FEBRUARY 15, 2020

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For the word of the Lord is right; and all his works are done in truth. He loveth righteousness and judgment: the earth is full of the goodness of the Lord. Psalm 33:4-5

MOHAWK VALLEY

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Country



Holiday Magic The members of the Class of 2020 served as Santa's elves for the day on December 18th, visiting with the kindergarten classes. Each child got to visit with Santa and tell him what they wanted for Christmas. Members of the senior class read "How the Grinch Stole Christmas" to the groups, and helped them to make ornaments to take home to their families. The seniors baked cookies prior to the visit, and each kindergartener received a goodie bag. The project was part of Mrs. Trembley's English 12 class.

Team Tech Names a Goat: Mrs.

Sweet recently shared a story with the members of Team Tech: a goat showed up at her front door! The goat had escaped from a local farm, just before he was scheduled to be slaughtered. After talking with the farm owners, Mrs. Sweet was able to arrange to keep the goat and he's living happily at her horse stable. She asked the members of Team Tech if they would like to organize a vote to come up with a name for the goat. The top choices were: Billy Bob, Benjamin, Blue Fox, Trash Can Eater, Shazam, Mr. Bailee, Oof and Blade. Team teach enjoyed getting to learn about their new friend!

Hilltopper Herald Interview:

The Harry Hoag School newspaper, The Hilltopper Herald, recently published their Interview of the Month with Mr. Justin Lathers. In response to the student questions, Mr. Lathers reported that he has taught in 4 different grade levels in his 9 years of teaching in the district. His favorite thing to teach is math, followed by hands-on science experiments. He currently teachers third grade, and enjoys finding new ways to explain things to students in a way that they can understand. His favorite thing about third graders is their enthusiasm for school, and the way they laugh at his corny jokes. Thanks Arianna, Grace and Dylan for a great Interview of the Month.

Nov. Students of the Month:

Ty Brownell	Kindergarten
Roy Johnson	1st Grade
Laura Flynn	2nd Grade
Anna Belle Snyder	3rd Grade
Violet Handy	4th Grade
Alexis Palmeri	5th Grade
Ezra Brown	6th Grade

Dec. Students of the Month:Bryson DodsonKindergartenKayden Minckler2nd GradeElijah Shostek2nd GradeGabriella Steinhauer4th GradeLyllie Handy5th GradeDevon Medina5th GradeDevannan Ragoo6th Grade

Upcoming Events:

- 2/17-2/21 School Closed: Winter Break
 2/29 All County Music Festival 3:00 pm
 3/5 Elementary Spring Picture Day
 3/11 Public Budget Hearing 6:00 p.m.
- 3/13 Jr/Sr HS Progress Reports Mailed
- 3/20 School Closed: Conference Day

3/27-3/29 Les Miserables at Canjo HS



Superintendent's Message: Normal Day, Let Me Be Aware of the Treasure That You Are... I collect

quotes, and have for many years. Some are applicable to particular circumstances, but the best quotes are those that have a universal application. One of my favorites is that title, above: "Normal day, let me be aware of the treasure that you are." It's too easy to get caught up in the inconveniences of everyday life. We all have tasks and duties that seem to consume our time. We can feel like we are expending an inordinate amount of energy on mundane activities that get us nowhere. From household duties to professional responsibilities and personal and family schedules, it can seem every day like we are all just trying to stay ahead of the game.

In the greater picture, though, it's those days that really form the basis for most of our lives. There will always be special celebrations that we remember fondly, and difficult challenges that we hope we never have to repeat. Those are the unusual circumstances that can help to remind us that a normal day, without such a taxing load, really is pretty special and should be appreciated as such. Here's hoping that each of you has many "normal days" and that you remember that there is something beautiful to be found and treasured in every one of those days.

~Kathy Dougherty, Interim Superintendent of Schools

Drama Club to Present "Les Miserables":

The Fort Plain-Canajoharie Drama Club will proudly present "Les Miserables" in March. Set against the backdrop of 19th-century France, Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption - a timeless testament to the survival of the human spirit. Featuring the thrilling score and beloved songs "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," "One Day More," and many more, this epic and uplifting story has become one of the most celebrated musicals in theatrical history. The production will feature Vicente Nunez as Jean Valjean and Christian Jones as Javert. They will be joined by Vivian Hopkins as Cosette, Sophia Rogers as Eponine, Keagen Ford as Marius, and Sarah Paradiso as Fantine. The comical duo of the Thenardier's will be played by Tori Rocas and Patrick Curtin-Banks. Rounding out the principal cast are: Howie Kelley as Enjoras, John Hopkins as Gavroche and Caleigh Bartholomew as Young Cosette. The show contains a large list of supporting characters, played by: Chiarra Morris, Macenzie Richtmyer, Richard Catarino, Michael Palmeri, Rob Rogers, Chad Rogers, Calista Hardesty, Gage Poultney, Ashlin Tubbs, Dawson Sweet, Nura Handy and Alex Patyukov. They are joined by a cast of ensemble players, including: Faith Clark, Meranda (Eli) Battisti, Jayden Bentz, Alexandria Gyurik, Giselle Hand, Addy Handy, Vienna Jackson, Payton Landry, Jasmine Lapi, Avery Merchant, Vivian Nunez, Anthony Paradiso, Kaylee Sanders, Crystal Smith, Luke Doxtater and Joey Soto. Les Miserables is directed by Mr. Will Ryan and produced by Mrs. Lauri Broady. Mrs. Norma Bowley serves as musical director. They are joined by a large production crew including: Mr. Mike Broady, Mr. Bruce Dingman, Greg Post, Halle Nelson, Elizabeth VanDycke, Rianna VanRenselaar, Aliza Hopkins, Noah Ehle, Catherine Twitchell, Phillip Wein, Cassie Herron, Ian Schmid, Joseph Vertucci, Anthony Paradiso, Luke Doxtater, Selvna Dumond-Halse, Tucker Jones, Sierra Smith, and Zianna Ellithorpe. Costume support has been provided by Mrs. Lisa Hill, Miss Allyson Dahlin and Miss Autumn Dodson. Les Miserables will be performed at the Arkell Performing Arts Center at Canajoharie High School. Performances will be held on Friday, March 27th at 7:00 p.m., Saturday, March 28th at 7:00 p.m., and Sunday, March 29th at 2:00 p.m. Admission is \$8 adults and \$5 for students/seniors.

Cross-Age Reading Buddies: At new program at the elementary school is bringing children together to foster literacy through student mentor relationships. The Cross-Age Reading Program has fifth grade students partnered with PreK kids, to share their love of reading books. Each Tuesday morning, fifth grade students read some of their favorite books to the PreK kids. All of the students involved really enjoy sharing the stories and forming relationships.

District Utilizes Bus Safety Program: The district has launched a new school bus management system on several of its buses, with the program set to be implemented in all buses shortly. The software system is called Traversa, and it tracks student bus riders and the location of all buses in real time. Students are issued a swipe card, programmed with information about the child's pick up and drop off locations. The system instantly alerts the driver if a student tries to get off the bus at an unassigned stop. Knowledge of where and when a student boarded or the left the bus allows the district to proactively manage student safety. Letters detailing the new software went home to all families, and information is available on our website at <u>www.fortplain.org</u>

Chemistry Students Build Atoms: Students in Mr. Jarabek's chemistry class recently worked on a project centered around the Period Table of Elements. Each student was assigned five elements, and gathered information about the chemical and physical properties of each. The class worked together to develop a 10 foot by 7 foot Periodic Table, with each element listed, along with the facts that they had researched. Students then used craft materials to make a 3D model representation of one of their elements. The hands-on work enhanced their research and helped the students to understand how so many of the elements work together.

