

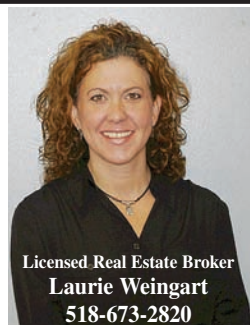
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Volume 5
Number 34

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March 7, 2015

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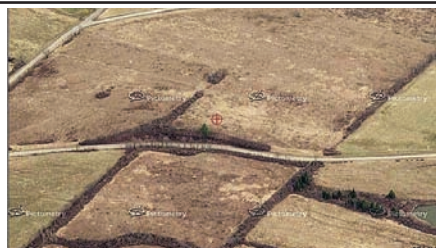
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Real Estate Agent
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518-698-3004



153: EPHRATAH - 2-story, 4 bedroom home sits on 1.4 acres. Home is charming and well maintained. Features country kit, sliding glass door, ceramic tile, & wood floors. Johnstown Sch **Asking \$94,900**



175: CANAJOHARIE: This 66.9 acre lot is divided by Dugway Road with approx 20+ acres on the north side of the road and 60+ acres on the south. The property can be purchased in its entirety or divided into 2 lots to be purchased separately. This property has a great view of the Cherry Valley Mountains and would be a perfect place to build your new home **Asking \$198,000**



188: FORT PLAIN: PRICE REDUCED!!! 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 \$73,000**



207: FORT PLAIN: Older home needs some TLC. No private parking. Updated windows and furnace **Asking \$64,999**



411: 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**



526: CANAJOHARIE: Gourmet kitchen with top-of-the-line appliances and ceramic tile floor. Pella windows and doors. Beautiful hardwood floors throughout. Finished basement. Front and back decks. 12x12 shed with electric. Total 2 lots. Located on a private dead end street **Asking \$129,000**



531: CANAJOHARIE: An amazing kitchen with granite counter tops and tile flooring. Large living room and formal dining room. Remodeled full bath with radiate heat. Hardwood floors throughout. Professional landscaping and a relaxing back deck; perfect for entertaining. **Asking \$119,900**



570: ST. JOHNSVILLE: Located just on the edge of the village makes this a great location. Two-story vinyl sided home with a beautiful yard with a summer kitchen & 1/2 bath in your 2-stall garage makes this ideal for entertainment. Open kitchen & living room with a stone fireplace. Kitchen has beautiful stone work, wood cabinets & granite counter tops. Hardwood floors, formal dining room & enclosed porches make this property a great home **Asking \$139,900**



571: ST. JOHNSVILLE: Ranch home located on a lovely residential street. Family room with a fireplace. Kitchen with tile flooring. Large living room w/great light. Master bedroom with a full bath. Sliding glass door leading to a back deck. Total of 3 parcels **Asking \$109,900**



576: PALATINE BRIDGE: REDUCED!!! This home is the original schoolhouse in Palatine Bridge. In fact, the school bell still can be rung. Stone construction with enclosed green house and an open front porch. Beautiful front foyer opens to a large living room w/fireplace. Large den. The basement is mostly finished with a family room, office and sauna and workout room. Circular paved driveway. Detached garage. This is a historic property **Asking \$375,000**



652: JOHNSTOWN: The convenient location & beautiful features will draw you to this home just as they did the current owners. There are too many to list them all, but they include gorgeous stained glass, newel post, sweeping staircase, wide plank antique heart pine floors, marble fireplace & pass-through pantry cupboards. The patio provides a relaxing place to soak in the flowering magnolia tree and backyard. Walk to local eateries and shopping **Asking \$119,000**



653: NEW LISTING!!! CANAJOHARIE: Adorable Cape Cod style home in the Canajoharie School District. Located near the school with an adjacent fenced lot to give you a great deal of room for a village location. The owners have updated this beautiful home with a high efficiency furnace and a pellet stove insert in the living room fireplace. Both of these updates provide great energy savings **Asking \$109,000**



811: REDUCED!!! CANAJOHARIE: NEW Two wells - one drilled, one dug (no sulfur, water softener), roof - metal less than 7 years old, furnace - oil radiator hot water (2008), pellet stove, electric 100 amp breakers, no attic - crawl space, two car attached (by breezeway) garage w/remote, fully insulated, new windows, electric hot water heater (2013). Eat-in kitchen (no appliances), full bath, living room w/hardwood flrs, two bedrooms (no closets), washer/dryer hookup. Basement concrete floor. Also new septic and leach field. **Asking \$59,900**



968: FORT PLAIN: MOHAWK: NEW LISTING!!! Fantastic opportunity awaits!!! Completely remodeled house, all within the last two years. Windows, electric, plumbing, etc., 30 x 60 cow barn with 21 stanchions, milk house, frost free hydrant. 40 x 80 equipment shed, pond, raspberry bushes, current bushes, cherry, apricot, and peach trees. Drilled well with abundant water supply. Looking for a hobby farm in Upstate New York? Don't miss out on this one. Priced to sell **Asking \$185,000**



993: FORT PLAIN: Come enjoy the Countryside on this 80 acre homestead. Huge 3 bedroom home with original woodwork, wide plank floors, high ceilings. One car attached garage, one detached. 65 acres of tillable with 15 acres of woods. Two ponds and a year round stream. Fantastic view of the Adirondack Mountains . . . **Asking \$230,000**



996: FORT PLAIN: NEW LISTING!!! Unique and rare best describes this home. Massive Dutch Barn turned into an Amazing Home! A cozy heated shop leads up to the massive living quarters with Cathedral ceilings. Exposed hand hewn beams from the 1800's grab you attention to the fine details and Craftsmanship. Fantastic view from the rear enclosed deck overlooking a very large pond and nature at its best. Custom made Cherry Cabinets, Cherry flooring in the dining room. Knotty pine throughout. Two kitchens and much more. **Asking \$175,000**

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~Charles Dickens (1812-1870), Great Expectations



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Collecting

by Larry Cox

1949 Television

G: I recently moved into a house in Shreveport, LA, and the former owner left behind an early television set. Although I understand most TV sets aren't all that valuable, this one might be an exception. According to the sticker on the back of the set, it is a GE Model 800 tabletop. — Rob, Shreveport, LA

A: Your set with Bakelite case was made in 1949. According to the "Antique Trader Radio & Television Price Guide" edited by Kyle Husfloen and published by Krause Books, it is worth about \$300. It could be worth a little more, since early televisions have suddenly caught the attention of a growing number of collectors.

G: My mother and grandmother were doll collectors for most of their lives. I have inherited their collections of about 275 dolls, some rare, some not so rare. I would like to sell them, but don't want to do it on eBay. What do you recommend? — Sally, Alamo Heights, Texas

A: One of the best solutions might be Theriault's. For more than 40 years, this auction house has helped find homes for new and collector dolls. Its consignments

service might be helpful. Contact is P.O. Box 151, Annapolis, MD 21404; and 410-224-3655. Check out Theriault's current auction catalog at www.theriaults.com.

G: My grandfather was born in 1905 and one of his prize possessions as a child was a teddy bear. Although I am not certain I want to sell it, can you recommend an expert so I can determine its value and collectability? — Deborah, Peterburg, PA

A: Sara Bernstein Antique Dolls and Bears is highly recommended and might help you establish a value for your bear. The telephone number and website are 732-536-4101; and www.sarabernstein-dolls.com.

G: I have a glass bowl that has been identified as Flambo Ware. What is Flambo Ware? — Connie, Pueblo, CO

A: Flambo Ware is an opaque glass, usually tomato red in color. This particular glass was manufactured by the Pairpoint Glass Works prior to the mid-1920s. Most Flambo Ware was made for the Christmas trade, and it was difficult to produce and maintain a uniform color.

