

MOHAWK VALLEY
Country Editor

Serving the Valley for 53 Years

AUGUST 14, 2021

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"Thus says the Lord who made it, the Lord who formed it to establish it (the Lord is His name): 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know.'" Jeremiah 33:2-3



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Stone Arabia Quilt and Artisan Show



The Stone Arabia Quilt and Artisan Show drew in over 60 quilts.

Photos by Gabbie Albrecht

by Emily Carey

Driving to the Stone Arabia Church, there are beautiful views of rolling hills and farmland, but pulling into



The raffle quilt: "The beautiful lap quilt was created in 2021 by Sandi Christman. It is made from over 100 different batik sections. The pattern name is 'Pineapples in Blossom' and has been a common pattern for quilters of many generations."

the church's driveway on July 23 and 24, a different sight awaited. More than a dozen quilt and artisan vendors filled the church, parsonage and lawn and over 65 quilts were on display for the Stone Arabia Quilt and Artisan Show. Basket weavers to rug hookers, painters to wooden flag makers and more joined the quilters to present their talents.

Carol Edwards, one of the members of the Stone Arabia Preservation Society (SAPS) who oversaw the event, said that although there have been car shows and quilt shows in the past, this was the first time that other local artisans had been invited to showcase their talents. Proceeds from the event are being used to continue supporting the preservation of the church.

On Saturday, workshops on rug hooking, basket weaving and redwork embroidery were held. The Hisert Family Park provided a chicken dinner and there was also a food truck on the grounds. Kathryn Greenwold, a quilt appraiser of over 20 years, was also present at the show to evaluate quilts based on their condition, workmanship, quality and rarity.

Quilt pins were sold throughout the weekend and a quilt and barn square was raffled off. The raffled quilt was created by Sandi Christman in 2021 from over 100



Basket weavers, wooden craftsmen, rug hookers, painters and more creative artists were there.



Dan Kerwood demonstrated how his long-arm quilting machine works.

different batik sections in a pattern called "Pineapples in Blossom." The proceeds go to SAPS.

Colleen Mosenthin, owner of Weave & Wobble, was at the show presenting her basket weaving talents. Mosenthin, who has been running her business for around seven years, began her basket weaving journey 22 years ago, learning at the Caroga Lake Museum. Today, she creates custom baskets and chair caning as well as teaches classes on basket weaving. "I sell a lot of my stuff. People get really interested in classes... and the word-of-mouth advertising is really awesome," Mosenthin said about the show.

A long-arm quilting machine was also at the show. Dan Kerwood of At Home Quilting travels to around eight shows a year showing off his quilting machine. These robotic or manual machines can cost from \$5,000 to over \$30,000. Kerwood, who teaches people how to use these machines and does custom sewing, said, "It takes about an hour to teach people not to be dangerous." With 14 years of experience, he is able to teach people to use this machine to make a baby quilt in one hour and a twin-size quilt in two hours - a queen size takes longer.



One of the highlights of the show was the "States of the Union" quilt completed in 1997 by Shirley Sargent Darmer and submitted by Barbara Sargent. This quilt is 74" by 109" and took 12 years to complete.



Over 12 artisan vendors brought their craft to the show.

Paw’s Corner

by Sam Mazzotta

Are Dog Treats Bad for Fido’s Health?

Dear Paw’s Corner: I use dog treats to train my 18-month-old puppy Jif. At the dog park, an owner said that using treats is bad and that Jif will eventually get fat. That’s hard to believe, as he is really energetic. He only responds when he knows there is a treat after each command. What do you say? – Lee in Alexandria, VA

Dear Lee: Ah, to treat or not to treat! That’s a big issue for many pet owners. Ultimately, you are in charge of Jif’s training and health. Unsolicited advice from other dog owners is only a little helpful, at best.

I’ve interviewed and observed champion breeders and trainers, and one thing I’ve noted over the years is that some dogs get a treat at every turn, for seemingly every move they make. Other dogs do fine with a treat at the end of their routine. And backstage, when show dogs are being groomed, primped and prepped? They’re getting treat after treat. These are champion dogs in top shape.

Things to note with using treats:

- Treats help build a positive association with specific commands or actions.
- The pros use treats that are as healthy as possible: no byproducts, no preservatives. They’re often

homemade.

- Treats are cut into very small pieces. They can be given more frequently without adding too many calories.
- Dog treats don’t replace meals. Make sure your puppy is fed on time each day with the recommended amount of food for his age and weight.

It’s possible to replace some of Jif’s treats with other positive associations. Praise, attention, a favorite toy – things that bring him joy. Build that anticipation of reward in different ways. Check out a few training books or work with a dog trainer on new ways to reward Jif.

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

MOHAWK VALLEY

Country Editor

Serving the Valley for 53 Years

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2021

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Let everyone know what you have to offer - hunting & fishing supplies, guns & ammunition. Our 2021 Guide will let readers know.

This special section will be included in the Herkimer Country Editor and Mohawk Valley Country Editor issues and distributed at various locations.

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Good Housekeeping – Shrimp, Watermelon & Feta Salad

Get this fresh, protein-rich summer salad on the table in just 20 minutes.

Ingredients:

4 tablespoons prepared lemon and chive dressing

1 pound large shelled and deveined shrimp

1 bag (5 to 6 ounces) mixed baby greens

3 cups (from about 1 1/2 pounds with rind) diced (1 1/2-inch chunks) seedless watermelon

2 ounces (1/3 cup) crumbled feta cheese

Directions:

1. In 12-inch nonstick skillet, heat 1 tablespoon dressing on medium for 1

minute. Add shrimp and cook 6 to 8 minutes or until shrimp are opaque throughout, stirring occasionally.

2. Meanwhile, in large bowl, toss mixed greens, diced watermelon and remaining 3 tablespoons dressing until evenly coated. To serve, divide salad among 4 serving plates and top with shrimp and crumbled

feta.

• Each serving: About 280 calories, 14g total fat (3g saturated), 185mg cholesterol, 415mg sodium, 12g total carbs, 1g dietary fiber, 27g protein.

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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

Aug. 15

Not Just for Kids Storytelling Series 6 p.m. Schoharie Crossing State Historic Site, Visitor Center, 129 Schoharie Street, Fort Hunter. Margaret French will perform the program, "Nudging Reality". For info call at 518.829-7516 or www.parks.ny.gov/historic-sites/schohariecrossing.

Series 6 p.m. Schoharie Crossing State Historic Site, Visitor Center, 129 Schoharie Street, Fort Hunter. Sandy Schuman will perform, "NY's American Anthems: The Stories of Yankee Doodle, Take Me Out To The Ballgame, God Bless America, and More." For info call 518.829-7516 or www.parks.ny.gov/historic-sites/schohariecrossing.

9-11 a.m. at St. Johnsville Town Barn, 7431 Route 5, St. Johnsville. For more information call 518.853.3531.

Oct. 9

Montgomery County Rabies Clinic 9-11 a.m. Florida Town Highway Department, Fort Hunter Rd., Minnaville. For more information call 518.853.3531.

Aug. 22

Not Just for Kids Storytelling Series 6 p.m. Schoharie Crossing State Historic Site, Visitor Center, 129 Schoharie Street, Fort Hunter. Jeanine Laverty will tell, "Summer's on the Move." For info call 518.829-7516 or www.parks.ny.gov/historic-sites/schohariecrossing.

