

THE Original Valley Pennysaver

Serving the Homes of the Mohawk Valley

Volume 5
Number 26

January 10, 2015

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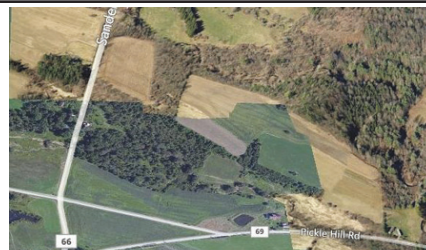
RESIDENTIAL - COMMERCIAL - FARMS - INVESTMENTS - ACREAGE



177: **DOLGEVILLE:** This apartment house is located in a very nice neighborhood. It would make a nice home for the buyer and rent the 2nd apartment to cover part of the mortgage or would make a nice 2 family rental. It does need some updating, but is worth a look **Asking \$70,000**



188: **FORT PLAIN:** This 2-story home is within walking distance to both the high school and the elementary school. The house is well maintained and has plenty of room for the family. There are beautiful hardwood floors throughout, the downstairs bathroom has been totally remodeled, updated cabinets in the kitchen, updated wiring. . . **Asking \$75,000**



190: **FORT PLAIN:** There is plenty of good clean soft water, good soil, & 117.7 total acres with 68 acres of tillable land, soybeans harvested this past season. The land is mostly level with gentle sloping. There are 28 acres of woodland, a million gallon pond, a drilled well (100 ft), & three dug wells located throughout the property. The barn can be partially saved or razed, the house with some updated features is in need of substantial renovations. The septic is a 12 yr. Old 1,000 gallon cement tank. **Asking \$450,000**



411: **NEW LISTING!!! CANAJOHARIE:** This is a nice home on a very large lot (11,700 sq ft). Home has a large eat-in kitchen with an electric fireplace in the eating area and tile flooring. Half bath downstairs, along with living room, formal dining room and a room that could be used as an office, family room or another bedroom and a laundry/mud room. There are beautiful hardwood floors throughout the home. Three bedrooms and a full bath upstairs. There is a detached 2-car garage and a shed currently being used as an art studio. House has a new furnace and new hot water heater. **Asking \$125,000**



514: **FORT PLAIN: BUY OR RENT** this two-story home located close to schools. Large kitchen w/tile flooring. Spacious living room and dining room with wood floors. **Asking \$45,000 to buy or \$750/month to rent**



533: **FORT PLAIN:** From the roof to the furnace, everything is updated. New kitchen w/white cabinets and updated appliances. Lg living room with recessed lighting. Formal dining room with new flooring. Partial bath downstairs w/tile flooring and W/D hook-up. Remodeled full bath upstairs. Home is well insulated w/reasonable heating costs. **Asking \$49,000**



605: **FORT PLAIN:** Quiet county setting is the location of this home. Over 3 acres with 281 feet of road frontage. 1995 double wide with central air, pellet stove and artesian well. Reasonably priced and a MUST SEE HOME!!!! **Asking \$64,900**



616: **CANAJOHARIE:** Cape Cod home with updated roof, siding and windows. Living room w/a view of the valley and a cozy fireplace. Hardwood floors throughout. Back porch and deck. Private backyard. **Asking \$84,500**



813: **FORT PLAIN:** Lot 145x166, 2 car garage, roof-shingled, furnace (1993), hot air oil, electric 150 amp breakers, electric hot water 40 gal, some windows have aluminum storms -

others have none. Enclosed entrance porch, working kitchen, living room, sitting area, dining area, living room 18x12 w/wood floors and fireplace. Hall closet, TV room 12x13, laundry room, bedroom down w/full bath 11'6"x12,' Up bedroom 11x15 w/bath. MUST SEE INSIDE!!!! **Asking \$84,900**



820: **CANAJOHARIE:** Beautiful, charming 2 bedroom Cape Cod home offering walk-in closets, full basement, large deck, 2 car garage w/an extra heated workshop. Beautiful hardwood floors and remodeled bath. Recently replaced furnace, roof, kitchen appliances, thermo windows and hot water heater. A double living room with an open stairway and bay window. The pantry could be made into a 1/2 bath if wanted. Relax on the open front porch or entertain on the large back deck. COME SEE WHAT THIS HOME HAS TO OFFER!!!! **Asking \$87,500**



883: **CANAJOHARIE:** Motivated seller, nice yard. Garage beneath home, 1 car could be 2 car. New windows with transferable lifetime warranty; natural gas furnace radiators/baseboard, 150 amp breakers, large back deck, new plumbing in kitchen, bathroom and sewer line with multiple shutoffs. Modern kitchen, completely remodeled bathroom, new large tub, granite sink counter. L shaped living/dining room, hardwood flooring, 4 bedrooms, 1 partial bath. **GREAT FAMILY HOME** **Asking \$99,500**



956: **ST. JOHNSTVILLE:** Quaint village home located on a dead end street. A must see home with a beautiful double lot, huge backyard for the kids to play or entertain guests. The perfect garage for that man cave!!! Very well maintained in and out, this house is priced to sell!!!! Centrally located in Upstate New York. This property is 1 hour from Albany, Utica and the Adirondacks or 45 mins. To Historic Cooperstown **Asking \$69,900**



964: **CHERRY VALLEY:** Custom built post and beam home with breathtaking views and 111 acres, 100 tillable. Soap stone counter tops, kitchen cabinets made of cherry, stone tile in bathrooms, stone fireplace, movie room, generator hook up, five zoned radiant heat. Nice 28x30 barn and second home on property is also post and beam w/radiant heat. Perfect for in-laws, summer rental, etc. A must see property located only 20 mins from Cooperstown. Qualified Buyers Only **Asking \$750,000**



975: **FORT PLAIN:** Lovely ranch home on 10 country acres with views of the Mohawk Valley. Many upgrades to this home in the past year. New propane furnace/on demand hot water heater, wood floors, paint, doors, skylights, washer/dryer, Soap Stone wood stove. Come take a look at this wonderful country property!!!! **Asking \$124,900**



976: **SHARON SPRINGS:** Come take a look at this ranch home. Spacious open floor plan with a 100 ft wrap around deck and 22 acres make this a wonderful country property. Lots of room for the kids to play or entertain on this huge yard. Plenty of land to have animals and enjoy your own spot to hunt **Asking \$110,000**



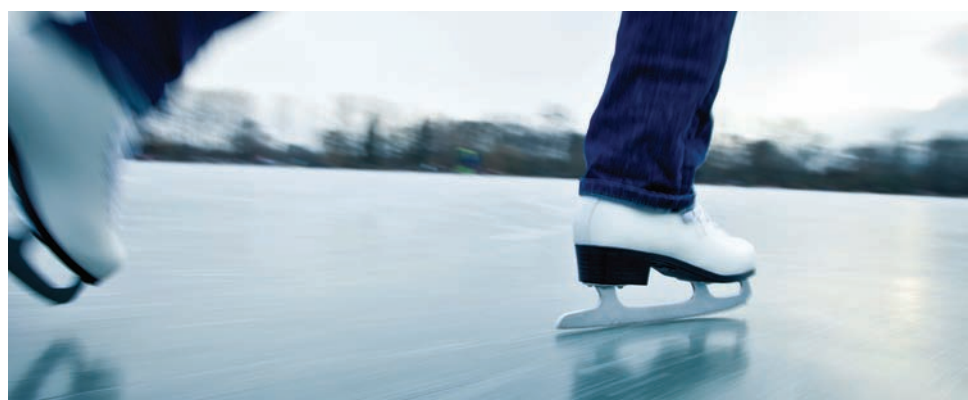
982: **REDUCED!!! CHERRY VALLEY:** A rare find nestled against the foothills of the Cherry Valley Mountains. Complete privacy is offered with this quaint country property. Set back 550' from the road with a gated driveway on 8 acres. Sit back on your 8x32 wrap-around porch and listen to the Class A trout stream that flows along the property. Three bedrooms, loft, 2 car garage, drilled artesian well, 200 amp service, 1,000 gallon concrete septic, wood shed, mud room, utility room knotty pine, etc. COME TAKE A LOOK!!!! **Asking \$175,000**

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WANTED Post Cards, Early Paper Advertising, Stamp Collections, Baseball Cards, Primitives, Antiques, Old Antique Kitchen Utensils, all these items and much more sell very well over Auction!! We have Antique Buyers that come to our every Tuesday night Auction looking for these items!! Bring them on!! JR'S Auction 56 Willett Street, Fort Plain, NY 518-993-4668

DRAFTY WINDOWS COST MONEY! Viewpoint vinyl replacement windows durable, low maintenance and **ENERGY STAR APPROVED** with lifetime warranty against glass breakage. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

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GREAT SELECTION of primitive items to include blue decorated stoneware jugs, period blanket boxes-some in original red paint in various sizes, tools, and much more. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

VW BEETLE 2005, loaded, clean. A must see! Call between 1/10/2015 & 1/24/2015 only! 315-823-2464 or 517-703-6358

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ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **THURSDAY NOON** prior to edition date. Call Peg 518-673-0111

CHECK OUT OUR SELECTION of R.S. Prussia, R. S. Germany, Fenton and fine china and crystal sets. Great selection of gifts for every occasion. The Gallery, 2 West Main Street., St. Johnsville, NY 13452. 518-568-5121.

