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**Country Editor**  
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**OCTOBER 10, 2020**  
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For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God. John 3:20-21

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## Virtual New York State History Month series

The Schoharie Crossing State Historic Site in Fort Hunter will conduct its sixth annual Tuesday Talk series to recognize New York State History Month this October. This year it will be "virtual" and each week a speaker will present a topic connected to regional or New York State history. All presentations are free and open to the public. They will begin at 6:30 p.m. each Tuesday via the online platform Webex.

On Oct. 13 tune in as we explore some of the great paintings in the collection at the Arkell Museum with Mary Alexander, curator of education and public engagement at the Arkell Museum at Canajoharie, and David Brooks of Schoharie Crossing State Historic Site. Discover more about the collection, the artists and the history represented in the amazing portraits and landscapes. "Pleasure is a shadow, wealth is vanity and power a pageant; but knowledge is ecstatic in enjoyment, perennial in frame, unlimited in space and indefinite in duration," said DeWitt Clinton ("The Life and Writings of DeWitt Clinton").

Schuyler Mansion State Historic Site interpreter Jessica Serfilippi will present on the fascinating women of Schuyler Mansion on

Tuesday, Oct. 20. The "Schuyler Sisters" have been causing quite a stir in the Broadway musical "Hamilton: An American Musical," but did you know that there were really five sisters? Learn what it was like growing up as a Schuyler as Serfilippi takes an in-depth look at the history of the Schuyler women, their daily lives and the impact they had in shaping their family's history.

Closing out the Tuesday Talks portion of our New York State History Month programs, join Amanda Massie and Valerie Balint for the presentation "Converging on the Canal: The 19th Century Through Food." Few things are more universal than a need for food. What people eat often relates to where they live and their socio-economic standing. The 19th century in America brought massive change to where people lived, and a growing industry often brought social uplift. At the center of much of this change was the opening and expansion of the Erie Canal and the people who lived and worked on it. Massie and Balint will discuss how the technology and ideas that moved along the Erie Canal shaped how Americans ate in the 19th century.

In addition, the site will also be offering several other online

programs during the month. On Wednesday, Oct. 21 there will be a presentation at 1 p.m. from Ashley Maready of the Erie Canal Museum about "The Life and Times of New York State Governor and Erie Canal Proponent DeWitt Clinton." More programs will be announced soon. Webex links are available on the Schoharie Crossing Facebook page, on their NYS Parks website or by contacting the site.

### New York State History Month

October has been newly designated as New York State History Month by an executive order in December 2019 that expands on the New York State Legislature's 1997 act, Section 57.02 to the state's Arts and Cultural Affairs Law declaring a month of recognition. "The purpose of this month shall be to celebrate the history of New York State and recognize the contributions of the state and local historians." New York State History Month represents an opportunity for historians, cultural institutions and the public to assert the vital importance of preserving and learning about our state's history.

For information about this program, call the Visitor Center at 518.829.7516, email Schoharie-Crossing@parks.ny.gov or visit our Facebook page.

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**October is**

# Breast Cancer Awareness Month

**For the first time,**

## Earth soil soars to space station to aid agriculture

Cornell University doctoral student Morgan Irons just helped make space exploration history: For the first time ever, unmodified Earth soil is scheduled to be launched into space. Irons saw the soil she scooped from a Cornell farm organic plot sent into space on the evening of Sept. 29. It hitched a ride aboard a resupply mission bound for the International Space Station (ISS), orbiting about 254 miles above Earth.

On the space station, researchers have used hydroponic planting systems, seeds placed in engineered growth media and highly modified mineral soil, said Irons, but this experiment will be different.

"This would be the first time that natural, unmodified Earth soil and engineered biochar soils have been brought up to space," she said.

Soil aggregates consist of particles that bind to one another for carbon sequestration, nutrient retention and soil aeration. Aggregation is considered a soil health indicator that depends on fungal and microbial adhesives to bind mineral and organic matter.

Since natural and biochar-containing soils have never been studied in space, scientists don't know how they react without gravity.

"We don't know the role that gravity plays in driving soil biogeochemical processes," Irons said. "We want

to fundamentally understand the impact of gravity on fungal and microbial systems, within the context of soil aggregate stability."

While Irons knows this study likely will be a step to help future long-term space missions take humanity deep into the solar system and beyond, the gravity experiments could lead to better understanding of soil's unique characteristics.

"Hopefully," she said, "this experiment in space helps farmers down here on Earth, so that we all can thrive and live sustainably."

Astronauts won't need to fumble with loose dirt in plastic containers and risk spilling it: It will be in 36 plastic self-contained vials, for a total of one-tenth of a pound of dirt from three experiments. One set will contain soil from around Ithaca, NY; another set will contain high-performance engineered soil containing biochar from the Ithaca-based company bio365, overseen by John Gaunt; the third set will be from Matthias Rillig, a professor at Freie Universität Berlin, Germany.

"This will be the first time that a soil ecosystem has left the confines of Earth and we study what it does," said Johannes Lehmann, professor of soil science and principal investigator of the project. "This is a bit of a nerdy historic moment, but I'm very excited about it."



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*will be conducted on 2 nights this year*

**Tuesday,  
October 13 (Canjo)  
& Thursday,  
October 15  
(Palatine, Sprakers)  
from 6:00-8:00 p.m.**

**Members will be stopping at homes in Canajoharie, Palatine & Sprakers on those nights.**

*If you would like to donate and choose not to have us knock at your door, you're welcome to tape your envelope to your door and leave your light on.*

*We will be donning face masks and keeping our distance.*

*Please leave your light on for us, and THANK YOU.*





In these difficult times, there is a place of refuge and peace anyone can access by calling these phone numbers to hear various offerings of spiritual inspiration assuring you of God's great love and power in your life.



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3. Spiritual uplifting ideas of various kinds with a menu 1(214)447-9675

## MOHAWK VALLEY Country Editor

Serving the Valley for 53 Years

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## To your good health

by Keith Roach, M.D.

### Cologuard test worth risk of false positive

**Dear Dr. Roach:** I am a 77-year-old man in good health. At my recent annual physical exam, my physician ordered a Cologuard kit to be sent to me to screen for colorectal disease. I have never had symptoms of disease or problems with any part of my gastrointestinal tract. I had two colonoscopies at different times several years ago, the results of which were negative. When I got the kit, I read the patient guidelines and learned that the Cologuard test could result in false positives and that there is an unspecified increase in the risk of false positives for persons over the age of 75.

A positive result from the test requires a follow-up colonoscopy, which is also riskier for elderly patients. Since I am in good health with no symptoms of any disease, I decided I did not want to risk a false positive result from the test, which would require a follow-up colonoscopy. Did I make the right decision? — E.G.

**Answer:** Cologuard is a brand of test that looks at DNA in stool for evidence of cancer. Certain DNA mutations are highly suggestive of cancer. In addition, Cologuard does an immunochemical test looking for blood. Because it combines these two techniques, Cologuard is more sensitive than only a test looking for blood. Compared with colonoscopy, Cologuard is about 92% sensitive in finding cancers, meaning it will miss about 8%.