Annual Brooks Chicken Barbecue 3:30 p.m. - sold out at Marshville Evangelical Church, Route 10 South, outside Canajoharie.

Sept. 2

Sept. 11-12

47th Annual Fort Klock Craft Fair 9 a.m. - 4 p.m. Saturday and Sunday 10 a.m.-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

Oct. 15 - 17

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

Nov. 6

Montgomery County Rabies Clinic 9-11 a.m. at Mohawk Town Barn, 2-4 Park Street, Fonda. For more information call 518.853.3531.

Sept. 18

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

Dec. 5

St. Nicholas Day 12-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

Aug. 27

Fort Plain Free Library and Gamer's Revolt team up for kids' 'Magic: The Gathering' tutorial 4:30-6 p.m. at Fort Plain Free Library. Register by calling 518.993.4646.

Aug. 29

Not Just for Kids Storytelling **Montgomery County Rabies Clinic**

VENDORS WANTED for the 48th Annual Fort Klock Craft Fair September 11 & 12. Visit our Facebook page (www.facebook.com/fortklockhistoricalrestoration), website (www.fortklockrestoration.org) email fortklock@gmail.com or contact Joan at 518-649-2531 for more information.

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Church School: Sunday 10:30 AM

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The Rev. Virginia L. Ogden, Rector
Sunday Worship 9:30 AM
with Communion
Church Email:
churchgoodshep26@gmail.com
Website: 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 AM
Sunday School for All Ages 10 AM

Cornerstone Baptist Church
7274 St. Hwy. 10, Ames
518-673-3405
Sunday School 10 AM, Adults & Children
Morning Worship 11 AM, Youth Ministry
5:45 PM, Evening Worship 6 PM,
Wed. Bible Study & Prayer Meeting 6:30 PM,
Family Night Select Sundays

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Emmanuel Episcopal Church
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Coffee Hour following Sunday Mass
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Tuesday 10 AM Mass & Bible Study
Friday 10 AM-2 PM Thrift Shop

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Everlasting Joy Believers Fellowship
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St. Johnsville, NY 13452
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Pastor Carolee Coye
Sunday Service 10 AM

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Call 518-673-5128 or see Facebook
"Faith, Hope and Love Christian Church"
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http://faithhopeandlovechurch.com

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Morning Worship 11 AM
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Church Office 518-993-3863
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ALL WELCOME, Worship Service 11AM

Freysbush United Methodist Church
Freysbush Rd., Fort Plain
518-842-1357
Rev. Cindy Leonard, Officiating
Worship 9 AM,
Sunday School 10 AM
ALL ARE WELCOME
Coffee hour to follow service

Fultonville Reformed Church
Corner of 5S & 30
Pastor Jane Hubschmitt
Sunday School 10 AM
Family Worship 10:30 AM

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
immediately following Children's Message

Grace Christian Church
20 Center St.,
St. Johnsville, NY 13452
Sunday School
Mid-September to May 9:30 AM Worship
September till end of May 11 AM
June till end of August 10 AM

Grace Episcopal Church
24 Montgomery St., Cherry Valley
315-585-4016
Fr. Kyle Grennen, Rector
Sunday School 11 AM
Holy Communion/sermon 11 AM
Active Youth Group - call for details

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

Holy Family Parish
Little Falls, NY
315-823-3410
Saturday 5 PM
Sunday 9:30 AM

Jesus Never Fails Community Church
Reverend Hans Drews
1161 Elizabethtown Rd., Ilion, NY 13357
518-568-7983
hansandrosaline@yahoo.com
Sunday Service 11 AM

Joy Fellowship
296 Co. Hwy. 119
St. Johnsville, NY 13452
518-568-3217
William Hayes, Pastor
Joyce Loughran, Assistant Pastor
Sunday School 9 AM,
Morning Worship 9:30 AM
Wednesday Evening Worship 6:30 PM

Lassellseville United Methodist Church
State Hwy. 29
Pastor Robert A. Lindsay
Worship: Sunday 9:30 AM
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
Sunday Morning Worship 10:30 AM;
Wed. Eve. Prayer Meeting 6 PM;
2nd & 4th Sunday Dinner following
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following dinner
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Marshville Evangelical Church
Route 10 South
Pastor Mark Fowler
Worship Sunday 9 AM

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Sun. 10:30 AM
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www.katerishrine.com

New Beginnings Bible Church
63 Cliff St., Canajoharie, NY 13317
Pastor Larry Alkinburgh
518-848-4816
pastor@newbeginningsbc.org
Sunday School 9:15 AM
Worship Service 10:30 AM

**New Hope
Christian Fellowship**
32 Spencer St., Dolgeville, NY 13329
Pastor Pat Andreoli
315-429-3630
NewHopeChristianFellowship.net
Sunday School 9:30 AM
Worship Service 10:30 AM

Oppenheim United Methodist Church
Route 29
Rev. Jack Ford
315-429-7381
Worship 9:30 Sundays,
Totally Awesome God-TAG time 6:30 PM
Wednesdays beginning in Oct.,
Sunday School 9 AM beginning
September 18th

**Our Lady of Hope
R.C. Church**
115 Reid St., Fort Plain, NY 13339
Parish Office 518-993-3822
ourladyofhope@frontier.com
Mass Schedule: Saturday, 4 PM;
Sunday, 9:30 AM;
Confessions: Sat. 3 & by appointment
Please call parish office for
Holy Day schedule

**Paines Hollow United
Methodist Church**
Intersection of 167 & 168, Paines Hollow
Pastor Peg Donaghy
518-568-7604
Sunday Worship 9:30 AM
Fellowship Hour to Follow

**Randall Christian
Community Church**
NY Rte. 55
Sunday Service 10:30 AM
Worship Leader Darlene Spaulding

Reformed Church of Canajoharie
15-19 Front St., Canajoharie
518-673-2816
Rev. Matt Draffen
Sunday 9 AM Christian Education
9:20 Choir Practice
10 AM 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 11 AM,
AA meetings Mon. & Tues. 7 PM,
Emergency Food Pantry 518-993-4302

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

Richfield Springs Bible Church
19 Church St
Richfield Springs, NY 13439
Rev. David Tosi
315-858-0564
Sunday School (all ages) 10 AM Worship
Service 11 AM & 7 PM Wednesday -
Prayer & Praise
Call 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 AM
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Sacred Heart Catholic Church
111 3rd Ave., Tribes Hill
518-829-7301
Mass Saturday 4 PM

Saint Cecilia Church
26 Broadway, Fonda
518-853-4195
Sunday Worship 9 AM

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

Schoharie Valley Gospel Church
133 Sprakers Rd., Sloansville, NY
518-864-5397
svgchurch@gmail.com
Wednesday Prayer 6 PM; Sunday Morning
Bible Study 9:45 AM; Worship Service
Sunday Morning 10:30 AM

Seeker's Fellowship
14 Park Place
St. Johnsville, NY 13452
518-568-7700
Pastor Mike Yezierski
Sunday Worship 6 PM, Tues. Prayer 7 PM,
Bible Study 7 PM (Wed., Thurs. & Fri.)
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St. John's Lutheran Church
774 St. Hwy. 163, Fort Plain, NY
518-705-7552
Rev. David A. Johnson, Ph.D.
Sunday Worship 9 AM,
Sunday School 10 AM,
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St. John's Reformed Church
68 W. Main St., St. Johnsville
518-568-7396
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Sunday Worship 10:30 AM