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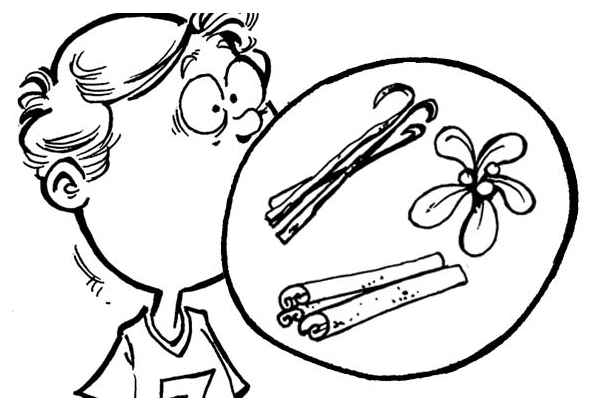
FOR SALE IS 1978 24' Foxfire Camper Trailer in good condition, tires are good, brakes and lights work, will make a great hunting cabin or storage trailer, is still road ready as well, call JR at 518-993-4668

ROOMS FOR RENT. \$85 per week, includes utilities and cable tv. Walking distance to downtown Canajoharie. Onsite Management and off street parking. Newly remodeled. Chris 518-227-7697.

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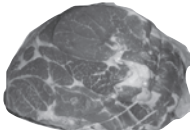
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IF YOU HAVE MACHINERY, equipment, cars, trucks, trailers or tractors that you want to sell, give us a call, we sell over Auction or on commission at our lot!! Call for details JR'S Auction 518-993-4668

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ALREADY CONSIGNED for Tuesday night Auction on January 13th Already consigned is a Heywood Wakefield Couch, Serving Cart, Oak Mission Rocker, Pool Table, Full Size Box Spring & Mattress, Primitive Pie Cabinet, 2 Paintings, Furniture, Tools and lots more!! JR'S Auction 56 Willett Street Fort Plain NY if you have items you want to turn into money bring it on down or call for details 518-993-4668.

Dollars and sense

by David Uffington
Homemade nontoxic cleaning products

Winter finds us with our windows and doors tightly closed, and everything in the air stays inside — including the chemicals from cleaning products. Stores carry non-toxic products, but many consumers find that they either don't work as well or are cost prohibitive. For less than a quarter of the price, you can easily make many home-cleaning products without toxic ingredients.

washing soda, borax and bar soap. You can add a natural scent if you like. If you're short on time, opt for dry recipes as opposed to liquid, which are more complicated and harder to store.

Make your own furniture polish with distilled white vinegar, a few drops of olive oil and lemon oil or fresh lemon juice. Wipe off excess. If you live in an area with humid summer weather, go light on the oil, as it might turn rancid.

Not everyone has a self-cleaning oven, and



Many window-cleaner recipes call for varying amounts of the same three ingredients: dish soap, vinegar and water. Some add a bit of ammonia, but then you've got the chemical smell and toxicity in the house. Others swear by the addition of a little cornstarch for cleaning serious grime and getting a super shine.

Take a look at the ingredients on the package of whatever laundry detergent you use now. You're likely to see names like linear alkylbenzene sulfonate, ethoxylate and diaminoethylbenzene disulfonate, plus others you can't pronounce. Instead of paying high prices for products with ingredients you don't understand, try making your own. Go online to search for homemade laundry soap, and you'll find recipes that start with

one of the strongest, most noxious cleaning chemicals in the home is oven cleaner. A half cup of baking soda and a tablespoon or two of water made into a paste, applied and left overnight will go a long way to help with the first step of cleaning a super-dirty oven.

The second step is to spray with a vinegar solution. There are some recipes that combine the vinegar with the first step. Check online for recipes you'd like to try.

None of the ingredients for these homemade cleaners are toxic — or expensive. Chances are you have the ingredients on hand already. Don't add bleach to any of your concoctions. Mixing bleach with certain other ingredients can cause toxic fumes.

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 **Original Valley Pennysaver**
The Little Paper with BIG Results

Serving the Homes of the Mohawk Valley

Published weekly on Saturday by Lee Publications
6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President
Frederick W. Lee
V.P., General Manager
Bruce Button

Circulation Manager.....Tony Keba
Classified Ad Manager.....Peggy Patrei
Controller.....Lyndsay Bock
Managing Editor.....Joan Kark-Wren
Production Coordinator.....Jessica Mackay
Shop Foreman.....Harry DeLong

Ad Sales

John Snyder, Sales Manager
518-673-0129, jsnyder@leepub.com
Kristen Lee, Sales Associate
518-673-0100, klee@leepub.com
Mary Skinner, Sales Associate
518-673-0130, mskinner@leepub.com
Jed Suits, Sales Associate
518-673-0131, jsuits@leepub.com

Reader ads 518-673-0111 or 800-218-5586

Bruce Button - Corporate Sales Manager
518-673-3011, bbutton@leepub.com
Accounting/Billing - Pauline Tripp
518-673-0150, ptripp@leepub.com
Commercial Printing - Beth Snyder
518-673-0101, bsnyder@leepub.com
Delivery concerns - Tony Keba
518-673-3011, pennysaver@leepub.com

Send all correspondence to:
PO Box 121, Palatine Bridge, NY 13428
Advertising e-mail: jsnyder@leepub.com
Editorial e-mail: jkarkwren@leepub.com
Web site: www.vpennysaver.com
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HAPPY BIRTHDAY!

Tiffani Cochran - Jan. 13th
Kim Lawrence - Jan. 13th
Amy Kretser - Jan. 13th
Jill Erhardt - Jan. 14th
Scott Angus - Jan. 14th
Jeanine Winkler - Jan. 16th
Vanessa Dillenbeck - Jan. 16th
Ivan Folts - Jan. 16th
Tom Coppernoll - Jan. 17th

20x30 TENT with four sides for rent. Canajoharie Volunteer Fire Department 518-673-3812

WE HAVE! Timberwolf log splitters. Call for pricing + models available. North Creek Auto 315-866-3698

03 CHEVY Venture mini van 70K 6 cylinder automatic, asking \$3550. 315-894-4411

95 POLARIS INDY 600, runs, looks good, \$650 OBO; other sleds and parts. 99 Dodge Caravan, V6, automatic, many new parts, \$1,500 OBO. 315-219-2820 or 315-867-7035

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FARM HELP NEEDED: 20-25 hours per week. Call 315-822-3194

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MUSICAL EQUIPMENT: Drums, guitars, amps, accessories. 601 Disce Rd., Little Falls, NY 315-823-1603

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08 F250 4x4 with a fisher V/plow, 98K 8 cylinder auto, asking \$12,500. 315-894-4411.

03 CHEVY Impala 6 cylinder auto, 67K, asking \$4200. 315-894-4411

BALEAGE FOR SALE: Alfalfa mix, timothy & clover mix. 315-822-3194

04 HYUNDAI SONATA, V6 auto, 38K, \$4100. 315-894-4411

4500 WYATT GENERATOR, electric start, \$300. 315-858-7043.

RUBBER STAMPS self inking. All sizes. Call Beth at Lee Publications. 518-673-0101

OLD MAN WINTER - BURR. Rock salt, heating cables, snow shovels and roof rakes available at C.H. Burkdorf & Son, Inc., 35 Hough St., St. Johnsville 518-568-7016

SUPPORT YOUR LOCAL MERCHANTS. BUY LOCAL or BYE, BYE LOCAL!

THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

Guidance for persons who have traveled to an Ebola affected area

If you have traveled to an area affected by an Ebola outbreak, you will be screened to determine your exposure risk:

High risk - direct contact with Ebola or sick individual's body fluids

Some risk - direct contact within 3 feet of an Ebola /sick individual

Low, but not zero risk - travel to an area impacted by Ebola, but no direct contact.

A quarantine order will be issued for asymptomatic individuals according to exposure risk. High and Some Risk individuals will be quarantined in their home for 21 days and will be monitored in person for 21 days following the last contact with the sick individual.

Low, but not zero individuals will be monitored for 21 days by LHD. Individuals in all risk categories will check their own temperature twice daily and monitor themselves for symptoms.

Symptoms of Ebola include:

Fever (greater than 38.6°C or 101.5°F)

Severe headache

Muscle pain

Weakness

Diarrhea

Vomiting

Abdominal (stomach) pain

Unexplained hemorrhage (bleeding or bruising)

***Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

If symptoms develop during the 21-day quarantine/monitoring period:

- Stay where you are!

- Call 911 and provide complete and detailed information on travel history and signs and symptoms.

- Be patient after calling 911, since EMS providers need to take precautions to protect themselves before responding

- All household members that were within three feet of an Ebola/sick individual will be on a 21-day quarantine.

Cooperation is the key in protecting your family, neighbors, and your community from Ebola.

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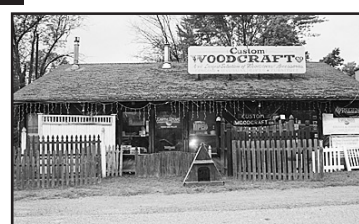
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Donna's Day: creative family fun

by Donna Erickson

Exercise for fun and family health

Getting out the door for fresh air and exercise during a cold Minnesota winter is a big challenge. No wonder I'm jealous when my friend in Florida emails cheery news about playing tennis in 74-degree weather.

