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Country Editor

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AUGUST 29, 2020

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But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. 2 Corinthians 9:6-7

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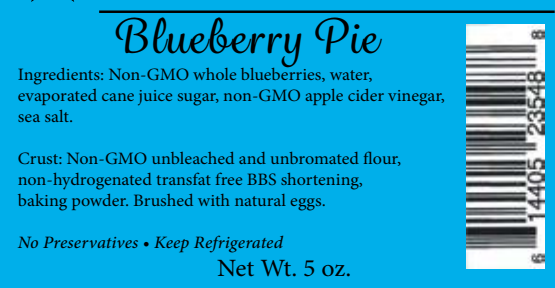
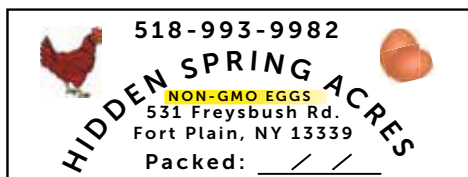


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## Lions Club Bids You Farewell and Thank You!

This month marks the first time since 1961 that the Central Mohawk Valley Lions Club is not planning for its September/first of the year meeting. It is with a heavy heart that the local club is disbanding. With our membership decreasing and aging, along with the prospects of a year without any fundraising due to the COVID-19 pandemic, the writing was on the wall.

For 59 years, we partnered with the local communities of Canajoharie, Palatine Bridge, Fort Plain, Nelliston and St. Johnsville to serve our neighbors in need. While being a relatively small club with membership averaging from the high teens to mid-twenties, the club had a big impact on the community. For over 50 years, our Easter Egg Hunt brought joy to children. It wasn't uncommon to have over 250 kids searching for the fabled "golden eggs." For more than 15 years we awarded a \$500 scholarship to a service-minded senior from each of the three local school districts. Our Christmas party at the Benefit Club in St. Johnsville for challenged children was another one of our service projects. A visit from

Santa with presents always put a smile on their faces. Who can forget our Variety Shows highlighting so many talented individuals who donated their time and gifts, in addition to the Lions who dressed up at the end of each show to perform some crazy act? Our presence at the 4th on the 3rd Celebration ensured glowsticks, a lottery tree raffle and free books available to all. Many of the large print books in the local libraries were purchased by donations from the Lions Club. Thanks to the generosity of the local optometrist, the club was able to purchase glasses for children and adults in need at a discounted rate. These are just some of the highlights that the 136 Lions were involved in over the years.

As we disband, we would like to thank all the local businesses who have supported the club over the years. The willingness of the Courier-Standard-Enterprise and Pensionsaver to cover our events and give us good press is greatly appreciated. We are grateful to the restaurants, organizations and private caterers that allowed us to hold our dinner meetings at their establish-

ments. Our thanks go out to the optometrists who agreed to work with us and bank tellers who sold our chocolate bunnies, along with the school nurses and social workers who helped us identify those children most in need of assistance. Most importantly, though, we want to acknowledge the members of our communities that supported our fundraisers. The work that we have done would not have been possible without the support of you and for that, we want to say thank you! It shows how you were willing to help those less fortunate than yourself. While you may not have been Lions, you certainly exemplified the Lions motto, "We Serve."

It is our hope that while the club will no longer be in our community that you will continue to serve each other with "random acts of kindness." It is one of the things that makes our community so special and will help to take us through these challenging times.

May your days be safe and peace-filled!

**Chris Resch and all the members, past and present, of the Central Mohawk Valley Lions Club**

## Bat awareness

Montgomery County Public Health would like to raise awareness to residents of the area regarding recent reports of bat exposure. Bats reside throughout New York State in both rural and urban areas. Keeping bats out of your home is a good first step in protecting yourself and your pets against rabies. Bats are just one of the carriers of rabies; other vectors include raccoons, skunks and foxes.

To bat-proof your home, use polypropylene bird netting, fly screening, sheet metal, wood or various caulking compounds to close or cover openings that allow entry to the roost. Bats like to roost in attics, behind shutters, under roofing

or siding, the underside of a porch roof, between the house and chimney, vents, rafters, behind hollow walls and in other sheltered areas of homes and buildings. If you suspect bats are roosting in your house, watch for them leaving at dusk, and make sure there are no more bats coming from the roost. Seal off any crevice observed, being aware that bats can enter through crevices as small as a pencil. The best time to bat-proof is late autumn through winter. Area wildlife and bat control specialists are available for hire in the surrounding area.

Bats infected with rabies quickly show signs. Avoid contact with any bat, especially one that

is outdoors during the daylight, on the ground or paralyzed. Bats rarely attack humans; however, any physical contact with a rabid bat may transmit the disease. In some situations a bat bite could go undetected, such as when a bat is found in a room with a sleeping person, or next to an unattended young child or pet. If there is any chance that contact with a bat has occurred to a person or pet, or you are not sure if contact has occurred, capture the bat without touching it. If indoors, close windows, room and closet doors, turn on lights and wait for the bat to land. Wearing heavy gloves, cover the bat with a pail, coffee can or similar container. If the bat is not captured

or tests positive for rabies, every person and pet that had a reasonable probability of exposure should receive rabies post exposure treatment as soon as possible.

Immediately call Montgomery County Public Health 518.853.3531.

For a video demonstration on "How to Safely Capture a Bat" go to [health.ny.gov/diseases/communicable/zoonoses/rabies](http://health.ny.gov/diseases/communicable/zoonoses/rabies).

There is a rabies vaccination clinic scheduled for Sept. 12 at the St. Johnsville Town Barn, 7431 Route 5, from 9 - 11 a.m.

For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

## Grilled peach melba

Try this easy dessert recipe with other grilled fruits such as nectarines or apricots, then top with frozen yogurt and strawberry or blackberry sauce.

2 large ripe peaches, each cut in half and pits discarded

1/2 pint raspberries  
1 tablespoon sugar  
1 1/2 cups vanilla ice cream

1. Prepare outdoor grill

for direct grilling on medium.

2. Place peach halves on hot grill grate and cook 5 to 6 minutes or until lightly charred and tender, turning over once.

3. Meanwhile, prepare sauce: In bowl, with fork, mash half the raspberries with sugar. Stir in remaining raspberries.

4. To serve, place a peach half in each of 4

dessert bowls; top with ice cream and raspberry sauce.

• Each serving: About 160 calories, 8g total fat (5g saturated), 26mg cho-

lesterol, 25mg sodium, 22g total carbohydrate, 3g dietary fiber, 2g protein.

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by Keith Roach, M.D.

### Removing gallbladder didn't end gallstones

**Dear Dr. Roach:** My husband had his gallbladder removed many years ago. In the past few years, he has had six ERCPs to remove gallstones from his bile duct, as he is still making them. He has been told to drink lots of water but that there is no pre-

ventive remedy. Do you have any suggestions for how to prevent these gallstones from forming? — B.A.P.

**Answer:** Ordinarily, removing the gallbladder stops new gallstones from forming. Having a gallstone left after surgery is not uncommon, but it is very uncommon for people to make multiple new stones years

after surgery.