St. John's & St. Mark's Lutheran Church
143 Church St., Canajoharie
518-673-2224
Pastor A. Elisabeth Aurand
Remote Sunday Worship 10 AM;
email for link stjmc-canajoharie.org
office@stjmc-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 3 PM

St. Joseph's Roman Catholic Church
31 North Helmer Ave., Dolgeville
315-429-8338
Sunday Mass is 8:30 AM

St. Mary's Episcopal Church
7690 Rt. 80, Springfield Center
315-858-4016
Fr. Kyle Grennen, Priest-in-Charge
Sunday Eucharist, 9:30 AM
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 11 AM

St. Paul's Lutheran Church
32 W. Main St.,
St. Johnsville, NY (next to NBT Bank)
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518-568-2405 Parsonage
Rev. David Johnson
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315-823-2284
Service Sunday 10 AM
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Stratford United Methodist Church
Route 29A
315-429-9085
Rev. Lynn R. Lockwood
Worship 9 AM

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) 9:45 AM,
Morning Service 11 AM,
Eve. Service 6 PM,
Wed.-Family Night 7 PM,
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**Trinity Evangelical Lutheran
Church of Stone Arabia**
5430 St. Hwy. 10, Palatine Bridge, NY
Pastor A. Elisabeth Aurand
Sunday In Person Worship 10 AM;
email for link office@stjm-canajoharie.org
518-673-2224

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of Canajoharie**
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518-673-2717
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Email: umc673@frontiernet.net
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Valley Alliance Church
85 E. Main St., Nelliston
518-993-3458
Pastor Ken Gies
Sunday School (all ages) 9:15 AM,
Sunday Worship 10:30 AM,
Wed. Praise & Prayer 7 PM,
Fri. Youth Group 7 PM (7-12th grade)

**Victorious Life Church
RMI Fellowship**
104 Main St. & 431 St. Hwy. 80
Fort Plain, NY
518-993-3102
Sunday School 9 AM,
Morning Worship 10:30 AM,
Youth Group 5 PM,
Evening Worship 7-8 PM



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Storytellers to perform at Schoharie Crossing

Schoharie Crossing is excited to bring back the annual Not Just for Kids Storytelling series on Sunday evenings in August, starting at 6 p.m. This storytelling performance each week is open to the public of all ages. Local tellers with well-crafted tales will perform during the 29th year of this program.

The lineup for the rest of the series is Margaret French on Aug. 15; Jeanine Laverty on Aug. 22; and Sandy Schuman on Aug. 29.

Not Just for Kids Story-

telling will take place outside under a tent near the Visitor Center, 129 Schoharie St., Fort Hunter. We encourage you to bring a lawn chair or picnic blanket to sit on. The program begins at 6 p.m. and is free to the public due to the generous support of a Saratoga Arts Community Arts Grant that has been made possible with funding by the NYS Council on the Arts. Karen's Produce and Ice Cream is another wonderful supporter of these programs.

For information call the Visitor Center at

518.829.7516, email SchoharieCrossing@parks.ny.gov or visit parks.ny.gov/historic-sites/schohariecrossing.

The NYS Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails, which are visited by 71 million people annually. For more information on any of these recreation areas, call 518.474.0456, visit nysparks.com, connect on Facebook or follow on Twitter.

THE VILLAGE OF PALATINE BRIDGE'S VILLAGE BOARD IS SEEKING INPUT FROM THE RESIDENTS ON POTENTIAL FUTURE CANNABIS SALES IN THE VILLAGE.

If a storefront is opened in the municipality, the village will receive a percentage of the tax earnings. Residents have offered no feedback on the topic since the board has placed the topic on the regular meeting agenda for the last several months. There are steps that need to be taken for the Village to opt out of the marijuana sales and that will take time. The process needs to be completed by 12/31/2021.

Anyone interested in voicing their concerns should either attend the August board meeting on 8/17/21 for public comment or contact the Village Clerk if they are unable to attend the meeting at 518-673-2917.



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Fresh vegetables are the star of summertime meals

When the mercury rises, savvy cooks know lighter fare is the name of the game. Light recipes can be made even better by incorporating fresh produce that's full of vitamins and minerals. It's even possible to grow many of these foods right in your own backyard garden.

"Baked Peppers with Rice Stuffing (Bajoques Farcides)" is a delicate stuffed peppers recipe that originated in Alcoy, Spain. Rich flavors from pork and chicken pair with sweet peppers, tomatoes and corn for a filling yet not overly dense dish that's perfect for warm a weather lunch or a light dinner. This recipe comes courtesy of M. Teresa Segura's "Spain: Authentic Regional Recipes" (Fall River Press).

Baked Peppers with Rice Stuffing

Serves 6

3 tablespoons olive oil
1 large chicken breast, diced
5 ounces lean pork, diced
4 ounces ham or smoked bacon, diced
7 ounces short-grain rice
2 garlic cloves, finely chopped
2 pounds ripe tomatoes, skinned, seeded and chopped
1 green bell pepper, finely chopped

3 tablespoons corn kernels
2 teaspoons paprika
Pinch powdered saffron
Salt and freshly ground black pepper

