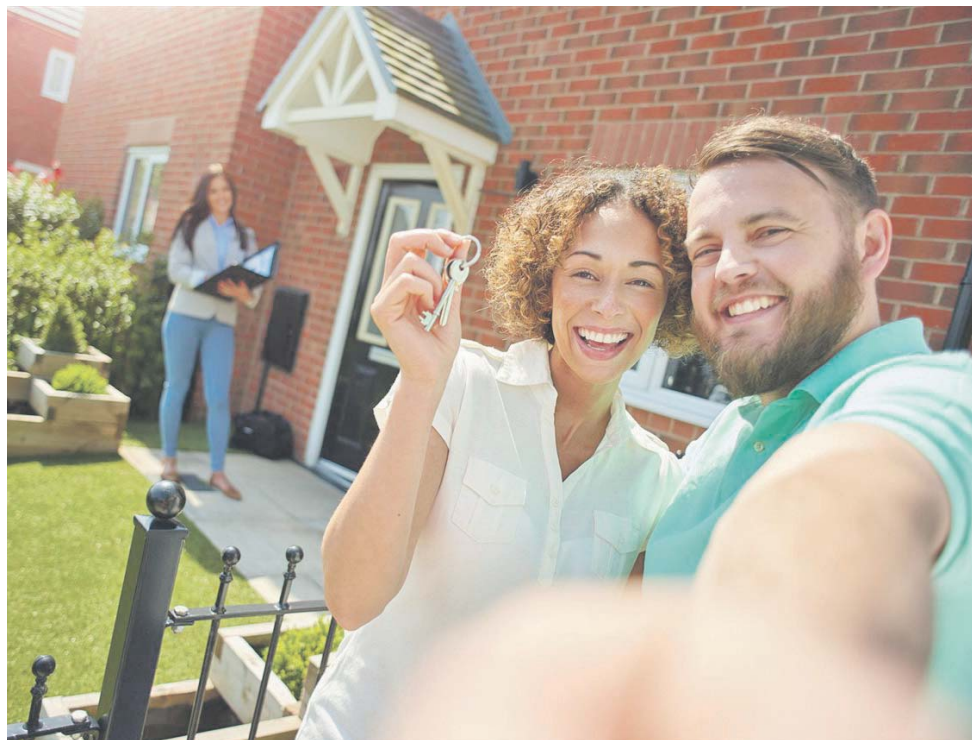
According to Scotland.org, the phrase “auld lang syne” translates roughly to “for old times’ sake.” Others have translated it to mean “time goes by” or even as “once upon a time.” The song is about preserving old friendships and reminiscing about

events that occurred during the year. Many people sing it to evoke fellowship and nostalgia, though most cannot fully get past the first verse of the song.

Its lyrics are a challenge to the unfamiliar – even among those who grew up in the UK. According to a 2018 poll by the British supermarket chain Sainsbury’s, just 3% of people who live in England know the words to “Auld Lang Syne.” Among Scots, only 7% know all the lyrics. Even still, people may be content to hum along when “Auld Lang Syne” is traditionally sung on New Year’s Eve.



Mortgage insurance: A faster way into your first home



(BPT) — For many Americans, the biggest hurdle in buying a home is the down payment. According to a recent report, 49% of non-homeowners stated that not having enough money for a down payment and closing costs was a major obstacle to purchasing a home. Many people also mistakenly believe lenders require a 20% down payment to qualify for mortgage financing.

Data shows that by using private mortgage insurance (MI), millions of homebuyers with down payments as low as 3% or 5% have been approved for affordable and well-underwritten mortgages.

In the past year alone, MI has helped more than 1.1 million borrowers purchase or refinance a mortgage. Nearly 60% were first-time homebuyers, and more than 40% had annual incomes below \$75,000.

How MI works

In addition to the other elements of the mortgage underwriting process -

such as verifying employment and determining the borrower’s ability to afford the monthly payment - lenders require borrowers to commit some of their own money before approving their mortgage loan. This is where MI entered the system more than 60 years ago, to bridge the down payment gap and help creditworthy borrowers qualify for a mortgage without large down payments.

