

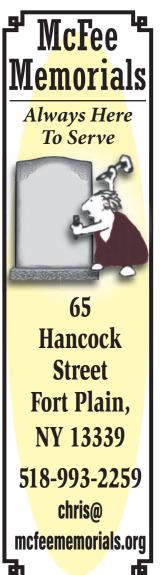
MARCH 27, 2021

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Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9



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Easter centerpiece ideas to beautify the table

Easter is a springtime holiday that marks a prime opportunity to cast off the remnants of winter weather and dress a home in bright, colorful hues.

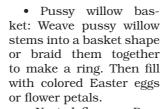
Come Easter, tulips and daffodils may be sprouting, lilies are on display in churches and many other spring touches are incorporated into home decor. Celebrants

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who will be hosting their families or more intimate Easter gatherings can extend the eye-catching improvements to the dining table. Easter centerpieces are a prime way to add color and ambiance to interior designs.

Here's a look at various ways to decorate the table for Easter celebrations.

• Carrot-filled container: Embrace an Easter bunny theme by hanging a bundle of carrots inside a glass vase or bowl and topping with orange, yellow and other springthemed flowers and greenery.



- Nested flowers: Purchase a wooden or wicker basket and weave or glue small twigs onto it. This will give it the look of a natural bird's nest, which is one of the markers of the spring season. The nest can cradle spring blooms, such as tulips, or hold Easter eggs.
- Easter bunny garden: Fill a shallow ceramic bowl with floral design moss or another green filler. Place a goldfoil chocolate bunny or a ceramic rabbit in the center and put small tealight candles and a small glass canister of pastel-colored candy eggs to complete the picture.
- Take a 'peep': Marshmallow Peeps® are an Easter staple and they can have a place outside of Easter baskets. Line a small vase with Peeps. Place cut flowers inside for a festive centerpiece.
- Rainy day decor: April showers bring May flowers. Put that sentiment

Easter bunny garden: Fill a shallow ceramic bowl with floral design moss or another green filler.

on display by purchasing an inexpensive pair of brightly colored rubber rain boots. Place cut fresh tulips into narrow glass vases and then slip the vases inside of the boots for a festive and funny table conversation piece.

• Floating flowers: Poke the stem of a flower into a square of bubble wrap. Place into a small fishbowl filled with water and watch the flowers float on top. Tint the water a pastel hue if desired.

• Painted pinecone bouquet: If you have pine cones left over from Christmas decorations or a pile that the kids may have collected from the yard, paint them in bright colors for an Easter makeover. Place in the container of your choice and add some faux or real greenery to complete the bouquet picture.

Dining tables can be incorporated into Easter decor. There are many different creative options for crafting centerpieces guests will adore.

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Upstate University Hospital's Mammography Van to visit Dolgeville Big M on April 8

Upstate University Hospital's Mammography Van will visit the Big M Supermarket at 15 Lamberson Street in Dolgeville on Thursday, April 8. The screenings will be available between 10 a.m. and 3 p.m. for women who have scheduled an appointment.

To schedule an appointment for a mammogram on the van, women

should call 315.464.2582. Appointments can also be requested online at: upstate.edu/mobile-mammography/

To be eligible for a mammogram on the van, women should be 40 years and older; not have had a mammogram in the past 12 months; and not be experiencing breast problems.

The van, supported with funds from Health Research Inc., and the NYS Department of Health grant, is part of Governor Cuomo's "Get Screened, No Excuses" Breast Cancer Initiative, which aims to remove obstacles to breast cancer screening for women in New York. The most current data (2018) show 82.1% of eligible New York women are getting a screening mammography, a slight increase from the 80.3% of women in 2017. The governor's initiative is to increase screening rates by 10% over the next five

The mammography van spans 45-feet and is equipped with a state-of-the art 3D digital mammogram system, private exam and dressing room and a waiting room.

Breast cancer is one of the most common cancers in women, affecting one in 8 women. It's also one of the most treatable cancers when detected early. Mammograms are the most effective screening procedure for the early signs of breast cancer.

For information, contact: Wendy Hunt at 315.492.3353.











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"If it doesn't say Treiber on the back of your car...you paid too much!

* Former rental units just add tax and tags.

Strange but true

by Lucie Winborne

- Iguanas have three eyes: two in the normal spots and a third on top of their heads, that only perceives brightness.
- Banks employ therapists known as wealth psychologists who help ultra-rich clients unable to mentally cope with the guilt they feel over their immense wealth, advise on inheritance issues and counsel parents on how to raise children who aren't spoiled by money.
- Tyromancy is the practice of predicting the future with cheese.
- In 2016, a student left a pineapple in an art museum in Scotland. Two days later, it had been

placed in a glass case as part of an exhibition.

- "Coffin birth" is a phenomenon that occurs when a pregnant woman delivers a child spontaneously after her death, due to gases that build up in the abdominal area, putting pressure on the mother's uterus and forcing the baby through the birth canal.
- The scientific term for brain freeze is "sphenopalatine ganglioneuralgia." Now you know why we call it brain freeze.
- Originally scheduled to be erected in Barcelona, the Eiffel Tower was rejected because citizens thought it was an eyesore.
- Alcatraz was the only prison to offer its inmates hot showers, but that had nothing

to do with personal comfort. Rather, the reasoning went that if the prisoners were used to the hot shower-water, they'd be unable to cope with the frigid temps of the San Francisco Bay and hence deterred from attempting to escape.

- Hershey's Kisses take their name from the kissing sound deposited chocolate makes as it falls from the machine to the conveyor belt.
- If you point your car keys to your head, it will increase the remote's signal range.

Thought for the Day: "Looking at beauty in the world is the first step of purifying the mind." — Amit Ray

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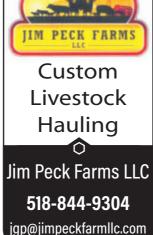
RENTAL OF 60 acres of crop land in Town of Danube available now. 315-823-2759, 315-832-1691

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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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Church Directory

Amazing Grace Baptist Church 131 Clark Rd., Fort Plain

518-568-7606

Pastor Frank Calabrese Sunday School 10am, Morning Service 11am, Sun. Eve. Service 6:30pm, Wed. Service 6:30pm Sat. Visitation 10am

www.amazinggracebc.org

Ames - Sprout Brook **UMC**

613 Latimer Hill Rd. Ames, NY 13317 518-673-3495

Pastor Jan Markle Sunday Service 9:00am

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

Cherry Valley Assembly of God

37 Alden St., Cherry Valley 607-264-3306

Pastor David Carpenter, Jr. Sundays 9:30am

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.chistianchurchcharlesonfourcomers.o

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

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 Web Site: www.churchgoodshepherd.com

Church of the Nazarene 3316 State Route 29 W Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 *Pastor, Rev. Mark Fowler*

