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Serving the Homes of the Mohawk Valley

February 21, 2015



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Get outdoors and in the sun as much as possible.

Simple ways to bust winter blues

(BPT) — Short days, colder weather, icy roads, and less sunshine — winter can be a serious downer. It's not just in your head, either; 14 percent of Americans suffer from the winter blues and 6 percent have the more serious form of doldrums known as Seasonal Affective Disorder (SAD), according to research published in the journal *Psychiatry*.

The blues may make you cut back on social interaction, sleep more and engage in comfort eating — all actions that can make your depression worse. Instead, try busting winter blues by engaging with others and taking part in activities that exercise and soothe all five senses.

Scent as a pick-me-up

Apple pie, a holiday meal, vanilla or roses — almost everyone has at least one scent they associate with comfort and positive feelings. While humans' sense of smell isn't nearly as acute as that of other mammals, research suggests that smell is directly tied to mood. In fact, at least one study published in the online journal *Chemosensory Perception* links

Using scent to combat winter blues can be as simple as adding mineral salts to your bathwater. You can also use essential oils to cheer the atmosphere in your home or office. Aromatherapy expert Aura Cacia offers a recipe for a bright, uplifting citrus air freshener you can easily make at home using their essential oils. Citrus is thought to dispel feelings of lethargy, and the clove and cinnamon are both stimulating and comforting.

Citrus and Spice Aromatherapy Air Freshener

Ingredients:

- 32 ounces of water
- 1/2 teaspoon sweet orange essential oil
- 1/2 teaspoon clove bud essential oil
- 1/2 teaspoon cinnamon essential oil

Directions:

Mix oils and water in a 32-ounce mister bottle. Shake well and use to mist the air throughout your home. For more winter time oil information, visit www.auracacia.com.

Let the sun shine in

A lack of natural light during winter is closely associated with depression and SAD. Get outdoors and in the sun as much as possible. When inside, open curtains and blinds to admit sunlight and sit next to windows as much as possible. If you live in an area that just doesn't get much sunshine during the winter, or have an office without windows, consider using full-spectrum lights that mimic natural light.

Surround yourself with colors and visuals that are uplifting. For example, if you love the tropics but a winter vacation isn't in the cards, set the screensaver on your PC or your smartphone's home screen to a tropical scene. Put a brightly colored comforter or quilt on your bed. Treat yourself to fresh flowers for your home or office — they'll have the added bonus of stimulating your sense of smell as well.

Sound advice

The link between music and mood is well known. Surround yourself with uplifting sounds. While playing upbeat, summer-themed music is a good tactic, don't overlook other sources of positive sound.

Schedule a weekly phone chat with your BFF, rather than just texting. Consider using an alarm clock that wakes you with natural sounds, such as birds chirping, a babbling stream, or even a thunderstorm. Try to fit in time each day to just enjoy silence. If your home or office is always an active place, break out the noise-cancelling headphones you use on a plane to give yourself some peace and quiet.

A taste for happiness

Over-eating and weight gain are commonly associated with SAD and milder winter blues. While over-indulging will only make you feel worse in the long run, it is possible to use taste to boost your mood without packing on the pounds.

Researchers have found evidence that chemicals in certain foods, such as chocolate, some berries and teas, have a positive impact on mood, according to a report presented to the American Chemical Society. Fortunately, you don't need to increase your intake of chocolate to feel better about winter. Simply add some of these flavors to foods you already eat. Toss a handful of blueberries into your morning oatmeal, snack on trail mix that includes dried berries and some chocolate, and substitute tea for your afternoon coffee.

Touch sensitive

Scientists believe the sense of touch is the first to develop in the womb, and it's one of our most powerful, comforting senses. You can nourish your sense of touch in many ways, from choosing clothing that is soft, breathable and comfortable to spending quiet time stroking your pet's fur.

Nourishing your sense of touch is also a great way to indulge in affirming human contact. Indulging in regular hugs with those you love will be a mood-booster for both of you.

Please join the
 Canajoharie Youth Center
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Dedication at 6:30
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SUPER GUN AUCTION ON WEDNESDAY March 4th 6:00pm at 14 Bridge Street St Johnsville NY Auction is conducted by JR'S Auction, we already have some super guns consigned for this Auction, list and more details next week. Bring your best for this Auction, Contact JR for to make sure your gun get listed, advertised, and pictured. The sooner the better. JR 518-993-4668

DON'T MISS OUT ON our Tuesday night Auction on February 24th we usually have Furniture, Bedrooms Suits, Tools, and lots more!! We also do house clean-outs!! 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

JUST ARRIVED from a Geneva, NY estate...Victorian walnut marble top tables and plant stands, sofas, chairs, desks, lamps, and accessories. **THE GALLERY**, 2 West Main Street, St. Johnsville, NY 13452 Telephone 518-568-5121.

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SPRING WILL BE HERE before you know it, schedule your mower or trimmer service before March 15 and save! Behind every project is a True Value! 12 Willett St Fort Plain 993-3834

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Did you know?

Baby Boomers make up the largest generation of Americans born in United States history. Boomers include anyone born between the years 1946 and 1964, as the number of births began to rise as World War II veterans returned home from battle.

The greatest number of Baby Boomers were born in 1957, when numbers

peaked at 4,300,000. That equates to roughly eight children born per minute throughout the year.

By 2019, the last of the Baby Boomers, or those born in 1964, will be eligible for many senior benefits offered to people age 55 and up. Ten years later, most will be eligible for retirement.

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Thursday, March 5th, 6-8pm
Saturday, March 7th, 9am-Noon

Registration will be held in the Harry Hoag Elementary Lobby

Registration Fee is \$50 for the first child, \$20 for each additional child.

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EVANS, DRUMHEADS, drumsticks by Pro-Mark, Zildjian, On Stage. Imaginering Drum & Guitar Shop. 601 Dize Rd., Little Falls. 315-823-1603

HAVING A PARTY? Did you know the Canajoharie Volunteer Fire Department rents the kitchen and banquet room. For your convenience we now have an elevator. 518-673-3812

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Collecting

by Larry Cox

Souvenir tumblers

G: I began collecting turn-of-the-century souvenir tumblers several years ago. I now have about three dozen pieces and wonder if they will ever increase in value. They seem to sell in the \$10 to \$25 range, the same as when I first began collecting. — Paula, Wheatridge, CO

A: Your pieces sound like examples of flashing. According to "Glass A to Z" by David Shotwell, this type of glass is achieved when a thin layer of glass — usually colored — is applied over one that is clear or lightly tinted. The process involves dipping the object into molten glass, a process quite different from that of making cased or overlay glass, which requires a thicker layer.

Most of the pieces I've seen are either amber or ruby color, and as you indicated, almost all have been souvenir pieces. In my personal collection, I have a small toothpick holder in ruby glass that has the inscription "From Cora and Clem ... World's Fair 1904." This is fairly typical. Since it is a World's Fair item, it might be worth a little more than many of the others I've seen in shop and at antiques malls.

tiques malls.

G: A number of years ago, my husband took me to London to celebrate our anniversary. During that trip, we saw "Miss Saigon" at the Theatre Royal Drury Lane. It was one of the most thrilling nights of my life. I would like to find one of the posters from that production. Can you help me? — Barbara, Rochester, NY

A: "Dress Circle" was the go-to shop for memorabilia concerning London theatrical productions. It closed in February 2013, but the company continues to do business online. I checked its website and found a "Miss Saigon" poster for about \$12. Contact is info@dresscircle.com, and www.dresscircle.com.

