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Free child safety seat inspections in Montgomery County Free inspections by appointment offered year-round

The Governor's Traffic Safety Committee (GTSC) recently reminded parents and caregivers in Montgomery County that free car seat inspections by certified child passenger safety technicians are available by appointment on Thursday, Aug. 6 in Fonda.

The event is part of a yearlong safety initiative in which state and local law enforcement agencies, together with various community partners, offer free inspections. Sponsoring agencies will be following safety guidelines to protect the health and safety of the technicians and the public.

DMV Commissioner and GTSC Chair Mark J.F. Schroeder said, "Child passenger safety seat checks are a great resource to help parents keep their children safe while traveling in a motor vehicle. I urge parents and caregivers to attend one of these events to ensure their children's safety seats are the right fit and are installed properly. And for everyone's protection, please follow safety guidelines."

The inspection will take place Thursday, Aug. 6 from 10 a.m. - 1 p.m. at Mohawk Volunteer Fire Department, 2553 State Hwy. 30A, Fonda. Contact William Van Alstyne at 518.765.2565 or william.vanalstyne@albanycountyny. gov with questions.

The car seat inspection event aims to ensure all parents and caregivers understand how to choose an appropriate seat for the child's age and size and how to install





the seat correctly. Trained technicians will use the model of "Learn, Practice and Explain" to educate caregivers on how to select a child restraint that will fit their child, fit their vehicle and be used correctly every time.

Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives. According to the National Highway Traffic Safety Administration (NHTSA), child safety seats reduce the risk of fatal injury by 71% for infants and by 54% for toddlers in passenger vehicles.

If you cannot attend this free car seat check events, you

can make an appointment with a child seat inspection site near you. Find more information on upcoming car seat check events near you. See ratings on all car seats.

In addition to car seat inspections, parents and caregivers can view a series of videos produced by NHSTA on proper installation of rear-facing and forward-facing car seats and booster seats. NHTSA also offers information on registering a child safety seat and finding the right car seat based a child's age and size.

For more information about GTSC, visit trafficsafety. ny.gov or follow GTSC on Facebook and Twitter.



Rabies awareness

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. Pets, people and wildlife are outdoors more often in the summer 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,



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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:

 \bullet 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 is given at the same time, with the remaining injections given one each on days 3, 7 and 14 following

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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 bats were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at https:// tinyurl.com/y26a543z.

Rabies vaccinations clinics will take place throughout Montgomery County on the following dates: Aug. 8, Sept. 12, Oct. 10 and Nov. 7. For time and location, or for more information on rabies, contact Montgomery County Public Health (Monday -Friday) from 9 a.m. - 4 p.m. at 518.853.3531 or visit www.co.montgomery.ny.us/publichealth.

For the protection of others, the veterinarian and staff will be social distancing and face masks will be required at the clinics.

Sausage-pepper kabobs

Grilled smoked sausage and fresh vegetables make a great light summer or holiday meal. To save time, these kabobs can be prepped a day before serving, wrapped and refrigerated.

1/2teaspoon dried

Salt and pepper

2 large (8 to 10 ounces

pers 3 medium (4 to 6 ounces each) red peppers sausage)

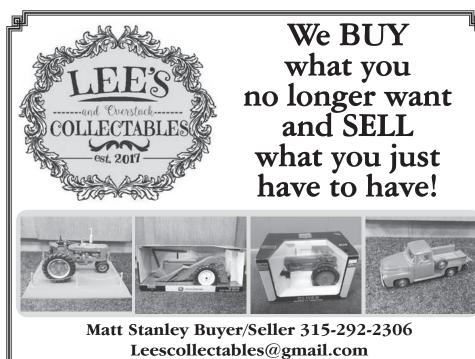
1/4 cup olive oil

2 cloves garlic, crushed with press

oregano

each) onions

2 medium (4 to 6 ounces



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2 pounds fully cooked kielbasa (smoked Polish

each) purple or green pep-

12 (12-inch) metal or bamboo skewers

1. If using bamboo skewers. soak skewers in cold water at least 30 minutes to prevent burning. Prepare outdoor grill for covered direct grilling on medium.

2. In small bowl, combine oil, garlic, oregano, 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Let stand while you cut onions, peppers and sausages into 1-inch chunks.

3. Thread peppers, 2 at a time and alternating with onion and sausage, onto skewers. Brush skewers with oil mixture.

4. Place on hot grill grate; cover and cook 10 to 12 minutes or until browned, turning occasionally. Place on platter to serve. Serves 12.

Each serving: About 325 calories, 27g total fat (9g saturated), 51mg cholesterol, 745mg sodium, 10g total carbohydrate, 2g dietary fiber, 12g protein.

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The Kitchen Diva

by Angela Shelf Medearis Take a peach to the beach

Summer brings with it an abundance of fruits — like peaches — that reach their peak of juicy perfection in the heat of July. Peaches are rich in antioxidants that help to maintain a great complexion. Antioxidants are substances that protect the body by eliminating free radicals, which cause cell damage and can contribute to aging. The sun brings out free radicals in the skin and antioxidants protect skin cells by counteracting free-radical activity — so take a peach to the beach.

high-quality Fresh, peaches are sweet tasting and low in calories. as well as saturated fat, cholesterol and sodium, and high in vitamins A and C, dietary fiber, niacin and potassium. Since one medium peach is only about 37 calories, they're also an excellent snack or guilt-free dessert.

There are more than 200 varieties of peaches, which are sometimes referred to as "stone" fruit due to their pits. Cling or clingstone peaches have a pit to which the flesh "clings." Freestone peaches have a pit from which the juicy, soft flesh is easily pulled away. There is no taste difference between freestone and clingstone peaches.

Some popular types of white peaches are the Sugar May, Scarlet Pearl, Southern Pearl and White Lady. The key differences between white and yellow peaches are their appearance and taste. The white peach has a pearl, pinkblushed skin, white flesh and pink seed. White

peaches are less acidic, resulting in a delicately sweet, juicy flavor containing essences of honey and vanilla, and finishing with a clean sweetness. White peaches are best eaten out of hand, as like most peaches they don't improve with cooking.