To console me, she offered to share the warmth. In her playful manner she said, "If only the weather could be more evenly distributed across the country — as if getting a good shake, like an upside-down Etch-a-Sketch, could even things out a bit."

She wouldn't even mind sharing some Florida sunshine and warm breezes to help us through these brutal winter days in the Midwest. Come summertime, I could reciprocate the favor. If only...

Whether it's hot or cold, or somewhere quite perfect in between, getting motivated to exercise is always the same. It's the matter of taking those first steps.

So, the bottom line is, wherever you live, getting out and getting moving is important all year round, even if you have to wear snowshoes instead of running shoes.

Here are quick start ideas:

Give me five! Get muscles moving for five easy minutes. Set the timer and arm-wrestle, jump rope or run and up down the stairs. Squeezing in a few minutes of playing in the snow will burn calories and give you a workout. Make snowballs, a fort, a tall snowman or a chorus of snow angels. If you lose track of time, remember that in family life, there doesn't have to be a clock or a finish line.

Fun and games. Challenge your family with activities that inspire healthy play both indoors and out. Have a ball playing basketball and football. Make it "tag" or "touch football" for all ages to be part of the workout. When you come indoors, play ping-pong, set up plastic bottles for bowling pins or enjoy a floor hockey competition on the basement carpet.

Take a walk. Enjoy this year-round exercise any-

time of day. At 3 miles per hour, you can burn 112 calories in a half hour. Increase your pace to a jog with older kids for an extra challenge. Or visit a nearby park or nature center for a long adventure hike. Climb rocks, inhale the aromas of the natural world around you and take pictures to capture the visual memories.

(c) 2015 Donna Erickson

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Grab the best buys this January

Shopping may be the last thing on the average person's mind once the holiday season has ended. But January may be a great time to go bargain hunting.

Though sinking January temperatures can make winter seem endless, retailers already have spring on their minds when the calendar turns, and many use the first month of the year to

clear out inventory and make room for spring merchandise. If you're ready to shop, the following items might be available at heavy discounts.

- Winter clothing: January can be a great time to get discounts on winter apparel. Sweaters and coats have been on display since September, and stores are ready to start displaying their spring collections. Use

that accumulated Christmas cash to stock up on coats, sweatshirts and even snow boots.

- Exercise equipment: Many people resolve to get in shape come the new year, so it comes as no surprise that fitness gear and equipment is on sale in January. Look for deals on home gym equipment, workout wear and items for winter sports. If you are in the

market for a gym membership, health clubs typically offer discounted fees and incentives to join in the first month of the year.

- Home furnishings: Several manufacturers release new furniture collections in February, and retailers must clean out their old inventory beforehand. If you are in the market for big-ticket home furnishings, your



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patience may just be rewarded with considerable savings in January.

- Holiday items: Now is the time to stock up on holiday décor as retailers reorganize for Valentine's Day and spring holidays. Take inventory of any decorations that broke during the season as well as anything you are thinking of replacing. Purchase cards, wrapping paper and other holiday items now and pack them away until next year.

- Vehicles: January and February can be ideal times to find discounts on both new and pre-owned vehicles. Drivers may not want to drive new vehicles through messy winter conditions, so they will usually wait to buy until spring. Dealerships recognize this and will drop prices on vehicles during the winter to try to entice shoppers to buy. You might find it easier to negotiate a better deal in January and February than you would

later in the year when demand is higher.

- Big-ticket electronics: January is traditionally one of the best months to buy electronics because this time of year is when the Consumer Electronics Show unveils the newest technology. As people upgrade to new models and systems, last year's merchandise is put on sale. Sports fans also may want to upgrade the size of their televisions now so come February they can watch the Super Bowl in style.

- Jewelry: January is slow for jewelry retailers, and that lull can be advantageous to buyers shopping in January. Splurge on jewelry now before prices spike for Valentine's Day.

Bargain hunting consumers may want to brave the winter weather and shop till they drop this January, when retailers may be looking to unload inventory as they prepare for the spring shopping season.

Whatchamacallit

This is an original Civil War naval artillery fuse box that would have been used by a Civil War Naval artilleryman to carry packs of paper time fuses. As you can see, this has the arsenal mark stamped into the leather.

"USNY BOSTON" stands for United States Naval Yard at Boston. The Boston Navy Yard, originally was called the Charlestown Navy Yard and was one of the oldest shipbuilding facilities in the United States Navy.

Established in 1801, it was officially closed as an active naval installation on July 1, 1974. The earliest naval shipbuilding activities in Charlestown, MA, began during the American Revolutionary War.

The land for the Charlestown Navy Yard was purchased in 1800 and the yard itself established shortly thereafter. The yard built the first U.S. ship of the line, USS Independence, but was primarily a repair and storage facility until the 1890s, when it started to build steel ships for the "New Navy." By then, it was called the Boston Navy Yard.

This leather fuse box is about 3.5 inches wide, 3.5 inches tall and 2 inches in depth. It's a fine example of an intact civil war era piece of history, it

has the original closure tab and brass finial on the bottom and on the back is the original belt loop.

Do you have your own Whatchamacallit? Please send a picture of the item to bjaquays@leepub.com or call Branden at 518-673-0145. Visit our Facebook page each week to see if you can figure out what the upcoming Whatchamacallit is.



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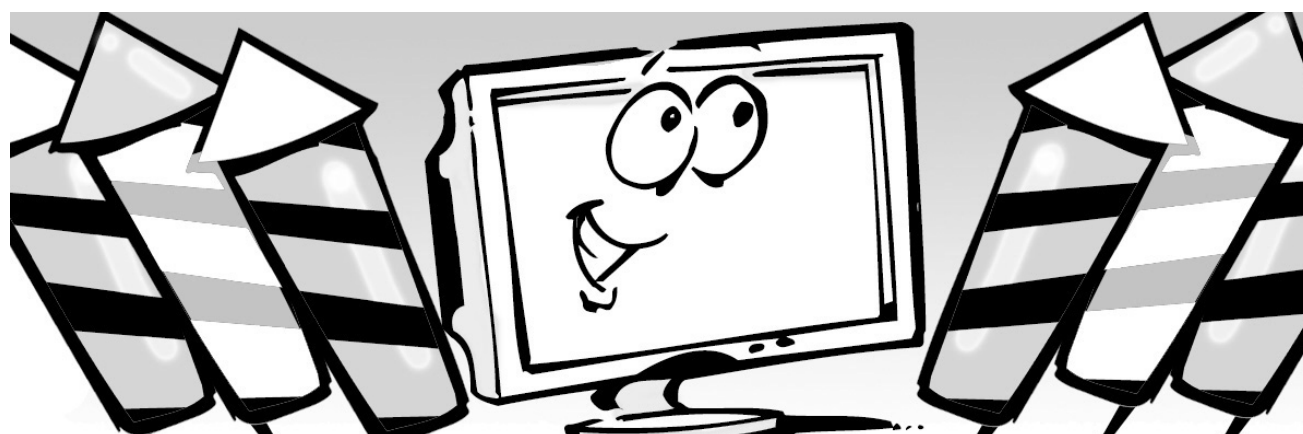
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Music mistakes to avoid

Wedding guests are usually anxious to head to the reception, where they can let loose and party. Music is an essen-

the reception as well as getting guests up on the dance floor.

- Playing only one type of music: Playing too

very long songs, as the mix of music should be upbeat. The wedding isn't the time to play "American Pie" by Don McClean,

ing a wedding reception, and it's essential that couples take steps to avoid any musical mis-



Steering clear of wedding music mistakes means couples have a greater likelihood of throwing spectacular parties.

tial component of a lively and fun wedding reception, and there are some musical miscues couples should look to avoid to ensure the music is not memorable for all the wrong reasons.

- Blocks of silence: Nothing makes time seem interminable more than silence. Always have a constant flow of music to avoid awkward silences. This includes the time guests are waiting prior to the ceremony as well as when they're entering the cocktail hour. Music will help everyone feel comfortable, and it creates a pleasing atmosphere, so make sure music plays throughout the festivities.
- Second-guessing a professional: In an effort to curb costs, some couples provide their own playlists via an mp3 player or a streaming service for the music. This is often a mistake. Hiring a professional means you will not have to worry about managing music on top of your many other wedding day responsibilities. A band or deejay usually also serves as the emcee for the event, announcing key moments of

many songs from one genre of music will alienate some of the guests who simply are not interested in that type of music. Professional deejays or performers know how to offer a great mix that will appeal to the masses, and they are often well worth the cost. Try to span different decades and genres to keep as many of your guests on the dance floor as possible.

- Failure to make a song list: Some songs you may feel are essential to the wedding and others may be on a do-not-play list and are associated with negative memories. Band leaders and deejays are not mind readers. Give your band leader or deejay ample time to review your requests so that he or she has time to find a song that may not be in his or her collection.
- Dancing to long songs: Pay attention to a song's length, and choose spotlight dance songs wisely. Remember that guests will be watching you dance with parents or each other, and a five-minute song can seem neverending while others are waiting around. Avoid

Queen's "Bohemian Rhapsody" or Lynyrd Skynyrd's "Free Bird."

- Inappropriate lyrics and volume: Keep the music at an acceptable volume, and avoid songs with suggestive language or curse words that are inappropriate in a family setting.