Elementary Student Council Food Drive: The elementary school student council will conduct a food drive during the month of March. They are collecting donations of non-perishable goods, to benefit the Emergency Food Pantry at the Reformed Church of Fort Plain. Typical items collected will include: pasta, soups, peanut butter, mac & cheese, stuffing, and canned fruits and vegetables. The Student Council members will be making posters and flyers to advertise the food drive. Students may bring their contributions in to their classroom, or to Mrs. Broady's room 9. Each class who participates will be entered into a drawing to win a thank you pizza party!

Young Architects Design Houses: The elementary school's Talented and Gifted group is working on their annual "Young Architects" program. The students begin by studying different styles of housing - from igloos to mansions. Then they make lists of things that all dwellings need - kitchens, bathroom facilities and some place to sleep. They talk about the use of hallways to get from room to room, without passing through another person's space. Finally, they brainstorm rooms that they might not have at home, but would like to. Typical choices include things like indoor pools, a room for pets, game rooms, and makeup studios. The students then draw out their floor plan, using provided stencils for different sizes and shapes of rooms. They add simple furniture and appliances with cutouts. The final steps include placing plexiglass walls, windows and doors. The students will display their homes when they are finished, so that everyone can enjoy their inspiration and effort. This year's "Young Architects" are: Gami Brackett, Ian Burns, Isis and Natashia Hammond, Alyssa Hazzard, Hailey Hayes, Caitlyn Stephens, Cassidee Dodson, Larry Sanders, Levi Hext, Jansheen Haider, Allyson Rathbun and Sage Smith.

Annual Health & Wellness Fair Moved:

The annual Community Health & Wellness Fair has traditionally been a spring event. The Wellness Fair is co-sponsored by the Fort Plain District and the Canajoharie District. The planning committee, having taken into consideration the many conflicting spring events, has decided to move the annual health fair to the late fall. This year's fair will be held on Saturday, November 7th, from 9:00 a.m. - noon, at the Harry Hoag Elementary School in Fort Plain. Anyone interested in hosting a booth or table can contact Lauri Broady at <u>lauri.broady@</u> fortplain.org



Contact the District Office, Cherry Valley-Springfield Central School, PO Box 485, Cherry Valley, NY 13320 (607) 264-9332 with any questions. EOE



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Publisher, President *Frederick W. Lee* V.P., General Manager *Bruce Button* V.P., Treasurer *Janet Lee Stanley*

Classified Ad Manager......Peggy Patrei Controller.....Lyndsay Pickel Managing Editor.....Joan Kark-Wren Production Coordinator.....Jessica Mackay Shop Foreman......Harry DeLong Social Media Coordinator......Gabbie Albrecht

John Snyder, Sales Manager 518-673-0129, jsnyder@leepub.com

Kari Montes, Sales Associate 518-703-2826, kmontes@leepub.com Tom Shaver, Sales Associate 315-272-6586, tshaver@leepub.com

Reader ads 518-673-0111 or 800-218-5586 Accounting/Billing - Pauline Tripp 518-673-0150, ptripp@leepub.com Commercial Printing 518-673-0101, commercialprint@leepub.com

> Send all correspondence to: PO Box 121, Palatine Bridge, NY 13428 Advertising email: jsnyder@leepub.com Editorial email: jkarkwren@leepub.com Website: www.vpennysaver.com 518-673-0129 Phone • 518-673-2699 Fax

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Fort Plain Museum news and events, winter 2020

Happy 2020, everyone! We look forward to an exciting year of history and fun.

On Tuesday, Feb. 18 we welcome Matthew R. Costello, acting director of the David M. Rubenstein National Center for White House History and senior historian, White House Historical Association, as he presents his book, "The Property of the Nation: George Washington's Tomb, Mount Vernon, and the Memory of the First President."

Visit tinyurl.com/vvpajvr to learn more about the George Washington book talk. Visit tinyurl.com/u2s-deda to register for the book talk.

Final plans for this year's American Revolution Mohawk Valley Conference are being completed. This year's conference will take place June 11-14. There will be over 10 historians presenting on different topics related to the American Revolutionary War, two different Mohawk Valley bus tours with a 1780 theme to honor the 240th anniversary of key events, a fundraiser dinner and much more. Conference information and registration will be available later this month.

We regret to announce that this year's George Washington's Birthday Symposium scheduled for Feb. 15 is canceled. We had to cancel due to the amount of work the museum needs to complete prior to our May opening. The museum has recently received a large Iroquois and American Revolution Mohawk Valley artifact collection that will be cataloged and put on exhibit. The museum also has other projects such as the research library and donor recognition wall that will also be completed for 2020. The Washington Birthday Symposium will be back in 2021.

The Fort Plain Museum has lost a dear friend, mentor and historian, Willis "Skip" Barshied, who passed away on Jan. 6. We will miss Skip's expertise, knowledge, sense of humor and most importantly, his friendship. We pass on our condolences to his family and friends. The Mohawk Valley has lost its greatest icon, supporter and preserver.

If you have any questions, email brianm248420@ hotmail.com.





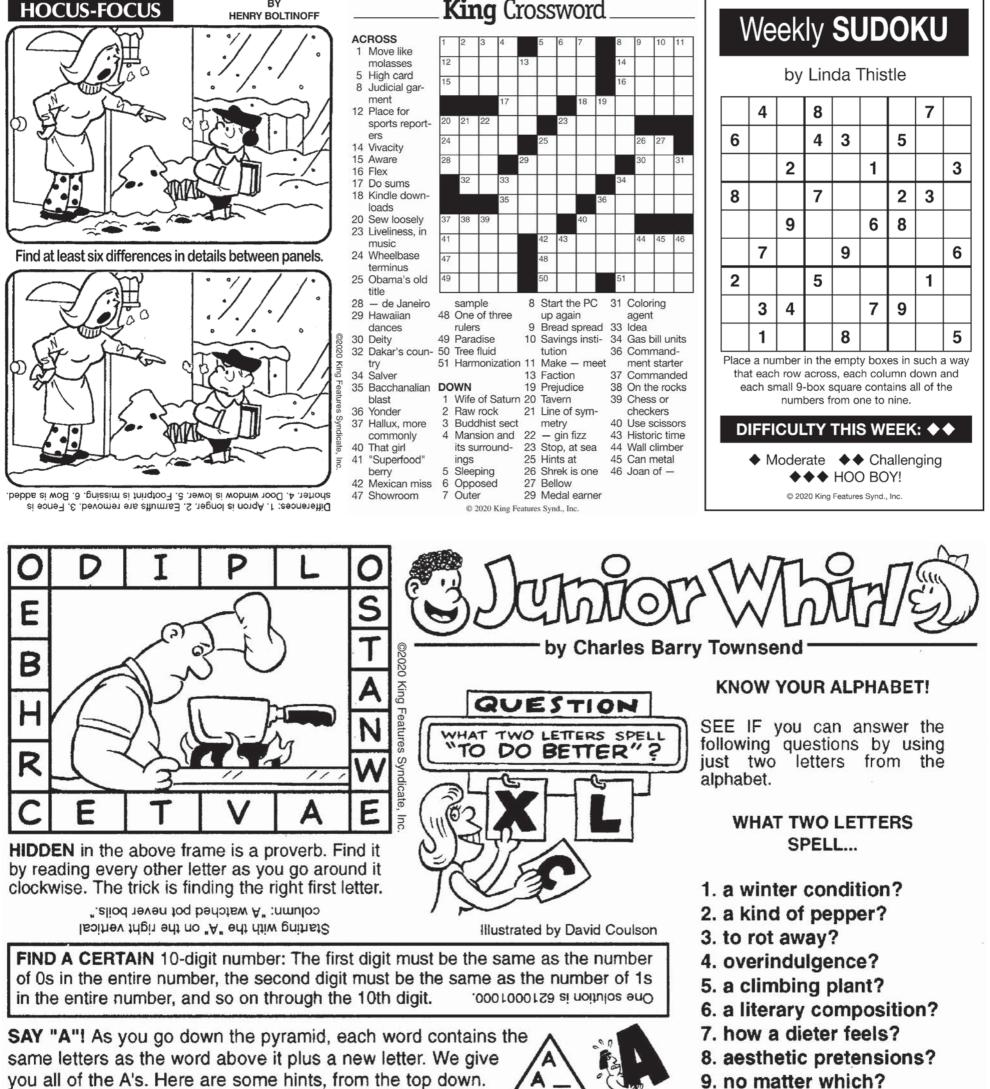




10. an English county?

