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JUNE 2020 VOLUME: 36 ISSUE: 7

Top 10 Name Influencers:

The top academic students of the Class of 2020 can be seen in a special tribute video, featured on the district website www.fortplain. In the video, the students org named their most influential educator during their years at Fort Plain:

Brady Fureno Willow MaGinnis Taylor Gifford Nathaniel Beam Jasmine Livingston Lauren Weinberger Jenna Reese **Crystal Smith** Joshua Nellis

Michaela Stockwell Patti Jarabek Margaret DiBiase Mary McCall John Fureno **Brad Niles** Lance Elliott Lisa Trembley Jav Jarabek Will Ryan

Cory Cooley

Budget Vote Passes:

Residents approved a \$21,375,000 budget for the 2020-2021 school year. The vote was conducted by absentee ballot only, because of the COVID-19 public health crisis. Votes were tallied via livestream on July 16th. "We appreciate the support from our community to achieve a successful budget," Superintendent John Bishop said. "Our students will benefit from this budget that preserves existing programs and student supports, and is aligned to our district goal of preparing students for success beyond graduation." Voters also re-elected three incumbent board candidates and approved a bus proposition. Jeffrey Jones received 260 votes. David Przestrzelski received 253 votes. Todd McFee received 250 votes. Their three-year terms will begin on July 1, 2020.

Les Miserables Coming: The Fort Plain-Canajoharie Drama Club will present the postponed spring musical "Les Miserables" on Saturday, September 26th at 7:00 p.m. and Sunday, September 27th at 2:00 p.m. Both performances will be held at the Canajoharie High School. Admission \$8 adults and \$5 students/seniors.

Upcoming Events:

July 1	Summer Meals Begin	
June 4	Independence Day	
Sept 3	Superintendent's Day	
Sept 7	Labor Day	
Sept 8	First Day of School	



SUMMER MEALS BEGIN JULY 1st: Children may pick up a bag containing both breakfast and lunch, every weekday from July 1 - August 14, between 10:00 -11:00 a.m. Meals may be picked up from the school bus located in the parking lot of the Reformed Church on 165 Canal Street. The Summer Meal Program is FREE to all kids ages 18 and under.

Class of 2020 Honored in Various Ways:

Although there was no traditional ceremony, the graduating seniors of the Class of 2020 have been honored throughout the month of June. Celebrations began with a community Graduation Parade, which was held on June 12th. Students and their families decorated their cars and traveled throughout the vilage, to be honored by the many teachers, friends and neighbors who lined the parade route with cheers and signs of goodwill. Allow the way, a lawn sign for each graduating student was displayed. Following the parade, the seniors were able to take their sign home for display on their own front lawn.

Next, a personal graduation ceremony was held for each student on Saturday, June 20th at the Jr/ Sr High School. Seniors wore their cap and gown and, joined by their family, were able to come to school to be presented with their awards, yearbook and diploma. There was an opportunity to take photos of the special event, including the district's official diploma-receiving photo. To culminate the graduation plans, the students were joined by families, friends and staff for a special tribute at the El Rancho Drive-in. Everyone remained in their cars and watched special video presentations on the screen. Those included remarks and speeches by Superintendent Bishop and Principal Larrabee, and class advisors Linda Cole and Will Ryan. Also seen were the Valedictorian address by Michaela Stockwell and the Salutatorian address by Brady Fureno. Attendees saw the montage of the personal graduation photos from the day before, with the audience having a chance to honk and cheer when their graduate appeared on screen. Finally, the annual senior slide show was featured, including photos from the Class of 2020's high school career, and a segment for each student showing their post-graduation plans. Congratulations to all of the members of the Class of 2020! This is a year that truly will not be forgotten!



REMINDER: If you have a student eligible to attend Kindergarten this fall, and have not yet contacted the school district, please call the elementary office for information about the registration process.



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ENTRAL SCHOOL DISTRIC

6th Graders Move Up to Junior High: Harry Hoag Elementary students were recently honored for achieving the milestone of graduating from sixth grade and moving up to junior high school. The students can be seen in a tribute video on the district website at www. fortplain.org The video features Principal Crisman greeting the students, followed by remarks from 6th grade teachers Mrs. Bartholomew, Mr. McDuffee, Mrs. Souza and Mrs. Toomey. Each of the students is featured, sharing at least one fond memory of their time in elementary school, along with something that they have learned throughout their time at the Harry Hoag. The tribute also includes a slideshow of some of their favorite 6th grade moments, including: Kane Mtn. hike, field days, special classroom projects and experiments. The top academic students were honored:

•			
Josephia Carcasole	96.44 average		
McKenna Karker	96.44 average		
Dylan Keane	95.94 average		
of the students in the class were visited at h			

Each of the students in the class were visited at home by a teacher or administrator, who delivered congratulations from the team along with a "graduation party in a bag." Principal Lauren Crisman recently remarked about this special group of kids, saying "We wish all of the sixth graders continued happiness and success in their Jr/Sr High School experience. The Harry Hoag team will miss their smiles and wit! Congratulations to all!"



BUILDING PROJECT UPDATE:

The Capital Project is well underway. The project management firm, LeChase, has been excellent to work with and provides daily updates of the project's progress. Some recent highlights of the work include refinishing of the floors at the high school and the site work at the track. In the coming weeks the Jr/Sr High School will have a lot of roofing work and site work on the lower driveway beginning to ramp up. At Harry Hoag they will begin site work to repair and replace the water & sewer lines.