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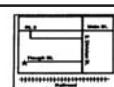
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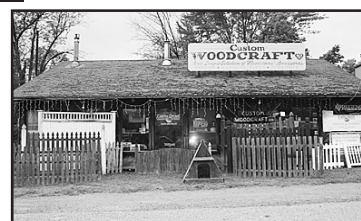
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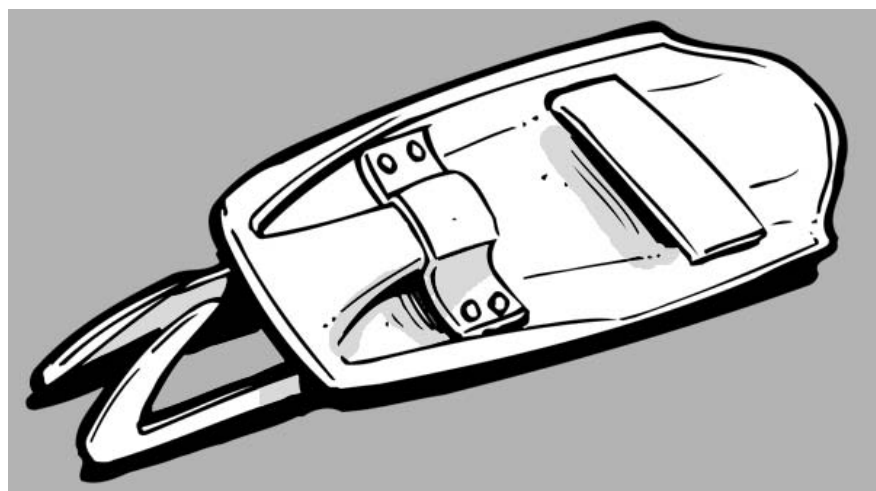


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by Dr. Leonard Perry, Extension Professor, University of Vermont

Just as spring is the time baseball players get ready for their season, so should you get your body ready for the gardening season. Beginning easy exercises indoors now will help prepare you for gardening activities outdoors later, and reduce the chance of body discomfort or injury.

When you bend over to pick up something, you're doing a "deadlift". Think pulling weeds, lifting a bag of compost or potting mix, or picking up rocks. Practicing deadlifts now will strengthen your legs and lower back. You can do these using dumbbells or anything similar. Make sure, when you bend over, to keep your back straight. Bend with your knees and at the hip joints but not at the waist. Use your thigh muscles when lifting. Keep your head looking forward. When lifting properly, toes, knees and shoulders should be aligned.

The "front-loaded squat", along with deadlift, is one of the best exercises you can do to build strength for the gardening season. For the squat, hold the dumbbells or weights up by your chest. Then squat down, bending and keeping the posture as with the deadlift. Begin with light weights, increasing the weight as you get stronger.

A variation on the dumbbell lift is the "wood chop". Think of swinging an axe to chop wood, or the rotational motion used in weeding with a hoe and raking. With this exercise, squat (remember, back straight) and lift a dumbbell or weight diagonally from the outside of one knee diagonally up and over the opposite shoulder as you stand, then back down. Do a few repetitions on one side, then the other. Your body should rotate, but your feet should remain flat and in place. As you build up to more repetitions, this can be a good cardiovascular exercise too.

What is called the "farmer's carry or walk" will help you get ready to carry watering cans and pails of compost around the garden. This exercise helps strengthen your grip and forearms. At

home you can use jugs of water. Focus on keeping the abdominal muscles tight, and keeping the weights by your side with no big swings as you walk.

Push-ups help get you ready for pushing wheelbarrows and mowers about the yard. With a modified push-up you have your knees resting on the floor, but when pushing up shift your weight off your knee cap and onto your lower thigh muscle. As you push up and lower, keep your back straight.

Just as push-ups get you ready for pushing, "renegade rows" gets you ready for pulling rope, vines off of trees, and pulling cords to start engines. Start with a dumbbell in each hand, in the position as if doing a full push up. But this time, with your weight on one arm, raise the other holding while holding the weight. Raise it to about shoulder height, elbow at about a 90-degree angle. Repeat one side, then the other. Keep your feet about shoulder-width apart to maintain balance.

Lunges are a great workout for your buttocks and thighs, and help train you not to arch your back in other activities. Start with one leg in front of the other, then (with back straight) bend the knees, going down then up in a smooth motion. If you can't bend the back knee all the way to the ground, go as low as you can comfortably for now. Make sure not to bang the knee against the ground. Lunges are great practice, too, for balance.

A back bend is simple, helps decrease back strain, and is a great warm-up. Standing with your feet apart, place hands in the small of your back and bend backwards, keeping knees straight. Hold for a couple seconds, return, then repeat.

To help strengthen your back and legs, practice wall slides. Stand with your back against a wall, your feet shoulder-width apart. Slowly slide your back down the wall, into a crouch position, with your knees bent at 90-degree angles. Hold this for 5 seconds, then slide back up the wall, and repeat.

Spring training for gardeners

Leg raises also help strengthen your back and legs. Lying on your stomach, tighten the muscles in one leg and raise it from the floor. Count to 10, then lower that leg. Repeat for the other leg, then repeat both in this manner.

Another exercise for back and leg muscles is similar, only lying on your back. Raise one leg off the floor, count to 10, then lower and raise the other leg, then repeat. If difficult at first, keep the leg not being raised bent with foot flat on the floor.

Knee lifts while lying help decrease back strain. With feet flat on the floor, knees bent, raise knees to your chest, put your hands under them and pull toward your chest. Lower legs back slowly, but do not straighten them.

For stomach muscles, do repetitions of partial sit-ups. Lying on your

back with knees bent, feet flat on the floor, slowly raise your head and shoulders and reach both hands to your knees. Count to 10, then relax and return.

To help your back, do leg raises while seated. Raise legs at an angle to the floor, then raise one waist high. Slowly return, then repeat with the other leg, and repeat.

For hip and back muscles, do repetitions of leg swings. Standing behind and holding onto a chair, lift one leg back and up, keeping it straight. Return slowly, then repeat with the other leg.

Take time to rest if your body calls for this. If you have health issues, make sure and check with your doctor on appropriate exercises and activities.

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Multiple Sclerosis (MS) awareness week — March 3 - 9

An estimated 2.3 million people live with MS worldwide. These numbers can only be estimated – in the absence of formally reported data – because MS disease activity can occur without a person being aware of it and symptoms may be completely invisible.

What is multiple sclerosis?

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system, which interrupts the flow of information within the brain, and between the brain and body. The disease is thought to be triggered in a genetically susceptible individual by a combination of one or more environmental fac-

tors. Although MS is thought by some scientists to be an autoimmune disease, others disagree because the specific target of the immune attack in MS has not yet been identified. For this reason, MS is referred to as an immune-mediated disease.

Who gets MS?

Anyone may develop

MS but there are some patterns. Two to three times more women than men have been diagnosed with MS. Most people are diagnosed between the ages of 20 and 50, although an estimated 8,000–10,000 children under the age of 18 also live with MS, and people as old as 75 have developed it. Studies suggest

that genetic factors may make certain individuals more susceptible than others, but there is no evidence that MS is directly inherited. MS occurs in most ethnic groups, including African-Americans, Asians and Hispanics/Latinos, but is more common in Caucasians of northern European ancestry.

What are the typical symptoms of MS?


MS can cause extreme fatigue, impaired vision, problems with balance and walking, numbness or pain and other sensory changes, bladder and bowel symptoms, tremors, problems with memory and concentration, mood changes and more. Symptoms of MS are unpredictable; they can vary from person to person, and from time to time in the same person. For example: one person may experience abnormal fatigue and episodes of numbness and tingling, while another could experience loss of balance and muscle coordination making walking difficult. Still another could experience slurred speech, tremors, stiffness and bladder problems. These problems may be perma-

nent or may come and go. Major symptoms sometimes disappear completely, and the person regains lost function. In severe MS, people have permanent symptoms that might include partial or complete paralysis and difficulties with vision, cognition, speech and bowel and bladder function.

Can MS be cured?

Not yet. There are now FDA-approved medications that have been shown to “modify” or slow down the underlying course of MS. In addition, many therapeutic and technological advances are helping people manage symptoms. Advances in treating and understanding MS are made every year, and progress in research to find a cure is very encouraging.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiplesclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at nationalMSSociety.org or call 800-344-4867 (1-800-FIGHT-MS).



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How to successfully negotiate with wedding vendors

The average wedding tends to be one of the most costly ventures in a couple's life together. Many couples seek ways to cut costs, and negotiating with prospective vendors is one way to do just that.

Too often couples overlook haggling for better prices because they may be intimidated by the process or simply want to plan the most memorable day regardless of cost. Many vendors build some wiggle room into their prices, and the key for cost-conscious couples is to find the right strategy to unlock that lower price.

- Explore your options. Weddings are big business for vendors, and the competition is stiff. Visit a variety of vendors and compare their services and prices prior to making any decisions. This will give you an accurate range of costs and information for future negotiations. Vendors may be willing to match competitors' prices, so knowing what the photographer down the street charges can provide you with some negotiating leverage.

- Dress modestly for meetings. It's tempting to want to dress to impress, but very often wedding vendors

judge potential clients by their appearances. If you walk in with a designer handbag and driving the latest model luxury vehicle, a vendor may get the impression you have extra money to spend. While you do not have to play the pauper, dress modestly so your appearance doesn't hurt you at the negotiating table.