Sunday Morning Service 11:00an Sunday School for All Ages 10:00an

Community Bible Church

Corner of Cliff & Walnut Streets Canajoharie, NY 13317 (518) 993-1016

Pastor Wally Braemer
y - Adult Sunday School Class - 9:15ai
Worship Service - 10:30am God is Good All the Time & All the Time God is Good

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

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

Dolgeville Christian Fellowship

3 Elm St., Dolgeville, NY 13329 315-429-9142

Dr. Marvin Isum, Pastor Worship Sunday 10:30am Midweek Fellowship Tuesday 7pm www.dolgevillechristianfellowship.org

Dolgeville United Methodist Church

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

Emmanuel

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
Fidday 10am Mass B Bible Study
Fidday 110am 2nm Thrift Shoo Friday 10am-2pm Thrift Shop

Ephratah Reformed Church

Reformed Church
140 Co. Hwy. 140, Ephratah, NY
1 live and share Jesus Christ both locally and global
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Pastor Jeff Hindrliter
Sunday School for all ages
10am September-June
Sunday Morning Worship 11am
Prayer & Praise Thursdays 7pm

Episcopal Church of the Good Shepherd 26 Moyer St., Canajoharie

518-673-3440 Communion Sundays at 9:30 Fellowship Time to Follow Call for Holy Day services The Rev. Virginia L Ogden, Rector

Everlasting Joy Believers Fellowship

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

Faith, Hope and Love

Church
Rev. David W. Bowley, Pastor
Sundays, 5 pm
at the
Upstate Chapel
63 Cliff St, Canajoharie
call 518-673-5128 or see facebook "Faith,
Hope and Love Christian Church" and our
website http://faithhopeandlovechurch.com

First Baptist Church Springfield Center, NY

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

Fonda Fultonville United Methodist Church

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

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 11an

Freysbush United Methodist Church

Freysbush Rd., Fort Plain 518-842-1357 Rev. Cindy Leonard, Officiating

Worship 9am, inday School 10am ALL ARE WELCOME coffee hour to follow service

Fultonville Reformed Church

Corner of 5S & 30 Pastor Jane Hubschmitt

Sunday School 10AM Family Worship 10:30AM

Glen Reformed Church

State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School nmediately following Children's Message

Grace Christian Church

20 Center St., St. Johnsville, NY 13452 Pastor Martin Glynn 518-568-2122

> Sunday School 9:30am Worship 11:00am

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

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

Holy Family Parish

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

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 9:30an Wednesday Evening Worship 6:30pm

Lassellseville United **Methodist Church**

State Hwy. 29

Pastor Robert A. Lindsay Worship: Sunday 9:30am Sunday School to start soon

Lighthouse Baptist Church 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114

315-429-8854 Pastor Martin Smith

Inday Morning Worship 10:30am; Wed. Eve Prayer Meeting 6:00pm; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"

Marshville **Evangelical Church** Route 10 South

Pastor Mark Fowler

Worship Sunday 9am

National Kateri Tekakwitha **Shrine and Indian Museum**

3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627

518-853-3646

New Hope **Christian Fellowship**

32 Spencer St., Dolgeville, NY 13329 Pastor Pat Andreoli 315-429-3630 wHopeChristianFellowship. Sunday School 9:30AM Worship Service 10:30AM

Oppenheim United **Methodist Church** Route 29

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

Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladvofhope@frontier.com Mass Schedule: Saturday, 4pm; Sunday, 8:30am & 11am; Confessions: Sat. 3 & by appointment lease call parish office for Holy Day schedulers.

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

Randall Christian Community Church

NY Rte. 5S Sunday Service 10:30am Worship Leader Darlene Spaulding

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

Reformed Church

of Fort Plain 165 Canal St., Fort Plain, NY 13339 518-993-4302 • fortplainrca@yahoo.com

Rev. Nancy E. Ryan Worship 10:30am, AA meetings Mon. & Tues. 7pm, cond Thurs. Prayerspace 6am to 6pm

Reformed Church of Sprakers

112 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9AM All Welcome!!!

Richfield Springs

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

River of Jubilee Church 5057 State Highway 5 S Sprakers, NY 12166 Pastor: Gail Adamoschek

Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10:00am Children's Church Available Other Learning Opportunities Availab Visit us on Facebook

Sacred Heart Catholic Church

111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4:00pm

Saint Cecilia Church

26 Broadway, Fonda 518-853-4195

Sunday Worship 9:00am

Salisbury Center United Methodist Church

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

Seeker's Fellowship 14 Park Place

St. Johnsville, NY 13452 518-568-7700 918-308-//00 Pastor Mike Yezierski unday Worship 6pm, Tues. Prayer 7pr Bible Study 7pm (Wed., Thurs. & Frl.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.

St. John's Lutheran Church

774 St. Hwy. 163, Fort Plain, NY 518-705-7552

Rev. David A. Johnson, Ph.D. unday Worship 9:00am, Sunday School 10:00ar Ladies Aid W.F.L.C.A. Handicanned Accessible

St. John's **Reformed Church**

68 W. Main St., St. Johnsville 518-568-7396

aithfully Following Jesus Christ Sunday Worship 10:30am

St. John's & St. Mark's **Lutheran Church**

Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand Sunday Worship 11am; e stjm-canajoharie.org

office@stjm-canajoharie.org St. Johnsville **Methodist Church**

7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones

518-568-7983 • 315-866-8626 Worship Sunday 3pm

St. Joseph's Roman Catholic Church

31 North Helmer Ave., Dolgeville 315-429-8338 Sunday Mass is 8:30am

St. Mary's **Episcopal Čhurch**

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

St. Paul's Lutheran Church

36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner 405-250-8395

Church Service 11am 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, s. Bible Bungee-Jumping 7pm, Study" that actually makes sense Welcoming Community of Faith & Visi

tkrieger@leepub.com St. Paul's

To Place or Update **Church Listings** Call 518-673-0108 or email

565 Albany St., Little Falls 315-823-2284 315-823-2284
Service Sunday 10am
Coffee hour following service.
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Universalist Church

St. Thomas the Apostle **Catholic Community**

1 Church St., Cherry Valley 607-264-3779 Masses Sunday mornings

Stratford United Methodist Church

at 8:30am & 11am

Route 29A 315-429-9085

Rev. Lynn R. Lockwood Worship 9am

The Christian Church of Rural Grove

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

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.holyspiritpncc.org

The House of Zion, Inc.