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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 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. day Morning Worship 11am.

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The Sacandaga Series planned for July 8 and 15

The Schoharie Crossing State Historic Site in Fort Hunter and the Fulton County Historical Society are teaming up to present a virtual two-program series. On July 8 at 6:30 p.m., Schoharie Crossing Education Director David Brooks will present "15 Miles on the Sacandaga Canal? The Canal Craze," discussing the construction and success of the Erie Canal and the subsequent "canal craze" that sparked the idea of a Great Sacandaga Canal.

On July 15 at 6:30 p.m., Fulton County Historical Society Executive Director Samantha Hall-Saladino will present "Sacandaga Soiree: Tides and Tourism," exploring the tourism boom on the Great Sacandaga Lake from the 1940s to the present.

These programs will be presented virtually via Webex. The links to join the presentations can be found online at fultoncountyhistoricalsociety.org and on the Schoharie Crossing and FCHS Facebook pages. Greetings, friends and supporters of Schoharie Crossing

We have some exciting things to mention so let's get started!

Brick-a-Boat: David at the site has partnered with the Erie Canal Museum for their Brick-a-Boat project. He will act as one of the judges for this online contest that asks people from all over to create canal boats from toy blocks and other objects. An online gallery will be opened showcasing the winners and exhibiting submissions. More information can be found at eriecanalmuseum.org/brick-a-boat.

Online programs: The site has been offering online programs using Webex and Facebook Live. We hope to increase and refine the ways we present content. Check us out on Facebook or send an email to Schoharie-Crossing@parks.ny.gov.

The Eagle Trail: Progress continues on the trail that runs parallel to the Mohawk River and Empire State Trail (Canalway Bike Trail). The east end connection to the bike path will be finalized shortly and the Friends have picnic tables that will be installed on each end. Due to some COVID-19-related setbacks, any work toward completion on projects is very much welcomed. **Little Free Library:** The Friends of Schoharie Crossing have made steps to installing a Little Free Library at the site. The library has been built and is awaiting paint before it can be installed. The site has partnered with the Fort Hunter Library as well so that people will know of the LFL and we can ensure it is stocked with wonderful materials for all ages.

Upcoming: There are some programs and projects in the planning stages. Here are some things to keep an eye out for:

• A collaborative presentation exchange with the Fulton County Museum

• An online program for the John B. Jervis Library in Rome (celebrating 125 years)

• Digital "escape rooms"

• More Facebook Live and online presentations

Schoharie Crossing strives to provide engaging programs and a wide range of historical interpretation as well as recreational and environmental opportunities. As always, we greatly appreciate your continued support.

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 CONCERNS ABOUT THE CORONA-VIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.

July 4

Strawberry Fest at Fort Klock. 12-4 p.m. Come enjoy some strawberry shortcake while listening to the reading of the Declaration of Independence. Free parking Free admission. Tours and refreshments available for a nominal fee. Visit us at www.facebook. com/fortklockhistoricrestoration or www.fortklockrestoration.org call 518-568-7779 or email fortklock@gmail. com for more information.

July 8 and 15

The Sacandaga Series with Schoharie Crossing State Historic Site and the Fulton County Historical Society will be presented in July. On July 8 at 6:30 p.m., Schoharie Crossing Education Director David Brooks will present "15 Miles on the Sacandaga Canal? On July 15 at 6:30 p.m., Fulton County Historical Society Executive Director Samantha Hall-Saladino will present "Sacandaga Soiree: Tides and Tourism," exploring the tourism boom on the Great Sacandaga Lake from the 1940s to the present. These programs will be presented virtually via Webex. The links to join the presentations can be found online at fultoncountyhistoricalsociety.org and on the Schoharie Crossing and FCHS Facebook pages.

July 11

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

Schoharie Crossing Discovery Day at Schoharie Crossing State Historic Site. Visit nysparks. com or call Schoharie Crossing at 518.829.7516, or email Schoharie-Crossing@parks.ny.gov.

July 19

Sundae Run & Ice Cream Social Cancelled. Due to current health concerns for the safety of participants and the community at large gatherings, the Millers Mills Grange has decided to cancel its annual Sundae Run and Ice Cream Social. The group is looking forward to returning in July 2021.

July 31

Music Social — **Box On Polka Band** 7-10 p.m. band (doors open 5:30 p.m.) at Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. For more information, call Michelle Egelston at 518.339.2260 or the Amsterdam Elks Lodge at 518.842.6363 or check their Facebook page. Polka Night. Polish Food. \$10.

August 7

Music Social — **Georgie Wonders Band** 7-10 p.m. band (doors open 5:30 p.m.) at Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. For more information, call Michelle Egelston at 518.339.2260 or the Amsterdam Elks Lodge at 518.842.6363 or check their Facebook page. Big Band. \$10.

August 15

Village of Ames Museum is Open to Visitors. Book Sale. 9 a.m. - 3 p.m. Contact 518.673.5820 or f@ amesmuseum or www.amesmuseum.weebly.com Village of Ames Museum Summers End Festival. 5K run/walk begins at 9 a.m. The festival is 9 a.m. to 3 p.m. Come browse through the vendor spaces and tour the museum. Contact 518.673.5820 or f@amesmuseum or www.amesmuseum.weebly.com

September 19

September 25

Music Social — Grand Central Station 7-10 p.m. band (doors open 5:30 p.m.) at Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. For more info, call Michelle Egelston at 518.339.2260 or Amsterdam Elks Lodge at 518.842.6363 or check their Facebook page. \$10.