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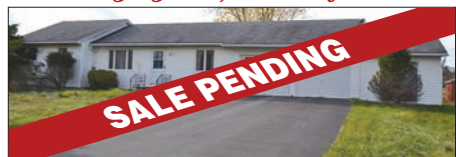
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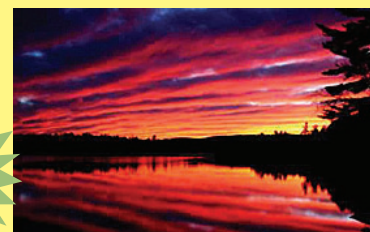
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Wednesday, Jan. 14th

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- Western Egg Sandwich w/Cup of Soup

Thursday, Jan. 15th

- Liver & Onions w/Mashed or FF & Salad
- Macaroni & Cheese w/Applesauce

Friday, Jan. 16th

- Fresh Haddock, FF or Mashed & Salad
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Sunday, Jan. 18th

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4 DAYS/3 NIGHTS

JUNE 21-24, 2015

\$300 per person

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Tony: 518-332-1556 or 518-568-3464

Sponsored by: Morris J Edwards American Legion Post 168
St. Johnsville, NY

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PANCAKE BREAKFAST
at the Ephratah Rod & Gun Club
Route 67, Ephratah



Enjoy pancakes, sausage, eggs, home fries, pure maple syrup, chicken gravy, sausage gravy, applesauce, coffee, orange juice, milk

Cost: \$8.00 - ages 12 & up

\$3.50 - ages 6-11 • 5 & under - FREE

SUNDAY, JANUARY 18, 2015

7 am till 12:00 noon



**PANCAKE
BREAKFAST**
Benefit Ames Volunteer Fire Department

SUNDAY

January 18

February 15

March 15

7:00 a.m. -to- 2:00 p.m.

AMES FIREHOUSE

Pancakes, Sausage, Eggs, Liver Sausage,
Homefries, Sausage Gravy, Applesauce,
Donuts, Orange Juice, Coffee, Tea & Milk

ADULTS: \$8.00 CHILDREN: \$3.00
5 and Under: FREE

CLIP & SAVE

Johnstown Reformed Church
351 North Perry Street, Johnstown, NY

**CHICKEN
'N BISCUIT SUPPER**

Saturday, January 17th, 2015

4:30 ~ 7:00 PM

Donation: Adults \$10.00 • Children (6-12) \$5.00

Takeouts & Deliveries Available
518-762-7869

BUS TRIP TO FOXWOOD CASINO

SATURDAY, FEBRUARY 1ST, 2015

(Leaves St. Johnsville at 6am)

**\$45 Includes
\$10 Food
& \$15 Gaming**



Call: Carmen: 518-727-6024 or 518-568-7328
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Post 168, St. Johnsville, NY

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NEEDED
Bus Driver Substitutes
 Van Run Available
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 Central School
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In 1984, President Ronald Reagan declared July to be National Ice Cream Month, citing the food's "nutritious and wholesome" qualities. He decreed that patriotic Americans should mark the month with "appropriate ceremonies and activities."

FOR SALE IS 1978 24' Foxfire Camper Trailer in good condition, tires are good, brakes and lights work, will make a great hunting cabin or storage trailer, is still road ready as well, call JR at 518-993-4668

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NOW IS THE TIME TO TACKLE that paint job, \$5 Instant Savings Easy-Care Premium or Platinum Paints per gallon. Behind Every project is a True Value! 12 Willett St Fort Plain 993-3834

We want to hear from you!

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 Palatine bridge, NY 13428 OR
 email
jsnyder@leepub.com

MUSICAL EQUIPMENT: Drums, guitars, amps, accessories. 601 Dise Rd., Little Falls, NY 315-823-1603

ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **THURSDAY NOON** prior to edition date. Call Peg 518-673-0111

LET US GET top dollar for you...We offer estate sales, both auction and house sales. Over 30 years experience. We do appraisals...Furniture, jewelry, and art, both written and verbal. Very reasonable rates. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

WE HAVE KEROSENE AND propane forced air heaters in stock. Fort Plain True Value 12 Willett St Fort Plain 993-3834

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WE HAVE CUB CADET, and MTD snow throwers in stock! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

WE REPAIR WINDOWS, including double pane, and screens. Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

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Today's Date _____ # of Weeks to Run _____ Starting Issue Date (Saturday Date) _____

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_____	_____	_____	24 words - \$5.00	_____
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(TELEPHONE NUMBERS = ONE WORD)

34 words - \$6.00

Name (Print): _____

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Email Address: _____

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Mail: The Original Valley Pennysaver, PO Box 121, Palatine Bridge, NY 13428

Antiques & auctions...

Going, going...yours!

CALENDAR OF EVENTS

ORIGINAL VALLEY PENNYSAVER

NOTE: Calendar entries must arrive at the Original Valley Pennysaver office by the Friday prior to our Tuesday prior to our publication date for them to be included in the calendar of events. Send events to Lee Publications c/o The Original Valley Pennysaver, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or e-mail: kkelly@leepub.com

JAN 1-31

Arkell Center Events for January

Arkell Center, Canajoharie, NY. Arkell Center Programs for all area Seniors during January are as follows:

Monday-Friday: 11:45 am. OFA Meals of Montgomery Program serves hot meals, suggested \$3 donation for 60 and older. Call 673-2000 for reservations.

Mondays-Fridays: 10-12 noon. Arkell's Indoor Walking Program will continue. Seniors invited.

Mon, Wed & Fri: 10-10:30 am. Arkell Center Senior Exercise Program is in the basement. Coffee after.

Jan. 14, 21 & 28: 2:30-3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement.

SPECIAL EVENTS

Jan. 14, 21 & 28: 12:30 to 4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry-673-5635.

Jan. 13: 9 am. Montgomery County OFA HIICAP Public Information Session. Medicare Savings Program, Medicare Preventative & Wellness Services, HEAP and

OFA programs and Services.

Jan. 20: 9:30 am. Breakfast with your Neighbors. Open to all Seniors in the community, bring a dish to share!

Jan. 26: 10:30 am. Alzheimers presents "Healthy Body/Healthy Mind for all individuals.

Jan. 27: 11:15 am -12:15 pm. Blood Pressure Clinic. Home Health Care Partner's Corp. (Co-Sponsored by St. Mary's & Nathan Littauer Hospital) Home Health Care Partners Corp. also provides health and wellness information.

MEETINGS

Jan. 23: 1 pm. Canajoharie Senior Citizens Club Meeting

Jan. 13: 6 pm. Canajoharie/Pal Bridge Chamber of Commerce meeting.

Jan. 27: 10-11 am. Alzheimer's/Dementia Caregiver Support Group meeting.

JAN 10

Free Clothing Giveaway Valley Alliance Church, State Highway 5 east of Nelson. Saturday from 9-11 am. Doors open at 8:45 am. Refreshments will be provided.

JAN 17

KING'S

Sun., Jan. 11th Breeder Sale ~ 11:33am

Sat., Jan. 17th Consignment Auction ~ 6:33pm

Sat., Jan. 24th Consignment Auction ~ 6:33pm

Sun., Jan. 25th Breeder Sale ~ 11:33am

Burrows Rd., West Winfield, NY • (315) 822-5221

WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

Mohawk Valley Woodturners Monthly Meeting

At their clubhouse in Dolgeville. 10 am. For more information and/or directions contact Richard at 315-219-1240.

JAN 21 & 28, FEB 4, 11, 18 & 25, MAR 4

Learn To Meditate (Free Class)

Canajoharie Library & Arkell Museum, 2 Erie Blvd., Canajoharie, NY

. 5:30 pm. Find your peace, improve your health, reduce your stress. All ages encouraged. Call 518-428-4692 or e-mail melaniep@meditate-upstate.com to learn more. RSVPs welcome.

FEB 7

8th Annual Rabbit Hunt Canajoharie Fish and Game Club, Fish & Game Club Rd., Canajoharie, NY. Registration Feb. 6, 5-8 pm and Feb. 7 6-8 pm. \$20/hunter. Must be registered prior to hunting. Prizes, Raffles, Kitchen open. Registration \$20. For more information contact John W. Hayes at 518-922-5055.

MAY 25

Fort Klock Opening Day Fort Klock Historic Restoration, St. Johnsville, NY. 10 am - 4 pm. Call 518-568-7779. On Internet at

www.fortklockrestoration.org

JUN 6-7

Hammer In

Fort Klock Historic Restoration, 1820 Fort Clock Blacksmith Shop, St. Johnsville, NY. 10 am - 4 pm. All blacksmiths are invited to attend and demonstrate how iron items were created in early times. Call 518-568-7779. On Internet at www.fortklockrestoration.org

JUL 4

Independence Day Celebration

Fort Klock Historic Restoration, St. Johnsville, NY. Noon - 4 pm. Also a strawberry festival of homemade cakes, strawberry shortcake, Stewart's ice cream and refreshments for a small fee. Bake sale. Call 518-568-7779. On Internet at www.fortklockrestoration.org

AUG 4-6

Young Pioneer Program

Fort Klock Historic Restoration, St. Johnsville, NY. 9 am - 3:30 pm. Children 9 thru 13 invited. Call to enroll. Small fee and limited to 20 children. Call 518-568-7779. On Internet at www.fortklockrestoration.org

JR's Auction

56 Willett St., Fort Plain, NY 13339 • (518) 993-4668

Antique, Furniture and Consignment Auction

Tuesday, January 13th • 5:00pm

Antiques, Furniture, Tools, Household and more!!

