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**MAY 29, 2021**

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## Plants that can keep bugs away from outdoor living spaces

Outdoor living spaces have become increasingly popular among homeowners in recent years, and that popularity grew even more over the last year. As social distancing guidelines issued in response to the COVID-19 pandemic encouraged people to stay home as much as possible, a desire for accessible, enjoyable outdoor spaces grew. A 2020 study of Google trends data from the home decor retailer Living Spaces found that searches for items such as patio daybeds and small-space outdoor furniture grew by more than 200% between the early part of 2020 and the middle of the year.

If outdoor living spaces are in demand, so too are ways to make those spaces as comfortable as

possible. There's much homeowners can do to make the most of their outdoor spaces, but they might feel helpless against some unwanted, often relentless guests: insects. Insects can turn relaxing days on the patio into wars of attrition with hungry bugs like mosquitoes. Thankfully, there are ways to fight back against insects while simultaneously adding a little aesthetic appeal to the backyard. The Farmer's Almanac notes that planting these insect-repelling plants around the patio or backyard can help homeowners successfully repel unwanted insects, including mosquitoes.

• **Lavender:** Lavender is a fragrant plant that adds a pop of purple and has been known to repel mosquitoes, fleas, flies and moths.

• **Basil:** Basil can provide the best of both worlds, as it's been found to repel flies and moths and also makes for a tasty addition to pasta sauces and other dishes.

• **Thyme:** Also a valuable ingredient to keep in the kitchen, thyme can help keep hungry mosquitoes at bay.

• **Mint:** The Farmer's Almanac warns that it's easy to overplant mint, so homeowners should only plant with care and make a concerted effort to prevent overgrowth. Also great in the kitchen, mint has long been considered an effective mosquito repellent.

• **Alliums:** Like lavender, alliums can add a burst of purple to your patio. And though they aren't believed to repel mosquitoes, alliums have been found to be helpful against cabbage worms, aphids, carrot flies and slugs.

• **Chrysanthemums:** If ants are drawing homeowners' ire, mums may do the trick. These eye-catching flowers also are believed to repel fleas and roaches, among other insects.

• **Marigolds:** The scent of this awe-inspiring plant is known to repel mosquitoes and other pests. Marigolds also attract insects like ladybugs that are known to consume aphids, which are minute bugs that reproduce rapidly and feed by sucking sap from plants.



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**GARAGE SALE:** Friday & Saturday June 4th & 5th 8-5. 110 Pleasant View Dr., Palatine Bridge.

**LAWN SALE:** 177 Moyer Street, Canajoharie, June 4th and 5th, Friday- Saturday, 8 till 4. Antiques, furniture, glassware, clothes, junk and tools.

**GARAGE SALE:** Saturday, June 5th 9-4. 24 Smith St. Canajoharie.

**HUGE YARD SALE:** Every Saturday, 9am-4pm, weather permitting. Tools, DVD's, VHS, polarized sunglasses, CD's, fishing equipment, antique crystal bowls, glasses, vases, Disney & TY plushies. 162 Piseco Rd., Stratford. To check our weather 315-570-7598

**LARGE GARAGE SALE,** Friday and Saturday, May 28 & 29, 138 Lantern Drive (behind Dairyland) Sharon Springs. Lots of craft supplies, cow hide, bear skin rug, childrens toys, clothes, much more.

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**SCION TIRES** w/rims XD, great condition, 205/55R165, \$100.00. 518-673-2076

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Send your comments & suggestions to the **Mohawk Valley Country Editor** PO Box 121, Palatine Bridge, NY 13428 or email tkrieger@leepub.com

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## Haven of Hope Farm Festival sponsorship packages

Support Haven of Hope Farm Festival 2021 fundraising event for expansion of the market stand.

The Haven of Hope Farm Festival will be held July 31 from 11 a.m. - 4 p.m. at Haven of Hope Farm, 19 Cemetery St., Fonda. There is no admission fee. The event will feature food, including a chicken barbecue, entertainment, crafters and vendors. Live music will feature the acoustic duo Joe & Amanda. The event will be held rain or shine.

**\$200 Silver Package** - \$20 gift certificate for

any products produced at Haven of Hope Farm; free vendor space at farm festival in prominent location; recognition on Haven of Hope Farm's website's Gratitude Page; two barbecue chicken dinners

**\$500 Gold Package** - \$50 gift certificate for any products produced at Haven of Hope Farm; free vendor space at Farm Festival in prominent location; recognition on the website's Gratitude Page; two barbecue chicken dinners

**\$1,000 Platinum Package** - \$100 gift certificate for any products produced at Haven of Hope Farm; free vendor space at Farm Festival in prominent location; recognition on the website's Gratitude Page; four barbecue chicken dinners

This event will support the Haven of Hope Farm & Residence. The mission of Haven of Hope is to provide transitional housing to homeless women in Fulton and Montgomery counties. Holistic living and work experience programs prepare women to work toward independent living and family unification.

**CORRUGATED SIGNS,** Shopping Totes/Bags Gift Certificates, Labels, Magnets, Business Cards, Rack Cards, Banners, Flyers/ Brochures, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Pull-Up Banner Stands, Signs, Door Hangers, Feather Banner Stands, Envelopes, Invitations, Self-Inking Stamps, Posters. Call with your needs. Set up & sales tax additional charge. Lee Newspapers Inc. 518-673-0101 or email commercialprint@leepub.com

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**RAFFLE TICKETS:** 250-\$60, 500-\$65, 1,000-\$80, 1,500-\$95, Other quantities available. Call Lee Newspapers Inc. at 518-673-0101 or email commercialprint@leepub.com

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**Chicken BBQ Dinner Saturday, June 5, 2021 2:00 PM** until gone, \$12 ticket. HC Smith Benefit Club, St. Johnsville

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## Meet Shakira at the Montgomery SPCA

Shakira, or as her friends call her, "Kira," is a playful and energetic three-year-old looking to find her forever home.

Like many Downstaters lately, Kira moved up to Montgomery County earlier this year looking for her permanent home. Her New York City shelter was running out of space and

they knew that her personality, energy level and demeanor would be the perfect fit for Upstate New York.

Kira's bark is big, but she's learned that barking gets her attention and, more often than not, treats. She is super smart and knows how to sit and is eager to learn more

commands in exchange for, well, treats! She has become a staff favorite at the Montgomery County SPCA and loves going for car rides, being the center of attention and is eager to show off for the camera.

Come visit Kira! Learn more at [mc-sPCA.org](http://mc-sPCA.org).