October 3

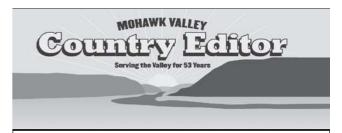
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November 7

Village of Ames Museum Open to Visitors. 9 a.m. - noon. Museum closes for the season at the end of the day. Contact 518.673.5820 or f@amesmuseum or www.amesmuseum.weebly.com

December 2

Christmas Tree Lighting. Village of Ames tree lighting at 6 p.m. in front of the Village of Ames Museum. Refreshments to follow at the fire station.



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<u>6 • June 27, 2020</u>







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RIP Beloved Uncle, Richard Mallgras. June 16 2020. John and Phyllie





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Montgomery County Public Health wants to remind everyone that people and unvaccinated animals can get rabies from the bite or scratch of an infected animal or from infected animal saliva entering a person's eyes, nose, mouth or any break in the skin. Rabies is nearly always fatal if treatment is not received soon after exposure. With warmer weather, pets, people and wildlife will be outdoors more often and the potential for interaction will be increasing. Keep the following points in mind:

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated.

The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions, spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

The law requires that your pets be vaccinated. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

In the event of a bite, scratch or potential exposure to rabies, the following steps should be taken immediately:

• **Wash** the area of contact thoroughly with soap and water

• Seek medical attention

• **Call** your local health department to evaluate your risk for rabies, including whether rabies post-exposure treatment is recommended

Try to capture the animal without damaging its head or risking further

exposure. Contact your local health department to have the animal either observed or submitted for testing.

If someone has been exposed to a suspected rabid animal and the animal cannot be observed or tested, or it tests positive for rabies, treatment should begin immediately. Human treatment consists of a dose of rabies immune globulin administered as soon as possible after exposure. The first of four doses of rabies vaccine are given at the same time, with the remaining injections given one each on days 3, 7 and 14 following the initial injection. An additional dose may be given on day 28 if the person is immunocompromised.

To protect your family and your pets from rabies:

• Don't feed, touch or adopt wild animals, stray dogs or cats

• Be sure your pets are up-to-date on their rabies vaccinations

• Keep family pets indoors at night

• Don't attract wild animals to your home or yard. Keep garbage cans tightly covered and avoid storing any food outside. If a wild animal is on your property, let it wander away. Bring children and pets indoors and alert neighbors who are outside.

• Prevent bats, raccoons and other wild animals from entering homes by sealing small openings, and keeping unscreened doors and windows closed.

• A majority of rabies post-exposure prophylactic vaccines are given for exposure to bats that were not captured for rabies testing. Most of these untested bats are not rabid, therefore many of the post-exposure incidents could be avoided completely if the bat were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at nyhealth.gov/diseases/communicable/zoonoses/rabies.

For more information contact Montgomery County Public Health (Monday - Friday) from 8:30 a.m. - 4 p.m. at 518.853.3531 or visit co.montgomery.ny.us/publichealth.







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MOHAWK VALLEY COUNTRY EDITOR

New online bookstore

The Fort Plain Museum is proud to announce the launch of its new online bookstore. Included are books on the Mohawk Valley featuring the newly released book by Museum Board of Trustees member Wayne Lenig called "Fort Plain, Fork Plank, Fort Rensselaer: The Revolutionary War Forts of Canajohary," books on the American Revolutionary War including "Coming Soon," "New Arrivals" and much more. They also have several discounted books for sale. Visit the Fort Plain Museum Online Bookstore at https://tinyurl.com/yber-85he.

If you don't see a book you're interesting in or a book is out of stock, reach out to the Fort Plain Museum, 389 Canal St., P.O. Box 324, Fort Plain, NY 13339, and they will do their best to complete your order.

All proceeds from book sales go to exhibits and educational programs at the museum.

Heat and health

Warm weather beckons people outdoors to enjoy days at the beach, bike rides in the park or hours in the pool. However, when the weather gets too hot, prolonged time outdoors can adversely affect overall health. Heat exhaustion and heat stroke pose significant threats to anyone who spends ample time outdoors in hot weather. The Mayo Clinic says symptoms of heat

exhaustion include heavy sweating, rapid pulse, dizziness, fatigue, moist skin with goose bumps, muscle cramps, nausea, and headache. When someone suffering any of these symptoms does not immediately move into a cool location, they may develop heatstroke. Heatstroke arises when one's body temperature climbs to 104 degrees, according to Penn Medicine. A body

at this temperature may experience damage to the muscles, heart, kidneys, and brain. Flushed skin, altered mental state and rapid breathing may occur when suffering from heatstroke. A notable symptom of heatstroke is that perspiration stops completely. Rehydration, cooling the body and loosening tight clothes can help prevent serious consequences.

How to be safe in the sun

A relaxing day outdoors soaking up some of the sun's rays is how many people prefer to spend their free time when the weather allows. While the very vision of a warm summer afternoon spent outdoors can invoke positive feelings, it's important that people take protective measures before going outside and continue to do so while they're out there.

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight. UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin. Overexposure to these rays can lead to skin cancer.

Protection from UV rays

The ACS notes that there are no safe UV rays, so it's imperative that people take UV protection seriously. The following are some of the many ways to protect yourself while still enjoying sunny days outdoors.

• Go out at the right times of day. UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and 4 p.m., so staying inside during these hours can protect your skin. This is especially important in the spring and summer, as the ACS says UV rays are stronger during these seasons than other times of year.