(arty). 9. NE (any). 10. SX (Essex). 6. SA (essay). 7. MT (empty). 8. RT

(decay). 4. XS (excess). 5. IV (ivy). 1. IC (icy). 2. KN (cayenne). 3. DK



- 1) Highest grade (given).
- 3) A color.
- 5) Big person.
- 4) To be opposed. 6) Position of a scale.

2) In or near.

- 7) Rodent-hunter's activity. 8) Getting dressed.

 - The words are: a, at, tan, anti, giant, rating, ratting, attiring.



4:00pm

First rabies vaccination clinic set for Feb. 15

The first rabies vaccination clinic for 2020 will take place Saturday, Feb. 15 at the Montgomery County DPW Garage, 6 Park St., Fonda, from 9 - 11 a.m.

New York State Public Health Law requires that all dogs, cats and domestic ferrets shall have initial vaccinations administered against rabies no later than four months of age and stay up to date with re-vaccinations. Re-vaccinations are required one year later and a booster shot every three years. It is important to have pets vaccinated in a timely manner in order for the pet to be considered protected against the virus. Pet owners should bring proof of their pet's last rabies vaccination. This helps the vet determine

whether the pet will receive a one- or three-year vaccination; without it your pet will receive a one-year vaccination only.

The vaccine is available free-of-charge to Montgomery County residents, but donations will be accepted to help defray program costs. Suggested donation is \$10 per rabies vaccine. Other vaccines will be available at additional fees.

To assure the safety of other pets and people, dogs must be leashed: cats and ferrets must be contained in a pet carrier or box when attending the rabies clinic.

For more information about rabies contact Montgomery County Public Health at 518.853.3531.

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

February 15

First Rabies Vaccination Clinic of the year 9 a.m.-11 a.m. at Montgomery County DPW Garage, 6 Park St., Fonda. Suggested donation is \$10 per rabies vaccine. For more information about rabies contact Montgomery County Public Health at 518.853.3531.

Celebrate Susan B. Anthony's 200th Birthday 10 a.m. - 12 p.m. at Berean Bean, 64 Church St., Canajoharie. Fun. Free. Cupcakes.

February 18

The Property of the Nation: Washington's George Tomb. Mount Vernon, and the Memory of the First President with Matthew R. Costello, Acting Director of the David M. Rubenstein National Center for White House History 6:30 p.m. at Fulton-Montgomery Community College's Allen House, 2805 NY-67, Johnstown, NY. Email your name, city and state to brianm248420@hotmail.com and pay \$10 admission charge at the door.

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.

February 19

Local History Round Table 6:30-8:30 p.m. at the Fort Plain Free Library 19 Willett St., Fort Plain. Held the third Wednesday of each month. Contact 518.993.4646.

February 20

Philo Café discussion forum 6:30 - 8:30 p.m. at Fort Plain Free Library, corner of River and Willett streets, Fort Plain. Free. For more Board of Education meeting 7 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 2

Museum Monday Programs at Schoharie Crossing, Fort Hunter. Building opens at 10 a.m. on March 2 and April 6. Themed discussions at 12 p.m. each of those days. March 2 discussion is HAP-PY BIRTHDAY DeWitt! Celebrate the Birthday of DeWitt Clinton, Erie Canal proponent, NYS Governor, and founding son of early America. For information contact 518.829.7516 or SchoharieCrossing@parks.ny.gov.

March 7

Annual Antique Show at Arkell Museum.10-4 p.m. Benefit for 1747 Nellis Tavern at Arkell Museum, 2 Erie Blvd., Canajoharie. 25 dealers. Admission \$5. Appraisal booth: 1 item \$5. Refreshments available: soup, sandwiches, desserts. Contact Sandy Nellis Lane, 3 Pewter Lane, Johnstown, NY at 518.762.8259.

Solar Energy and the Future of Farming in the Mohawk Valley Regional workshop 8:30 a.m. to 3 p.m. at the Herkimer College Robert McLaughlin College Center Amphitheater (CC 288). To register see http://bit.ly/SolarEnergy-FutureMV or call CCE Herkimer County at 315.866.7920.

March 11

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

March 12

Central Canajoharie School p.m. Business Meeting. Visit www. canajoharieschools.org

March 26

Canajoharie Central School Board of Education meeting 7 p.m. Informational Meeting. Visit www.canajoharieschools.org

March 27

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

March 28

7th Elizabeth Cady Stanton's Women's Consortium presents Empowering Women 8 a.m. -3:30 p.m. at 2755 State Highway 67, Johnstown. Contact Cindy Rivera, ECSWC, PO Box 251, Johnstown, NY 12095.

April 6

Museum Monday Programs at Schoharie Crossing, Fort Hunter. Building opens at 10 a.m. Themed discussions at 12 p.m. each of those days. Theme will be a discussion on how the federal government rejected funding the NYS project to build the Erie Canal. For information contact 518.829.7516 or SchoharieCrossing@parks.ny.gov.

April 7

Canajoharie Central School Board of Education meeting 7 p.m. Business Meeting. Visit www. canajoharieschools.org.

April 23

Canajoharie Central School Board of Education meeting 7 p.m. Informational Meeting. Visit www.canaioharieschools.org

THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sun-School 10am. dav Morning Worship 11am.

Machinery and Outdoor Items Auction Sat April 4th 10:00am Already Consigned is a Pioneer Fore Cart. Sickle Bar Mower, Swisher Pull Behind Lawn Mower, Ariens Riding Lawn Tractor, 10 Lawn Mowers, Weed Eaters, Chainsaws and much more still coming. JR'S Auction 518-993-4668

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BRUTE FORCE FIRE-WOOD Processors & Rentals. Sales Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

ANTIQUE SHOW: Saturday, March 7th, 10-4PM. Arkell Museum, Canajoharie. Benefit Nellis Tavern. Admission \$5. Lunch available. 518-842-6400

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

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We want to hear from you! Send your comments & suggestions to the **Mohawk Valley Country Editor** PO Box 121, Palatine Bridge, NY 13428 OR email jsnyder@leepub.com

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Looking for Industrial **Commerical and Estate** Clean Outs... Call JR'S at 518-993-4668 we also provide Dumpster Service for your COM-PLETE Clean out... 518-993-4668 Quick Turn Around.. 518-993-4668

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

"Property of the Nation" book talk

The Fort Plain Museum welcomes Matthew R. Costello, acting director of the David M.

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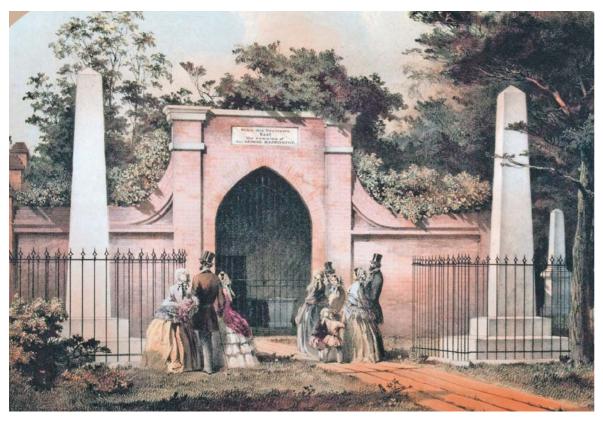
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Rubenstein National Center for White House History and the senior historian of the White

House Historical Association, as he presents his new book, "The Property of the Nation:

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OV



Washington's resting place at his beloved Mount Vernon estate was at times contested.