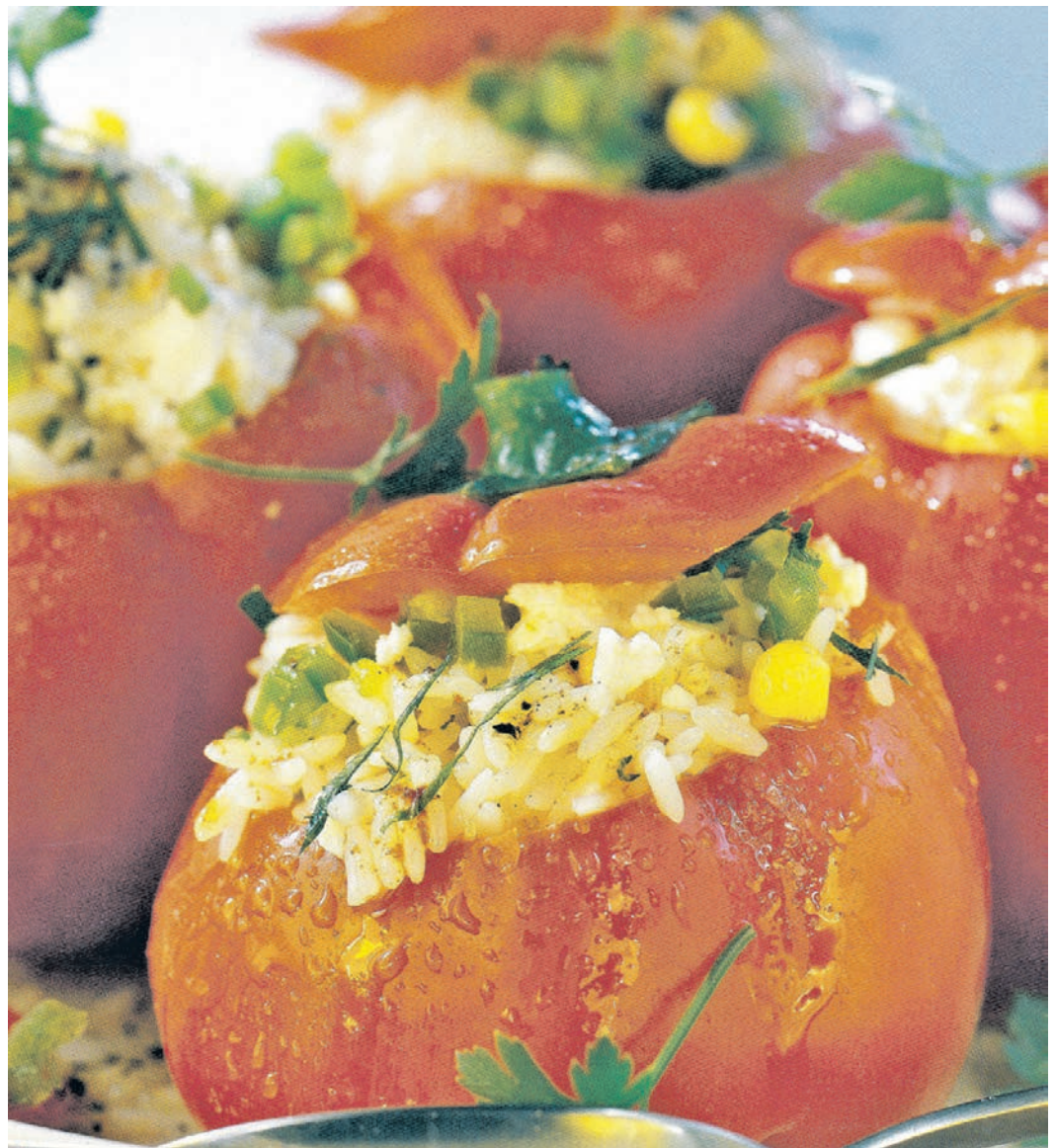
6 tablespoons chopped fresh parsley

6 large red bell peppers
Heat the oil in a large saucepan and fry the chicken, pork and ham or bacon until colored on all sides. Take the pan off the heat and reserve.

Meanwhile, cook the rice in plenty of boiling salted water until done – usually about 15 minutes, but follow the instructions on the package. Drain and reserve the rice.

Add the garlic, chopped tomatoes, green bell pepper, corn kernels, paprika, saffron, salt, pepper and parsley to the pan containing the meat. Let the sauce simmer and reduce the volume of liquid by about half. Stir the rice into the sauce.

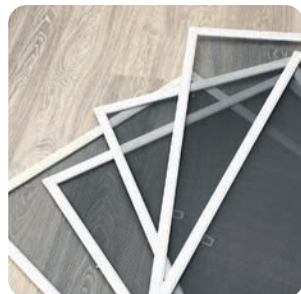
Oil a deep ovenproof dish big enough to take all the peppers. Cut off "lids" at the stalk ends of the peppers and remove the seeds. Stuff them with the meat and rice mixture and replace the lids. Tuck the peppers into the dish, cover with foil and bake at 325° for 1.25 hours.



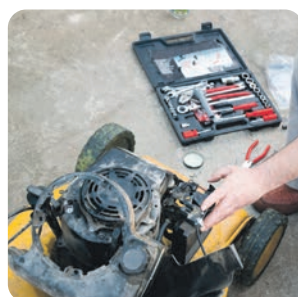
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Call the Canajoharie Fire Department and leave a message 518-673-3812

Sponsorships and Donations for Fireworks and Live Music: Call Matt Stanley at 315-292-2306 or email streetfaircanjo@gmail.com

**Get ready for a jam packed
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Watch for more details**

www.facebook.com/Canajoharie-StreetFair

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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9/25/21 Sat. 9am-3pm HFM Prevention, Johnstown

10/16/21 Sat. 9am-3pm Fort Plain Senior Center

10/6/21 Sat. 9am-3pm Fort Plain Senior Center

\$30.00 per person

~Masks and Social Distancing are required at all course venues~

To register for a class call April at the Shults Insurance Agency
518-993-2387 ext. 111 Cell 518-321-9249

**Call Joan Cimino to register for the Arkell Center Classes 518-673-4408

Grilling turns the breakfast tables on a beloved staple

Grillmasters insist that just about everything tastes a little better when cooked over a flame. Even though grilling often is reserved for lunch or dinner, there's something to be said about preparing breakfast on those hot grates as well.

According to Andrew Schloss and David Joachim, authors of the cookbook "Mastering the Grill: The Owner's Manual for Outdoor Cooking" (Chronicle Books), there's reckless abandon involved in standing by an open fire in a robe preparing breakfast. It can turn a mundane morning into one right out of a camping expedition. For their "Grilled French Toast," the extra crunch and slight char grilling provides catapults this breakfast staple to another level of flavor.



Grilled Stuffed French Toast

Makes 4 servings

1 loaf Italian bread

8 ounces cream cheese, at room temperature

4 tablespoons confectioners' sugar

1/2 teaspoon almond extract

3/4 cup blueberries

5 eggs

1 1/2 cups half-and-half or milk

1 teaspoon vanilla extract

Pinch of kosher salt

Oil for coating grill grate

1/4 cup Orange Honey-Butter Glaze (see below)

1. Cut off and discard a small diagonal slice from each end of the bread. Cut the bread on the diagonal into about eight 1 1/2-inch-thick slices. Cut a slit

through the top crust of each slice to form a deep pocket.

2. In a medium bowl, mix together the cream cheese, 3 tablespoons of the confectioners' sugar, and the almond extract. Stir in the blueberries and spoon the filling equally into the bread pockets. Lay the stuffed slices of bread in a shallow 4-quart baking dish, such as a 15-by-10-inch dish.

3. Clean and dry the bowl, then use it to whisk together the eggs, half-and-half, vanilla extract, salt, and remaining 1 tablespoon confectioners' sugar. Pour the mixture evenly over the bread. Carefully tilt the pan and swirl the egg mixture to completely coat the bread. Let sit for 30 minutes, or cover and refrigerate for up to 8 hours.

4. Heat the grill to 350° for a gas grill, medium ash

for charcoal and medium ash for wood.

5. Brush the grill grate and coat it with oil. Put the French toast on the grill and cook until nicely browned and crisp on the outside, about 5 minutes per side. Transfer to a platter and, using a pastry or basting brush, brush both sides with the Orange Honey-Butter Glaze.

Orange Honey-Butter Glaze

Makes 1/4 cup

2 tablespoons butter, well softened

1 tablespoon honey

1 tablespoon grated orange zest

Pinch of grated nutmeg

In a small bowl, mix all ingredients until creamy and spreadable like icing. Refrigerate for up to two weeks. Soften to a spreadable consistency before using.

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August 14, 2021
Time: 8:00 a.m. - 12:00 p.m.
County Annex Building
20 Park Street, Fonda, NY 12068

To avoid traffic congestion please attend the event based on the first initial of your last name.

A-G: 8 a.m.-9 a.m., H-M: 9 a.m.-10 a.m.,
N-S: 10 a.m.-11 a.m., T-Z: 11 a.m.-12 p.m.