With improved sensitivity comes a lack of specificity, which means you could have a false positive result. The Cologuard can say that you have an abnormality when a colonoscopy would indicate normal. For 45% of people with a positive Cologuard test, no abnormali-

ties will be found upon colonoscopy. You are right that false positives are more prevalent in older individuals.

There are two reasons that I think the Cologuard is still a reasonable choice, despite the fact that it isn't as good as colonoscopy. The first is that I continue to recommend a screening test for healthy 77-year-old men, and although colonoscopy is my first choice, a normal Cologuard test prevents a need for colonoscopy, and a false positive would lead to the same colonoscopy you would have gotten anyway (although there probably is more anxiety after a false positive test).

The second is that a person with an abnormal Cologuard and a normal colonoscopy may be at risk for an abnormality that wasn't found on colonoscopy. A study looking at people in this category found a 25% risk of abnormality on follow-up colonoscopy, if the Cologuard was abnormal again one to two years later.

**Dear Dr. Roach:** I had lung surgery in 2014. The scar is still red and sore. I got no instructions on how to deal with it. Do you have any suggestions? — J.S.B.

**Answer:** That's a very long time for the scar to still be red and sore, and I would encourage you to have the surgeon or your regular doctor take a look. For people with redness and soreness in a scar shortly after surgery, I recommend silicone gel (there are many available), as it has been shown to be effective. Many people recommend vitamin E oil, but well-done studies have shown this does not help and may harm the cosmetic appearance.

*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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## Strange but True

by Lucie Winborne

- In early 2016, a 155-year-old mousetrap caught a mouse in a British museum. The trap was part of the exposition and hadn't even been considered operational for a long time.

- Bill Nye the Science Guy holds a patent for ballet pointe shoes.

- Some odd things have been sold online, but an entire country? Yep, a fellow from Brisbane, Australia, tried to sell New Zealand on eBay in 2006! The site closed the auction at a top bid of \$3,000.

- A mental phenomenon called the Troxler effect, discovered in 1804, causes people to see monsters in mirrors -- whether they say "bloody Mary" three times or not.

- In order to prevent Boggle players from using a certain swear word, the letters F and K appear only once on the same cube, making it impossible for them to both be played at the same time.

- In 1987, Steve Rothstein paid \$250,000 for a lifetime unlimited first-class American Airlines ticket, even hopping on planes to get a sandwich or go to a baseball game in other cities. It cost American Airlines around \$21 million, and they unsurprisingly ended his contract in 2008.

- A full 12% of sighted people dream exclusively in black and white.

- Levi's once made an all-denim tuxedo for singer Bing Crosby after he was refused admittance to a hotel simply for wearing jeans.

- Japan has the highest density of vending machines worldwide, with approximately 5 million machines, or one for every 23 people. You can buy everything from live lobsters and bread in a can to underwear and Buddhist amulets from a vending machine.

- Anakin Skywalker/Darth Vader meets six of the nine diagnostic criteria for Borderline Personality Disorder. Five are sufficient for a diagnosis.

Thought for the Day: "If you think education is expensive, try ignorance." -- Andy McIntyre

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## Grandview Baptist Church

Pastor Dan West

**Sunday Service - 11:00am**

**Wednesday**

Prayer & Bible Study 6:00pm

**15 Washington St.**

**Fort Plain**

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We care because the Lord cares  
-I Peter 5:7





# Church Directory

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**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  
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[glenreformed@nycap.rr.com](mailto:glenreformed@nycap.rr.com)  
Sunday Worship at 9. Sunday School  
immediately following Children's Message

**Oppenheim United  
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Route 29  
**Rev. Jack Ford**  
315-429-7381  
Worship 9:30 Sundays,  
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**Salisbury Center  
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**Rev. Lynn R. Lockwood**

**St. Thomas the Apostle  
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**Cherry Valley  
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**Pastor David Carpenter, Jr.**  
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**Ephratah  
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Sunday Morning Worship 11am  
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**Grace Christian Church**  
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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  
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[www.christianchurchcharlestonfourcorners.org](http://www.christianchurchcharlestonfourcorners.org)

**Episcopal Church of  
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Holy Communion Sundays at 9:30am  
Fellowship Time to Follow  
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**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,  
"Where Bible Teaching is Fundamental"

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

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

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

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

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518-568-7396  
Faithfully Following Jesus Christ  
Sunday Worship 10:30am

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

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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)

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Sunday 10:30am

**Reformed Church  
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9:20 Choir Practice  
10am Worship Nursery provided  
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Faith Formation 1st & 3rd Sunday 9:45am  
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Sunday School for All Ages 10:00am

**First Baptist Church**  
Springfield Center, NY  
**Rev. - Gary Tyler**  
Sunday School 10:00am  
Morning Worship 11:00am  
Sunday night Worship 6:00pm  
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**Joyce Loughran Assistant Pastor**  
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Wednesday Evening Worship 6:30pm

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of Fort Plain**  
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518-673-2224

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Baptist Church**  
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Morning Worship 11am, Youth Ministry  
5:45pm, Evening Worship 6pm,  
Wed. Bible Study & Prayer Meeting 6:30pm,  
Family Night Select Sundays

**Fordsbush Bible Church**  
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11am, Eve. Service 6pm, Wed. Service  
6:45pm, Thurs. Visitation 6pm  
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Sunday Worship 10:30am,  
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**Dolgeville  
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3 Elm St., Dolgeville, NY 13329  
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Catholic Church**  
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518-829-7301  
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4:00pm

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Youth Group 5pm,  
Evening Worship 7-8pm



## How to keep salad greens greener, longer

### Tips for extending life, crispness of salad greens

by Paul Schattenberg

Salad greens are among the most perishable produce items, and keeping them crisp and fresh until consumed can be a challenge, said a Texas A&M AgriLife Extension Service expert.

chased, they should be brought home as quickly as possible and put into the refrigerator.

"Buying high-quality produce from a reliable vendor or grocery store not only helps ensure you are getting the freshest possi-

hard-sided container, then store them in the refrigerator crisper.

"If you have a salad spinner and plan to use the greens soon, you can clean them, spin off any excess moisture, then cover the spinner and place

a week if you buy them at peak freshness and take the proper steps for storing them in your refrigerator.

When preparing greens, whether peeling the leaves from a head of iceberg lettuce or chopping up aru-

cold running water to get the best results," she said.

Consumers should not wash produce with detergent or soap, Dittmar added.

"Once rinsed, gently shake or agitate the leaves and thoroughly pat them dry between paper towels or spin-dry them in a salad spinner."

#### Different means for different greens

"It is not recommended to rewash produce that is prewashed and packaged," Dittmar said. "At the store, you may find produce like bagged salads labeled 'pre-washed' or 'ready-to-eat.' If you see this label, then you can safely use the produce without further washing."

However, she said, if consumers do choose rewash produce already marked as such, be sure it does not come in contact with unclean surfaces or utensils, especially those that have touched raw meat, poultry or seafood or their juices. This will help to avoid cross-contamination.

