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**Country Editor**

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**JULY 18, 2020**

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**GARAGE SALE:** Friday July 17th and Saturday, July 18th, 8am to 4pm 209 Groff Road, Palatine Bridge. Men's, Women's, Boys & Girl Clothes, toys, household items, Christmas decorations, etc. There is something for everyone.

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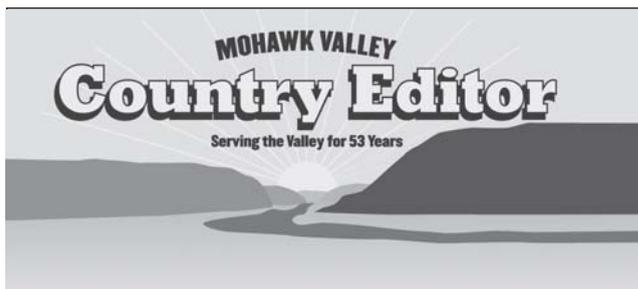
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**John Snyder, Sales Manager**  
518-673-0129, jsnyder@leepub.com

**Kari Montes, Sales Associate**  
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**Tom Shaver, Sales Associate**  
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Send all correspondence to:  
PO Box 121, Palatine Bridge, NY 13428  
Advertising email: jsnyder@leepub.com  
Editorial email: jkarkwren@leepub.com  
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# There's "gnome" place like home Fort Plain Free Library and the Mohawk Valley Library System conjure up free online reading and fun this summer

COVID-19 may have prompted the cancellation of fairs, festivals and other recreational activities, but the Fort Plain Free Library and the Mohawk Valley Library System have conjured up LOTS of summer reading and virtual family fun — and you don't need a library card to take part.

What are some of the activities on tap? Solve mysteries. Puzzle over virtual Escape Rooms. Play games. Dress up like your favorite fairy and folktale characters and have a virtual fashion show. Watch story-time videos. Build fairy and gnome homes. Participate in the 518 Fairy Home challenge.

Sign-up now for the library's online summer reading program, "Imagine Your Story," which started Monday, July 6, and runs through Friday, July 31.

Participants of all ages — from infants to adults — are encouraged to immerse themselves in the program. It will be coordinated through the online portal at [READSQUARED](https://www.readsquared.com/), [fortplainfreelibraryny12.readsquared.com/](https://www.readsquared.com/), where all activities (i.e., "missions"), reading logs, virtual rewards, online games, stories and more, will be managed. The application can be accessed via computer or through a free app from Google Play or Apple stores.

To view a Google Slideshow about the library's program that contains audio and video links as well as a tutorial demonstrating the use of READSQUARED, please go to [tinyurl.com/yevpyg92](https://tinyurl.com/yevpyg92)

Each child registering for the library's summer reading program will receive a trove of materials such as paint, brushes, and more. These little "treasure chests" — made possible by a grant from the Yerdon Foun-

— will be theirs to keep after the summer reading program's end. Individual fairy and gnome journals have been provided by the Mohawk Valley Library System.

Additionally, the Mohawk Valley Library System is encouraging creativity and outdoor summer fun through their "Fairies and Gnomes: Imagine Their Homes" experience. A special website, located online at <https://www.518fairyhomes.com/>, has been designed with tips for building fairy and gnome homes out of natural materials, "recipes" for making fairy and gnome foods, scavenger hunts, oodles of fun coloring pages, book lists, a map identifying libraries, parks and other public spaces where you can see other people's fairy and gnome homes, and much more.

As part of the MVLS component, there will also be special virtual programs by guests such as educator and naturalist George Steele. He will introduce viewers to the micro-world of nature — a veritable "nature trail for fairies" — and all the tiny parts (such as mosses, snails, and ladybugs) that are usually overlooked. Another virtual program in the works is "Things with Wings." Additionally, Alyson Montione from Schoharie is planning to provide prerecorded programs about flower doll making and the "dark side" of fairies.

For help signing up or for more information, contact the Fort Plain Free Library by calling 518.993.4646 or by emailing [fortplainfreelibrary@gmail.com](mailto:fortplainfreelibrary@gmail.com). Please follow the library on Facebook for information about events, updates on reopening and more.



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## Hyde Hall welcomes visitors back

Hyde Hall in Cooperstown began welcoming guests back on July 1 to explore history in the most English country house in the United States. Over the past few months, Hyde Hall has strengthened its health and safety plans according to guidelines from the Center for Disease Control and Prevention, New York State's regional phased reopening plan, and New York State Office of Parks, Recreation and Historic Preservation.

"Hyde Hall has more to offer than ever before," says Jonathan Maney, executive director. "Explore history with us and see fascinating things that you cannot find anywhere else. We are excited to share this beautiful New York treasure!"

Hyde Hall will offer guided tours of the historic man-

sion with enhanced measures that increase physical distancing, ensure safety and protection, and reduce contact and exposure.

### Tours and safety

Tours are available by reservation only, and with a strict limit of six guests per tour. Tours will run daily — on the hour — between 10 a.m. and 3 p.m. To reserve tours, guests must call 607. 547.5098 X 7 between 10 a.m. and 3 p.m. Hyde Hall team members are prepared to assist guests in selecting the best time to schedule their visit. Hyde Hall asks that guests arrive 15 minutes before their scheduled visit.

In combination with reservation-based tours, strict guest-number limits, and enhanced safety proce-

dures, tour routes have been modified to allow for additional physical distancing — certain areas and tight spaces are temporarily closed. To meet New York State Guidelines, the wearing of face masks is mandatory for guests and staff at all times. For additional protection and to limit exposure between guests and staff, the visitor center has a clear plexiglass barrier installed for contactless admission at check-in. The site has implemented increased disinfection in public and office areas.

### While Hyde Hall was closed

Guests will be delighted with the changes that occurred while they were away. The Maple Stair Hall in the West Wing has returned to its original 1831 appearance, the third floor Billiards Room had its plaster rehabilitated, historic wood panels are repaired in several places, two original high back sofas have returned with new slipcovers and the original, early water closet is being restored. Hyde Hall has never looked better. The site proudly continues working toward its goal of making Hyde Hall a better place. With every improvement, the mansion tells another story from the past. For visitors who are unable to visit this season, a virtual tour is in development and will be available soon.

As situations develop, Hyde Hall wants to ensure that guests hear directly about any changes. By visiting Hyde Hall's homepage (at the bottom), guests can elect to receive additional updates and alerts with Hyde Hall's E-newsletter.

Hyde Hall looks forward to seeing everyone soon. Learn more at [hydehall.org](http://hydehall.org).

## 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](mailto:cfeditor@leepub.com) CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### Continues through July 19

**Cycle the Erie Canal — 2020 Virtual Tour.** Sadly, Cycle the Erie Canal was canceled this year due to COVID concerns. Parks & Trails New York couldn't let the tour pass unnoted and uncelebrated. Support Cycle the Erie Canal. Donations may be made at <https://tinyurl.com/y86xgacc>

### 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 this event.

### July 23

**Fort Plain Concert Series** 6:30 p.m. Soul Injection, Haslett Park. Any questions, contact 518.993.4271.

### July 25

**Free Clothing Give-Away** at Valley Alliance Church, State Highway 5, one mile east of the Nelliston traffic light. 9-11 a.m. Doors open at 8:45 a.m.

### July 30

**Fort Plain Concert Series** 6:30 p.m. The Electric City Horns, Haslett Park. Any questions, contact 518.993.4271.

**Our Lady of Hope Church Ice Cream Social** 6:30 - 8:30 p.m. in Haslett Park, Fort Plain. Held in conjunction with the Fort Plain Summer Concert series. Music by "Electric City of Horns" band. Proceeds support OLH Holiday Bazaar in November.

### 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 1

**Village of Ames Museum is Open to Visitors.** Book Sale. 9 a.m. - 3 p.m. Contact 518.673.5820 or [f@amesmuseum.com](mailto:f@amesmuseum.com) or [www.amesmuseum.com](http://www.amesmuseum.com)

**Heaven's Ditch topic for virtual book club at Schoharie Crossing.** Schoharie Crossing State Historic Site will be offering a virtual book club during the month of August that features Heaven's Ditch: God, Gold, and Murder on the Erie Canal by author Jack Kelly. The first virtual meeting will be on Saturday, Aug. 1 at 10 a.m. to launch the month long program. Each week there will be "check-ins" to discuss the book with commentary provided by the author. For information about these programs, find Schoharie Crossing on Facebook or you can call or email the Visitor Center at 518.829.7516, [SchoharieCrossing@parks.ny.gov](mailto:SchoharieCrossing@parks.ny.gov).

### August 6

**Fort Plain Concert Series** 6:30 p.m. The Electric City Horns. Any questions, contact 518.993.4271.

### 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 13

**Fort Plain Concert Series** 6:30 p.m. The Spike Brown Band, Haslett Park. Any questions, contact 518.993.4271. August 13 Fort Plain Concert Series 6:30 p.m. The Spike Brown Band, Haslett Park. Any questions, contact 518.993.4271.

### September 19

**Village of Ames Museum Summers End Festival.** CANCELED. Museum will be open with no event. Contact 518.673.5820 or [f@amesmuseum.com](mailto:f@amesmuseum.com) or [www.amesmuseum.com](http://www.amesmuseum.com)

### 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

**Village of Ames Museum Open to Visitors.** Book sale. 9 a.m. - 3 p.m. Contact 518.673.5820 or [f@amesmuseum.com](mailto:f@amesmuseum.com) or [www.amesmuseum.com](http://www.amesmuseum.com)

### 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.com](mailto:f@amesmuseum.com) or [www.amesmuseum.com](http://www.amesmuseum.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.

## Smullen highlights the USMCA Agreement

Assemblyman Robert Smullen (R, C, Ref-Meco) recently announced that the United States-Mexico-Canada Agreement (USMCA) will enter into force. This trade agreement, signed by President Trump in 2018, is a renegotiation of the North American Free Trade Agreement (NAFTA).

The USMCA contains modernized approaches to freer and fairer trade between the U.S., Canada and Mexico, including improvements to digital trade and rules of origin. As is the goal with most trade agreements, the USMCA seeks to create jobs as well as help American workers, manufacturers and farmers. Once fully implemented, the USMCA is expected to lift U.S. gross domestic product by as many as 1.2 percentage points and create up to 589,000 jobs, according to the International Trade Commission.

"The United States-Mexico-Canada Agreement received broad bipartisan support, and it should produce real benefits across broad swaths of the economy, including agriculture, technology,

manufacturing and other sectors," said Smullen. "The aim of renegotiating NAFTA was to promote more predictable trade relations that will, in turn, spur investment. It is a high priority of mine to draw constituents' attention to the USMCA's entry into force because of the current uncertainty of underlying financial and job markets."