One possibility is a diverticulum of the common bile duct. The common bile duct drains bile from the liver and gallbladder into the small intestine — it drains pancreatic fluid, too. A diverticulum is a blind pouch. It's possible for a stone to form there, so you should find out if he has one. They should have seen it on one of the ERCPs (a special endoscopy that looks at the bile and pancreatic ducts). If present, a diverticulum can be removed surgically.

I asked my colleague at Weill Cornell, Dr. Arun Jesudian, for his expertise, and he said he has seen multiple stones in the liver due to parasitic infections, often in Asian patients. That may require surgical treatment. He also discussed doing a sphincterotomy, which is a procedure to open the end of the common bile duct, to let stones pass through easily. Your husband may benefit from expanding it. Finally, there is a medication to reduce gallstones, ursodiol (Actigall), which Dr. Jesudian feels had no real downsides and might well help.

**Dear Dr. Roach:** I'm a female, 53, who suffers from and is being treated for IBS. I have a history of colon cancer in my family. My family members and I go through regular screenings and so far, we've been clean. Once in a while, I wake up feeling a sharp, stabbing pain in my rectal area that lasts no more than 20-30 minutes before going away. These pains occur no more than once a month, sometimes every few months, but the pain often happens while I'm asleep and wakes me up. Luckily, there have been no bloody or black

stools or urine following this, much to my relief. I've talked to my gastroenterologist about it, and he's as clueless as I am. I do exercise and watch what I eat. Could it be gas? At least the pain is short-lived, so it doesn't interfere with my daily activities or routine. — A.

**Answer:** Irritable bowel syndrome is a common problem, found more frequently in women, that ranges from annoying to life-changing. Although it does not predispose to cancer or reduce life expectancy, IBS can have dramatic effects on a person's social and work lives.

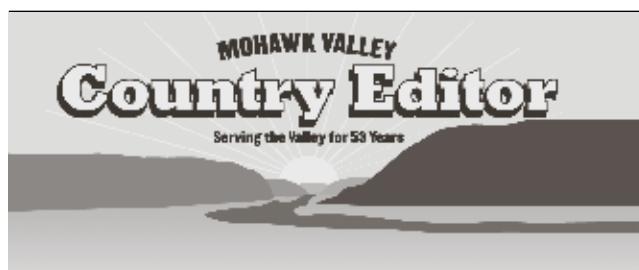
The hallmarks of IBS are bowel changes (diarrhea, constipation or sometimes both, alternating) and abdominal discomfort. The discomfort is usually described as cramping, but it is not unheard of to be described as sharp or stabbing. I believe a colonoscopy is appropriate to be sure IBS is not actually a different problem, such as inflammatory bowel disease. Black or bloody stools would be concerning for IBD not IBS.

Your symptoms are not typical for colon cancer, which often has no symptoms until it is quite advanced, making regular screening is so important.

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

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## To Your Good Health



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## 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 CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### September 3

**Marshville Evangelical Church** has cancelled the **Brooks BBQ** on the date of Sept. 3, 2020. Next year's date is Sept. 2, 2021.

day of the month at 6 p.m. This year the Fort is open for tours on a limited basis. If you would like to learn more about the Fort or how to become a member, call 518.568.7779, visit [fortklockrestoration.org](http://fortklockrestoration.org) or facebook.com/fortklockhistoricrestoration.

check their Facebook page. \$10.

### October 3

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

### September 12

**Rabies Vaccination Clinic** at St. Johnsville Town Barn, 7431 Route 5, St. Johnsville, 9 - 11 a.m. For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

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

### September 12-13

**Fort Klock Craft Fair canceled.** After much consideration, Fort Klock has decided to cancel its craft fair due to COVID-19 concerns. Meetings take place the second Wednes-

### 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

### December 2

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

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## Tips to prepare for your next big home project

(MS) — The planning exciting parts of a home process is one of the most renovation project, and

with social distancing keeping us indoors, now

is the time to dream big and get ready.

Whether it's a basement makeover, a pool addition or even building a new house from scratch, here are some tips to get started:

1. Factor in your lifestyle. Think about your priorities and lifestyle — do you work from home without a proper home office? Do you enjoy cooking and entertaining? Is your backyard living up to its potential as an extension of your home? Asking these kinds of questions can help you determine the most beneficial focus for your next project.

2. Educate yourself. Take advantage of this

extra time you have to learn about materials, processes and new innovations. You can make smarter purchasing decisions by finding out the answers to key questions, such as: Is this material mold-resistant? How long will it last? Is this a passing fad or will it stand the test of time?

3. Consider sustainability. Products and materials that reduce your carbon footprint don't just help the planet — they're often better for your wallet, too. When doing your research, look for energy-efficient appliances, windows, walls and more to build a greener home that will last longer and save you money in the long run.

4. Disaster-proof your design. The pandemic has taught us that sometimes the worst can happen. From natural disasters to fires and flooding, we need our homes to offer as much protection as possible. Whether you're plan-

ning an extension to your home, pools and spas for your backyard or a custom-built home, insulated concrete forms from Nudura are a smart investment. An eco-friendly alternative to traditional materials like wood, ICFs are disaster resilient, designed to withstand wind, fire, tornados, and more.

5. Budget for smart splurges and savings. Budgeting is one of the most important parts of the planning process because you want to spend your hard-earned money wisely. You'll want to splurge on items that will boost your property value, like energy-efficient features, creating more living space and a solid foundation. Upcycling and repurposing furniture, DIY-ing simpler projects like painting, and spending more on nicer hardware but less on cabinets are clever ways to save.

Find more information at nudura.com.

## Strange but true

by Lucie Winborne

• A Florida waitress was promised a new Toyota after winning a sales contest at her restaurant, but was given a toy Yoda, a "Star Wars" doll, instead. She sued the company and received more than enough to buy herself a new Toyota.

• Fear of dolls is called "pediophobia."

• Alchemist Hennig Brand is thought to have used upwards of 1,500 gallons of human urine in his quest to make gold. After he evaporated, boiled and distilled it multiple times, it started to glow in the dark and burst into flames. He had instead discovered the element phosphorus.

• "Phantom Vibration Syndrome" is the name for when someone thinks their phone is vibrating, but it isn't.

• Cats have more than 100 vocal sounds, while dogs only have about 10.

• Astronaut John Young caused a small scandal in 1965 when he smuggled a corned beef sandwich aboard Gemini 3. When he took it out in zero gravity and tried to eat it, it broke up, sending

crumbs flying around the cabin. No harm was done, but the incident sparked a safety review by the U.S. House of Representatives Committee on Appropriations and a statement from NASA assuring that steps had been taken "to prevent recurrence of corned beef sandwiches in future flights."

• Jim Carrey's make-up routine for "How the Grinch Stole Christmas" was so intense and his costume was so uncomfortable that he underwent training from the CIA's torture experts.

• Take a good look at Disney princesses and you'll notice that they're all essentially attired in typical princess garb of gown, tiara, etc. But here's a small difference you might not have picked up on — some wear gloves, and some don't. What's up with that? The ladies without gloves are commoners who married into royalty.