#### Other tips on storing different salad greens

- Whole heads of iceberg, romaine, bibb and other lettuce will stay fresher longer than leaves or chopped pieces. Heads of raw lettuce should be kept intact and left unwashed until ready to use. For romaine and bibb, remove any damaged or wilted outer leaves, place in a plastic bag or container and store in the crisper. For iceberg lettuce, keep the whole head wrapped in its original packaging and place in the crisper

drawer until ready to consume.

- Loose-leaf lettuce such as spinach or arugula are typically pre-washed and sorted, but still pick through the lettuce to remove any damaged leaves. Line a sturdy glass or plastic container with a few dry paper towels, then scatter your greens on top and cover with a lid. Leave some room for the air to circulate. If no container is available, use a plastic bag, but leave a small portion of it open so air can circulate.

- Kale is best if eaten soon after purchase, but it should keep for up to a week in the refrigerator. Store kale unwashed with leaves close together and wrap them in dry paper towels, then place in a perforated plastic bag or plastic container and put in the crisper.

- Spinach, Swiss chard and collard or turnip greens should all be stored in a plastic bag or container in the refrigerator crisper. These greens usually stay crisp for four days or longer if properly stored.

- For kohlrabi, cut off the greens and wrap in a dry paper towel and place in a perforated plastic bag or plastic container and store in the crisper. Kohlrabi leaves are among the most perishable of greens and will only remain crisp for two to three days. However, kohlrabi bulbs can last for up to two weeks if stored loosely in the crisper drawer of the refrigerator.

**Source: Texas A&M AgriLife, Texas A&M University System**



Salad greens in the produce section of a grocery store. Texas A&M AgriLife photo by Kay Ledbetter

"Salad greens are delicate and have a relatively short lifespan, and it takes some effort to keep them crisp and attractive," said Rebecca Dittmar, AgriLife Extension program specialist in nutrition, Kerrville, TX.

#### Spend your green on good greens

Dittmar said it is important to purchase the freshest possible greens from a trusted location.

Once greens are pur-

ble product, it also helps ensure you are getting the maximum nutritional benefit from that product and are better protected from the possibility of food-borne illness," she said.

For maximum crispness, it's usually best not to wash the greens until you are ready to use them.

Dittmar said in her experience, the best method of preserving greens is to place them in a perforated or regular plastic bag or

in the crisper for storage," she said.

She noted placing the greens in a plastic container or other hard-sided box also provides the added benefit of protecting the greens from being crushed or bruised by other foods in the same area.

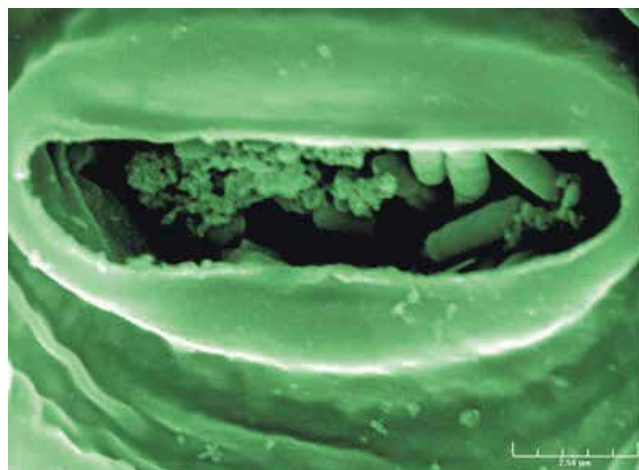
While some recommend wrapping washed and dried salad greens in a moist paper towel before putting them into a plastic bag or container, too much moisture can be a problem.

"The concern with wrapping the greens or lining the bag or container with a moist paper towel is that introducing moisture in the bag could promote spoilage or pathogenic growth," she said. "However, once it is rinsed and patted dry with paper towels, storing the greens in a bag or plastic container lined with dry paper towels to soak up any extra moisture should be fine."

Generally speaking, it's possible to keep most salad greens fresh for at least

gula or romaine, wash the produce under cold running tap water to remove any lingering dirt. This also reduces the presence of any bacteria that may be present.

"Both the U.S. Department of Agriculture and the Food and Drug Administration recommend washing produce under



Electron microscope image of rod-shaped E. coli bacteria inside green-leaf lettuce. Texas AgriLife Research photo



The crisper drawer of the refrigerator is the best place to store salad greens. Texas A&M AgriLife photo



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## Plant bulbs now for spring bloom

Do your future self a favor, and plant spring-blooming bulbs this autumn.

Depending on where you live, there can be a month or more after the snow recedes in spring until we see flowers. Planting spring-flowering bulbs shortens this window and packs a ton of color, contrast and liveliness against a backdrop of the slowly awakening earth. Spring-flowering bulbs are an incredibly hopeful presence in a time of cool temperatures and unpredictable forecasts.

The key to having bulbs bloom in spring is to plant them in autumn. The best time to plant is mid-September through October when temperatures are cooler. Autumn-planted bulbs need weeks of hibernation in a dark, moist and cool environment to slowly develop roots in preparation for spring.

There are many types, sizes and colors. Scilla, snowdrops and crocus

are small bulbs that look beautiful en masse. Scilla happily can spread under the right conditions, creating carpets of blue in gardens and lawns.

Tulips, daffodils and hyacinths tend to be taller with larger more vibrant colors. These bulbs are showstoppers whether spaced closely together or far apart.

To plant spring-flowering bulbs, choose a site with well-drained soil and full to part sun. For best results, get a soil test to determine your soil's fertilizer needs for bulbs. Fertilizing the soil at planting can help the bulbs stay healthy and larger in future seasons.

The depth of planting depends on bulb size although as a rule, plant bulbs at a depth of two to three times the height of the bulb. Depending on the number of bulbs, you can dig holes individually for each bulb or dig out a larger area and plant multiple bulbs in the hole.

Smaller bulbs like scil-

la, snowdrops and crocus can be planted closer to one another, about 1-2 inches apart, while tulips and daffodils should be planted 3-6 inches apart. Make sure that the tip of the bulb points up to the sky, and water well after planting.

To prevent squirrels, mice and other critters from digging up your tu-

lip bulbs, use wire mesh to make a barrier around all sides and the top of the bed after planting. An alternative is to select bulbs that do not attract rodents. Daffodils are poisonous, for example, so rodents, as well as deer, will leave them alone.

In spring resist the temptation to cut back the foliage immediately

after flowering. It is a good practice to trim back the seed head, but leave the foliage until it dies back and yellows. This allows time for the bulbs to send energy from the plant foliage back into the bulbs and will produce bulbs that are larger with showier flowers in the future.

While crocuses, scilla and daffodils can be

left in the ground year-round, tulips and hyacinths should be dug up after their foliage has dried out. Store these bulbs in a dry, well-ventilated area until time to replant in autumn.

To bring the joy of spring flowers inside, plant a tulip cutting garden. If you have a vegetable garden or raised bed with spaces that are opening up this autumn, use a small area to plant tulips for spring cutting.

Keep in mind that it will take at least a few weeks for the foliage to die back next year, which means that this part of your vegetable garden won't be available for planting until around mid-June. Plan to plant something in this area that can handle a later start date, such as cucumbers, summer squash, heat-tolerant greens or beans.