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**2008 VW Passat**  
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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.

1. **The Daily Lift** 1(617)450-3430 - 3 Minute Recording 24/7

2. **Sunday Church Service, Live at 10AM** 1(646)558-8656 (access code 96993928161#)

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

by JoAnn Derson

• There are many fancy cleaners for sale for wood and laminate floors. Truth is, all you need is regular sweeping and a clean, damp mop. Never use harsh cleaners on wood, and do not use too much moisture.

• D.D. in Missouri keeps morning cereal crisp by using two bowls. Bite by bite dipped in milk is the perfect remedy for avoiding a soggy

spoonful!

• Use white chalk to fill pin holes in the wall before painting. You can also use this tactic to hide holes if you are unable to paint the white walls of a rental. It simply fills the hole, making it "disappear."

• Save prescription medicine bottles and use them to sort beads or findings for beadwork or jewelry making. Bonus: Store the bottles upside

down in a plastic storage bin so you can see what's in the bottles without having to sort through all of them.

• Add chocolate syrup to your cake mix for a deliciously deep flavor when making a chocolate cake.

• Check your pillows: Press into the pillow at the spot where your head rests. If the pillow doesn't spring back when you remove your hands, it's

time to replace it.

• Add these to the list of items to eliminate the odor of cooking cabbage: A heel of bread, a whole walnut or a pinch of baking soda.

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

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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](mailto:cfeditor@leepub.com)**

**May 22**

29A, Salisbury Center.

**the shelter.** For more info or to donate, visit [sqspca.org](http://sqspca.org).

**Fort Klock Opening Day** 10 a.m. - 4 p.m. Experience colonial life in this historic fortified homestead. 7203 Route 5, St. Johnsville. For more info call 518.568.7779.

**Homemade Soup and Bake Sale** 11 a.m.-2 p.m. Grace Church Rectory, 7 E. Main St., Mohawk. Take outs only.

**May 26**

**Service on the Home Front: Rationing During WWII** 6:30 p.m. Schoharie Crossing State Historic Site via Zoom and live on Facebook. For more info, contact David Brooks at 518.829.7516 or visit [nysparks.com](http://nysparks.com).

**May 29**

**Arbor Day at Soldiers' & Sailors' Memorial Park** 9-11 a.m. in Soldiers' & Sailors' Memorial Park, St. Johnsville. Rain date May 31. Friends of St. Johnsville invite you to celebrate the 100th anniversary of the park.

**June 4 and 5**

CCE offices of Herkimer and Hamilton counties, Trout Power and Great Camp Sagamore present a series of free programs for the public highlighting the effects of climate change on Adirondack Brook Trout and other cold water fish species. For more information, contact Gareth D. Livermore at 315.866.7920 Ext. 232 or [gdl56@cornell.edu](mailto:gdl56@cornell.edu).

**June 6**

**Exhibit Opening at the 1805 Frisbie House** 1-3 p.m. This exhibit will feature "Influential Citizens of Salisbury" sponsored by the Salisbury Historical Society, 109 Route

**June 7**

**Surviving the Winters: Housing Washington's Army During the American Revolution** 7 p.m. The Fort Plain Museum & Historical Park presents webinar by historian/author Steven Elliott. Register at [tinyurl.com/svdkvnn9](http://tinyurl.com/svdkvnn9).

**June 12**

**Avery Rifle** will be on view 11 a.m.-2 p.m. at the 1805 Frisbie House. This rifle was carried by Nat Foster and Nick Stoner. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free.

**June 13**

**Avery Rifle** viewing 1-3 p.m. at the 1805 Frisbie House. This is a one-time event and will not be available after this day. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free of charge.

**June 10**

**The Morris Canal with Tim Roth** 6:30 p.m. Schoharie Crossing State Historic Site via Webex. For more info, contact David Brooks at 518.829.7516 or visit [nysparks.com](http://nysparks.com).

**June 12**

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

**June 19**

**The Susquehanna SPCA and the Clark Sports Center are teaming up with three local breweries to offer a new charity run to benefit**

**July 23**

**Quilt & Artisan Show** 4 - 9 p.m., Stone Church, Stone Arabia. Key-note speaker Rabbit Goody of Thistle Hill Weavers at 6 pm. Local quilts and coverlets, local artisans. Food vendors, make your own sundaes, workshops, quilt raffle. For more info call 518.774.1998 or 518.993.4983.

**July 24**

**Quilt & Artisan Show** 10 a.m. - 4 p.m., Stone Church, Stone Arabia. Workshops on basketweaving, spinning and reed work, rug hooking, quilt barn squares, food vendors, quilt appraisals. Questions/info, call 518.774.1998 or 518.993.4983.

**July 24**

**Moses Quinby Day.** Beekeeping convention and public field day. Speakers. Craft/food vendors. Kids' activities. Music. Fort Klock, St. Johnsville. 10 a.m. - 4 pm. For info email [mosesquinby62@gmail.com](mailto:mosesquinby62@gmail.com).

**August 6 - 8**

**American Revolution Mohawk Valley Conference** presented by Fort Plain Museum. Details TBA.

**September 18**

**Evening at the Tavern** 4-7 p.m. at 1747 Nellis Tavern, St. Johnsville. Reservations only 518.568.2997.

**October 15 - 17**

**Sir William Johnson and the Wars for Empire Conference** presented by the Fort Plain Museum. Registration details TBA.

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## Hyde Hall opens a busy season on May 29

Hyde Hall in Springfield opens on May 29 with a continued commitment to the health and safety of its guests and the community for a 2021 season full of events, tours, concerts and new initiatives.

In the first two weeks of the season, guests can view a special Flash Exhibit where some of Hyde Hall's clothing collections are making a rare appearance. Visitors can only see the original garments — including an 1830s gown, a butler's outfit, a hunting coat and a livery uniform — between May 29 and June 13.

This season also includes "Thank You Bassett!" Month. Hyde Hall acknowledges that it has been stressful for individuals working in the medical field and wants to give back. As a way of saying thank you to Bassett Network employees and volunteers for their care of our community over the last year, Hyde Hall offers free admission to all Bassett Network employees and volunteers throughout June. Reservations are still needed, but by showing their Bassett Network ID, Hyde Hall will waive admission for

any Bassett network employee or volunteer.