*Thought for the Day: "In a complex world, intelligence consists in ignoring things that are irrelevant."*

-- Nassim Nicholas Taleb  
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**Notice of Annual Meeting**

The West St. Johnsville Cemetery will hold its annual meeting on  
**Wednesday, Sept 16th**  
at 6pm  
at The Community House,  
16 Washington St.,  
St. Johnsville

Anyone wishing to attend is welcome.



# 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](mailto: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  
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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.)  
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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. Ogden, 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,  
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**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  
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Sunday Worship 10:30am

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

**Church of the Good Shepherd**  
26 Moyer St., Canajoharie  
518-673-3440  
**The Rev. Virginia L. Ogden, Rector**  
Sunday Worship 9:30  
with Communion  
Church Email: [churchgoodshep26@gmail.com](mailto:churchgoodshep26@gmail.com)  
Web Site: [www.churchgoodshepherd.com](http://www.churchgoodshepherd.com)

**Faith, Hope and Love  
Church**  
**Rev. David W. Bowley, Pastor**  
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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@stjmcajo.org](mailto:churchoffice@stjmcajo.org)

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Cell: 857-523-8417  
**Pastor, Rev. Mark Fowler**  
Sunday Morning Service 11:00am  
Sunday School for All Ages 10:00am

**First Baptist Church**  
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**Rev. - Gary Tyler**  
Sunday School 10:00am  
Morning Worship 11:00am  
Sunday night Worship 6:00pm  
Wed. night Bible Study 7:00pm  
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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

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**Pastor Wally Braemer**  
Sunday - Adult Sunday School Class - 9:15am  
Worship Service - 10:30am  
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**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  
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**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  
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**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  
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**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  
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19 Church St  
Richfield Springs, NY 13439  
**Rev. David Tosi**  
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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

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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  
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**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 9am, 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**  
32 W. Main St.,  
St. Johnsville, NY (next to NBT Bank)  
518-568-3007 Church  
518-568-2405 Parsonage  
**Rev. David Johnson**  
Sunday Worship 10:30am,  
Tues. Bible Bungee-Jumping 7pm,  
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**Victorious Life Church  
RMI Fellowship**  
104 Main St. & 431 St. Hwy. 80  
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518-993-3102  
Sunday School 9am,  
Morning Worship 10:30am,  
Youth Group 5pm,  
Evening Worship 7-8pm

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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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## Col. Smullen attends annual dinner honoring veterans

On Aug. 20, Assemblyman Robert Smullen (R, C, Ref-Meco) attended the Salute to Service Veterans' Dinner, which took place at the Nigra Center in Mayfield. The drive-thru dinner honored local veterans for their service and showed the communities' appreciation.

"This event is very important, especially during this time of crisis," said Smullen. "Our veterans deserve the thanks for their service to their country. The drive-thru, picnic-style dinner that was organized for the veterans created a great opportunity where everyone was able to choose to act as a community. I want to formally extend my gratitude to the organizers of the Salute to Service dinner as well as to those honored."

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



(L - R) Assemblyman Robert Smullen, Private First-Class Bruce Francis Mrha and Sen. Jim Tedisco.

Photo courtesy of Robert Smullen



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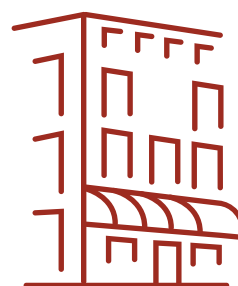
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## NEW Canada Lake Listing 410 Kasson Drive • \$225,000



Come Check out this 3 BDRM, 2 Full Bath Lake Home with 25 +/- Feet of Lake Rights and Dock off Canada Lake. Full Basement, Furnace, Fireplace, Laundry on main level, & 1.30 +/- Acres. YOU COULD SO ENJOY THE ADIRONDACK LIFE AT THIS HOME ~

## New Listing \$325,000 705 S. William St, Johnstown



To View call our **Katie-Anne Isabella, NYS Licensed RE salesperson** on her cell at (518) 866-1089. 4 BDRMS, 3.5 Baths, STUNNING KITCHEN w/granite countertops, SS Appliances, In-Ground Pool, 2 Car Garage, over 3,200 sq. ft. of living space & 0.70 +/- Acres to enjoy.

## New Listing \$245,000 407 S. William St, Johnstown



To View call our **Katie-Anne Isabella, NYS Licensed RE Salesperson** on her cell at (518) 866-1089. Stunning Victorian Home offering 4 BDRMS, 2 Full Baths, just over 2,500 sq. ft. of living space & In-Ground Pool.

## New Listing \$69,000 45 E. Main St, St. Johnsville



This is a 3 BDRM, 1.5 Bath home situated on a corner lot. Roof is about 6 years old, newer windows throughout, all new flooring downstairs placed in BDRM, Living Room & Dining Room, extra flooring left for the kitchen. Laundry on 1st floor & off street parking. Priced to Sell!

## New Listing \$39,900 9 Upper Prospect St, Fonda



Calling all Handy men & women, Investors/Flippers. Rehab this spacious 3 BDRM, 2 Full Bath home situated on a nice lot and includes a large old barn on the premises that you could use or sell the old wood & beams from.

**If you are looking to buy or sell, give us a call! Because Your Move Matters...**

## New Listing \$175,000 227 West Main St, Johnstown



This is a beautiful home that offers 6 BDRMS, 4.5 Baths total for living space for you and in-law style apartment or a 2 family home. Rents currently are \$1,200 & \$800. Main house is 4 BDRMS & 3.5 Baths and Apartment area is 2 BDRMS & 1 Bath.  
**Call Katie-Anne Isabella NYS Licensed RE Salesperson** on her cell at (518) 866-1089 to view.

## 180 ACRE FARM FOR SALE 256 Melick Rd, Canajoharie, NY • \$625,000



Stunning property that offers a HUGE 3/4 BDRM 2.5 Bath Colonial Home, 2 BARNS/OUTBUILDINGS, walk out basement, approximately 100 Acres of woods and about 80 Acres of fields & pasture land. Stellar property to farm or enjoy as an outdoor enthusiast. Call us today to find out more please. Sellers need to downsize!

## New Listing \$239,000 302 S. William St, Johnstown



EXQUISITE Victorian Home offers 4 BDRMS, 2 Full Baths that has been completely remodeled and has annual taxes of \$3,354 that is just waiting for you to move on into. \*Listing agent is related to the seller.  
**Call Katie-Anne Isabella NYS Licensed RE Salesperson** on her cell at (518) 866-1089 to view.

## Reduced \$134,900 9 Bergerette St, Gloversville



Great 3 BDRM, 1 Full Bath home situated on a Dead End RD just as you head out of the City Limits. 1 Car Garage, Full Basement that has a bar/recreation room started that could add to your desired living space, back deck to sit out and enjoy, wood stove and ductless wall A/C Unit.

## Only \$99,900 122 E. Clinton St, Johnstown



Great Home offering a nice amount of space, great bones, large fireplace, 3 BDRMS, 1.5 Baths, 1st Floor Laundry & Nice Back Yard. Sellers are MOTIVATED ~ so come make us an offer today.