There is nothing like starting spring with the fantastic colors of spring bulbs. Planting bulbs now will pay off in incredible ways after a long winter.



Plant bulbs at a depth of two to three times the height of the bulb, making sure that the tip of the bulb points up to the sky.  
Photo by Bonnie Kim Donahue



## Disposing of leaf litter in Tick Country

by Nadie VanZandt, Extension Master Gardener Intern, UVM

There are two schools of thought when it comes to managing leaf litter at this time of year. Some people believe in leaving leaf litter as natural mulch on perennial beds and to provide habitat for beneficial insects. Others believe in removing dead leaves to prevent disease and discourage pests.

But did you know that piles of dead leaves and other plant refuse create a breeding ground for ticks? I didn't!

This past spring, while we were all confined to our homes, I was cleaning the layer of leaves left the previous autumn as protective mulch on my perennial beds. It was a therapeutic activity until I discovered an engorged blacklegged tick in my armpit and ended up on a course of antibiotics.

As a new resident of New England, I assumed that ticks were found in high grasses in summer and autumn. But during

my virtual office visit, the attending physician informed me otherwise.

Apparently, ticks are alive and well throughout the year and can be found in leaf litter as well as high grasses and low-lying bushes. Moreover, springtime is particularly rife with small tick nymphs, which are harder to notice when attached to the body. My fear of contracting Lyme disease convinced me to learn to manage leaf litter while minimizing my exposure to ticks.

In a recent study on the abundance of ticks in leaf litter, Dr. Robert Jordan, a research scientist at the Monmouth County (New Jersey) Mosquito Control Division, noted that homeowners need to be aware that "accumulations of leaves and other plant debris provide ideal host-seeking and survival conditions for immature blacklegged ticks." His research results indicate that the common practice of raking or blowing leaves to dump

in edge habitats (where lawn meets woods) can result in three times as many blacklegged ticks in these areas the following spring.

With this in mind, mulching leaves seems to be a better way to manage leaf litter than blowing or raking unless you plan to bag the leaves to take to a composting facility or else dump them far away from outdoor seating or play areas in your yard.

I prefer mulching my leaves, and here are some of the reasons why:

- Mulching gets rid of the piles of dead leaves, which harbor ticks, creating an unfavorable habitat for these pests.
- One single leaf may take a couple years to decompose while mulched leaves decompose quickly.
- Leaves mulched into your lawn will act as a natural fertilizer.
- Mulched leaves tilled into your vegetable and flower gardens add

Disposing 11



Mulching helps break up piles of dead leaves, which harbor ticks, creating an unfavorable habitat for these pests.

Photos courtesy of Nadie VanZandt



# October

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## Donna's Day: Creative family fun

by Donna Erickson

### Fall family living A-Z

It's officially fall. Kids storm through the front door after school and toss their backpacks in the hallway; you're just home from work, and there's dinner to be made and maybe soccer practice or piano lessons to get to after the last bite.

Sounds like a busy routine. How do you choose which extra family fun stuff to fit in on your calendar along with a few must-dos?

I've discovered with my kids and friends in their bubble that the basic ABC's can provide a simple, creative framework for visually highlighting the essentials: family outings, household repairs, discoveries and activities.

This year, my list includes not only must-do chores, but also fall excursions, new foods to try, service opportunities and family adventures. The only caveat is that you need to find an open alphabet letter to describe the event. That helps keep all the ideas and inspiration under control.

Here's how it works:

I listed all 26 alphabet letters on a medium-size white board hanging in our kitchen. Engage your child to make the A-Z list. Events and activities are described by their corresponding letter. Friends who drop by add ideas they would like to do with us, too. For example, our 8-year-old neighbor was eager for me to teach him how to make applesauce with the new crop of Honeycrisp apples that had arrived at our

farmer's market last weekend. I brought out our peeler gadget for him to crank out slices for the kid-friendly recipe. Check off "A."

The "B" is noted with "build a berm around our foundation," to prevent a wet basement during the continuing rainy season. "C" reminds us to gather clothes to take to Goodwill, and "D" to deliver "Meals on Wheels." Scanning down the alphabet to "M," I've already released the monarch butterfly my 16-month-old granddaughter and I observed pop out of its chrysalis.

Soon, I'll be shifting attention to "Z," a reminder to compose a colorful zinnia bouquet from our garden before the snow falls.

No need to end a first round of A-Z activities when seasons change. Check off what has been accomplished and enjoyed, then erase or simply add a new event. Spelling out in detail from A-Z what has been done, and what is left to do, will continue to serve as a visual reminder to family of your active, giving and community-involved lifestyle.

By the way, good luck finding ideas for Q's and U's!

• Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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Bible Trivia

by Wilson Casey

1. Is the book of Ephesians in the Old or New Testament or neither?
2. In Matthew 4, Jesus says, “Man shall not live on bread alone,” but by what else? Joyful noise, Praise, God’s word, Kind deeds
3. What was the aristocratic party of the Jews at the time of Jesus? Pharisees, Reubenites, Israelites, Sadducees
4. In Acts 9, what fell from Saul’s eyes when he regained his sight? Ants, Scales, Blood, Salt
5. From 1 Kings 6, who built the first temple in Jerusalem? Samuel, Joshua, Solomon, Aaron
6. What’s a sepulcher? Coin, Robe, Tomb, Sermon
- ANSWERS: 1) New; 2) God’s word; 3) Sadducees; 4) Scales; 5) Solomon; 6) Tomb
- Sharpen your understanding of scripture with Wilson’s Casey’s latest book, “Test Your Bible Knowledge,” available in bookstores and online.
- (c) 2020 King Features Synd., Inc.

Disposing from 9

nutrients and organic matter to the soil.

- Mulched leaves make a desirable “brown” pile, the high-carbon component needed for your compost.
- Mulching is all-around easier on your back than raking or blowing and hauling leaves.

All it takes is a simple mulching mower equipped with double blades that cut the grass clippings and leaves into small pieces. Running the mower over a thin layer of leaves once a week or so is ideal, but you may need to mow more often to keep up.

If you are interested in saving the shredded leaves, collect them with the mower’s bag attachment. Storing

a stash of shredded leaves near your compost pile makes it readily available to add to your compost pile to build healthy, odorless compost.

Some gardening websites suggest using shredded leaves as a layer of mulch on top of your flower or vegetable beds. In retrospect, this may create the very conditions you are trying to avoid since ticks thrive in a moist and cool environment.

Try mulching your leaves this autumn to reduce the tick population and improve your lawn and soil for free.

To read more about Dr. Jordan’s research on ticks and leaf litter, go to <https://bit.ly/3bdA0vo>.



Shredded leaves, collected with the mower’s bag attachment, can be added to the compost pile to provide the high-carbon component needed to make healthy compost.

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The family of Rudy Salvagni wishes to thank everyone for their support during the loss of our father, and papa. The cards, phone calls, and acts of kindness were greatly appreciated.

A special thank you to Pete Rose and his staff at Lenz and Betz Funeral Home for all their support during this difficult time.