• Employ the shadow test when going outside. It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment. According to the ACS, if your shadow is shorter than you, that means the sun's rays are at their strongest. This simple test can help people immediately determine how strong the sun's rays are, compelling them to be extra cautious if necessary.

• Apply sunscreen early and reapply often. The ACS recommends using sunscreens with broad spectrum protection that protect the skin from both UVA and UVB rays, and applying them before leaving the house and reapplying often while outdoors. When choosing a sunscreen, choose one with a minimum sun protection factor (SPF) of 30. Understanding SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB ray exposure for each 30 minutes they spend in the sun. So one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

• Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears and scalp. Choose a hat with a dark, non-reflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.

Sun protection is important yearround, and especially so during spring and summer.



Enhance staycations with themed fun days

Staycations are an option for budget-conscious vacationers or people who simply do not want to travel too far from home due to mobility issues or other restrictions.

Enhancing staycations with entertaining themes can improve the fun factor. While any themed day can be inspired by an active imagination, these ideas can get the creativity flowing.

• Superhero day: Embrace your favorite superhero by dressing up in his or her colors, donning a superhero T-shirt or watching an action-packed superhero movie

• Pajama day: This is a fun theme for rainy days when Mother Nature keeps you indoors. Stay in your pajamas all day and enjoy a cozy, lazy day.

• Alma mater day: Parents and children can pull out their trusted college T-shirts, sweatshirts or other school attire. Bake up some tasty treats in school colors and then find some old photos or

look for highlights of your alma mater's sports teams online.

• Throwback day: Take a step back in time by playing games or engaging in activities from your youth. Teach youngsters about the toys you enjoyed or watch movies from the era in which you grew up.

• Crazy hair day: Embrace bed head, plug in the curling iron, double down on hair gel or pomade, or put those wacky coiffures into full effect.

• Cultural day: Tap into your personal heritage by researching your family tree and then preparing a meal that coordinates with your heritage.

• Arts and crafts day: Get crafty by tackling a creative project that the family will enjoy. Or engage in individual projects before comparing the final results collectively.

Push staycations to the next level with entertaining days based on certain themes.



Fort Plain LORNE ROPANE AND ALL YOUR GARDENING REEPS 15 Herkimer St., Fort Plain, NY 13339 518-993-4121

A lesson in building a backyard retaining wall

Flat. even landscapes are often coveted in backyards. However, flat backyards are not always so easy to find. Fortunately, varied terrain does not mean that certain landscaping plans are entirely off limits, especially for homeowners willing to build retaining walls.

Retaining walls help turn steep slopes in a yard into terraced focal points. They also can reduce soil erosion in hilly areas and can be used for aesthetic purposes, like raised planters, or to create more usable space within the yard. When an inground pool or pond is cut into a backyard hill, a retaining wall helps keep the remaining portion of that hill from collapsing into the cut-away area.

When contemplating retaining wall projects, a lesson in physics and engineering may be needed. A sturdy and long-lasting retaining wall needs to be built in a way that will take into consideration the force of the soil and the point at which the soil will begin to slide away, advises the experts at The Family Handyman. If these calculations seem beyond the scope of your ability, installation of a retaining wall is a job best left to a professional. If you are ready to forge ahead, these tips can get you started. However, it's important to note the potential benefits of working with others who have already built a retaining wall.

• Safety first: Call to have underground utilities plotted and marked before beginning any excavation.

• Map out your trench and begin to dig. The trench should have a level, compacted base as it will be the foundation for which the retaining wall materials, be they blocks, bricks or wood, sit in. A crushed stone base will help anchor the courses and serve to promote drainage. The Family Handyman says to bury the first course of the retaining wall one-tenth the height of the wall to prevent soil behind it from pushing the bottom out.

• Check for level. When placing blocks or timbers, make sure they are even with the first and periodically check for level as you go, advises the home improvement retailer

Lowes®

• Stagger and set back. The next row of blocks or material should be positioned so that the joints are staggered for blocks, bricks or wood. A masonry blade will be needed to cut the harder materials; a circular saw will cut timber. Also, work against gravity by setting the second course slightly back from the first to help push back against the soil that is trying so hard to push forward. Repeat the process as each level is placed. Many retaining wall products are made with a lip to create this set back.

• Go with the grade. For especially steep slopes, a gradual step-up design may be more secure and more appealing than a very tall retaining wall. Each level of a stepped design should be done like the first.

• Backfill with stone for drainage. Using a layer of stone behind the retaining wall can help successfully direct water away so it will not increase the weight of the soil behind the wall and push against the retaining wall, advises The Home Depot.



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Kovels: Antiques and Collecting

by Terry and Kim Kovel Folk Art

Folk art, by definition, is a homemade or handmade piece by an untrained artist. It can be as large as a huge sculpture of found pieces of metal or as small as a peach pit carved and made into a pendant. A realistic duck decoy, a quilt with original designs or a carved wooden bust of a president can also be folk art.

Women often made needlework pieces to use that are collected today as vintage folk art. A 33-by-55-inch crocheted flag was sold at a Garth's auction in Ohio recently. It was made of crepe paper and signed by Meta Schmitt of Omaha about 1936. The 48-star flag was probably made to display at a patriotic gathering, like a Fourth of July or a "Welcome Home Soldier" party. After the event, she must have carefully stored it in a dry, dark place away from newspaper ink or loose colored crepe paper that might bleed. With the flag was a 90-inch-long pole painted silver to look like a metal pole. It must have been stored with the flag.