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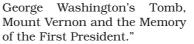
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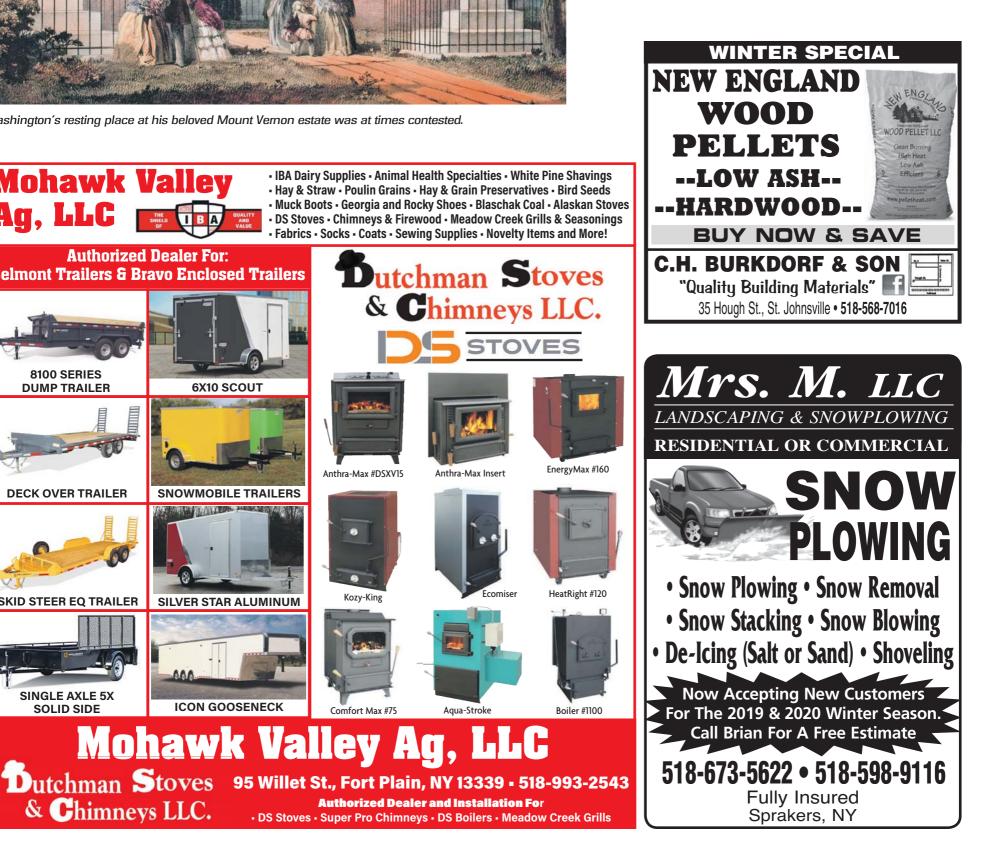
Boiler #1100



This book talk is on Tuesday, Feb. 18 at 6:30 p.m. at the Fulton-Montgomery Community College's Allen House, 2805 NY-67, Johnstown. There is a \$10 admission fee and the speaker's book will be available for sale (\$5 off with paid admission).

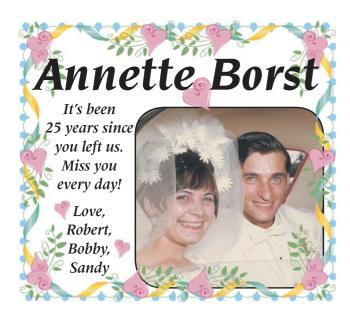
Visit www.fortplainmuseum. com for more information and how to register.

Washington's resting place at his beloved Mount Vernon estate was at times as contested and in Costello's telling, the many attempts to move the first president's bodily remains offer greater insight to the issue of memory and hero worship in early America. While describing the efforts of politicians, business owners, artists and storytellers to define, influence and profit from the memory of Washington at Mount Vernon, this book's main focus is the memory-making process that took place among American citizens. As public access to the tomb increased over time, more and more ordinary Americans were drawn to Mount Vernon, and their participation in this nationalistic ritual helped further democratize Washington in the popular imagination. Shifting our attention from official days of commemoration and publicly orchestrated events to spontaneous visits by citizens, Costello's book clearly demonstrates in compelling detail how the memory of George Washington slowly but surely became "the property of the nation.'



Lee Newspapers excited about taking on Empire Farm Days

As announced in January, Lee Newspapers Inc., publishers of Country Folks, Country Folks Grower and Country Editor, is now responsible for hosting Empire Farm Days (EFD). The show will take place at Rodman Lott & Son Farms in Seneca



Falls, NY, July 29 - 31. "We came into Empire

Farm Days because we reached out to them about helping them sell vendor space and before we knew it. it had become the latest addition to our trade show lineup," explained Bruce Button, general manager and vice president of Lee Newspapers. "It's an exciting and challenging prospect for us because we usually put an entire year of planning into each show, and with EFD we're seven months away. We are bringing together every targeted marketing effort, including all our publications, our social media accounts and our web presence, to make the show an even more dynamic showcase for our

Fire StationWednesday is Trio Pasta Nite
Eick any three pastas for one priceMar & GrifThursday is Shaved Prime Rib Diffuence58-993-4127Friday is Shaved Prime Rib Diffuence
Eick legts, Tellepfa, SelmonSaturday is Tibag is Station (Kibag) is the prime Rib, Delmonfeo, NYZ StelpNew Cocktails infused with CBD
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www.WADASEYE.com

dairy, beef and crop farmers."

Fortunately, Lee Newspapers has a surfeit of experience when it comes to organizing trade shows. The company has been hosting them for more than 30 years, beginning with the Hard Hat Expo, designed for those using construction equipment and services.

"People know our papers, but they don't necessarily know our shows," Button said. "Hosting them seemed to be a natural extension of our trade publications."

In addition to Hard Hat Expo, the Trade Show Division of Lee Newspapers also hosts the Keystone Farm Show, the Virginia Farm Show and manages the Empire State Producers Expo. Now they are leading EFD as well.

"We genuinely believe in the trade show concept. It's cooperative advertising and marketing and it's very interactive," Button stated. "We like hosting trade shows rather than consumer shows because they bring in much more targeted attendees, and those attendees are more likely to make meaningful connections – and sales."

EFD features hundreds of ag exhibitors, live demonstrations and seminars. There is something for all types of farmers, whether they run small or large operations. Button mentioned that Country Folks and Lee Newspapers have been a part of this show for 40 years. He added that EFD is "fun, because with it we can expand our demonstrations, as we have 300 acres to play with."

They're also considering possibly hosting VIP events for select producers. Lee Newspapers is focused on expanding the

exhibitor base as well. Button said they are enthusiastic about this next step.

Founded in 1965, Lee Newspapers publishes targeted trade publications for the agricultural, heavy construction, aggregate, commercial horticulture and solid waste industries. Their ag trade shows have seen steady growth year over year, both in exhibitor numbers and attendance.

"Our most prominent example is the Keystone Farm Show," Button said. "When we started that in 1998, we had 83 exhibitors. In 2019, we hosted over 500."

"We are excited to be involved with leading Empire Farm Days into the future," said Ken Maring, trade show manager for Lee Newspapers.

For more information visit www.LeePub.com or call 800.836.2888.