580 Dillenbeck Road, Palatine Bridge 518-577-3069 718-57/-5009

Pastors Richard & Denise Allen
Saturday Morning
Worship Service 11:30am
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the 1st Sunday of every month 3pm-4pm

The Time for **Truth Ministries**

PO Box 351 Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558

Trinity Evangelical Lutheran **Church of Stone Arabia** 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Remote Sunday Worship 11am; email for link office@stim-canaioharie.org

518-673-2224

United Methodist Church of Canajoharie

50 E. Main St. 50 E. Malli St. 518-673-2717 esus says - "Come Unto Me" Join us-Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30am - Email: umc673@frontiernet.net union Last Sunday of the Montl

Valley Alliance Church

85 E. Main St., Nelliston 518-993-3458

Pastor Ken Gies

Sunday School (all ages) 9:15am, Sunday Worship 10:30am, Wed. Praise & Prayer 7pm, Fri. Youth Group 7pm (7-12th grade)

Victorious Life Church **RMI Fellowship**

104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9am, Worning Worship 10:30am Youth Group 5pm, Evening Worship 7-8pm

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Year of the Monarda

Monarda is a genus that has a long history of being used as a medicinal herb. As the common name Bee Balm implies, it has also been used to soothe bee stings.

But did you know the Oswego Indian tribe used this plant to make an herbal tea and they taught the early American settlers how to do so as well? This just happened to come in very handy following the Boston Tea Party. As the settlers revolted against the British tax on tea, they drank tea made from Monarda instead, thus thumbing their noses at the British and their taxes.

Monarda is a member of the mint family and consists of multiple species, most of which are hardy perennials and all of which are native to certain regions of North America. Summertime flowering on all these species is quite attractive to humans and pollinators.

Native Americans used monarda to make bee balm tea to treat chills and fever. Monarda's three most common species are didyma, fistulosa and punctate.

Monardo is also known as Bee Balm, a member of the mint family.

Monarda is very attractive to pollinators, especially butterflies and hummingbirds.

Monarda species:

Monarda punctata, aka Horsemint or Dotted Mint, is somewhat of an unruly native prairie plant characterized by tall unbranched stems topped with rounded clusters of pink or lavender tubular flowers. The stacked combination of speckled flowers and colorful bracts make this distinctive and unusual.

Monarda fistulosa, or wild Bergamot, is one of the species commonly used for medicinal purposes. Being highly aromatic with showy lavender-pink flowers, it is also used as a honey plant.

Monarda didyma (Scarlet Bee Balm) has long been cherished for not only its use for tea but also its ornamental value. The bright scarlet/red flowers of M. didyma are still a part of many ongoing breeding programs with Monarda.

It has been a long road from these native species of Monarda to the prized ornamental cultivars available today. Some of the first hybrids of M. didyma x M. fistulosa produced vibrant flower colors with a more well-behaved plant, but they continued to be plagued by their native attributes of being highly susceptible to mildew, somewhat tall and leggy and had a tendency to spread by rhizomes.

New varieties:

Modern breeding has introduced many new cultivars that are much more suitable in the ornamental landscape. Along with many stand-alone varieties with notable attributes of their own:

'Marshall's Delight' - Received Award of Merit from Royal Horticultural Society

'Gardenview Scarlet' - Selected by the Chicago Botanic Garden as an outstanding perennial for the Mid-

'Petite Delight' - The first of its kind dwarf introduction of Monarda at just 12-15 in. tall.

There are several newer Monarda with formidable at-

Monarda didyma $Grand^{TM}$ is an exceptionally hardy Monarda. Characterized by a profusion of bright flowers atop mid-sized plants, these also offer very good mildew resistance.

The Sugar Buzz Monardas form a solid dome of color. The 2- to 2 1/2-in. flowers top off the strong stems and deep green foliage of this series. Medium in height at around 20 in., the eight colors in this series display above-average mildew resistance and stay well contained in the garden.

BalmyTM Monardas have relatively large flowers on a fully compact plant. Balmy comes in at just 10-12 in. with exceptional mildew resistance and deep green foliage. They are dwarf and mounded, so bring new uses to the landscape.

As part of the mint family, Monarda flowers and leaves add a citrusy note to salads.

Monarda is a native of North American, mainly east of the Rocky Mountains.

Dried Monarda flowers are a great addition to any homemade potpourri. The monarda was named for Nicolas Bautista Monardes, a Spanish.

Gardening Tips:

While some Monarda species come from seed, did you know most newer selections are vegetatively propagated and are quite easy to care for in rich and organic, or just average soils?

Monarda will die back to the ground in colder climates. They can then be cut back to 1-2 in. stems. It's also a good idea to remove dead leaves and stems from the area, especially if mildew has been observed on the

As Monarda emerges from the roots/rhizomes in the spring they may be pinched to create a bushier habit if desired.

Year 7

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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

April 5

Virtual Talk - Zoom and Book Release event at 7 p.m. Registration is required at tinyurl.com/55yzpc4a.

June 12

Craft Festival canceled. 41st year set June 11, 2022. Sponsored by Church Of Christ Uniting in Richfield Springs.

Notice to parents of kindergarten registration for Canajoharie Central School

The Canajoharie Central School District will be conducting registration for children entering kindergarten in September. The applications for registration are due Friday, April 30 and should be mailed or dropped off to East Hill Elementary School. The screening process will take place at a date yet to be determined due to the COVID-19 situation. You can pick up the application at East Hill or find it on our website under "News and Announcements" or at www.canajoharieschools.org/ pre-kindergarten-registration.

New York State Education Law requires schools to screen every child entering kindergarten in order to identify conditions which may affect their education. For a child to enter kindergarten in September 2021, they must be five years old on or before Dec. 1, 2021. As stated above, a screening date will be determined.

If you have any questions contact Amy Booth at East Hill Elementary School at 518.673.6310 or amy. booth@canjo.org.

VALCOUR the 1776 Campaign that Saved the Cause of Liberty. Author Jack Kelly will present a

Year from 6 -

In the full sun, they will produce a plethora of brilliant flowers beginning in mid-summer. Pair these with Achillea, Agastache or Phlox for a smooth transition of garden color into fall.

As flowers fade, deadheading is beneficial to encourage additional flowering.

The plant is deer and rabbit resistant.

Monarda brings a lot of charm and interest to the garden. En masse plantings in naturalized areas are a showstopper and create a high-traffic area for butterflies, hummingbirds, and bees.

Enjoy these as specimen plants paired with your favorite summer-into-fall bloomers in the middle of the garden. When they are in full flower (with a few to spare), you can pick a few flowers and leaves to make a batch of iced Bee Balm tea and watch the garden grow. Or dry some and save it for hot Oswego tea on a cold winter's night!



The stacked combination of speckled flowers and colorful bracts make Monarda punctata distinctive and unusual. Courtesy of Darwin Perennials





Monarda didyma (Scarlet bee Balm) has long been cherished for not only its use for tea but also its ornamental value. Photo courtesy of American Meadows

One of the newer Monardas is Sugar Buzz Blue Moon Garden bred by Ball Horticulture. Photo courtesy of Ball Horticulture

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Max takes over the Susquehanna SPCA

by Courtney Llewellyn

Max is intimately familiar with the goings-on of the Susquehanna SPCA just south of Cooperstown - he's been in the shelter for 444 days.