Collectors learn the hard way that parts of a set or a combination of parts often get misplaced when moved around in storage areas. Boxes or wrapping must be marked or labeled on the outside. If there is a special history or story, such as who made it and when it was used, write it down and put it in the box or tape it to the wrapping. Family photos of the party with the flag also will add to a selling price. Meta's paper flag sold for \$344. She probably would have been pleasantly surprised.

g: My felt Batman pennant is marked "National Periodical Publications Inc." from 1966. It pictures Batman and Robin swinging into action and is in good condition. I'm wondering how much it is worth.

A: Batman and Robin are characters created by Bob Kane. Batman first appeared as "Bat-Man" in a 1939 issue of "Detective Comics." The first Batman comic book was published in 1940. National Periodical Publications published several "Batman" comic books beginning in 1966, and the characters also became part of a television series that year. The pennants sell for about \$50 if in excellent condition.

Current prices

• Buffalo Pottery Chamberstick, white flowers, green leaves, turquoise band, Emerald Deldare, 6³/₄ in., \$625.

 \bullet Cigar store figure, holding cigars, headdress, green tunic, yellow leggings, 23 x 5% in., \$1,320.

• Console table, Dunbar, midcentury modern, 3 file drawers, 2 doors, shelves, $29 \ge 136\frac{1}{2}$ in., \$1,970.

• Steamer trunk, monogram canvas, leather & wood bound, fitted interior, four compartments, lock, Louis Vuitton, $22 \times 43\frac{1}{2}$ inches, \$7,380.

Tip: Display groups of at least three of your collectibles to get decorating impact.

For more collecting news, tips and resources, visit www.Kovels.com.

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Would you have kept a crocheted crepe paper flag for more than 80 years? An Oklahoma woman, probably a collector, made the flag, and her family saved it until last year when they realized it might be valuable. They sold it at auction for \$344. Unique vintage pieces are often of interest and will sell for a good price.

"I did then what I knew how to do. Now that I know better, I do better." - Maya Angelou

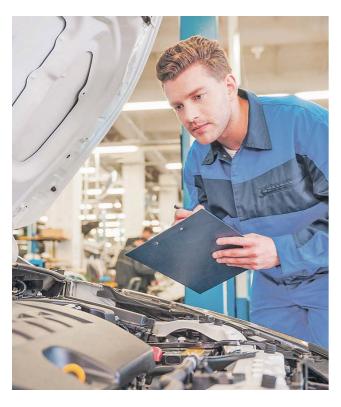
How to inspect and maintain vehicle belts

Responsible vehicle ownership involves taking inventory of the automobile and ensuring it is working at peak capacity. Hundreds of parts work together to keep vehicles on the road, but quite often drivers do not look under the hood until something is amiss.

Routine maintenance is widely acknowledged as a critical component of responsible vehicle ownership, but many motorists may not know how to care for their cars. Belts are one example of components that are integral to efficient, well-running vehicles. The automotive iDriveSafelv. resource com indicates that belts are some of the most crucial moving parts in the

er vehicles. Unlike serpentine belts, which run through various parts, V-belts run through one or two accessories. Older cars with many bells and whistles will have multiple V-belts, and should one break, it may not cause as much of an issue as if a serpentine belt were to falter.

• Timing belt: Advance Auto Parts says that most cars have interference engines in which the clearance between moving parts is so small that they can end up bumping into each other if they're not running on the same timing as one another. That is where the timing belt comes into play. It connects the crankshaft to the camshaft, helping



engine. Belts transmit power between shafts, and all belts, from serpentine belts to V-belts to timing belts, all serve important functions.

• Serpentine belt: Firestone® Complete Auto Care says a serpentine belt is a long, snaking, winding belt that keeps parts such as the water pump, alternator, power steering pump, and air conditioning running smoothly. Serpentine belts transport power to automotive accessories. A failing serpentine belt can cause enormous and expensive headaches, including overheating and loss of steering power.

• V-belts: Also known as drive belts, these are usually found in oldthem stay in sync. Failing to pay attention to a timing belt can result in an expensive engine repair.

Belts have finite service lives, and heat and wear and tear are usually their nemeses. It is important to look for fraying or cracking of belts. Even belts that look new may have worn out grooves that lose their grips on matching pulley grooves. Mechanics often use special gauges to check belts.

Belts also may need to be replaced due to oil or grease contamination that can damage the rubber or synthetic rubber. It is important to check the owner's manual and seek advice from a qualified mechanic about when belts should be serviced.



Prayer & Bible Study

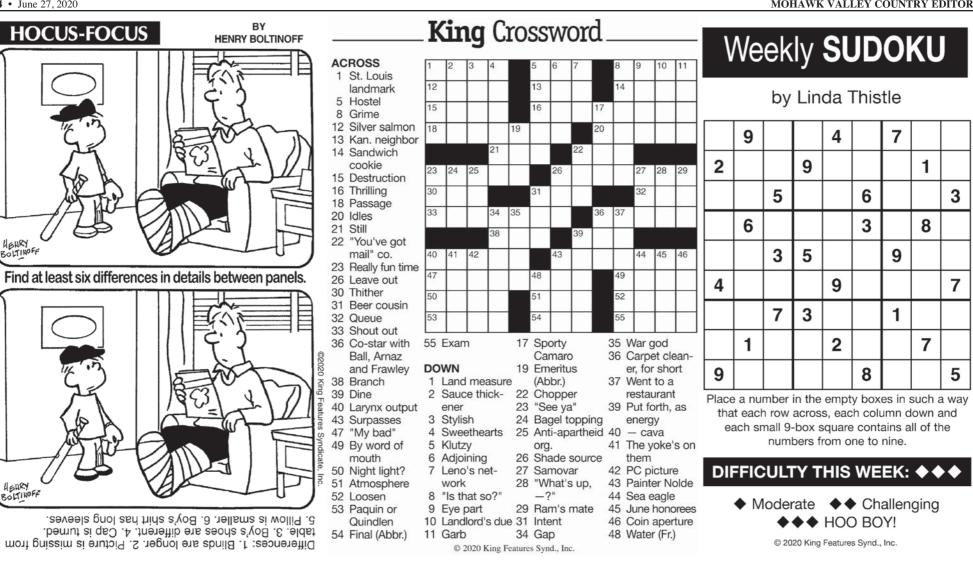
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HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around clockwise. The trick is finding the right first let-