"As a proponent of agribusiness, the USMCA will largely benefit farmers in upstate New York. With Mexico and Canada being two of the country's largest farm-good buyers, the agreement is a win for our agriculture industry. Dairy farmers will no longer be subject to Canadian underselling of U.S. products, and rural Americans will face far fewer challenges to accessing Canada's market. The effects of this agreement will be extremely positive for upstate residents."

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.



# Church Directory

**To Place or Update  
Church Listings  
Call 518-673-0129  
or email  
jsnyder@leepub.com**

**Ames - Sprout Brook UMC**  
613 Latimer Hill Rd.  
Ames, NY 13317  
518-673-3495  
**Pastor Jan Markle**  
Sunday Service 9:00am

**Dolgeville United Methodist Church**  
21 N. Helmer Ave., Dolgeville  
**Rev. Jack Ford**  
315-429-7381  
Worship 11:00am  
Sunday School @ 9:30am beginning September 18th  
Bible Study - Wednesdays @ 12:30pm

**Fultonville Reformed Church**  
Corner of 5S & 30  
**Pastor Jane Hubschmitt**  
Sunday School 10AM  
Family Worship 10:30AM

**New Hope Christian Fellowship**  
32 Spencer St., Dolgeville, NY 13329  
**Pastor Pat Andreoli**  
315-429-3630  
NewHopeChristianFellowship.net  
Sunday School 9:30AM  
Worship Service 10:30AM

**Saint Cecilia Church**  
26 Broadway, Fonda  
518-853-4195  
Sunday Worship 9:00am

**St. Paul's Universalist Church**  
565 Albany St., Little Falls  
315-823-2284  
Service Sunday 10am  
Coffee hour following service.  
Our Church is a home to inquisitive, spiritual free thinkers with diverse religious beliefs. All are welcome.

**Bethesda Fellowship**  
34 S. Division St.  
St. Johnsville, NY 13452  
518-568-2678  
**Summer Schedule**  
Sunday Worship 10:00am  
Wed. Worship and Prayer 6:00pm

**Emmanuel Episcopal Church**  
588-594 Albany St., Little Falls, NY  
315-823-1323  
Sunday Mass 10am  
Coffee Hour following Sunday Mass  
Sunday School & Youth Group  
Tuesday 10am Mass & Bible Study  
Friday 10am-2pm Thrift Shop

**Glen Reformed Church**  
State Hwy 161 in the Hamlet of Glen  
4 miles South of Fultonville  
[glenreformed@nycap.rr.com](http://glenreformed@nycap.rr.com)  
Sunday Worship at 9. Sunday School immediately following Children's Message

**Oppenheim United Methodist Church**  
Route 29  
**Rev. Jack Ford**  
315-429-7381  
Worship 9:30 Sundays,  
Totally Awesome God-TAG time 6:30pm  
Wednesdays beginning in Oct., Sunday School 9:00am beginning September 18th

**Salisbury Center United Methodist Church**  
2545 St Rt 29, PO Box 104  
Salisbury Center, NY 13454  
315-429-9085  
**Rev. Lynn R. Lockwood**

**St. Thomas the Apostle Catholic Community**  
1 Church St., Cherry Valley  
607-264-3779  
Masses Saturday 4:30pm  
Sunday 11am

**Cherry Valley Assembly of God**  
37 Alden St., Cherry Valley,  
607-264-3306  
**Pastor David Carpenter, Jr.**  
Sundays 9:30am

**Ephratah Reformed Church**  
140 Co. Hwy. 140, Ephratah, NY  
To live and share Jesus Christ both locally and globally. Everyday Everywhere Everyone.  
**Pastor Jeff Hindliter**  
Sunday School for all ages 10am September-June  
Sunday Morning Worship 11am  
Prayer & Praise Thursdays 7pm

**Grace Christian Church**  
20 Center St.,  
St. Johnsville, NY 13452  
**Pastor Martin Glynn**  
518-568-2122  
Sunday School 9:30am  
Worship 11:00am

**Our Lady of Hope R.C. Church**  
115 Reid St., Fort Plain, NY 13339  
Parish Office 518-993-3822  
[ourladyofhope@frontier.com](mailto:ourladyofhope@frontier.com)  
Mass Schedule: Saturday, 4pm;  
Sunday, 8:30am & 11am;  
Confessions: Sat. 3 & by appointment  
**Please call parish office for Holy Day schedule**

**Seeker's Fellowship**  
14 Park Place  
St. Johnsville, NY 13452  
518-568-7700  
**Pastor Mike Yezierski**  
Sunday Worship 6pm, Tues. Prayer 7pm,  
Bible Study 7pm (Wed., Thurs. & Fri.)  
We teach the fullness of God's Word,  
a life of holiness for the believer,  
and salvation for all who trust  
in Christ's sacrifice.

**Stratford United Methodist Church**  
Route 29A  
315-429-9085  
**Rev. Lynn R. Lockwood**  
Worship 9am

**Christian Church of Charleston Four Corners**  
1380 E. Lykers Rd., Sprakers  
518-922-9088  
**Pastor Brett Popp**  
Sunday School (adult & children) 10am,  
Worship 11am,  
Sunday Eve. Prayer 6:30pm,  
Thurs. Eve. of Encouragement 6:30pm  
[www.christianchurchcharlestonfourcorners.org](http://www.christianchurchcharlestonfourcorners.org)

**Episcopal Church of the Good Shepherd**  
26 Moyer St., Canajoharie  
518-673-3440  
Holy Communion Sundays at 9:30am  
Fellowship Time to Follow  
Call for Holy Day services  
**The Rev. Virginia L. Ogen, Rector**  
[churchgood@frontier.com](mailto:churchgood@frontier.com)

**Grace Episcopal Church**  
24 Montgomery St., Cherry Valley  
315-585-4016  
**Fr. Kyle Grennen, Rector**  
Sunday School 11:00am  
Holy Communion/sermon 11:00am  
Active Youth Group - call for detail

**Paines Hollow United Methodist Church**  
Intersection of 167 & 168, Paines Hollow  
**Pastor Peg Donaghy**  
518-568-7604  
Sunday Worship 9:30AM  
Fellowship Hour to Follow

**St. John's Lutheran Church**  
774 St. Hwy. 163, Fort Plain, NY  
518-705-7552  
**Rev. David A. Johnson, Ph.D.**  
Sunday Worship 9:00am, Sunday School 10:00am,  
Ladies Aid W.E.L.C.A. Handicapped Accessible

**The Christian Church of Rural Grove**  
170 Rural Grove Rd., Sprakers, NY 12166  
518-922-7831  
**Pastor Joshua Fetterhoff**  
[pastorjosh@ruralgrovechurch.org](mailto:pastorjosh@ruralgrovechurch.org)  
Sunday School (all ages) 9:45am,  
Morning Service 11am, Eve. Service 6pm,  
Wed.-Family Night 7pm,  
"Where Bible Teaching is Fundamental"

**Church of Christ Uniting**  
PO Box 896  
Richfield Springs, NY 13439  
**Rev. Mark Ioset**  
315-858-1553  
Service: Sunday 9:15am  
Church School: Sunday 10:30am

**Everlasting Joy Believers Fellowship**  
14 Park Place  
(in with Seekers Fellowship)  
St. Johnsville, NY 13452  
315-858-2112  
**Pastor Carolee Coye**  
Sunday Service 10am

**Grandview Baptist Church**  
15 Washington St., Fort Plain  
518-993-9929  
**Pastor Dan West**  
Sunday School 10am  
Morning Service 11am  
Bible Study & Prayer Meeting,  
Wednesday 6:30pm

**Randall Christian Community Church**  
NY Rte. 5S  
Sunday Service 10:30am  
**Worship Leader Darlene Spaulding**

**St. John's Reformed Church**  
68 W. Main St., St. Johnsville  
518-568-7396  
Faithfully Following Jesus Christ  
Sunday Worship 10:30am

**The Holy Spirit Polish National Catholic Church**  
618 E. Gansvoort St.  
Little Falls, NY  
315-823-0793  
**Father Rafal Dadello**  
Mass at 11am on Sunday [www.holy-spiritpncc.org](http://www.holy-spiritpncc.org)

**Church of the Good Shepherd**  
26 Moyer St., Canajoharie  
518-673-3440  
**The Rev. Virginia L. Ogen, Rector**  
Sunday Worship 9:30  
with Communion  
Church Email: [churchgoodshp26@gmail.com](mailto:churchgoodshp26@gmail.com)  
Web Site: [www.churchgoodshepherd.com](http://www.churchgoodshepherd.com)

**Faith, Hope and Love Church**  
**Rev. David W. Bowley, Pastor**  
Saturdays, 5 pm  
at the  
United Methodist Church Lower Level  
50 E. Main St, Canajoharie  
call 518-673-5128 or see facebook "Faith, Hope and Love Christian Church" and our website <http://faithhopeandlovechurch.com>

**Holy Family Parish**  
Little Falls, NY  
315-823-3410  
Saturday 4pm  
Sunday 10:30am

**Reformed Church of Canajoharie**  
15-19 Front St., Canajoharie  
518-673-2816  
**Rev. Matt Draffen**  
Sunday 9am Christian Education  
9:20 Choir Practice  
10am Worship Nursery provided  
Fellowship hour follows worship

**St. John's & St. Mark's Lutheran Church**  
143 Church St., Canajoharie  
518-673-2224  
**Pastor A. Elisabeth Durand**  
Sunday Worship 11am;  
Faith Formation 1st & 3rd Sunday 9:45am  
[stjmcanjo.org](mailto:stjmcanjo.org) • [churchoffice@stjmcanjo.org](mailto:churchoffice@stjmcanjo.org)

**The House of Zion, Inc.**  
580 Dillenbeck Road,  
Palatine Bridge  
518-577-3069  
**Pastors Richard & Denise Allen**  
Saturday Morning  
Worship Service 11:30am  
Listen to UMT on live radio 97.5FM  
the 1st Sunday of every month 3pm-4pm

**Church of the Nazarene**  
3316 State Route 29 W  
Johnstown, NY 12095  
Offices: 518-762-2982  
Cell: 857-523-8417  
**Pastor, Rev. Mark Fowler**  
Sunday Morning Service 11:00am  
Sunday School for All Ages 10:00am

**First Baptist Church**  
Springfield Center, NY  
**Rev. - Gary Tyler**  
Sunday School 10:00am  
Morning Worship 11:00am  
Sunday night Worship 6:00pm  
Wed. night Bible Study 7:00pm  
Free meal & music every  
2nd Sat. of the month 4-7pm