Benefits of MI

- It helps you buy a home sooner. On average it could take 20 years for a household earning the national median income of \$61,372 to save 20%, plus closing costs, for a \$262,250 home, the median sales price for a single-family home. MI helps borrowers qualify with as little as 3% down.

- It is temporary, leading to lower monthly payments down the road. MI can be cancelled once 20% equity is established, either through payments or home price appreciation. Borrowers typically

can cancel MI within the first five to seven years. This is not the case for the vast majority of mortgages insured by the Federal Housing Administration. FHA mortgage insurance premiums stay on the loan for the life of the loan.

- It provides several flexible payment options. Your lender can offer several MI product options for MI payment; the most common is paid monthly along with your mortgage until the MI cancels.

MI is a stable, cost-effective way to obtain a low down payment mortgage, and offers distinct benefits to borrowers. It’s been a cornerstone of the U.S. housing market since 1957, providing more than 30 million families with the opportunity to own homes despite financial barriers. If you are considering purchasing a home, it is important to understand your options, including your low down payment options. To learn more, visit LowDownPaymentFacts.org.

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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Grill fill
- 6 Easily split rock
- 12 Give in
- 13 Beer gut
- 14 Fitting
- 15 "Camelot" role
- 16 First victim
- 17 Bullets and such
- 19 Big bother
- 20 Director Kazan
- 22 Unruly group
- 24 Trouble
- 27 Taj Mahal city
- 29 "— Mis-behavin"
- 32 New Orleans neighborhood
- 35 Criterion
- 36 Yanks
- 37 Sauce source
- 38 That girl
- 40 Send forth
- 42 Raw rock
- 44 Sheltered
- 46 Capri, e.g.
- 50 Swiss city
- 52 Country
- 54 TV's Superman portrayer
- 55 Nasal qualities
- 56 First-born
- 57 Have a hunch

	1	2	3	4	5		6	7	8	9	10	11
12										13		
14										15		
16						17	18				19	
			20	21				22	23			
24	25	26		27			28		29		30	31
32			33					34				
35						36				37		
			38	39		40			41			
42	43			44	45				46	47	48	49
50				51				52	53			
54									55			
56								57				

DOWN

- 1 "— Your Enthusiasm"
- 2 Reed instrument
- 3 More than enough
- 4 Whopper
- 5 Unwavering
- 6 Unwanted email
- 7 Ricochet, in billiards
- 8 Shack
- 9 Occupies
- 10 Gulf War missile
- 11 "Comin' — the Rye"
- 12 Masseur's workplace
- 18 Theater canopy
- 21 Fond du —, Wis.
- 23 Scull need
- 24 Sternward
- 25 Anger
- 26 Diminished
- 28 Increases
- 30 Ultramodernist
- 31 Have a go at
- 33 Ultimate
- 34 "— was saying ..."
- 39 Icicles' homes
- 41 Saturn's largest moon
- 42 Storybook baddie
- 43 Stagger
- 45 Survive
- 47 Deadly septet
- 48 Playgoers' box
- 49 Type measures
- 51 Previous night
- 53 Shock and —