"A volunteer brought that to our attention. He's been here a really long time, and we were kind of embarrassed we let him slip through the cracks," said Stacie Haynes, executive director of the shelter. "Max is so friendly and sweet, so he wasn't on our radar as a dog who needed urgent attention. He's just a super happy guy who goes with the flow."

One number the SPCA

pays attention to is the

Chimney Repair & Masonry 315-350-0555

average length of stay for its animals. In 2020, that average was 29 days (although Haynes would like it to see it become even better). They had a total of 322 adoptions in 2016 and 700 in 2020.

Haynes said she and her staff brainstormed "out-of-the-kensome nel" ideas to highlight Max's extended stay and landed on the possibility of switching places with him. She ended up spending 444 minutes - seven hours and 24 minutes - in his kennel while he spent the same amount of time in her office. "I wanted to get the experience our dogs get," Haynes said. "A lot of people have cared about our animals, and that care brought the attention to Max's plight in particular, but to all shelter animals in general. We're a temporary stop for them, a stepping stone.

lucky hasn't gone kennel crazy, but he has just started staring at a wall, and that is absolutely breaking our hearts," she continued.

"We don't want to see him lose his spirit."

Max dressed up for this first day in the office with

Max 9



Susquehanna SPCA Executive Director Stacie Haynes makes friends with her kennel-mate during her 444-min-

Photos courtesy of SQSP-CA





As of March 4, there had been some inquiries about Max. and the staff remained hopeful he'd find his happy place.







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MOHAWK VALLEY COUNTRY EDITOR

Max from 8 -

a professional-looking tie. He had his own business cards and name plate and shared some of his experience via Facebook Live. Meanwhile, Haynes sat, laid and walked around her kennel, with books for enrichment (but no phone).

"I did do some pacing," she admitted. "The morning went by kind of fast, with people doing the feeding and cleaning, but it's loud and not at all relaxing. Toward the end of the day it's quieter, but one of the things I came away with is that, even when it's quiet, some dogs never stop whining or moaning - they're always eager for what's next. There was a lot to be learned."

Staffworks came forward and donated \$200 for a behavior specialist to help Max transfer from

his kennel to someone's home, and then other people started donating to that cause. Then Hillside Kennel in Oneonta gave money for gift cards to buy food and supplies for Max. Throughout the

day, many helped support Max and the shelter. As of March 4, there had been some inquiries about Max, and the staff remained hopeful he'd

Max 10



Max decided to go business casual - tie but no pants for his day in the office.



Max even had his own personalized desk name plate.



Max is friendly and sweet. But, he also liked his lunch



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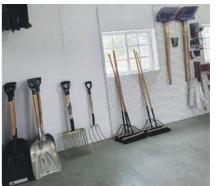
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VALCOUR the 1776 Campaign that Saved the Cause of Liberty

The Fort Plain Museum & Historical Park presents VALCOUR The 1776 Campaign that Saved the Cause of Liberty. Author Jack Kelly will present a Virtual Talk – Zoom and Book Release event at 7 p.m. on Monday, April 5.

Registration is required. Register for the VALCOUR Talk at tinyurl. com/55yzpc4a.

Thank you to our anonymous donor for making these free virtual events possible and thank you all for your support of the Fort Plain Museum & Historical Park.

During the summer of 1776, just three days after patriots declared independence from Britain, an enemy invasion from Canada loomed. In response, citizen soldiers of the new nation mounted a heroic defense. Patriots constructed a small fleet of gunboats on Lake Champlain in northern New York and confronted the Royal Navy in a desperate three-day battle near Valcour Island. Their effort stunned the British and forced the enemy to call off the invasion.

VALCOUR: The 1776 Campaign that Saved the Cause of Liberty by historian Jack Kelly (St. Martin's Press; April 6, 2021) is the wild, suspenseful story of this crucial and often neglected campaign of the Revolutionary War.

VALCOUR is a story

of people. The underrated general Philip Schuyler (Hamilton's fatherin-law) led the northern campaign of 1776, aided by the ambitious former

British officer Horatio Gates, and the notorious Benedict Arnold. Kelly's eye-opening account demonstrates how Arnold, forever infamous



for betraying his country in 1780, was one of the most successful and inspiring soldiers of the early war. He devised an audacious strategy that confounded his slow-witted opponents and delayed the British invasion until the following year.

America's independence hung in the balance during 1776. Patriots endured one defeat after another. But two events turned the tide: Washington's famous attack on Trenton and the equally daring but largely unknown fight at Valcour Island. George Washington was able to cross the Delaware on Christmas night because Benedict Arnold crossed Lake

Champlain that autumn. These two courageous and strategically brilliant strokes allowed the Revolution to continue.

Author Bio: Jack Kelly is a historian, journalist, and novelist. He is noted for his evocative prose and his ability to bring history to life. His books include Band of Giants, which received the DAR's History Award Medal. He has contributed to national periodicals including The Wall Street Journal and is a New York Foundation for the Arts fellow. He has appeared on The History Channel and been interviewed on National Public Radio. He lives and works in New York's Hudson Valley.

Max from 9

find his happy place.

"We wondered what are the barriers to getting an animal adopted? I think we're too reliant on social media, because it doesn't always work," Haynes said, adding they need to rely on all kinds of outlets because of the changed COVID landscape.

The SPCA is aiming to be in their new shelter facility on May 1 (just north of their current location on Route $\,$

28). Haynes said their capital campaign is still active, in which they're trying to raise \$5 million (with only about \$250,000 to go), but they're also trying to fund their \$700,000 yearly budget. Haynes said it's been challenging to do what they do during the pandemic, and she feels fortunate people didn't forget about the animals. She is, however, worried about this year because the challenges are ongoing.

Max is ready to face 2021 head-on. He was back in Haynes's office the day after their space swap, hoping for another tasty hamburger and vanilla ice cream lunch.

Country Editor will be showcasing more of the Susquehanna SPCA's animals to help them find their forever homes in the coming months. Learn more about the shelter at sqspca.org.

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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.

We want to hear from you!

Send your comments & suggestions to the

Mohawk Valley Country Editor

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Family Counseling Center receives generous donation from NBT Bank

The Family Counseling Center in Gloversville has received a generous \$10,000 donation from NBT Bank for their Building Healthy Communities campaign through their Foundation. The Building Healthy Communities

campaign addresses a client wait list, creates new or strengthens existing programs, allows the organization to serve those who have no ability to pay for services, and contributes to the building of a centralized, state-of-theart behavioral healthcare facility at the expanded Broadway location.

"We are delighted and thankful for the contribution from NBT toward our Building Health Communities campaign," said Michael Countryman.

Executive Director of The Family Counseling Center. "Their support of the work we do and the organization's expansion will have a great impact in our community."