- Never take the first offer. A good business person will tell you there always is room for negotiation. Avoid the loaded question of "What can you spend on this?" by the vendor. Instead, let them bring up a price first, and realize that this first quote can almost always be negotiated down. Inform the vendor that you would really like to work with them but he or she needs to lower the price. See if they can offer a different package or provide a discount.

- Negotiate the big-ticket items first. Discounts on big-ticket items, such as the reception venue, will save you the most money. For example, you will save more by getting 20 percent off at the catering hall than if you save 20 percent on your wedding gown. Once you free up extra money, you may find you don't have to

negotiate as hard with smaller vendors.

- Walk away if need be. Always have a Plan B in place. This way if you tell a vendor that their price is too expensive and you have to pass, you really have a fall-back option. Some vendors will sweeten the deal, but others will actually let you walk out the door. And remember, you're more likely to get a better price by being amenable and well-mannered than making threats or arguing.

- Some deals aren't actual discounts. A vendor may be able to work with you by offering additional services in lieu of actually taking money off of the price tag. Extra photo prints, a dessert bar and an extra hour of time in the limousine may seem like great deals, but that's only the case if you truly need these bonuses. Even if it's a great deal, you're still spending more than you had hoped.

Wedding prices can be overwhelming. However, negotiating for lower prices is always an option for cost-conscious couples.

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A family dentist and an anvil

I glance up at a few small souvenir anvils. Anvils remind us of blacksmiths and horseshoes. However other professionals also used anvils. One on the shelf is special to me. It is a remembrance from a special relative. From my earliest youth I knew Uncle Clint and Aunt Lena Snyder. Aunt Lena was my Grandmother Barshieds sister.

For many of my years when I walked up the East side of Church Street in Canajoharie, NY, I saw a bronze plate near a door that led to an upstairs office. The sign read, Dr. C. E. Snyder - Dentist. That invitation to be Dr. Snyder's patient stayed there for 50

Time has a way of marching on - as it did, Aunt Lena who was Lena Shineman Snyder 1883-1974 passed away. The Snyders had been married for over 60 years and for some 50 of them Uncle Clint had practiced dentistry in Canajoharie. Aunt Lena was his receptionist. As Dr. Snyders age advanced I remember the card on Aunt Lenas desk that read, "If you have a cold, please cancel."

In family gatherings she referred to him as "Hub." They never had children but there were enough nephews and nieces to go around. Those who knew Dr. Snyder knew how protective his wife was of him.



years or more. I thought it was pretty special to have my own personal dentist. He was one of the most gentle people I had ever known by profession and in life itself. Sometimes when we think we are special we take privileges. Now, Uncle Clint made many trips from where his dentist chair sat beside that beautiful blue bowl with swirling water. The trips were to a book workroom where false teeth were made and adjusted. When no patient was there and sometimes when they were, I had the privilege to go to that book workroom. There were things there that were of special interest to me. One was that small anvil on his workbench. Or maybe that single shot Remington rifle way back in a dark corner. It belonged in his family even though it was something not really consistent with the décor of a dentists' office. Uncle Clint said it was used by his brother to help guard the Remington Arms Factory in Ilion way back during World War One.

Sometimes it became particularly noticeable. Uncle Clint had been a hunter years before but fishing stayed with him up until my own memory. Probably an example of Aunt Lenas protection when I was young can now be mentioned. That can be done as generations fade away. Years ago Uncle Clint and Aunt Lena were preparing to go into the boat with my father who was also an avid fisherman. There wasn't room for this young boy who never had the patience to sit that long anyway. At the last minute Aunt Lena said to Uncle Clint "Hub are you sure you don't have to go behind the bushes before you get into the boat?"

As Dr. Snyder gave up his office he asked me if there was anything I would like to have. I had so long admired that small dentist anvil and that is what I chose. Dr. Clinton Eugene Snyder passed away in 1979 at 94 years old.

The writer and nephew of these lines is now 10 years younger than Uncle Clint was when he passed away. He has never had a tooth pulled. Is it because of what my mother said - that I had good genes? Or is it at least part of having my own personal family dentist when I was young? I still dread even having a tooth pulled. However I received some comfort along with a good laugh when I took a young Amish friend to have one of his teeth pulled. We discussed the upcoming event as we drove to the dentist. I went into the office and when my friend was paying his bill I said, "how was it?" His answer was "Skip it didn't amount to anything." The receptionist overheard the conversation. I said to her "those people are as strong as an ox." My friend said, "smell isn't everything."

Say! I think I'll make an appointment with my 21st century dentist in hopes he won't have to make or break my record.

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Leaks not the only sign a roof might need repair

by Carole Feldman, Associated Press

A harsh winter has taken a toll on many roofs. Maybe there's a tell-tale leak, but sometimes problems are harder to spot. When the snow melts, it's a good time to take stock.

Identifying problems

John Galeotafiore, associate director of home improvement testing for Consumer Reports, recommends that homeowners take out a pair of binoculars and check the roof from street level. Roofing contractors also can be hired to inspect the roof. Do you see any missing shingles? Are some of them curled or cracked? Are there pieces of flashing missing? Dirty or splotchy shingles also can be a sign of a problem, says Jim Englehart, senior merchant for building materials at Home Depot. "It's indicative of the granules being worn away," he said. Weather-related damage can include ice damming, when water backs up under the shingles, ices and then begins to melt. High winds can dislodge shingles or the flashing around chimneys or skylights.

Repair or replace?

Age is one factor in deciding whether to repair or replace a roof. "If the roof is about 20 years old and you're getting leaks, you're probably going to have to change it," Galeotafiore said. You might be able to patch newer roofs if the damage is limited. "It gets down to aesthetics," Englehart said. "If it's on the front side of the house I don't want to patch. The patch is going to be a different color."

Sometimes, new shingles can be layered over an existing asphalt roof, saving some labor costs. But no more than two layers total is advised, in part because of the added weight on the home.

Roof types

Most homes in the United States have a pitched roof. Asphalt shingles make up a large share of the market, but some roofs are slate, metal or a composite material. Wood shakes and tile also are used. A lot depends on your aesthetics and your budget. "You could spend an extra \$30,000 for real slate or wood shakes or you could get a similar look for much less," Consumer Reports said. And then there's geography. "Different kinds of material will perform better in different climates," said Bill Good, executive vice president of the National Roofing Contractors Association. In the Midwest and Mid-Atlantic, he said, a lot of asphalt shingle is used. Asphalt shingles come in two main types: three-tab shingles, which are a single layer, or laminated or architectural shingles, which are thicker. But strong sun can take a toll on asphalt roofs, so in Florida and the Southwest, roofs are frequently made of tile, according to the National Roofing Contractors Association. In New England, you see a lot of slate because that's where it's quarried, according to Good. Composite shingles are made to look like slate or wood shakes. "The look would be as

close as you could get to the real thing," said Mark Hansen, vice president of sales and marketing for DaVinci Roofscapes, based in Lenexa, KS. The company uses a high-performance polymer for its roofing materials.

Metal roofs range from steel to copper and other materials, either in panels or in shingles similar in size to asphalt shingles. Good said they last a long time, and "also tend to be reflective, so they can help with energy conservation inside the home."

Check a roofing material's weight to make sure it's OK for your home. As for cost, asphalt is generally the lowest among roofing options. Slate and copper roofs, for example, can be much costlier.

Picking a contractor

Replacing a roof is probably not a job homeowners want to do themselves, experts agree. Good recommends talking to two or three contractors before deciding on one. Besides comparing prices and war-

rancies, check that the company is insured and has a permanent place of

business. It's also good practice to ask for references, Good said.

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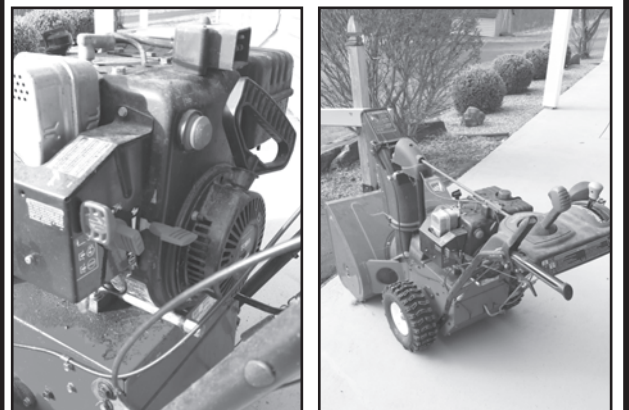
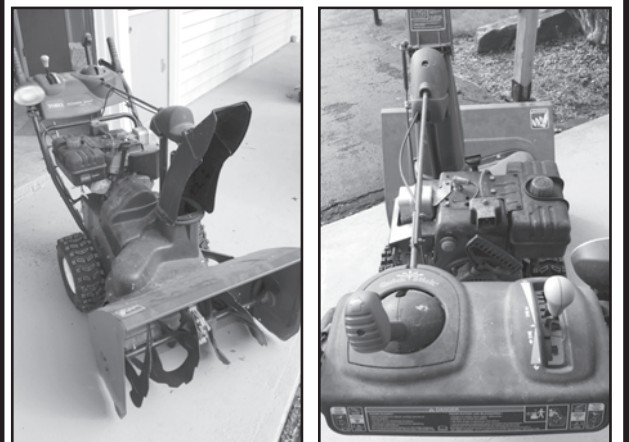
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Calendar of events

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@leep-ub.com

FEB 13 - APR 3

Fish Fry

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

MAR 1-31

Arkell Center Events for March

Arkell Center, Canajoharie, NY. Arkell Center Programs for all area seniors during March 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 Walk-

ing Program will continue. Seniors invited.