G: I have a 78-rpm recording of "In the Cool, Cool, Cool of the Evening" by Bing Crosby and the Andrews Sisters. Do I have a rarity? — Sue, Kileen, Texas

A: Not really. Your recording was issued by Decca in 1951, and even though it charted and peaked for 11 weeks, it is not considered scarce. In a good condition, it would probably sell for a dollar or two.

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Marie E. Colorito

9/13/52 - 2/27/14



If I had one more minute to hold you close, I'd tell you I love you and say you were mine, to look into your eyes and see your smile, then whisper goodbye for the very last time.

I Love You Marie ~ Gene

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 Elizabeth Wall - Feb. 24th
 Cassie Bicheler - Feb. 24th
 Ernie Gee - Feb. 25th
 Marylou Wagner - Feb. 25th
 Jason Guile - Feb. 26th
 Matt Kelley - Feb. 26th
 Del Darrach - Feb. 27th
 Theresa Knight - Feb. 27th
 Lizzy Carpenter - Feb. 28th

Calendar of events

ORIGINAL VALLEY PENNYSAVER

NOTE: Calendar entries must arrive at the Original Valley Penny-saver 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

FEB 1-28

Arkell Center Events for February

Arkell Center, Canajoharie, NY. Arkell Center Programs for all area Seniors during February 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. Feb 26: 9:45-11 am. The Diet Club will be meeting in the Gallery. Open to all Senior Citizens.

SPECIAL EVENTS

Tax Aid Services - Feb. 11 through April 8: 8:15 am - 12:30 pm. AARP Tax Aid, Lucius Gotti Jr. will be available for appointments. Please call 673-2943 after 3 pm to schedule an appointment.

Feb. 25: 12:30-4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry-673-5635.

Feb. 24: 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.

Feb. 27: 11:45 am. Join Arkell Hall and Arkell Center

for a Valentine Luncheon & at 1 pm a special Program with Gary Van Slyke sharing "Love Songs." Meals of Montgomery will be serving Roast Pork, Mashed Potatoes, Corn & Tomatoes and Wheat Bread with Applesauce. Please call by Feb. 20 for reservations for meals at 673-2000 or 673-4408.

MEETINGS

Feb 27: 1 pm. Canajoharie Senior Citizens Club Meeting

Feb 24: 10-11 am. Alzheimer's/Dementia Care-giver Support Group meeting.

FEB 13 - APR 3

Fish Fry

Poland Volunteer Fire Dept., 11 Case St., Poland, NY. 4-8 pm. Call 315-826-7141 for takeouts.

FEB 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@meditateup-state.com to learn more. RSVPs welcome.

FEB 28

H.C. Smith Benefit Club's 2nd Annual Chili Cookoff

H.C. Smith Benefit Club, 538 Crum Creek Rd., St. Johnsville, NY. 1-4 pm. Entry form must be received by Feb. 23. \$10/chili. General public admittance \$5/person. Setup at noon. Call Michele Lull at 315-525-9549 or Becky Hagadorn at 518-844-2598 for more information.

Men's Auxiliary Chicken BBQ

VFW, Fort Plain, NY. 1-5 pm. \$8 person, 1/2 chicken \$5. Eat in or take out. Public welcome.

MAR 7

1747 Historic Nellis Tavern Benefit Antique Show Arkell Museum, 2 Erie Blvd., Canajoharie, NY. 10 am - 4 pm. \$4 admission, appraisal booth, 2 items for \$5. Refreshments available.

PUBLIC AUCTION 250 ACRE FARM!! Saturday February 28th 10:00am 707 Thompson Rd Little Falls NY Will be subdivided in 8 parcels Parcel # 1 is 100 acres with large 2 story house and large horse barn, 300 head veal barn, large equipment shed. This farm is set up and ready to go, some of the best farm land in the area!! Parcels # 2 thru # 8 will be subdivided and also available to buy as one or separate. More details and listing will be available next week or contact JR, Auction conducted by JR'S Auction 518-993-4668

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

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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.

D&D'S PET SUPPLIES, CARRYING fresh and saltwater fish, small pets, reptiles, birds, etc., and all supplies for habitats and aquariums. Located in Fort Plain next to The Sportsman's Den. 36 Canal St, 518-993-1010. www.fac ebook.com/dndspetsupplies.com

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FISHING AUCTION – Sunday March 15th at 1:33 pm, Kings Auctions, Burrows Rd., West Winfield (315)822-5221

PACA GARDENS stocks many styles, colors and sizes of Alpaca Socks. They are the most comfortable sock available. Your feet will love them and we guarantee it. Alpaca is naturally a water resistant fiber so your feet stay dryer in the warm weather, plus it breathes better than cotton. From dress socks to knee high "sport" socks, we've got you covered. 27 West Main St., Little Falls, NY 13365. 315-823-1100 M-F 10-5, Sat 10-4.

BELIEVE IT OR NOT SPRING IS on its way, and our garden seeds are here, choose from Bentley, Burppe, NK and Ferry Morse brands! **Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834**

FISHING FISHING FISHING!! Live Bait, Rods, Reels, Tackle, Nets, etc. The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010.

FOR SALE: 1948 Ford 8N tractor with plow and attachments, \$3,000/OBO. Call 607-264-3680

ANTIQUA AUCTION Every Tuesday Night at 5:00pm at JR'S Auction 56 Willett Street Fort Plain NY 518-993-4668 If you have Antiques and Primitives that you want to sell now is the time!! Clean out your attics, barns, corners and sheds!! Bring them down and we will turn them into CASH for you!!!

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

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2009 CHEVY Cobalt LS, dark blue, 69k, 4cyl., 5 speed, AC, CD, great on gas!! **SALE: \$7,995. John C. Miller, Inc. 518-762-7124 www.johncmiller.com**

Licenses, fishing tackle, bow work, buy a new or used bow, all your hunting needs, **LIVE BAIT,** etc. **LIKE us on Facebook!** www.facebook.com/theSportsmansDen

RECORDS WANTED: We'll buy your old records from 1930- 1970. 45's, 78's, Albums, Rock-N-Roll, Blues, R&B, Country, etc. Call Pete 518-673-2384.

Popular sports for seniors

Age doesn't have to stop older men and women from enjoying their favorite sports. In fact, remaining active can improve physical and mental health.

If a doctor has confirmed that it is okay to participate in sports, these activities can help men and women 50 and older enjoy friendly competition and physical activity.

Fishing

Fishing is more than just a leisurely day at the lake. Casting and reeling in your catch provides a good workout for the arms, legs and core muscles of the body. If you fish on the water, rowing out to your lucky spot provides additional cardiovascular exercise.

Golf

Golf is enjoyed by people of all ages. Requiring a combination of strategy and skill, golf also pays several physical dividends. Play at your own pace, taking your time walking from hole to hole so you can enjoy the sunshine and soak in the beauty of the course.

Swimming

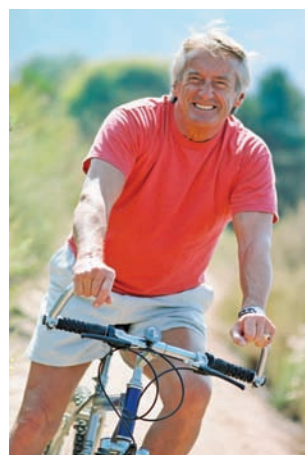
A few laps around a pool works your whole

body. Swimming is attractive to seniors because it works the muscles and provides a cardiovascular jolt without putting any strain on the joints.