By observing protocols developed with the NYS Office of Parks, Recreation and Historic Preservation, and following guidelines from the CDC, Hyde Hall plans a full calendar of low-risk events. Whether visiting for music, drama, food or history, museum-goers will find something to enjoy. Event highlights include Chatham Baroque, Robin and Linda Williams, a German Singpiel and concerts with the Musicians of Ma'alwyck. Visitors will even have the opportunity to join a one-night-only ghost hunt with paranormal investigators. Space is limited for all events and reservations are required, and guests must wear masks at all times, regardless of vaccination status. To get tickets for events or to see the full itinerary for the season, visit [HydeHall.org](http://HydeHall.org).

Tours at Hyde Hall continue on a reservation-only basis for a maximum of eight guests per tour. Tours will run daily on the hour from 10 a.m. - 3 p.m. until Oct. 31. To reserve tours, guests can call 607.547.5098 ext. 1 from 10 a.m. - 3 p.m. Hyde Hall asks that guests arrive 15 minutes before their scheduled visit. Admission rates include senior, military and youth discounts, and children under five and members are free.

Hyde Hall looks forward to seeing everyone soon.



*In the first two weeks of the season, guests can view a special Flash Exhibit where some of Hyde Hall's clothing collections are making a rare appearance. Visitors can only see the original garments — including an 1830s gown, a butler's outfit, a hunting coat, and a livery uniform — between May 29 and June 13. Photos courtesy of Hyde Hall*



Hyde Hall

## How to care for perennials

Perennials can add color and vibrancy to any garden. One of the more desirable components of perennials is that they come back year after year, meaning homeowners do not have to invest in a gardenful of new flowers every year. That can add up to considerable savings. Perennials often form the foundation of beautiful gardens.

Annuals only grow for one season, produce seeds and then die. However, perennials die back to the ground every autumn and their roots survive the winter. So the plants re-emerge in the spring, according to the Farmer's Almanac. Some perennials are short-lived, meaning they will come back a few consecutive years; others will last for decades.

Though planted perennials require less maintenance than annuals, they are not completely maintenance-free. Certain care is needed to help perennials thrive, and that starts with the soil. In fact, soil is the single most important factor for growing healthy plants. Penn State Extension said most perennials grow ideally in well-drained, fertile soil with a pH of 6.0 to 7.0. In addition, organic matter can improve soil texture

and water-holding ability.

When including perennials in the garden, make sure you wait for the right time to plant them. The ideal time is during spring or autumn. Perennials

come as container-grown perennials, which already have been established in the soil. Bare-root perennials are just roots that are often packed in peat moss. In order to plant

bare-root perennials, soak the roots in water for several minutes before gently planting in the ground, indicated the how-to resource Tip Bulletin.

Perennials should be

watered deeply, especially during the first growing season. However, the soil should never be overly dry or wet. Most perennials do not need to be fertilized heavily. A single application in the spring typically is all that's needed.

Care along the way can include deadheading spent flowers so that plants can use their energy on seed production and reblooming. Perennials should be divided when they grow large, every three to four years when the plants are not in bloom. Perennials produce fewer flowers or may look sickly when the time has passed to divide them. Early spring often is a good time to divide perennials, advised the Farmer's Almanac.

A thick layer of mulch can help perennials to overwinter successfully. Perennials planted in containers will need to be transplanted into the garden before it gets cold because most containers cannot thoroughly insulate perennial roots.

Apart from these strategies, perennials pretty much take care of themselves. As long as sunlight requirements match plant needs, the perennials should thrive.



Certain care is needed to help perennials thrive, and that starts with the soil.



# Fort Plain



## Perennials • Annuals

## Vegetable Plants

## Soil/Mulch

## Vegetable Seeds

## Seed Potatoes

## Onion Sets

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## Bible Trivia

by Wilson Casey

1. Is the book of Damascus in the Old or New Testament or neither?
  2. Who did the people of Malta think was a god when he was unaffected by the viper's bite? Job, Paul, Timothy, Stephen
  3. To whom did Naaman the Syrian ask forgiveness after worshipping the god Rimmon? Saul, Christ, Elisha, Darius
  4. From John 3, who was a Pharisee and ruler among the Jews? Zacchaeus, Nicodemus, Judas, Peter
  5. Who was known as the "Supplanter"? Aaron, Moses, Jacob, Hosea
  6. What was the name of David's first wife? Rachel, Priscilla, Michal, Ruth
- Answers: 1) Neither; 2) Paul; 3) Elisha; 4) Nicodemus; 5) Jacob; 6) Michal

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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## Handy apps for busy families

Many people resolve to be more organized at the start of a new year, but any time of year is a good time to get more organized. Busy families often are pulled in many directions, so tools that make it easier to manage schedules, important documents and more can help people keep a clear head on hectic days.

Organization-based smartphone apps can help people keep pace. The following are some useful apps busy individuals may want to utilize.

- **Cozi:** Cozi is a website and mobile app designed with family organization in mind. It's earned the distinction of being a three-time "Mom's Choice Award" recipient. The Mom's Choice Awards® (MCA) program is globally recognized for establishing the benchmark of excellence in family-friendly media, products and services. The organization is based in the U.S. and has reviewed thousands of items from more than 60 countries. Within the Cozi app, appointments and activity calendars are kept all in one place; school events and class schedules can be tracked; grocery lists can be managed and shared; and to-do lists can be shared as well.

- **Any.do:** For people who thrive in list-making, this app is an ideal fit. Users make daily checklists and break down bigger projects into smaller tasks.
- **Paprika:** This app is one of the many cooking idea and meal planners available. It enables users to cut recipes from blog posts and save them easily. Users can even create grocery lists within the app. That list can be shared with the family so anyone out doing the shopping can pick up items.

- **Genius Scan:** Keeping track of receipts, important documents and other paperwork can be challenging. Genius Scan is a smart scanner for a phone that makes it easy to quickly scan a document on the go and export files as multi-page PDFs or JPEGs.
- **Keely:** Many parents keep a storage container of their children's artwork. But storing years' worth of school projects can take up valuable space. Keely allows people to save childhood photos and artwork in an organized manner.
- **Dropbox:** Dropbox can be used for business, pleasure or generalized organization. It's an easy way to store files large and small and share photos and videos with anyone, including those who do not have Dropbox accounts.

Staying organized is easier when utilizing the various applications available for computers, tablets and smartphones.