Solar Energy & the Future of Farming in the Mohawk Valley Regional workshop

A regional workshop on hosting utility and large-scale solar farms for farmers, landowners and municipal officials is scheduled for Saturday, March 7 from 8:30 a.m. - 3 p.m. at the Herkimer College Robert McLaughlin College Center Amphitheater (CC 288). Co-sponsored by Mohawk Valley Economic Development District, Otsego County Conservation Association, Herkimer College and Cornell Cooperative Extension - Herkimer County, the workshop will help farmers, land owners and municipal officials plan for the development of large, utility scale solar installations in the Mohawk Valley. Currently planned solar developments in Herkimer. Montgomerv and Otsego counties are each over 1,000 acres in size and will involve many different property owners and towns prior to completion.

The March 7 "Solar Energy and the Future of Farming in the Mohawk Valley" workshop brings together experienced renewable energy professionals in the fields of energy economics, land use planning, leasing law and dual use agricultural practices to give area residents the tools to make informed choices about solar energy developments in their communities. Attendees will learn about the best practices in working with solar developers, how farmers are creating new opportunities through hosting solar installations on their land. They will also have the opportunity to ask questions about land leasing terms and conditions, alternative solar strategies and municipal impacts.

A complete schedule of the event and speaker bios will be released by the middle of February. The workshop is free and open to the public by prior registration. To register, visit bit.ly/Solar-EnergyFutureMV or call CCE Herkimer County at 315.866.7920.





A TRIBUTE

Saint Johnsville residents received a big shock on Friday, November 29, 2019. Town Board member, Ronald R. Millington, Sr. suddenly passed away, leaving a void that will be hard to fill. He served as a town board member for almost 18 years.

Ron took great pride in Saint Johnsville. Since January 2002 he served carefully, thoughtfully, faithfully, and diligently as a town board member. Since January 2018 he served as Deputy Supervisor.

At the December 2018 meeting, looking at an empty seat at the table, Town Supervisor, Dominick Stagliano said, "After almost 18 years, it's very hard to conduct a Town Pound meeting."

it's very hard to conduct a Town Board meeting and see Ron's empty chair."

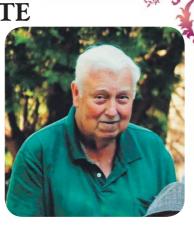
Most days he would have breakfast at The Bakery (now Riverside Diner) on Bridge Street. Most mornings constituents used this time to communicate with Ron about their concerns. He always listened and addressed their needs, if possible.

Ron took special interest in the Saint Johnsville Highway Department. Many times, he could be found at the town barn visiting the highway department employees. He knew that the people wanted their streets and roads to always be maintained; therefore, he wanted to make sure that the highway department's equipment and vehicles had the proper attention. When they would ask for a piece of equipment to be replaced, Ron was their strongest advocate.

In July 2010, Ron answered the call for volunteers to become board members in the West Saint Johnsville Cemetery. He actively served as a dedicated board member and will sorely be missed. "When we had a clean-up activity, Ron and his wife Dawn were always the first ones there to help," said Mrs. Julie Erno, Secretary to the Board. "He was very devoted to the cemetery," she added.

From April 1983 until April 1995, he served on the Village of Saint Johnsville Board as a trustee. He served for 17 years in the Saint Johnsville Fire Department and was placed on their honor roll in 1995.

We, as the Town Board of Saint Johnsville, would like to pay the highest tribute to Ron for his loyal and tireless service he performed for our community. Words can not express our appreciation, but, as Ron used to say, "We must keep on keeping on!"....





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February is Heart Month

Heart disease is America's leading cause of death. Heart disease affects both men and women, but women are more likely to die from a heart attack. Heart disease is the leading cause of death for women in the U.S.

Montgomery County Public Health wants to remind individuals that during Heart Month in February it is important for everyone to think about how you can reduce your risk of death and disability from heart disease. In both men and women, the most common warning sign of a heart attack is discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. Women are more likely to experience some of the other warning signs, particularly shortness of breath, nausea and vomiting, and back or jaw pain. Women often don't recognize these symptoms as a heart attack, and wait too long to seek care. Contact a doctor or call 911 immediately if you experience any of these warning signs. If you are having a heart attack, the faster you can get to the hospital, the less damage will happen to your heart.

The biggest factors that contribute to heart disease are smoking, high blood pressure, high cholesterol, family history and age. Take a moment to look at your lifestyle, family history and your general health. With this information, you and your family doctor can assess your risk and make a plan to avoid potential problems. Although you can't do much about your family history or your age, you can make lifestyle changes to avoid many of the other risk factors.

Montgomery County Public Health recommends the following preventive measures:

• **Don't smoke.** Smoking is a major risk factor for heart disease. If you smoke, call the New York State Smokers' Quit line at 1.866.NY.QUITS (697.8487) or visit www.ny-smokefree.com.

• **Control your blood pressure.** Treating high blood pressure can lower your risk of heart attack and stroke. Losing weight, being physically active and choosing foods low in saturated fat and a low sodium diet help control high blood pressure.

• **Control your cholesterol level.** If you don't know your level, ask your doctor to check it. Diet and physical activity are important in lowering high cholesterol levels. However, some people may need to take medicine in addition to diet and physical activity.

• **Maintain a healthy weight.** Extra weight puts strain on your heart and arteries. Physical activity and eating fewer calories can help you lose weight. Skipping the soda is an easy way to cut calories.

• Be physically active. Remember, your heart is a muscle. It needs regular exercise to stay in shape. Even moderate forms of regular physical activity, such as walking, can reduce your risk of heart disease. Try to accumulate at 150 minutes of moderate activity each week.

• **Take care of diabetes.** If you have diabetes, physical activity, weight control, a high fiber diet and regular doctor visits are important.

• **Know your family history.** Having a father or brother with heart disease before age 55, or a mother or sister with heart disease before age 65, are factors that contribute to heart disease. Inform your doctor about your family history.

Remember to choose foods low in saturated fat and get plenty of rest and exercise. Stay on top of your overall health by getting an annual checkup. For more information about heart disease, visit the New York State Department of Health website at health. ny.gov/diseases/cardiovascular/heart_disease.

Date set for sixth annual Little Falls Cheese Festival

LITTLE FALLS – Mark your calendar! The Little Falls Cheese Festival committee announced that the city's sixth annual Cheese Festival will take place Saturday, July 11. Little Falls will welcome thousands of visitors for food and fun at the event, which will run the length of Main Street from 10 a.m. - 5 p.m.

The festival will feature various New York State farm-produced cheeses, from hard cheeses, goat cheeses, spreadable cheeses, yogurts and cheese curds to ice cream and gelato and more, with numerous New York-based gourmet food and craft beverage vendors to complement the cheeses. Additionally, the festival will again showcase a variety of local entertainment and musical acts all along Main Street.

"We were thrilled with the success of last

year's Cheese Festival," said Teri Chace of the Little Falls Cheese Festival Committee, "and we've been talking about ways to build on that success ever since to make this year's festival even better."

Due to the event's popularity and growing reputation, vendor slots for the Cheese Festival are filling up quickly. If you are interested in participating in this year's Cheese Festival, go to littlefallscheesefestival.com for details.

The Little Falls Cheese Festival is New York State's premier gathering of cheesemakers, with an estimated 6,000 people in attendance last year. Keep up to date with planning and vendor announcements by following the Little Falls Cheese Festival on Facebook, Instagram or visiting littlefallscheesefestival.com.



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MOHAWK VALLEY COUNTRY EDITOR



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MVH welcomes executive-level director of clinical services

Mountain Valley Hospice, based in Gloversville, is proud to announce and welcome Donna Roy-MacDonald, RN, BSN, MBA as the organization's Chief Clinical Officer. Roy-MacDonald has over 15 years of proven, progressive leadership success in a variety of healthcare settings, from large medical centers to specialty outpatient clinics and dental practices. She will be responsible for the coordination of interdisciplinary care planning, as well as leading the Quality Assurance Performance Improvement (QAPI) program.