Mon, Wed & Fri: 10-10:30 am. Senior Exercise Program is in the basement. Open to all area Seniors. Coffee served after.

Wednesdays: 2:30-3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement. Open to all area seniors.

Thursdays: 9:45-11 am. The Diet Club will be meeting in the Gallery. Open to all senior citizens.

SPECIAL EVENTS

Defensive Driving/Point Reduction 6 hour course from 9-3 held on March 31 - May 5 - August 11 & Sept. 12. Call for reservations 673-4408.

Tax Aid Services: Every Wednesday through April 8: From 8:15 am - 12:30 pm. AARP Tax Aid, Lucius Gotti

Jr. is available. To schedule an appt. call 673-2943 after 3 pm.

March 11, 18 & 25: 12:30 to 4 pm. Senior citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry-673-5635.

March 10: 9 am. Montgomery Cty OFA Public Information Session. Medicare Savings Program, Medicare Preventative & Wellness Services and OFA programs and Services.

March 13: 1:30 pm. The Senior Citizens will be holding St. Patty's Day Bingo. All Senior Citizens are invited.

March 16: 10 am. Alzheimers presents Healthy Brains & Bodies. Register today at 673-4408.

March 17: 9:30 am. St. Patty's Day Breakfast with your Neighbors. Open to all seniors in the community, bring a dish to share. Entertainment by Elinor & Friends, join us for a day of food and fun.

March 17: 11:45 am. OFA Meals of Montgomery St. Patty's Day Special - Corn Beef & Cabbage Luncheon

with Red Potatoes, Carrots, Rye Bread & Leprechaun Surprise Dessert. Call 673-2000 for reservations.

March 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.

MEETINGS

March 10: 6 pm. Canaj/Pal Br. Chamber of Commerce Meeting

March 13 & 27: 1 pm. Canajoharie Senior Citizens Club Meeting

March 24: 10-11 am. Alzheimer's/Dementia Care-giver Support Group meeting meets in the Gallery.

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.

3rd Annual Chili Cookoff Fort Rensselaer Club, 42 Moyer St., Canajoharie, NY. Noon - 4 pm. Judging at 2 pm. \$10 admission. Tickets available at The Plain Food Coop, Fort Plain & The Tourist Center in Canajoharie. For more information call 518-673-2468.

Book Sale & Award Winning Chili Luncheon Fort Plain Reformed Church, 165 Canal St., Fort Plain, NY. 11:30 am - 1 pm. For more information call 518-993-4302.

MAR 8

Vivaldi's Gloria on Tap For Concert

United Presbyterian Church, Amsterdam, NY. Tickets for the program - \$12 for general admission; \$9, senior citizens and students - are available from any chorus member and will also be sold at the door on March 8. Youngsters, 12 and under, are admitted at no charge when accompanied by an adult.

MAR 10

Wreath Workshop

Fort Plain Library. 6:30-8 pm. Call 518-993-4646 for details.

MAR 12

Rabies Clinic

East Herkimer Fire House, 193 Main Rd., East Herkimer, NY. 5:30-7 pm. Bring pet's rabies vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs should be on a leash and cats & ferrets in a carrier or pillowcase. No exams will be given. \$5 donation per pet is suggested to help defray costs.

MAR 13

Brooks' Chicken Barbecue & Bake Sale

Ames Sprout Brook UMC, Ames, NY. 4-7 pm. 1/2 chicken \$6. For tickets call 673-3026 or 673-5884.

Takeout only.

Celebration of Ireland Concert

Upstate Chapel, 63 Cliff St., Canajoharie, NY. 7 pm. Local artists, open to all, free will offering.

MAR 14

Free Clothing Giveaway

Valley Alliance Church, State Hwy. 5 East of Nelliston, NY. 9-11 am. Doors open at 8:45 am. Refreshments provided.

MAR 28

AARP Driving Course

8 am - 2:30 pm. Dolgeville Fire Dept., 41 North Main St., Dolgeville, NY. For more information contact Mrs. Smith at 315-429-0411.

MAR 29

Palm Sunday Service

Crum Creek Lutheran Church, 110 Co. Hwy. 108, St. Johnsville, NY. 1 pm. All are welcome. Refreshments and fellowship following the service.

MAY 1-3

First Annual Conference American Revolution in the Mohawk Valley

Fort Plain Museum. For more information contact Brian Mack at 518-774-5669 or call FPM at 518-993-2527. E-mail us at fortplainmuseum@yahoo.com

First Annual Conference on the American Revolution

Fort Plain Museum. Times are as follows:

Friday evening Meet & Greet starts at 6 pm, Saturday Conference starts at 9 am, Sunday Bus Tour starts at 9 am. Detailed schedules will be available when attendance confirmation e-mail/phone call is placed about a month before the event. FYI: there may be \$15 in admission donations to historic sites on the bus tour in addition to the \$20; we are working on sponsorships to cover this \$15 cost. Space is limited, early registration is suggested. For further information e-mail fortplainmuseum@yahoo.com or call 518-774-5669.

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

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Harry Hoag School, 25 High St., Fort Plain, NY. 9 am. For more information call 518-993-4302.

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

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Random thoughts about movies and TV shows

by Steve Wagner

Because I am a drama school graduate, I have nurtured a lifelong interest in film and the quirks that attend them. My fellow Pittsburgh Playhouse friends and I continue to

Ten Commandments. Several years ago, I had seen a documentary of how Paramount Studios made the special effects of parting the Red Sea so that Moses and the Hebrews could successfully

disclose a row of buildings reflected in the thundering waters. OK, maybe it isn't the height of intellectuality, but if the topic ever arises on Jeopardy, I'll be able to yell out "what is the back lot of

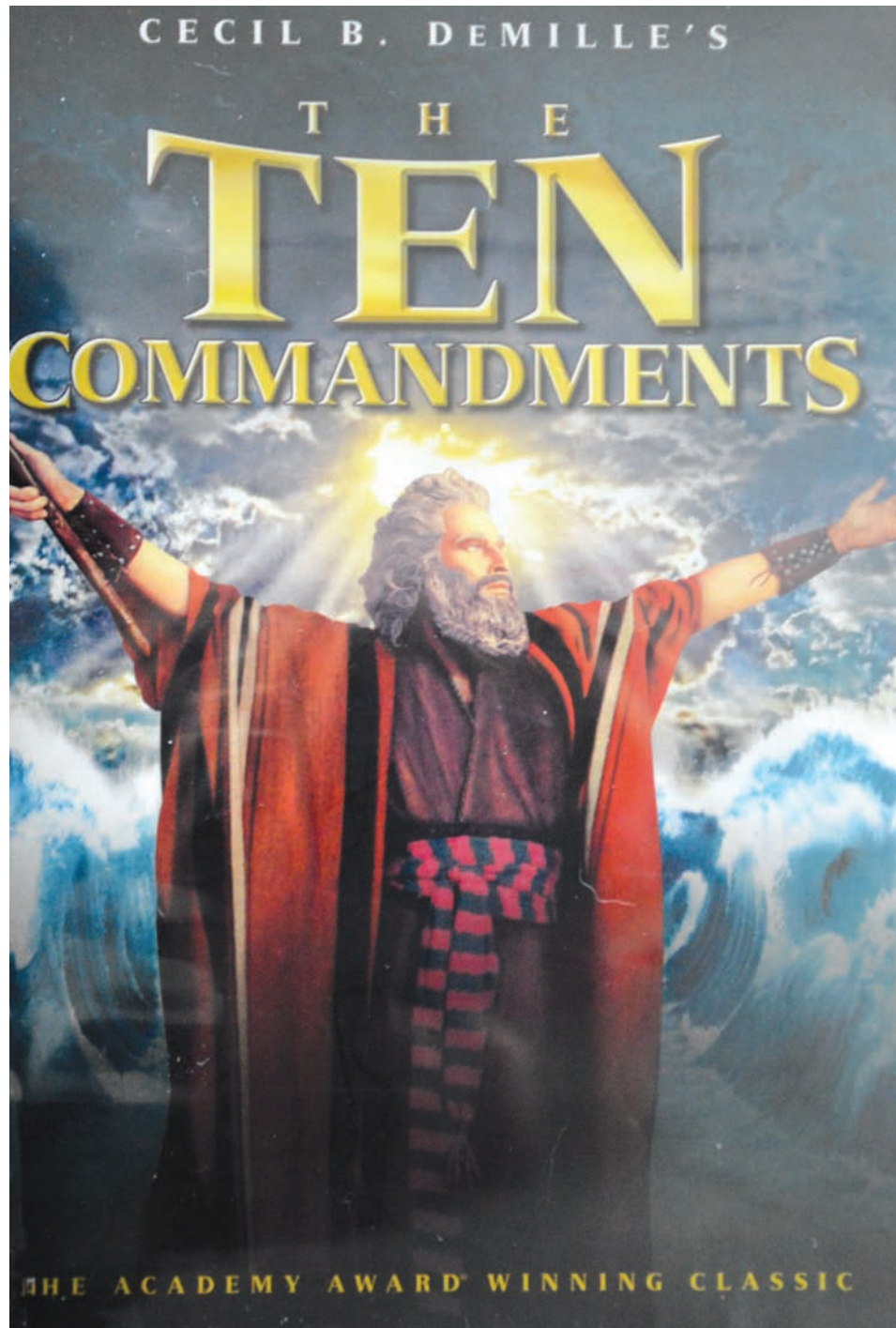
preview card after the movie. The card asked "what was your favorite scene in this film?" The viewer astutely responded "The scene where Robert Taylor carries Deborah Kerr up the burning steps." Understand, Robert Taylor and Deborah Kerr were not in this movie. They were in the epic Quo Vadis? that was made 10 years earlier, one of the split second film snippets that were cut in during Atlantis's chaotic end, which producers thought might escape notice. It didn't.