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## Kovels: Antiques and collecting

by Terry and Kim Kovel  
**Art Deco figurine**

There have been many ceramic companies owned by members of the Goldscheider family, which can confuse today's collectors. Friedrich Goldscheider moved from Pilsen, Bohemia, to Vienna in 1885. He started the Goldscheider Porcelain Manufactory and Majolica Factory, a company to make ceramics. He hired famous artists including Michael Powolny, Demetre Chiparus and Josef Lorenzl, and the company soon had an international reputation for excellent figurines and other art deco pieces. Friedrich's sons, Walter and Marcell, joined the company and the business became worldwide in the 1920s and '30s.

But Hitler's rules led to the family fleeing to England in 1938; their company was given to others but was no longer successful. Marcell started a Gold-

scheider factory in Staffordshire. Walter had a successful company, Goldscheider-U.S.A., in Trenton, New Jersey, after 1940, but he returned to Vienna in 1950 to revive their old company. He closed it after three years and sold worldwide use of the Goldscheider name to Carstens, a German company. They used it until 1963. About 1988, Peter Goldscheider made a small number of pieces in Austria. Recently, a major book about the Goldscheider family and their ceramics was published with more history, details, artists' names, marks and pictures. The added publicity will probably encourage higher auction prices.

**Q:** I have a chair that looks like it is made of long, curved horns. When and where were these used?

**A:** You have a very American chair. Chairs made of buffalo, elk or Texas longhorn steer

horns were made from horns left behind at slaughterhouses or discarded by hunters. The horns had a graceful curved shape and when positioned carefully, they created a chair frame with a curved back, legs and arms. An upholstered seat was added and, in some cases, some trim from other pieces of horn. Matching footstools also were made. The chairs were not made for comfort, but were popular with hunters and those who wanted memories of the old West. There are pictures that show President Teddy Roosevelt and President Abraham Lincoln both had horn chairs that were gifts. Your chair could bring \$1,000 or more at auction.

### Current prices

Hall tree: Victorian, walnut, shaped back, mirror, metal coat hooks, lower section, open umbrella stand, drip pan, 1800s, 81 x 29 inches, \$190.

Calendar: 1946, Huffman Transportation Service, patriotic glamour girl image by Rolf Armstrong, full pad, matted, frame, 36 x 19 inches, \$260.

Match safe: silver plate, advertisement for Home Insurance Co. on one side, embossed fire pumper wagon on reverse side, c. 1900, 2 3/4 x 1 1/2 inches, \$415.

Hooked rug: Shaker, squares, blue, red, green, brown and black cloth, layered, mounted for hanging, 1800s, 36 1/2 x 37 inches, \$585.

**TIP:** To hang an old Coca-Cola tray, use a wire plate holder. The bent parts of the holder that touch the tray should be covered with plastic tubing. This plastic tubing is sold for use in fish aquariums.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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This art deco figurine, 11 inches high and marked by Joseph Lorenzl and the Goldscheider company, sold at an Aspire auction for \$1,239 even though there was a small chip on the woman's shoulder.

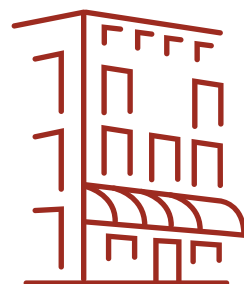


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# Weekly SUDOKU

by Linda Thistle

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

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 Former freshmen  
6 Squid squirt  
9 Doctrine  
12 Construction piece  
13 Cattle call  
14 IRS employee  
15 1492 ship  
16 SAT takers' equipment  
18 Pet rodent, often  
20 Warmth  
21 Second person  
23 More, to Manuel  
24 Portion of a repair bill  
25 Great Lake  
27 Amulet  
29 "Where the Wild Things Are" author  
31 "Nighthawks" painter  
35 Edition  
37 Genesis maker  
38 Sings like Ella  
41 Apprehend  
43 Promptly  
44 Sea eagle  
45 Downy ducks  
47 Necklace ornament  
49 "Psycho" star

1	2	3	4	5	6	7	8	9	10	11
12						13			14	
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21	22			23			24			
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29				30			31		32	33
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38	39	40			41		42		43	
44					45		46			
47				48			49		50	51
52				53			54			
55				56			57			

- 52 Commotion  
53 Tall tale  
54 Rod of tennis lore  
55 Actress Myrna  
56 Toss in  
57 Tools for duels  
6 Mischievous  
7 Yule refrain  
8 "— Tiki"  
9 Less friendly  
10 Pie-in-the-face sound  
11 Sail supports  
17 Winners  
19 Supports  
21 "Certainly"  
22 Mined find  
24 Expert  
26 Rewrote, maybe  
28 Winning  
30 Fool  
32 Musingly  
33 Swelled head  
34 Uncooked  
36 One  
38 Calyx component  
39 Guiding principle  
40 Bother  
42 Ball VIP  
45 Oklahoma city  
46 Harvest  
48 Carte lead-in  
50 "Golly!"  
51 Storefront sign abbr.

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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



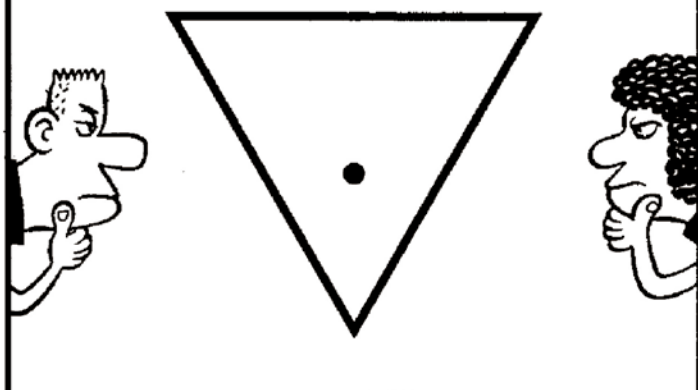
Find at least six differences in details between panels.



Differences: 1. Bear has been added. 2. Window is wider. 3. Pants are longer. 4. Flowers have been added. 5. Bushes have been added. 6. Tree has additional limb.

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## OPTICALS



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IN THE TRIANGLE ABOVE, is the dot closer to the top line, the bottom point, or the middle?

Answer: The dot is in the middle, halfway between the top line and the bottom point of the triangle.

**FARMER BROWN'S BARN!** Farmer Brown paid 20 workmen \$2,000 to put up a new addition to his barn. Each Master Carpenter made \$300, each Apprentice Carpenter made \$150, and each helper made \$50. How many of each were included in the team of 20 workmen?



Answer: 2 Master Carpenters, 5 Apprentice Carpenters and 13 helpers. (Total salaries came to: \$600 + \$750 + \$650 = \$2,000.)

**THE FIVE-LETTER WORD POWER GRID!** Each of the five words needed to fill in our "word power grid" contain the same five letters. We give you one of these letters and plenty of hints below.

1. Costs per units of service. 2. Weights to deduct.  
3. An intent gaze. 4. Expression of emotion.  
5. Type of flower

1.	R			
2.		R		
3.			R	
4.				R
5.				R

Answers: 1. Rates. 2. Tares. 3. Stare. 4. Tears. 5. Aster.