MVH CEO/President Kara Travis said, "Donna brings the level of professionalism and expertise we held out for, but most importantly she is a genuine, caring leader who approaches her team from a perspective of education and coaching. Donna embodies the MVH values and concepts of Relationship-Based Care and Commitment to My Coworkers."

Roy-MacDonald came from St. Peter's Hospital in Al-

bany, where she led teams in Patient Safety and Quality Improvement efforts since 2016. Her expertise with identifying opportunities for lean system and process changes will be valuable in keeping MVH's benchmark scores in the top percentile for hospice and homecare organizations. Roy-MacDonald brings experiences as a Superuser with transitions to new Electronic Health Record programs from the initial planning stages to coaching and support during roll-out and ongoing training at several organizations, which will be helpful with MVH's goal to fully optimize the Suncoast program.

Roy-MacDonald's impressive nursing career also includes experience with disability services, private practice, Veterans' Affairs, home health education, long-term care, inpatient orthopedics, medical/surgical and intensive care. She was the recipient of the Rhode Island Federal Administrative Employee of the Year by the Federal Executive Council, as well as the Excellence in Nursing Administration Award from the Massachusetts Nurses' Association. Roy-MacDonald earned her MBA from UMass-Boston and her B.S. in nursing from University of Southern Maine.

Roy-MacDonald shared, "Hospice care became near and dear to my heart through a recent experience with my mother. The support and responsiveness of the staff was emotionally fulfilling for my mother and family, as they provided comfort and reassurance that we were doing all we could to make the end-of-life journey as peaceful as possible for my mother. I am grateful for this experience, and I'm excited about being a part of Mountain Valley Hospice's initiatives to bring this potential to others."

Mountain Valley Hospice supports patients and families in Fulton, Montgomery, Saratoga and Hamilton counties. Anyone can make a referral or request a tour of the building. For details, visit myhcares.org.

Fleas are something no pet parent wants to encounter, but they're all too common among companion animals. Unfortunately, once fleas are in the house, they can affect everyone in the household – including people.

The following six signs of flea infestations are not always apparent, especially when they aren't in abundance, but they are something pet owners can watch out for.

1. Scratching, licking and biting: Fleas set up residence in hard-to-reach places, says PetMD. The head, neck and tail of a pet are common areas where flea infestations occur. An animal that is consistently picking at these areas may have fleas.

Six signs your pet has fleas 2. Restlessness: Fleas are uncomfortable and can upset pets. If your dog or cat is acting out of sorts, fleas

could be to blame. 3. The presence of "flea dirt": Black deposits within the fur near the skin are often flea droppings. If you're unsure, drop a little into water and see if they turn it reddish-brown. If so, this is indicative of fleas.

4. Raised bumps or welts: Fleas can irritate the skin, causing raised welts on pets and people. People are often affected near the ankles when fleas jump from the carpet onto human skin.

5. Fur loss: A flea infestation can cause constant

scratching and biting, which may eventually contribute to the loss of fur.

6. Pale gums: Pale gums are a sign of anemia and indicate that a pet has a severe flea infestation. The dog or cat simply cannot reproduce red blood cells as fast as they're drained by voracious fleas.

Sometimes it's possible to see fleas in action, but they tend to jump and scurry so fast that they can be hard to detect. Pet owners who suspect their pets are dealing with flea infestations should consult a vet. They will likely recommend a flea shampoo and preventative treatments to stop future outbreaks.

Food and water safety in the event of a power outage

In rural areas during a power outage you may be forced to gather water for personal use from other sources. Avoid drinking water from a source that may

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have become contaminated, to avoid becoming ill from bacteria or other microorganisms (germs) that may be in the water. You can also become ill from germs on your hands or in contaminated food. Food may become contaminated if not properly stored. Avoid eating food that has become contaminated during a power outage.

Follow these recommendations to make sure your water is safe: • Observe "boil water" and other notices about your water supply.

• Use bottled water that has been purchased from a known source. If bottled water is not available, tap water can be boiled for safety.

• Practice good personal hygiene. Wash your hands carefully with soap and water after using the bathroom and before eating and make sure that your other family members do too. If you do not have clean water, use an antibacterial hand gel.

Follow these recommendations to make sure any food you consume is safe, but "when in doubt, throw it out!"

• Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.

• The refrigerator will keep food safely cold for up to four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) and the door remains closed.

• Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after four hours without power. \bullet Food may be safely refrozen if it still contains ice crystals or is at 40° F or below when checked with a food thermometer.

• Never taste a food to determine its safety!

• Obtain dry or block ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for two days.

• If the power has been out for several days, check the temperature of the freezer with an appliance thermometer. If the appliance thermometer reads 40° F or below, the food is safe to refreeze.

• If a thermometer has not been kept in the freezer, check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.

• In cold weather, animal safe food storage containers may be used outdoors as long as the temperature remains under 40° .

Source: "Keeping Food Safe during an Emergency" at tinyurl.com/jpsacur.



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Greetings Friends of Schoharie Crossing

We are smack dab in the middle of the winter months, which means at Schoharie Crossing we are planning an amazing 2020 Visitor Season. Events and programs are being scheduled, organized and coordinated. New partnerships are being forged and old ones polished. Research into fascinating bits of natural and manmade history is being conducted. We are excited about what the season will hold!

Join us on the first Monday of March and April for #MuseumMondays. March will be a celebration of De-Witt Clinton's birthday. In April we'll take a look at how New York built the Erie Canal without funding from the federal government. The Visitor Center will be open 10 a.m. - 2 p.m. those days, with a presentation at noon.

We'll kick off our 2020 season with a couple of volunteer days: April 18 is Canal Clean Sweep and May 2 is I Love My Park Day. You can register to volunteer for both in March as Parks & Trails New York opens their form at www.ptny.org. We'll meet at Yankee Hill Lock to work along the riverbank and trails for Clean Sweep. Love My Park Day will be around the Visitor Center, the gardens and sprucing up at the boat launch. The Friends have plans to install a Little Free Library that Saturday as well.

There have recently been a few school groups making reservations for field trips and we are working on a plan to provide an added environmentalist program to some of those visits. If you are interested in volunteering for student groups, let us know. Volunteers assist with or facilitate student activities with positivity, passion and enthusiasm. Training is offered and we'd love to add you as a volunteer for our programs.

We have been planning with the Arkell Museum and Down by the River Kayak Rentals to once again bring the "15 Miles on the Erie Canal" paddle series across Montgomery County in 2020. More details will be coming soon, but as of right now, save the dates: July 15, 22 and 29 and Aug. 5 and 12.

National Trails Day (Saturday, June 6) will feature a program by the Erie Canalway National Heritage Corridor. It will launch from our site and make its way through Locks E12 and E11 to Port Jackson, ending with festivities. food and more.

There are some fun articles on the Friends of Schoharie Crossing Blog, and a few more scheduled to post in the coming months. This blog features some repeat articles from the newsletter but there is also original fresh content that is worth checking out. A theme for this winter and spring is "Top 5" lists, such as "5 Easy Reasons to Have a Field Trip to Schoharie Crossing," "5 Ways to Spend Your Time at Schoharie Crossing" and "5 Things You May Not Have Known..."



The Winter33 Geocache Challenge kicked off on Feb. at Saratoga Spa State Park. Schoharie Crossing, Schodack Island and Saratoga each have 11 new winter-friendly caches hidden around to encourage folks to get out and explore during the cold months. As you may know, geocaching has been very popular on site and within the Saratoga-Capital Region Parks for the last several years. It is a "high-tech" scavenger hunt game using GPS and is fun for people of all ages.