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

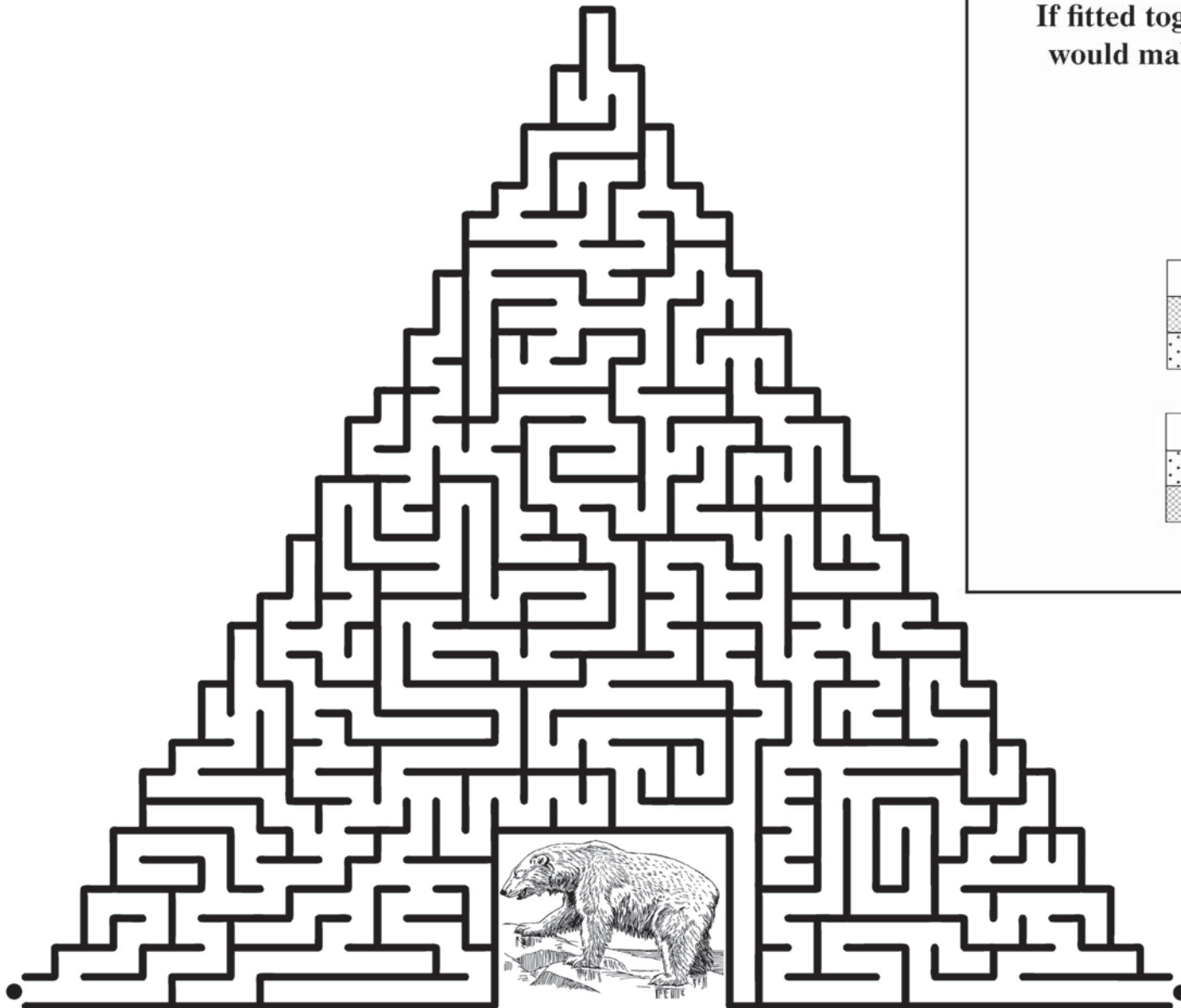


Differences: 1. Plant on mantel is missing. 2. Man has moustache. 3. Fireplace has more stones. 4. Mitten is black. 5. Shirt zipper is gone. 6. Earmuff has added band.

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Mega Maze

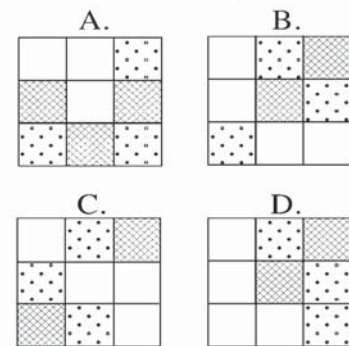
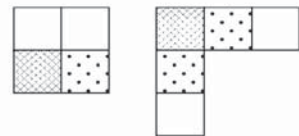
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STICKELERS [sic]

by Terry Stickels

If fitted together, the two sections on top would make what larger shape below?



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New Year's resolutions

New Year's resolutions may not have much staying power, but the tradition of making them is an enduring one that dates back thousands of years.

According to History.com, ancient Babylonians are credited with being the first people to make New Year's resolutions. During Akitu, a 12-day religious festival, the Babylonians would make promises to their gods, and these promises typically focused on being a better person in the coming year. Celebrants

of the festival, which was held when crops were planted, a time that marked the beginning of a new year to individuals in certain ancient societies, would promise the gods that they would repay their debts and return any items they had borrowed in the previous year.