## Junior Whirl

by Charles Barry Townsend

### A PERCEPTION TEST

First, try solving the problem presented on the right. After solving it (?), cut out the paragraph and paste it on a piece of cardboard. On the back of the cardboard, paste the answer given below the paragraph.



### AN ODD PARAGRAPH

What is particularly unusual about this paragraph? You won't find many paragraphs similar to it. In all probability you will not find out what is so unusual about it right away, but if you look at it and study it for long, it may dawn on you. If you should find out what is odd or unusual, don't say what it is until I ask you; if you can't find out, look on the back of this paragraph. Don't look at my solution until you fail to find out what is odd about it. I could throw you a hint, but I won't!

Illustrated by David Coulson

Answer: You won't find an "e" in the entire paragraph.



## The Kitchen Diva

by Angela Shelf Medearis  
Give mayonnaise that personal touch

I spend hours every day thinking about food. I'm the director of a non-profit health outreach organization and a certified health worker tasked with sourcing and distributing food and essential supplies to underserved neighborhoods impacted by COVID-19. I'm also a chef, healthy food product developer, food writer and cookbook author with a passion for using unique ingredients -- produce, meats, herbs and spices -- to create recipes as the focus of my work to use food as medicine.

Sometimes, all those hours concentrating on food become a problem when it comes to figuring out what I want to eat. When that happens, I turn to a simple, satisfying solution -- I make myself a sandwich. It's the perfect, versatile, hand-held meal for any time of the day!

Sandwiches range from slices of beef, turkey, chicken or seafood on whole-wheat bread to roasted vegetables stuffed in a pita. Dressings, spreads and sauces can add a delicious depth and complexity to a typical sandwich and completely change its flavor profile.

A mealtime sandwich suddenly becomes more interesting with the addition of a beautifully flavored mayonnaise. Adding herbs, spices or fruit to home-made or a good-quality store-bought mayonnaise changes the flavor and can be made to complement a wide range of meats, seafood and vegetables.

Mayonnaise is made by creating an emulsion, in this case oil and egg yolks, two ingredients that normally don't combine. Egg yolks provide a rich, creamy base, while adding lemon juice or vinegar to the mayonnaise emulsion also helps deter any bacteria growth. Using the highest quality eggs ensures that safety concerns are reduced to a minimum.

All the ingredients for making mayonnaise, especially the eggs, need to be at room temperature. Take everything out at least 30 minutes before you begin. The lecithin in the egg yolks also helps to stabilize the emulsion ingredients, and lutein adds an important antioxidant that helps to maintain healthy vision.

The key to making an emulsion is adding the oil in a slow, steady stream.



The type of oil used in the emulsion changes the flavor of the mayonnaise. Do not use unrefined oils containing monoglycerides or extra-virgin olive oil, as the flavor is too strong, and the emulsion will separate. For best results, use regular olive oil, or combine it with vegetable oil.

Use this basic recipe for mayonnaise, and then add your favorite combination of herbs, spices and other ingredients to create a spread that will add a special zip to your sandwiches.

### Basic mayonnaise

For best results, avoid making mayonnaise during wet or humid weather, as it will affect the emulsion and the mayonnaise will have a greasy texture. For a richer mayo, use only the egg yolks.

- 1 egg yolk
- 1/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon sugar
- 1/2 cup vegetable oil
- 1/2 cup olive oil
- 3 teaspoons lemon juice or white-wine vinegar
- 2 teaspoons hot water

1. Using a food processor, blender or mixer set on medium speed, combine the egg yolk, salt, dry mustard and sugar until well-blended and a pale yellow.

2. With the motor running, slowly drizzle the oils (1/4 cup at a time) into the yolk mixture in a slow, steady stream. Drizzle in 1 tablespoon of the lemon juice and a teaspoon of the hot water. Continue to alternate mixing in the oil and the lemon juice until all the ingredients have been combined. The finished mayonnaise will be

thick. If a thinner consistency is desired, whisk in 1 or 2 teaspoons of hot water.

3. Cover and refrigerate for at least an hour before using to let the flavors blend. The mayonnaise will keep about 4 to 5 days. Yield: 1 1/4 cups.

The following additions add a unique flavor to this basic mayonnaise recipe:

Spices: saffron, paprika, cumin, mustard, coriander, chilies, horseradish/wasabi, ground ginger, curry powder and nutmeg.

**Herbal Flavors:** *dill, parsley, basil, oregano, sage, cilantro, chives, chervil.*

**Other Flavors:** *grated lemon or orange zest, chutney, sun-dried tomatoes, capers, anchovy paste, pureed avocado, roasted red peppers, lime juice, ground dried wild mushrooms, pesto sauce, barbecue sauce, hot sauce, pureed mango or crushed pineapple, soy or Worcestershire sauce, honey mustard, minced garlic, purple or green onions, olives, diced sweet or dill pickles.*

**Oil Substitutions:** *fused olive oils, sweet almond oil, canola oil, safflower oil, avocado oil.*

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 thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child.

(www.tickettodream.org)

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## Houseplants make us happy, keep us healthy

The houseplant is making a comeback, and it couldn't come at a better time than in the midst of a pandemic.

With so many people these days working from home offices and generally spending more time in their kitchens, living

rooms and family rooms, houseplants provide environmental, health and ornamental benefits to those around them.

### 5 reasons to grow houseplants

Houseplants expel oxygen while humidifying air during drier periods.

They purify indoor air by absorbing volatile organic compounds, such

as the benzene in cigarette smoke, and other indoor air pollutants. Their presence even buoys our spirits, studies say.

Their proximity apparently can even add a few years to our lives. An eight-year Harvard study released in 2016 found that American women living in homes surrounded by vegetation had a 12% lower mortality rate than those living in the least green areas.

For the more open-minded, they even offer companionship during this remarkable period of sheltering in place.

### 6 easy-to-grow houseplants for your home

• Snake plant – An easy to grow plant that can handle the neglect. These tall vertical leaf plants are drought tolerant, grows in little light and are pest-free.

• Anthurium – Beautiful glossy leaves with heart-shaped blooms that will continue all year long. Provide bright, indirect light, and keep the soil damp, not wet, for optimal care.

• Petra Croton – Petra

Croton has large, bold colored leaves that include shades of red, yellow, orange and bronze. Keep in full or partial sun and soil moist but not too wet or dry.

• Lemon Button Fern – A compact fern that has small, golden-green, button-like leaves that when you handle them will produce a lemony scent. Ideal for terrariums and low-light areas.

• Stromanthe Triostar –

This relative of the Prayer Plant has gorgeous dark green leaves with streaks of cream and pink on top and pinkish-purple underside. This plant likes indirect light (too dark and the variegation will diminish) but not direct.

• Golden Pothos – This golden-green variegated foliage vine will do well in even the darkest rooms in your home. It's a low maintenance plant preferring slightly damp soil.



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## — King Crossword — Weekly SUDOKU —

### Answers

Solution time: 27 mins.