Cycling

Many seniors are avid cyclists. You can ride a bicycle in competition or for pleasure. You can even vary your route depending on how physically intense you want the ride to be.

Seniors need not abandon their love of sport just because Father Time is catching up with them. Many sports can be enjoyed by athletes of all ages.



Seniors need not abandon their love of sport just because Father Time is catching up with them.

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Why a clean air filter is important in your vehicle

Motorists routinely check their tires for proper inflation, top off engine fluid levels and maintain oil change schedules. But some drivers do not understand the importance of keeping engine air filters clean.

Engine air filters are a relatively inexpensive vehicle part, but they perform a very important job. For every gallon of gas a car burns, it uses the equivalent of

12,000 gallons of air, and that air must be filtered to help keep an engine clean.

Air filters catch all of the dust, grime, insects, sap, leaves, and any other debris that may get sucked up past the air intake of the vehicle's grill and into the engine itself. Without the air filter, those contaminants may compromise the engine, causing corrosion and abrasion. If the air filter in the engine becomes too dirty and is not changed regularly, the engine is starved of air.

Clean air filters allow just the right ratio of air to fuel to enable the engine to function properly. Engines need adequate air for the combustion process to take place. Without the proper combustion levels, vehicles cannot perform properly or efficiently and the engine may burn more gas or get fewer miles to the gallon. A

dirty filter also can rob an engine of power. Drivers may notice sluggish acceleration.

Air filters also can get so dirty that the engine stalls completely. But such a problem only develops after considerable neglect.

Air filters may not need to be replaced at each and every oil change service call. Many technicians advise replacing the filter every 8,000 miles. However, drivers who live in particularly dry and dusty regions may need to replace filters more frequently.

Mechanics can often detect when an air filter needs to be replaced. If he or she notices the air filter is particularly dirty, then it's probably time to replace it. Replacing the filter is a relatively inexpensive repair for the amount of performance and peace of mind a new filter provides.

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SUPER GUN AUCTION ON WEDNESDAY March 4th 6:00pm at 14 Bridge Street St Johnsville NY Auction is conducted by JR'S Auction, we already have some super guns consigned for this Auction, list and more details next week. Bring your best for this Auction, Contact JR for to make sure your gun get listed, advertised, and pictured. The sooner the better. JR 518-993-4668

DON'T MISS OUT ON our Tuesday night Auction on February 24th we usually have Furniture, Bedrooms Suits, Tools, and lots more!! We also do house clean-outs!! 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

JUST ARRIVED from a Geneva, NY estate...Victorian walnut marble top tables and plant stands, sofas, chairs, desks, lamps, and accessories. **THE GALLERY, 2** West Main Street, St. Johnsville, NY 13452 Telephone 518-568-5121.

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PACA GARDENS has many styles of alpaca sweaters. Alpaca breathes better than wool, is softer than cashmere and is hypo-allergenic. Alpaca products make great gifts. Layaways available. 27 West Main St, Little Falls, NY 13365. 315-823-1100 M-F 10-5, Sat 10-4.

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LOOKING for it? Selling it? Looking for work? Looking to hire... give us a call at 518-673-3237 to place your reader ad today.

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Mayor Bernie Barnes of Saint Johnsville always has his finger on the pulse of the village.

During the last round of snowfall, when the streets and sidewalks were so dangerous, Mayor Barnes was out working with the village workers helping to clear the streets and make the sidewalks safer for the villagers who had to use them.

"That is the way he is," said Martha Mancini, own-

FOR SALE: 1948 Ford 8N tractor with plow and attachments, \$3,000/OBO. Call 607-264-3680

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FOR SALE: 300 Weatherbee Magnum. Asking \$600; \$200 cross point scope. 518-921-1805

FOR SALE: Ariens snow blower, good condition, Call 518-993-2753 for more info and price.

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2004 CHEVY Avalanche, maroon, 99k, V-8, auto, AC, CD, alloys, trailer tow, **SALE: \$12,495. John C. Miller, Inc.** 518-762-7124 www.johncmiller.com

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A SALUTE TO A GREAT MAYOR

Mayor Bernie Barnes of Saint Johnsville always has his finger on the pulse of the village.

During the last round of snowfall, when the streets and sidewalks were so dangerous, Mayor Barnes was out working with the village workers helping to clear the streets and make the sidewalks safer for the villagers who had to use them.

"That is the way he is," said Martha Mancini, own-

er of The Gallery, at 2 West Main Street. "He is always there to help in any way possible. We are lucky to have such a dedicated man as our mayor here!"

Many times the unselfish acts of a public official are overlooked and taken for granted. Public service is sometimes a thankless job. But, with dedicated people such as Mayor Barnes, Saint Johnsville is the luckiest village in New York state.

Saint Johnsville's mayor, Bernie Barnes, is always ready to help. Pictured right, he is shoveling snow in front of The Gallery, one of the downtown business locations. "He is always there to assist in any and every way," said Michael Mancini. But, that's the way he is...always ready to help his neighbors. Thank you, Mayor Barnes.





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

ATTENTION this Auction is postponed until Saturday March 14th due to cold Weather!! On Site Public Auction Saturday March 14th 10:00am 20 River Street Nelliston NY 3-Pay Loaders, Backhoe, Ford Cummins Diesel 100' Boom Ladder Truck, Lincoln 200 amp welder, John Deere Garden Tractor, Construction Equipment, John Deere Pay Loader, Fork Lift, Building Material, Automotive, Body Shop Equipment, Plumbing, Hardware!! And lots more!! See auctionzip.com for list and pictures!! Auction conducted by JR'S Auction 518-993-4668

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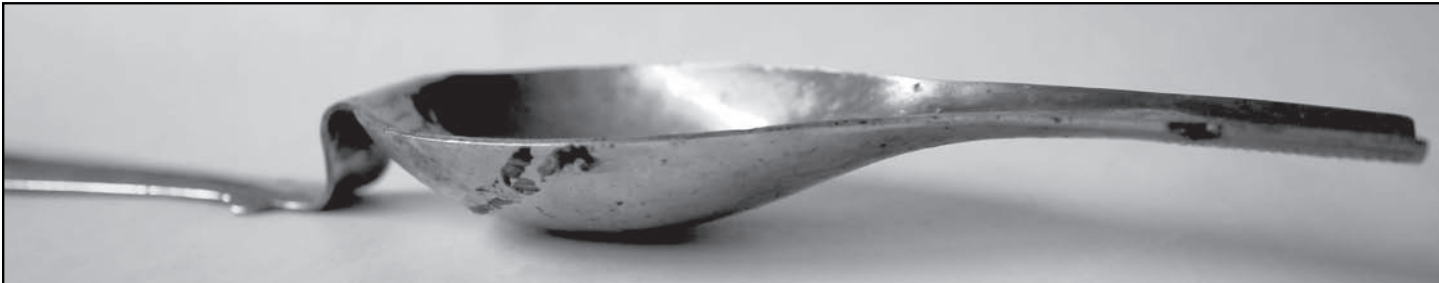
Whatchamacallit

The medicine spoon is one of the most popular collectibles of the medical antiques category. The earliest known antique medicine spoon dates back to about 1828. Also known as "castor oil spoons", they vary from one ounce to one-half ounce.