**Joy Fellowship**  
296 Co. Hwy. 119  
St. Johnsville, NY 13452  
518-568-3217  
**William Hayes Pastor**  
**Joyce Loughran Assistant Pastor**  
Sunday School 9am, Morning Worship 9:30am  
Wednesday Evening Worship 6:30pm

**Reformed Church of Fort Plain**  
165 Canal St., Fort Plain, NY 13339  
518-993-4302 • [fortplainrca@yahoo.com](mailto:fortplainrca@yahoo.com)  
**Rev. Nancy E. Ryan**  
Worship 10:30am,  
AA meetings Mon. & Tues. 7pm,  
Second Thurs. Prayerspace 6am to 6pm

**St. Johnsville Methodist Church**  
7 East Main St.,  
St. Johnsville, NY 13452  
**Pastor Corey Jones**  
518-568-7983 • 315-866-8626  
Worship Sunday 3pm

**The Time for Truth Ministries**  
PO Box 351  
Amsterdam, NY 12010  
Phone 518-843-2121  
Cell 518-774-8558

**Community Bible Church**  
Corner of Cliff & Walnut Streets  
Canajoharie, NY 13317  
(518) 993-1016  
**Pastor Wally Braemer**  
Sunday - Adult Sunday School Class - 9:15am  
Worship Service - 10:30am  
**God is Good All the Time & All the Time God is Good**

**Fonda Fultonville United Methodist Church**  
11 Montgomery St., Fultonville  
**Pastor Nancy Pullen** • 853-3311  
Sunday Morning Worship 9:15-10:15,  
Sunday School 9:15-10:30, Coffee  
Fellowship Following Service  
**Our Mission-To Actively Follow Christ and To Inspire Others To Accompany Us.**

**Lassellsville United Methodist Church**  
State Hwy. 29  
**Pastor Robert A. Lindsay**  
Worship: Sunday 9:30am  
Sunday School to start soon

**Reformed Church of Sprakers**  
112 Sprakers Hill Rd  
**Rev. Nancy Ryan**  
Worship ~ 9AM  
**All Welcome!!!**

**St. Joseph's Roman Catholic Church**  
31 North Helmer Ave., Dolgeville  
315-429-8338  
Sunday Mass is 8:30am

**Trinity Evangelical Lutheran Church of Stone Arabia**  
5430 St. Hwy. 10, Palatine Bridge, NY  
**Pastor A. Elisabeth Aurand**  
Sunday Worship 9am  
518-673-2224

**Cornerstone Baptist Church**  
7274 St. Hwy. 10, Ames  
518-673-3405  
Sunday School 10am, Adults & Children  
Morning Worship 11am, Youth Ministry  
5:45pm, Evening Worship 6pm,  
Wed. Bible Study & Prayer Meeting 6:30pm,  
Family Night Select Sundays

**Fordsbush Bible Church**  
131 Clark Rd., Fort Plain  
518-568-7606  
**Pastor Joe Miller**  
Sunday School 10am, Morning Service  
11am, Eve. Service 6pm, Wed. Service  
6:45pm, Thurs. Visitation 6pm  
[www.fordsbushbiblechurch.com](http://www.fordsbushbiblechurch.com)  
Home of Victory Christian Academy

**Lighthouse Baptist Church**  
1524 St. Rt. 29A, PO Box 114  
Stratford, NY 13470-0114  
315-429-8854  
**Pastor Martin Smith**  
Sunday Morning Worship 10:30am; Wed.  
Eve. Prayer Meeting 6:00pm; 2nd & 4th  
Sunday Dinner following Morning Service  
with Afternoon Service following dinner  
"Old-Fashioned Bible Preaching"

**Richfield Springs Bible Church**  
19 Church St  
Richfield Springs, NY 13439  
**Rev. David Tosi**  
315-858-0564  
Sunday School (all ages) 10am  
Worship Service 11am & 7pm  
Wednesday - Prayer & Praise  
Call for info on various Youth Ministries  
[www.richfieldspringsbiblechurch.org](http://www.richfieldspringsbiblechurch.org)

**St. Mary's Episcopal Church**  
7690 Rt. 80, Springfield Center  
315-858-4016  
**Fr. Kyle Grennen, Priest-in-Charge**  
Sunday Eucharist, 9:30am  
Coffee - Fellowship follows service  
Holy Days - as announced

**United Methodist Church of Canajoharie**  
50 E. Main St.  
518-673-2717  
Jesus says - "Come Unto Me" Join us -  
Special Music Ministry, Beautiful  
Surroundings, Friendly People  
Sunday Service 10:30am - Email:  
[umc673@frontiernet.net](mailto:umc673@frontiernet.net)  
Communion Last Sunday of the Month

**Currytown Reformed Church**  
829 St. Hwy. 162, Sprakers  
518-922-8422  
**Rev. Donald Hoaglander**  
**Visiting Pastor Jane Hubschmitt**  
518-705-2201  
Sunday School 9:15am  
Worship Service 10:00am

**Fort Plain United Methodist Church**  
39 Center St., Fort Plain  
**Audie Miller,**  
**Lay Supply Pastor**  
Church Office 518-993-3863  
Kitchen 518-993-3464  
ALL WELCOME, Worship Service 11am

**Marshville Evangelical Church**  
Route 10 South  
**Rev. David Bowley**  
Worship Sunday 9am

**River of Jubilee Church**  
5057 State Highway 5 S  
Sprakers, NY 12166  
**Pastor: Gail Adamoschek**  
**Pastor: Steve Adamoschek**  
518-322-1427 / 518-224-4455  
Sunday Service 10:00am  
Children's Church Available  
Other Learning Opportunities Available  
Visit us on Facebook

**St. Paul's Lutheran Church**  
36 Lydius St., Fort Plain, NY 13339  
518-993-2040  
**Pastor Jonathan Litzner**  
405-250-8395  
Church Service 11am

**Valley Alliance Church**  
85 E. Main St., Nelliston  
518-993-3458  
**Pastor Dave Prahst**  
Sunday School (all ages) 9:15am,  
Sunday Worship 10:30am,  
Wed. Praise & Prayer 7pm,  
Fri. Youth Group 7pm (7-12th grade)

**Dolgeville Christian Fellowship**  
3 Elm St., Dolgeville, NY 13329  
315-429-9142  
**Dr. Marvin Isum, Pastor**  
Worship Sunday 10:30am  
Midweek Fellowship Tuesday 7pm  
[www.dolgevillechristianfellowship.org](http://www.dolgevillechristianfellowship.org)

**Freysbush United Methodist Church**  
Freysbush Rd., Fort Plain  
518-842-1357  
**Rev. Cindy Leonard, officiating**  
Worship 9am,  
Sunday School 10am ALL ARE WELCOME  
coffee hour to follow service

**National Kateri Tekakwitha Shrine and Indian Museum**  
3636 St. Hwy. 5, PO Box 627  
Fonda, NY 12068-0627  
518-853-3646  
Weekly Masses: Sat. 4:30pm, Sun. 10:30am  
[friars@katerishrine.com](http://friars@katerishrine.com) [www.katerishrine.com](http://www.katerishrine.com)

**Sacred Heart Catholic Church**  
111 3rd Ave., Tribes Hill  
518-829-7301  
Mass Saturday 4:00pm

**St. Paul's Lutheran Church**  
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## Fort Plain Free Library begins curbside service

The Fort Plain Free Library is pleased to announce that it is now providing curbside service to library users and guests.

As of June 22, the library began the curbside delivery of some amenities — including the circulation of materials and restoration of services such as faxing, photocopying, document scanning and printing — from 10 a.m. to 5 p.m., Mon-

day through Friday.

To borrow items, library card holders should browse the online catalog at [pac.sals.edu](http://pac.sals.edu) to order books, audiobooks, magazines, DVDs and more. Call the library at 518.993.4646 for assistance.

Staff will notify borrowers after the materials have been delivered, quarantined for at least 72 hours, and are ready

for pick up. Patrons can arrange to pick up the items at a set time; or they can call the library when they arrive at the site, and a staff member will bring their articles outside.

Items can be returned to the library's drop box, located to the left of the main entry doors on River Street, where they will once again be quarantined.

In order to fax, scan or photocopy materials, library users will be asked to call the library upon arrival for instructions. All documents to be faxed, scanned or photocopied should be enclosed in an envelope or secured with a paperclip, with pertinent contact information for the sender and the recipient (including a phone number where the document owner can be reached).

For prints, users are asked to email the library at [fortplainfreelibrary@gmail.com](mailto:fortplainfreelibrary@gmail.com) with a phone number and instructions about the number of pages to be printed, color designation, and whether the prints should be single- or double-sided. Documents can be attachments or links to a web page.

Fees are unchanged from the past, however

exact change is required. Black and white prints/copies are 10 cents per page, color prints or copies are 25 cents per page, and faxes or scans are \$1 per page. No change will be provided during this phase of the reopening.

Upon completion of the desired process, staff will call the owner to arrange for pickup and payment of their documents.

Throughout, library employees will wear masks and gloves, and the scanner flatbed will be disinfected between uses. Guests are also asked to wear masks and to exercise social distancing when picking up materials.

For more information, please call 518.993.4646. The Fort Plain Free Library is located at 19 Willett St. Please follow the library on Facebook for updates.

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## "Heaven's Ditch" topic for virtual book club at Schoharie Crossing

The Schoharie Crossing State Historic Site in Fort Hunter will be offering a virtual book club during the month of August that features "Heaven's Ditch: God, Gold, and Murder on the Erie Canal" by author Jack Kelly. The first virtual meeting will be on Saturday, Aug. 1 at 10 a.m. to launch the month-long program. Each week there will be "check-ins" to discuss the book with commentary provided by the author. Participants can submit questions for the historic site staff or Jack Kelly. On Sept. 2, there will be an online presentation with Q&A from the author. Contact the site for more information.

This is part of a series of online programs Schoharie Crossing is offering while the Visitor Center is closed. During NY on PAUSE, the Erie Canal historic site will provide programs through Webex as well as other online programs and social media. More information is always available

through event links on the Schoharie Crossing Facebook page or New York State Parks website.

Additional programs will be scheduled. The site grounds will remain open for appropriate socially distant recreational use from dawn until dusk daily. Observe New York State guidelines while visiting Schoharie Crossing.

For information about these programs, find us on Facebook or you can contact the Visitor Center at 518.829.7516 or [SchoharieCrossing@parks.ny.gov](mailto:SchoharieCrossing@parks.ny.gov).

The NYS Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails, which are visited by 71 million people annually. For more information on any of these recreation areas, call 518.474.0456, visit [nysparks.com](http://nysparks.com), connect on Facebook or follow on Twitter.