Recently, The Family Counseling Center opened its doors to the Phase I 18,500 square foot addition to their 11-21 Broadway Street location. Phase II construction, the renovation of the organization's existing 9,000 square foot building, will begin by the end of the month. The full

of the facility, allowing for agency staff and administration to provide expanded mental health services, crisis services, addiction services, and primary care services under one roof at the Broadway location.



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Presentation of \$10,000 donation from NBT Bank to the Family Counseling Center. L-R: Ben Ziskin, NBT Bank Vice President and Commercial Relationship Manager; Shawn Cleland, President of the Board of The Family Counseling Center; Michael Countryman, Executive Director of The Family Counseling Center and Bill Easterly, NBT Bank Branch Manager.

Photo courtesy of Family Counseling Center

PUBLIC AUCTION



Wed., April 7th 9:00AM

Location: 555 Darrow Rd, Sprakers, NY 12166



Belgian Horses • Heifers • Farm Eq. • Milking Eq. • Tools • Household

Horses: 2 smooth mouth geldings Skip and Mike work as team on any side; 2 geldings, Don - smooth mouth works offside; Bubba, 9 yr. old, works offside or jockey; Molly 8 yr. old mare works offside along with Bob 7 yr. old gelding as lead horse; Sally 2 yr. old mare; 5 work horse harnesses, 10 collars, jockey sticks, misc.

Heifers: 11 bred Holstein heifers, 24 - 5 to 14 month old heifers.

Tractors: International 1466 on hard rubber: JD 100hp power unit on 4 wheels

Hay Equipment: 2017 NH 450 RB baler w/net wrap used for approx. 2500 bales; NH 450 utility round baler; I&J mower with Honda engine with 9' bar, 2 yrs. old; 256 NH rake; 2 round bale wagons, 2 wood rack

Forage Equipment: NH 790 Harvester w/824 corn head; Gehl silage blower; NH forage wagon; Kasten forage wagon; 2 row NI corn picker w/12 roll husking bed; 2 row NI corn picker w/sheller; JD 7000 4 row corn planter; Allis Chalmers 72 all crop combine.

Misc. Farm Equip: Jaylor 2350 TMR mixer; Gehl 28 blade disk; Pequea 12' roller harrow 8' cultipacker; 1100 gal. engine drive ELS manure pump; NI single beater manure spreader w/20hp Honda; auto turn fore cart w/aluminum tongue; 20' skeleton elevator on wheels.

Dairy and Milking Equipment: 32hp lyeco diesel: vacuum pump: air tanks: air compressor: cooling compressor; diesel fuel tank; 12 volt battery pack w/lg. alternator and 6 Trojan batteries, 1 year old; 300 lb. sputnik; 4-300 Westfalia bucket milker units; 1 extra bucket; PVC bucket rack; SS tubs; claw washer; poly water tubs: barn lime spreader.

Sawmill: 30" Norwood portable bandmill 24' tracker w/trailer package.

Shop Tools and Misc: Torch set w/tanks; Miller Legend welder; Husky 12hp 35 ton log splitter; JD 55011 diesel; wagon tongues; PTO shafts; bolts, bits, sockets, saw horses, hydraulic hose, chicken crates. 1-20 ft. 30" culvert pipe; 2 10' x 30" culvert pipe; 12 volt hydraulic unit; old milk tank water trough; 4 and 6 horse hitches; 4 sets ropes and pulleys; feed carts; silage carts; lg. wheelbarrow; 6 poly calf hutches; 8 ton poly feed bin with auger.

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The Family Counseling Center of Fulton County has been serving the community since 1976 and ensures a broad range of superior, quality, evidence-based, behavioral support and social services to the community. The Center is licensed by the New York State Office of Mental Health, providing services to children as young as five years old. For more information about the Family Counseling Center or its services, go to www.thefamilycounselingcenter.com.

The long-term effects of COVID-19

As the end of winter draws near, much of the world is marking its oneyear anniversary living under COVID-19-related restrictions. That's certainly not a milestone worthy of celebration, and many people across the globe would insist it has felt like much more than a year since their lives were first affected by COVID-19.

By the time the calendar finally turned from 2020 to 2021, tens of millions of people across the globe had been infected with COVID-19. According to Worldometer, which manually analyzes, validates and aggregates data from thousands of sources in ary 2021 there were more than 87 million documented cases of COVID-19 and nearly two million virus-related deaths across the globe. Nearly 62 million COVID-19 patients recovered from the virus by early 2021, but many of those people may suffer from long-term health effects.

The Centers for Disease Control and Prevention is actively working to learn more about the potential long-term effects associated with COVID-19. Because of the relative infancy of the virus, it's impossible to know just how long the long-term side effects in recovered

patients will last. However, the CDC notes that the following are some of the most commonly reported long-term symptoms, which have been documented to linger anywhere from several weeks to even months after re-

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

In addition to those symptoms, the CDC notes that some people who have recovered from COVID-19 have reported experiencing difficulty with thinking and concentration as well as depression. Recovering patients also have reported symptoms like muscle pain, headache, intermittent fever, and heart palpitations.

More serious long-term complications are being investigated by the CDC. Such complications have thus far appeared to be less common, though the CDC cautions that more research and time is needed to determine clinical care for COVID-19 as well as how many people may ultimately experience these symptoms.

- · Cardiovascular: Inflammation of the heart muscle
- Respiratory: Lung function abnormalities
- Renal: Acute kidney iniury

• Dermatologic: Rash, hair loss

- Neurological: Smell and taste problems, sleep issues, difficulty with concentration, memory prob-
- Psychiatric: depression, anxiety, changes in mood

As the world continues to combat COVID-19. public health agencies like the CDC are learning more about the virus, including some long-term side effects that could affect patients after they have recovered.

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Easter recipe for gourmet potatoes

Hello, everyone. My name is Katie Livingston and I am the Herkimer County Dairy Princess. I currently attend Mount Markham High School and am a senior. I plan to attend SUNY Cobleskill in the fall for agricultural business with a minor in agricultural education before transferring out of state. I live on a 100cow dairy farm in West Winfield where I do daily chores.

This winter has definitely been a cold and snowy one, and dairy farmers work constantly to make certain that their animals stay warm and comfortable during the cold weather. When calves are first born, it's important that they stay in a warm and dry place. For the older cows, farmers make sure that the barn has proper ventilation and that they have a dry place to lay. Cows also give out lots of body heat that keep themselves and the barn warm. As the spring approaches, so does the planting season. With that, farmers begin thinking about conservation practices. They do this by making sure all equipment is running properly, and that they have the proper seed and fertilizers to ensure the safety of the environment.

Even in the cold weather, it's important that you continue to stay hydrated with milk and consume three servings of dairy daily. Whether it's refueling with chocolate milk after a workout, having a glass of milk with your dinner, eating yogurt for breakfast or having cheese as a snack, three servings of dairy a day is essential. This will reduce vour risk of cardiovascular diseases, lower blood pressure and help build strong bones and teeth. Are you in need of a new recipe to help get some more dairy products in your day? I have included a recipe below that is very popular with my family on Easter day.