While these promises might have been the forerunners to modern New Year's resolutions, there is one distinct difference that separates ancient Babylonians from people in modern times. Babylonians be-

lieved keeping their word to the gods would curry favor for them in the coming year, while failure to keep their promises would do the opposite.

People who make resolutions today typically do so to better themselves and do not fear reprisal from their creator if they fail to live up to their pledges. That's likely a good thing, as various reports suggest that as much as 80% of New Year's resolutions are abandoned by the second week of February.



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To Your Good Health

by Keith Roach, M.D.

Risk of Surrogacy at Advanced Age

DEAR DR. ROACH: Would you please comment on common or uncommon issues that might be expected in a pregnancy at age 57? I am overall very healthy, with no issues other than slightly elevated LDL. I have not gone

through menopause. I had four full-term pregnancies, the last at age 35 (after which I had my tubes tied), and no miscarriages. I asked my doctor two years ago if I would have an issue being a surrogate and was told there was no reason I couldn't be, but my current physician told me that it can be very

dangerous at my age. I am concerned that the practice is just covering itself against any liability. I realize that this is my decision alone and I would not hold my doctors accountable, but I'd also like the real truth regarding any potential issues I would be likely to encounter. I appreciate your thoughts. – M.V.

ANSWER: I admire your willingness to consider being a surrogate. However, the risks of pregnancy in a 57-year-old woman are significant.

A study from the UK from 2016 quantified the risks pretty thoroughly; however, of the 233 women studied, only two of them were older than 57, so your risks are probably higher than the average risk for an older mother in the study (which was defined here as 48 years or older at the date of delivery).

Before I go over the risks, let me point out that one major risk for older mothers, Down syndrome, may not apply, since the ovum (egg) you would be carrying would come from another woman and it is her age that determines the risk for the fetus. Older mothers also are more likely to carry twins (or more than two fetuses).

Compared with younger mothers, older mothers have a higher risk for high blood pressure during pregnancy (15% vs. 5%); pre-eclampsia, also called toxemia (6% vs. 2%); diabetes during pregnancy (18% vs. 4%); hemorrhage after delivery (26% vs. 15%); Caesarean section (78% vs. 33%); preterm delivery

(22% vs. 8%); and admission of the baby to the ICU (3% vs. less than 1%). Miscarriage rate (after 11 weeks) in women over 55 is estimated to be about 10%, compared with 1% in younger women. Maternal death is much more likely for older women than younger; however, that risk is small, less than 2 per 1,000 in a separate Swedish study of mothers over 45.

Overall, these risks are not small. You should think through your risks before making a decision. I'm disappointed in the lack of advice you received.

DEAR DR. ROACH: The 71-year-old woman from a recent column who finds sticking her finger to test her blood glucose too painful to be willing to do it likely was never told that while sticking her finger at the tip IS painful, sticking at the side of the end of the finger is barely painful, if at all. I find myself surprised that those who stick fingers for blood at the hospital don't seem to know this either. Shame on them. – R.S.

ANSWER: There are more nerve endings at the tip of the finger, so that is more painful for most. There often is better blood flow on the sides as well. Thank you for writing with this reminder.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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King Crossword

Answers

Solution time: 24 mins.

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

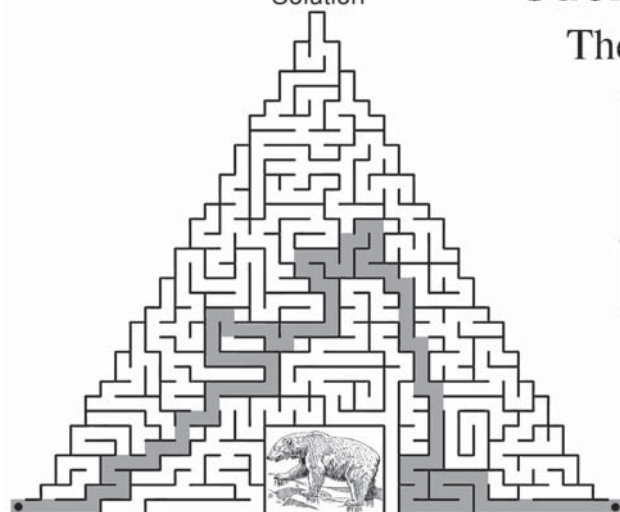
Weekly SUDOKU

Answer

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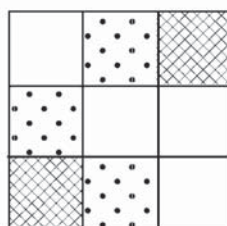
Mega Maze

Solution



Stickelers Answer

The answer is "C."