One more and I'll let you go. If you happen to be a dedicated Hawaii Five-O fan, you may or may not appreciate this. In TV remakes, for some reason it seems to behoove producers to not stray too far from the original. The original series starred Jack Lord; the current series features Alex O'Loughlin. (The ladies like to look at Alex like they enjoyed the younger Tom Selleck, who also had a series based in Hawaii). The character names have not changed in Five-O though there have been gender changes to go with those names. Photography for the opening credits, however, has presented us with a host of new images, for the most part, far different from the series of 30 years ago. Re-

runs of those episodes show washed out scenes where color has faded over the years whereas the new shots are rich with color and today's Hawaii. But there are a few holdovers from the old series credits, one of which is a young woman in the surf. It is a fleeting impression, color-enhanced to be sure, but a subtle reminder of the original series. Were you to meet her today, you

might find her playing a hag in the opening scene of Macbeth, a testimony to her acting skills if true.

Though I haven't checked recently, there used to be a website devoted to such things and it was called Movie Miscues, though many are not actually mis-cues but carefully planned programming, if you care to look them up. Aloha!



This past Christmas, I received a DVD gift of The Ten Commandments.

watch for editing glitches, for example, those mistakes where only the watchful eye is likely to catch such a blunder. For example, in the James Dean movie Rebel Without a Cause, the Dean character is talking one evening to someone beside his car. The car radio is playing and Dean's left arm reaches inside the window to turn the radio off. The film cuts to a close-up of his hand inside the car doing that, only it is his right hand that does it, not his left. Things like that escape the average viewer.

This past Christmas, I received a DVD gift of The

cross it. Giant vats were at work emptying thousands of gallons of water. Then the film was reversed so all that water rolled back into the vats. The rollback water was used as the Red Sea parted. The emptying occurred when the sea closed in on the pursuing Egyptian army. The vats were obviously obscured. Well, because all of this seemingly takes place in the desert, there were no structures, no buildings anywhere in sight in the film. However, if you play the sea closing in on Pharaoh's villainous minions, and use slow motion or stop motion, the waves

Paramount Studios?"


In 1961, a film was released called Atlantis, the Lost Continent. Leonard Maltin's Movie Guide calls it "producer George Pal's worst film." Pal's best film was probably The Time Machine, so we know he was capable of better. That film won an Oscar for Best Special Effects. Anyway, Maltin goes on to accuse Atlantis of using a lot of stock footage, which is nothing more than film snippets from other movies that wound up on the cutting room floor. A keen observer, who saw one of the first showings of this clunker, filled out a

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Canajoharie Youth Center celebrates grand opening of Winsman Fitness Center with ribbon cutting ceremony

by Elizabeth A. Tomlin

Bill and Roberta Winsman have played a special part in the development of the Canajoharie Youth Center (CYC) and now are responsible for the newly added fitness center there.

"I've had a weight problem my whole life," Bill Winsman explained. "I want to encourage children to start working out at a young age. The Youth Center had many

struggles years ago and they've got a committed board and executive director that's done a great job turning it around in the last few years and I wanted to help with that cause."

CYC Director Dontay Fowler agreed. "The center has had its peaks and valleys. One of these valleys has been as recent as 3 or 4 years ago, where we almost were ready to throw in the towel. I'm very proud

to say that with the generosity of the donors and the willingness to physically help by volunteers, we are on the upswing and climbing the peaks once again."

Fowler also said he frequently gets phone calls and letters from folks who share fond memories of the Center.

The community center has been in existence since 1944 and started with a group of teenagers one of which was Bill

Mowrey. He was one of the first youth to take part in activities at the center, and claims some responsibility for its roots.

Mowrey, who set up pins for the Masons' bowling alley in the building 70 years ago, said that he and his childhood friend asked the Masons if they could use the bowling alley to teach some other youth to bowl.

"From that; this is the

results!" Mowrey said. "I think this is tremendous!" Fowler exhibited minutes from the first board meeting of 1946. "Mr. Mowrey's name is on here," he reported.

Board president Kathy Dopp spoke to Bill & Roberta Winsman, "On behalf of the Youth Center board, the children, the parents and community members, we would like to thank you for your generosity. Your vision, dedication and belief in the youth of today has made it possible to create this wonderful fitness center. It is the hope of the board, that in the future we will open the Winsman Fitness Center to the community members."

Currently the center is being expanded specifically with child-sized equipment and will only be open to Canajoharie School District youth who are members of the CYC and are between the ages of 8 and 14.

"We cannot thank you enough for all of the



The Winsman family proudly examines the plaque dedicating the new fitness center in their name.

programs that you've sponsored over the years," Dopp said to the Winsmans.

She named a few of the programs as Babe Ruth, dances, the Boiling Pot 5K and now the Fitness Center. "We are very proud to dedicate and name this addition in your honor."

Fowler commented that enrollment for CYC programs grow each year.

"Being a part of this establishment, that is the Community Youth Center of Canajoharie, I truly witness what the word community is all about," Fowler said.



Bill Winsman (left) and CYC board members watch Roberta Winsman cut the ribbon during the grand opening ceremony for the Canajoharie Youth Center's Winsman Fitness Center.



9-year-old Aiden Schulte works out on new equipment in the Fitness Center, while his mom Deana looks on.

Indoors or out, no one relaxes in March, that month of wind and taxes,

the wind will presently disappear, the taxes last us all the year.