## SUNY Cobleskill announces plan for Fall 2020 semester

SUNY Cobleskill President Marion A. Terenzio announced the college will be welcoming students back to campus this autumn on a modified academic schedule and delivery format. Classes will begin on Aug. 17 with the semester ending on Dec. 4. Students will remain on campus until Thanksgiving break and will complete the semester remotely.

In her letter to the community, Dr. Terenzio stated, "We are pleased to announce that our Fall 2020 plan has been approved by SUNY and complies with the higher education guidelines set forth by the Governor's Office." Dr. Terenzio advised that all plans,

policies and procedures are subject to change as circumstances associated with COVID-19 evolve. She emphasized that a successful restart is dependent on the full cooperation of all campus community members to follow the social distancing protocols, screening requirements and monitoring processes noted in the plan.

Students and their families will receive updates and instructions via the website, emails and virtual forums throughout the next few weeks.

Further details on the re-start plan are posted on the college's website.

## Health: What to expect when your dentist's office reopens

(StatePoint) The COVID-19 pandemic has changed a lot of aspects of daily life, including regular visits to the dentist.

Now that some states are reopening, many dental practices are beginning to see patients for non-emergency appointments. To help protect patients and staff alike, the American Dental Association (ADA) has developed science-based guidance for dentists on extra steps they can take, in addition to the infection control procedures they've always followed. With this guidance in mind, here's what you can expect at your next appointment.

### Before your appointment

To help make sure that patients arriving for their appointments are healthy, your dental office may call you before your appointment and ask you some questions about your current health. They may also repeat these questions when you arrive to make sure nothing has changed.

Your dentist's office staff may also ask that you limit the number of people you bring to the appointment. That could mean leaving your children at home or allowing older children to go into the office alone while parents wait outside during their appointment.

### At your appointment

If your state or city is requiring people to wear masks in public, be sure to wear one to your appointment. When you arrive at the dental office, you may be asked to wait outside until they're ready for you. This is to reduce the number of people in the office and reduce the amount of time you're close to others. When you enter the office, you may have your temperature taken.

Inside the office, you may notice that items people often touch in the waiting room — like toys or magazines — have been removed. The office may have hand sanitizer available for you to use and staff may wipe down items you touch, such as pens, clipboards or furniture.

When you're in the dental chair, you may notice some things look different from the last time you were there. The dentist may have covered the computer keyboard with a disposable cover so it can be easily cleaned between patients, for example. Your dentist may also be using different protective equipment than used at previous appointments. This could include different masks, face shields, gowns and goggles. These additional precautions help protect both you and the dentist.

### After your appointment

After your appointment, the staff will prepare for the next patient by thoroughly cleaning the areas where you've been with disinfectants effective against the virus that causes COVID-19. This helps reduce the risk of illness being passed to others.

If you start feeling ill with the symptoms of COVID-19 within 14 days of your appointment, call the dental office. You may have already been car-

rying the virus at the time of your appointment, so anyone who came into contact with you could be at risk for getting sick too.

Visit [mouthhealthy.org](http://mouthhealthy.org) for up-to-date information around dental visits and COVID-19.

Remember, regular dental visits are an essential part of your oral hygiene routine and are important for your overall health. Be sure to reschedule your dental checkups once your local authorities allow dental practices to reopen. Your ADA dentist will make sure your visit is as safe as possible for everyone involved.

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June, 2020

Preparations are currently under way for Faith Bible Academy to begin its 48th year of operation this September. The private Christian school, located two miles north of the village of Carlisle on Carlisle Road is a ministry of Faith Bible Church. David White, principal notes that applications are currently being received. For information concerning the academy, interested persons should contact the school at (518) 234-3497.

Faith Bible Academy admits students of any race to all the rights, privileges, programs, and activities generally accorded or made available to students of the academy.

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## Public Auction Short Notice (Mark the date) Sat July 25th 9:00am

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## To Your Good Health

by Keith Roach, M.D.  
**Raw or roasted, go nuts for nuts**  
**Dear Dr. Roach:** I have seen numerous articles extolling the advantages of eating nuts because they are a good fat. I often have wondered if it matters whether the nuts are raw or roasted. Would you please explain the difference and the impact on one's health? -- D.O.

**Answer:** Scientists believe that nuts are healthy for us based on three different types of evidence. One is called "epidemiological." People who eat nuts live longer and have less heart disease than people who don't eat nuts. This suggests nuts are good for you, but it's not definitive. People who eat nuts may do other healthy things, which could be the real reason they live longer (this is called "confounding").

A second line of evidence comes from watching what happens to factors that we believe are related to disease. People who add a reasonable amount of nuts to their diet often have improvements in their cholesterol levels. They also help some people lose a few pounds, possibly because the fat and protein in nuts makes them more filling than the (often processed) starches many people eat. This is also not definitive, because there are treatments that lower cholesterol but don't make people live longer or improve health.

The third is evidence from a large, interventional study on diet. A group of people were randomly assigned to either add more nuts to their diet, or to make no change (or some other change) in their diet. At least one study showed that when people changed their diet to include more nuts and seeds (but also more fruits and vegetables, more healthy oils, like olive oil, and less meat), they had less heart at-

tacks than the group that did not change their diet. This evidence is strong, but it's not clear whether it's one change in the diet (just nuts) or all the changes in the diet that are responsible for the observed benefit.

In none of these kinds of studies were raw nuts compared against roasted. However, the composition of the fats does not change in nuts and seeds when roasted, and most experts believe it does not make a difference. So, I recommend partaking in nuts however you like them best.

Just one serving a day (30 grams or an ounce) makes a difference. They are quite high in calories, so it's wise not to overdo it. If you don't like nuts (and obviously for those allergic), not eating them is not a major risk for developing heart disease.

**Dear Dr. Roach:** You have mentioned diseases of the blood marrow before, but what does the bone marrow actually do? — T.S.B.

**Answer:** The main job of the bone marrow is to produce the different blood cells — red blood cells to carry oxygen, white blood cells to fight infection and cancers, and platelets to stop bleeding. Diseases of the bone marrow can cause problems by making something abnormal (such as leukemia cells), but also by failing at its job and not making what it is supposed to. Low red cell counts lead to anemia, low white cell counts increase risk of infection, and low platelet counts contribute to abnormal bleeding.

Bone marrow diseases sometimes can be treated directly, but often treatment involves replacing blood products and possibly using growth factors to make the bone marrow work better.

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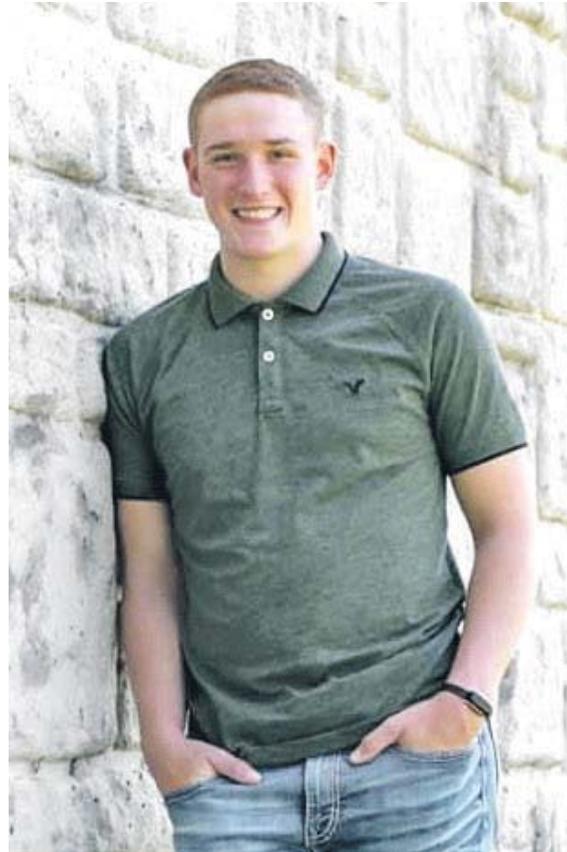
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# The Kitchen Diva

**by Angela Shelf Medearis**  
**These foods help skin fight sun damage**

As the temperature continues to climb and the sun shines hotter, brighter and longer, it's important to consider all of the ways that you can protect your skin. No matter what race you may be, if exposed for a long enough period of time, your skin is susceptible to sun damage. It's important to wear protective clothing and apply the right sunscreen for your skin type with broad-spectrum ingredients and multi-spectrum protection for both UVB and UVA rays. There's also a way to protect your skin from the inside by eating fish, vegetables, fruits and nuts that provide protection for your skin.

The late Dr. Paul Talalay, noted professor of pharmacology and molecular sciences at Johns Hopkins, wrote that eating your vegetables "isn't a substitute for sunscreen, but the protection you get won't wash off in the pool."

Sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Eating an anti-inflammatory diet is one way to protect your skin from the inside. An anti-inflammatory diet also means avoiding certain foods, like processed foods and sugar.

While chronic UV exposure is the most predictive factor for skin diseases, studies have found that inflammation, oxidative stress and DNA damage all play an important role in determining how extensive the damage from the sun can be.

Here are some foods that will help your skin fight sun damage and improve your health year-around:

**Olive oil:** High in vitamin E and polyphenols, a daily dose of unheated, cold-pressed olive oil can help protect your skin.

**Basil:** This herb contains the antioxidant zeaxanthin that helps filter UV light from the retina, protecting your eyes.

**Tomatoes:** Tomatoes contain the antioxidant lycopene and are at their flavorful best in the summer. Studies have shown that lycopene decreases the risk of skin cancer and can increase your skin's protection from the sun

by 33%.

**Broccoli and apples:** This vegetable and fruit have the highest concentration of polyphenols. Broccoli also helps fight inflammation and contains a sulphorane, a compound that helps to protect skin against UV light. An apple a day is a delicious way to protect your skin.

**Spinach:** This power-packed green vegetable is loaded with vitamin E, anti-inflammatory compounds, omega-3 fatty acids, including alpha-linolenic acid, and also is high in B-vitamins.

**Salmon and walnuts:** Both are high in omega-3 fatty acids, which have anti-inflammatory properties that help to protect your heart and your skin. These anti-inflammatory properties help fight off free radicals in the body, which can occur as a result of overexposure to UV rays. A diet rich in omega-3 could help cut your melanoma risk in half.

**Carrots and sweet potatoes:** Orange-colored vegetables contain carotenoids, nutrients that build up on the skin and help protect it from sun damage.

**Tea and coffee:** Both contain polyphenol, plant-based compounds that help regulate inflammation, oxidative stress and the immune system. Research shows that drinking at least one cup of white, black or green tea per day can lower the risk of certain types of skin cancer by 30%.

**Dark chocolate:** Eating dark chocolate with at least 60% - 70% cocoa can make the skin 25% less sensitive to the sun.

This recipe for Summer Spinach, Tomato

& Carrot Salad With Basil Olive Oil Dressing is packed with the anti-inflammatory, skin-protecting ingredients you need to safeguard your skin from the inside out.