Gourmet Potatoes

7 or 8 medium potatoes 2 cups shredded cheddar cheese

1/4 cup butter

1 1/2 cup sour cream

1/3 cup chopped onions

1 tsp. salt

1/4 tsp. pepper Paprika

Cook potatoes in skins; peel, cool and shred coarsely. In saucepan on low heat, combine cheese and butter until almost melted. Blend in sour

cream, onions and seasonings. Fold in potatoes and put into buttered casserole dish, sprinkle with paprika. Bake at 375° for 25 minutes covered. Remove cover at last part of



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TEAMS: $3\ YR\ /\ 7\ YR\ Geldings$ and $8\ YR\ Geldings$ PULLING BRED: 7 YR Gelding

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PERCHERONS

2 YR REG Mare, 7 YR REG Mare, 1 YR Mare

9 YR REG Mare BY WINDERMERE ELIMINATOR

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Get away without going away Five family staycation ideas that won't break your budget

(eLivingtoday.com) Family vacations are a great way to bond and take a step back from the hectic schedules that accompany everyday life, but sometimes time or money (or both) make planning an elaborate trip a non-starter.

However, a staycation can be much less expensive and fit into nearly any amount of available time with the added bonus of skipping out on potentially stressful travel.

Consider these staycation ideas to take advantage of your local area's attractions and prove you don't have to go far to spend quality time together.

Visit local landmarks. Just because it's not a traditional vacation doesn't mean you can't pretend to be

tourists. Start by visiting the places you recommend to friends and family from out of town or pick up a city guidebook to uncover hidden spots you may not even know exist. Make a plan to seek out historic sites, visit local landmarks like museums or try an out-of-theway restaurant (or two) you've never eaten at before.

Camp out in the backyard. Camping doesn't have to be done far from home. In fact, it can be done right in your own backyard. Pitch a tent to sleep under the stars and plan a night full of traditional camping activities like roasting s'mores, telling spooky stories by flashlight and trying to identify stars and constellations.

Set up a picnic in the park. Pack a basket with

sandwiches, fruit and other treats and head to the park. You can enjoy a casual meal then take advantage of the open space for a family walk or game of tag before retreating to the playground to let the little ones expel any leftover energy.

Have a home spa day. If you're looking for some relaxation but don't want to splurge on the full spa treatment, plan an at-home oasis instead. Light some candles, run a bubble bath and break out the facial masks and fingernail polish.

Visit an amusement park. No matter where you live, there's probably an amusement or water park within driving distance. A quick online search before you arrive can help prepare a strategy for hitting the most popular thrill rides and waterslides while skipping those that may not provide quite the same entertainment value.

Find more tips and tricks for enjoying family time together at eLivingtoday.com.



Camping doesn't have to be done far from home. In fact, it can be done right in your own backyard.
Photo courtesy of Getty Images

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Bible trivia

by Wilson Casey

- 1. Is the book of Mark in the Old or New Testament or neither?
- 2. From Genesis 8:4, where did Noah's ark rest after the great flood? Dead Sea bottom, Mountains of Ararat, Near Garden of Eden, Atop Mt. Sinai
- 3. What kind of physical problem did Timothy have of which Paul advised a little wine? Back, Stomach, Head, Legs
- 4. How many days was Jesus on earth after His resurrection? 3, 40, 100, 346
- 5. From Acts 8, who baptized the Ethiopian eunuch? Isaiah, James, Philip, Paul
- 6. How old was Abraham when he died? 70, 175, 202, 256

ANSWERS: 1) New; 2) Mountains of Ararat; 3) Stomach; 4) 40; 5) Philip; 6) 175 (Genesis 25:7) Hardcore trivia fan? Visit Wilson Casey's subscrib-

er site at www.patreon.com/triviaguy.
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Fire safety for elders with special health needs

Decreased sight, hearing or cognitive capabilities may limit a person's ability to take the quick action necessary to escape during a fire emergency. People over the age of 65 are twice as likely to suffer injuries or lose their lives in fires compared to the population-at-large, according to the U.S. Fire Administration, part of the Federal Emergency Management Agency (FEMA).

If your elderly loved one has Alzheimer's or Dementia, problems with mobility, or is vision or hearing impaired, there are certain precautions that need to be taken in the event of a house fire. These precautions go above and beyond the traditional fire safety guidelines for families.

Here are some fire safety tips for elderly people with special needs, provided by the U.S. Fire Administration and the Federal Emergency Management Agency (FEMA):

Mobility impairments

If your elderly loved one uses a cane, walker or wheelchair, traditional escape routes may no longer be viable.

• Check all exits to make sure wheelchairs or walkers can get through the doorways. Make necessary accommodations to facilitate an emergency escape

- Keep a phone by the bed for emergency calls in case the person becomes trapped and is unable to escape.
- Fire protection devices such as sprinkler systems, fire-safe compartment walls, and flame-resistant blankets can be used. The key is to have the room fireproofed before an emergency happens.

Blind/visually impaired

The most important thing a blind or visually impaired person can do to improve his or her chances of surviving a fire is to be prepared ahead of time.

- Plan and practice two escape routes from each room in the home. By practicing an escape plan, a blind or visually impaired person can escape to safety, without losing time searching and feeling for an exit.
- A blind or visually impaired must rely on other senses the smell of smoke or the sense of heat. Test doors before opening them. Use the back of the hand, reach up high and touch the door, the doorknob, and the space between the door and the frame. If anything feels hot, keep the door shut and use the second exit route.
 - A person may be

forced to crawl along the floor to avoid smoke. Placing tactile markers along the baseboard of exit routes to help a visually impaired person feel their way to safety.

Hearing impaired

Conventional smoke alarms that sound during a fire aren't effective for someone who is hard of hearing.

- Consider installing smoke alarms that use flashing light or vibration if diminished hearing is a
- Smoke alarms with high intensity strobes can be used to wake the deaf or others who have profound hearing loss.
- Pillow or bed shakers are required to be used with strobes.
- Find out if the 911 center is equipped to accept cell phone text messages or text telephone (TTY/TDD) calls.

Alzheimer's or dementia

If your relative has Alzheimer's or dementia, know that even cognitively impaired people often times have an innate understanding that something is wrong during an emergency, and may be more clear-headed than you would imagine.

- Remain calm during an emergency. Explain what is happening clearly and simply. Validate their concerns, but provide clear direction without losing patience.
- Providing a picture book of emergency procedures, may assist a cognitively impaired person to follow visual instructions more easily.
- Practice escape routes. If escape is practiced continually, instinct may take over and guide the elder to safety.
- The person should sleep in a room that has easy access to the outdoors, a ground floor bedroom is best.

Regardless of their disability, all elderly people should live in a home with working smoke alarms and sprinkler systems. A working smoke alarm can reduce the risk of dying in a fire by as much as 60 percent, FEMA says.