Already consigned is a Heywood Wakefield Couch, Serving Cart, Oak Mission Rocker, Pool Table, Full Size Box Spring & Mattress, Primitive Pie Cabinet, 2 Paintings, Furniture, Tools and lots more!! Receiving times for consignments is Monday, Wednesday and Fridays from 8:00am to 5:00pm Closed Thurs., and Sat. Don't Miss This Auction!!

NOW IS THE TIME!! BRING IT!!

Gun and Ammunition Consignment Auction

Wednesday, January 21st • 6:00pm

at JJ'S Sporting Goods,

14 Bridge Street, St. Johnsville

Auction will be for JR'S Auction 518-993-4668

Attention: if you have Guns, Ammunition, Sporting Goods, Fishing Tackle and more give us a call and we will sell them for you!! Already Consigned is a Mossburg 410 Ga, 1-Mossburg Model 395 KB 12 Ga. and more still coming!! Gun and Ammunition Consignments Wanted!!! For Details Call JR. 10% Buyer's premium and a \$20.00 nix check fee will apply to gun purchase.

Are you looking to do an Auction?? Give Us A Call!!

Real Estate, Farm Auctions, Business Liquidation Auctions, Sporting Auctions, Machinery, Estate Auctions, Antiques!! At your site or ours!!

JR'S Auctions 518-993-4668

WEEKLY SALES EVERY MONDAY

HOSKING SALES

Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1:00 Dairy, followed by feeders, sheep, lamb, goats, pigs. Calves start at 5PM followed by cull beef. Call for more info and note all times are approximate. Our volume is increasing weekly - join your neighbors & send your livestock our way!

Monday, Jan. 5th - Sold 242 Head. Cull ave. \$.87, Top cow \$1.10, Bulls/Steers \$1.22 - \$1.40, bull calves top \$3.10, heifer calf top \$3.10, Dairy Feeders \$.85 - \$1.08, Feeder Bulls \$1.01, Feeder steers \$.83 - \$1.46, Feeder heifers \$.85 - \$1.72. Dairy milking age top \$2125, Bred heifers top \$2050, Open heifers top \$600. Hogs Boar 743# \$.10, Sows 367# - 605# \$.46 - \$.66.

Monday, Jan. 12th - Normal Monday Sale & Monthly Heifer Sale. 30 top end registered & grade Holstein heifers coming from New England. Also consigned is 15 short bred heifers that been with the bull since November. A group of springing heifers. Demand for fresh & springing heifers is getting stronger - all ages of Dairy cattle are selling strong!

Monday, Jan. 19th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

Monday, Jan. 26th - Normal Monday Sale.

SALES TO WATCH FOR - CALL TO ADVERTISE YOUR CONSIGNMENTS

Monday, March 23rd - Normal Monday Sale & Easter Sheep, Lamb, Goat & Pig and Small Animal Sale.

Monday, March 30th - Normal Monday Sale & Easter Sheep, Lamb, Goat & Pig and Small Animal Sale.

Sat., April 4th - 11:30AM Spring All-Breed Premier Sale. 100 Head of Registered All Breed Dairy Cattle accepted for this sale.

Sat. April 18th - 9AM. Annual Spring Machinery and Equipment Auction. We will also be selling Trees & Shrubs. Accepting consignments from single items to full lines of equipment. We will be starting at 9AM on small items, tools and plants.

Sat., April 11th - 11AM Spring Beef Spectacular Turnout Sale. Accepting consignments for this sale.

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL.

****Trucking Assistance** - Call the Sale Barn or check out our trucker list on our Web-Site. **Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.**

Directions: Hosking Sales 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com Call today with your consignments.

Tom & Brenda Hosking

6096 NYS Rt. 8,

New Berlin, NY 13411

HOSKING SALES

607-699-3637

or 607-847-8800

cell: 607-972-1770 or 1771

This is a hammer

by Samantha Mazzotta

Frozen pipes are no joke

Q: While we spend a couple of months in Florida, our grandson Ronnie will be house-sitting, making sure the place is taken care of. I asked him to make sure that he leaves a couple of taps dripping anytime the temperature dips below freezing. He just chuckled and said, "Won't that run up your water bill?" Now I'm worried he won't do it. What should I do to make sure he knows how important it is that the pipes don't freeze? — Carl H., via e-mail

A: At the risk of sounding flip, I'd tell Ronnie that while you handle the hopefully moderate water bill, he can cover the exorbitant cost of replacing burst pipes and repairing water damage. However, I have a feeling that he was just joking a bit. So, go easy on him, but make sure he knows you want him to keep the taps dripping.

Homes in the northern United States and Canada use higher-rated insulation than houses in the warmer southern states. That helps reduce frozen and burst pipes. But when a house isn't regularly lived in,

if the heat is kept to a minimum to save energy, and water isn't running through the pipes daily, the risk of frozen pipes goes up.

If Ronnie lives in the house while you're gone, the risk of frozen pipes may be minimal. But he still should check less-used areas each week, and daily when the temperature remains below freezing for several days. He should run his hand along exposed pipes in the basement or crawlspace to feel for cold spots that indicate freezing sections. And he should run water occasionally in sinks or tubs that don't see regular use while you're gone.

Make sure that Ronnie has contact information for repair contractors, plumbers and heating specialists so he can have any problems addressed immediately while you're away.

Home tip: To prevent damage to exterior water spigots during cold snaps, shut off water to the outdoor spigots and drain them completely so no water remains in the pipes.

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Amber Waves



King Crossword

ACROSS

1 Birthright barterer

5 Shade provider

8 Agree

12 Money

13 "The Raven" writer

14 Quite some time

15 Desire for success

17 Break suddenly

18 Actors' lines

19 Patterned cotton fabric

21 Corn spike

22 Skirt feature

23 Klutzy sort

26 Light touch

28 Insinuating

31 Old Italian bread

33 Kitten's comment

35 Quite some time

36 Intoxicated

38 Pitching stat

40 Siesta

41 Mid-month date

43 Conclusion

45 Electricity problem

47 Begins

51 Not "fer"

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

54 55 56

57 58 59

52 Document with many signatures, maybe

54 Coin aperture

55 Ailing

56 Beige

57 Actress Daly

58 Hearty brew

59 Melody

6 Privy

7 Repairs

8 Flower used to flavor tea

9 Car starter

10 Throb

11 Catch sight of

16 Frog's cousin

20 They (Fr.)

23 Antiquated

24 Football fill

25 Realization

27 Spelling contest

29 "CSI" evidence

30 Kreskin's skill

32 Slowish in music

34 Emulate

37 Small barrel

39 Con

42 Bygone photo hue

44 Goes out with

45 Brewery kiln

46 Unsightly

48 Puerto —

49 Ripped

50 Tightly fitting

53 Right angle

DOWN

1 "Zounds!"

2 Big rig

3 Goya's "Duchess of —"

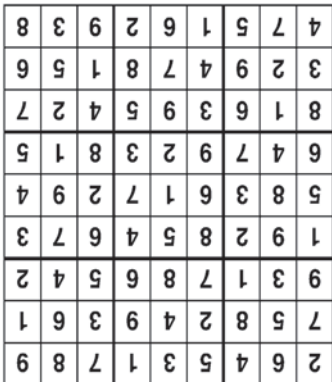
4 Functional

5 Pithy piece

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Solution time: 25 mins.
Answers



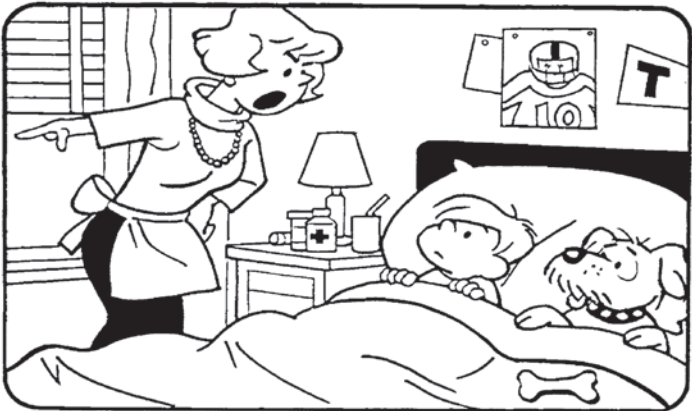
Answer

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

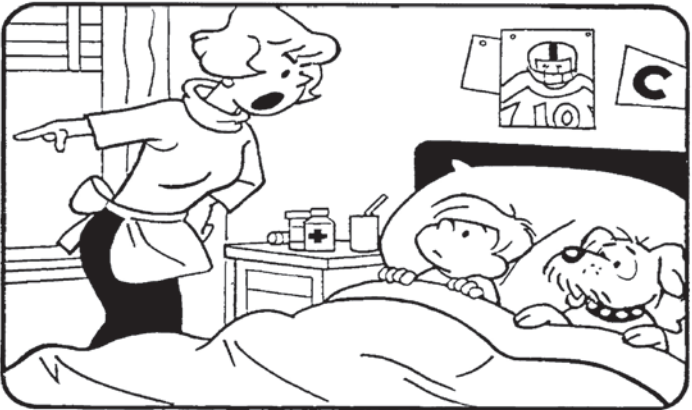
~ Helen Keller

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Blind is raised. 2. Beads are missing. 3. Apron is smaller. 4. Lamp is missing. 5. Letter is different. 6. Bone is missing.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

Weekly SUDOKU

by Linda Thistle

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

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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PITTSBURGH PAINT: Interior paint and primer in one product - save money and time. You work too hard to paint with anything else. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

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NEW! We are now making hydraulic hoses! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555

STEEL EXTERIOR ENTRY DOOR UNITS by THERMA-TRU- Many styles to choose from. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

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8 YEAR OLD Standard-bred mare, traffic safe & sound, \$1,500. 518-993-2543

Having problems with your well or pump? Call The Water People - Provost Brothers! 518-868-2126

OLD MAN WINTER - BURR. Rock salt, heating cables, snow shovels and roof rakes available at C.H. Burkdorf & Son, Inc., 35 Hough St., St. Johnsville 518-568-7016

SUPPORT YOUR LOCAL MERCHANTS. BUY LOCAL or BYE, BYE LOCAL!