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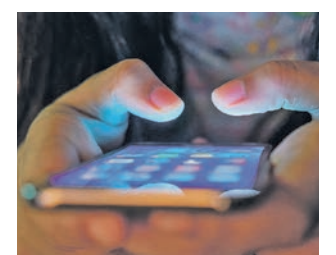
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## The Avery Rifle Made in Salisbury Center

In the 1800s, located near the covered bridge in Salisbury Center, was the Avery Gun Shop owned by Wyllys and Edmund Avery and Erwin Byington. The Avery Brothers would later become the sole owners of the gun shop and become well known for the rifles they produced.

The Avery rifle had some similarities to the Kentucky squirrel rifle carried by many frontiersmen. This rifle was of the percussion period, as listed in a gunsmith directory.

The Avery rifle had a short hardwood stock, hand-carved and whittled by Wyllys. The stock was stamped with an interesting crosshatch design. The octagon barrel was two feet, four inches long. The single barrel had two locks, one placed in front of the other, made for percussion pills. The barrel had three metal holders on the underside where the ram rod was carried. An

empty cartridge could be set in the stock. This rifle had a unique design between the hammer and the trigger and you may find the Avery stamp below the hammer. In 1800 you could purchase this rifle for \$70.

One of these rifles was used by Nat Foster, a famous local frontiersman of this area. We know this because Nat was tried and acquitted in Herkimer in February 1835 on charges of shooting an Indian with a Wyllys Avery rifle.

The Salisbury Historical Society will have a private collection of this rifle on display at the Frisbie House in Salisbury Center. They will be on display Saturday, June 12 from 11 a.m. - 2 p.m. and Sunday, June 13 from 1 - 3 p.m.

This is a one-time event and will not be available after this presentation. Viewing of this collection is open to the public and free is of charge.



The Salisbury Historical Society will soon have a private collection of this rifle on display at the Frisbie House in Salisbury Center. It will be on display Saturday, June 12, from 11 a.m. to 2 p.m. and Sunday, June 13, from 1 to 3 p.m. Photo courtesy of Salisbury Historical Society

## Strange But True

by Lucie Winborne

• Are you one of those folks who paces while talking on the phone? Psychologists believe this may be a kind of coping mechanism to make up for lack of body language and nonverbal cues that normally accompany conversation.

• A chef traditionally wears white because the chef of the first prime minister of France (1815) believed it was the most hygienic of all colors.

• The shape of the Coca-Cola bottle is patterned after a cacao seed pod.

• In 1995, Chris "Fenderman" Black got hitched to his Fender Stratocaster guitar that he'd purchased 35 years earlier, after his real wife quipped that he spent so much time with it, he should marry it.

• Early Hoover vacuum cleaners were hard to sell because potential customers refused to believe they could have that much dirt in their carpets.

• Plane exhaust kills more people than plane crashes. Approximately

10,000 people die annually from toxic airplane pollutants.

• Argentine goalkeeper Sergio Goycochea would crouch down and covertly urinate on the field before every penalty shootout for good luck. He started the ritual during the 1990 World Cup quarterfinals and continued it for the rest of his career.

• "Hurkle-durkle" is an old Scottish word meaning to lie in bed after it's time to get up and get going.

• A New Jersey man bought a \$5 bottle of orange juice, which his wife deemed too expensive and sent him back to return. He bought two Powerball lottery tickets with the refund and ended up winning the jackpot worth \$315.3 million.

*Thought for the Day:* "I think that you have to believe in your destiny, that you will succeed; you will meet a lot of rejection and it is not always a straight path, there will be detours - so enjoy the view." - Michael York

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# Cornell Sagamore Brook Trout event set for June 4 - 5

The Cornell Cooperative Extension offices of Herkimer and Hamilton counties, Trout Power and Great Camp Sagamore present a series of free programs for the public highlighting the effects of climate change on Adirondack brook trout and other cold water fish species on June 4 and 5. The programs will be held in conjunction with Great Camp Sagamore, a National Historic Landmark in Raquette Lake. Sagamore, built in 1897 by William West Durant, was the wilderness retreat of the Vanderbilt family. Set on its own lake in the Blue Ridge Wilderness, Sagamore has a long history with both sport angling and environmental preservation.

The event begins with an evening talk by Dr. Cliff Kraft on Friday, June 4 at 7 p.m. on the work of Cornell's Adirondack Fisheries Program highlighting the over 60 years of research on the health of the park's waterways. Continuing on Saturday are a series of free programs for the public in the forest preserve surrounding Sagamore that were once part of the Vanderbilt estate. Activities include natural history walks along the historic powerhouse trail, demonstrations of environmentally friendly angling, fly fishing and trout research techniques.

The "Exploring the Conservation of Brook Trout in the Changing Adirondack Climate" program presents to the public the work of the Adirondack Fishery Research Program (AFRP) of Cornell University. For over 60 years Cornell researchers have been researching the impacts of environmental change on brook trout and other cold water fish species in the Adirondacks. The work of AFRP has helped set policy to protect and preserve the natural heritage of our region's waterways including documenting the effects of acid rain and climate change impacts.

Recently, a group of committed outdoor enthusiasts formed Trout Power, a citizen science nonprofit that works with scientists to document native trout populations and advocate for environmentally safe fishing practices. Some of their pioneering studies were done at Sagamore Lake and its watershed.

As a capstone to the weekend's activities on Saturday, June 5, Great Camp Sagamore will present a concert by Adirondack folk musician Dan Berggren singing music inspired by nature at 7:30 p.m. in the camp's historic barn. Both the concert and preservation tours of Sagamore require an admission fee. All proceeds support Sagamore's on-going restoration efforts.

These CCE events are free and open to the public no registration is necessary. For more information, contact Gareth D. Livermore, executive director/ag issues leader, at 315.866.7920 ext. 232 or go to blogs.cornell.edu/cceherkimer/natural-resources.



## How to foster social skills in an era of social distancing

As the COVID-19 pandemic stretches on, children who have been called on to do their part still may not fully understand why they have had to skip play dates or avoid sitting together at lunch tables inside school cafeterias. Older children who are cognizant of much more may be growing weary of social distancing and may have started to question the benefits of staying home.

Social distancing helps maintain public safety, but there's no denying such measures have produced some difficult side effects, some of which may be felt long after the pandemic has ended. For instance, some experts suggest that social distancing has the potential to affect long-term social development.

"When young children are learning the basics of being social beings, their parents and siblings can provide most of the input they need," said Amy Learmonth, Ph.D., a developmental psychologist who runs the Cognition, Memory and Development Lab at William Paterson University in New Jersey and has studied children as young as eight weeks old. In fact, having parents and siblings home much of the time actually can be a boon for children age five and younger.