**Summer Spinach, Tomato & Carrot Salad Salad:**

1 cup walnut halves  
 1 bunch of spinach (1 lb.)  
 15 - 20 cherry tomatoes (about 1 lb.)

1 large carrot, sliced into coins

1 large cucumber, diced  
 1 large apple, cored and diced

1 tsp salt  
 1 tsp ground black pepper

• Heat a large frying pan over medium-high heat. Add the walnuts to the hot, dry pan, only toasting as many walnuts as fit in the pan in a single layer. Cook, watching constantly and stirring frequently until the walnuts start to brown and they smell toasted, about 5 minutes.

• Transfer the walnuts to a plate or baking sheet where they can stay in a single layer to help them cool evenly (and finish toasting from their residual heat) and get nice and crunchy.

• Toss the walnuts and all the salad ingredients together in a large bowl. Drizzle the Basil Olive Oil Dressing over the salad, toss to combine and serve immediately. Serves 6.

**Dressing:**  
 ½ cup basil leaves, packed

1 clove garlic, smashed  
 2 tbsp fresh lemon juice  
 1 tsp salt

1 tsp ground black pepper

¼ tsp sugar or honey  
 1/3 cup olive oil

• Put all ingredients except the olive oil in a blender or food processor

and blend on high until the ingredients are well combined. With the motor running, add the oil in a thin stream, until the mixture thickens. Drizzle over salad. Makes about 1 1/3 cups dressing.

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## Our Lady of Hope Church to host ice cream social

Our Lady of Hope Catholic Community Church in Fort Plain will sponsor an ice cream social in conjunction with the Fort Plain Summer Concerts on Thursday, July 30 from 6:30 - 8:30 p.m. in Haslett Park, Fort Plain. Make-your-own sundaes and root beer floats will be offered for sale, with Stewart's Ice

Cream Shoppes providing the ice cream. Music for the evening will be supplied by a new band called Electric City of Horns. Stop in and purchase tickets for our gift basket raffle. Proceeds from the social will be used to support OLH's upcoming Holiday Bazaar in November.

## How motorcycle riders can stay safe

Warm weather and road trips often go hand-in-hand, and spring and summer are prime seasons for motorcycle riders to get out on the highway.

Motorcycle riders are at an extreme disadvantage when sharing the road with cars and trucks. In the event of a collision, motorcycle riders can be seriously injured and are far less protected than those in a car or truck. The latest data indicates motorcyclists are about 28 times as likely as passenger car occupants to die in a motor vehicle crash, states the National Highway Traffic Safety Administration.

Motorcycle riders face greater hazards from debris on the road or other road conditions. Despite all this, the NHTSA says the number of motorcyclists killed in crashes dropped to 4,985 in 2018, marking an almost 5 percent decrease from

their most recent study on motorcycling fatalities. Continuing to be safe, and educating oneself about motorcycle safety — whether you are a rider or someone sharing the road — can continue to keep injuries and accidents low.

- Wear protective gear. The NHTSA says the right helmet can mean the difference between life and death. From shape to style to fit, riders can work with helmet companies and outfitters to find the right helmet for them. Long pants, eye protection, riding gloves, and a waterproof jacket also make for effective and protective gear.

- Take a class. Novices would be wise to enroll in classes to go over motorcycling basics and safety guidelines that can keep them alive and well on the road. Check with your local motor vehicle commission or driving schools about classes that may be available.

- Avoid blind spots. Motorcycles are difficult to see on the road. Try to stay out of vehicles' blind spots as much as possible and maintain safe distances between your bike and others on the road.

- Make yourself visible. Wear something bright or use reflective or nylon tape and mesh to make yourself more visible to fellow motorists.

- Never ride tired or intoxicated. Fatigue and/or alcohol reduces reaction time and could find you making costly mistakes that put your life in danger.

- Share the road responsibly. Drivers of cars and trucks need to be diligent in keeping their eyes and ears open for motorcycle riders, allowing them a wide berth.

Motorcyclists will be taking to the roads in increasing numbers, and safety should be their top priority.



## Good Housekeeping

### Turkey-melon wraps

A no-sweat dinner in just 10 minutes.

¼ small cantaloupe  
 1 lavash (half a 14-oz package of soft Armenian flatbread)  
 ¼ cup bottled horseradish sauce  
 6 large green- or red-leaf lettuce leaves  
 12 oz thinly sliced, deli

smoked turkey breast

1. Cut rind from cantaloupe; cut flesh crosswise into 1/4-inch-thick slices (you should have about 1 cup).

2. Unfold lavash. Evenly spread lavash with horseradish sauce; top with lettuce and turkey, overlapping to fit if necessary. On a short

end, arrange cantaloupe in single layer to cover half of lavash.

3. Starting from end with cantaloupe, tightly roll lavash, jelly-roll fashion. Trim ends if you like. With serrated knife, cut roll into 4 pieces.

Tip: If lavash seems dry before filling, place between dampened pa-

per towels; let stand 10 to 15 minutes to soften.

- Each serving: About 285 calories, 4g total fat (2g saturated), 43g cholesterol, 1,100mg sodium, 39g total carbohydrate, 22g protein.

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## What noisy brakes may be telling you

The only noises many drivers ever want to hear coming from their vehicles are the sounds of their favorite songs blasting from their stereos. But cars sometimes make noises that aren't nearly as inviting as music.

Noises that seem to pop up when applying the brakes can be especially scary for motorists. No one wants to drive a vehicle with faltering or suspect brakes, so learning to distinguish between the two most common brake noises can be a wise move for drivers.

### Grinding brakes

The automotive retailer Pep Boys® notes that grinding noises indicate a serious problem with the braking system. According to CarsDirect.com, there are two major causes behind the grinding noise made by brakes. If the grinding sound is audible when pressing on the brake

pedal, this is likely because the rotor disc is coming into contact with part of the caliper. This typically occurs because the brake pads or rotors are extremely worn down, causing the steel backing of the worn out pad to grind against the rotor. In such instances, Pep Boys® recommends replacing the brake pads immediately.

If the grinding noise is audible while the vehicle is in motion, debris might be stuck inside the brakes. Drivers might be able to dislodge this debris by repeatedly moving their cars forward and backward in a safe place, such as a driveway. If that does not work, have the brakes serviced by a qualified mechanic.

### Squealing

Many drivers are familiar with the high-pitched squealing sound that comes from their vehicles or those of fellow motorists. That squeal, while

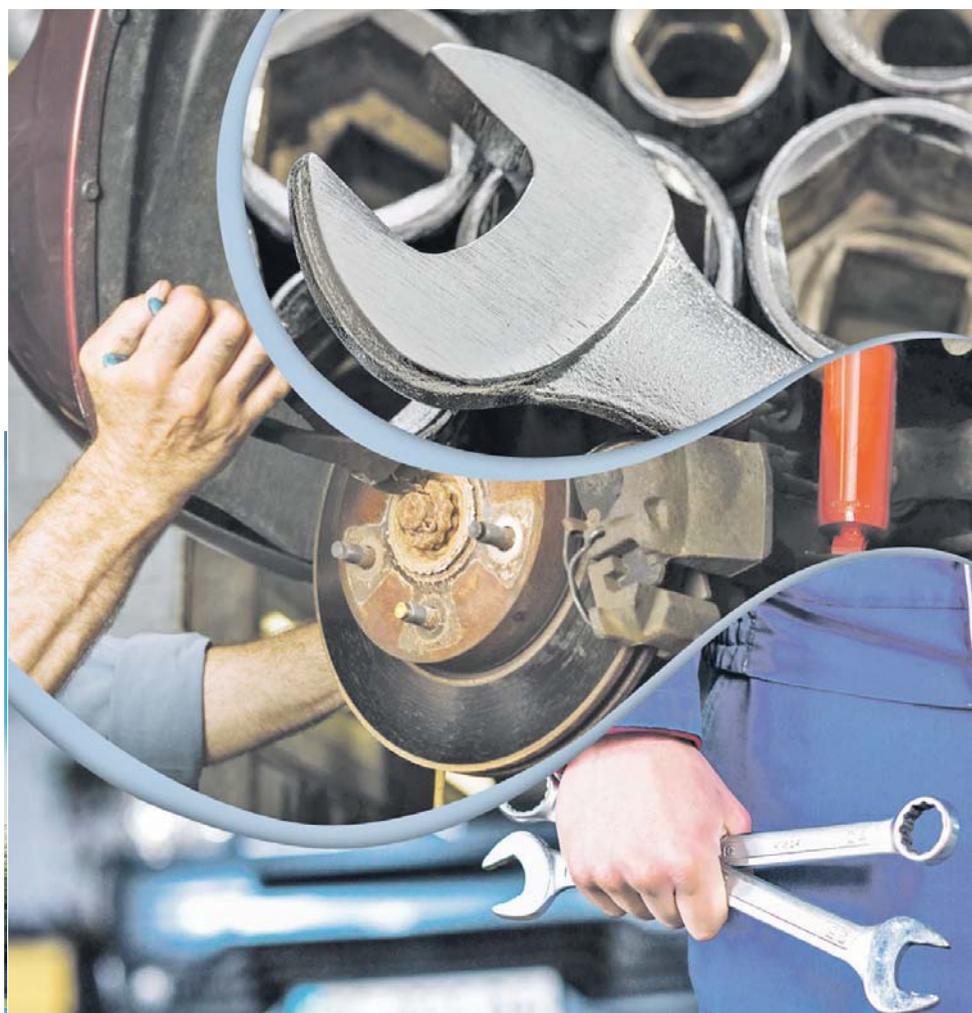
certainly not music to the ears, might be a good thing. That's because Pep Boys® notes that some brake pads are equipped with small steel clips that serve as wear indicators. When brake pads have worn down, these devices produce a squealing sound to let drivers know it's time to get new brake pads.

But squealing can be indicative of other things as well. Squealing noises are sometimes heard immediately after brake pads or rotors have been replaced. In such instances,

the noise typically subsides within a day or two once the pads have been broken in.

Glazed pads also can create a squealing sound. When calipers stick, the brakes stay partially applied, producing excessive friction or heat. The heat causes the brake pads to glaze.

No one wants to hear noises coming from their brakes. However, such noises are often a car's way of telling drivers that brakes need to be serviced.