The best way to choose a peach, whether white or yellow, is by the feel and smell, not the color. Look for peaches that are somewhat firm yet yield lightly to pressure when applied. When you can smell the sweetness of a peach, then you know that fruit is ready to eat.

Peaches are sensitive and should be handled with care and stored in a single layer, as they bruise easily. If unripe, store them in a paper bag. If ripe, they may be stored in the refrigerator for a week, depending on the degree of ripeness. For full succulence, bring them to room temperature and then enjoy both the flavor and aroma. Avoid picking peaches that are extremely small, hard, soft or have wrinkled skin at the stem end. Peaches that have a green background are picked in an unripe stage and will not ripen well.

fortunate If you're enough to have more peaches than you can eat,





you can freeze them. Peel and slice the fruit and mix with one tablespoon each of lemon juice and sugar. Place them into a sealable storage bags and freeze for future use.

Peaches are available throughout the year. California supplies them from May to October, peaking in July. Washington peaches are available from July to September, while Chile supplies them the rest of the year.

Here are some fun facts about peaches:

• These "Persian apples" actually had their beginning in China, but were developed in Persia and went from there to Europe and then to America with the colonists.

• The nectarine and the peach are so similar that there is only one gene that separates the two to make them distinct. The nectarine has one recessive gene — the one with the fuzz.

• "You're a real peach" originated from the tradition of giving a peach to your beloved friends.

• Most peaches are cultivated by grafting different combinations of rootstocks onto scions.

This recipe for Peaches and Cream Pops is a cool way to enjoy this fantastic fruit on a hot summer day.

Peaches and cream pops

peeled. 1/2cup chopped fresh peaches

1/3 cup peeled, pureed fresh peaches

2/3 cup nonfat vanilla vogurt

2 tablespoons honey

1. Puree 1/3 cup of the peaches in a blender or food processor until smooth. Using a small bowl, mix together the peach puree, yogurt, honey and remaining $1/2 \operatorname{cup}$ of peaches.

2. Spoon the peach mixture into 4 ice cream-

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic

Cookbook." Her website

is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Annual Drinking Water Quality Report for 2019 Village of St. Johnsville 16 Washington St, St. Johnsvillle, NY 13452 (Public Water supply ID#2800143)

INTRODUCTION

To comply with State regulations, the Village of St. Johnsville, will be annually issuing a report describing the quality of your drinking water. The purpose of this report is to raise your understanding of drinking water and awareness of the need to protect our drinking water sources. Last year, your tap water met all State drinking water health standards. We are proud to report that our system has never violated a maximum contaminant level or any other water quality statement. This report provides an overview of last year's water quality. Included are details about where your water comes from, what it contains, and how it compares to State standards.

If you have any questions about this report or concerning your drinking water, please contact Mr. Bill Vicciarelli, Chief Operator, at (518) 568-2225. We want you to be informed about your drinking water. If you want to learn more, please attend any of our regularly scheduled village board meetings. The meetings are held on the 3rd Tuesday of each month, at 6:30 pm at the Village Hall located at 16 Washington St., St. Johnsville, NY 13452.

WHERE DOES OUR WATER COME FROM? In general, the sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and can pick up substances resulting from the presence of animals or from human activities. Contaminants that may be present in source water include: microbial contaminants; inorganic contaminants; pesticides and herbicides; organic chemical contaminants; and radioactive contaminants. In order to ensure that tap water is safe to drink, the State and the EPA prescribe regulations which limit the amount of certain contaminants in water provided by public water systems. The State Health Department's and the FDA's regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Our water system serves a population of 1700 people through 640 metered service connections. Our water comes from two sources. A drilled-well in the Roland V. Swartz well field, that is a groundwater source. The well is seventy feet deep and has an 18-inch casing and produces about 400 gallons per minute. The water produced by the drilled well at the Roland V. Swartz Well field is disinfected by injection of a sodium hypochlorite solution prior to distribution.

The Village also has a surface water source, the Congdon Springs that produces about 225 gallons per minute. The water from the Congdon Springs is filtered at our Slowsand Filtration plant. The water produced by the Filter Plant is disinfected by injection of sodium hypochlorite solution prior to distribution. Water not consumed by our customers is then stored in a 750,000-gallon concrete storage tank.

SOURCE WATER ASSESSMENT

The NYSDOH has completed a source water assessment for this system, based on available information. Possible and actual threats to this drinking water source were evaluated. The state source water assessment includes a susceptibility rating based on the risk posed by each potential source of contamination and how easily contaminants can move through the subsurface to the wells. The susceptibility rating is an estimate of the potential for contamination of the source water, it does not mean that the water delivered to consumers is, or will become contaminated. See section "Are there contaminants in our drinking water?" for a list of contaminants, if any, that have been detected. The source water assessments

provide resource managers with additional information for protecting source waters into the future. As mentioned before, our water is derived from a drilled

well. The source water assessment has rated this well as having a very high susceptibility to bacteria, viruses and nitrates; and a high susceptibility to halogenated solvents, pesticides, herbicides, metals, protozoa, petroleum products and industrial organic compounds. These ratings are due primarily to the proximity of the well to a permitted discharge facility (industrial/commercial facility that discharges wastewater into the environment and is regulated by the state and/or federal government), a toxic chemical release facility and low intensity residential activities in the assessment area. In addition, the well draws from an unconfined aquifer of high hydraulic conductivity.

While the source water assessment rates our well as being susceptible to microbials, please note that our water is disinfected to ensure that the finished water delivered into your home meets New York State's drinking water standards for microbial contamination.

A copy of the assessment, including a map of the assessment area, can be obtained by contacting us, as noted below. A source water assessment for our surface water source has not yet been completed.