Conversely, Learmonth said older children and adolescents develop social skills by learning to "navigate complex social groups of peers." Prolonged isolation from peers could be stripping opportunities to naturally develop social skills, particularly the longer social distancing goes on.

Clinical psychologist Laura Markham, founder of the site Aha! Parenting, indicates that kids "practice reading social cues and learn constructive social responses – including the give-and-take of conversation – how to self-regulate when they get annoyed at another person and how to ask for what they need in a socially acceptable way" through in-person encounters.

Families can get creative to help foster social skills in their youngsters as the world continues to confront social distancing and its potential side effects.

- **Schedule virtual play dates.** While it may not be the same as hanging out in person, virtual play dates can provide one-on-one interaction with friends and help to maintain preexisting positive peer connections.

- **Plan outdoor activities.** When weather allows, people from different households can interact outdoors,

provided they keep safe distances. This can be advantageous to teenagers chomping at the bit to hang out with friends. The CDC said one can become infected with COVID-19 when an infected person coughs, sneezes or talks and those droplets enter the mouth or nose of another. Outdoor fresh air disperses virus particles and people are more able to keep their distance from others. Sitting in a backyard, walking a boardwalk or riding bikes together are some ways for adolescents to safely maintain social connections.

- **Practice good manners.** When at

home, families can continue to interact and offer opportunities to talk, listen and practice social manners.

- **Foster game nights.** Encourage social interaction at home with family game nights that involve board games or video games. Teens and tweens also can do multiplayer games with friends over the internet through their favorite gaming consoles.

A little creativity can help parents find ways to promote socialization in their children as the world continues to practice social distancing.



When weather allows, people from different households can interact outdoors, provided they keep safe distances.

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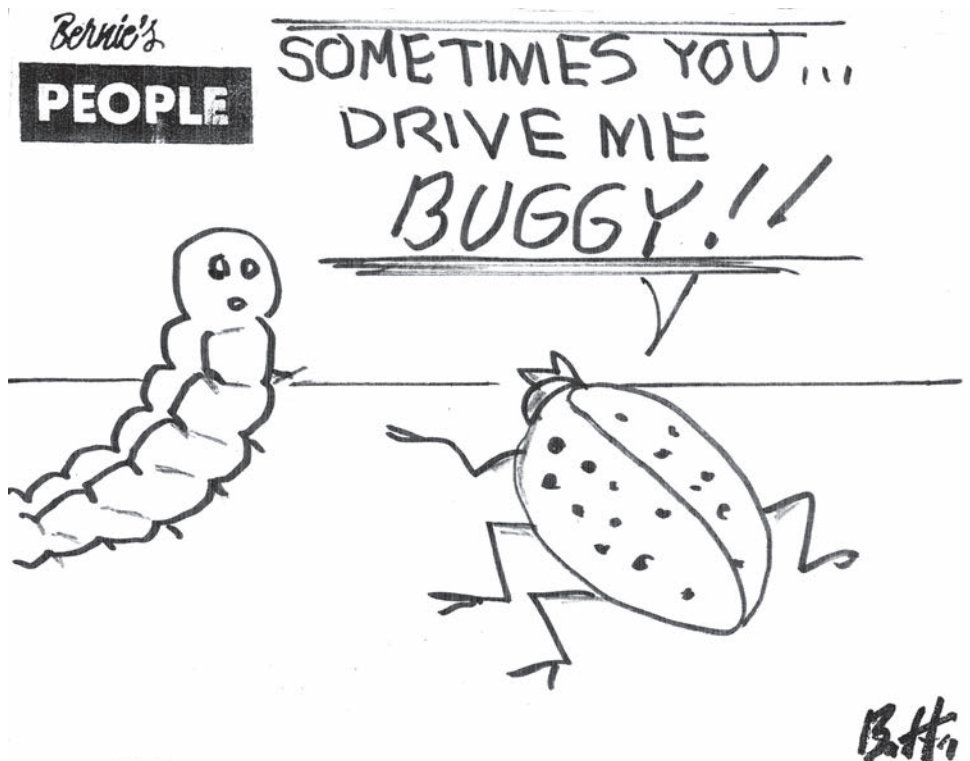
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2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!



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## Family Counseling Center's peer advocates focus on children and families

The Family Counseling Center in Gloversville works daily with families and youth. Since the organization's founding in 1976, it has believed that strong families help to build strong communities. Today, the organization works with families through the Children and Family Services program providing a comprehensive mental health system of care for children, adolescents and families. The program is child-centered and family-focused, working within communities and helping both parents and youth to develop empowerment and self-advocacy skills.

Highlighted within the Center's Children and Family Services (and the program's Children and Family Treatment Support Services) are Family Peer and Youth Peer Support Services provided by family and youth peer advocates.

The Family Peer Support Services provide aid and guidance to parents and family members of children experiencing challenges in the home, school, residential placement or community, and acts as a bridge between families and providers. Similarly, the organization's Youth Peer Support Services provide training and support to youth who are experiencing social, medical, emotional, developmental, substance use and/or behavioral challenges.

Family peer and youth peer advocates are truly peers; they are

individuals with lived-experience similar to that of their clients and are credentialed by Families Together in New York State and recognized by New York's Office of Mental Health.

"The work our peer advocates do is truly amazing," Michael Countryman, executive director of the Family Counseling Center, said. "They create deep partnerships with their clients and work with them to build skills for coping, wellness, goal-setting and self-advocacy. A peer advocate is able to say to a client that they understand what the family or youth is going through because, unlike most professionals, the advocate has a similar experience. They connect youth and their families to needed services and empower them to build lasting change in the lives of their children and themselves. The work our advocates do can instill the hope that tomorrow will be brighter."

Medicaid eligible individuals may be referred for Children and Family Treatment Support Services to gain access to the peer advocates. Advocates work with clients to connect families with services, foster productive and respectful partnerships and assist families and youth to develop strengths, goals and increase independence.

For more information about the Family Counseling Center, its services or how you can make a donation, visit the-familycounselingcenter.org.

## Keep healthy items on hand for family snacking

Who hasn't been spending more time at home lately? Many families have perfected the balance of managing a household in which kids may be engaged in virtual learning while Mom and Dad are putting in a full day's work from the home office. At several points during the day, families need to recharge. Having nutritious snacking choices on hand can tame hunger in a healthy way.

### Plan & Shop

Start with a plan and then head to the store with a shopping list in hand. You will be less likely to purchase unhealthy options on impulse if you stick to a shopping list.