I was lucky enough to recently present "15 Miles on the Sacandaga Canal" to the Sacandaga Seniors group and the entire fourth grade class of Northville Central School - a great opportunity to share canal history that connects to them locally in the Sacandaga Valley. I'll be presenting "Through the Mire" at the Galway Library on the Feb. 22 at 11 a.m., and several programs in March at such places at the Saratoga Library ("Who Wore It Better" on March 5 at noon), the Fort Hunter Library (March 7 kids' program at 10 a.m.), the Fulton County Museum (Sacandaga Canal on March 21 at 2 p.m.) and for the Broadalbin Kennyetto Historical Society (March 17 at 7 p.m.).

We hope to see you for our events in 2020, and perhaps at one of the many outreach programs. Don't forget you can like and follow Schoharie Crossing on Facebook - keep up to speed on all the canawler news and more. Visit facebook.com/Schoharie-Crossing-State-Historic-Site-176549742399508.

Source: David Brooks, Education Director, Park & **Recreation Worker, NYS Parks, Recreation & Histor**ic Preservation, Schoharie Crossing State Historic Site

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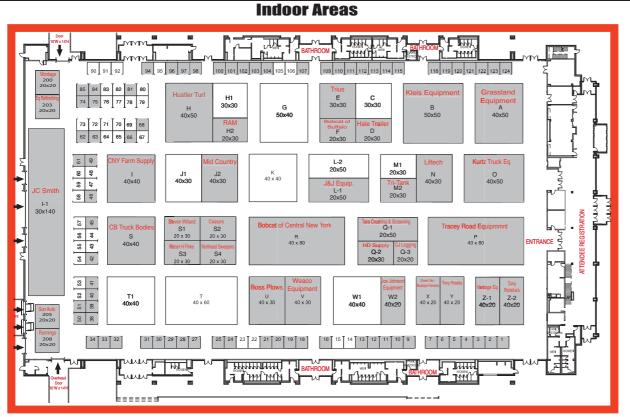
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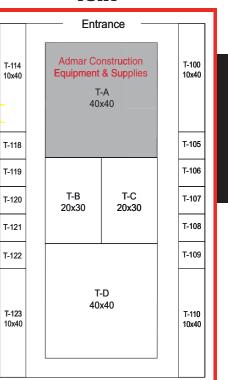
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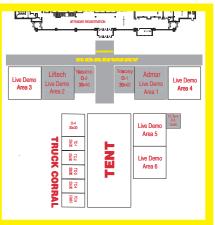
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's Holidays – Susan B. Anthony Day Feb. 16 – Do A Grouch A Favor Day Feb. 17 – Random Acts of Kindness Day Feb. 18 - National Drink Wine Day Feb. 19 - National Chocolate Mint Day Feb. 20 – Love Your Pet Day Feb. 21 - Card Reading Day

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Fort Plain Library to host Philo Café discussion forum on Feb. 20

Do you find yourself craving some hearty "food for thought"? Whet your appetite at the Fort Plain Free Library on Feb. 20 as the Philo Café serves up a veritable buffet of topics.

Hosted at the library on the first and third Thursdays of each month, the Philo Café is a free and informal discussion forum for people seeking a thoughtful and respectful dialogue about ideas and hot-button topics as determined by the group.

Each casual gathering of the philosophically minded takes place at the library from 6:30 - 8:30 p.m. There is no charge.

For more information, call 518.993.4646. The Fort Plain Free Library is located at the corner of River and Willett streets in Fort Plain. Follow the library on Facebook for updates.

Susan B. Anthony's 200th birthday celebration set for Feb. 15

Come help the Palatine Literary Society celebrate Susan B. Anthony's 200th birthday from 10 a.m. - noon on Feb. 15 at the Berean Bean, 64 Church St., Canajoharie. It will be a fun and free event.

Susan B. Anthony lived in Palatine Bridge and walked across the bridge through downtown Canajoharie to teach at Canajoharie Academy, which was on the location of today's West Hill. She broke from her black Quaker dress style while in our area, and was a very stylish dresser. Anthony gave her first public speech in Canajoharie. She formed a lot of her ideas while living in our area. She decided not to marry, although she had several proposals. She decided to dedicate her life to social justice causes. She was called "the smartest woman to ever be in Canajoharie" at that time (1846-49). We remember and honor this strong lady who worked so hard for the equality of all.

Berean Bean and Palatine Literary Society are having a birthday party for Susan, who will be 200 years old on Feb. 15. The event will take place from 10 a.m. - noon.

Let's remember this lady who once walked among us. She was a beloved teacher who took her students on field trips to "the boiling pot." Come have a cupcake with us and help us celebrate.

Fort Plain Library to host **Local History Roundtable Feb. 19**

Interested local history lovers are encouraged to share memories, family histories, vintage photo albums, postcards, memorabilia, scrapbooks and more during the next gathering of the Fort Plain Free Library's Local History Roundtable. The free, drop-in discussion group will take place Wednesday, Feb. 19 from 6:30 - 8:30 p.m.

The forum is facilitated by town and village historians. It meets at the 19 Willett St. library on the third Wednesday of each month and is open to the public. Call 518.993.4646 for information.



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To Your Good Health

by Keith Roach, M.D. Sneezing can provoke

this unusual vertigo Dear Dr. Roach: After many years of various treatments, including allergy shots, food studies and an ear tube, I was recently diagnosed with "semicircular canal dehiscence." Can you explain what this is and the treatment (besides surgery) to relieve the symptoms of inner ear pressure, dizziness and pressure and pulsation in the head? Are there any medications? - J.D.W.

Answer: Semicircular canal dehiscence syndrome is an unusual cause of vertigo. Vertigo is sometimes referred to as dizziness, but "dizziness" may refer to both unsteadiness (a feeling that you are going to pass out, which medically is referred to as presyncope) or true vertigo (a sensation of movement when the person is actually still). The vertigo in semicircular canal dehiscence syndrome is different from most other causes of vertigo because it can be provoked by loud noises, coughing or sneezing. It is caused by abnormally thin bone in the semicircular canals, part of the organ of balance in the inner ear. The diagnosis is confirmed by a CT scan of the temporal bone.

The only treatment I have read that consistently is effective is surgery. An ear tube is sometimes tried in people who have symptoms with pressure changes. Medications used in some cases of vertigo, such as meclizine (Antivert), usually will make SCDS symptoms worse in the long term. Anti-nausea medications like ondansetron (Zofran) may help if nausea is severe, but have their own side effects. Vestibular rehabilitation by a specially trained physical or occupational therapist may have some benefit if surgery isn't contemplated.

Dear Dr. Roach: My father is 72 years old. This year he was diagnosed with an enlarged prostate. For now, the doctor has inserted a catheter. My question is: What process or what treatment is best at his age? We are in the Philippines. - M.M.C.

Answer: Enlargement of the prostate gland is a common problem for men in their 70s and older. Sometimes it gets so bad that a

man cannot urinate at all or the pressure in the bladder is at risk of damaging the kidney. In those cases, a catheter often is used as a temporizing measure. Unfortunately, a catheter causes inflammation, so it may actually worsen the prostate problem temporarily while still protecting the kidneys. Because of this, the catheter usually needs to be kept in only for about one to two weeks.

During this time, medication usually is started to try to reduce prostate size. For most men, a benign (not cancerous) enlarged prostate can be treated with medication - an alpha blocker, like tamsulosin, sometimes with a second medicine, like finasteride. If that doesn't work, there are several surgical options.

His doctor needs to be sure that the enlarged

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prostate isn't cancer. A physical exam and blood tests may answer that question; other times, a biopsy is needed.