THOUGHT FOR THE WEEK: "Lets Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

APARTMENT FOR RENT: St. Johnsville. 1BR/First floor, off street parking. \$400/month plus utilities. No Pets! Security deposit plus first month's rent. References are required. 518-275-9559.

FISHING FISHING FISHING!! Live Bait, Rods, Reels, Tackle, Nets, etc. The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010. **LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS,** etc.

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CAMPER KING: Pillow top mattress w/European foundation. Includes bedspread, pillow shams 72"x80" standard King bedding. Paid \$750.00, yours for \$250. Just like new. 518-281-5134 or 518-281-3357

03 CHEVY Impala 6 cylinder auto, 67K, asking \$4200. 315-894-4411

BALEAGE FOR SALE: Alfalfa mix, timothy & clover mix. 315-822-3194

04 HYUNDAI SONATA, V6 auto, 38K, \$4100. 315-894-4411

Stay safe when sledding

One of the more popular wintertime activities, sledding attracts scores of participants every time a new coating of snow covers sloping hills. Although sledding can be fun, it also can be risky. The United States Consumer Product Safety Commission says there are thousands of sledding-, snow tubing- and toboggan-related injuries each year. The majority of injuries occur to children age 14 and younger. Young children are vulnerable to injury because they have higher centers of gravity that can cause them to lose balance more readily. Youngsters' coordination is not fully developed as well, which makes it difficult for them to steer and avoid obstacles. When sledding, winter revelers big and small need to put safety first before racing down those slopes.



Sledding is an enjoyable winter activity that can provide hours of fun and exercise. Sled safely so injuries do not ruin an otherwise festive afternoon.

- Avoid collisions. Check the sledding space carefully for any obstacles, including waiting children at the end of the run. The Center for Injury Research and Policy at Nationwide Children's Hospital says a vast number of sledding injuries are caused by collisions. These occur when a sledder bangs into something, like a fence, tree or another person. Bone fractures are twice as likely to occur from a collision than from falling off a sled. Making sure the coast is clear helps sledders avoid collisions.
- Dress children appropriately. Treat sledding as you would any activity that involves a moving device. That means making children wear helmets to prevent head injuries. Head and neck injuries are common among children six years old and younger. Helmets considerably reduce injuries when worn correctly.
- Choose the right sled. Sleds that can be steered with handles are generally safer than snow disks or flat sheets heading down a hill. Handles can prevent falls off of the sled, as they give a child something to hold onto.
- Sled feet-first. Children should be instructed to always go down a hill feet-first. This way, should they encounter any obstacles, their boots will hit it first and not their delicate heads and necks.
- Follow the sled safety guidelines. Read the instruc-

- tions and safety guidelines for your sled. Heed the recommendation for the number of passengers on a sled at one time.
- Check the end of the slope. Do not sled on driveways, hills or slopes that end in a street, dropoff or pond.
 - Only allow sledding under adult supervision. Children should have an adult with them at all times when sledding. Two adults is preferable because one can stay with a child should he or she become injured while the other goes for help.
 - Use common sense. Never sled in the street or on a highway. Do not ride a sled being pulled by a motorized vehicle.
 - Sled only during daylight hours. Unless sledding will occur in well-lit areas at night, it should be done during the day when visibility is best.
 - Dress in layers. Sledding can be a demanding physical activity. Dress in layers that can be removed if you get too warm. Sweating while sledding increases your risk of hypothermia. Adjust clothing layers accordingly for comfort.

MAPLE RIDGE BULK FOODS

No Baked Goods or Donuts till Spring Unless Ordered

Crispin Apples \$11.50 bu. • \$6.50 ½ bu. • 50¢ lb.

• Deli Special •

Provolone Cheese	\$3.48 lb.	Corned Beef	\$5.00 lb.
Baby Swiss	\$5.09 lb.	Roast Beef	\$5.25 lb.
4 Yr. Old White Cheddar	\$9.19 lb.	Off the Bone Honey Ham	\$4.19 lb.

Mon-Sat 8am-5pm • Closed Sun
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Located off Rt. 29 in Salisbury Center. Take North Rd. to Mang Rd.

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Andrew Smith**

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DS3223@SHOS.com**

January 12 is

National Clean Off

Your Desk Day



TAX SEASON IS HERE!!!

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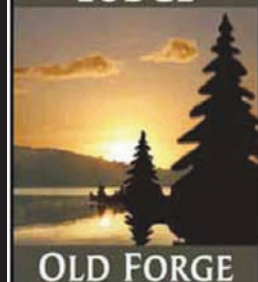
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Can your car weather the storm?

While last year's brutal winter may seem like a distant memory, severe weather is on its way. The Car Care Council reminds drivers to ready their vehicles for the rough conditions ahead.

"Vehicle service is always more convenient when you do it on your own schedule. An investment of an hour or so to have your vehicle checked will help make sure it can weather the storm when arctic temperatures strike again," said Rich White, executive director, Car Care Council.

Because preventative maintenance helps avoid the hassle and cost of an emergency breakdown, the Car Care Council recommends the following steps to winterize your vehicle:

- Check the battery and charging system for optimum performance. Cold weather is hard on batteries.
- Check the antifreeze. As a general rule of thumb, clean, flush and put new antifreeze in the cooling system every two years.
- Check that heaters, defrosters and wipers work properly. Consider winter wiper blades and use cold weather washer fluid. As a general rule, wiper blades should be replaced every six months.
- Check the tire tread depth and tire pressure. If snow and ice are a problem in your area, consider special tires designed to grip slick roads. During winter, tire pressure should be checked weekly.
- Check the oil and filter and be diligent about changing them at recommended intervals. Dirty oil can spell trouble in winter. Consider changing to "winter weight" oil if you live in a cold climate. Have your technician check the fuel, air and transmission filters at the same time.
- Check engine performance before winter sets in. Winter magnifies existing problems such as hard starts, sluggish performance or rough idling.
- Check the brakes. The braking system is the vehi-

cle's most important safety item.

- Check the exhaust system for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.
- Check to see that exterior and interior lights work and headlights are properly aimed.

During winter, drivers should keep their vehicle's gas tank at least half-full to decrease the chances of moisture forming in the gas lines and possibly freezing. Motorists should also check the tire pressure of the spare in the trunk and stock an emergency kit with an ice scraper and snowbrush, jumper cables, flashlight, blanket, extra clothes, bottled water, dry food snacks and needed medication.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For more information, visit www.carcare.org.



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Stay on the road this season with these winter car care tips

(BPT) — Preparing your car for harsh winter temperatures before they strike is a great way to ensure your vehicle will be able to handle the year's coldest months. Both new and old cars need maintenance during this season. Following the car care tips below will help to keep your vehicle running at its peak from now until spring.

- Check the tires. Snow, sleet and slippery roads mean you will rely on your tires during the winter more than any other time of the year — so make sure they are up to the task. Check your tires for correct cold

weather air pressure and have them rotated. Inspect the condition of your tire's tread. This can be achieved by performing a simple test, place a penny on its edge in the tread groove with Abraham Lincoln upside down. If you see the top of Lincoln's head, your tire treads are worn down and you should replace your tires. This same test should be done in several tread grooves across the tire.

- Clean your fuel injector. When the temperature reaches its lowest, you want to know your engine will still operate efficiently.

- Check your fluid levels. Check your brake, coolant, power steering, transmission fluids and windshield washer fluid levels regularly during the winter months. Clear



Keep your vehicle running at its peak from now until spring.