### Balance Prepackaged & Homemade

Homemade snacks are advantageous because you can customize ingredients to account for allergies or other needs. But commercially produced snacks are very convenient because they're ready to eat right out of the package. According to Good Housekeeping, many food manufacturers have been stepping up their games and offering tasty and healthy nonperishable foods. Just be sure to read labels, paying attention to sodium and sugar content and other pertinent nutritional information.

When choosing snacks, pick a few different options that appeal to savory, salty and sweet cravings. Portion out these snacks so the temptation for overindulgence is limited.

### Choose Among the Healthiest Options

Stock the pantry and refrigerator with an array of healthy snacking options.

• **Nuts and their butters:** Nuts are nutritional powerhouses that provide filling protein, fiber, healthy fats and many different vitamins and minerals. Nuts can be ground at home and made into spreads and dips.

• **Popcorn:** Plain, air-popped popcorn is full of fiber, making it a filling snack. Without toppings like butter, popcorn can be low in calories.

• **Fruit:** Fresh fruit, frozen fruit, fruit purees and dried fruit are must-haves. Place a bowl of fresh fruit in reach of kids so it can be their first snacking choice. Frozen fruit can be transformed into simple smoothies. Dried fruit keeps longer, and is a great addition to trail mixes. Cups of applesauce can easily be grabbed and satisfy sweet cravings.

• **Sliced vegetables:** When preparing meals, slice vegetables, including carrots, celery, cucumbers and sweet peppers. Later they can be dunked into homemade dips for an easy treat.

• **Hummus:** Speaking of dips, hummus is filling and tasty. Made from nutrient-dense chickpeas, hummus can be enhanced with different flavors, from garlic to ginger to even chocolate for a dessert variety.

• **Whole-grain chips:** Opt for whole-grain chips that blend a variety of grains into the mix. Avoid products with hydrogenated oils.

Healthy snacking is possible when families think ahead and know what to look for at the grocery store.

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## Guide to adopting a shelter pet

The pandemic has brought a lot of changes to daily life. One of the positive effects of COVID-19 is that many individuals have turned to pets to tame loneliness or bring some brightness into their lives amidst all the uncertainty and turbulence.

In April 2020, the American Society for the Prevention of Cruelty to Animals said applications to foster dogs and cats was up 200%. In addition, PetPoint, a software system shared by shelters nationwide, reported fostering and adoptions were up by 700% since 2019. A TD Ameritrade survey found 33% of Americans have considered fostering or adopting a furry friend during the pandemic.

While it may be tempting to rush out and adopt a pet right away, careful consideration must be given before bringing a new pet into a home.

### Expense

One of the biggest considerations is cost. The TD Ameritrade survey found that dog owners spend up to \$1,201 a year on their pets, while cat owners spend up to \$687 per year on average. Food costs top the list of pet expenditures, followed by veterinary care and grooming.

### Lifestyle

Another aspect to consider is if a certain animal will fit its prospective owners' lifestyles. Outdoor enthusiasts and physically active people may want an

exercise buddy, so a high-energy dog breed may fit the mold. Those who want a cuddling companion or lap warmer may opt for a less active dog or a cat.

### Research the Pet

It's important to learn the care needs of specific pets, particularly among breeds of cats and dogs. For example, certain dogs may fit best with one person and not take to a household full of kids. Some breeds need ample outdoor space to run around, while others may be content to be couch potatoes.

Another consideration is temperament and the animal's history. Some rescues come from abusive situations or may have spent years on the street, so owners must be ready to help such dogs adjust to more loving environments. It's important to ask how the pet came to be in the shelter. All considerations need to be factored into the equation.

### Learn the Adoption Process

Each shelter or rescue organization has its own rules and regulations for adoption, including fees they charge by way of a donation. According to the pet resource Top Dog Tips, a shelter needs to be sure that adoptive pet parents will be able to care for the pet. An extensive questionnaire and a potential home visit may be part of the application process. Veterinarian references, age restrictions (adoptive pet parents are often 21 years or older) and permission from a landlord if one rents will be needed. Some

rescues have stipulations regarding fenced yards. Some shelters even insist on a disclaimer that they reserve the right to remove the pet if they feel the animal is not being properly cared for.

Pet adoption should always include careful consideration of a wide range of factors.



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## Campsite safety tips

The appeal of camping is undeniable. According to the Business Research Company, a market research and intelligence company, the global camping and caravanning market is expected to grow from just under \$40 billion in 2020 to more than \$45 billion in 2021. Estimates suggest the market will grow even more in the coming years, reaching \$56.6 billion by 2025.

Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an

entirely new group of devotees in 2020. Traditional vacations may not have been possible in 2020, when governments across the globe urged citizens to avoid conventional travel as the world found itself in the throes of a global pandemic. In an effort to overcome cabin fever, many people viewed camping as a safe way to get out of the house while still limiting contact with people from other households. That no doubt inspired new generations of camping fans, many of whom will continue to

pitch their tents and sit around campfires long after the pandemic has ended.

The National Park Service recognizes the popularity of camping and urges people to stay safe. Veteran campers and novices alike can benefit from reviewing these safety tips, courtesy of the NPS.

• **Plan ahead.** Camping trips may not require hours of scouring travel websites in an effort to find the best deals on flights and hotels. But camping trips still require ample planning. When planning a trip, take into account who's coming along. Assess their



Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020.

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camping skills and physical fitness to determine the most appropriate place to camp. Campers with limited mobility may be best suited for accessible campsites. The NPS urges campers to consider if everyone in the group will be able to make a long hike from the parking lot to the campsite. If not, choose a site that you can pull right up to or is just a short, easy walk from the parking lot.

• **Research the campsite and surrounding area.** Know as much as possible about the campsite prior to embarking on your trip. Learn about everything from the local wildlife you may encounter while camping to the condition of surrounding areas, including the altitude, the difficulty of nearby hiking trails and where to go in case of emergency.

• **Develop an emergency plan.** The NPS urges campers to develop an emergency plan, noting that it's always wise to expect the unexpected when camping. Bring a first aid kit along when leaving the campsite to engage in activities like

hiking or fishing. Go over safety protocols before going on a hike, including the need to stay together and remain on the trail at all times. More information about what to do should anyone be injured during your trip is available at nps.gov.