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- Oil Based Paints/Stains
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- Fluorescent Bulbs
- Hazardous Cleaning Products
- Driveway Sealer

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- Oil
- Construction Debris
- Pharmaceuticals
- Latex Paint
- Electronic Waste
- Infectious Waste
- Radioactive Waste
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- Tires
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Montgomery County Households ONLY - NO Businesses
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 www.co.montgomery.ny.us **Please consider non-hazardous options**
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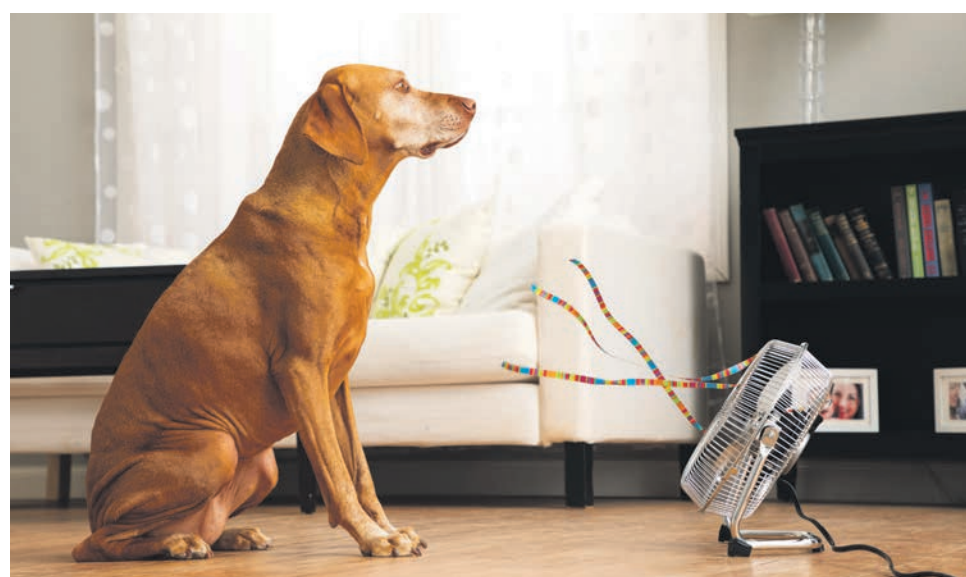
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Strange But True

by Lucie Winborne

- The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.

- The Greek name for the mosquito is "anopheles," which means "good for nothing."

- The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BCE in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of a hand.

- Live next door to a lottery winner? You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you're more likely to go bankrupt thanks to trying to keep up with your neighbor's new spending habits.

- Charlton Heston was cast as Moses in the 1956 blockbuster movie "The Ten Commandments" partly because he resembled Michelangelo's famous statue of Moses.

- Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.

- Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.

- The term "coccyx" (more familiarly known as your tailbone) is derived from the Greek word kokkux, or "cuckoo," because its curved shape resembles the bird's beak.

- Benjamin Franklin introduced tofu to America in 1770.

Thought for the Day: "The life given us, by nature, is short, but the memory of a well-spent life is eternal."
– Marcus Tullius Cicero

Now Here's A Tip

by JoAnn Derson

- Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.

- Berries are in season, and there's no greater time to stock up. But don't feel like you have to make jam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

- "Do you love burgers? Here's a great thing our family does that saves money and is very handy: When ground beef goes on sale, we buy a large quantity and premake many burger patties, seasoned and shaped just as we like them. Then we separate them with butcher's paper cut into squares. We put them in stacks, and then into empty bread bags to store in the freezer. When we are getting ready to cook out, the patties don't have to be all the way defrosted, just put on the grill and cooked up!" – A.J. in Florida

- Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.

- Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

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



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To Your Good Health

by Keith Roach, M.D.

Studies Don't Support CBD Oil for Depression

Dear Dr. Roach: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? – D.

Answer: There are animal studies and some preliminary data suggesting that cannabidiol, a non-psychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as THC. There is a chance that the "CBD oil" he purchased has THC in it: in one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

Dear Dr. Roach: I've been taking an

ACE inhibitor and a calcium channel blocker for the past four months for high blood pressure as advised by my cardiologist. In my blood test a month ago, my vitamin D level was at 16. I'm also taking weekly vitamin B12 as advised by my neurologist. Can I take vitamin D2 (50,000 IU) as a weekly dose for six weeks to overcome vitamin D deficiency, or would it interfere with blood calcium balance? – B.S.

Answer: Vitamin D will not interfere with the action of your ACE inhibitor or calcium channel blocker. Vitamin D usually has a very small (if any) effect on blood calcium levels, as these are tightly regulated through multiple means, especially the parathyroid hormone level and the kidneys.

I see many people who are given a six-week course of high-dose vitamin D2, such as the 50,000 units weekly for six weeks you were prescribed. I do not prescribe it that way, since many people wrongly feel that this will "cure" their low vitamin D, and they stop monitoring it after the course of treatment. Many people have inadequate vitamin D levels, and although there is some disagreement about what levels need to be treated, yours is in the range where everyone agrees treatment is necessary. For those who need it, ongoing supplementation of vitamin D is necessary, whether through pills, diet or sun exposure. For most people with a level as low as yours, oral supplementation is by far the most effective and safest treatment. I prefer 1,000 - 2,000 IU of vitamin D3 daily as a starting point for supplementation in most.

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

Good Housekeeping – Chilled Corn & Bacon Soup

Light but lush – it's thickened with late-season corn, low-fat milk and a Yukon gold potato – this refreshing farmstand soup is August's answer to cold-weather chowders.

Ingredients:

4 slices thick-cut bacon, cut into 1/2-inch pieces

1 large shallot, finely chopped

3 cups fresh corn kernels

1 large (8 ounce) Yukon gold potato, peeled and shredded

1/8 teaspoon smoked paprika, plus additional for garnish

2/3 cup water

4 cups (1%) low-fat milk

Salt and pepper

1/4 cup packed fresh cilantro leaves

Directions:

1. In 12-inch skillet, cook bacon on medium 6 to 8 minutes or until crisp and browned. With slotted spoon, transfer to paper towels to drain. If making ahead, cover and refrigerate up to overnight.

2. Drain and discard all but 1 ta-

blespoon fat from skillet. Add shallots and cook on medium 2 minutes or until golden and tender, stirring occasionally. Add 2 1/2 cups corn, shredded potato and paprika. Cook 2 minutes, stirring, then add water and cook 7 minutes or until liquid evaporates and vegetables are tender.

3. Remove skillet from heat and transfer corn mixture to blender. Add milk and 1/8 teaspoon salt and puree until mixture is very smooth. Cover and refrigerate until soup is very cold, at least 3 hours and up to overnight.

4. To serve, divide among serving bowls. Top with bacon, cilantro, 1/8 teaspoon freshly ground black pepper and remaining 1/2 cup corn. Garnish with paprika. Makes 4 servings.

• Each serving: About 375 calories, 12g total fat (5g saturated), 23mg cholesterol, 750mg sodium, 54g total carbohydrate, 5g dietary fiber, 17g protein.

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Fort Plain Free Library and Gamer's Revolt team up for kids' Magic: The Gathering tutorial

The Fort Plain Free Library, in collaboration with Chris Kazilas of Gamer's Revolt, will be hosting a youth tutorial for "Magic: The Gathering" on Friday, Aug. 27 from 4:30 - 6 p.m. Participants will learn everything they need to know to play this exciting card game, with no prior knowledge necessary, and all materials will be provided. At the end of the event participants will also receive their own free set of "Magic" cards, which can be used to play the game at home.