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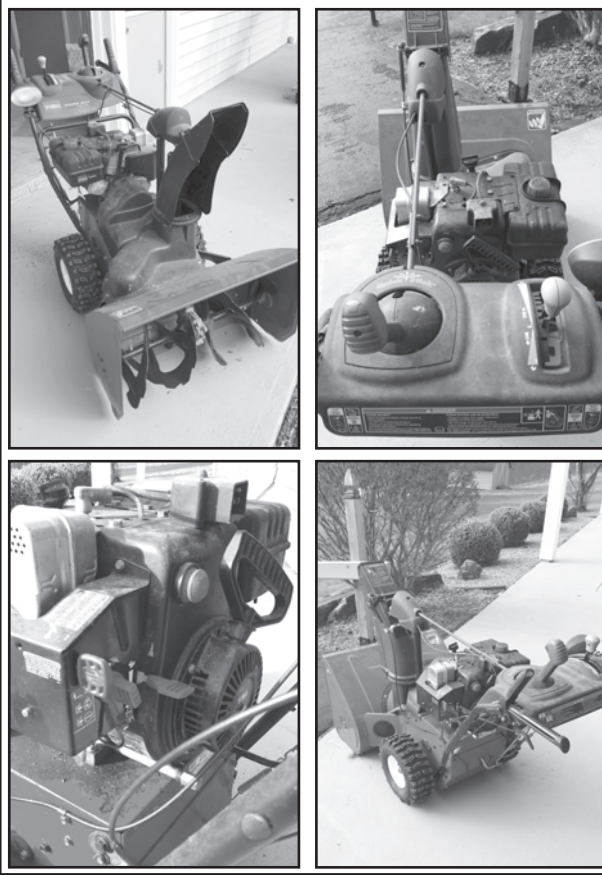
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visibility is imperative during the winter months, and windshield fluid can be heavily used. It is a good idea to have a bottle in your trunk to ensure safe driving conditions.

- Clean the air filter. The winter season sees the roadways littered with debris that can get caught in your vehicle's air filter. The air filter can be easily inspected and cleaned or replaced if necessary. Doing so will help your car run more efficiently and may even prevent larger problems from occurring in the future.

- Prepare a winter survival kit. Even the best planning can't prevent a winter accident. If you find yourself stranded on the side of the road, a winter survival kit could be invaluable. Your kit should include an ice scraper, de-icing liquid, hand warmers, a granola bar or two, bottled water and cat litter, which can

provide traction for your tires if you get stuck. It is also a good idea to store your phone in the glove box or center console when driving. This way, if you do spin out, you'll be able to find your phone afterward.

- Take your vehicle in for a tune-up. Some winter car maintenance tasks may be outside of your expertise, so it is a good idea to bring your car in for a winter check-up. Your regularly scheduled oil change is the perfect opportunity for your mechanic to do a more detailed inspection of your vehicle. Come prepared with any questions or concerns so your mechanic knows what to look for.

The winter driving season can be nerve-racking, but if you apply the tips above, you can rest assured that your vehicle is prepared for whatever the season throws at you. To learn more, visit RoyalPurple.com.

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Tips for taking care of your holiday gift plants

by Amy Ivy

If you were lucky enough to receive a gift plant or flower arrangement over the holidays, you may be wondering how to help it last as long as possible.

The most critical factors, and this goes for all houseplants, is to water them properly and be sure the excess water can drain out. Some potting mixes are loose and drain quickly while others are more dense and hold water longer. It's essential to look closely and give your plants as much water as they need, when they need it, rather than setting a schedule of watering everything once a week.

The ideal way to water is to bring the pots to a sink so you can use plenty of water and let the excess drain away. If the pots are too heavy to move, check the saucers after watering and drain off any standing water. A turkey baster works well for this task.

Tips for caring for particular holiday plants

Poinsettias are the easiest and should hold their bright color well into winter. The best tip here is to remove the foil from around the pot and keep it in a saucer. The foil holds excess water out of sight so it is very easy to overwater. You don't want any plants to sit in standing water for more than a half hour. If you really like the decorative look of the foil then take the plant to the sink for watering, remove the foil and let the water drain out, then replace the foil around the pot.

Cyclamen are beautiful even after their flowers fade but with proper watering the flowers should last several weeks. The key to watering cyclamen is to keep water away from the large bulb, or corm, from which they grow. Lift up the leaves to find this corm then direct the water around it. Let the pot drain well before returning it to its location. Cyclamen like sunny, cool conditions so this is one houseplant that should thrive on a windowsill this time of year.

Christmas Cactus:

The important thing to know about Christmas cactus is that it's a jungle cactus, not a desert cactus. This means it does not want to dry out completely and it does not like direct sunlight. A new plant may drop its flower buds during the transition from the store to your home, but as long as its needs are met it should re-bloom again this winter and for years to come.

Amaryllis grow from a giant bulb. The first growth they push out is their flower bud, followed by long, strap-like leaves. They are pretty much fool-proof their first year. If you keep it to bloom a second year it may produce new leaves but no flowers. Once this happens you might as well start over with a new bulb. They need to grow

under ideal conditions in order to produce flowers again.

Flower arrangements:

If you received a flower arrangement, keep an eye on the water level and never let it dry out. Some arrangements are made using floral foam, also

called Oasis® as the base, which is a dense sponge-like material. Make sure this block of foam is always sitting in at least an inch or two of water so it can remain saturated. Arranging into this foam is a breeze; you just shove the flower and

branch stems into it and they stay in place, allowing you to create a nice, full arrangement.

Amy Ivy is a Horticulture Educator and Executive Director with Cornell Cooperative Extension of Clinton County; she can be reached at 518-561-

7450, adi2@cornell.edu. For more information on horticulture and agriculture in Northern New York, visit the Cornell Cooperative Extension of Northern New York website: www.ccenny.com and www.nnyagdev.org.



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SIMBA - 5-7 year old male Lab mix. Found in a creek off Route 334 in Mohawk on December 8th. Knows "sit and shake". Good with other dogs. Housebroken.



MIA - 2 year old tan female Shepherd mix with spectacular ears! Found on Route 164, St. Johnsville on December 22nd.



SAMMY - 3 year old female Pit Bull. Knows "sit". Crate trained and housebroken. Lived with a cat.



TUCK - Male Shepherd (and Akita?) mix. Found on Borden Road, Glen on May 1st. Big smiley guy, very strong. Best with older kids and adults, not small children.



PORSCHA - Female lab mix, about 3 years old. Found at Ann and East Main Sts., St. Johnsville on November 4th. Good with other dogs.



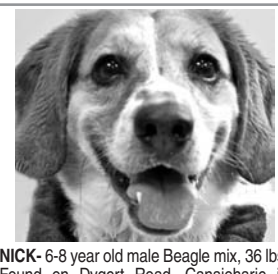
SPENCER - 7 year old male Pit Bull, 55 lbs. People friendly and playful. Ok with some dogs, not good with cats. Likes to sit at your feet and "lean"!



BALTO - Very handsome 3 year old male Husky mix. Came to the shelter on November 20, 2014.



WINSLOW - Black and white male Pit Bull mix, 8 to 10 years old. Found running on Hilltop Road on August 27th.



NICK - 6-8 year old male Beagle mix, 36 lbs. Found on Dygert Road, Canajoharie in March 2010. Active dog who loves his toys and tennis balls. Should be the only pet in an adult home.



MUFFIN - 5 year old beautiful female Dilute Calico. Very friendly and good with kids and dogs.



HAILEY - Very pretty orange and white 2 year old female. Came to the shelter in March 2013. Fine with other cats.



JESSIE - 3 month old female gray tiger. Found on Otsego St., Canajoharie on December 16th.



PHILIP - Male tiger, about 3 months old. Found on Otsego St., Canajoharie on December 16th.



FIDDLER - Handsome 4-5 year old tiger and white male. Came to the shelter on September 19th. Fiddler is good with dogs. He has FELV, the feline leukemia virus.



LIZZIE - 1 1/2 year old black female. Very shy. Found with daughter Lexi on a porch in Canajoharie in May.



DONNY - Wonderful 5 year old large orange and white male. Found abandoned in a box in September 2011. Very playful. Fine with other cats.



QUEENIE - 3-5 year old female. Came to the shelter in April 2013 because her family could no longer care for her. Fine with other cats, not good with dogs.



JOEL - 10 year old male tiger. Came to the shelter in 2003. Interactive with other cats, not good with dogs. Prefers adult home.

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How to improve flexibility

Many men and women become less flexible as they get older. That loss of flexibility can make performing everyday tasks more difficult while also increasing the risk of injury when working out. Fortunately, there are many steps men and women can take to improve their flexibility.

- Embrace dynamic stretching before a workout. Static stretching was once the rage, but

research has indicated that static stretching is not as beneficial as people once thought. Static stretching is a blanket term used to describe several techniques that stretch muscles while a body is at rest. When a person is performing a static stretch, he or she gradually lengthens the muscle until it reaches an elongated position, which is then held for 30 seconds or more. But re-

cent research has indicated that static stretching is not as effective before a workout as dynamic stretching, which are stretching exercises done while a body is

just a few examples of dynamic stretching techniques, and these exercises can warm up your body and prepare it for the workout to come.