• **Bring the right gear.** The NPS notes that each camping trip will have its own equipment needs, which will be dictated by the setting, the time of year of the trip, the difficulty of the terrain and the duration of the trip. Navigational supplies, sun and insect protection, insulation (i.e., extra clothing and blankets), shelter, flashlights and headlamps, first aid kits, extra food and water, firestarters, repair kits and tools and a communication device like a smartphone or satellite phone are the essential necessities that should be brought along on all camping trips.

Camping is a great way to get away. Campers of all skill and experience levels can make the most of their trips by emphasizing safety at all times.

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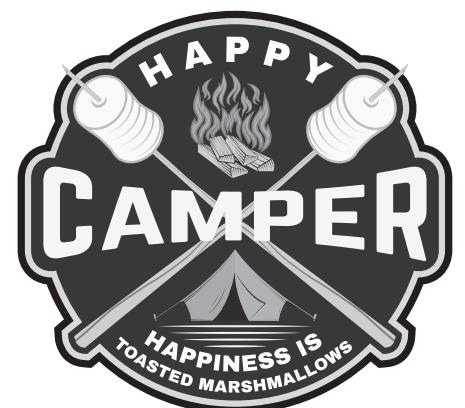
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## Age-appropriate chores for kids

Few people look forward to chores around the house. Though adults may not be excited by the prospect of mopping the kitchen floor or folding the laundry, their lack of enthusiasm no doubt pales in comparison to their children's opinion of chores.

Chores can play a vital role in kids' development. According to the American Academy of Child & Adolescent Psychiatry, children can learn time management skills by doing their chores, which also can teach them how to balance work and play time. Kids can apply those lessons throughout their childhood and into adulthood. Giving kids chores also benefits them by teaching them to accept responsibility within the family and providing them with an opportunity to be successful.

Parents may have a long to-do list in regard to chores around the house, and it can be tempting to share that workload with youngsters. However, the AACAP notes the importance of picking age-appropriate chores for children. Children given chores more suited for older youngsters may fail at completing those tasks. Such failure may set a negative precedent that adversely affects kids' self-esteem and makes them reluctant to do their chores in the future. On the flip side, the AACAP notes that picking an age-appropriate chore for a child will increase his or her likelihood of success, which can boost their confidence and make them more likely to approach their chores with enthusiasm as they navigate their way through childhood and into adolescence.

The AACAP offers the following age-based chore suggestions to parents as they look to give their children more responsibility around the house.

• **2- to 3-year-olds:** Children in this age group can put their toys away and help put groceries away as well. Stick to groceries that can be dropped without breaking or spilling, which rules out jars of pasta sauce or milk and juice. Children in this age group also can start to dress themselves, though the AACAP recommends parents offer help when necessary so kids do not become discouraged.

• **4- to 5-year-olds:** These ages can help feed pets and make their beds. In addition, children in this age group can help clear the table after meals, but parents should be sure to take sharp objects like knives to the sink before kids begin helping.

• **6- to 7-year-olds:** This is a good age for children to begin taking on more complicated chores, including wiping tables and counters, putting laundry away and sweeping floors.

• **7- to 9-year-olds:** Children in this age group can help their parents prepare meals and even pack their own lunch for school. The responsibility of loading and unloading the dishwasher also can be given to kids between ages 7 to 9.

• **10- to 11-year-olds:** More difficult tasks like changing the sheets on their beds, cleaning kitchens and

bathrooms and doing yard work are appropriate for kids in this age group.

• **12-years-old and older:** Children 12 and older can help take care of younger siblings and pitch in with grocery shopping and running errands.

Chores play a vital role as children grow up and mature. Assigning age-appropriate chores is important as parents look to help their children develop into responsible adolescents.

*The American Academy of Child & Adolescent Psychiatry says that children can learn time management skills by doing their chores, which also can teach them how to balance work and play time.*



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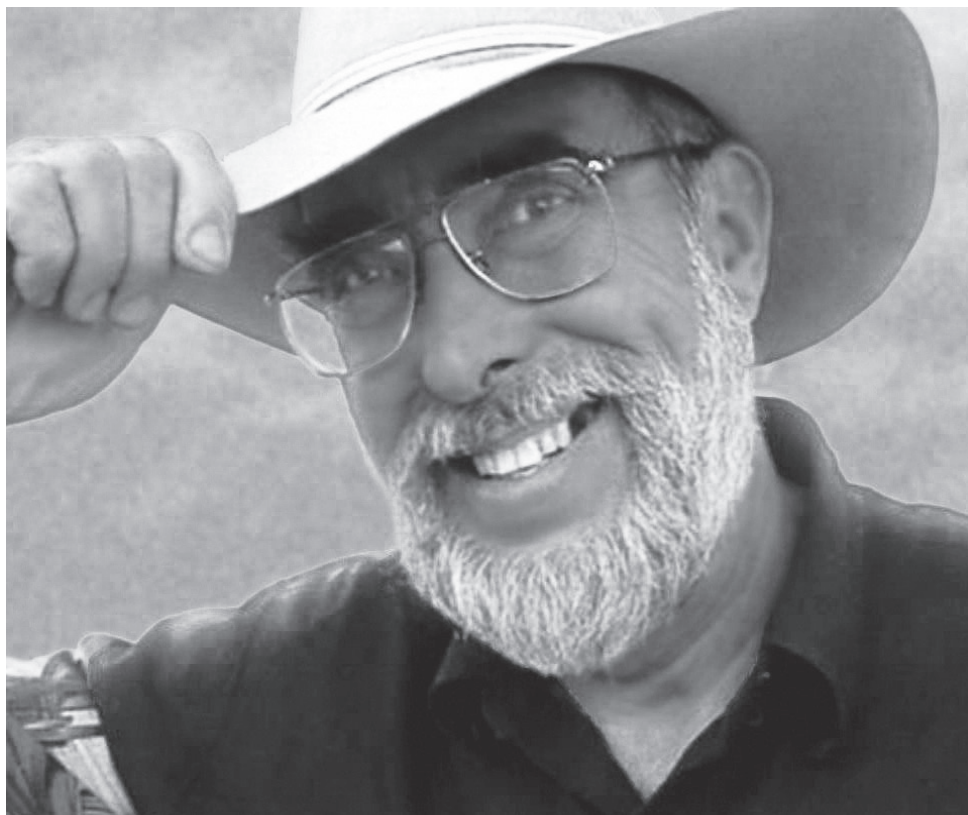
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# Coffee Break

Home Country  
by Slim Randles



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When the show began, we'd get in the pickups and drive off home, but there's no harm in watching the weather's overture to spring violence.

"You boys been out on the plains in spring, right?" asked Steve, our tall, mustached cowboy member of the vaunted world dilemma think tank.