Some medicine spoons were designed with a corkscrew end for the convenience of attaching to the cork of the medicine bottle. Some spoon designs were made

with two separate compartments for mixing medicine and some with sliding tops or activated by piston to push the medicine into the patient's mouth. The medicine can be given in just the prescribed quantity without losing its contents in administering to patients and also without producing to the most delicate person any disagreeable odor or taste of medicine, not injuring the teeth, as the medicine does not come in contact with them.

Its advantages are great in all contagious diseases, such as measles, scarlet fever, diphtheria, etc., where it is highly necessary to use one particular spoon for the patients, to prevent the spreading of the disease to any other member of the family. Furthermore, nauseating medicines are agreeably taken by putting the spoon on the back of the tongue, when the medicine can be readily swallowed without the disagreeable taste.



Do you have your own Whatchamacallit?
Send a photo and short description to bjaquays@leepub.com or call Branden at 518-673-0145.

Visit our Facebook page to see if you can figure out what the upcoming Whatchamacallit is.

Antiques & auctions... Going, going...yours!

KING'S
Sun., Feb. 22nd Breeder Sale ~ 11:33am
Sat., Feb. 28th Consignment Auction ~ 6:33pm
Thurs., March 5th Food Auction ~ 6:33pm
Sun., March 15th Fishing Auction ~ 1:33pm
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Public Auction 250 Acre Farm!!
Saturday, February 28th • 10:00am
707 Thompson Rd., Little Falls, NY

Parcel # 1 - is 100 acres with large 2 story 5 bedroom house, large 100' horse barn, 51'x 375' 500 head reconstructed veal barn, 125' hog barn, plus an additional 225' barn all attached in one nice straight barn, large equipment shed, large concrete poured wall manure pit!!

Parcel #2 thru 8 is acreage from 10 acres to 26 acre size lots! This farm is set up and ready to go, some of the best farm land in the area! This will be a great buy for a farmer, developer, or a cash cropper! Don't Miss This opportunity! If you want to move to Little Falls, NY now is your chance, Buy a 10 Acre building lot or a 250 acre well producing farm!! Right in the middle of the Amish community.

Auctioneer Note: this farm is set up for multi use!! A cow stable could be added in the existing building at a minimal cost, or this is a produce or beef farmer's dream ready to go, lots of fenced pasture!!

Terms of the Auction: 10% Down payment on day of Auction, (non refundable) Bank Letter of approval, 2% Buyers Premium added to the total purchase price also to be paid on day of sale. Final settlement in 30 to 45 days. Real Estate transaction to be held by Lynn Russell of Valley View Realty - 518-673-8194. Auction conducted by JR'S Auction 518-993-4668. Terms by owners Emanuel and Susie Stoltzfus.

SELL IT! JR's Auction The Auction Way!
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Antique, Furniture and Consignment Auction
Tuesday, February 24th • 5:00pm Antiques, Furniture, Tools, Household and more!!
 Already consigned is an Antique Painted Wood Box, Wood Biscuit Box, Agway Thermometer, Motor Oil Cans, Arrow Heads, Steins, Indian Baskets, and much more!! Bring your items!! Receiving times for consignments is Monday, Wednesday and Fridays from 8:00am to 5:00pm, Closed Thurs., and Sat. Don't Miss This Auction!! Don't forget the homemade soft pretzels and the food stand!!

Public Auction 250 Acre Farm!! Saturday, Feb. 28th 10:00am, 707 Thompson Rd., Little Falls, NY
 Will be subdivided in 8 parcels. Parcel # 1 is 100 acres with large 2 story house and large horse barn, 300 head veal barn, large equipment shed. This farm is set up and ready to go, some of the best farm land in the area!! Parcels # 2 thru # 8 will be subdivided and also available to buy as one or separate. More details & listing will be available next week or call, Auction conducted by JR'S Auction 518-993-4668.

ATTENTION THIS AUCTION IS POSTPONED UNTIL SATURDAY MARCH 14TH DUE TO WEATHER CONDITIONS
On Site Public Auction Saturday, March 14th • 10:00am
20 River Street, Nelliston, NY (at the old creamy right across from the bridge)
Construction Equipment, John Deere Back Hoe 710C Turbine, John Deere Pay Loader, Forklift, Building Material, Automotive, Body Shop Equipment, Plumbing, Hardware!!
 John Deere Pay Loader, Massey Ferguson 33 Pay Loader, John Deere 710C Turbine Backhoe, Ford A64 Pay Loader, Ford Cummins Diesel Sky boom Truck with 100' boom, Clark Tow motor, Kubota Loader LA 1153 like new, 4-Kubota Tractor Tires like new, Boat with trailer, Ford Loader, Loader Bucket, John Deere 318 Lawn Mower Tractor, Lincoln Arc Welder SA 200, Amco Brake Lath, Craftsman Air Compressor 25 gal, Hitachi Air Compressor, Power Post, Paver Drag, 16' Boat Docks, 20' Boat Docks, Motorcycle Stand, Black Hawk Quadri Clamp, Transmission Jack, Central Air Conditioner brand new, Duct Pipe, Waste Oil Furnace, 275 gallon Fuel Tanks, Body Shop Equipment, Gas Tank Buggy, Flame Resistant Metal Cabinet, Reese Hitches brand new, Dodge, Chevy, & Ford Bumpers brand new, Truck Visors, Truck Parts, Rack of Steel Conduit, Rail Kits, 2 Large Commercial Hot Water Tanks, Metal cabinets, Filing Cabinets, Shop Tables, Snap on Tool Cabinets, Cherry & Oak Lumber, Plywood, Kitchen Cabinets, New Doors, New Insulated Vinyl Windows, French Doors, Assorted Siding, Large Saw Blades, Wood Stove, Coal Stoker for furnace, Metal Roofing assorted, Large Steel Tank, 12 plus 15' Telephone poles, Fire Place Inserts brand new, Cast Iron Sink, Cast Iron Tub, Large Stainless Steel Baker Racks, Restaurant Chairs, Restaurant Tables, 20 Solid Oak Straight Church Pews, Pepsi Soda Machine, McDonalds Stained Glass Window, Antique Feed Scales, Large Scrape Pile, Large pile of stainless steel scrape, lots of other scrape and metal, & much more!! Many Items not listed!!

Terms of Auction are Cash Check or Credit Card. 10% Buyers Premium, 13% Buyers Premium if paying with a Credit Card, All items must be paid on day of Auction and before leaving premises. You are responsible for your items immediately after you buy them. Go to auctionzip.com for pictures. Id # 29324. Auction Co. or owner not responsible for accidents. Attend at own risk.

Gun Auction Wednesday, March 4th • 6:00pm
at JJ'S Sporting Goods in St Johnsville
 Browning Semi Auto 5 Special FN 12 Gauge with scope, 1-Marlin Model 55 Goose Gun 12 Ga, 1-Western Field 12 Ga, 1-Mossburg Model 500C 20 Ga, 1 Remington CT 105 12 Ga Custom Gun and more still coming!!
 If you want to sell give us a call!! 518-993-4668.

Building Material & Contractor Tool Consignment Auction
Saturday, March 7th • 10:00am
 Consignments wanted of Kitchen Cabinets, Contractor Tools, Lumber, 2x4's, 2x6's Windows, Flooring and more, if you have building material & related items bring them down!! 518-993-4668.