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202025609: A beautiful 1850 Stone home! If you like relaxing on the porch instead of mowing the lawn - this is the home for you. A stunning home with hardwood floors, pocket doors, 2 fireplaces, foyer and so much more! Updated kitchen with island and granite counter tops, formal dining room. Formal living room with fireplace. The bathroom has been completely renovated with walk in tile shower. New roof from plywood to shingles. Finished basement with exit to driveway and back porch. Family room, bedroom and full bath in basement. Ideal for the in-law. Large side porch and relaxing private back deck. Close to Cooperstown, Saratoga, Albany and Utica! NYS Thruway exit 29 is minutes away. Must see to appreciate. Excludes Hot Tub and Porch Ceiling Fans. **\$179,900**



202020887: This unique home use 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. **\$89,000**



202012871: Priced right for a starter home. Could easily convert dining room or living room into a bedroom for first floor living. Very little yard maintenance. **\$39,999**



Well cared for mobile home with additions. Eat-in kitchen, large living room with a sliding glass doors, stove and skylights. Enclosed porch, back deck and a great yard. Dead end location. **\$75,000**



Newly renovated 2 family house. Can be owner occupied or rent both apartments. Very Nice neighborhood, close to shopping and downtown. Unit 1 has 2(br), living room, kitchen, full bath and laundry room est. rent (\$1400) Unit 2 has 2(br) livingroom, kitchen and full bath was rented but renters are moving out rent(1150). MUST SEE !!!! **\$240,000**



202025671: This listing includes TWO houses and a garage! 58 North Division is a well built home with a great deal of potential and lots of storage space. Years ago it was a two family home and could easily be converted back for investment property. This listing also include the house next door, 56 North Division, currently being used as rental income property. This cute, 2 bedroom, 1 bath could easily offset your mortgage payment! It also includes two off street parking spaces. Both homes have small, very private backyards to upkeep! The third parcel included in the listing is a 24 by 30 garage located across the street from the two homes. It has a large driveway that can easily fit 4 vehicles. **\$96,900**



202012856: GREAT INVESTMENT OPPORTUNITY! A very nice 2 family duplex, in a nice residential neighborhood. Each unit has 2 bedrooms, 1 bathroom, separate utilities, new siding, replacement windows, and well insulated. BRAND NEW stove and refrigerator in each unit. The plumbing, furnace and electric are in good condition. Off street parking available. **\$65,000**



202011478: 2-story, up and down 2 family located across the street from the bike path. Exterior is vinyl siding and up-dated windows. 1st floor is a 1 bedroom apartment and 2nd floor is a 2 bedroom apartment. Separate utilities. Interior needs updating. Includes the lot to the right of the house for parking (sbl 63.62-1-3). **\$40,000**



202024965: A 1850 farm house w/2,800 Sq ft with plenty of room to entertain! Old fashion stairway could easily be reopened. Home is situated on a corner lot with 3.5 acres. With a little TLC it could become that prestige home that it use to be. It has great bones, a beautiful country sitting with a pond to relax next to in the evenings. Large kitchen with a great built-in ceiling to floor pantry with natural woodwork. A library and parlor as well as a very large entrance area with wash, dryer and even a double wash sink. Want to just relax grab a book and sit in the 3-season sun porch. **\$199,000**



202024938: Make this home your dream home! Price is right and perfect for the handyman! Ranch style home with 3 bedrooms, large living room and eat-in kitchen. **\$36,900**



202017858: 2 units are 2 bedrooms and 3rd unit is a studio apartment. 3 electric meters and separate heat. The owner furnished the fuel for the 2, 2 bedroom units (but are separate furnaces). The studio has electric heat, tenant pays electric and heat. Off street parking. Exterior is vinyl siding, front porch and a shale roof. **\$29,500**



202024467: Two-story, 3 bedroom home with many original features. Nice woodwork throughout the home. Convenient location and borders the park for your pets and children to enjoy. Front porch and a detached garage. **\$54,900**

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The Kitchen Diva

by Angela Shelf Medearis

We all scream for ice cream

by a Chatham Street, New York, merchant show that President George Washington spent approximately \$200 for ice cream during the summer of 1790. President Thomas Jefferson's slave chef, James Hemings, is said to have a favorite 18-step recipe for an ice-cream delicacy that resembled a modern-day Baked Alaska.

Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell. Due to ongoing technological advances, today's frozen dairy production in the United States is more than 1.6 billion gallons annually.

Wide availability of ice cream in the late 19th century led to new creations. In 1874, the American soda-fountain shop and the profession of the "soda

recipe and variations from the American Egg Board.

6 eggs  
2 cups milk  
3/4 cup sugar  
1/4 teaspoon salt  
2 cups whipping cream  
1 tablespoon vanilla

1. In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least one hour.

2. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice-cream freezer container. Freeze, according to manufacturer's directions, until firm. Makes 1 1/2 to 2 quarts.

Variations

Banana Nut: Reduce va-

mixture. Cook, cool and freeze as above.

Strawberry: Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened, crushed fresh strawberries. Complete freezing.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thou-

sands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. (www.ticket-

todream.org)

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It's hot, and like many of you, one of my favorite ways to cool off is with a bowl of ice cream. Vanilla ice cream continues to be America's flavor of choice. Ice cream's origins are known to reach back as far as the second century B.C., although no specific date of origin or inventor has been indisputably credited with its discovery.

We know that Alexander the Great enjoyed snow and ice flavored with honey and nectar. Biblical references also show that King Solomon was fond of iced drinks during harvesting. During the Roman Empire, Emperor Nero (A.D. 54-86) frequently sent runners into the mountains for snow, which was then flavored with fruits and juices.



More than a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what is now called sherbet. Historians estimate that this recipe evolved into ice cream sometime in the 16th century. England seems to have discovered ice cream at the same time, or perhaps even earlier, than the Italians. "Cream Ice," as it was called, appeared regularly at the table of Charles I during the 17th century. It wasn't until 1660 that ice cream was made available to the general public. The Sicilian Procopio introduced a recipe blending milk, cream, butter and eggs at Le Procope, the first and oldest cafe in Paris.

The first official account of ice cream in the New World comes from a letter written in 1744 by a guest of Maryland Governor William Bladen. Records kept

by a Chatham Street, New York, merchant show that President George Washington spent approximately \$200 for ice cream during the summer of 1790. President Thomas Jefferson's slave chef, James Hemings, is said to have a favorite 18-step recipe for an ice-cream delicacy that resembled a modern-day Baked Alaska.

Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell. Due to ongoing technological advances, today's frozen dairy production in the United States is more than 1.6 billion gallons annually.

**Frozen Custard  
Ice Cream**

Wide availability of ice cream in the late 19th century led to new creations. In 1874, the American soda-fountain shop and the profession of the "soda

jerk" emerged with the invention of the ice-cream soda. In response to religious criticism for eating "sinfully" rich ice-cream sodas on Sundays, ice-cream merchants left out the carbonated water and invented the ice-cream "Sunday" in the late 1890s. The name was eventually changed to "sundae" to remove any connection with the Sabbath.

Today, ice-cream machines make it easy for home cooks to prepare their favorite flavor of this delicious, frozen dessert. Try this wonderful ice-cream recipe, and beat the heat with a frozen treat!