ARE THERE CONTAMINANTS IN OUR DRINKING WATER? As the State regulations require, we routinely test your drinking water for numerous contaminants. These contaminants include: total coliform, turbidity, inorganic compounds, nitrate, nitrite, lead and copper, volatile organic

			Table of De	tected Co	ntamina	nts	
Contaminant	Violation Yes/No	Date of Sample	Level Detected (Avg/Max) (Range)	Unit Measure- ment	MCLG	Regulatory Limit (MCL, TT or AL)	Likely Source of Contamination
Turbidity #1	No	Daily	.03 / .09 100%<1.0	NTU	N/A	TT=1NTU	Soil Run-off
	1		Inorga	nic contan	ninants	'	
Nitrate Swartz Well Spring	No No	4/5/2019 4/5/2019	0.918 0.333	Mg/I	10	10	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Barium Swartz well Congdon spring	No No	4/5/2019 4/5/2019	0.0254 0.0044	Mg/l	2Mg/l	2Mg/l	Discharge of drilling wastes,Discharge from metal refineries,erosion of natural deposits
Chloride CONGDON SPRING	NO	3/19/18	2.33mg/l	Mg/l	NA,	250mg/l	Naturally occurring or indicative of road salt contamination.
Sodium Congdon spring	NO	3/19/18	2.31mg/l	Mg/I	NA	NA	Naturally occurring;road salt,water softeners, animal waste.
Sulfate Congdon spring	NO	3/19/18	5.21mg/l	Mg/I	NA	250	Naturally occuring
Lead	NO	9/24/18	90 th percentile 1ug/l ND-67ug/l	ug/l	0	15ug/l	Corrosion of household plumbing systems, erosion of natural deposits. Reference #2
Copper	No	9/24/18	90 th percentile 0.69 mg/l 0.03-1.15mg/l	mg/l	1.3 mg/l	1.3 mg/l	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.reference#2
			Table of De	tected Co	ntamina	nts	
Contaminant	Violation Yes/No	Date of Sample	Level Detected (Avg/Max) (Range)	Unit Measure- ment	MCLG	Regulatory Limit (MCL, TT or AL)	Likely Source of Contamination
Turbidity #1	No	Daily	.03 / .09 100%<1.0	NTU	N/A	TT=1NTU	Soil Run-off
			Inorga	nic contan	ninants		
Nitrate Swartz Well Spring	No No	4/5/2019 4/5/2019	0.918 0.333	Mg/I	10	10	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Synthetic Organ	nic Contan	ninants					·

Disinfection By-products									
TTHM's (Total Trihalomethanes) #4	No	8/21/201 9	9.8	Ug/I	0	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter.		
Haloacetic Acids (HAA5) #4	No	8/21/19	10.03	Ug/I	N/A	60	By-product of drinking water chlorination.		
Chlorine Residual	No	Daily	0.61 (.22 / 1.01)	Mg/I	N/A	4.0	By-product of drinking water chlorination		

compounds, total trihalomethanes, and synthetic organic compounds. The table presented below depicts which compounds were detected in your drinking water. The State allows us to test for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more than one year old. It should be noted that all drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791) or the NYSDOH-Herkimer District Office at (315) 866-6879.

Notes:

#1- Turbidity is a measure of the cloudiness of the water. We test it because it is a good indicator of the effectiveness of our filtration system. Our highest single turbidity measurement for the year occurred on 8/22/2019-0.09 regulations require that turbidity must always be below 5 NTU. The regulations require that 95% of the turbidity samples collected have measurements below 1.0 NTU. Although November was the month when we had the fewest measurements meeting the treatment technique for turbidity, the levels recorded were within the acceptable range allowed and did not constitute a treatment technique violation.

#2- The level presented represents the 90th percentile of the 10 sites tested. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90% of the copper values detected at your water system. In this case, 10 samples were collected at your water system and the 90th percentile value was 1 ug/l for lead and 0.69 mg/l for copper. The action level for copper was not exceeded at any of the sites tested. #4 – This level represents the annual quarterly average calculated from data collected.

Definitions:

Maximum Contaminant Level (MCL): The highest level of a contaminan that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible.

Maximum Contaminant Level Goal (MCLG): The level of a contaminant drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence the addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a

drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

Action Level (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in dripking water

level of a contaminant in drinking water. <u>Non-Detects (ND):</u> Laboratory analysis indicates that the constituent is not present.

Nephelometric Turbidity Unit (NTU): A measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person. <u>Milligrams per liter (mg/l):</u> Corresponds to one part of liquid in one million parts of liquid (parts per million - ppm). <u>Micrograms per liter (ug/l):</u> Corresponds to one part of liquid in one

billion parts of liquid (parts per billion - ppb).

WHAT DOES THIS INFORMATION MEAN?

As you can see by the table, our system had no violations. We have learned through our testing that some contaminants have been detected; however, these contaminants were detected below the level allowed by the State. If present, elevated levels of lead can cause serious health problems, especially for pregnant women, infants, and young children. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes plumbing. The village of St.Johnsville water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water , you may wish to have your water tested. Information on lead in drinking water testing methods, and steps you can take to minimize exposure is available from the safe Drinking Water Hotline (1-800-426-4791) or at "htpp://www.epa.gov/safewater/lead"

IS OUR WATER SYSTEM MEETING OTHER RULES THAT GOVERN OPERATION?

During 2019 our system met all requirements that govern operations.

DO I NEED TO TAKE SPECIAL PRECAUCTIONS?

Although our drinking water met or exceeded state and federal regulations, some people may be more vulnerable to disease causing microorganisms or pathogens in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice from their health care provider about their drinking water. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium, Giardia and other microbial pathogens are available from the **Safe**

Drinking Water Hotline (800-426-4791). WHY SAVE WATER AND HOW TO AVOID WASTING IT?