We nodded and sipped and glanced up at the roiling blackness.

"Always wondered what it would be like to be caught horseback out on the plains in one of these storms. Not something I'd look forward to, I can tell you."

"I know what they do, Steve," said Doc. "Had a patient who punched cows out that way. He said when it rained,

he'd get off his horse and sit on the ground under his belly."

"So the horse would get wet and he'd stay dry?"

"More or less, I suppose."

"But the lightning," Steve said, "what about the dang lightning?"

"Doesn't sound like any fun to me," Herb said. "But I guess it's some consolation that the horse, being the highest point for 15 miles, would get struck by lightning first."

"See, Steve," Doc said, grinning. "If lightning goes through the horse and hits you on the ground, you don't have anything to worry about, but if it just strikes the horse ...?"

"Yeah, Doc," Steve said, "then you'd have the honor of being killed by a falling, fried horse. I think I'll stay off those plains for now."

**Brought to you by salmon fisherman, pastor and friend to all, Mark Henry Miller's book "River Runs Through Me" (at markhmiller@att.net).**



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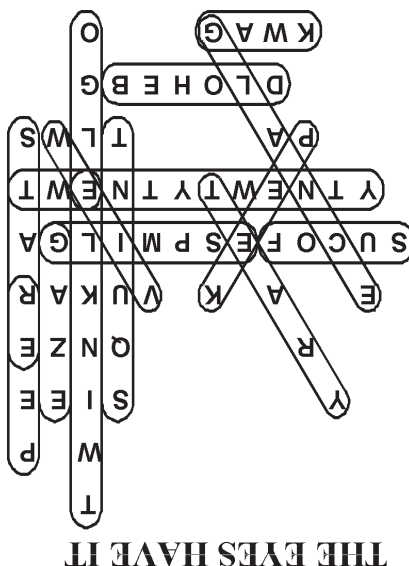
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**SCRAMBLERS**  
solution  
1. Inch 2. Treat;  
3. Deface; 4. Basalt  
**Today's Word**  
**THRIFT**

Weekly SUDOKU

Answer

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

# Coffee Break



## Weekly SUDOKU

by Linda Thistle

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

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.

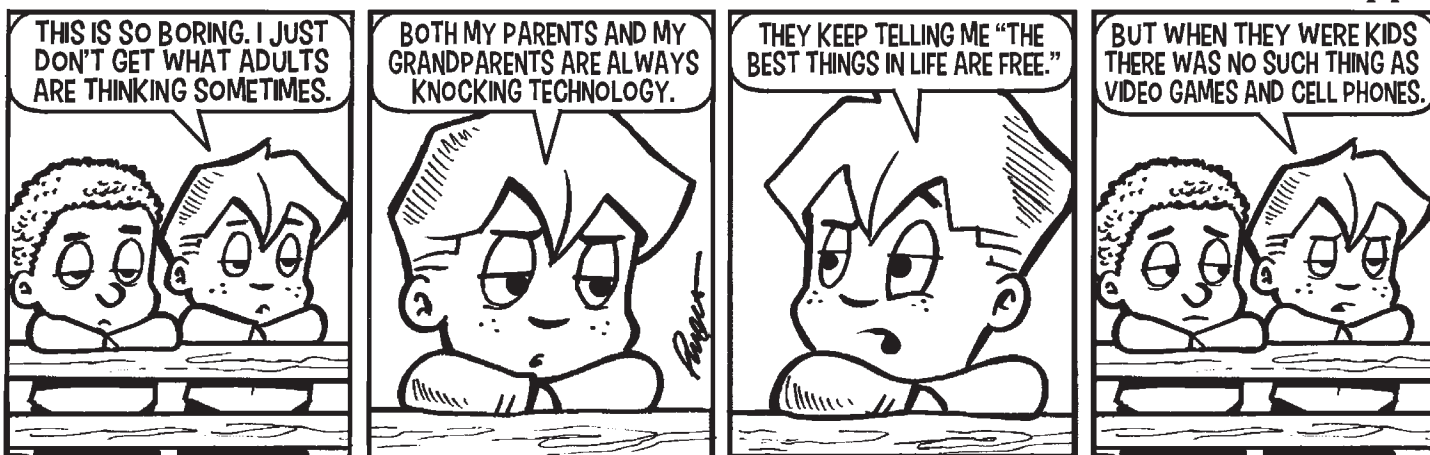
### DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Amber Waves

by Dave T. Phipps



"It was a very educational evening, Stanley. I certainly learned a lot about \_\_\_\_\_!"

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Measurement

CHIN

Delight

TATER

Disfigure

FECADE

Magma

STABAL

### TODAY'S WORD

## MAGIC MAZE ● THE EYES HAVE IT

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

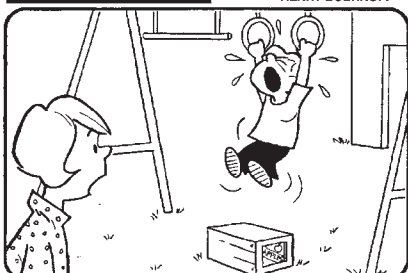
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: BRIEFLY SHUT THE EYES

- |        |         |        |               |
|--------|---------|--------|---------------|
| Behold | Glance  | Peer   | Twenty-twenty |
| Focus  | Glimpse | Squint | Twinkle       |
| Gawk   | Ogle    | Stare  | View          |
| Gaze   | Peek    | Teary  |               |

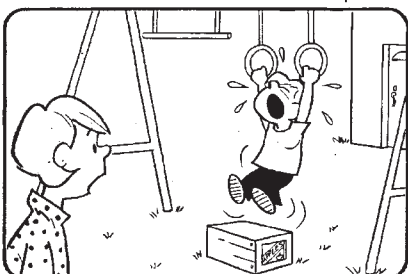
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Rings are lower. 2. Shirt is different. 3. Crates is different. 4. Door is closed. 5. Sleeve is shorter. 6. Hair is different.

## GRIN & BEAR IT



"We can have the union labels made cheaper in China."

## Just Like Cats & Dogs

by Dave T. Phipps



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FREE Hotdogs starting at 12pm  
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FREE 5 gallon bucket to the first 200 customers  
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everything that fits into the bucket\*

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**SUNDAY, JUNE 6TH**

9am - 5pm

FREE Popcorn starting at 11 am  
(while supplies last!)

**\$5 OFF**  
any purchase of \$25 or more of regular priced items\*

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