Don't let a favorite home-made ice cream using with raw eggs cramp your style with a possible food-borne illness. Substitute the traditional method with this cooked custard ice-cream

recipe and variations from the American Egg Board.

- 6 eggs  
2 cups milk  
3/4 cup sugar  
1/4 teaspoon salt  
2 cups whipping cream  
1 tablespoon vanilla

1. In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least one hour.

2. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice-cream freezer container. Freeze, according to manufacturer's directions, until firm. Makes 1 1/2 to 2 quarts.

**Variations**

Banana Nut: Reduce va-

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# Weekly SUDOKU

by Linda Thistle

		1		9	5	7		
6				7				3
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦

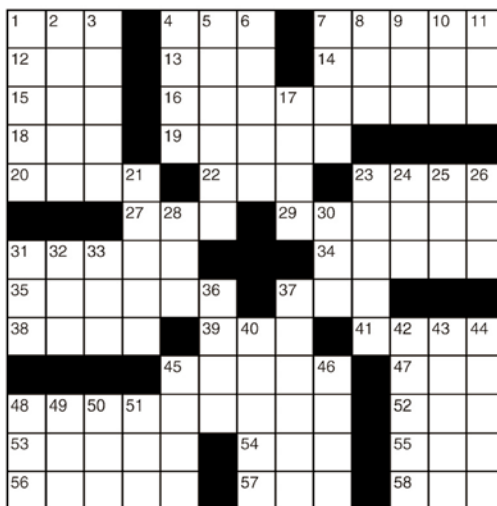
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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# King Crossword

## ACROSS

- 1 Homer's cry  
4 Commotion  
7 Couturier Bill  
12 — out a living  
13 America's uncle  
14 They're usually covered in white  
15 Auto  
16 Cartoon canary  
18 Suitable  
19 Point of view  
20 Effervescence  
22 Squirrel's home  
23 Mediocre  
27 Samovar  
29 Sister of Venus  
31 Kin of "Abra-cadabra!"  
34 Crucifixes  
35 Sufficient  
37 "Brady Bunch" girl  
38 Cash-drawer compartment  
39 Swelled head  
41 Marvel Comics group  
45 Clutch  
47 Anger  
48 16-Across' pursuer  
52 Legislation  
53 Praiseful rendition  
54 Clean Air Act org.

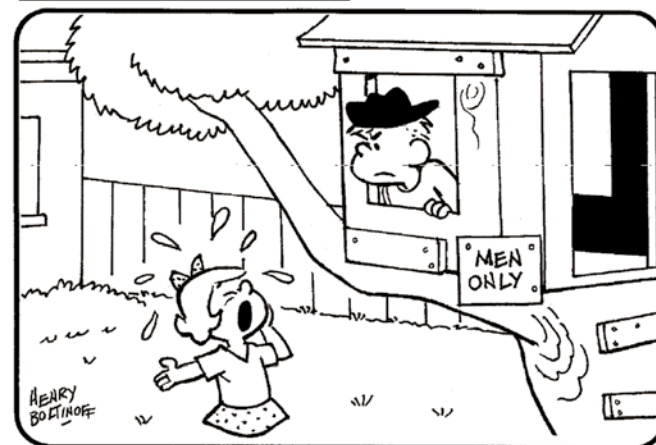


- 55 Consumed  
56 "Excavating for —"  
57 Bashful  
58 Neither partner  
8 Myrna of Hollywood  
9 Matterhorn, e.g.  
10 Tackle moguls  
11 Away from NNW  
17 Reindeer kin  
21 Boer fighters  
23 Cheer-ful part of NYC?  
24 Zodiac feline  
25 Moreover  
26 Owns  
28 Tatter  
30 Detergent brand  
31 Dog's doc  
32 Individual  
33 Tiny particle  
36 Towel word  
37 Andrew Lloyd Webber title role  
40 Microsoft big-wig  
42 Where to see "The Last Supper"  
43 Poets' Muse  
44 More recent  
45 Hackman or Wilder  
46 Beseech  
48 Masseur's workplace  
49 Sweet potato  
50 Mainlander's memento  
51 U-Haul rental

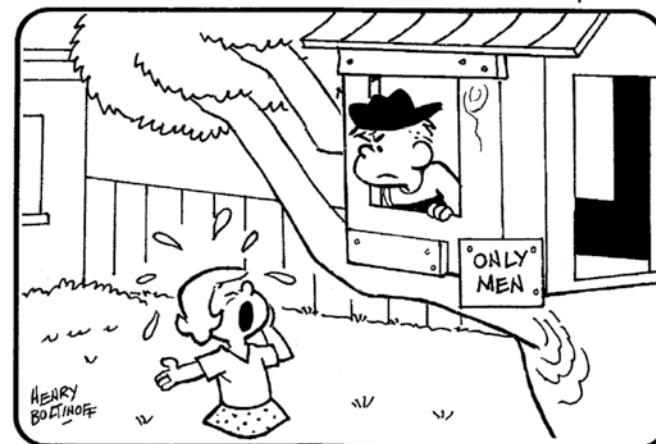
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# HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Girl's bow is missing. 2. Tree limb has been added. 3. Boy's shirt has stripes. 4. Sign is different. 5. Treehouse roof is different. 6. Tree steps are gone.

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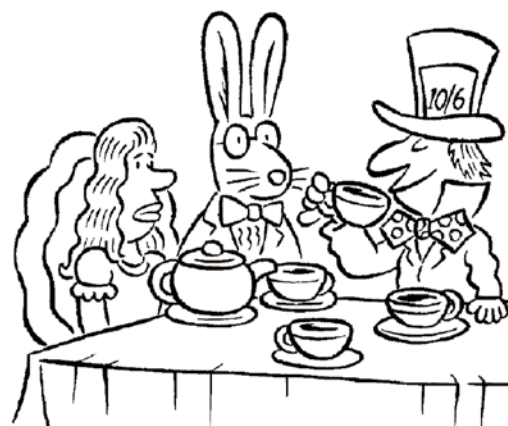


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**WHILE TIMMY IS COOLING OFF** with a Clam Spritzer, see if you can count how many shells are in the picture. We found more than 30.

# Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

## ANOTHER TYPE OF TEA PARTY!

A good way to end the day is with a nice cup of tea. It's also a good way to end the following 14 words. We give you hints for each. (For example: Great speed equals velocity.)

1. Methuselah had it.
2. Type of drink or snowman.
3. Made to look foolish.
4. The spice of life.
5. The soul of wit.
6. Used in quiet cars.
7. Cordial reception of guests.
8. The best policy.
9. A criminal's dread.
10. A skill with hands.
11. Everlasting.
12. A sailor's song.
13. Can keep you down.
14. A stale odor.

**SEE IF YOU CAN** make this math expression correct by adding four plus signs between certain numbers:

$$1\ 2\ 3\ 4\ 5\ 6\ 7 = 100$$

Answer:  $1 + 2 + 34 + 56 + 7 = 100$ .

**FIND-A-WORD!** On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in the letter-by-letter order within the mystery word) are defined below.