Understanding feline diabetes

Diabetes is a condition most often associated with humans. But this potentially debilitating disease can even affect pets, including the family cat.

Feline diabetes can greatly affect cats' quality of life. The Cornell University College of Veterinary Medicine estimates that between 0.2 - 1% of cats in the general population suffer from feline diabetes. While that's a low number, the potential dangers faced by cats with undiagnosed cases of feline diabetes makes it imperative that cat owners understand this disease and how to recognize it.

What is diabetes?

The cells in a cat's body require sugar in the form of glucose for energy. Glucose in the blood requires the hormone insulin, which serves as something of a key that unlocks the doors to the cells, making them capable of employing the glucose for energy. The insulin attaches to the cells

and lets the body know when to absorb the glucose. That process is essential for muscle function. When a cat has type 1 diabetes, glucose concentrations are high because of a decrease in insulin production. Type 2 diabetes, which is more common among felines than type 1, occurs when glucose levels are high because the cells are not responding to the insulin in an appropriate way.

What are some signs that may indicate feline diabetes?

Diabetes deprives the body of a necessary energy source, so when cats are suffering from diabetes, be it type 1 or type 2, weight loss is likely to occur. That weight loss occurs because cats' bodies will turn to sources other than glucose for energy. In these instances, the body breaks down fats and proteins, resulting in weight loss. The CUCVM notes that this weight loss occurs even

though cats' appetites increase.

Excessive thirst and urination is another potential indicator of feline diabetes. Cats' bodies respond to elevated levels of glucose in their blood by excreting excessive amounts of the glucose in their urine. That high concentration of glucose in the urine pulls excessive amounts of water into the urine. According to the CUCVM, this results in increased urine volume, increased urinary water loss, a higher likelihood of dehydration, and an increase in thirst.

Some cats experience nerve damage in their hind limbs as a result of feline diabetes. However, the CUCVM notes that this is a rare occurrence.

Cat owners who suspect their cats may be suffering from diabetes should report their concerns to their veterinarians immediately. Treatment can be very effective and restore quality of life to cats.

Home repairs that can sink budgets fast

A home is the most substantial investment many people will ever make. Once down payments have been made and closing costs have been paid, homeowners may still be staring down sizable expenses as they begin to tackle any repairs that need to be made.

Home maintenance and renovations involve a certain measure of trepidation. Even after vetting contractors and establishing budgets, homeowners may worry that repairs will unearth problems that snowball into expensive fixes. Planning ahead for such projects and learning to recognize issues that tend to be costly can help homeowners weather any storms that may arise.

• **Foundation issues:** A strong foundation is key to any home. If there is a problem with the foundation, it can be unsafe to live in the house. The foundation repair company Foundation Experts advises that foundation

fixes can range from \$4,000 to upward of \$100,000 depending on the scale of the job. Clogged gutters and water pooling around the foundation can contribute to damage, so water issues must be remedied first.

• **Roof damage:** A roof is a key barrier between the indoors and outdoors. Roofs must remain in tip-top shape. The home improvement resource HomeAdvisor says that a roof repair or replacement can cost between \$3,000 and \$12,000. But homeowners also must budget for the cost of removing the old roofing materials and fixing any damage to the interior of the home. Inspecting the roof and making repairs as you go is key to avoiding a big headache.

• **Siding replacement:** Another costly project can be replacing the siding. Siding may need to be replaced if there is water/wind damage or penetration from insects. Spot repairs may be rela-

tively inexpensive. However, the home improvement resource Modernize

says the average siding installation project can cost between \$5,500 and

\$15,000 depending on the materials homeowners choose.

• **HVAC update:** Keeping a home at a comfortable temperature is also a matter of safety. If a system gives out, homeowners may be scrambling for a solution. Yearly inspections and upkeep, which includes changing system filters regularly, can help identify potential problems. Neglect is one of the main contributors to the failure of heating and cooling equipment. Based

on national averages, a whole-house HVAC system can cost between \$4,000 and \$12,000.