Although our system has an adequate amount of water to meet present and future demands, there are a number of reasons why it is important to conserve water:

- Saving water saves energy and some of the costs associated with both of these necessities of life;
 Saving water reduces the cost of energy required to pump water and the need to construct orsthu pay.
- pump water and the need to construct costly new wells, pumping systems and water towers; and • Saving water lessens the strain on the water system
- during a dry spell or drought, helping to avoid severe water use restrictions so that essential fire fighting needs are met.
- You can play a role in conserving water by becoming conscious of the amount of water your household is using, and by looking for ways to use less whenever you can. It is not hard to conserve water. Conservation tips include:
- Automatic dishwashers use 15 gallons for every cycle, regardless of how many dishes are loaded. So get a run for your money and load it to capacity.
- Turn off the tap when brushing your teeth.
 Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20 gallons a day. Fix it up and you can save almost 6,000 gallons per year.
- Check your toilets for leaks by putting a few drops of food coloring in the tank, watch for a few minutes to see if the color shows up in the bowl. It is not uncommon to lose up to 100 gallons a day from one of these otherwise invisible toilet leaks. Fix it and you save more than 30,000 gallons a year.

Thank you for allowing us to continue to provide your family with quality drinking water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements. We ask that all our customers help us protect our water sources, which are the heart of our community. **Please call our office if you have questions at (518) 568-2225.**

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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. Sunday School 10am. Morning Worship 11am.

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Eight quick tips for saving money

(StatePoint) Saving money is a top priority for many Americans, but it becomes even more important during times of economic turmoil. Luckily, there are many simple steps you can take to eliminate wasteful spending in your daily life.

Here are eight easy strategies to start saving more money now:

1. Track your personal expenses in a notebook or spreadsheet for 30 days. Doing this is as easy as writing down what, where, when and how much you spend on every transaction. It is only after you know what you are spending your money on that you can wisely choose where to reduce or cut.

2. Ask for discounts and use coupons when shopping for essentials. When possible, select non-branded products, which are often found at a lower price than name brand goods. But be savvy and check for a trial price or return/refund guarantee.

3. Make major purchases using credit cards that offer product assurance guarantees and make filing disputes easy. If a product is defective or damaged, you may be able to get it repaired or replaced for free.

4. Check your bank and credit card statements or online account information for any automatic charges you are paying for services that you no longer use. A \$5 charge per month for a service that you don't need is equivalent to throwing away \$60 every year.

5. Contact service providers to confirm there are no other contract options that offer lower monthly service charges. Many companies offer varying service levels and contracts at different prices, but they won't tell you about them unless you ask. For instance, you could avoid a \$190 cable bill by paying only for the channels you most frequently watch.

6. Learn to say "no," at least sometimes, to your kids and grandkids. Spending money, mobile phone plans, car insurance, gas money and car payments are a few things you may be supplementing for a child or grandchild that you might consider cutting out or at least reducing.

7. Set up different checking accounts for your non-discretionary and discretionary spending. Arrange for monthly bills to be paid from the first account by a bill-pay service or electronic fund transfer. Conversely, use a debit card for personal spending. With two separate accounts, you can better manage and monitor your discretionary spending.

8. Consider creating a separate savings account at a different financial institution from where you have your checking account(s) so it is harder to transfer money. You can set up a direct deposit or auto-draft from your paycheck to do this each month without any effort on your end.

A Certified Financial Planner professional can also help you audit and discover expenses that can be reduced or eliminated. To find a CFP professional near you, visit letsmakeaplan.org.

These simple steps may seem small, but they can add up to big savings for you and your family.



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 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 Egel-

ston at 518.339.2260 or the Amster-

August 1

Night. Polish Food. \$10.

the Visitor Center at 518.829.7516, SchoharieCrossing@parks.ny.gov.

August 2

Meet and Greet for District Attorney Candidate 11 a.m. - 2 p.m. at 1 Waddell Ave., Fort Plain. Fundraiser for Lorraine Diamond, a candidate for Montgomery County Dis-

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.

September 19

Village of Ames Museum Summers End Festival. CANCELED. Museum will be open with no event. Contact 518.673.5820 or f@amesmuseum or www.amesmuseum.weebly.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 or www.amesmuseum.weebly.com

November 7

Village of Ames Museum Open to Visitors. 9 a.m. - noon. Museum closes for the season. 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.

trict Attorney.

dam Elks Lodge at 518.842.6363 or check their Facebook page. Polka

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

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



Family Living — Learning at Home: Five tips for teaching children financial literacy

(StatePoint) If you have school-age children, you are probably one of the many parents facing the challenge of educating your kids at home. While there are countless learning options available from virtual music classes to videos about zoo animals - financial literacy is one important subject that should not be overlooked.

Teaching your children financial literacy gives them the knowledge, skills and motivation to responsibly manage their money and achieve their future goals. Learning fundamental financial concepts is not always easy, so experts recommend that you start with the basics. Here are a few ideas to get you started

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• Explain that there are three things you can do with money: spend it, save it or give it away. To illustrate the point and introduce them to budgeting, have your child divide up money they receive from gifts or an allowance. Have them pay themselves first by putting a certain amount into savings. Then teach them the importance of giving by having them donate a portion of their funds to a charity of their choosing. Allow them to spend the rest.

• Help them distinguish between needs and wants. With older children, you can do this by giving them shopping practice. You could give them a list of things they need, like new clothes, and a budget to shop for these items online. They will have to decide how best to use their limited resources. Should they buy the designer jeans they really want or a lower-priced option that lets them get everything on their list? With younger children, you might instead have them compare the costs of preparing meals at home (food being a need) to ordering from a restaurant (a want).

• Give them firsthand experience with saving money. Many banks let you open savings accounts online. Set one up in your child's name and have them monitor it. By the time they become teenagers, the benefit of saving regularly will be apparent because they will have some money to spend on clothes, food and experiences with friends - and still save for college.

• Involve them in creating a financial mission statement for your family. Ask them what they think is important: Is it planning for a future vacation, saving for college or other goals? Having an open conversation with your children encourages them to think about the meaning of money, the challenge of earning it and the importance of saving for what they truly value.