1. To load up.
2. A drink ending.
3. Very willing.
4. A young man.



Answers: 1. Lade. 2. Ade (lemonade, orangeade, etc.). 3. Glad. 4. Lad. Mystery word: Glade



Answers: 1. Longevity. 2. Frosty. 3. Indignity. 4. Variety. 5. Brevity. 6. Electricity. 7. Hospitality. 8. Honesty. 9. Captivity. 10. Dexterity. 11. Eternity. 12. Chantey. 13. Gravity.

## Great grilling ideas for easy home-cooked meals

(BPT) – Any summer day is the perfect day to fire up the grill. Simple or elaborate, gas or charcoal – any type of grill can impart flavors and textures that make home-cooked meals extra special. No need to cook indoors and heat up the kitchen when the outdoor grill is ready to go.

Enjoy outdoor recreation time when Steak with Grapes and Stilton is on the menu. Ready in under 15 minutes, this easy entrée pairs grilled flank steak with greens, Stilton cheese, grapes and a light vinaigrette dressing. The quintessential summer salad, this will please diners of all ages.

Keep the grill hot for making Grilled Grape, Strawberry and Mango Skewers with Honey-Orange Glaze for dessert. Grilling caramelizes the natural sugars in fruit to concentrate the natural sweetness and intensify fruit flavors. Serve warm right off the grill or prepare ahead of time for a delicious, guilt-free treat.

Cool, refreshing grapes are an easy anytime snack, so be sure to include grapes on every summertime grocery list to have handy for snacking and light summer recipes. Store unwashed in the refrigerator for up to two weeks, rinse immediately before eating or cooking, and enjoy!

For more great grilling ideas download the e-cookbook "Get Grilling with Grapes!" from grapesfromcalifornia.com.

### Grilled Flank Steak with Grapes & Stilton

Serves 6

#### Ingredients

1 flank steak (2 lbs)  
Kosher salt and freshly ground black pepper  
1 1/2 tbsp red wine vinegar  
1 tbsp chopped shallot  
1/4 tsp Dijon mustard  
1/4 cup extra-virgin olive oil  
2 bunches watercress, trimmed (8 cups)

1/2 cup crumbled Stilton or other blue cheese  
2 cups red grapes, halved

#### Directions

Preheat a grill to high and oil the grates. Sprinkle the steak with salt and pepper.

In a small blender or food processor, combine the vinegar, shallot, mustard and olive oil. Season with salt and pepper and puree until smooth. Grill the steak until it reaches 130° F for medium-rare, about 6-7 minutes per side. Transfer to a cutting board and let rest 5 minutes.

In a large bowl, combine the watercress, salt and pepper and enough dressing to coat. Thinly slice the steak across the grain and transfer to a platter. Top with the watercress, Stilton and grapes and serve with additional dressing.

*Nutritional information per serving:* Calories 376; Protein 29 g; Carbohydrate 10 g; Fat 24 g (57% Calories from Fat); Sat Fat 8.5 g (20% Calories from Saturated Fat); Cholesterol 73 mg; Sodium 299 mg; Fiber .8 g.

### Grilled Grape, Strawberry & Mango Skewers with Honey-Orange Glaze

Serves 4

#### Ingredients

8 bamboo skewers, soaked in water  
1 cup green grapes  
1 cup red or black grapes  
1 mango, cut into chunks  
12 strawberries, cut in half  
1/2 cup honey  
1 tbsp orange zest  
1/4 cup orange juice  
1/4 tsp salt  
1 tbsp fresh chopped mint

#### Directions

Prepare grill or broiler. Skewer fruit, alternating

grapes with mango and strawberries. Prepare glaze by mixing honey, orange zest, orange juice and salt. Both fruit skewers and glaze should be at room temperature before grilling. Grill skewers over hot coals until lightly browned on each side, about 2-4 minutes per side. Brush fruit with glaze and sprinkle with mint. Serve warm.

*Nutritional information per serving:* Calories 275; Protein 2 g; Carbohydrate 72 g; Fat 1 g (3% Calories from Fat); Sat Fat 0 g; Cholesterol 0 mg; Sodium 151 mg; Fiber 4 g.



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**Trailers:** 14ft dump trailer, great condition; 2008 quality 24ft gooseneck trailer; 2008 18ft Big Tex equip trailer.

**Tools:** Ladders; drill press; radial arm saw; Snap-on tool boxes; hand tools too numerous to list; angle grinder; Dolmar chan saw; Troybilt chipper; Continental hydr. press; welders; vises; concrete mixer; generators.

**Antiques:** Old signs; metal thermometer; old wood stove; tool metal truck; snow shoes; buck saws; lanterns; glassware; milk cans; bikes.

**Misc.:** Kitchen tables and chairs; bedroom suites; antique cupboards; misc household furn; rockers; golf clubs.



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**Misc.:** Hyster 36 volt forklift, battery not good; 36 ton shop press; Acme diesel w/6-1 reduction; approx. 200' 2" PVC pipe w/stall cocks w/water bowls, rubber mats & mattress; 2 calf hutches; 1000+ board feet of 4 quarter red oak dried 2 yrs.; unique gas refrigerator 8cu ft; waterfall wardrobe; china cabinet; tables & chairs; tabletop gas griddle w/2 burners; Dayton produce scales; Hipolite kerosene light; misc. dishes; books - Great World Atlas; Ideals; Crudens Concordance; Childrens - Heath and Misc.;

**Farm Equipment:** Reece mower model 3400 on rubber; 2 star tedder w/Honda; #55 NH rake; JD 336 baler w/Honda 24HP; sickle bar mower w/engine; disc; spring tooth harrow; cultipacker; New Idea 206 manure spreader on steel; 1 bottom trailer plow; forecart; forecart w/brakes & auto turn; 2 flat bed wagons; 2 old wagon running gears w/steel wheels; Deutz F2L 2011 w/clutch reduction w/hyd.; 2 sets 7 lug belting wheels. Metal cutting bandsaw; Soix valve grinder w/air motor, valve seat grinding set; bore gauge; Craftsman 1/2" drive socket set; open end wrench set; sandblasting cabinet; sabre saw; hydraulic bender; misc. new bolts; lots of pulleys; misc. engine parts new & used; New Vanguard 9 HP engine; New Vanguard diesel 18 HP; New Briggs 11 HP snowblower engine; 3500 PSI pressure washer; Cat pump; alternator test stand; misc. parts bins; pallet racks; microfiche reader w/cards for Honda, Kawasaki, Briggs & Stratton; up cut chop saw w/hyd motor; board deduster; 3 point winch; 100 gallon hyd. tank w/filter, line shaft w/ double hyd. pump & pulleys; 4x14 raised flu evaporator, 1 bay stainless steel sink; stainless tanks 1200 gallon, 1000 gallon vacuum tank; 400 gallon; 300 gallon; 1 - 1000 gal. plastic tank; 3 - 275 gallon totes; SP22 surge vacuum pump.



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## Now here's a tip

by JoAnn Derson

• A tip from our good friend A.S.M.: "When buying berries packed in a basket, check the bottom to see if there's a juice stain. This means that the strawberries at the bottom are crushed."