Practicing escape plans is also vital for all elders. Knowing their escape

plan is one of the most important steps elders can take to save their life in a fire. Plan the escape around your loved one's capabilities. Know at least two exits from every room.

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Coconutty rice & peas

Cook up a batch of this cozy rice and black-eyed peas dish to serve with any meal

- 1 pound black-eyed peas, picked over
- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 small carrot, finely chopped
- 3 bay leaves
- 1 can (14 ounces) coconut milk, shaken
- 1 cup long-grain white rice, rinsed
- 1. In large bowl or pot, combine peas and enough cold water to cover by 2 inches; cover and let stand overnight at room temperature. Drain and rinse peas.
- 2. In 6- to 7-quart saucepot, heat oil on medium. Add onion and carrot; cook 5 minutes or until golden, stirring often. Add drained peas, 5 cups cold water and bay leaves. Partially cover; heat to boiling on high. Reduce heat; simmer 30 to 35 minutes or until peas are almost tender.
- 3. Stir in coconut milk, rice and 1 1/2 teaspoon salt. Heat to boiling on high. Cover and reduce heat; simmer 30 minutes. Remove from heat. Let stand 5 minutes. Discard bay leaves before serving. Makes 8 servings.
- * Each serving: About 395 calories, 13g fat (10g saturated), 15g protein, 56g carbs, 11g fiber, 385mg sodium.

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

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KIRKPATRICK LAW OFFICE NOTICE OF RETIREMENT AND OFFICE CLOSING

The Kirkpatrick Law Office is no longer accepting new matters.

When active matters have been completed, Attorney John L. Kirkpatrick will retire after practicing over 44 years in Fort Plain and the Kirkpatrick Law Office will close after over 70 years in the village.

It has been a privilege to serve the legal needs of clients in Montgomery, Fulton, Herkimer, Otsego & Schoharie Counties and beyond.

All clients who have left original Wills with us or who were previously contacted to pick up an Abstract of Title but did not do so, are urged to contact us by email only at kirkpatricklawdocpickup@gmail.com as soon as possible to arrange a time to pick them up. Due to COVID restrictions, advance arrangements by email must be made. Please note we lost all files other than original Wills in the 2013 flood. Estate & real estate documents, health care proxies and powers of attorney were previously turned over to clients. Real estate documents are on file in the County Clerk's offices and Estate matters are on file with the Surrogate's Courts.

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To your good health

by Keith Roach, M.D. Can mushroom microdose help with depression?

Dear Dr. Roach: I am battling depression and have a question about psilocybin. I stopped taking Effexor for my depression because I did not like the side effects. I also tried SAM-e, which had only a small effect. So, for the past three months I have been trying cognitive behavioral therapy, using certain tactics.

I've cut back my days of work and avoid all news when not on the job. I stringently avoid social media. I don't put myself into situations that I know will upset me. I am also limiting my alcohol consumption. Lately I've been reading about how microdosing the psilocybe mushroom can elevate or change moods for the better.

I would like to know your opinion on the use of psilocybin for depression. It seems to be gaining traction, but my fear is that it can bring on degrees of psychosis. -S.M.

Answer: I found two studies on psilocybin, a naturally occurring chemical in 200 or so species of mushrooms, especially those of the genus psilocybe. One study from 2016 was in 29 people with cancer, and anxiety and depression: 60%-80% had "clinically significant reductions in depression

or anxiety." Another study (also from 2016) treated 12 patients with treatment-resistant depression with two doses of psilocybin, and their depression scores were reduced by more than half at five weeks. All 12 patients had adverse effects, usually mild, such as headache, nausea or confusion. Two patients had paranoia. All adverse effects lasted less than a day.

While I am optimistic that this might lead to an additional option for therapy, these are very small studies. Further, the authors of the second study note "patients have taken pharmaceutical grade compounds of known strength and purity, under the supervision of trained therapists." The authors and research institution "cannot advise on the procurement of illegal psychoactive substances, nor can we recommend self-medication." I can't emphasize that enough.

Dr. Roach: Dear Someone I know, who is a nurse, mentioned to me that she had Lyme disease about 15 years ago. She said her doctor at the time told her that if she gets it again, she will die. Is this true? I would have thought some immunity would be gained once you have it. She is completely healed and said she has no health issues associated with it. — D.S.

Answer: Lyme disease

is caused by the bacteria Borrelia burgdorferi, and is spread by the deer tick. There are many manifestations of Lyme disease, including rash, many nonspecific symptoms, and late symptoms such as arthritis.

Death from Lyme disease is rare, and is usually a result of carditis, which is heart inflammation. This happens in about 1% of cases of Lyme disease. There were nine cases of fatal Lyme carditis reported between 1985 and 2018.

People who are treated early for Lyme disease, such as those get the classic bull's-eye rash, do not get immunity to Lyme. However, people who have had Lyme long enough to develop arthritis do develop some resistance to future episodes. Unfortunately, we are still at least several years away from a Lyme vaccine.

I could find nothing to support a significant risk of death from people who get Lyme disease a second (or subsequent) time, so I think you can reassure your friend.

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 ToYourGood-Health@med.cornell.edu.

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Now here's a tip

by JoAnn Derson

- "Shaving cream can be used as a spot remover for many carpets. Use only a small amount, and follow up with a damp cloth." — D.L. in New Brunswick, Canada
- Here's a great rule of thumb in the kitchen: The quicker it cooks, the more direct the heat. So, for a thin piece of steak that'll cook quickly, a cast-iron pan fry will do nicely. For a thicker cut of, say, chicken, you should bake at a lower temp for a longer time.
- To rid a shirt of a deodorant stain, sponge plain white vinegar onto the residue and rub briskly.
- "Need sliced mushrooms for your salad or recipe. They are hard to cut, but you might already have the perfect tool for the job in your kitchen. If you have an egg slicer, get it out. It works very well for mushrooms, and it's easier to use than trying to cut those slices yourself." — J.R. in Utah
- Got an ink stain? Try using the ubiquitous nowadays (thankfully) hand

sanitizer. Apply a little sanitizer to the ink stain, then use a clean, dry white rag to blot, checking the rag often and moving to a different spot on the rag as it takes up the ink.

• To get clothing really clean, don't overfill your washer. Oftentimes, we want to get the laundry done quickly by stuffing in as much as possible, thereby reducing the number of loads. But if there isn't enough space for everything to move about, it can actually keep the clothing from getting clean. Never fill more than three-fourths full.

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

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How to avoid wedding reception seating mistakes

Weddings are great opportunities for people to gather and celebrate the melding of two families into one. Weddings are a melting pot, and while the ultimate goal is for all guests invited to mingle and have a good time, preexisting relationships may cause some wedding-day interactions to be strained. However, with careful planning and some best behavior on the parts of all involved, getting hitched can go off without a hitch.