never bites. Answer: Starting with the "A" in the bottom rail: "A barking dog

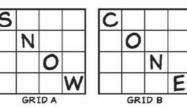
ONE WORD!

"One word in our JUNIOR WHIRL feature has been deliberately mispelled. You have one minute to find it."

Answer: The word "mispelled" is misspelled. I hope that you didn't find any others.

SNOW CONE SEASON IS HERE AGAIN! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- 1. Type of barge.
- 2. Single units.
- 3. Illuminating gas.
- 4. Start again.



1. Biggest are whales

- Opposite of yeas.
- 3. Not any.
- 4. To grow smaller.



Illustrated by David Coulson

TOMORROW'S FLAG DAY!

Hidden in the diagram above are 18 words or names associated with our flag. They can be read up or down, forward or backward, or even diagonally. The items to look for are:

AMERICAN	OLD GLORY
BANDS	PARADE
BETSY ROSS	RED
BLUE	SALUTE
EAGLE	(FRANCIS) SCOTT KEY
FLAG DAY	(JOHN PHILIP) SOUSA
FLAG POLE	STARS
FREEDOM	STRIPES
MARCHERS	WHITE

MOHAWK VALLEY COUNTRY EDITOR



Good Housekeeping: Creamy cucumber-dill salad

8 large (about 5 lbs.) cucumbers

1 tsp salt

6 large radishes

1 container (8 oz.) plain low-fat yogurt

1/2 cup reduced-fat sour cream1/2 cup fresh dill, loosely packed,

chopped

2 tbsp fresh lime juice

1/4 tsp ground black pepper

1 small garlic clove, crushed with press

1. With vegetable peeler, remove several strips of peel from each cucumber. Cut each cucumber lengthwise in half; with teaspoon, scoop out seeds. With knife or in food processor fitted with slicing blade, thinly slice cucumber halves crosswise. In large bowl, toss cucumbers with salt; let stand 30 minutes.

2. Meanwhile, thinly slice radishes; transfer to serving bowl. Add yogurt,

sour cream, dill, lime juice, pepper and garlic. Stir until well-combined.

3. With hand, press sliced cucumbers over sink to remove as much liquid as possible. Pat cucumbers dry with paper towels.

4. Add cucumbers to bowl with yogurt mixture. Toss until evenly coated. Cover and refrigerate at least 1 hour or overnight to blend flavors. Yields 10 (1/2 cup) servings.

• Each serving: About 60 calories, 2g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 9g total carbohydrate, 2g dietary fiber, 3g protein.

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

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Safety tips for handling farm fresh eggs

Demand for eggs from local sources is increasing. More individuals are raising chickens for their eggs. Menus in restaurants may feature dishes made with fresh locally raised eggs.

Are there food safety concerns with 'farm' or 'yard' fresh chicken eggs? Whether you raise, sell, give away or purchase farm fresh shell eggs, you can enjoy safe fresh local eggs when they are properly cleaned, candled, graded, sized, packed and stored.

Egg storage

• Refrigerate eggs at 45 degrees or less.

• Keep eggs in the carton. Store in the coldest part of your refrigerator away from fresh fruits and vegetables.

Preparation

• Inspect eggs. Do not use if shell is cracked.

• Check carton's pack date. Eggs have a shelf life of four to five weeks from pack date.

• Crack eggs into bowl before using. Throw away if you see any defects. According to the American Egg Board, a blood spot found on an egg yolk is most often a ruptured blood vessel which happens during the yolk formation. Eggs with blood spots are safe to eat. You can remove the spot with a

spoon or knife.

• Wash hands, utensils and equipment with hot, soapy water after contact with eggs.

• Never eat raw eggs. Outbreaks for Salmonella illnesses have been associated with undercooked egg whites and yolks.

• To avoid illness, cook eggs until yolks are firm. Cook foods containing eggs to 160 degrees F as measured by a food thermometer.

• Throw away raw or cooked eggs left at room temperature for more than two hours.

Source: University of Minnesota Extension

Turn your new house into a home

Historically low mortgage interest rates are helping to drive a new wave of home sales. Data from the U.S. Census Bureau indicates roughly 14 percent of the population, or around 40 million people, move every year for various reasons.

While people may be inclined to move far from their current residences, the moving resource Move.org notes that some U.S. states are seeing an influx in people leaving while others are absorbing new residents.

People relocate for various reasons. After moving into a new house, it can take some effort to turn that house into a true home and feel comfortable in your new environs. These steps can help that process along.