These are some of the more costly repairs homeowners can expect. Keeping on top of the home will help mitigate damage and could extend the life of major home components.



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The history behind popular New Year's traditions

New Year's Eve and New Year's Day are a time to both reflect on the past year and to look forward to the excitement the months ahead will bring. There may be confetti, there are probably noisemakers and some bubbly is likely overflowing from champagne flutes.

New Year's celebrations can be traced back thousands of years to ancient Babylon. As with many holidays with deep histories, traditions are the hallmark of many New Year's celebrations. While many people perform these traditions by rote, it can be interesting to delve into the history behind various components of New Year's celebrations.

Champagne

Toasting the new year with a sparkling wine can be traced back to French champagne producers. Champagne, a sparkling wine from a specific region of France, was used in the baptism of the Frankish warrior Clovis, according to the Champagne Committee of France. Soon, champagne became a key part of religious events, coronations and soirees – as well as secular rituals that replaced formerly religious rituals, according to the book "When Champagne Became French" by Kolleen Guy. Champagne manufacturers eventually linked the bubbly to festive occasions with family, and New Year's celebrations became another ideal time to pop the cork on a bottle.

Ball drop

While not everyone can venture to New York City's famed Times Square to watch the ball drop in person, millions tune in around the world to watch it on television. Original celebrations in New York centered around listening to the bells of Trinity Church ring at midnight, but the New Year's Eve celebrations were later moved to the New York Times building in 1904. Fireworks were part of those celebrations, but hot ash and sparks falling on spectators led to a ban on fireworks, and event organizers needed another spectacle to draw crowds, according to PBS. Publisher Adolph Ochs asked his chief electrician Walter Palmer to create something visually appealing. Inspired by the mar-

itime tradition of dropping a time ball at harbor so that sailors could set their own timepieces while at sea, Palmer devised the idea of dropping an illuminated ball on New Year's Eve. This has been tradition since 1907.

Resolutions

New Year's resolutions can be traced to the Mesopotamians. Ancient Babylonians also made spoken resolutions during a 12-day-long New Year Festival. These resolutions were oaths made to the sitting or new king and were considered essential to keeping the kingdom in the gods' favor. The Romans also had a similar tradition of swearing oath to royalty at the start of the year. Many of these traditions merged into modern resolution-making, according to Live Science.

These are but a few New Year's traditions. The history behind these traditions is storied, just like the holiday itself.



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PRICE REDUCED!!! MLS201918506 - 067: 367 Schoharie Hill Road, **SCHOHARIE:** This house is perched on a side hill giving the home owner a beautiful view across the Schoharie Valley. This 3 bedroom, one bath home is located on five acres with the property lined by woods, giving you seclusion and privacy. The property was beautifully landscaped (some work required to bring back to its full potential). The basement was gutted and refinished to dry lock the foundation, totally brand new plumbing throughout, 200 amp service box. Oil furnace and wood furnace attached to the heating ducts. Brand new kitchen with new appliances, granite counter tops, new cupboards, fixtures, light. Enjoy the view while barbecuing from the deck or sit in the living room and enjoy the view year round and in the winter the warmth of fireplace. **Asking \$214,900**



MLS201920770 - 068: 197 Caswell Road, **PALATINE BRIDGE:** This property has recently been sub-divided, therefore taxes are not available at this time. The land has been farmed for the past 20 years as Organic (NOT CERTIFIED). This home has 3 bedrooms and 2 full bathrooms. New roof in 2018 and new hot water heater 2 yrs. old. Water pressure tank 2 yrs. old. Electric to all buildings. The barn, greenhouses and packing house have separate boxes. Running water to all outbuildings with frost proof hydrants. Dry basement. Pond 12 feet deep. Great Views. Master bedroom upstairs was originally supposed to be 2 bedrooms, but was made into one bedroom. Furnace is a combination oil, wood and coal forced hot air. Two dug well, not sulphur, one for the barn and all the other buildings. **Asking \$365,000**