S	O	P	H	S		I	N	K		I	S	M
I	B	E	A	M		M	O	O		C	P	A
P	I	N	T	A		P	E	N	C	I	L	S
		G	E	R	B	I	L		H	E	A	T
Y	O		M	A	S		P	A	R	T	S	
E	R	I	E		C	H	A	R	M			
S	E	N	D	A	K		H	O	P	P	E	R
			I	S	S	U	E		S	E	G	A
S	C	A	T	S		N	A	B		N	O	W
E	R	N	E		E	I	D	E	R	S		
P	E	N	D	A	N	T		L	E	I	G	H
A	D	O		L	I	E		L	A	V	E	R
L	O	Y		A	D	D		E	P	E	E	S

### Answer

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

## Just Like Cats & Dogs

by Dave T. Phipps



## This Week's Holidays

Oct. 10 – National Motorcycle Ride Day  
Oct. 11 – It's My Party Day  
Oct. 12 – Old Farmers Day  
Oct. 13 – International Skeptics Day  
Oct. 14 – National Fossil Day  
Oct. 15 – White Cane Safety Day  
Oct. 16 – Dictionary Day

## Paw's Corner

by Sam Mazzotta

### Badly behaved dogs need basic commands

#### Dear Paw's Corner:

Every time I read an article about a badly behaved dog, the trainer says that the dog needs to relearn basic commands like sit, stay and lie down. Why would unrelated commands solve a behavior problem? — Edward in Albany, NY

**Dear Edward:** Every dog should be trained to respond to five basic commands: come, heel, sit, stay and lie down. Dogs need to obey their owner the first time and every time a command is issued.

That may sound a little harsh, but a dog that can't be controlled is a dog in danger.

Owners need to be able to recall a dog that has slipped its leash before it runs into traffic. They need to make sure their dog will walk beside them and will sit calmly on command, especially when another

dog approaches. Their dog needs to stay in position when told to do so -- whether sitting or lying down.

second cookie (or third or fourth or fifth). Just as we humans sometimes need reinforcement of good habits, our dogs need regular reinforcement of basic commands.

When owners spend more time working one-on-one with their dogs, they frequently report that undesirable behaviors happen less often. The time and attention that owners give can quickly blunt attention-seeking behaviors.

The AKC has a good breakdown of the basic dog commands here: [www.akc.org/expert-advice/training/](http://www.akc.org/expert-advice/training/) and search for "5 basic commands."

Energetic young dogs can be a handful sometimes. If you are having trouble getting your dog to respond to basic commands, enlist the help of a professional trainer.

Send your tips, questions or comments to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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Dogs aren't robots, though. Like us, their discipline and training will slip if not regularly reinforced. Think about how often you and I give in to temptation and take that



## Comfort foods made fast and healthy

### by Healthy Exchanges Peanut butter apple crumb pie

When you add peanut butter and apples, you're doing Magical Meal Math! Don't be tardy -- stir this up today, and you'll be sure to go to the head of the class for desserts.

3 cups (6 small) cored, peeled and sliced cooking apples

1 (6-ounce) purchased graham-cracker pie crust

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

1 1/2 cups water

6 tablespoons reduced-fat peanut butter

6 tablespoons purchased graham cracker crumbs or 6 (2 1/2-inch) graham crackers, made into fine crumbs

1. Heat oven to 350 F. Evenly arrange apple slices in pie crust.

2. In a medium sauce-

pan, combine dry pudding mix and water. Add 1/4 cup peanut butter. Mix well to combine. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Evenly spoon hot pudding mixture over apples.

3. In a medium bowl, combine graham-cracker crumbs and remaining 2 tablespoons peanut butter until mixture is crumbly. Evenly sprinkle crumb mixture over top of pie. Bake for 40 to 45 minutes. Place pie plate on a wire rack and let set for at least 30 minutes. Makes 8 servings.

• Each serving equals: 234 calories, 10g fat, 4g protein, 32g carb., 282mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1 Fruit.

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## Mark Your Calendars!

### 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.

## Open-faced Reubens with cucumber pickles

2 tablespoons prepared white horseradish, undrained

1 tablespoon grainy Dijon mustard

1 tablespoon light mayonnaise

4 slices (thick, about 8 ounces) bakery rye bread

8 ounces sliced deli corned beef

1 bag (16-ounce) sauerkraut, drained and rinsed

4 ounces sliced Swiss cheese

1 tablespoon margarine or butter

### Quick cucumber pickles:

1 pound (3 large) Kirby cucumbers

1 tablespoon cider vinegar

1/4 teaspoon salt

1. Prepare Reubens: In cup, combine horseradish, mustard and mayonnaise; spread evenly on 1 side of bread slices. Top each with one-fourth of corned beef, sauerkraut and Swiss cheese.

2. In nonstick 12-inch skillet, melt margarine over medium-low heat. Arrange sandwiches in skillet. Cover skillet and cook 8 minutes or until cheese melts and bottoms of bread brown.

3. While Reubens are cooking, prepare Quick Cucumber Pickles: Slice unpeeled cucumbers into 1/4-inch-thick slices. In small bowl, toss cucumbers with vinegar and salt. Makes about 3 1/2 cups.

4. To serve, cut each sandwich in half and serve with pickles.

• Each sandwich serving: About 460 calories, 25g total fat (10g saturated), 83mg cholesterol, 1,585mg sodium, 38g total carbohydrate, 4g dietary fiber, 23g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## Storing leftover garden seed

If you didn't use up all the garden seed you bought this year, much of it can be stored for use in next year's garden – depending on the plant species. Seeds of some plants, such as corn, parsley, onion, viola (pansies), verbena, phlox and salvia, are not very long lived, lasting only one or two years at best. Other seeds, including beans, carrots, lettuce, peas, radishes, snapdragon, cosmos, sweet William and zinnia, will remain viable (capable of germinating) for three to five years.

Seeds need to be kept cool, dark and dry so that they retain stored carbohydrates and minimize fungal infection. You can keep the seeds in their original packets to preserve their labeling information. If you transfer the seeds to another container, be sure to label them with at least the plant name and the year the seed was purchased.

Either way, be sure the seed is as dry as possible before placing in storage.

One of the more practical methods for storing small quantities is to place leftover seed in sealable jars or other airtight containers and store in a cool, dark area, such as the refrigerator (not the freezer). A layer of powdered milk or uncooked rice at the bottom of the container will absorb excess moisture. Use a paper towel to separate the seed from the absorptive material.

When it's time to plant next season, you can do a germination test on a few seeds to see if they sprout before you plant the rest. But these days, many seed packets have only a few seeds to begin with, so the germination test may be a moot point. On the other hand, saving even a few seeds can make a big impact on next year's gardening budget.

**Source: Purdue Extension**



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Carrot seed.  
 Photo provided by Rosie Lerner



Swiss chard seed.  
 Photo provided by Rosie Lerner



## Paw's Corner

by Sam Mazzotta

### Treating a scratch under a dog's fur

**Dear Paw's Corner:** I took my Springer Spaniel, "Rog," for a walk in the woods this morning. When we got back, I noticed he was trying to lick a spot behind his shoulder. I found a thin scratch on his skin. I dabbed it with some antibacterial ointment, but that's about it. Will he be OK? -- Jessica in Jaffrey, NH

**Dear Jessica:** As long as the wound seems to be healing, Rog should be fine. Check the area

once a day and reapply antibacterial ointment. If it begins to appear puffy and red, or Rog seems very distressed by it, take him to the vet for further evaluation.