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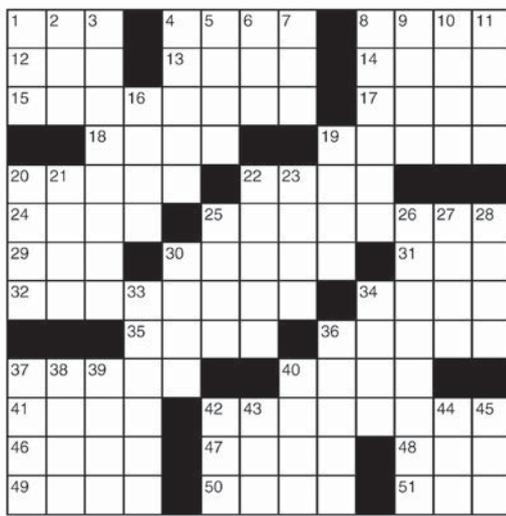
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# King Crossword

**ACROSS**

- 1 Actor Carrey
- 4 Weapon of mouse destruction
- 8 Zits
- 12 Man-mouse link
- 13 Midwestern state
- 14 Addition sign
- 15 The national pastime
- 17 Node
- 18 — pro quo
- 19 British patrolman
- 20 First lady before Michelle
- 22 Old MacDonald's place
- 24 Twistable cookie
- 25 Fort Dix, for one
- 29 Sea (Fr.)
- 30 Gray matter
- 31 Snapshot
- 32 You might run on one to get home
- 34 "The lady — protest too much"
- 35 Drench
- 36 Cow catcher
- 37 Underground chamber
- 40 Close
- 41 Villainous look



- 5 Street
- 6 Piercing tool
- 7 Crony
- 8 Poise
- 9 Organization
- 10 Unfeeling
- 11 Catch sight of
- 16 Continental coin
- 19 — Mawr
- 20 College
- 21 Vicinity
- 22 Candid
- 23 Grenoble girl-friend
- 25 La Scala
- 26 Renunciation of a faith
- 27 Perches
- 28 Reverberate
- 30 Rorschach sample
- 33 — de corps
- 34 Smear
- 36 Tibet's capital
- 37 Dressed
- 38 Nevada city
- 39 Bigfoot's cousin
- 40 Goblet feature
- 42 Medic
- 43 Big bother
- 44 Seek damages
- 45 Em halves

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# Weekly SUDOKU

by Linda Thistle



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

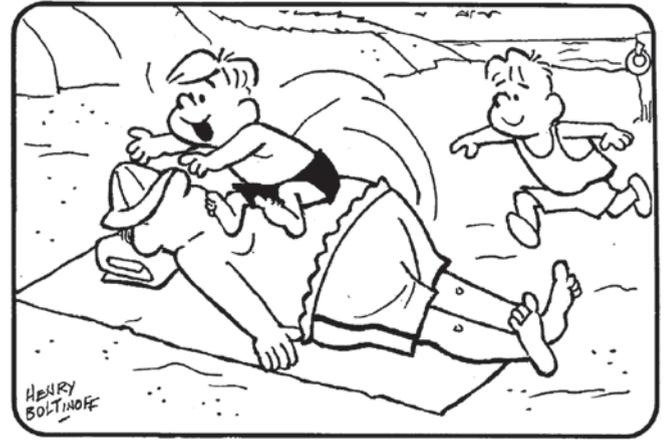
## DIFFICULTY THIS WEEK: ♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

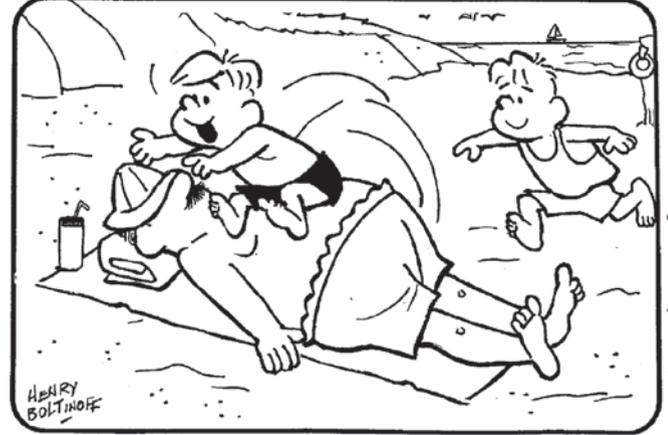
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# HOCUS-FOCUS

BY HENRY BOLTINOFF



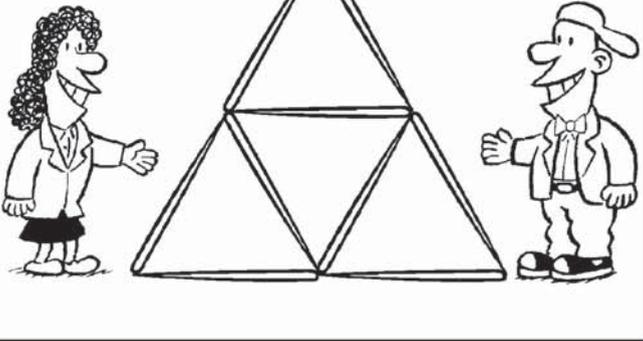
Find at least six differences in details between panels.



Differences: 1. Boy is barefoot. 2. Blanket is narrower. 3. Man has mustache. 4. Water bottle has been added. 5. Swim trunks have no stripe. 6. Boat is on horizon.

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# PUZZLE CARD



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**TOOTHPICK PUZZLE!** Place 9 toothpicks on the table and challenge your friends to arrange them in the form of 5 equilateral triangles. The solution shown here has 4 small triangles and 1 large triangle

# Junior Whirl

by Charles Barry Townsend



## A QUILLER-DILLER QUIZ!

It's time for another dictionary quiz! To the left is a list of seven words, each of which contains the word "ink." Using the following hints, see if you can "ink in" the correct answers:

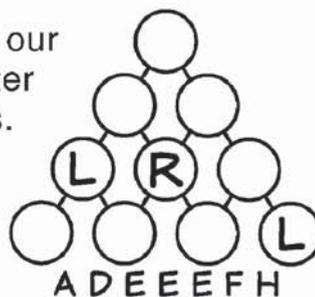
- 1. An animal noise.
- 2. A sour musical note.
- 3. An edible marine snail.
- 4. A type of wrap.
- 5. A stair descender.
- 6. A testing pattern.
- 7. Playful, noisy activities.

**HERE, THERE, EVERYWHERE!** If you look "everywhere" in the word EVERYWHERE, you'll find 10 smaller words. The letters, in each case, are in the same order, next to one another



Answer: Eve, ever, every, very, where, he, her, here, ere, re.

**CHAIN REACTION!** Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Half, hale, hare, hard, here, herd, heed, heel.

Answers: 1. Oink. 2. Clinker (slang). 3. Periwinkle. 4. Shrink-wrap. 5. Slinky (toy). 6. Inkblot. 7. Hijinks.

Illustrated by David Coulson

## Chow Line: Not all foods fit for humans are fit for dogs

*I've recently adopted a dog. He's been a great companion for me as I've been sheltering at home alone during the coronavirus pandemic. As this is my first time as a dog owner, I've given my dog bites of food from my meals in addition to his own dog food. Is that okay?*

Congratulations on becoming a new dog parent! Many people such as yourself have become new dog owners in recent weeks as people continue to abide by stay-at-home orders and have sought companionship by welcoming new pets into their homes.

In fact, animal rescue centers and shelters nationwide have reported a spike in adoptions and foster applications since the start of the COVID-19 pandemic.

However, it's important to understand that in some cases, no, it's not a good idea to feed your dog some foods that come from your dinner table.

Your question is similar to a question addressed in a 2017 Chow Line, which referenced a U.S. FDA notice advising pet owners not to feed their dog some foods that are meant for human consumption. That's because some foods people eat can be dangerous or even deadly for dogs, the FDA says.

The reason? Even though dogs are omnivores and can eat meat- and plant-based products, an animal's body processes food much differently than a human's body, the FDA says.

High on the list of human foods that dogs should not eat? Chocolate and any food that contains xylitol, which is a sugar substitute used in many sugar-free foods.

Chocolate contains methylxanthines, a stimulant that can stop a dog's metabolic process. Even a small piece of chocolate, particularly dark chocolate, can result in your dog developing diarrhea and vomiting. And xylitol, which can also be found in some peanut butters, can be deadly for dogs, the FDA warns.

Here are some other human foods that the FDA, the American Kennel Club and the American Society for the Prevention of Cruelty to Animals say to avoid feeding to your dog:

- Raw meat. Just like in humans, any E. coli, salmonella or other harmful bacteria that might be present in raw meat can also make your dog sick. It's also a good idea to wash your hands if you are handling raw meat before giving your dog anything to eat.

- Raw eggs. Just like raw meat, raw eggs can contain salmonella. Also, raw eggs contain avidin, an enzyme that decreases the absorption of biotin. This can lead to skin and hair coat issues as well as cause neurologic problems in dogs.

- Grapes, raisins or currants. These foods can cause kidney failure in some dogs.

- Fried and fatty foods. These items can cause pancreatitis, a potentially life-threatening disease.

- Cinnamon. While cinnamon is not toxic to dogs, it can irritate the inside of

a dog's mouth. It can also lower a dog's blood sugar, thus leading to diarrhea, vomiting, increased or decreased heart rate and even liver disease.

- Onions, garlic and chives. Garlic can create anemia in dogs, causing side effects such as pale gums, elevated heart rate, weakness and collapsing. Poisoning from garlic and onions can have delayed symptoms, so if you think your dog might have eaten some, monitor them for a few days, not just right after consumption. However, since garlic and onion tend to be cumulative toxins, they are unlikely to cause a problem unless your dog ingests a very large amount at one time or eats them often, says Dr. Valerie Parker, a veterinarian and associate professor at the Ohio State University College of Veterinary Medicine.

- Moldy food. If you throw away moldy cheese rinds or hamburger buns, make sure your dog doesn't then get into the garbage, where they might eat them.

- Salty snacks. Salty snacks can increase water retention in some dogs. If your dog happens to grab a bag of salty potato chips or pretzels, make sure they have access to plenty of water.

- Macadamia nuts. These are some of the most poisonous foods for dogs and can have a damaging effect on the dog's nervous system. They can cause vomiting, increased body temperature, inability to walk and lethargy.

- Ice cream. As tempting as it might be to want to give your dog ice cream on a hot summer day, most dogs don't digest dairy products well, and many might also have lactose intolerance.

While your dog might look longingly at you while you eat, you might want to resist the temptation to share your goodies until you are sure that the foods you are eating won't have a negative impact on your pet.

Talk to your vet before introducing human foods to your dog to make sure that your good intentions don't accidentally cause harm for your pet.