Food Auction Wednesday, March 11th • 5:00pm
 Large supply of Groceries, Meats, Cheese, Cereals, Snacks.

WEEKLY SALES EVERY MONDAY HOSKING SALES

Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1:00 PM 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!

*****ATTENTION ORGANIC PRODUCERS - WE ARE NOW A CERTIFIED ORGANIC MARKETING AGENCY*****

IN AN EFFORT TO ASSIST ALL ORGANIC PRODUCERS WE ARE NOW CERTIFIED THRU NOFA, NY. ALL ORGANIC PAPERWORK MUST ACCOMPANY THE CATTLE AND PRODUCE WHEN THEY ARRIVE AT THE SALE BARN. THE 4TH MONDAY OF EACH MONTH WILL BE OUR ORGANIC DAY ALONG WITH OUR NORMAL MONDAY SALE. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US. OUR FACILITY IS AVAILABLE TO ACCOMMODATE ORGANIC DISPERSALS.

Monday, Feb. 16th sale - Total head sold 190. Cull ave. \$.89, top cow \$1.14, Bulls/Steers \$1.36, bull calves top \$4.50, heifer calves top \$1.90, Dairy feeders \$.89 - \$1.27, Feeder Heifers \$1.40, Dairy: Milking age top \$1800, bred heifers top \$1725, heifer calves top \$330.

Monday, Feb. 23rd - Normal Monday Sale & Organic Day - all organic animals - Dairy, Beef, Cull Dairy, produce, small animals - everything must come with Organic Certificate with proof of slaughter.

Friday, Feb. 27th - sale held on farm. 11:00AM Lowville, NY. D-Riverside Farm Complete Registered & Grade Dairy Dispersal. 95 Head of Outstanding Holsteins (a few Jerseys). 50 milking age in all stages of lactation, 10 bred heifers, balance yrlds. and calves. Cows are avg. 70#. SCC 150,000. Farm has been sold - so be prepared to move cattle immediately. GPS address: 5812 Waters Road, Lowville, NY 13367.

Saturday, March 7th - Sale at sale barn - 12:00PM - Blue Heron Acres American Wagyu Beef Herd Complete Dispersal. Commercial Cross Bred American Wagyu Beef Herd consisting of 120 Head of Brood Cows, Steers, Bulls, Heifers of all ages. Added Addition: Small 30 Head herd of Commercial Line Bred American Wagyu Cattle. Note: All Cattle requiring interstate testing will be tested immediately following sale and will be cared for until departure. Contact sale Management with questions.

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.

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

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

Saturday, April 18th - 9AM - Annual Spring Machinery & 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.

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 Website. **Call to advertise in any of these sales it makes a difference. Watch our website for any last minute updates.**

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

www.hoskingsales.com Call today with your consignments.

Tom & Brenda Hosking & Family **HOSKING SALES** **607-847-6274 or 607-847-8800**
 6096 NYS Rt. 8, New Berlin, NY 13411 **cell: 607-972-1770 or 1771**



An armadillo's teeth have no enamel coating and are worn away and regrown continuously.



**Call in your
Reader Ad
TODAY...
518-673-0111**

*Pick it up...
Give us a call...
For as little as
\$4.00 per week!!!*

**Looking for it?
Selling it?
Looking for work?
Looking to hire?**

**WE CAN
GET IT DONE!**

**MAKE OUR PHONE RING
So We Can
RETURN THE FAVOR!!!**



Call the Original Valley Pennysaver to place your Reader Ad

518-673-0111

ATTENTION this Auction is postponed until Saturday March 14th due to cold Weather!! On Site Public Auction Saturday March 14th 10:00am 20 River Street Nelliston NY 3-Pay Loaders, Backhoe, Ford Cummins Diesel 100' Boom Ladder Truck, Lincoln 200 amp welder, John Deere Garden Tractor, Construction Equipment, John Deere Pay Loader, Fork Lift, Building Material, Automotive, Body Shop Equipment, Plumbing, Hardware!! And lots more!! See auctionzip.com for list and pictures!! Auction conducted by JR'S Auction 518-993-4668

LARGE SELECTION EARLY VICTORIAN peach blow, R.S. Prussia, R.S. Germany, Fenton lamp, Fenton pieces, fine china and crystal sets. Silver plate flatware sets in original storage box. Great selection of gifts for every occasion. THE GALLERY, 2 West Main Street, St. Johnsville, NY 13452. Telephone 518-568-5121.

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. Telephone 518-568-5121.

2012 HYUNDAI SONATA SE TURBO, Black only 12,000 miles, 4cyl turbo, auto, moonroof, full power. Sale: \$18,995. John C. Miller Inc. 518-762-7124. www.johncmiller.com

2 COOPER Snow Tires 245/75R16, \$100; 2 all season tires 195/70R14, \$100. 518-470-8113

YETTER ROTARY HOE 16' wide, 3pt hitch, good condition, photos available upon request, \$2,200 OBO. 518-441-7299.

ATTN. DIABETICS - We have the best alpaca sock for you. The alpaca Therapeutic sock. Soft, comfortable and non-constrictive. They breathe great in warm weather to keep your feet dry. We guarantee you will love them. Many colors in stock. Paca Gardens, 27 West Main St, Little Falls, NY 13365. 315-823-1100 M-F 10-5, Sat 10-4.

NEW BOWS ARE LIFE-TIME WARRANTY, Made in USA. We also have Youth bows, Used bows, Crossbows, and Full Service Archery Shop, at The Sportsman's Den, 36 Canal St, Fort Plain 518-993-1010.

WITH YOUR FURNACE RUNNING MORE don't forget to change your filter! We have a large selection with prices starting at \$1.49 Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

LET US DESIGN that special jewelry for you. We work in 14k, 18k, Platinum, and Sterling Silver. All precious and semi-precious stones available. We also do repairs. Very reasonable rates. THE GALLERY, 2 West Main Street, St. Johnsville, NY 13452. Telephone 518-568-5121.

GOT COLD FEET because of poor circulation? Paca Gardens has Alpaca Therapeutic socks. Warm, soft, stretchy and very comfortable. Ideal for diabetics. Your feet will love them. Many colors too choose from. 315-823-1100 M-F 10-5, Sat 10-4. Paca Gardens, 27 West Main St, Little Falls, NY 13365.

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

FEBRUARY FEATURE OF THE MONTH - 40lb Wild Bird Food \$9.99 Behind every project is a True Value 12 Willett St Fort Plain NY 993-3834

2007 CHRYSLER 300 Touring, white, 84k, V-6, auto, leather, alloys, SALE: \$12,495. John C. Miller, Inc. 518-762-7124 www.johncmiller.com

2005 CHRYSLER Town & Country Touring, stow and go, 105,000 miles, maintenance records available, new tires, runs great, some rust, \$3,000 OBO. 315-429-3564

PACA GARDENS has the Finest Alpaca Products available. Now stocking the line of KUNA alpaca clothing. Layaways available. 27 West Main St, Little Falls, NY 13365. 315-823-1100 M-F 10-5, Sat 10-4.

NEW!! GE LED light bulbs! Stop in and see our assortment! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

GET FIRST selection from our NEW ARRIVALS in jewelry. Great prices for diamond wedding sets in 14k and 18k gold, large selection of 14k and 18k estate jewelry. Check out our wedding sets in Sterling Silver starting at \$99.95. THE GALLERY, 2 West Main Street, St. Johnsville, NY 13452. Telephone 518-568-5121.