"Magic: The Gathering" is a fun, competitive card

game in which players use cards representing magical spells, powerful artifacts and exotic creatures to defeat their opponents. The core rules are simple to learn, but with nearly endless combinations of cards available, each game can be a totally unique experience.

The event is open to youths of all ages, though children under 13 may want an adult with them to help them understand the game. Space for this event is limited, so participants must register in advance. Sign up by visiting the library or by calling 518.993.4646.

Bible Trivia

by Wilson Casey

1. Is the book of Lamentations in the Old or New Testament or neither?

2. Who used the excuse "My family is poor, and I am the least in my father's house"? Aaron, David, Gideon, Jeroboam

3. With what kind of leaves did Adam and Eve attempt to cover their nakedness? Sycamore, Fig, Palm, Grape

4. From Judges 7, with how many men did Gideon defeat the Midianites? 3, 30, 300, 3,000

5. Who was the mother of Ishmael? Tabitha, Hagar, Ruth, Mary

6. What was the homeland of Job? Thyatira, Ur, Corinth, Uz

Answers: 1) Old; 2) Gideon; 3) Fig; 4) 300; 5) Hagar; 6) Uz

Comments? More trivia? Gift ideas? Visit www.TriviaGuy.com.

Climate change survey seeking kids

Cornell Cooperative Extension's 4-H Youth Development Program is seeking youth ages 6 to 7 to help us complete a survey of their knowledge about climate change. Each child will receive a free book for participating in the fun and easy 20-minute interview.

The purpose of this interview is to understand how much children of this age group know about climate change. To sign up for this survey email cornellgcckids@gmail.com or register through calendly.com/cornellgcckids/30min. For more information contact John Bowe at 518.623.3291.



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Good Housekeeping

Cantaloupe Boats

Drizzle honey and toasted almonds over raspberries, frozen yogurt and sweet melon for a simple summer treat.

Ingredients:

- 1/4 cup sliced almonds
- 1/4 cup honey
- 1 medium ripe cantaloupe, cut into quarters, with seeds removed
- 1 pint vanilla frozen yogurt
- 1/2 pint raspberries

Directions:

1. In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.
 2. To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries and warm almond mixture. Serves 4.
- * Each serving: About 330 calories, 8g total fat (3g saturated), 2mg cholesterol, 125mg sodium, 64g total carbohydrate, 8g protein.
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Raspberry freezer jam: Savor the flavor all year long

by Joyce Amsden,
Extension Master
Gardener Intern,
University of Vermont

Is there anything as delicious as a sun-warmed raspberry plucked from the bush and popped into your mouth?

The flip side of this simple summer pleasure is how fragile your freshly picked raspberries are and how quick to spoil. Fortunately, raspberries freeze well and are a tasty addition to baked goods, smoothies or yogurt. Another tasty option is freezer jam. Because the berries are not cooked, the flavor is distinctly fresh.

Here are some helpful tips for making raspberry freezer jam.

Do some research to learn when raspberries will be available in your area. The timing varies from early July to early fall depending on the varieties grown and the location of the berry farm.

Purchase fruit pectin. Several brands are available but check that the brand you select offers a recipe for freezer jam. Some brands offer a reduced sugar version. Read the instructions and

make sure you have everything you need.

Pick only ripe berries that separate from the core with a gentle tug. Avoid picking when the berries and bushes are wet with dew or rain. Wet berries mold very quickly.

The ideal containers for picking are shallow fiber or wood boxes that can be set into a basket hung from a belt loop. In a deep container, the berries in the bottom can get crushed and lead to rapid spoilage. Handle your berries gently.

If you travel a distance from home in a hot car, consider bringing along a cooler with ice packs or cool the car before heading for home.

At home, sort through your berries immediately, watching for debris and squashed or mushy berries. Place the fruit gently into freezer containers. Refrigerate or freeze within a day or two to preserve freshness. Immediate chilling can also prevent any problematic effects of spotted wing drosophila (go.uvm.edu/spw).

No time to make jam? It will be just as good made later with frozen berries.

Remember, successful freezer jam is dependent on accurate measurement of the ingredients. Follow the recipe exactly. Measure carefully.

Whether using fresh or previously frozen berries, crush a single layer of berries at a time with a potato masher and measure. A quart-size glass measuring cup works great for this. Measure the sugar into a separate bowl so that you can begin again if you get distracted or lose count.

Follow the package directions. This generally involves mixing the sugar and crushed berries, cooking the pectin briefly and adding it to the berry mixture. Portion the jam into containers, cover and let it sit for a time. Refrigerate or freeze. Your jam will keep several weeks in the refrigerator or a year or more in the freezer.

Six months later as the north wind howls and blows, pull a jar of jam from the freezer, sit down with a mug of your favorite warm beverage, a slice of buttered toast slathered with raspberry jam, and revisit the sweet sensations of summer.



Nothing tastes better than a slice of buttered toast slathered with homemade raspberry jam.

Photo by Joyce Amsden

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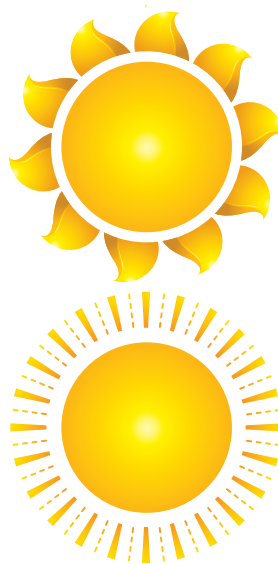
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Beat the heat with smoked pulled pork

Outdoor cooking is a staple come the warmer weather. When the dog days of summer arrive, few people want to spend time turning on the oven or standing by the stove. That's when mastering grilling or barbecuing becomes so essential.

Many people now have smokers in their outdoor cooking arsenals. The slow and low style of cooking imparts rich, smokey flavor and can create tender, fall-off-the-bone results wrapped in a delicious bark. Brisket and ribs are some of the foods associated with barbecue, but a perfect pulled pork recipe can yield juicy sandwiches or main courses accompanied by cornbread or cole slaw. Get barbecue ready with "Competition-Style Pulled Pork" from "BBQ Revolution" (Quarto Publishing Group) by Mitch Benjamin, author and Char Bar restaurant owner.

Competition-Style Pulled Pork

Serves 12 to 14

10 to 12-pound bone-in pork butt (Boston butt)



Brisket and ribs are some of the foods associated with barbecue, but a perfect pulled pork recipe can yield juicy sandwiches or main courses accompanied by cornbread or cole slaw.

1 cup Meat Mitch Competition WHOMP! Rub
1 cup pork injection, mixed according to the package directions (optional)
Apple juice
1 bottle (16 ounces) Stubb's Pork Marinade (optional)
1 bottle (21 ounces) Meat Mitch WHOMP! Naked BBQ Sauce
1 tablespoon honey
Greens (Such as parsley, lettuce, or kale to create a serving bed)

Fire up your smoker to 225 F with a good smoke rolling and get ready for battle. The meat will have a big fat cap on it, and you should trim that down to a thin layer. The meat contains a large amount of fat throughout, so don't worry about it drying out; it will be plenty moist. Then, you need to focus on the money muscle, trimming the meat to look like a log, which exposes as much money muscle as possible for seasoning, smoke, and bark.