Ogden Nash

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Sunday Service 9:30am

Cherry Valley Assembly of God
37 Alden St., Cherry Valley,
607-264-3306
Pastor David Carpenter, Jr.
Sundays 9:30am

Christian Church of Charleston Four Corners
1380 E. Lykers Rd., Sprakers
518-922-9088
Pastor Brett Popp
Sunday School (adult & children) 10am,
Worship 11am,
Sunday Eve. Prayer 6:30pm,
Thurs. Eve. of Encouragement 6:30pm
www.christianchurchcharlestonfourcorners.org

Church of Christ Uniting
PO Box 896
Richfield Springs, NY 13439
Rev. Mark Ioset
315-858-1553
Service: Sunday 9:15am
Church School: Sunday 10:30am

Church of the Nazarene
3316 State Route 29 W
Johnstown, NY 12095
Offices: 518-762-2982
Cell: 857-523-8417
Pastor, Rev. Mark Fowler
Sunday Morning Service 11:00am
Sunday School for All Ages 10:00am

Cornerstone Baptist Church
7274 St. Hwy. 10, Ames
518-673-3405
Sunday School 10am, Adults & Children
Morning Worship 11am, Youth Ministry
5:45pm, Evening Worship 6pm,
Wed. Bible Study & Prayer Meeting 7pm,
Awana Club 6:15-8:15pm

Currytown Reformed Church
829 St. Hwy. 162, Sprakers
518-922-8422
Rev. Donald Hoaglander
Visiting Pastor Jane Hubschmitt
518-705-2201
Sunday School 9:15am
Worship Service 10:00am

Dolgeville Christian Fellowship
3 Elm St., Dolgeville, NY 13329
315-429-9142
Dr. Marvin Isum, Pastor
Worship Sunday 10:30am
Midweek Fellowship Tuesday 7pm
www.dolgevillechristianfellowship.org

Dolgeville United Methodist Church
21 N. Helmer Ave., Dolgeville
Rev. Jack Ford
315-429-7381
Worship 11:00am
Sunday School @ 9:30am beginning
September 18th
Bible Study - Wednesdays @ 12:30pm

Emmanuel Episcopal Church
588-594 Albany St., Little Falls, NY
315-823-1323
Sunday Mass 10am
Coffee Hour following Sunday Mass
Sunday School & Youth Group
Tuesday 10am Mass & Bible Study
Friday 10am-2pm Thrift Shop

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Fellowship Time to Follow
Call for Holy Day services
The Rev. Virginia L Ogden, Rector
churchgood@frontier.com

Everlasting Joy Believers Fellowship
66 Hancock St., (Rte. 5S)
Fort Plain, NY 13339
315-858-2112
Pastor Carolee Coye
Sunday Service 10am

Faith, Hope and Love Christian Fellowship
18 W. Grand St., Palatine Bridge
518-673-5128
Rev. David W. Bowley
fhlc@frontiernet.net
Sundays 11:30am
For other service times please call

First Baptist Church
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Rev. - Gary Tyler
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Morning Worship 11:00am
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39 Center St., Fort Plain
Rev. Alan Griffith
Church Office 518-993-3863
Parsonage 518-993-3645
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ALL WELCOME,
Worship Service 11am

Freysbush United Methodist Church
Freysbush Rd., Fort Plain
518-993-3645
Rev. Alan Griffith, officiating
Worship 9am,
Sunday School 10am ALL ARE WELCOME
coffee hour to follow service

Fultonville Reformed Church
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Pastor Jane Hubschmitt
Sunday School 10AM
Family Worship 10:30AM

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

Grace Christian Church
20 Center St.,
St. Johnsville, NY 13452
Rev. Harry J. Teuchert
315-866-8626
Sunday School 9:30am
Worship 11:00am

Grace Episcopal Church
32 Montgomery St., Cherry Valley
315-858-4016
Fr. Kyle Grennen, Rector
Sunday School 11:00am
Holy Communion/sermon 11:00am

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

Guiding Light Fellowship
Rose of Sharon Church of God
122 Moyer St.
Canajoharie, NY
518-284-3307
Pastor Fred Jones
Tuesday 7pm

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

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

Lassellseville United Methodist Church
State Hwy. 29
Pastor Robert A. Lindsay
Worship: Sunday 9:30am
Sunday School to start soon

Lighthouse Baptist Church
1524 St. Rt. 29A, PO Box 114
Stratford, NY 13470-0114
315-429-8854
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Sunday Morning Worship 10:30am; Wed.
Eve. Prayer Meeting 6:00pm; 2nd & 4th
Sunday Dinner following Morning Service
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Route 10 South
Rev. David Bowley
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518-853-3646
Weekly Masses: Sat. 4:30pm, Sun. 10:30am
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www.katerishrine.com

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

Oppenheim United Methodist Church
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Parish Office 518-993-3822
ourladyofhope@frontier.com
Pastor: Father Dennis Murphy
Mass Schedule: Saturday, 4pm; Sunday,
8:30am & 11am; Mon.-Thurs. 8:30am.
Confessions: Sat. 3 & by appointment
Please call parish office for Holy Day schedule

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

Randall Christian Church
NY Rte. 5S
Sunday Service 10am
Pastors
Winston Hallett & Carl Hawver

Reformed Church of Canajoharie
15-19 Front St., Canajoharie
518-673-2816
Rev. Roger A Krutz
Sunday 9am Christian Education
9:20 Choir Practice
10am Worship Nursery provided
Fellowship hour follows worship

Reformed Church of Fort Plain
165 Canal St., Fort Plain, NY 13339
518-993-4302 • fortplainrca@yahoo.com
Rev. Nancy E. Ryan
Sunday Worship 10:30am,
AA meetings on Tues. 7pm,
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Community Meal Program-Sat. Noon-1:30pm

Reformed Church of Sprakers
112 Sprakers Hill Rd
Rev. Nancy Ryan
Worship ~ 9AM
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Richfield Springs Bible Church
19 Church St
Richfield Springs, NY 13439
Rev. David Tosi
315-858-0564
Sunday School (all ages) 10am
Worship Service 11am & 7pm
Wednesday - Prayer & Praise
Call for info on various Youth Ministries
www.richfieldspringsbiblechurch.org

River of Jubilee Church
5057 State Highway 5 S
Sprakers, NY 12166
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Pastor: Steve Adamoschek
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Sallsbury Center United Methodist Church
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Salisbury Center, NY 13454
315-429-9085
Rev. Lynn R. Lockwood

Seeker's Fellowship
14 Park Place
St. Johnsville, NY 13452
518-568-7700
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774 St. Hwy. 163, Freysbush, NY
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68 W. Main St., St. Johnsville
518-568-7396
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St. John's & St. Mark's Lutheran Church
143 Church St., Canajoharie
518-673-2224
Pastor Zach Labagh
Sunday Worship 11am,
Christian Ed. 9:45am
stjstrm@frontiernet.net

St. Johnsville Methodist Church
7 East Main St.,
St. Johnsville, NY 13452
Rev. Harry J. Teuchert
518-568-7983 • 315-866-8626
Worship Sunday 3pm

St. Joseph's Roman Catholic Church
31 North Helmer Ave., Dolgeville
315-429-8338
Father Quy N. Vo
Sunday Mass is 10:30am,
Daily Mass Mon. & Wed. 8am

St. Mary's Episcopal Church
7690 Rt. 80, Springfield Center
315-858-4016
Fr. Kyle Grennen, Priest-in-Charge
Sunday Eucharist, 9:30am
Coffee - Fellowship follows service
Holy Days - as announced

St. Paul's Lutheran Church
36 Lydius St.,
Fort Plain, NY 13339
518-993-2040
Sunday School 9:45-10:45am
Church Service 11am

St. Paul's Lutheran Church
32 W. Main St.,
St. Johnsville, NY (next to NBT Bank)
518-568-3007 Church
518-568-2405 Parsonage
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607-264-3779
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8:30am & 11am

Stratford United Methodist Church
Route 29A
315-429-9085
Rev. Lynn R. Lockwood
Worship 9am

The Christian Church of Rural Grove
170 Rural Grove Rd., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff
pastorjosh@ruralgrovechurch.org
Sunday School (all ages) 9:45am,
Morning Service 11am, Eve. Service 6pm,
Wed.-Family Night 7pm,
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Little Falls, NY
315-823-0793
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www.holyspiritncc.org

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580 Dillenbeck Road,
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518-577-3069
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The Time for Truth Ministries
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Amsterdam, NY 12010
Phone 518-843-2121
Cell 518-774-8558

Trinity Lutheran Church
5430 St. Hwy. 10,
Palatine Bridge
518-673-2224
Rev. Zach Labagh
Sunday Worship 9am, Sunday School 10am,
(No services in July, meet at St. John's St.
Mark's Lutheran Church in Canajoharie).
Communion on the first & third Sundays

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518-673-2717
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Sunday School (all ages) 9:15am,
Sunday Worship 10:30am,
Wed. Praise & Prayer 7pm,
Fri. Youth Group 7pm (7-12th grade)

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



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Girl Scouts Anniversary

Girl Scouts of the USA (GSUSA) is the largest organization for girls in the world. Our mission is to build girls of courage, confidence, and character, who make the world a better place. Through activities in science and technology, business and economic literacy, and outdoor and environmental awareness, Girl Scouting provides girls with opportunities for fun and friendship while fostering the development of leadership skills and self-esteem.

Founded by Juliette Gordon Low in Savannah, Georgia, on March 12, 1912 - over 100 years ago - Girl Scouts of the USA was chartered by the United States Congress on March 16, 1950. Today, there are over 3.2 million Girl Scouts: 2.3 million girl members and 890,000 adult members working primarily as volunteers.

The Girl Scout Promise

On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law

The Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and to be a sister to every Girl Scout.