EVANS, DRUMHEADS, drumsticks by Pro-Mark, Zildjian, On Stage. Imaging Drum & Guitar Shop. 601 Dine Rd., Little Falls. 315-823-1603

HAVING A PARTY? Did you know the Canajoharie Volunteer Fire Department rents the kitchen and banquet room. For your convenience we now have an elevator. 518-673-3812

LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS, etc. The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010.

Dining & entertainment



nice n easy
GROCERY SHOPPES

**CHEESE PIZZA
& 12 WINGS**
\$17.99 PLUS TAX & TOPPINGS

Also Available:
WINGS, COOKIES,
WRAPS, PARFAITS,
SALADS, ETC.

**NOW SELLING
ETHANOL FREE
PREMIUM GAS**

95 Main Street
Fort Plain
Call ahead for orders
518-993-3337

Saturday, February 28th

music by: **5-Zero Band** (Classic Rock)

5-9pm • Admission just \$5.00

www.5zeroband.com

St. Patrick's Day

Saturday, March 14th - Serving at Noon

Live music 3pm: "Shakespeare in the Alley"



Tuesday, March 17th

Serving at 11:30am

Jim's Irish Harbour

20 Little Mohawk St., Canajoharie, NY

518-673-2474



**Dine In Or
Take Out**
993-5306

Monday, Feb. 23rd

- ♦ ALL YOU CAN EAT PANCAKES 3-7 PM
- ♦ Liver-n-Onions w/Fries
- ♦ Grilled Chicken Club w/Fries

Tuesday, Feb. 24th

- ♦ Sloppy Joes w/Fries
- ♦ Western Burger w/Fries

Wednesday, Feb. 25th

- ♦ ALL YOU CAN EAT SPAGHETTI 3-7 PM
- ♦ Meatball Sub w/Fries
- ♦ Tuna Melt w/Fries
- ♦ Spaghetti w/Meatballs, Hot Sausage and/or Toss Salad

Thursday, Feb. 26th

- ♦ Chicken-N-Biscuits w/Potato & Veg
- ♦ Mexican Hot Burger w/Fries

Friday, Feb. 27th

- ♦ Fresh Haddock Dinner Baked or Fried, w/Potato & Veg
- ♦ Mac-N-Cheese w/Veg
- ♦ New England Clam Chowder

Saturday, Feb. 28th

- ♦ Prime Rib Dinner w/Potato & Veg 3-7 PM
- ♦ Fried Shrimp Dinner w/Potato & Veg

Sunday, Feb. 29th

- ♦ Stuffed French Toast
- Breakfast Only - Closed at 12:30pm

Homemade Soups & Desserts
Hours: Mon.-Sat. 7 AM-7 PM
Sun. 7 AM-12:30 PM
12 Hancock St.,
Fort Plain

FREE WI-FI

The Van Alstyne Homestead Society presents:
(Fort Rensselaer Club), 42 Moyer Street, Canajoharie, NY 13317

3rd Annual CHILI COOKOFF SATURDAY MARCH 7th Noon – 4:00 p.m



Taste the best chili by our local celebrities – from ministers to mayors to principals. Judging will commence at 2:00 p.m., and prizes will be awarded for best traditional chili, most creative chili & fan favorite.

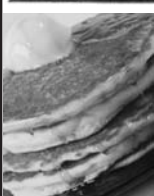
Music provided by the Jan Chronkhitte Quartet featuring:
Jan Chronkhitte (saxophone), Bill Brust (drums),
Ira Meltzer (grand piano), and Laurie Stewart (vocalist).
50/50 raffle & Guided Tours available.

Admission: \$10.00 and tickets are available at The Plain Food
Coop, Fort Plain & The Tourist Center, Canajoharie

For further information call: (518) 673-2468



**FOREST PRESERVE USERS
SNOWMOBILE CLUB**



PANCAKE BREAKFAST

SUNDAY, March 1st, 2015

Moose Club, 159 Erie Blvd., Canajoharie, NY

Time: 7 AM - Noon

Adults \$7.00; Children 5-12 \$4.00; Under 5 FREE

MENU

Pancakes, Sausage, Eggs, Applesauce,
Real Maple Syrup, Sausage Gravy,
French Toast, Coffee, Tea, Milk, OJ

www.forestpreserveusers.snowclubs.com

WRATH OF GRAPES

51 Hancock Street • Fort Plain, New York
YOUR WINE SUPERSTORE! OVER 12,000 BOTTLES IN STOCK

YOUR WINE & LIQUOR HEADQUARTERS

**CASE DISCOUNTS
ON WINE**

Mix & Match Sizes & Types

518-993-2624



Men's Auxiliary CHICKEN BBQ

VFW, Fort Plain

Saturday, February 28, 2015

1:00pm - 5:00pm

Dinner: \$8.00 per person

1/2 Chicken: \$5.00

Eat Inside / Take Out • Public Welcome

Thank You!



ROYAL MOUNTAIN MOONLIGHTERS POKER RUN

Saturday, February 28, 2015

Registration starts 9am at

Ephratah Rod & Gun Club
(Route 67, Ephratah)

Ride by 11am, Return by 6pm SHARP

Cost: \$10 each or 2 for \$15

7 STOPS ending at

Ephratah Rod & Gun Club

Prizes: 1st - \$300, 2nd - \$150, 3rd - \$50

Breakfast available at club 8-11am

Food and Drinks available at all stops

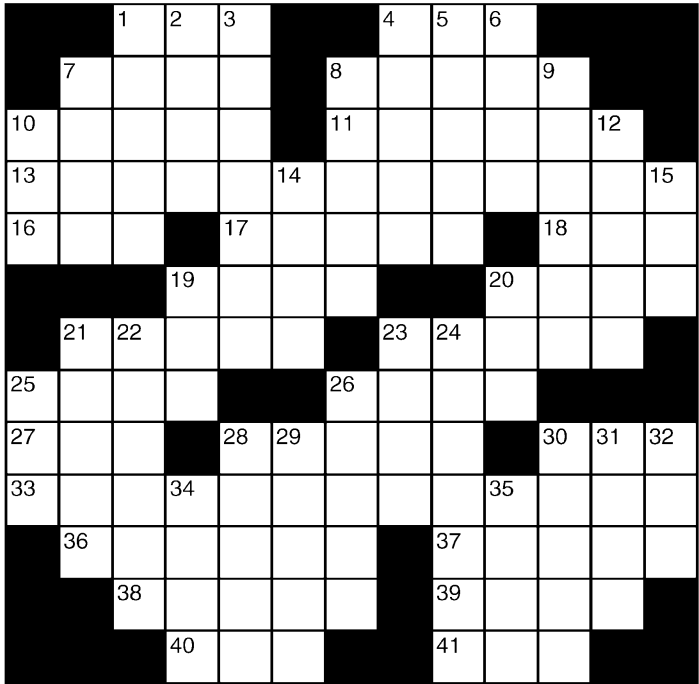
**ALL NYS LAWS WILL
APPLY TO ALL PARTICIPANTS.**

For more information
call (518) 752-8455



(Prizes subject to change based on participation & weather)

King Crossword



- ACROSS**
- 1 — de deux
4 Rotating part
7 St. Louis landmark
8 Sorcerer
10 Durable wood
11 Obliterated
13 Jake and Elwood
16 Foundation
17 Kin of linen
18 Also
19 Accomplish ment
20 Fragment
21 Scrub, as a space mission
23 Old-hat
25 Pitcher type
26 Taverns
27 Petrol
28 Wails like a banshee
- DOWN**
- 1 Exultant
2 Teen's complexion
3 Unscrupulous lawyer
4 Yuletide rendition
5 Playing marble
6 Dog-sledding
7 Competent
8 Deserve
9 Boil
10 Recede
12 R2-D2, e.g.
14 Lake vessel
15 Bribe
19 Supporting
20 Dol. fractions
21 Prize
22 Suit, old-style
23 Sand formation
24 Lack
25 Ovum
26 Chinese dogs, for short
28 Deli turnover
29 English homework, often
30 Pound pieces
- 30 School org.
31 "Star —"
32 Fool
34 Prior nights
35 Indigent

STICKELERS
by Terry Stickels

Match the phobias on the left with their meanings on the right.