Once you have trimmed the meat, it's time to inject. This is the fun part — load up your injector or syringe and pump that bad boy full of juice, injecting it randomly all over the meat, until it is packed full. After you have loaded it up, make sure to pat the meat dry with paper towels. Then, cover liberally in Meat Mitch Competition WHOMP! Rub and let it sit for about 30 minutes to sweat.

With your meat ready and your smoker rolling at 225 F, place your meat inside the smoker. Feed the fire with some unlit charcoal and chunks of pecan and cherry. Close it up and make sure you have plenty of charcoal and pecan and cherry wood. You'll be smoking for approximately 6 hours.

Every 30 minutes, open up the smoker and spray the meat with apple juice. (Put about 1/2 cup of apple juice in a spray bottle for this.) After about 6 hours, check the meat to see if you've achieved that mahogany bark.

When this bark is achieved, lay the pork on a big sheet of aluminum foil. Pour the Stubb's Pork Marinade around the base of the meat, close up the foil, and return the meat to the smoker. This step essentially steams the meat and breaks it down to achieve the tenderness you want; keep the smoker at 225 F. This stage usually lasts 3 hours, but it can always vary. At the end of the cook, you are watching for internal temperature to reach the target goal of 197 F. You don't want it so tender that the money muscle falls apart. Remove the meat from the pit and open up the foil to let out the steam. Then, close it back up and place it in a dry cooler to rest for at least an hour. (I have let it rest for up to 4 hours, and it was great.)

Next, doctor up your barbecue sauce. Take a bottle of Meat Mitch WHOMP! Naked BBQ Sauce and pour it into a pan along with enough apple juice and honey to thin the sauce and make it slightly sweeter. Also, the honey adds to the shine. Remember, judges eat with their eyes first. Heat the pan on the back of the smoker box, making sure to stir frequently so it does not burn.

Finally, it's time to break down the meat. Carefully carve out the money muscle, keeping it as a perfectly shaped loaf, move it to a separate pan, and cover it with foil to keep it warm. It's time to remove the bone. It should slide out easily and clean — if so, job well done! Chunk the remaining meat, paying close attention to the bark, trying to capture the best pieces. Separate the meat into nice barksy chunks and tubes and then pull and slightly shred the remaining pork. Lightly glaze the meat with sauce, making sure not to add too much. Cover the pan with foil and set aside.

Turn your attention to the money muscle. Brush the muscle with sauce; add just a light coating. It should glisten with the honey in the sauce. Next, carefully slice it into even pieces, but make sure to keep the loaf shape intact.

To assemble, start with the arranged greens in a serving box. Then, place the money muscle slices along the back of the box and fill in the front of the box with chunks on one side and pulled pork on the other side. If you're serving it in your backyard, drop it on the picnic table and watch your neighbors fight it out.

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How to prune tomato plants

by Nadie VanZandt,
Extension Master
Gardener, UVM

If your tomato plants look overgrown and crowded, now may be a good time to consider pruning them. Although pruning tomato plants is not required, it is a good practice to adopt during the growing season.

Properly pruning tomato plants improves the quality of your fruit. It creates airflow to keep

and branches that progressively produce blossoms and fruit as the vine grows. Indeterminate tomatoes have fruit in various stages throughout the growing season.

If you cannot identify the type by observation, check the seed packet or plant tag from where you obtained your tomato plants. Tomato types should be clearly labeled as determinate or indeterminate on the packaging.

Use your fingers to snip them off. You also can use clean pruning shears to remove larger suckers.

About a month before your first expected frost, remove the growing tips of the main stems of indeterminates. This will signal the plant to stop making flowers and setting new fruit. Instead, it will use its energy to grow larger established fruit and speed the ripening process.

You also can prune the

a cluster of fruit as these leaves provide shade and supply the fruit with sugar.

Pruning can be intimidating to novice gardeners, but don't be afraid to try. You will be rewarded with healthier plants and juicier fruit.



Pruning tomato plants improves the quality of the fruit by creating airflow, which minimizes risk of diseases and hastens ripening.

Photo by Nadie VanZandt

diseases at bay and speeds ripening in cold climates. Pruning also prevents crowding and improves sun exposure, which makes it easier to spot hornworms and other pests.

Plan this task for a dry day. Be sure to disinfect your pruning shears with a 10% solution of chlorine (one part chlorine to nine parts water) before you begin.

How you prune a tomato plant depends on its type: determinate or indeterminate. Determinate types are recognizable by flowering at the terminal end of a branch. This signals stems to stop growing. Determinates grow to a fixed height of about four to five feet. Blossoms develop at the same time, culminating in a short harvest period of about three to five weeks.

Indeterminate types have a vining growth habit. Their terminal buds grow new leaves

Only minimal pruning should be done on determinate tomatoes because this type sets a fixed amount of fruit. At this time in the growing season, pruning determinate tomatoes should be limited to removing the lower leaves to increase air circulation and pruning the leaves that touch the soil to avoid contamination from soil-borne disease. During heavy rains, this minimizes dirt splashing on the leaves and prevents early blight.

Indeterminate tomatoes benefit from the removal of their lower leaves as well as the following pruning guidelines.

Remove auxiliary buds or suckers (the shoots growing in the angle between the main stem and a leaf stem) to promote earlier and bigger fruit and to help create airflow potentially preventing disease.

Suckers on indeterminates are best pinched off when they are small.

crowded leaves at the center of an indeterminate tomato plant, again to increase airflow. Just be mindful not to remove the leaves above and below

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Coffee Break



Weekly SUDOKU

by Linda Thistle

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

ACROSS

1 Glitz partner
5 Body powder
9 Use a straw
12 Andean land
13 Jannings of old films
14 Travail
15 Former Cubs slugger
17 Tolkien creature
18 Porgy's love
19 Witherspoon of "Wild"
21 Inventor Nikola
24 Pugilist's weapon
25 Yard tool
26 "CSI" procedures
30 Egg (Pref.)
31 Topped with froth
32 Picnic dessert
33 Like ghost towns
35 Dog's treasure
36 Cambodia neighbor
37 "What the Butler Saw" playwright
38 Ink stains
40 Onetime "This Old House" host Bob
42 Back talk
43 "Georgia on My Mind," for

one
Mine material
Sunrise direction
Counterfeit
Petrol
Obligation
Meditative practice
Fleur-de-
Gem's feature
Ideal place on a tennis racket
Charged bits
Seeger or Sampras
Verily
Jargon suffix
Walked (on)
Roof overhang
Aspen attractions
Notoriety
"— you're told!"
Rebel Turner
Ex-Yankee

Martinez
Beheld
Heeded dental advice
Feedbag morsel
Obstreperous
Flamenco cheer
Online journal
Turkish money
Expansive
"— bitty
Greek cross
Discoverer's call
Pester
"Today" rival, briefly

DOWN

1 Family docs
2 Grazing land
3 Branch
4 Speak unclearly
5 Dick Tracy's love
6 Hebrew prophet

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18				19	20		
21	22	23				24				
25				26	27				28	29
30				31				32		
33		34						35		
	36						37			
38	39				40	41				
42				43	44			45	46	47
48				49				50		
51				52				53		

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MAGIC MAZE • — GATE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: **Must Pay Before Passing Through**

AND	Flood	Iron	Tail
Brandenburg	Garden	Moon	Water
City	Golden	Sluice	Wooden
Departure	Head	Starting	

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Light fixture is missing. 2. Ladder is shorter. 3. Bird house is missing. 4. Kite tail is shorter. 5. Bush is missing. 6. Boy's shirt is missing.