*Chow Line is a service of the Ohio State University College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line, c/o Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201 or turner.490@osu.edu.*



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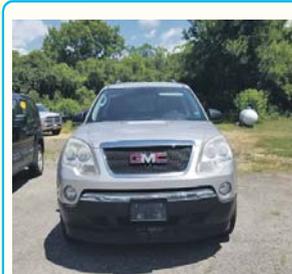
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# Tickle from allergies or a cold? Discover ways to find relief

It starts as something fairly innocuous, a small tingle or tickle in the back of the throat that occurs once in a while. After a few days, you may find yourself coughing and hacking when that tickle hits you at an inopportune moment. Soon that tickle is keeping you up at night with coughing attacks.

The common cold and allergies may be to blame for throat tickle. Gastroesophageal reflux disease, or GERD, also may be linked to chronic cough. The online medical resource Healthline.com defines a throat tickle as an irritation of the mucous membranes of the throat, which includes the trachea and esophagus. Some describe it as a feeling of an itch you can't scratch or a tingling sensation. Coughing does not always remove whatever is causing the tickle, which can be uncomfortable and persistent. Medical News Today says that coughs are the most common symptom reported to primary care doctors.

Although rare, a tickle may be indicative of throat cancer. Oftentimes tickles and chronic coughs are harmless, but a doctor should be consulted if one or both symptoms last for a while. Otherwise, these strategies may help with the tickle by aiming to resolve one of the underlying causes.

- Address post-nasal drip: Postnasal drip

occurs when extra mucus in the nose travels down into your throat. Normally, people do not notice the mucus that they swallow because it mixes with saliva. But when the body makes more mucus than usual, or if it's thicker than normal, it can be noticeable and irritating. Decongestants, antihistamines or expectorants may help.

- Identify allergies: If an allergy is causing the tickle, antihistamines may help. Avoiding substances that trigger allergies also is advised.

- Treat sinusitis: Infected sinuses are another common cause of a tickle in the throat. Bacterial infections may be treated with antibiotics.

- Clear the air: Environmental irritants like air pollution, cigarette smoke, dust and other particles can cause a tickle. Quitting smoking and limiting exposure to irritants can help.

- Add moisture: Dehydration or dry air may be contributing to that tickle. Moisturizing the air with a humidifier and increasing production of saliva through warm beverages or citrusy foods and drinks might be beneficial.

Tickles in the throat can be annoying, but oftentimes they can be addressed and treated effectively.



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### Weekly SUDOKU — King Crossword —

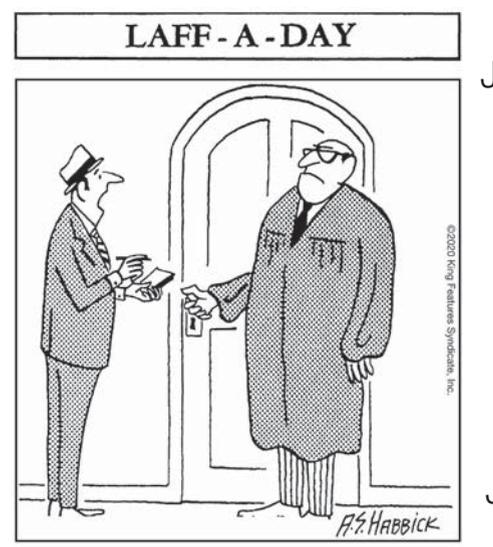
Answer

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

Answers

Solution time: 27 mins.

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



“Your Honor, do you think the jury will take your advice or just use common sense?”

- #### This Week's Holidays
- July 18 – National Caviar Day
  - July 19 – National Daiquiri Day
  - July 20 – Ugly Truck Day
  - July 21 – National Junk Food Day
  - July 22 – Hammock Day
  - July 23 – Vanilla Ice Cream Day
  - July 24 – Amelia Earhart Day
  - Cousins Day
  - Tell An Old Joke Day

## To your good health

by Keith Roach, M.D.

### Fructose intolerance is rarely diagnosed

**Dear Dr. Roach:** What can you tell me about fructose intolerance and/or malabsorption? Is there a genetic predisposition to this? Can it develop later in life? What are the symptoms, and how is it diagnosed? What type of doctor can best make a diagnosis? I've read conflicting reports online regarding the breath analysis test. Can it be treated, or must one eliminate foods containing fructose completely from one's diet?

My father was diagnosed with some sort of fructose problem years ago. I have no other information about his condition as he has passed away. I have developed some intestinal issues over the past year and have noticed I frequently experience stomach cramps after eating grapes and green apples specifically. I am a vegetarian, and my diet consists of lots of fruits and vegetables. I'm wondering if I may have an issue with fructose. I hope not. What are your thoughts? – D.K.

**Answer:** Fructose intolerance is common, but it is seldom diagnosed. One cause – hereditary fructose intolerance – is a genetic disorder that can cause serious symptoms in infants and children, but it is usually mild in

adults. The symptoms of fructose intolerance are very similar to another sugar intolerance – lactose, the sugar in milk. Many people cannot tolerate lactose and if they eat too much of it will have cramping and diarrhea. Unlike lactose intolerance, which has a simple diagnostic breath test, there is no commonly available test for fructose intolerance.

Fructose is a simple sugar, called a monosaccharide, and is found in many fruits, especially apples, pears, cherries and dates. Fructose is also found in honey and is part of the disaccharide sucrose (table sugar), where it is combined with glucose. What is fascinating yet poorly understood is that when fructose is consumed with glucose, it is absorbed better by people with fructose intolerance. Therefore, the goal in someone with inability to absorb fructose is to reduce or avoid fructose by itself. That means reducing foods and beverages sweetened with high-fructose corn syrup, which is present in many products; eating high-fructose fruits only with meals; and reducing honey intake.

Sorbitol, a sugar alcohol used as a sweetener in "diet" or "sugarless" foods, tends to worsen fructose intolerance and should be avoided.

A vegetarian diet is very healthy for

most people, and you shouldn't have to give up your fruits. Just following some simple rules should reduce or eliminate your symptoms.

**Dr. Roach writes:** A recent column on burning mouth syndrome generated a lot of letters, including several from physicians and dentists.

The advice I heard over and over is that some dental products seem to worsen the symptoms, and changing toothpaste or dental rinse can help with symptoms. However, the culprit was not consistent. Some writers told me it was mint, others said cinnamon, while others thought it was the sodium lauryl sulfate that is in many toothpastes. Baking soda (or toothpastes

based on them) seemed to be well tolerated for many.

Other irritants that made symptoms worse included spicy foods, carbonated beverages, caffeine and acidic foods (like citrus or tomato).

Other advice I heard was soaking the tongue in a solution of Splenda and water; others recommended biotin supplements.

The sheer number of letters leads me to suspect that this is a more common problem than I would have thought. Very few of my own patients have ever asked me about this in my practice.

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## How to plan for changing weather

The allure of the great outdoors compels many people to hike, kayak, fish and engage in myriad other activities in the fresh air. The call of nature can be difficult to ignore, but inclement weather can quickly turn a fun day under the sun into a race to escape the elements.

Regardless of which activity is beckoning you to answer the call of the wild, a few simple safety measures should be taken to ensure your day is not derailed by sudden changes in the weather.

- Do your homework prior to traveling. The Department of Homeland Security advises travelers and outdoor recreation enthusiasts to learn about potentially severe weather in areas they plan to visit prior to beginning their trip. For example, if an area is vulnerable to tornadoes, learn about what to do in the wake of a tornado. The National Weather Service notes that emergency response protocols differ depending on the type of storm or severe weather. For example, what to do in the wake of a tornado differs from what to do when confronted by a flash flood. Familiarizing yourself with these response protocols can help you make it through unforeseen weather changes safely.

- Take along an extra set of keys. The NWS advises taking along an extra set of keys should your keys get lost due to inclement weather. The spare keys to a vehicle, for example, can help you escape inclement weather if your vehicle is still accessible and the roads are safe enough for travel.

Without a backup set of keys, outdoor enthusiasts may find themselves stranded even if their vehicles can still run.

- Create a communication plan with your family prior to leaving. A predetermined communication plan can help family members keep in touch should the weather suddenly take a turn for the worse. Before embarking on a getaway, let loved ones who won't be joining you know exactly where you will be staying and how to reach you. This can make it easier for them to get you help should you need it.

- Monitor local forecasts. Changes in the weather can be sudden, so anyone planning to spend significant time outdoors should monitor local forecasts before and during their trips. This is especially important for travelers who will be visiting areas during certain times of year when inclement weather is normal. For example, travelers should be ready to postpone their plans if they will be visiting areas vulnerable to hurricanes during hurricane season.

- Purchase travel insurance. Insuring a trip with travel insurance can serve as a financial safety net if a trip is not possible due to inclement weather. With such a policy in hand, vacationers may not feel compelled to travel if the forecast is less than ideal.

Inclement weather can threaten outdoor excursions. But outdoor enthusiasts can take various measures to protect themselves in the face of sudden or unforeseen changes in the weather.



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## Improve comfort when dining outdoors

Warm weather entices people to enjoy long hours outside basking in the sun or relaxing on balmy evenings. Many of the activities people once reserved for indoors when temperatures were chilly, including dining, are moved outside as the weather warms.

Even though outdoor dining can be quite enjoyable, certain factors need to be considered to ensure that each experience is as pleasurable as possible. This means focusing on comfort whenever meals are taken out-of-doors.

### Address insects

Insects are equal opportunity invaders. Once they smell sweet or savory food items, they quickly descend for an easy bite. This means extra steps are necessary to dissuade insects from coming by. Invest in citronella candles, which can be placed around the patio to repel flying bugs. Clean up crumbs and spills promptly. Bees and wasps can be lured away with sweet traps placed around the perimeter of the property.

### Offer shade

Too much sun can make outdoor meals less enjoyable. A patio umbrella, pergola or canopy can cut down on glare

and make the dining area more comfortable. Check to see that the shade source can be adjusted to guard against the sun as it moves across the sky.

### Dress up seating

Just because furniture is made for outside doesn't mean it has to be uncomfortable. Many companies now produce very durable and attractive outdoor furniture. Weather-resistant fabrics mean rain or sunlight will not age items too quickly.

### Reusable place settings

If you frequently dine outdoors, you may want to dine in style. Instead of disposable paper or plastic place settings, invest in colorful, durable, reusable plastic dishes, glasses and flatware, which will not break if dropped and can hold up to a dishwasher when it is time to clean up.

### Create the right ambiance

Invest in outdoor lighting, candles and hidden speakers to pipe in music and create ambiance. Install privacy screens and foliage to establish a nice nook for outdoor dining.

Outdoor dining areas can be improved with some easy modifications to existing spaces.

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## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Summer Fiesta Corn Salad

Savor this tasty creation as you join me in a chorus of "Iowa, Iowa, that's where the tall corn grows."