There is no best treatment for everyone. It depends on how large his prostate is, any other medical problems he may have and the expertise of the doctor treating him.

In the U.S., the options include a traditional surgery, called a transurethral resection of the prostate (TURP); laser-based treatments; other heat-based treatments (microwave, water vapor ablation and radiowave); and even more newer treatments that are less well-studied. In general, medical therapy is worth a try for most men before considering surgery.

9. Vietnam

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10. Italy

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On Saturday, Jan. 18, the Canajoharie community remembered Willis (Skip) Barshied, Jr. fondly and well at a memorial service for him at the Lenz and Betz Funeral Home. Skip's family members are especially grateful to all of his friends and neighbors who joined them there and who brought food to serve for lunch afterwards at the Salem United Methodist Church. We really appreciated your kindness and enjoyed hearing

so many memorable "Skip" stories. Gala

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Tues Night Feb 18th, 5:00pm



Grandview Baptist Church 15 Washington Avenue Fort Plain, NY 518-993-9929



Sunday School 10AM

Morning Service 11AM

Prayer & Bible Study Wed. 6:30PM

February 15, 2020 • 23

Tips for waterproofing a basement or crawl space

Water can be a homeowner's worst nightmare. Few things have the potential to damage a home as much as water. From leaks to flooding to moisture problems like mold, water can wreak havoc on a home.

Basements or crawl spaces are areas of a home where water can do the most damage. Basements and crawl spaces tend to be the lowest-lying spots in a home, and therefore prime spots for water to enter. Water problems in these areas can contribute to the demise of the structural integrity of the foundation. According to Olshan,

a foundation solutions company, water can enter homes in numerous ways. Many building materials, including concrete, that

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seem solid at first glance actually are quite porous. As ground water collects around these materials, the weight of the accumulated water. called hydrostatic pressure, can weaken the materials, causing cracks where water can seep through. Water also can enter subterranean spaces through basement windows and gaps between footings and concrete slabs, or push up through foundation floors when homes are in areas with high water tables.

Remedying water issues in a home generally breaks down into two methodologies: exterior waterproofing and interior waterproofing. Depending on the cause and severity of the water issue, one or the other, or even both. may be recommended.

Exterior waterproofing Exterior waterproofing

aims to keep water away from and out of the home. The home improvement information resource Do-ItYourself.com says that exterior waterproofing generally includes the application of a waterproofing agent to the concrete foundation. In addition, exterior waterproofing also could include excavation so a drainage system can be installed include special paints or products applied to the foundation walls and floor, also can help keep water from entering the space.

Moisture solutions

Keeping water out is only one part of the equation. Homeowners also need to manage moisture, like excessive humidity. A marriage of HVAC and waterproofing techniques may be necessary to improve air flow and remove



medying water issues in a home generally breaks wn into two methodologies: exterior waterproofing and terior waterproofing.

ound the entire footing the home. Regrading property and properrelocating gutters and wnspouts can help with anv water issues.

nterior waterproofing When water in a baseent or crawl space needs be remediated indoors, system to collect, drain id remove water may necessary. This can clude sump pumps, ains, gravity discharge stems, and more. Moisre barriers, which can humidity in the air. While many homeown-

ers have attempted to address water issues on their own, many times it is a job best left to the professionals. Because water penetration can have multifaceted causes, a professional can best assess the situation and create solutions that fit with homeowners' budgets and needs. The review and advice site Angie's List suggests finding at least three waterproofing companies that offer both interior and exterior waterproofing services that can provide the best ideas for fixing the issue.

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How credit scores can affect your finances for years to come

Monthly budgets help people make the most of their money. While a person's income will affect how much they can spend on housing, food and clothing each month, another, more abstract factor can have a big impact on monthly budgets as well.

Nearly every adult has a credit score, which can fluctuate daily. Various factors, including a person's age and track record in regard to paying bills, combine to produce a credit score. According to the credit reporting agency Experian[™], credit scores range from 300 to 850, though most consumers' scores fall somewhere between 600 and 750. The Fair Isaac Corporation create what's known as a FICO® Score. which is used by many lenders to determine prospective borrowers' credit worthiness. FICO® scores are often characterized using five terms:

• Very poor: Scores between 300 and 579

• Fair: Scores between 580 and 669

• Good: Scores between 670 and 739

Very good: Scores between 740 and 799
Exceptional: Score be-

tween 800 and 850 Some consumers may feel that these are just numbers on a page. But in certain instances, such as when consumers attempt to buy a home, a credit score can have a dramatic effect on a person's monthly budget. When borrowing to buy a home, borrowers with desirable credit scores may be eligible for considerably lower interest rates than borrowers whose scores fall into the "Very poor" or "Fair" range. Over the length of a standard, 30-year, fixed-rate mortgage, a low interest rate can save borrowers tens of thousands of dollars in interest fees.

In addition to paying more in interest fees, Experian notes that borrowers with subpar credit scores may have to do even more to earn the trust of lenders. Borrowers whose scores fall into the "Very poor" range may



be required to pay a fee or make a deposit when opening a new credit account, and some might not be approved for credit at all. Borrowers whose scores fall into the "Fair" may be classified by lenders as subprime borrowers, making it hard for them to open new credit accounts or secure loans without a cosigner.

Consumers can benefit from knowing their credit scores and how to improve them. Taking measures to improve low or subpar credit scores can put more money in consumers' pockets, both in the immediate and distant future.





Exterior renovations that can improve home value

Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted "wow" factor.

Landscaping

Abundant and wellplanned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71 percent of prospective homebuyers say a home's curb appeal is an important factor in their buying decisions. As buyers use the internet to look for their dream homes, there's no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs

Improving home value may come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This way it is discovered before homebuyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

Improve the entryway

The front door is the focal point of a home's exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling magazine's "Cost vs. Value Report 2019" indicates changing an entry door to a steel replacement can offer 74.9 percent ROI. Such a door provides visual appeal and added security — things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

Outdoor lighting

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a lightlined path to the door to improve visibility, and motion-detection lights to improve the security of the property.

Repaint (or reside) the exterior

A fresh coat of paint or new (or cleaned) siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9 percent ROI, says Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of all exterior projects listed on the "Cost vs. Value Report 2019." This improvement returns 97.5 percent when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to those that are most financially beneficial.



• The Emperor Charlemagne, who conquered much of Western and Central Europe during the first century, had an unusual relationship with his daughters. He refused to allow them to get married, but he evidently had no objections to their forming, shall we say, less formal relationships. He doted on his illegitimate grandchildren and even gave money and gifts to their fathers

• If you look at a list of the names of the 50 states, you'll find every letter of the alphabet except Q.

• For reasons unknown, a law in New Jersey forbids the sale of cabbage on Sunday.

• You won't be surprised to learn that the most dangerous device that is common in the modern world is the automobile. You might be surprised to learn, though, that the second most dangerous is the stair step.

 You've probably never heard of Countess Rosa Branicka, but she accomplished an amazing feat. In the mid-19th century, at the age of 63, the wealthy Polish noblewoman became ill. The diagnosis given by experts

in Germany was breast cancer, and immediate surgery was recommended. For reasons unknown, the countess declined the treatment, then set about purchasing her own surgical instruments. Once all the tools were assembled, Branicka checked into a hotel in Paris and removed the tumor herself. Reports indicate that she healed well and quickly, and lived to the ripe old age of 82.

• The only chemical element that is not a solid at a temperature of absolute zero is helium; it remains a liquid

Thought for the Day: "One glance at a book and you hear the voice of another person, perhaps someone dead for 1,000 years. To read is to voyage through time." – Carl Sagan

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by Samantha Weaver

• It was American humorist Evan Esar who came up the following definition: "Statistics: The only science that enables different experts using the same figures to draw different conclusions.'



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February 15, 2020 • 27

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