• Underscore the importance of giving. Explaining to children that other people have less than they do and teaching them to give and volunteer helps develop financial discipline as well as empathy toward others. This will help them stay focused on what is truly important, which can have a profound impact on their finances and every other aspect of their lives.

For more tips like these, visit letsmakeaplan.org. Your Certified Financial Planner professional can also suggest educational resources for teaching your children financial literacy.



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White's Farm Supply welcomes Joe Clark

White's Farm Supply Inc. is excited to welcome Joe Clark. Clark grew up on a dairy farm in Peterboro and currently raises Hereford and Angus cattle. He resides in Peterboro and enjoys fishing, camping and off-roading. He is looking forward to serving our current and new customers as our in-store sales person at our Waterville location.

Clark can be reached at 315.841.4181 for all of your outdoor power equipment needs.



Johnson Hall now open

Johnson Hall State Historic Site opened for the 2020 season on Wednesday, July 22. In response to the COVID-19 pandemic, the following health and safety guidelines will be in effect for the season:

• Guided tours will be given on Wednesdays through Sundays

• Tours are by advance reservation by phone only. Visitors can call 518.762.8712 from 9 a.m. - 4 p.m. Wednesday - Sunday to schedule

• Tours will be limited to five people

• Masks must be worn by all visitors inside the buildings, and social distancing observed

• Access into the buildings will be controlled by staff. Visitors should arrive no sooner than 10 minutes prior to their tour to enter the stone house to pay their admission

• The museum shop will be available to visitors following their tour

Interpretive signs throughout the grounds of Johnson Hall detail the historic structures and features that were once part of the estate. Social distancing should be practiced by visitors on the grounds.

Johnson Hall was the 1763 English Georgian estate of Sir William Johnson and Molly Brant. Johnson was the largest single landowner and most influential individual in the colonial Mohawk Valley. His success in dealing with the Six Nations had a lasting impact on their relationship with the English, and largely influenced England's victory in the Anglo-French struggle for control of colonial North America. Today, the main house and flanking stone houses, originally surrounded by a 700-acre farm, interpret Sir William and Molly Brant's family life through guided tours of the period room settings, educational programs and special events.

Johnson Hall State Historic Site is located at 139 Hall Ave., Johnstown, just off West State Street (State Highway 29 West). For more information, email johnsonhall@parks.ny.gov or visit facebook.com/johnsonhallstatehistoricsite.

Signs transmission fluid is low

Vehicles require all sorts of maintenance to operate safely and efficiently. Contrary to popular belief, motorists need not be amateur mechanics to keep their vehicles running strong.

Major vehicle repairs are best left to the professionals, but drivers can learn to identify the causes of relatively minor issues that, if left untreated, can cause significant damage. For example, vehicles may exhibit certain signs of that indicate their transmission fluid needs replenishing. In many of the following instances, drivers may only need to top off the transmission fluid in their vehicles. However, if issues persist, schedule an appointment with a mechanic.

• Overheated transmission: Smoke billowing from a car is a sight no driver wants to see. But as bad as it may look, smoke coming from a car may only indicate the transmission is overheating due to lack of fluid. Smoke also can be indicative of a host of other problems, so if transmission fluid levels are not low, consult a mechanic. Loss of power and a burning smell also may indicate low transmission fluid levels.

• Erratic shifting: Drivers can notice how their vehicles shift whether the cars or trucks have automatic or manual transmissions. Transmission fluid may be low if shifts appear to be delayed or faster than normal or if the vehicle appears to be slamming into a new gear. The automotive service provider Aamco notes that shifting issues related to transmission fluid may indicate the presence of a leak. If the issue disappears after refilling transmission fluid but then reappears shortly thereafter, consult a mechanic.

• Pausing when engaging gears: A twoto three-second pause when shifting into drive and reverse is another indicator that transmission fluid levels are low. The automotive experts at Firestone note that manual transmissions require fluid to keep gears lubricated, while automatic transmissions rely on fluid to create the hydraulic pressure necessary to power movement within the transmission. When fluid levels are low, shifting from park to drive or reverse can take longer than it should.

• Slipping transmission: Vehicles that are not staying in gear also may be in need of transmission fluid. However, a slipping transmission also may indicate significant damage to the transmission has already occurred, so this issue should be brought to the attention of a mechanic.

Low transmission fluid levels can contribute to various symptoms. Keeping an eye on fluid levels and recognizing low fluid symptoms can keep cars running smoothly.

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What can and cannot be composted

Avid gardeners know that compost can add vital nutrients to soil used in gardens, container plants and lawns. The fact that compost is so versatile and nutrient-dense may not even be its most admirable quality. Made from items used in and around the house, compost costs just about nothing to produce.

The raw materials that make up compost come

Inorganic and non-biodegradable materials cannot go into compost. These are items like plastic, glass, aluminum foil and metal. Pressure-treated lumber, although a natural material, is treated with preservatives and often pesticides that can be harmful if they leech into the garden.

small-gardening The resource Balcony Garden Web indicates coated



can be disposables from the garden and kitchen, as well as other areas around the house. According to the Environmental Protection Agency, yard trimmings and food scraps add up to 20 - 30% of the municipal solid waste in the U.S. Turning waste into compost not only helps the landscape, but also the planet.

Compost is relatively easy to make, and there are scores of materials that can be put into compost. But it is just as essential to know which ingredients cannot be used in compost.

Okay for compost

Most organic materials, or items that were once living, can be used in compost. Plant-based items used in cooking, such as potato peelings, carrot skins, banana peels, cocoa hulls, coffee grounds and filters, corn cobs, apple cores, egg shells, fruit peels, kelp and nut shells, can be added to compost.

Other items from around the house, like unused kitty litter, hair, shredded newspapers and cardboard, leaves, flowers, paper, pine needles, ashes and sawdust, can be successfully added to compost. Stick to items that are not treated heavily with chemicals.

Not okay for compost

such as those from catalogs, magazines, wrapping paper, marketing materials and business cards, should not be added to compost piles because of the chemicals and inks used in these pages.