- 1 (16-oz) can whole kernel corn, rinsed and drained
- 1 cup chopped fresh tomato
- 1 cup chopped cucumber
- ½ cup diced celery
- ¼ cup diced red or green bell pepper
- ¼ cup sliced green onion
- ½ cup fat-free Catalina dressing
- 1 tsp chili seasoning
- 1 tsp dried parsley flakes

1. In a large bowl, combine corn, tomato, cucumber, celery, bell pepper and onion. Add Catalina dressing, chili powder and parsley flakes. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (1/2 cup) servings.

• Each serving equals: 80 calories, 0g fat, 2g protein, 18g carb., 280mg sodium, 1g fiber; Diabetic Exchanges: 1 Vegetable, ½ Starch.

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## Donna's Day: Creative Family Fun

by Donna Erickson

### Welcome new baby with wearable art

Is there soon to be a new baby in the house? As the new member joins the family, the household may feel as if it's been turned upside down. But if you keep older children involved, they'll be part of the transition right along with you.

Here's an activity for including older siblings in welcoming that newborn. Just sit down together and decorate baby's

first one-piece cotton outfits. You'll be dressing the baby with creative pizzazz and the siblings will be proud of being part of it all.

Here's the basic inexpensive stuff you'll need for one outfit:

- Prewashed, solid-color or white 100% cotton baby one-piece style outfit with snaps, or you may use a newborn-size cotton T-shirt
- Wax paper or cardboard
- Cookie cutters
- Fabric paints in squeeze

bottles

- Paper plate
- Small foam paintbrushes or sponges clipped to clothespins

• Pencil with eraser  
Here's the fun:

1. Lay the one-piece outfit or T-shirt on a work surface. Place a piece of cardboard or wax paper between the two layers of fabric to protect the reverse side from any paint that may soak through. Choose a cookie cutter for a stencil. A star, moon, heart, duckling! Anything goes. Place it anywhere on the fabric.

2. Pour a little permanent fabric paint onto a paper plate. Dip in the small foam paintbrush. Holding the cookie cutter firmly, start dab, dab-dabbing inside it, making sure to reach all the edges. You don't have to put equal density of paint all over the shape. A little variation actually adds interest. When you're through, lift the cookie cutter up to see the beautiful design. Now it's time for a few details.

3. Dunk the eraser end of the pencil in a little paint. It can be the same color you



Dress the baby in the wearable art and notice the joy of an older sibling who is feeling just grand because he or she helped make the outfit.

used for the cookie-cutter shape or a completely different one. Then stamp it along the neck or sleeves for a fun, whimsical border.

4. Add a few final details with the fabric squeeze bottles. You might want to write 'Wee One' on the heart. Or, write the baby's name and date of birth. When baby wears it, take a photo to use for clever birth announcements.

5. Once the paint is dry, remove the cardboard or wax paper and if the paint bottles say to do so, now is the time to iron on the reverse side to set the color.

You're done. Dress the baby in the wearable art and notice the joy of an older sibling who is feeling just grand.

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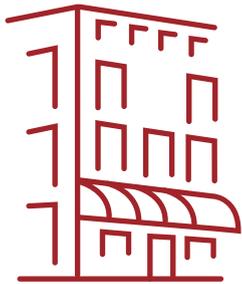
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# But First, **COFFEE**

## Caffeine content in popular coffees

Many people insist they cannot make it through a morning without their favorite cup of coffee. For some, the taste of the coffee might be a secondary consideration. In such instances, caffeine and the jolt it provides on sleepy, early mornings is the true allure of that morning cup of joe.

down of popular commercial coffees and their caffeine content to help consumers learn just how much caffeine they're consuming each day.

- Dunkin' Donuts Coffee with espresso shot: 20 oz., 398 mg
- Starbucks Coffee, Blonde Roast: 16 oz., 360 mg



Consuming caffeine in moderation should not have an adverse effect on many people's overall health. However, it's important to learn just how much caffeine is in your morning coffee. That's because the side effects of consuming too much caffeine can be severe. According to the U.S. National Library of Medicine, consuming more than 400 milligrams of coffee can be harmful. The potential side effects of overconsumption of caffeine include:

- restlessness and shakiness
- insomnia
- headaches
- dizziness
- rapid or abnormal heart rhythm
- dehydration
- anxiety
- dependency

Many working professionals pick up a cup of coffee on their way into work each morning, which can make it difficult to monitor their caffeine intake. Thankfully, the Center for Science in Public Interest has shared this break-

- Dunkin' Donuts Iced Coffee, bottle — original: 12 oz., 327 mg
- Starbucks Coffee, Pike Place Roast: 16 oz., 310 mg
- Panera Coffee, Light Roast: 16 oz., 307 mg
- Starbucks Nitro Cold Brew: 16 oz., 280 mg
- Starbucks Plus 2X Caffeine Keurig K-Cup: 1 K-Cup, 260 mg
- Dunkin' Donuts Cappuccino: 20 oz., 252 mg
- Starbucks Caffe Americano: 16 oz., 225 mg
- Dunkin' Donuts Coffee: 14 oz., 210 mg
- Starbucks Caffe Mocha: 16 oz., 175 mg
- Starbucks — Caffe Latte or Cappuccino: 16 oz., 150 mg
- Starbucks Salted Caramel Mocha, bottle: 14 oz., 150 mg
- Keurig K-Cup, most varieties: 1 K-Cup, 75-150 mg

For a more complete list of popular coffees and their respective caffeine counts, visit [www.cspinet.org](http://www.cspinet.org).

## Why the water matters to novice kayakers



Kayaking is a fun way to spend an afternoon, particularly in summertime. If smiles on the faces of kayakers aren't enough to convince you just how much fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the U.S., recreational kayaking is the most popular paddlesport in the country, attracting more than 11 million participants each year.

People who have never been in a kayak may be intrigued by those statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits. Safety should be a top priority for all kayakers, and especially for novices. A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water. Local watersports retailers and recreational organizations that take watersports enthusiasts out on the water may offer safety courses, and these courses can be great resources while also helping people get their feet wet before paddling away.

When kayaking for the first time, it's important that novices choose the right type of water for their experience level. Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices. The following are some characteristics novice kayakers should

look for in a body of water before pushing themselves and their kayakers into the current.

- **Size:** Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.

- **Demeanor:** Demeanor might not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it's likely a safe spot for novices.

- **Traffic:** Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices. Kayaking is a fun group activity and novice paddlers should never go it alone.

- **Variety:** Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly and put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.

- **Access:** Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their safety.



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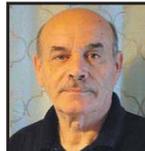
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202021058: This spacious colonial with a large yard in the heart of Delmar is ready for you to move right in. Located on a peaceful tree lined street with just under a half acre bordering public land

for your family to spread out. Oak floors throughout, granite countertops, custom kitchen and a master suite with full bath are just a few of the updated features. The basement has been upgraded with an Owens Corning wall and ceiling finishing system. Solar power and new minisplit air conditioning add to the comfort and energy efficiency. **\$339,000**



202020887: This unique home used to be the original Firehouse of Ames! Now it is a roomy 4 bedroom house. Eat-in kitchen, living room with a propane fireplace, laundry area and large attached garage. Wrap around deck with a view of the creek. 12x18 shed. **\$99,000**



202021998: 500ft of road frontage for you to build your dream home. A great level lot with electric at the road. This treed lot could also be used as great hunting land. **\$79,900**



202022131: Located in the foothills of the Adirondack Mountains the driveway leads back into seclusion. This wooded area with a stream through it offers a great

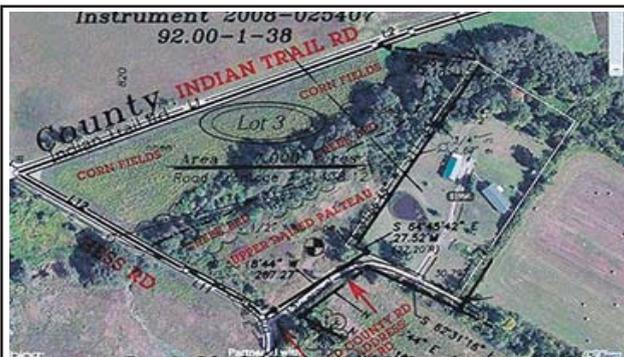
hunting area, and plenty of peace and quiet. This could be a perfect place for a small hunting cabin or a permanent home. The property owner has access to some heavy equipment to possibly help with the installation of a septic system or maybe enlarge/widen the present driveway. This is negotiable with the owner. **\$19,000**



202021877: A spacious home and perfect for a growing or a large family. Eat-in kitchen with tile flooring, large dining room, living room and family room. Total of 6 bedrooms and includes a mastersuite with a full bath and a walk-in closet. Front porch and back patio; perfect for entertaining. A large yard which is ideal for gardening, kids and pets. **\$189,000**



202022086: Adorable move-in-ready bungalow with beautiful woodwork and a lot of character. Home is two bedrooms with an office/den that could easily be turned into a third bedroom. Large walk-up attic has plenty of room for storage and has a finished bonus room. Brand new heating system & gas water heater, new PEX plumbing, new wiring, and new vinyl plank flooring in the kitchen and bathroom. Full basement and detached two car garage. **\$79,900**



202022147: Beautiful lot to build a home or farm front is an open hay field and rear is brush, and wooded with a small stream running through **\$29,000**



202021036: A great ranch situated on .5 acres just minutes from Fonda! Many new updates within the last 5 years - Septic system, Shingles roof, back pool deck (composite), pool liner, 2 mini splits, seamless gutters, windows, entrance doors and garage sales! The two car oversized garage has a handicap ramp into the kitchen. Finished basement has a pellet stove for heat which has a 10 day supplier for the pellets. What a home - relax on the back deck or enjoy a dip into the pool. See Information Sheet for specific details. EXCLUDED: Refrigerator and Freezer in basement. **\$179,900**



202022233: Home in need of TLC, the home is situated with a nice yard, small stream in the back yard, barn for car and toys. State land near by. Has old time charm. **\$65,000**



202021857: This well kept, 2-story home has many great features. A spacious, work-in kitchen with maple, hardwood cabinets and a large dining area. First floor full bathroom and laundry. Hardwood flooring and replacement windows. Three good size bedrooms on the second floor. Basement with a workshop and walk-out access to the back yard. Large vegetable and flower garden area. A breezeway between the house and the garage. **\$72,500**



202020910: Great investment opportunity!!! The main house is two units and the carriage house has been converted into the 3rd unit. Long term tenants. Very spacious apartments! Upstairs tenant has lived there for 30 years, downstairs tenant has been there for over 20 years and the tenants in the carriage house have been there for 3 years. Separate utilities. Tenants pay their own gas, electric & cable. Owner pays village water & sewer. Plenty of room for parking and very nicely maintained. Listing agent is related to seller. **\$139,900**