• Create at least one complete and serene space. Focus on setting up the bedroom so you can retreat at the end of the day. Invest in new furniture or get new bedding to give the room this comforting feeling.

• Create an organizational plan. It can be tempting to want to throw everything

in closets and unpack quickly, but give yourself time to fully analyze where you want to store items, where you may need to paint or reconfigure spaces, as well as any home improvements you want to make before taking out all of your stuff. When you fully unpack, you can immediately enjoy your hard work.

• Hang artwork. Hang a few select pieces of artwork or family photos shortly after moving in. Surround yourself with things that make you feel good.

• Bring mementos. Your first home may bring about warm feelings. While you can't recreate it entirely, you can use a piece of furniture or a few family heir-looms to make your new space feel homey.

• Rely on familiar scents. Break in the new space with familiar aromas, whether it's preferential air fresheners, scented candles or baking your favorite chocolate chip cookie recipe.

Moving into a new home can be exciting. Certain touches can help make the new space feel more like home.



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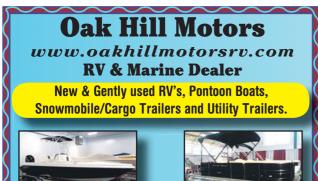
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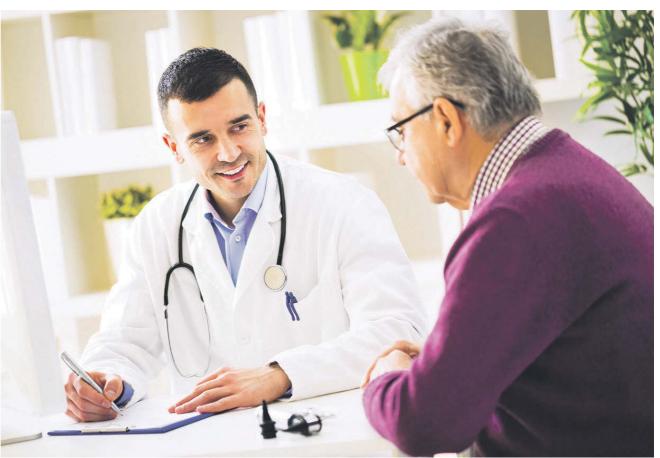
The basic differences between the three main types of diabetes

Hundreds of millions of people across the globe are living with diabetes. According to the International Diabetes Foundation, approximately 463 million people between the ages of 20 and 79 had diabetes in 2019,



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ADIRONDACK TRUCK & TRAILER 3554 HWY 30, Gloversville, New York 12078 518-883-5748 and the group expects that number to increase by almost 300 million over the next quarter century.

Diabetes is a complex disease characterized by the inability of the pancreas to make insulin or by the body's inability to make good use of the insulin it can produce. People diagnosed with diabetes will likely be told if they have one of the three main types of the disease. Understanding each type can help patients recognize what's going on with their bodies and what they need to do to overcome their disease.

Type 1 diabetes

The IDF notes that type diabetes occurs most frequently in children and adolescents, even though it can develop at any age. The body of a person with type 1 diabetes produces no insulin or very little insulin due to an autoimmune reaction in which the body's defense system attacks the cells that produce insulin. As a result, type 1 diabetes patients must receive daily insulin injections to maintain their blood glucose levels. The risk factors for type 1 diabetes are still being studied, but the IDF notes that family history, environmental factors and some viral infections have been linked to an elevated risk for the disease.

Type 2 diabetes

Type 2 diabetes is the most common form of the disease, accounting for roughly 90 percent of all cases across the globe. When a person has type 2 diabetes, his or her body does not make good use of the insulin it produces. An unhealthy diet and sedentary lifestyle can increase a person's risk of developing type 2 diabetes, and oftentimes type 2 diabetes treatment plans include adopting a healthy diet and exercising more frequently. However, the IDF notes that many type 2 diabetes patients will ultimately need to take oral drugs and/or insulin to keep their blood glucose levels under control.

Gestational diabetes

Gestational diabetes, or GDM, affects pregnant women and is characterized by high blood glucose levels during pregnancy. While GDM typically disappears after women give birth, mothers who experienced GDM and their children are at increased risk of developing type 2 diabetes later in life.

Diabetes affects hundreds of millions of people across the globe. But many of those people can lower their risk for diabetes with a few simple strategies. More information about diabetes is available at www. idf.org.

Don't be shocked! Separate lightning facts from fiction

Lightning is an awe-inspiring display of nature. Captivating, careening streaks of light brighten the sky and are often accompanied by Earth-shaking booms of thunder.

Is it any wonder that people are equal parts fascinated and terrified of lightning? That's likely due to the immense power contained in lightning storms. Every bolt of lightning delivers up to one billion volts of electricity, states National Geographic.

As afternoon summer storms return, it can help to dispel some of the myths about the energy and science behind lightning storms.

Myth: Lightning doesn't strike the same place twice.

Fact: Contrary to what the familiar expression may indicate, lightning can and frequently will strike the same place twice, offers Britannica. It may occur during the same storm or years or centuries later. There's no guarantee that a spot already hit by lightning is now immune.

Myth: Crouch down to avoid a lightning strike outside.

Fact: The National Weather Service says that crouching closer to the ground will not make a person any safer outdoors. Moving indoors to a substantial building or a hard-topped vehicle is better.

Myth: Rubber tires insulate a car

from lightning strikes.

Truth: It's actually the metal roof and metal sides of the vehicle that channel the lightning down to the ground, helping to safeguard people inside the vehicle. Remember, convertibles, fiberglass RVs and motorcycles are on rubber tires and offer no protection against lightning.