Natural Re-Planet search Center says to avoid pet droppings from dogs and cats. Animal products like bones, butter, milk, fish skins and meat may decompose and start to smell foul. Maggots, parasites, pathogens and other microorganisms can form in the compost. These materials also may attract flies and scavenger animals. Plus, they decompose very slowly.

Any personal hygiene products should be avoided because they are tainted by human fluids and that can pose a health risk.

While weeds are not harmful in compost piles, there is the risk that seeds can germinate and then infiltrate garden beds when the compost is used. The same can be said for tomato plants and some other hardy fruits and vegetables.

Compost is a winner in the garden and around the landscape. Learning which ingredients can and can't be added to compost piles is useful for any gardener.







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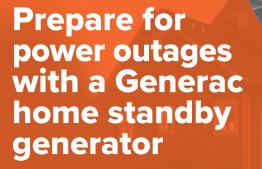
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Restoration

Chow Line: • Monuments Meat thermometer is best option to ensure food safety when grilling meat

> Why should I use a meat thermometer while barbecuing steak on the grill? Can't you just look at the steak to determine if it's done by the color of the meat?

Although many people use color as an indicator of doneness when grilling meats, to lessen your chance of developing a foodborne illness, it's best to use a meat thermometer to ensure vour meat is cooked to the correct internal temperature.

According to research by the USDA and the Food and Drug Administration, only 34% of the public uses a food thermometer when cooking hamburgers.

But, in order to avoid foodborne illness, the USDA advises consumers to use a food thermometer to accurately measure if meat is cooked to a high enough internal temperature to destroy any harmful bacteria such as salmonella and E. coli that might be present.

The safe minimum cooking temperature for ground meats, including beef, pork, veal and lamb, is 160° F. Turkey and chicken should be cooked to an internal temperature of 165°, according to the USDA. Steak and pork can be safely cooked to 145°.

To gauge the most accurate temperature, place the meat thermometer in the thickest part of the food.

In addition, the USDA says you should allow a three-minute rest time

after removing the meat from the heat source. During this rest time, the temperature of the meat remains constant or continues to rise, thereby helping to destroy any pathogens that might be present.

The problem with using color as an indicator of doneness for ground beef, for instance, is if raw ground beef is somewhat brown already, it might look fully cooked before it reaches a safe temperature. Different levels of oxygenation at different locations inside and on the surface of the meat can cause the meat to look red on the outside and brown on the inside.

So, if the meat is already brown, it won't change color during cooking, the USDA says.

Here are some other tips for safe grilling from the USDA and the National Fire Protection Association:

• When marinating meat or poultry, do so in a tightly sealed container kept in the refrigerator at 40° or colder, or place the meat in an iced cooler if you are transporting the food. It's important to keep the meat chilled because bacteria that can cause foodborne illness grow rapidly at room temperature.

• Use propane and

charcoal grills outdoors only.

• Place your grill well away from your home, deck railings and out from under eaves and overhanging branches.

• Keep your grill clean by removing grease and fat buildup from the grills and trays below the grills. • Never leave your grill unattended.

• For charcoal grills, use only lighter fluid designed for grilling. Never use gasoline or other flammable liquids, and never add more lighter fluid once the fire has started.

• Don't cover or store your grill until it has cooled. Soak coals with water before throwing them away.

Keeping these safety tips in mind can help you have enjoyable barbecues without the worry of getting sick from eating undercooked meats.

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 author Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201 or turner.490@osu.edu.



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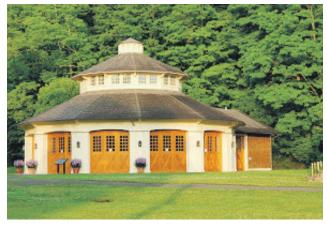
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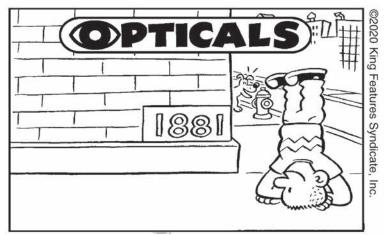




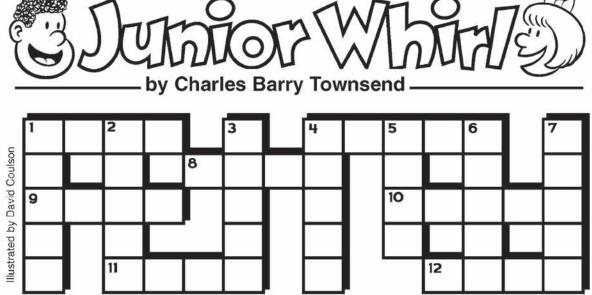


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14 • August 1, 2020



IF YOU TURNED the cornerstone on the above building upside down, the date would read the same. What's the nearest previous year that would read the same upside down? .1601 :19w2nA



LET'S DO A LITTLE GARDENING! Below are words pertaining to backyard gardening that you will need to complete the puzzle grid

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BEHIND THE EIGHT BALL? That's where you'll end up if you fail to solve this poser. Your problem is to arrange eight 8's so that they will add up to 1,000. It's time to rack 'n' roll!

.000, f = 888 + 88 + 8 + 8 + 8 : 19w2nA

THE "L" PYRAMID! As you move down the word pyramid shown, each word contains the same letters as the word above it, plus a new letter. We give you all the L's. Here are some hints from the top down: 1. Roman numeral 50 (given).

2. Musical tone

- 3. A friend.
- 4. An earnest request. 6. Coated with metal.
- 5. A fold in cloth. 7. With great skill.

Answers: The words are I, Ia, pal, plea, pleat, plated, adeptly.