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65 Hancock St.
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St. Johnsville Rehabilitation
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St. Johnsville, NY 13452
(518) 568-5037

Comstock Logging Supplies
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(315) 429-9898

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402 S. Frankfort St
Frankfort, NY 13340
(315) 894-8557

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198 Dygert Road
Palatine Bridge, NY 13428
(518) 993-4296





Volume: 31
Issue: 06
March 2015



For photos and more information, please visit our website at www.fortplain.org

Guys & Dolls: The Fort Plain-Canajoharie Drama Club will present the musical spectacular, "Guys and Dolls" at the end of March. The production will be on Friday, March 27th and Saturday, March 28th at 7:00 p.m. each night. There will also be a matinee performance on Sunday, March 29th at 3:00 p.m. The play tells the story of Nathan Detroit (Michael Daniels), the organizer of the oldest permanent floating craps game, who bets Sky Masterson (Jordan Hurd) that he can't make the next girl he sees fall in love with him - this is Miss Sarah Brown (Zoe D'Arcangelis) of the Save-a-Soul Mission. Meanwhile, Nathan's fiancée Miss Adelaide (Julia Rodriguez), the main attraction at the Hot Box Nightclub, only wants to get married. In the end, the rowdy bunch of gamblers and Miss Sarah's band of "do-gooders" are thrown together and all sorts of fun and mayhem aren't far behind! "Guys and Dolls" also stars AJ Sullivan as Nicely Nicely Johnson. Nathan and Nicely's fellow gamblers include: Benny Southstreet (Isaiah Cechnicki), Rusty Charlie (Maya Gaasche), Harry the Horse (Mr. Brad Niles) and visiting-from-out-of-town gambling boss, Big Julie (Miss Cecilia Hill). Hot on the trail of the gambling club are policeman Lt. Brannigan (Kenny Travis), and Save-a-Soul Mission heads General Matilda (Sarah Hoffman) and Arvide Abernathy (Heather Restuccia). Miss Adelaide's Hot Box Dancers are played by: Sarah Hoffman, April Terwilliger, Mackenzie Stevens, Eliza Cechnicki, and Sophia Rogers. Miss Sarah's Mission Band players are: Jillian McGowan, Morgan Hurd, Brandy Walters, Vikki Wilday, and Sarah LaComb. The rest of the club of gamblers and crapshooters are played by: Quinn Jones, Cassie O'Connor, Marcela Rivenburg, Zack Rogers, Brady Fureno, Sophia Rogers, Rachel Zuppari, Matthew Travis, Kaylee Sanders, and Maura DiMezza. Cameron Brownell rounds out the cast as both the paperboy and the Master of Ceremonies. The Fort Plain-Canajoharie Drama Club production is being directed by Mr. Will Ryan. Mrs. Lauri Broady serves as the producer and assistant director. Mrs. Norma Bowley is the musical director, and will lead an orchestra of teachers and students. The show's many dance numbers were choreographed by Miss Jessica Tyrell. Dance assistance was also provided by Miss Cecilia Hill. Mrs. Lisa Hill provides the costumes and Mr. Ron Hill serves as the set manager, with assistance from Jim Fiaschetti. Mr. Mike Broady will lead a technical crew of students including: Kory Mueller, Logan Lilley and Cameron Mussmacher on lights, Braedy Sickler on sound, and Beth Doxtater, Gabby Rouse, Cassie O'Neil & Maddie Cole on stage crew. "Guys and Dolls" will be performed on March 27th and 28th at 7:00 p.m. and March 29th at 3:00 p.m. at the Canajoharie High School. Admission is \$6 for adults and \$4 for students and senior citizens.

Heath Fair is Coming: The Canajoharie Central School and the Fort Plain Central School will present the 4th annual "Health and Wellness Fair" on Saturday, April 18th from 9:00 a.m. until noon at the East Hill Elementary School in Canajoharie. The family-friendly event will feature all sorts of activities for adults and kids alike. Some new activities this year will include: arts & crafts for kids, booth bingo, kids cooking, hopscotch stations, local chef demonstrations & tastings, Jump Rope for Life, and much more. The health fair will also feature some crowd favorites such as Zumba class, spinal evaluations, health screenings, taste testing, healing touch, massage, and acupuncture. The event provides informational booths on a variety of health, wellness and fitness topics. There will be free give-aways, contests, and door prizes. The Community Health and Wellness Fair is free to the public and open to all ages. Plan to stop in and enjoy the fun! It is not too late for groups or vendors who would like to participate. For more information, contact Lauri Broady at FPCS 993-4000 #1003.



Congratulations to our Newest Students of the Month: The Fort Plain Jr/Sr High School Students of the Month for January were: Breeanna Hazzard, Austin Battisti, Allie Schuyler, Kendall Kennedy, Amber Kleitgen, and Gabriella Jenks. The February Students of the Month were: Briannah Florian, Blaik Horning, Jonathan Payack, Eliza Cechnicki, Dawson Nare, and Ethan Reese. The students were each nominated by a teacher or other staff member, and the nomination was approved by the Student of the Month Committee. Each student received two slices of pizza and a fountain drink from Nice - n - Easy, and a group photo is displayed on a plaque. The Harry Hoag School Students of the Month were nominated by a teacher, and treated to an in-school breakfast with their family and nominating teacher. The elementary January Students of the Month were: Logan Hanna, Aidan Hanna, Emily Rood, Rylee Herron, Hailey Hogan, Jose Pipero, and Johnathan Williams. The elementary February Students of the Month were also recently announced: Daniel Euler, Ethan Hubbard, Derek Prevost, Grace Hoffman, Vienna Jackson, Kai Wilbut, and Isaac Nicholas. Congratulations to all of these hard-working students!

Sports Physicals: Sports physicals for students interested in playing sports for the 2015-2016 are taking place now. Students need to see the school nurse to receive the paperwork and the pre-physical screening. Once the paperwork and screening have been completed, students will be scheduled for a physical with the school physician.

Education Forum: A public forum on education will be held on Wednesday, March 11th from 7:00-8:00 p.m. at the Fonda-Fultonville High School Auditorium. The presentation is for all parents, students, community members, businesses and educators. The forum will present information about changes needed in school funding, local control of decisions, and student testing concerns. Speakers will include US Representative Paul Tonko, NYS Senator Hugh Farley, NYS Senator George Amedore, and NYS Assemblymen Butler and Santabarbara. Also speaking will be an assortment of local school administrators and public education advocates. The event is free and is sponsored by the HFM Education Coalition.

Native American Culture at Harry Hoag School: Matt Heiser's third graders, and Meagan Kan's fourth graders, were treated to a visit from a Native Pride Dancer, as part of an arts-in-education program through the Bureau of Lectures. The students learned about the beauty, symbolism, and skill of Native American music, dance and dress. The performance included traditional stories, various musical styles, and insight into the history of Native American life. Feather Dancer began by telling students about his tribe, the Chocktaw. His lecture covered his tribes' history, as told through stories, as well as information about how the Chocktaw live today. The students really enjoyed the colorful dress, the exciting battle stories, and especially the creative dancing which really brought the history to life in a way that was both interesting and fun.

Winter Sports Wrap-Up: Both the girls and boys varsity basketball teams were named as NYS Public High School Athletic Association "Scholar/Athlete Team" award winners, meaning that they boasted a team average of greater than 90%. The cheerleading squad would have qualified, as well, except that the state association did not include cheerleading as a part of the scholar/athlete program this year. Fort Plain had a total of 123 students compete in winter sports in grades 7-12. 75 of those student athletes were on the Honor Roll or Principal's List.

Girls Cross-Country Team Receives Honors: The Canajoharie-Fort Plain Girls Cross Country Team finished a successful fall season, which culminated with the winning of several honors and awards. The team earned the Western Athletic Conference (WAC) League Meet Championship. They went on to become co-champions at the League Dual Meet. The team went on to sectionals, where they placed 3rd at the Class C Sectional Meet. They were also honored as a New York State Scholar/Athlete Team, which means that the team's grade point average was over 90% for the first academic quarter. The Fort Plain HS members of the joint team were: Carolyn Adams, Lexi Kane, Breeanna Hazzard, Gabby Bridgewater, Lexi Veitch, and Cheyenne Munson.