1. alophobia	a. fear of heights
2. ergophobia	b. fear of cold
3. androphobia	c. fear of males
4. acrophobia	d. fear of working
5. psychrophobia	e. fear of pain

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Weekly SUDOKU
by Linda Thistle

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

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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Mega Maze
©2015 King Features Syndicate, Inc.

MAGIC MAZE ● — ROSE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Baby	China	Cotton	Tea
Cabbage	Christmas	Desert	Tokyo
Charlie	Coffee	Ground	Winter
Cherokee	Confederate	Japanese	

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HOCUS-FOCUS
BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Window is broken. 2. Football is missing. 3. Switch is missing. 4. Picture is smaller. 5. Drawer is missing. 6. Fridge is missing.

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

Amber Waves
by Dave T. Phipps

LOOK MOM, I FOUND YOUR OLD YEARBOOK.

LOOK AT ME IN MY VOLLEYBALL UNIFORM.

IT'S AMAZING HOW THE TIMES FLIES BY. HOW LONG AGO WAS IT?

ABOUT 30 POUNDS AGO.

ANSWERS

King Crossword
Solution time: 25 mins.

Weekly SUDOKU
Answer

ROSE
MAGIC MAZE

Sticklers Answer
1-e, 2-d, 3-c, 4-a, 5-b

Junior Whirl
by Hal Kaufman

BLANK CHECKS! Object of this test is to place 12 checkmarks in the circles at right so that there are two, and only two, checks in each vertical, horizontal and corner-to-corner diagonal row.

There is a rather symmetrical way of inserting the marks to comply with this challenge. See if you are able to puzzle it out.

DO TELL! "BxExYxOxUxRxSxExLxF." This is just about the worst advice you can give to some people, said Thomas Masson: Eliminate x's.

POLECAT SCANNER

When is a cat not a cat? When it's a polecat. Indeed, each of the groupings of three animals below contains two cats and a polecat of sorts. That is to say, one is not a cat. Can you point out non-cats?

1. Tiger, lion, bear.
2. Leopard, lemming, lynx.
3. Panther, puma, fox.
4. Jackal, jaguar, ocelot.
5. Cougar, cheetah, weasel.
6. Catamount, serval, fennec.

Time limit: 3 min.

BY GEORGE! Two of the 10 hatchet bearers above look enough alike to be twins. Which two is for you to decide.

Ayres Animal Shelter

133 Hilltop Rd., Sprakers • 518-673-5670

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



TYSON - 4 year old male Pit Bull, 64 lbs. Knows commands, loves car rides, swimming and treats. Should be your only pet in an adult home. Housebroken.



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



THUNDER - 6 year old male Pit Bull mix, 52 lbs. Found in Canajoharie in August 2012. Knows "sit" and loves chest or belly rubs! Not good with other dogs or with kids. Housebroken.



APRIL - Beautiful 2 year old female Pit Bull mix. Came to the shelter on August 12th. She should be your only pet. Housebroken.



WINSLOW - is a good-looking black and white neutered male Pit Bull mix, 8 to 10 years old. He was found running on Hilltop Road on August 27, 2014. He can sit up and lift his paw for a treat.



WILSON - 6 year old male black brindle Mastiff mix, 70 lbs. Found on Route 163, Canajoharie on May 13th. Handsome dog, knows commands, loves belly rubs. Adult home only.



YOGI - 6 year old male Hound mix. Knows "sit, stay, shake, lie down". Good with kids, not good with cats. Likes lots of love and attention.



CRUZ - Handsome 2-3 year old white male Pit Bull, 55 lbs. Found on Garfield St., Fonda in November 2012. Fine with kids. Not good with cats. Housebroken.



KEITH - 2-3 year old male Coonhound. Found on Hickory Hill Road, Palatine on August 28, 2014. He's friendly and high-energy. Not good with cats, good with some dogs. Housebroken.



KIRK - 3-4 year old male Shepherd mix. Found on Route 162, Town of Charleston on January 11th. He's a sweet dog with a wonderful smile and beautiful eyes.



MICK - Handsome 6 to 8 year old male. Found on Lynk St., Sprakers on January 7, 2015. Great personality. Not good with dogs.



TRIBBLE - Lovely dark tiger and white female. Came to the shelter from Fort Plain on January 15th. She's friendly and very appealing.



BRYNN - Beautiful 4 year old female Dilute Tortie. Came to the shelter on January 20th, because her owner was moving.



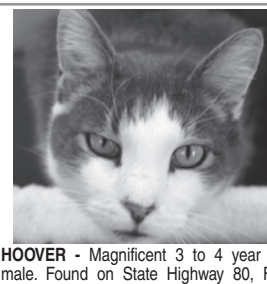
LIZZIE - 2 year old spayed black female. Playful. Very shy. Found on a porch in Canajoharie in May 2014.



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.



ZEUS - 4 to 6 year old gray (blue) male with a wonderful expressive face! He was found on Hilltop Road, Sprakers on December 29, 2014. He's not good with dogs.



HOOVER - Magnificent 3 to 4 year old male. Found on State Highway 80, Fort Plain. Came to the shelter on January 4th. Loveliest cat imaginable. Hoover has FELV, the feline leukemia virus.



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

“Quality of Life”

**NEEDED:
CAT
LITTER**

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How shopping locally can help you and your community

Today’s consumers have more shopping options at their disposal than they did in years past. Though the Internet may put the world at one’s fingertips, more

are many, and the following are just a few reasons why shoppers may want to look no further than their own communities when planning their next shopping ex-

periences. Small business owners may be more inclined to employ local residents, giving more people in the community solid employment. Business owners may reach out and support other neighborhood efforts, such as fundraising initiatives for charities and schools. By shopping at local stores, you have a hand in supporting these efforts as well.

Save money

When factoring in travel time and the cost of fuel, shopping locally makes more sense than driving to a faraway mall. In addition, repeat customers who establish a rapport with a local business owner may find that such owners are more inclined to price match or work with loyal customers to find lower prices through suppliers.

Diversify your home and lifestyle

Shoppers who prefer more unique styles may

Real estate... New beginnings

find local businesses cater to their needs better than large chain stores. Larger retailers offer the same products to customers regardless of where those customers live, so a person in California may be decorating his or her home with the same furnishings as a person in North Carolina. But local shops tend to produce more unique items that are not available nationwide.