Weekly SUDOKU

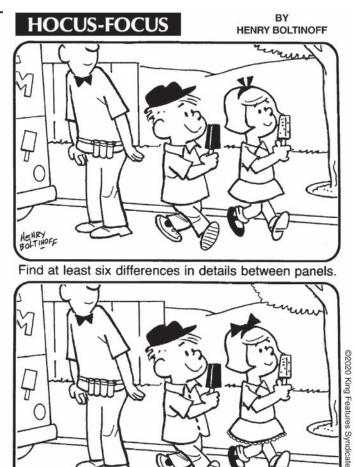
by Linda Thistle

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8		9			7		8	

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: •

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 Boy's shirt has buttons. 6. Girl's skirt is decorated. 3. Fence is longer 4. Girl's bow is different. Differences: 1. Tree is fuller. 2. Change belt is different. provided. Use the trial-and error method. Start planting your words!

4-letter words CART IRIS KALE RIPE ROPE SOIL

5-letter words BASIL CROPS PATIO POLES RAKES STEMS STRAW WATER

Stems. 5. Rope. 6. Water. 7. Crops. Answers: (Across) 1. Ripe. 4. Straw. 8. Cart. 9. Kale. 10. Patio. 11. Soil. 12. Iris. (Down) 1. Rakes. 2. Poles. 3. Basil. 4.

King Crossword ACROSS Fleet from faraway? Impossible" Get a look at 12 Strict disciplinarian 14 Small grimace 15 Geometric curve 16 Former European capital 17 Can metal 18 "Gracias' 20 Orbital point 42 23 Affair of honor 24 Coalition 25 New Jersev borough 28 Coquettish 48 Fluidless 9 Any time now 33 Disturbed the peace 29 Parking lot barometers 10 Play a prank 49 Act 34 Argentine structure on (SL) 30 Bigwig, for 50 Siesta 11 Longings grasslands 36 Burn someshort 51 Feed the hogs 13 Sacred wading bird "Semper what (Coast Guard DOWN 37 Secondhand 19 Listen to 1 Ref 20 Kimmel's net- 38 Protuberance motto) 2 Sky safety 34 Toy block work 39 Venetian name org. 21 Fall into a magistrate 3 Bobby of 35 Thing beanbag chair 40 Get ready, for 22 Sauce source 36 Angle hockey short 43 Literary col-Destroyer 4 Radio interfer- 23 Piece of infor-

mation

25 Jif rival

26 Eve laver

27 Portent

29 Partner

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31 Cauldron

lection

44 Lubricate

45 Weddina

utterance

46 Venomous

viper

Avoid grilling accidents as barbecue season heats up

Memorial Day marked the start of outdoor grilling season for many barbecue enthusiasts. Now that it's time to fire up the grill, it's important to do so safely.

Each year, approximately 57,000 grill fires occur on residential property, resulting in 100 injuries, 10 fatalities and \$37 million in property damage, according to the U.S. Fire Administration. Most grilling accidents are caused by grills that haven't been properly maintained.

"Always inspect your grill before using it to ensure that it will operate properly, and always practice safe barbecue habits," said Scott De-Noon, farm product and underwriting manager for Virginia Farm Bureau Mutual Insurance Co.

Whether grilling with gas or charcoal, be sure to follow manufacturer instructions on how to properly set up and maintain your grill. Additionally, search the Consumer Product Safety Commission website to check for any safety recalls on your grill.

When using charcoal grills, use starter fluids designed for grills. Never use gasoline, and limit the amount of starter fluid. If a fire needs rekindling, add more charcoal if necessary, as too much liquid fuel can start a flash fire.

For gas grills, regularly check grill hoses for cracks, holes and brittleness. Hoses should be directed away from hot areas or where grease could drip on them. Gas leaks can be checked using a soap and water solution that will bubble at points where gas could escape.

When grilling, operate the grill in a stationary position on a level surface at least three feet away from nearby objects including homes, trees or shrubs. Only grill in well-ventilated areas to avoid carbon monoxide exposure.

Protect yourself by wearing a heavy apron and oven mitts that reach over your forearm. Never grill near others, and remove children and pets from the grilling area.

Keep a fire extinguisher, hose or bucket of water nearby. Should a fire occur that cannot be controlled by a fire extinguisher, call 911 and treat any injuries immediately with a first aid kit.

Comfort foods made fast and healthy

by Healthy Exchanges

Zucchini Ham Pasta Salad When the temperature and the heat index create readings of 100 in the shade, you definitely need a plan of action for supper that doesn't add to the prob-

lem. Bring this to the supper table and see if you don't become an instant hero.

3/4 cup fat-free Ranch dressing

- 1/4 cup fat-free mayonnaise
- 1/4 cup reduced-fat Parmesan cheese

1 1/2 cups cold cooked rotini pasta, rinsed and drained

1 cup chopped unpeeled zucchini

- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup sliced fresh mushrooms
- 3/4 cup reduced-fat Cheddar cheese
- 1 1/2 cups diced 97 percent fat-free ham

1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

• Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

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Dining & Entertainment





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Strange **But True**

by Lucie Winborne

• Sir Cecil Chubb, a wealthy and highly respected barrister, really raised the bar for birthday gifts when he purchased Stonehenge (yes, you read that right) for his wife after World War I. But was she suitably impressed? Apparently not - what she actually wanted that year was curtains!

• Caffeine doesn't just help you stay awake. It also serves the function of a pesticide in the coffee plant.

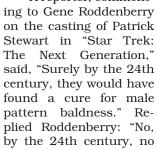
Due to the humid and moist conditions that a sloth lives in. moss and other similar plants will sometimes grow in its hair. Sloths also have very poor eyesight. Those two factors can sometimes culminate in a sloth grabbing its own arm, thinking it's a branch, and falling to its death.

• During the Elizabethan era, coal tar was used as mascara, eyebrow pencil and eyeliner ... despite the fact it's flammable, has a bad smell and caused blindness.

• Until 1925, the NCAA required college football players to study during halftime.

Pastor Dan West

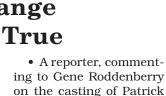
ii an a



High-frequency sounds enhance the sweetness in food, while low frequencies bring out the bitterness.

• Only one McDonald's in the world has turquoise arches. Government officials in Sedona, AZ, thought the yellow would look bad with the natural red rock of the city.