- Reconfigure your

beneficial to examine your existing workout routine. Are you lifting as much weight as possible during your strength training workout but don't really know why? If

your workout routine is already one that promotes flexibility but you are still dealing with tightness, then you might be falling victim to stress. If that's the case,

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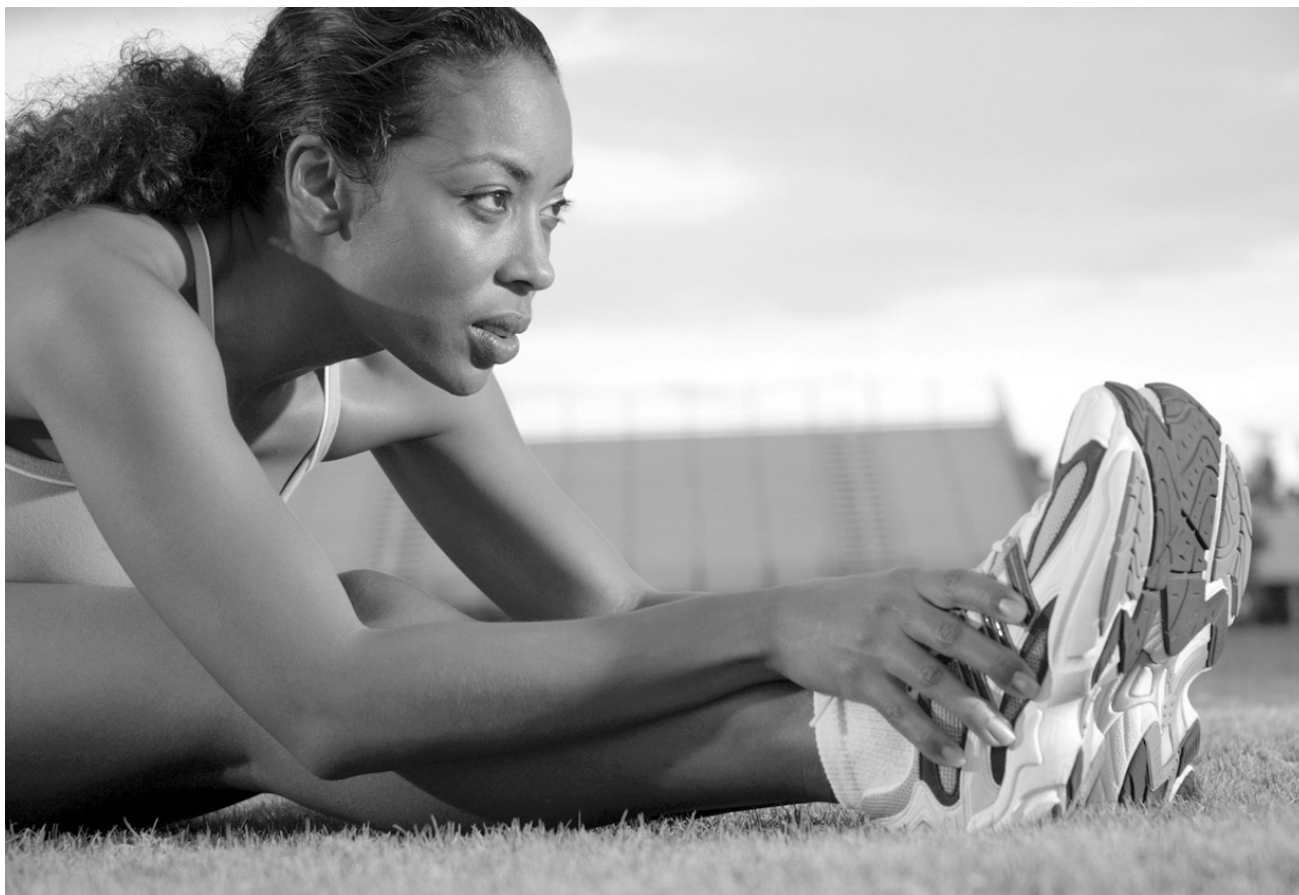
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DISTANCE TRAVELED TO FORT PLAIN		
YOUTH HUNTER NAME		AGE
\$20 X _____ = \$ _____	NUMBER OF ENTRIES FOR THE RABBIT HUNT	
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TOTAL DUE = \$ _____ PLEASE MAKE CHECK PAYABLE TO:		
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Static stretches at the end of a workout can help lengthen muscles that may have tightened during strength training sessions.

moving. Push-ups, squats and lunges are workout. When you want to improve flexibility, it's

building muscle mass is not your goal, you can probably improve your flexibility by lifting less weight. Lifting less weight can be a great way to tone your muscles, and you won't be sacrificing the benefits associated with strength training.

- Drink water. Properly hydrated muscles are more capable of responding to flexibility training than poorly hydrated muscles. Make an effort to drink more water throughout the day, and bring your own water with you to the gym so you can stay hydrated during your workouts.

- Find ways to unwind. Your workout may not be the culprit behind your inflexibility. Stress can cause muscles to tighten, and it also increases your risk for a host of ailments, including heart disease and stroke. If

find time to alleviate that stress throughout the day, whether it's taking a relaxing walk during your lunch break or embracing yoga at the end of a long day.

- Perform static stretches at the end of your workout. Static stretches may be ineffective and contribute to injury at the beginning of workout, but that does not mean they can't help you improve flexibility once your workout is complete. Static stretches at the end of a workout can help you lengthen muscles that might have lost some of their flexibility during strength training.

Men and women who can't seem to improve their flexibility no matter what they do may benefit from working with a professional trainer or discussing their concerns with their physicians.

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Choose your lender carefully. Look for financial stability and a reputation for customer satisfaction. Be sure to choose a company that gives helpful advice and that makes you feel comfortable. A lender that has the authority to approve and process your loan locally is

preferable, since it will be easier for you to monitor the status of your application and ask questions. Plus, it's beneficial when the lender knows home values and conditions in the local area. Do research and ask family, friends, and your real estate agent for recommendations.

Source: hud.gov

Seven things to do before storing a lawn mower for winter

RepairClinic.com offers tips for winterizing lawn mowers

RepairClinic.com® shared tips on preparing lawn mowers for storage.

"The majority of problems lawn mowers have at the start of spring are caused by failing to care for the lawn mower before winter," said Jeff Linderman, outdoor power equipment specialist for RepairClinic.com. "Proper maintenance of a lawn mower before storage will prevent costly repairs, extend its life and ensure it works when needed again."

Here are the seven most important to do before storing a lawn mower for winter:

1. Replace damaged or worn parts and troubleshoot performance issues.

Inspect key components and replace as needed. Pay particular attention to the engine and blade. A damaged blade can be a safety risk. Consider replacing the fuel filter, spark plug and air filter. Foam air filters can be cleaned.

2. Thoroughly clean the undercarriage, deck and fuel cap.

Remove the spark plug wire and boot before performing any maintenance. Use a hose, putty knife and car wash detergent to remove debris buildup

from the undercarriage and deck. Fuel caps have vent holes to allow air into the fuel tank. Use a paintbrush to brush away particles and buildup on the fuel cap. Before closing the fuel cap, inspect for blockage and replace it if there's blockage.

3. Degrease.

Spray degreaser on oil stains. Allow the degreaser to sit for 10-15 minutes before wiping with a clean cloth. Rinse with a hose.

4. Spray lubricant on any bare metal undercarriage parts to prevent rusting.

5. Add fuel stabilizer to fresh fuel or empty the fuel tank, depending on the manufacturer's instructions for the particular mower model.

6. Check the mower owner's manual for the recommended way to handle oil replacement.

Most small engine repair shops and auto parts stores have a free recycling program for used oil.

7. Store in a dry place such as a garage or shed.

Visit RepairClinic.com for more information.



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What steps could I take to lower my homeowner's insurance costs?

Be sure to shop around among several insurance companies. Also, consider the cost of insurance when you look at homes. Newer homes and homes constructed with materials like brick tend to have lower premiums. Think about avoiding areas prone to natural disasters, like flooding. Choose a home with a fire hydrant or a fire department nearby.

Source: hud.gov



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Physical Activity Intervention for the Elderly

by Rosalie Marion Bliss

The holidays are over, and the annual New Year's resolutions to get more exercise have begun. Now, as explained in this month's issue of *Agricultural Research* magazine, the elderly have more reasons than ever to join the ranks of those determined to get moving. U.S. Department of Agriculture (USDA) funded scientists in Boston and co-investigators have reported that elders with relatively little muscle mass can benefit from preventive exercise.

The study was headed by geriatrician Christine Liu and co-authored by physiologist Roger Fielding, both with the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University in Boston. They are with HNRCA's Nutrition, Exercise Physiology, and Sarcopenia Laboratory, which Fielding directs.

By age 80, an estimated 40 percent of the muscle mass that was present at age 20 is lost. Age-related muscle loss — which excludes disease-related muscle loss — is called "sarcopenia." This condition can lead to costly surgeries and hospital stays due to fractures after falls caused by weak muscles.

The researchers looked at

data collected on 177 elders aged 70 to 89 years who were at risk of becoming disabled due to lack of mobility. The data was collected during the Lifestyle Interventions and Independence for Elders study. One group of

physical function, including balance, walking and strength, in response to physical activity. The study was published in January 2014 in the *Journal of Nutrition, Health, and Aging*.

The Agricultural Research



volunteers participated in a physical activity intervention that included aerobic, strength, balance, and flexibility training. The volunteers' body composition, including lean muscle and body fat, was measured — both before and after the intervention.

The results demonstrated that elders with sarcopenia are capable of improving their overall

Service (ARS) — USDA's chief intramural scientific research agency — supports the HNRCA through an agreement. Read more about this research, as well as newly developed tests for local healthcare practitioners' use to diagnose and treat sarcopenia, in the January 2015 issue of *Agricultural Research* magazine.

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