• "Here's a great tip for use at bath time with baby: I have a sippy cup that changes color when the drink is hot. Oddly enough, it changes at the perfect temperature for baby's bath. So, I fill the tub and toss in the cup. When the cup starts to change back to its original color (blue), I know the bathwater is not too hot. I always swish the water around and

check with my wrist also, but it is a good visual clue to check." — P.B. in Idaho

• "To remove muffins or rolls from a pan, set it on an old, damp towel for a minute. The steam must loosen the bottoms because they just slide right out. I thank my mom for this tip." — J.R. via e-mail

• When heating milk in a pan, "seal" the pan with unsalted butter to keep the milk from filming and sticking to the sides. Lightly coat all sides of the pan with butter, and the milk is sure to not leave scum, which can take away from the rich flavor of the milk.

• Do you find yourself throwing away

unused and spoiled fruits and veggies at the end of the week? Try setting aside time after you come home from the grocery store for prepping fruits and vegetables. Pre-bag snack sizes of carrots, celery, strawberries, grapes, cantaloupe and apples. Pre-cut veggies for meals to make later in the week. Slice tomatoes and onions for sandwiches, and tear and separate lettuce for salads. They all make great, healthy treats, and having them ready to go makes it easier to get that five a day.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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# I thought shingles was an old person’s disease: What everyone 50+ needs to know

(BPT) – Father, business owner and Rhode Island native Steve B. was forced to spend the holidays sidelined with shingles at the age of 51.

“I look forward to the holidays every year. In addition to the fun and festivities of the season, I get a little downtime to enjoy my favorite things: spending time with my family, working out and watching sports,” Steve said. “But that holiday season, I felt an odd burning pain I’d never felt before.”

Steve and his wife were on their way to a New Year’s Eve party when he began to feel discomfort and pain in his back. Steve’s wife took a look, but didn’t see anything unusual. Steve expected the pain to subside on its own. However, the next morning, when Steve asked his wife to look at his back again, she was shocked to find a blistered rash. He knew he had to seek medical attention – fast.

“I thought about making an appointment when the symptoms started, but I didn’t have the words to describe this unusual back pain, nor were my symptoms visible to the naked eye,” Steve recalled. “What could I say? ‘Hey Doc, my back is burning?’ Would that even help?”

When Steve was finally able to see his doctor, he was immediately diagnosed with shingles.

Anyone who has gotten chickenpox

is at risk of contracting shingles, also known as herpes zoster. When chickenpox becomes dormant within the nerves, it can reactivate later in life, causing shingles. Shingles typically presents as a painful, itchy rash that develops on one side of the body and can last for two to four weeks.

Shingles kept Steve from doing the things he loved the most. “I never call out of work. Because of shingles, I missed three days. As a proud father of a high school athlete, I never miss one of my daughter’s basketball games. Because of shingles, I missed three games.”

After a long two weeks from the start of his symptoms, Steve began to feel better. He never considered vaccination and thought he was too young to contract the disease when, in fact, approximately one in three people in the U.S. will develop shingles in their lifetime.

“My experience with shingles affected everyone around me. My wife and children, used to seeing me energetic and lively, were blown away at how worn out I was for days on end. After seeing the impact of this virus, both my business partner and brother ran out to get the shingles vaccine.”

Steve learned firsthand that shingles doesn’t play favorites. As a GSK spokesperson, Steve wants to educate others about shingles symptoms, risks and the importance of vaccination. He insists,

“Don’t assume you aren’t at risk due to age – talk to your doctor about how you can help prevent shingles from happening to you.”

If you’re 50 years of age and older, talk to your doctor about vaccination against shingles. Vaccination will help reduce the risk of developing shingles and the potential long-term pain from post-herpetic neuralgia, a common complication caused by the disease.

For more information, visit [www.ShinglesDoesntPlayFavorites.com](http://www.ShinglesDoesntPlayFavorites.com).

**This is one person’s experience; other people’s experiences with shingles may be different.**



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— **Weekly SUDOKU** —

Answers

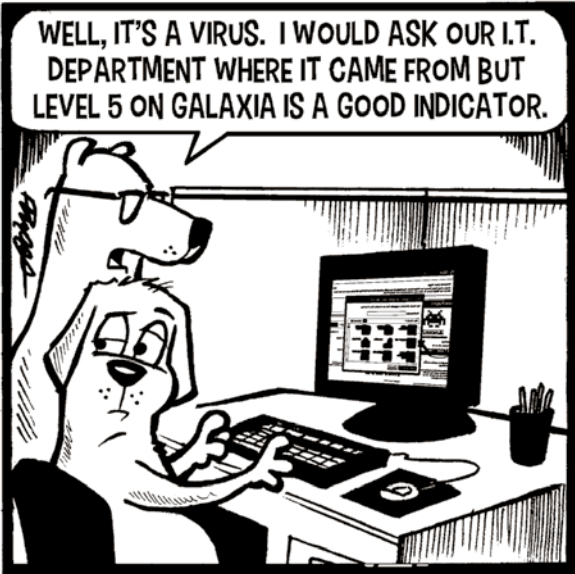
Answer

**Solution time: 27 mins.**

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

Just Like Cats & Dogs by Dave T. Phipps



Upcoming Holidays

- September is
- Chicken Month
  - Classical Music Month
  - Honey Month
  - National Courtesy Month
  - Self Improvement Month
  - National Sewing Month
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## The benefits of a new approach to learning for students

The validity of the adage "necessity is the mother of invention" was on full display during the COVID-19 outbreak. People quickly had to learn to adapt to a new way of life, including an educational system that was transformed dramatically by social distancing guidelines.

More than 76 million students are enrolled in United States schools, per the latest Census Bureau information. During the pandemic

millions of students who once attended classes in-person were forced to transition to virtual learning instruction in a matter of days. The process showed just how flexible learning systems can be, and how virtual instruction may become more than an emergency protocol in the future.

Schools utilized systems like Google Classroom, Canvas and virtual meeting apps to connect and learn. While in-class lessons provide the so-

cialization and one-on-one interaction that can be vital for students' academic success, there are many different reasons why virtual instruction can be a key component of learning models as well. When virtual learning is used in conjunction with traditional teaching, students may have a more well rounded experience. Here are some potential benefits that may unfold as more data is collected.

- Virtual learning affords students the chance to work on lessons at a pace that fits their individual needs. Students can go back and re-read or re-work problems until they're satisfied they have learned their lesson. Lessons can be slowed down or sped up depending on proficiency, creating a customized educational experience.

- No more weather days. Many school districts include snow or extreme weather days into their calendars, adding on extra days at the end of school year to meet the specified number of educational days. Remote learning can take over in these times and keep school districts from having to pad calendars.

- The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later to provide students the best chance to get the amount of sleep they need. Still, most adolescents currently start school before 8:30 a.m. Remote learning enables students to complete their assignments when it works best for them. This may help them get more sleep, too.

- Learning apps are a new wave of educational tools that have helped buoy virtual instruction. Primary school students or those with individual education plans may benefit the most from reinforced app skills that match their learning pace in fun ways.

Virtual home instruction may become a large part of the educational landscape even after it's no longer a social distancing necessity.