"If opportunity doesn't knock, build a door." -Milton Berle



Woolf and her friends donned costumes and fake beards in order to convince the Royal Navy they were a group of Abyssinian princes, pulling off what became known as the "Dreadnought Hoax" and earning a 40-minute guided tour of the ship.

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one will care."

• In 1910, Virginia

Thought for the Day:

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4:00pm







Good Housekeeping

Salmon and summer squash in parchment This salmon and squash dish is baked in parchment paper, which seals in the flavors and makes cleanup easy.

1 lemon 2 medium (8 ounces each) yellow summer squash, cut into halfmoons

1 small shallot, minced 1 tablespoon chopped fresh oregano leaves

1 tablespoon extra-virgin olive oil

1 teaspoon salt

1/4 teaspoon coarsely

ground black pepper 6 pieces (15-by-12inches each) parchment paper

2 medium (8 ounces each) zucchini, thinly sliced lengthwise

6 pieces (6 ounces each) skinless salmon fillet

1. Heat oven to 400 F. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.

2. In medium bowl,

combine lemon juice. yellow squash, shallot, oregano, oil, 1/2 teaspoon salt and 1/4 teaspoon coarsely ground black pepper.

3. Place parchment rectangles on work surface with a short side of parchment closest to you. On half of each parchment rectangle, arrange one-sixth of zucchini slices lengthwise, overlapping slightly, 2 inches from edge closest to you. Place salmon on zucchini; sprinkle with lemon peel and 1/2 teaspoon salt, then top with yellow-squash mixture. Fold other half of parchment over ingredients. To seal packets, begin at 1 corner and tightly fold edges of paper over about 1/2inch all around, overlapping the folds.

4. Place packets on large cookie sheet. Bake 17 minutes or until salmon turns opaque throughout (to check for doneness, open 1 pack-

et first, being careful to avoid escaping steam). To serve, carefully cut all packets open, and with spatula, gently transfer salmon and vegetables to 6 dinner plates. Spoon any liquid remaining in parchment over salmon and vegetables. Serves 6.

Tip: Baking fish wrapped in special grease- and moisture-resistant paper ("en papillote" in French) allows it to steam in its own juices, locking in aroma and flavor. For even cooking, choose fillets of uniform thickness.

• Each serving: About 270 calories, 13g total fat (2g saturated), 93mg cholesterol, 465mg sodium, 6g total carbohydrate, 2g dietary fiber, 35g protein.

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

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Weekly SUDOKU — — King Crossword —

Answer

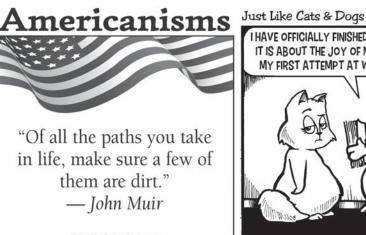
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4	9	2	6	1	3	5	7	8
8	1	7	4	5	2	9	6	3
6	2	5	3	7	4	8	1	9
7	4	1	9	8	6	3	5	2
9	3	8	5	2	1	7	4	6
1	7	4	8	6	9	2	3	5
3	8	6	2	4	5	1	9	7
2	5	9	1	3	7	6	8	4

Solution time: 21 mins.

Answers

U	F	0	S		1	Т	S		Е	S	Ρ	Y
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bu Dave T. Phipps



I HAVE OFFICIALLY FINISHED MY MANUSCRIPT! IT IS ABOUT THE JOY OF MARRIED LIFE. IT IS MY FIRST ATTEMPT AT WRITING FICTION.

Have a happy August!

Tips to spend less money on cooling your home this summer

(StatePoint) Keeping your home cool and comfortable on hot summer days doesn't need to cost a fortune. These tips can ensure your heating and cooling

fied technicians have demonstrated their knowledge of today's increasingly sophisticated heating and cooling systems by passing a nationally recognized test devel-



equipment lasts a long time and operates at maximum efficiency:

• Clean and change filters: Dirty air filters can cause a system to suffer from pressure drop, which can lead to reduced air flow or — blow-out — which can result in no air infiltration at all. When this occurs, your HVAC equipment is working harder, which means increased energy bills and ultimately, more wear and tear. To avoid costly repairs and replacements and enjoy lower utility bills, clean your air filters monthly.

As far as replacing air filters is concerned, one general guideline to follow is to change them every three months. However, the truth is that optimal frequency for this maintenance task depends on a variety of factors, including the type of filter in your HVAC unit, the size of your home, if anyone in your family has allergies and whether or not you have pets. No matter how often you change air filters, be sure they are properly-sized for your system.

The importance of cleaning and replacing air filters can't be overstated. Dirty air filters won't just cost you more money, they can compromise your home's indoor air quality and aggravate allergies and respiratory issues.

• Get annual service: Your HVAC or furnace technician should service your unit annually in order to check that all its various components are in working order. A service check may actually detect a problem before you notice it, and catching it in time could extend your unit's life. Be sure to schedule this service before it's an emergency (i.e. don't wait until it's the hottest day of the year and your unit is in disrepair.)

• Replace older units: Consider whether it's time to replace your unit, factoring in its age and regularity of service. Newer units, especially those with ENERGY STAR labels, operate more efficiently. Indeed, a properly sized and installed ENERGY STAR air conditioner uses up to 20 percent less electricity than older models. So, even if your heating or cooling system is properly maintained, you may be spending more money than is necessary each month.

• Do it right: For ultimate savings, it's best to ensure your HVACR equipment is installed and serviced properly. The best way to ensure fast, efficient service done right the first time is by hiring a technician certified by North American Technician Excellence (NATE) for all installations, repairs and maintenance. NATE-certi-





oped and supported by all segments of the heating, ventilation and air-conditioning industry. To find a NATE-certified technician in your area, visit Natex.org.

If reducing cooling costs, increasing home comfort and helping protect the environment are all important to you, there's good news, with proper HVACR installation and maintenance, these don't need to be competing priorities.