Most minor scratches on a dog's skin and paws can be treated at home using the household first-aid kit. You also can build a pet first-aid kit that is easy to access when you walk into the house. In addition to antibacterial ointment (avoid products with hydrocortisone), it should have antiseptic solution, water-based lu-

bricant like KY (not Vaseline), clean towels, an empty squeeze bottle (like a ketchup bottle), tick-removal tweezers, a muzzle, small scissors and a disposable razor to gently remove fur. (Electric clippers are an even safer option.)

To treat a small scratch or cut, fill the squeeze bottle with lukewarm water. Hold your dog securely, placing a muzzle on him to prevent bites if he gets agitated. Trim or shave away hair from the area. Gently clean the wound using the squeeze

bottle of water. Pat dry. Dab the antiseptic onto the wound, then apply antibiotic ointment. Cover lightly with a bandage if possible; otherwise, prevent your dog from licking away the ointment for at least 10 minutes. Check and reapply ointment daily as it heals.

Send your tips, questions or comments to ask@pawscorner.com.

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## Watermelon slushie

A refreshing, colorful drink for when you have extra watermelon, you can freeze it for more slushies.

3 cups seedless watermelon, cubed

1 cup frozen strawberries

2 scoops lemon sorbet

1/4 cup pineapple juice, chilled

2 tablespoons fresh lime juice

In blender, combine watermelon, strawberries, sorbet, pineapple juice and lime juice and

blend until mixture is smooth. Pour into 4 glasses. Makes 3 1/2 cups.

\* Each serving: About 87 calories, 7mg sodium, 22g total carbohydrate, 1g protein.

Recipe excerpted from "Good Housekeeping Blend It!: 150 Sensational Recipes to Make in Your Blender -- Frappes, Smoothies, Soups, Pancakes, Frozen Cocktails and More." (Hearst Books)

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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) **\$34,900**



201926143: This lovely home located in the Village of Canajoharie has so much character and potential. Remove the carpet downstairs to reveal the original hardwood floors. A large pantry, enclosed porch and a lot of nooks and crannies. Exterior of home is vinyl siding, makes for low maintenance. A spacious home sits on a corner lot and is ready for you to move in and make it your own. **\$115,000**



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. What a horse of two - there is a 26 x 44 & 26 x 36 with stalls just waiting from them. It is a must see home with so much character! Minutes from Cooperstown NY & NYS Thruway; 1 hr to adirondacks and Saratoga **\$179,000**



202019981: Here is a great opportunity to purchase a commercial building to start your own business, or to purchase the framing shop business for an additional price of \$50,000.00. Picture Perfect Frame Shop and Art Gallery is located across the street from Canajoharie Library and Art Gallery, a nationally recognized gallery. Picture Perfect has been in business for 29 years and has a very loyal clientele. The present owners are willing to train the new owners in all aspects of the business. There are many opportunities for other uses for this property. The small upstairs room have a private entrance off the back of the building for possible rental of this space. **\$125,000**



202018288: Beautiful renovations have been done to this Victorian home located in Fort Plain. Cherry floors have been installed, original woodwork, stained glass windows, and 2 porches. Formal dining room, livingroom, and a large space for your kitchen. Finishing work needs to be done and installing kitchen and baths. Many materials are there for you to complete. Must see and you will love it! **\$99,000**



202026665: Owner is willing to hold the mortgage under the following terms. 1/3 money down, payoff in 8 - 10 years. Monthly payment 1,000.00 to 1,200.00 per month. Interest rate at 1% over going rate. Terms MAY BE NEGOTIABLE !! The home has been well maintained. There is a large backyard with plenty of room for kids to play, or to enjoy a evening sitting around a fire on a nice summer or fall night. So call today to make arrangements to look at the property. **\$90,000**



202018609: Great investment opportunity with long term tenants! Downstairs tenants have been there for 6 years and upstairs tenants have been there for 10 years. Off street parking, separate utilities and priced to sell quickly! **\$36,000**



202017840: 2-family, up and down fully rented. 2 bedrooms each unit, separate utilities. Front porches. Public parking. New boiler upstairs and hot water heater. Roof repaired last year. Upstairs has been rewired. Both units are circuit breakers. New windows downstairs. **\$28,500**



202029895: This is a lovely two story home located on a nice residential street in Fort Plain. Outside enjoy your front porch and back patio. With many renovations including a large cozy family room addition with natural knotty pine throughout and new flooring. A new large modern working kitchen and formal dining area. Laundry room, full bath and bedroom on the first floor. **\$90,000**



202026998: Looking for privacy? This home is exactly what you have been waiting for. Enjoy the peacefulness of country living in this 3 bedroom, 1 bath home with a finished in-law apartment in the barn if you need extra living space. The large 1.26 acre lot is meticulously landscaped and features a sparkling above ground pool, a deck with a pergola, a large patio, a gazebo, and a front-porch to take in the view. **\$159,900**



201825210: Total of two parcels. Large barn constructed in 1895, enlarge 1901 and approximately 40x100. Multi use building for antique shop, studio, or converted into a large barn. Property is treed and conveniently located to town. Many possibilities with this property. Great view of Mohawk Valley and Cherry Valley hills. Forest of mostly white oak in the northwest corner of property. Old stone wall. Gas, water, electricity and sewer. **\$69,000**



201934240: Great lot to build a home. 1.3 acres in the village of Palatine. 150 feet of road frontage. **\$10,000**



202022329: One of the nicest homes in the village of St. Johnsville has hit the market! This large, three bedroom house is immaculate and move in ready! On the 1st floor you will find a large kitchen with a cozy breakfast nook as well as a bar area that overlooks the dining room. Also on the first floor: a half bath, a laundry room with a large, walk in shower, a den with exterior access to a small porch, an office, a formal dining room, living room and family room. All three bedrooms are on the second floor, along with a full bathroom. You will find plenty of storage space in the basement, as well as a workshop and walkout access to the exterior. Every window has been updated and the roof has architectural asphalt shingles. A large, detached, two-stall garage (approx. 26x26) with storage above. **\$139,500**



202024706: Two-story home, located just outside the village of St. Johnsville. This home is MOVE IN READY! On the first floor you will find a spacious eat-in kitchen, formal dining room, living room, and small room with a bar - just perfect for entertaining. The second floor has three good size bedrooms, a full bath, and walk-up access to the full attic. Also on the property is a large (40x30), detached, three stall garage and a 28 ft above ground pool with a deck surrounding. The septic system was replaced 4 years ago. New forced hot water system and a brand new oil tank. **\$125,999**



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**



202029628: If you are looking for a great starter 3BR/1BA home just on the outskirts of Amsterdam, with LOW taxes and a HUGE 3 car HEATED garage LOOK NO FURTHER. The wrap around porch and quick access to Rt 5 and the NYS Thruway just add to the charm. PLUS there is plumbing in place for another full bath on the 2nd floor. The Sellers had septic pumped and water inspections done in Oct 2020 and will provide water reports when obtained. **\$115,000**