Myth: Being under a tree is better than no shelter at all.

Fact: The Insurance Information Institute advises against sheltering under a tree. If lightning hits that tree, there's a chance that a "ground charge" will spread out from the tree in all directions. In fact, being under the tree is the second-leading cause of lightning-related casualties.

Myth: If there are no clouds or rain, you are safe.

Truth: Lightning can strike more than three miles from the thunderstorm itself, which is far outside the rain or thunderstorm cloud. Even infrequent lighting strikes have occurred as far as 10 miles from the thunderstorm origin.

Myth: Cloud-to-ground lightning bolts are rare.

Truth: These types of bolts are quite common, with roughly 100 striking the Earth's surface every second.

Lightning can be beautiful but it also can be dangerous. Getting the facts about lightning can help keep people out of danger.





3 9 8 2 4

Too much sleep can be harmful

Lack of sufficient sleep is a problem for millions of people across the globe. But what about too much sleep? Though busy men and women might think it's impossible to get too much sleep, excessive sleep is nothing to joke about.

According to the National Sleep Foundation, most adults need between seven and nine hours of sleep per night (the NSF notes that a small percentage of people may need 10 hours of sleep per night). People who routinely sleep more than seven to nine hours may have an underlying health concern. For example, the NSF notes that a recent study found that routinely sleeping more than 10 hours per night can be linked to metabolic syndrome. The Mayo Clinic says metabolic syndrome refers to a cluster of conditions that occur together and increase a person's risk for serious health issues, including heart disease, stroke and type 2 diabetes.

Obesity, headache and back pain are some additional potential side effects of excessive sleep.

The Division of Sleep Medicine at Harvard Medical School notes that genetics and age are significant factors in determining the amount of sleep healthy individuals need. However, young adults should resist the notion that they need less than seven hours of sleep per night because they're young, while older adults should similarly avoid thinking that they need more sleep simply because they're aging. As the NSF guidelines suggest, the sweet spot for healthy adults is typically between seven and nine hours of sleep per night.

A good night's rest is an essential component of a healthy lifestyle. But adults must recognize that excessive amounts of sleep can be just as detrimental as inadequate sleep. Individuals can speak with their physicians to determine their specific sleep needs.

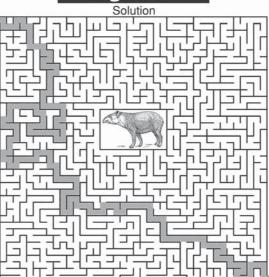




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Mega Maze



7 5 6

1



Stickelers Answer The answer is 5. $\frac{105 \text{ Leeps in a Zank}}{21 \text{ Grats in a Zank}} = 5.$



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Maximize time spent in the pool

One of the advantages of having a pool right in the backyard is the convenience of being able to take a dip anytime you so desire. Spending time in the pool is a great way to kick off summer vacations — especially if that vacation is a staycation. The pool also is a fun gathering place for casual barbecues or hangouts with friends.

The Association of Pool & Spa Professionals says there are 10.4 million residential swimming pools in the United States. The Pool & Spa Marketing group has found that the number of pool permits issued in 2018 in Canada (the most recent year for data) was the third highest in the last 14 years,

indicating a booming pool market that continues to show promise, especially considering that the data does not reflect many of the rural areas that do not require building permits for pool construction.

With hazy summer days on the horizon, it's time to dive into ways to maximize pooltime fun.

• Carefully consider pool location. Those who are installing a new pool should spend time in their yards looking at the landscape, how the sun travels overhead and any obstructions that can get in the way of the pool. Then the pool can be properly located for ideal results.

> upgrades. Select

Certain upgrades can be added when pools are being built; otherwise, aftermarket additions can enhance the pool experience. Zero entry effects can reduce the number of steps or ladders needed. while a water shelf, also known as a Baja bench, enables swimmers to play or cool off without being completely immersed in water. Diving boards or water slides can complete the package and provide some extra thrills.

• Stock up on toys. Anything from aqua volleyball nets to climbing walls to floating golf games and even inflatable hamster balls that float on water can amp up the fun factor.

• Lather up the SPF.



"Reading furnishes the mind only with materials of knowledge; it is thinking that makes what we read ours." - John Locke

Pool time can be cut short if people are not diligent when applying sunscreen. Follow package directions regarding application, being sure to reapply regularly. Even waterproof products will need to be reapplied frequently.

• Offer a shady escape. Like a sunburn, heat exhaustion can compromise a fun day in the pool. Provide a shady respite, particularly one stocked with refreshing drinks like wa-

ter or lemonade. Time spent in the pool can be enhanced with



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various additions and

smart safety guidelines.

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Did you know?

When planning spring landscapes, homeowners should always group plants with similar water needs together. According to the U.S. Department of Energy, grouping plants with similar water needs together helps to conserve water, which can be an especially useful strategy if or when drought restrictions go into effect in summer. Homeowners also can embrace additional strategies to landscape with water conservation in mind.

For example, aerating soil helps to improve water flow to plants' roots and reduces water runoff, helping to ensure that plants get all of the water they need while reducing the likelihood that homeowners will have to use excessive amounts of water to keep plants healthy. In addition, using low-water-using types of grass can help homeowners who live in areas prone to drought conserve water while still maintaining lush, green lawns.



20 • June 27, 2020

MOHAWK VALLEY COUNTRY EDITOR



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