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SCRAMBLERS

Today's Word

3. Sober; 4. Tingle
1. Trifle 2. Turn; solution

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"I'd admire his grim determination if it weren't to remain _____."

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!

Curio	_____
FILTER	_____
Curve	_____
RUNT	_____
Austere	_____
BORES	_____
Shiver	_____
GENTIL	_____

TODAY'S WORD

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ON THE FARM TIRE SERVICE

Coffee Break

Home Country
by Slim Randles



Almost all of us know how to pronounce pandemic now, and we have a pretty good idea of what it means since everyone we know spent more than a year under virtual house arrest.

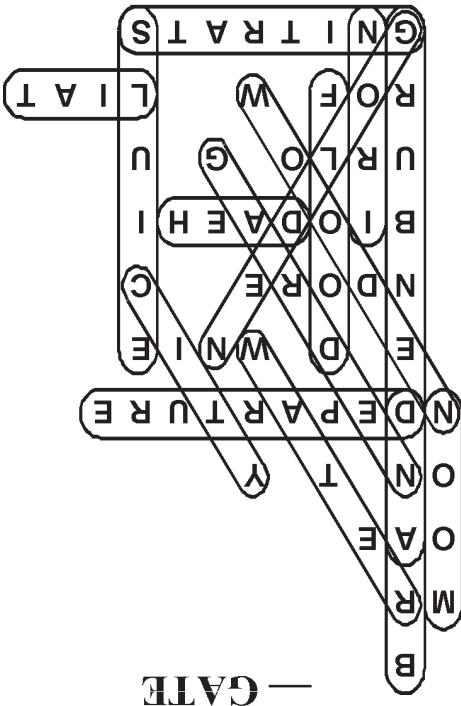


But that didn't help Billy much. Billy's our town dog, of course. He's been our town dog since Sally passed away on Doc's porch, and Billy's owner died two weeks later. Sometimes an honored

position doesn't require an election. Billy took right to it. He made his daily rounds to the back door of the Chinese restaurant and the Mule Barn coffee shop. He drifted over to the Rest of Your Life retirement home often to give the old folks another reason to enjoy life. And there was his job, too. Every weekday morning Billy was on duty at the street crossing where the kids went to school. Martin, the crossing guard, was always there with his vest and his sign, and Billy was the official cross-the-street escort. But when the pandemic hit, the kids were suddenly home schooled and Mar-

tin stayed home as well. This threw a big monkey wrench into Billy's gear box. So about once a week, a bunch of us masked coffee drinkers would go to the school intersection and stand there until Billy showed up. He'd look both ways and take us across the street, and then continue on his daily rounds. Just because we're in a pandemic doesn't mean we can't do our job.

Brought to you by "The Fly Fisherman's Bucket List," published by Rio Grande books and written by Slim Randles, who had fun researching it.



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

— Weekly SUDOKU —
Answer

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

Solution time: 23 mins.

— King Crossword —
Answers



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Lessons from the pandemic: How the relationship with our pets continues to grow

(BPT) - The pandemic has brought with it a number of challenges, from quarantining to social distancing and remote working - all of which resulted in more time at home. For some, this meant more quality time with family, including pets. According to a survey by the makers of Seresto, more than one-in-three pet owners got a pet during the pandemic.

For many of us, pets were a source of comfort and unconditional love throughout the uncertainty. In fact, nearly three-in-four pet owners surveyed (73%) say their pet has become even more of an emotional companion during the pandemic. Most say their pets have raised their spirits (61%), made them feel less lonely (58%) and helped them cope with

stress (57%).

And the number one benefit of having a pet? Unconditional love. Throughout the pandemic, the bond between pets and pet owners has grown stronger with a majority (76%) of people agreeing their pets have made them a better person.

Preparing for post-pandemic transitions

The pandemic has

changed the relationship between people and pets, with some pets only knowing a life with their owners at home. As cities and communities across the country begin to open back up, many families are preparing to head back to the office and school in person again, making it harder for some people to leave the house and their pets for longer periods of time.

The survey showed that only one-third of pet owners who are working from home (32%) feel "very prepared" to leave their pets at home when they go back to the office, with some expecting their pets to be anxious, clingy, even worried while they're gone.

Tips for strengthening the bond with your pet

It's not just pets who will miss their owners. Pet owners want to spend more time with their pets too, proving just how unique that relationship with our pets truly is. According to the survey, the relationship with our pets is mutually beneficial, held strong by the bonds of unconditional love.

Pet owners say the top benefits pets provide are keeping us company, improving our mood and showing unconditional love. Taking care of our pets, protecting them and showing unconditional love in return will help you both prepare for the changes ahead. Here are three tips to get you started.

- **Create a predictable routine.** One way to prepare for an upcoming change is to create a pre-

dictable routine. This may include regular sleep, wake and mealtimes. You can also get your pet used to you being gone by leaving the house for small periods of time, then expanding that time period with every excursion.

- **Catch up on pet wellness activities.** Before schedules get busy with post-pandemic commitments, catch up on important pet wellness activities. If you're behind on annual veterinarian visits, schedule one now. Many of us are getting back to the office, booking travel and spending less time at home.

- **Plan for quality time.** When you start your new schedule, remember that both you and your pet will experience many emotions. When you get home after being gone, plan for some quality time together. Pets provide so much love and companionship and, just like us, they have their own love languages. Maybe that's going for walks, getting a treat, enjoying a scratch behind the ears or something else that makes them feel extra special. Think about what is meaningful to them and go out of your way to show them just how much they are loved.

As you ease back into a new schedule, paying attention to your pet and what they need will help both of you grow together. It's those little things you learn about each other that make the companionship of having a pet such a special bond.



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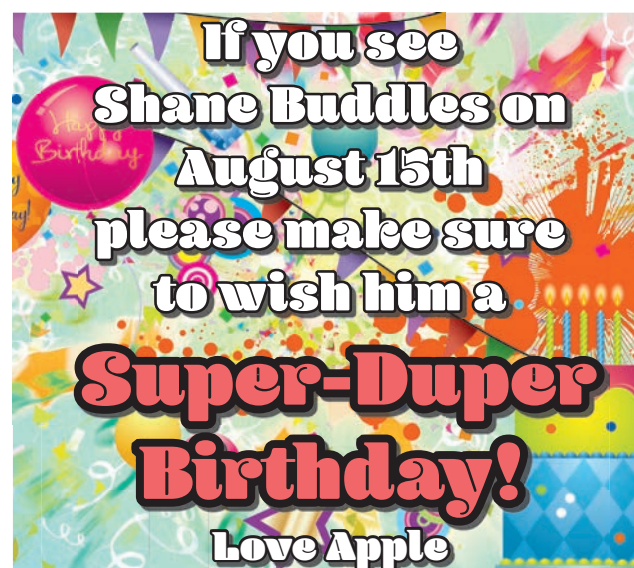
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