Promote entrepreneurship

Small businesses are an essential element to the country’s economic growth. By shopping locally, consumers are showing their support for this important segment of the national economy.

Help establish local pride

Independent shops contribute to the fabric

of a community and what makes it special and unique. Tourists and other visitors will be much more inclined to remember a local shop rather than a big chain in a particular neighborhood. When travelers want to get a feel for a community, they seek out small, local stores that are much more likely to stock a high per-

centage of locally-sourced goods.

Attract other businesses

Private and public sector businesses tend to gravitate around anchor stores. Should a local store be successful, banks, restaurants, salons, and other businesses may move in as well.



Shopping locally benefits consumers in various ways, many of which contribute to a healthy local economy.

and more shoppers are discovering that buying locally makes for a superior shopping experience. The benefits associated with shopping locally

are many, and the following are just a few reasons why shoppers may want to look no further than their own communities when planning their next shopping ex-

Keeps money in the local economy

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Real estate...

New beginnings

Snack foods that promote better sleep

According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during the day.

But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better sleep.

- **Almonds:** Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep. A small amount of almonds

before bed might be enough to make falling and staying asleep easier.

- **Bananas:** Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.

- **Cheese and crackers:** One more traditional snack may just help you get a better night's sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep and help you fall asleep sooner.

- **Cherries:** Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept

longer and better than participants who did not.

- **Hummus:** The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.

- **Peanut butter:** Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it's a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

- **Walnuts:** Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night's sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night's sleep.



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Getting hitched at home? Things you should think about first

(BPT) — Deciding to get married is one of the biggest and most important decisions many people will ever make. According to The Knot and WeddingChannel.com, the average wedding costing more than \$28,000 — the cost of a new car or a down payment on a home, so your next biggest decision may be figuring out how to pay for it. With that in mind, many couples are opting to tie the knot at home. Although hosting your special day in your own backyard can cut costs and give you more flexibility, you must address some critical details before you walk down the aisle.

Beginning basics

First things first — make sure you have enough space to accommodate everyone. If you need to make extra space, get creative. Did you know you can fit more guests at round tables than rectangular or square ones? You can also invest in a short-term storage locker, which can temporarily house excess furniture as well as valuables you don't want left out among wandering and rowdy guests. You'll also want to check into local noise ordinances, which might require a permit to host a loud party. You might need a permit to park cars along your street,

too.

Prepared and protected

In addition to these important basic details, couples need to make sure they are protected if anything goes wrong on their big day. Joe Vahey, vice president and product manager at Erie Insurance, suggests happy couples think about the following three key insurance issues when planning a wedding at their home or someone else's to make sure they're prepared for the unexpected.

Personal property

Keep valuable wedding gifts protected. Depending on how many guests attend your event, you could end up with thousands of dollars' worth of gifts. Since personal property like this is covered by your homeowners insurance policy, make sure to talk to your agent. They'll look into your policy's personal property limit — it's usually a percentage of the value of your home — to ensure everything is covered.

Liability issues

It's important to make sure you're protected from liability, too. If your uncle falls while doing the chicken dance or your cousin trips while diving to catch the bouquet, you could end up in

trouble. While some liability coverage is included on standard homeowners policies, you'll want to review the liability limits with your agent in order to assure you have enough coverage. Additionally, it's always wise to consider adding an inexpensive personal catastrophe liability policy (sometimes called an umbrella policy) to your insurance. Having this extra protection will provide you and your future spouse with needed peace of mind on a hectic day.

Rings

Wedding rings are an important part of the ceremony, a symbol of your special bond. Consider "scheduling" the rings rather than relying on the blanket coverage provided by a standard policy, which may have a value limit. A scheduled ring has additional coverage up to the specific value of that ring, so you won't have to worry about replacing a lost or stolen ring.

Looking good

Once the behind-the-scenes details have been addressed, it's time to pull back the curtain and focus on putting on a spectacular show. Properly welcome guests by getting your landscape in tip-top shape and making sure to clean your house top to bottom a week before the wedding. Consider hiring professionals to lessen your responsibilities leading up to the big day. Keep wedding decor and flowers in line with the look and feel of the home. Getting married at a beach house on the lake? Then, stick to a more casual, understated feel. If you're hosting a black-tie gala at a friend's mansion, don't be afraid to embrace elegance and opulence.

Regardless of how you choose to celebrate your big day, planning ahead to ensure you're prepared and protected is one way to enjoy it worry-free, with the one you love.





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Warning signs a tire is about to go flat

Few drivers will be fortunate enough to go their entire driving lives without encountering at least one flat tire. Flat tires range from the inconvenient flats, which

may interrupt a road trip or make drivers late for work or an appointment, to more dangerous blowouts, which can compromise the safety of drivers, their passengers

and anyone else on the road when the tire gives out.

But as inconvenient or dangerous as flats or blowouts can be, they also can be prevented more often than not. Tires often produce warning signs that a flat or blowout is about to

All things automotive

emerge, so drivers who want to avoid such unfortunate developments can inspect their tires for the following signs.

• **Varying wear:** Tires should exhibit the same type of wear. The wear on front tires and back tires may differ, but one front tire should have the same amount of wear as the other and the same goes for the back tires.

Uneven tread on tires indicates that the tire with more wear could be about to go out.

• **Worn tread:** Even drivers who know little about cars can typically recognize when tire tread has worn down to the point where the tire is a safety risk. But drivers who are unsure can employ the quarter test. Insert a quarter into the tread of the tire, with George Washington's head upright. If you can see the hairline of the United States' first president, then you need to replace the tire. Perform this test on each of your vehicle's four tires.

• **Low pressure:** Drivers who do not routinely check their tire pressure are more likely to endure a flat or blowout than those who regularly make sure their tires are at the manufacturer-recommended pressure, which can be found in a

vehicle owner's manual or by calling the tire manufacturer or visiting their website. An under-inflated tire is under stress that can cause the tire to blowout. In addition, poorly inflated tires force engines to work harder, which negatively affects a car's fuel efficiency.

• **Vibration:** A car that vibrates excessively may do so because tires are damaged. Poor suspension is another cause of excessive vibration. Whatever is behind a car that is vibrating, drivers should immediately take the car to their mechanic for an inspection.

• **Physical damage to the tire:** Sometimes tires exhibit physical damage like bulges or cuts, and such signs could mean a flat tire or blowout is just around the corner. Tires that exhibit such physical damage need to be replaced immediately.

Flat tires and blowouts can prove both scary and inconvenient. Drivers who want to avoid such problems should routinely inspect their tires for indicators that a flat or blowout is likely to occur.



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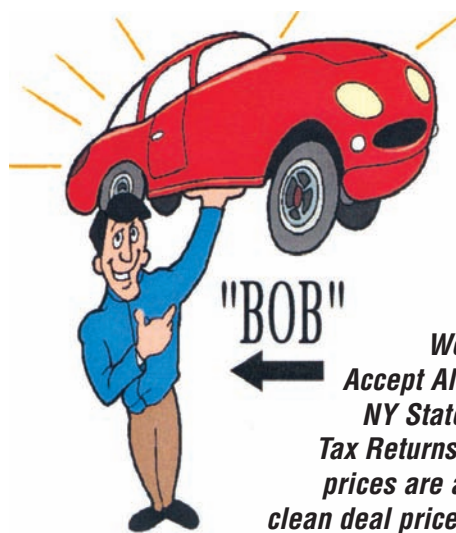
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