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## Four tips for welcoming a new dog into your home

(Family Features) – As people continue to navigate the world of social distancing, animal shelters across the country have seen an increase in pet adoptions. People are craving connection and companionship, and few things compare to the loyalty of dogs – from their affectionate snuggles on the couch to their wagging tails when you walk through the door.

In fact, in a survey from the Human Animal Bond Research Institute and Mars Petcare, 80% of pet owners said their pet makes them feel less lonely, which is especially relevant in today's world. To help encourage more adoptions and celebrate the unconditional love of dogs, the PEDIGREE® brand introduced the One True Loyalty Program, which will cover the adoption fees for new pet parents who adopt a dog and purchase two bags of PEDIGREE dog food (15 pounds or more) through Oct. 31.

"Throughout this pandemic, the silver lining has been the increase in

dogs finding their forever homes, which is our mission in everything we do," said Deb Fair, executive director of PEDIGREE Foundation. "So many loyalty programs take ages to earn a reward, but now, people can get the most valued and truest kind of loyalty instantly – the unconditional love of a dog."

With so many people adding furry friends to their families, consider these tips from the PEDIGREE brand to successfully welcome a new dog into your home. If you're considering adopting a

dog, visit PEDIGREEloyalty.com to learn more about the One True Loyalty Program and how to get your adoption fees covered.

**1. Create a Safe Space:** Giving a dog a forever family can be a wonderful thing, but the transition from a shelter to a home can be a lot for a pooch to take in. Give your dog a spot to call their own where they can feel safe and secure. Get a crate that's just big enough for them to stand up and turn around in, but not too big where they have extra room to

do his business. Drape a blanket or towel over the sides to make it cozy and put one or two of their favorite toys inside.

**2. Establish a Routine:** To ease the transition into a new home, it's helpful to get your dog used to a routine. When they can anticipate their meals, potty breaks, naps and playtimes, they'll likely be less anxious throughout the day, allowing them to focus

more on being your most loyal friend.

**3. Take Frequent Potty Breaks:** Training a dog to do their business outside takes time and patience. Do your best to stay ahead of any accidents by taking your pup outside frequently – after naps, meals and play sessions, and especially if they start sniffing around in circles. Praise them with love and their favorite treats when

they're successful outside, and soon enough, they'll get the hang of it.

**4. Return the Loyalty:** The unconditional love and loyalty of dogs is unmatched, and they deserve all of it in return. Shower your dog with love, snuggles, treats and plenty of playtime, and you'll soon form an unbreakable bond with your new best friend.

**SOURCE: Pedigree**



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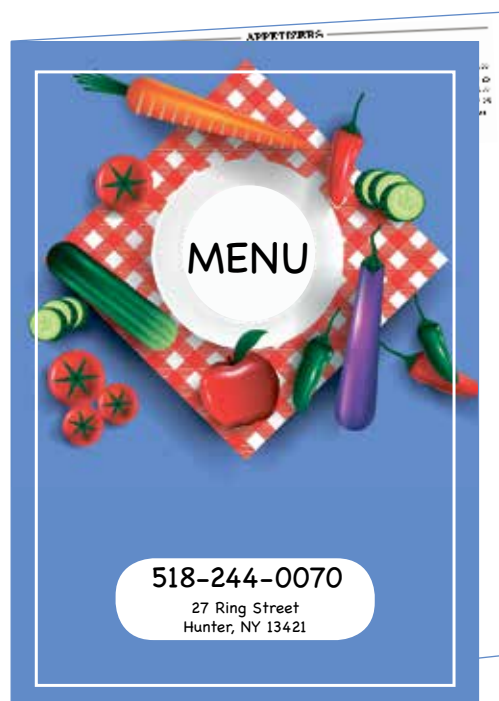
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Symbol factory select queen sets starting at  
**\$295!**

**THE SLEEP of Your Dreams Begins with The Right Mattress**



**Symbol Classic Comfort Saranac Pillowtop**

	WAS	NOW
Twin set	\$599	<b>\$449</b>
Full set	\$699	<b>\$549</b>
Queen set	\$799	<b>\$595</b>
King set	\$999	<b>\$795</b>

## \$595



LANE 4208 ROCKING RECLINER WAS \$699  
**SALE \$449**



LANE 4210 ROCKING RECLINER WAS \$799,  
**SALE \$579**



**ULTIMATE POWER LIFT RECLINE CHAIRS**  
**PRICE FROM \$599**



LANE 6003 HI LEG RECLINER WAS \$699  
**SALE \$479**



LANE 50439 POWER ROCKING RECLINER WAS \$89  
**SALE \$599**

**Symbol Cobble Hill Firm**

## \$499

Queen set was \$599

	WAS	NOW
Twin set	\$479	<b>\$359</b>
Full set	\$579	<b>\$449</b>
King set	\$899	<b>\$699</b>

**Symbol Shelton Arcadia Pillow Top**

## \$549

Queen set was \$699

	WAS	NOW
Twin set	\$479	<b>\$399</b>
Full set	\$579	<b>\$499</b>
King set	\$999	<b>\$779</b>

**Symbol Shelton 2-Sided Firm**

## \$649

Queen set was \$749

	WAS	NOW
Twin set	\$649	<b>\$529</b>
Full set	\$699	<b>\$599</b>
King set	\$999	<b>\$899</b>

**Englander Longfield ET 2 Sided**

## \$799

Queen set was \$949

	WAS	NOW
Twin set	\$699	<b>\$599</b>
Full set	\$899	<b>\$779</b>
King set	\$1199	<b>\$995</b>

**Englander Arcadia Pillow Top**

## \$849

Queen set was \$999

	WAS	NOW
Twin set	\$879	<b>\$699</b>
Full set	\$979	<b>\$799</b>
King set	\$1499	<b>\$1199</b>

**Englander Nottingham Plush**

## \$899

Queen set was \$1099

	WAS	NOW
Twin set	\$899	<b>\$749</b>
Full set	\$979	<b>\$849</b>
King set	\$1579	<b>\$1249</b>

**Symbol Dortmund Extra Firm 2-Sided**

## \$995

Queen set was \$1149

	WAS	NOW
Twin set	\$949	<b>\$699</b>
Full set	\$1049	<b>\$799</b>
King set	\$1549	<b>\$1199</b>

**Englander Arcadia Pillow Top**

## \$1199

Queen set was \$1399

	WAS	NOW
Twin XL set	\$1099	<b>\$949</b>
Full set	\$1149	<b>\$999</b>
King set	\$1749	<b>\$1499</b>

### Plus

**ADJUSTABLE BED BASES ALSO ON SALE!**

Rize Tranquility

We wanted to find an adjustable bed that could improve sleep and provide comfort without breaking the bank. Here is just one of the adjustable beds that achieve that goal.



**Livingston's** NC  
Furniture & Mattress Stores  
"Your Hometown Furniture and Mattress Store Since 1901"

**355 South Main St., Gloversville**  
**518-725-8317**  
**www.livingstonsfurn.com**

**COVID HOURS: Monday-Friday 9-5, Saturday 10-4, Sunday - Closed**