MLS201923947 - 071: 6852 State Highway 5, **FORT PLAIN:** If you are in the market for a small farm, look no further. This property has 27 acres of beautiful land with a barn built in 1837 and is in great shape. It can be a multi-use building for livestock, a business, antiques or studios, etc., active hay fields, a creek that borders the property with a flat wooded area at the waters edge. A good place for a small cabin or parking a camper or tenting. There is a RV pad with water, sewer and electric hook up. From the top of the hill you have a view of the Mohawk River and the hills. **THIS LISTING MAY NOT QUALIFY FOR FHA OR USDA. OWNER WILL NOT HOLD THE MORTGAGE, NOR RENT WITH INTENT TO BUY. PLEASE PROVIDE PROOF OF FUNDS OR A PRE-APPROVAL LETTER. Asking \$159,900**



MLS201926960 - 074: 35 West Grand Street, **PALATINE BRIDGE:** This is a must see house from the inside to the out. The grand entrance welcomes you into this beautiful three bedroom, 2-1/2 bath home with large rooms and natural lighting and its many fireplaces. Large windows to view the lawns and garden along with a view of the valley. The home is very elegant and bright. Double French doors from the living room provide access to a lovely porch. From the formal dining room you enter a very large eat in kitchen and plenty of cupboards and a beautifully functional working area. Three large bedrooms and a large hallway with a view from the large window. Outside is terraced with gardens and a stone stairway to the great lawn area below. There is a garden shed to keep your mower in for the lower part of the lawn. Enjoy the beauty of this home as it towers overhead. **Asking \$259,000**



NEW LISTING!!! MLS201934240 - 596: 0 State Highway 10, **PALATINE BRIDGE:** Great lot to build a home. 1.3 acres in the Village of Palatine. 150 feet of road frontage. **Asking \$20,000**



NEW LISTING!!! MLS201934072 - 598: 12 Hancock Street, **FORT PLAIN:** Opportunity knocks in this Opportunity Zone. Long established Restaurant in this mixed use building. The business is profitable and awaits the new owner. Plenty of parking, all equipment included and additional store front available for retail or office space. **Asking \$350,000**



802 - MLS201915264 - 802: 861 State Highway 163, **FORT PLAIN:** A 2007 4 bedroom, 3 full bathrooms Modular with 4 acres and a great view! This home has a lot to offer - Large open kitchen with an island and open concept to the dining area, family room with fireplace, living room with a great view of the valley, laundry area on the first floor, large master bedroom with master bath, breezeway leading to a two car garage, plus a 3 car detached garage for all your toys. Full basement with high ceilings for room to expand. And, as a great plus an in-law apartment in the upstairs. **Asking \$299,000**



MLS201933928 - 810: 99 Montgomery Street, **CANAJOHARIE:** Relax on the large front porch on warm evenings! This is an eight room home with an inlaw apartment. The main home has 4 bedrooms and an office on the second floor - walk up to a full attic to store your extra things. Living room has a lot of natural light with French doors leading to the entrance hallway. Hardwood floors throughout the home, a bath and a half is a nice feature. Formal dining room with a large coat closet. **Asking \$114,900**



NEW LISTING!!! MLS: S201935021 811: 604 Latimer Hill Road: Lovely Victorian home with great character! Relax or entertain in a large back yard. Older natural woodwork cabinets in the dining area and large pantry in the kitchen with laundry. Larger rooms and a beautiful foyer entrance. 4 bedrooms and a 1 1/2 bath, walk up attic. An office on the first floor with a private entrance would make a great home business office. 200 amp breakers, aluminum windows. Exterior entrance to the basement with a stone foundation. The garage is a 2 car with an attached room. The attic above the garage is huge and has basketball hoops on each end. If you are looking for a home with character, this is a must see home! **Asking \$109,900**



NEW LISTING!!! MLS201936206 - 812: 463 North Shore Drive, **GLOVERSVILLE:** 1.2 acres with spectacular views of the Adirondacks to build your Adirondack home on with lake access from Pecks Lake Sunrise Bay. This land has a few improvements - the driveway is in place and the building site has been leveled. There are certified engineer plans for both the building site and septic system. Peck Lake is located in the southern Adirondack with the Adirondack park in your back yard with all the wildlife you could ask for. Access to everything a person would want - shopping, fishing, biking, boating (restrictions apply), golf, and lets not forget snowmobiling!! **Asking \$109,900**

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