It's possible for guests who may have tumultuous pasts to keep the peace, but this also can be ensured through careful seating arrangements. This is just one factor couples need to consider when deciding where guests will sit and dine at receptions. It's important to avoid some common mistakes.

Mistake #1: Not having a seating plan. Let guests sit where they want and chaos may ensue. People may think they're entitled to certain seats, may hop into seats vacated by someone getting up to use the restroom or any number of other scenarios. Seating arrangements also ensure everyone is accounted for across the room.

Mistake #2: Seating families separately. Unless there

are rifts between certain family members, it's best to seat parents and children at the same tables.

Mistake #3: Trying to force new friendships. Avoid trying to figure out who will get along by creating a potpourri table. A cousin in a band will not necessarily want to sit next to your coworker who plays guitar simply because they have a shared love of music. A wedding is not the time to try to create new friendships. If it's meant to be, they'll connect in a more organic way.

Mistake #4: The dreaded kids' table. Young children can probably get away with sitting at a dedicated kids' table, although it may mean their parents have to interrupt their experiences by checking on their kids throughout the night. A bigger faux pas is to sit teenagers or twenty-somethings at the kids table even if they seem like youngsters to you. Set a strict cut-off age for a children's table.

Mistake #5: Being too strict in seating. It's one thing to direct couples or singletons to specific tables, quite another to assign specific seats. Do not dictate exactly where at the table a guest should sit. Some people arrive early, others late, and it is up to them to work out how to arrange themselves at the table.

Mistake #6: Failing to get family feedback. Always check with your parents and future in-laws as resources about how to seat certain guests. They'll likely know who will make the best table-mates, especially if couples are not familiar with everyone on the guest list.

Mistake #7: Not being aware of disabilities or needs. Be conscious of guests' needs. An elderly relative may not be comfortable in front of the DJ table.

A person in a wheelchair may need easy access to and from the reception room. It's important to be mindful of these special needs

A seating plan for wedding receptions is an important consideration so that every guest can feel comfortable.



Weddings are great opportunities for people to gather and celebrate the melding of two families into one.



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Coffee Break

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: - GREASE

Bear arms Belly up By a nose Chin-wag

Cold shoulder Evil eye Hair-raising Handout

Knee-deep Knee-jerk Lea up Nosedive

Shake a leg Thumbs up Up in arms

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Weekly SUDOKU

by Linda Thistle

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

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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LAFF-A-DAY







"Well, if you won't marry me, Annabelle, will you at least help me get up?"

Just Like Cats & Dogs

by Dave T. Phipps





King Crossword

ACROSS

- Gearwheel
- tooth 4 Baby ele-
- phant 8 Bar bills
- 12 Coffee vessel
- 13 about
- (circa)
- 14 Panache
- 15 Salty expanse 16 Chills and fever
- avis
- 18 Driver's aid
- 21 Superlative suffix 22 Inlet
- 23 Protractor measure
- 26 Actress Lucy "See ya!" 27
- 30 Old salts
- 31 "The Bells" author
- 32 Edge
- 33 Sea, to Henri 34 Periodical, for 52 Talks nonstop
- short 35 Belt holders
- 36 Summer cool- DOWN
- 37 "Alice" wait-
- ress
- 38 Fortress on
- the Thames 45 Pearl Harbor site
- 46 Stage show
- 47 Docs' bloc

48 Alum

49 Give tempo-

51 Bygone jets

rarily

53 Before

- Point 2 Sandwich
- cookie 3 Chew (on)
- 4 Sandpaper
- type
- 5 Uneasy feel-
- 28 Shrill bark ing

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29 Type measures 6 Lummox 31 Magnificent

7 Giveaway

9 Jai -

19 Morays

ing

26 Journal

27 Buddy

20 Vichy water

23 \$ dispenser

- arrav 8 Towel material 32 Benefit 34 Ruin the
- 50 Use a ray gun 10 Hoedown site veneer 11 Unforeseen 35 British insurer problem
 - 36 Vendettas
 - 37 Be on either side of
 - 38 Raiments 24 Scot's denial 39 Rowboat 25 Spike's warn
 - needs 40 "Huh?"
 - 41 Dog bane
 - 42 Stupor
 - 43 Actor Epps 44 Scruff



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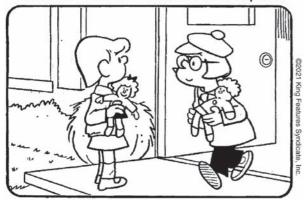
THE FARM TIRE SERVIC

ON

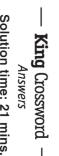
Coffee Break

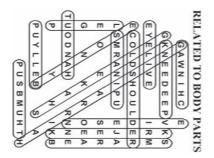


Find at least six differences in details between panels.

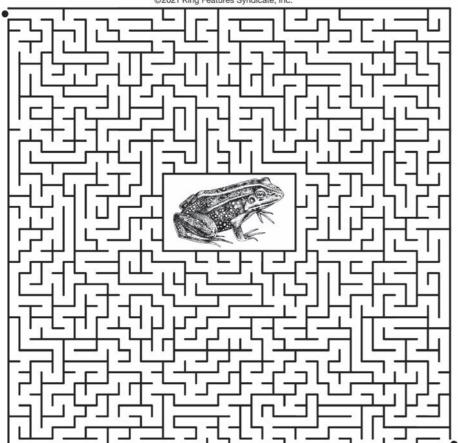


Differences: 1. Hait is different. 2. Socks are higher. 3. Button is removed. 4. Hair is shorter. 5. Pants are different. 6. Mailbox is r





Mega Maze



CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals L

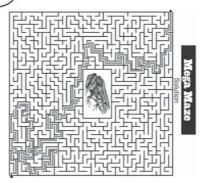
TMPA FGH JZOP VTVF V KPELPC EMZBZ LPEZSP, KGDPQGXF DZJMC KVF FGH'OP KSZBBPX CMP QPVAK.

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Weekly SUDOKU ___

			Ar	ISW	er				
8	3	7	2	4	6	1	5	9	
2	4	1	5	9	3	6	7	8	
5	9	6	8	1	7	2	3	4	
4	7	3	6	5	8	9	2	1	
9	1	2	7	3	4	5	8	6	
6	5	8	1	2	9	7	4	3	
3	6	4	9	7	5	8	1	2	
1	8	5	3	6	2	4	9	7	
7	2	9	4	8	1	3	6	5	

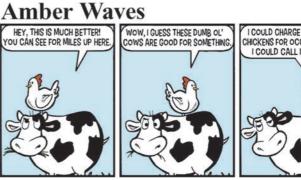


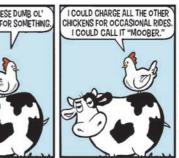


CryptoQuip answer

chili recipe, somebody might

by Dave T. Phipps









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is Based on Outdoor Power Equipment Institute market statistics from 2019 unit shipments.

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