PreK Children Visit Museums: The two Harry Hoag School PreK classes recently visited the Children's Museum in Saratoga Springs. The students heard information about Martin Luther King, Jr and made friendship bracelets. As they toured the museum, the children played pretend at a bank, diner, school, construction zone, grocery store, fire truck, pond, and trolley. They performed science experiments in the science center, made giant bubbles, and put on plays in the theater. It was a full day of fun and learning, and the students all had a great time. PreK teachers Mrs. Joanne Kennedy and Mrs. Caitlin Baker were able to bring a lot of information back to class, to explore some of the topics further, and the Children's Museum programs will enhance an already busy and inclusive PreK curriculum. On February 6th, the classes were on the move again, visiting the Arkell Museum and Canajoharie Library. The students learned that the library was a great place to read and borrow books, and saw that the museum had many different types of paintings. The museum uses aspects of Visual Thinking Strategies (VTS) to encourage children to present their own ideas of others. With repeated use of this technique, the PreK-ers learn to name what they see and to find meaning in imagery. To prepare for President's Week, picture books about George Washington and Abraham Lincoln were read aloud. In the museum gallery, they studied a portrait of George Washington and discovered that the same picture is on the one dollar bill. The students did a wonderful job of counting from 1 to 44, to see just how many presidents the United States has had. Each student also made their own presidential face mask, of either Washington or Lincoln, to take home as a reminder of all that they had learned and discovered during their day at the museum and library.

School Counseling Website: Students and parents are reminded to visit the district's school counseling website at www.fpschoolcounseling.wordpress.com. Among many other topics, the site also contains information and links for scholarships for graduating seniors. There have been 27 scholarships posted there already!!

Don't forget headlights when performing routine maintenance

(MS) — Veteran and even novice drivers understand the importance of visibility when they get behind the wheel of their vehicles. When visibility is not an issue, drivers can more easily see their fellow motorists and better anticipate potentially dangerous situations. But when visibility is compromised, drivers and their passengers are vulnerable to a host of dangers, including inclement weather and aggressive motorists.

Many things can affect drivers' visibility on the road, but those who take a proactive approach to improving their visibility can put themselves in a better position to handle any negative situations that may arise. One of the ways to do just that is to pay more attention to your headlights. Often overlooked when performing routine vehicle maintenance, headlights must be maintained to ensure optimal visibility for drivers.

The following are a few

ways drivers can improve the performance of their headlights to make their vehicles safer for themselves and their passengers.

- Pay attention to the headlights' output. Perhaps the most noticeable indicator of an aging headlight is its light output. As bulbs start to dim, drivers may find themselves struggling to see during twilight and at night. That difficulty is not necessarily because drivers' own vision is failing, but may be a result of aging bulbs

whose light output is gradually reduced by the effects of humidity, electrical resistance and filament fatigue. Drivers who notice their headlights are not producing as much light as they once did should know that reduced output is a telltale sign of aging bulbs that need to be replaced.

- Say "so long" to the status quo. Recognizing dimming bulbs is just the first step toward improving the performance of your headlights. The next step is for drivers to

recognize that all headlight bulbs are not created equal. Instead of replacing existing bulbs with the same type of bulbs provided by their vehicle's manufacturer, drivers can vastly improve their visibility by upgrading to a bulb designed to provide more light than the standard halogen bulbs found in many of today's vehicles.

- Find the right fit. The right headlight bulb can dramatically improve visibility when driving at night, but what's good for the goose is not al-

ways good for the gander. That's because motorists drive for various reasons and on various roads, so the right bulb for seniors who don't often take to the highways will not necessarily be the best fit for commuters who routinely drive long distances.

- Let there be light. Regardless of how effective a bulb has the potential to be, drivers who don't routinely clean their headlights will continue to have their visibility compromised. Certain preventative measures

can help drivers address headlight issues before they appear, ensuring their visibility is not compromised. When checking your oil in the driveway or even when you're filling up at the gas station, take a few moments to inspect your headlights and address any issues that arise as soon as possible.

More information is available at www.philips.com/automotive.



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Real estate... New beginnings

Chow Line: Assure food safety when using slow cooker

by Martha Filipic

I use my slow cooker a lot, but I recently read that you should thaw frozen items beforehand. I can understand that this would be necessary for meat, but is it a problem to use a bag of frozen vegetables without thawing it first?

That should be OK.

The idea behind thawing food before putting it into a slow cooker is to reduce the amount of time the food is in the "danger zone," which is between 40 and 140 degrees F. That's when any bacteria that might be on or in the food could multiply quickly and become a food safety concern. Food should move through the danger zone within two hours.

Meat is more dense than vegetables are, and if you put it in a slow cooker when it's still frozen, it could stay in that danger zone for too long. Vegetables thaw more quickly, so it's less of a concern to use frozen vegetables in a slow cooker.

Food safety is especially important to take into account if the food will be eaten by people most at risk from foodborne illness: older adults, children, pregnant women, or anyone undergoing cancer treatment or dealing with a chronic illness, such as diabetes. They are most at risk for developing serious complications from the intestinal problems that could result from food bugs.

Although slow cookers use low temperatures — generally between 170

degrees and 280 degrees F — to cook food, the lengthy cooking time and steam produced in the cooker combine to destroy bacteria. That said, it's especially important to use some type of liquid (to generate steam) and to keep the lid on the slow cooker as much as possible during cooking. The temperature can dip 10 to 15 degrees F when the lid is removed.

To assure safety when using the slow cooker:

- If you're planning to cook a roast or other large cut of meat or poultry in the slow cooker, consult the manufacturer's recommendations to be sure the meat is heated thoroughly quickly enough. Or, just cut the meat into smaller chunks first.

- For the first hour, use the high setting. That will move the food through the danger zone more quickly. After that, you can switch to a lower setting if the food will be cooked all day.

- You may want to test the heating capacity of your slow cooker. To do that, fill the crock in the slow cooker one-half to

two-thirds full of water. Put on the lid and turn the heat to low, or 200 degrees F if you have a model with a temperature display. After eight hours, check the temperature of the water with a meat thermometer. Be sure to do so quickly, as the water will cool significantly as soon as the lid is removed. The water should be 185 degrees. If the temperature is below that, the slow cooker may be unsafe to use.

If you're not home during the entire cooking process and the power goes out, throw away the food even if it looks done.

For more information about slow cooker food safety, see the U.S. Department of Agriculture's fact sheet at www.fsis.usda.gov/shared/PDF/Slow_Cookers_and_Food_Safety.pdf.

Chow Line is a service of Ohio State University's College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.



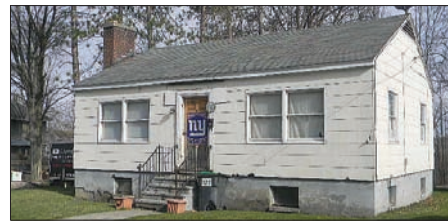
Yankees/Red Sox bus trip

The Dolgeville Rotary Club and the Violet Festival are co-sponsoring a bus trip to New York on April 11 to see the New York Yankees play the Boston Red Sox. Cost is \$125 per person. Buses will

pick up at Kinney Drugs in Dolgeville and at the Thruway entrances in Little Falls and Canajoharie. For more information, call Marilyn at 315-429-9884 or Sam at 315-867-3931.

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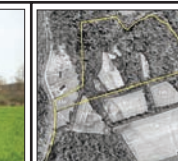


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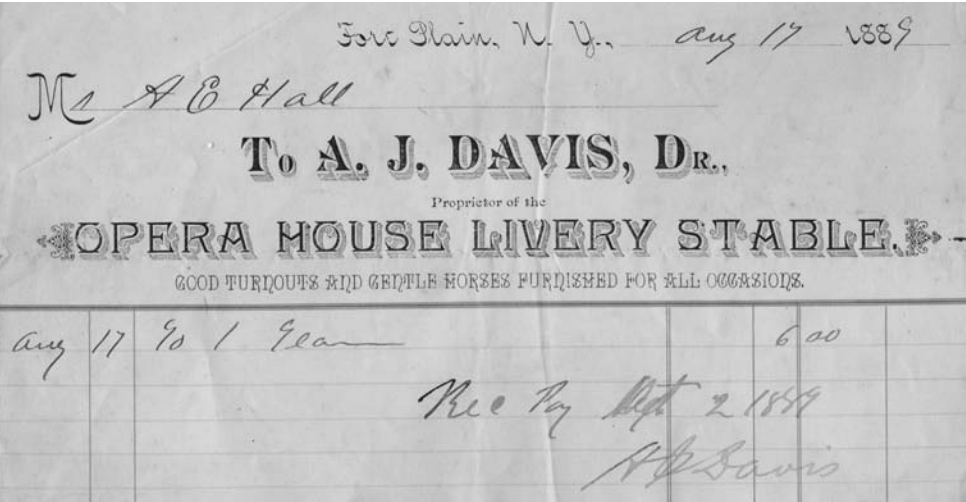


The search is on

This cold morning I've been searching for something among some 80 years of my accumulations. In fact, you can add to that the possessions of another 80 or more years from my forbearers. Saving all sorts of things is not something new with most of us. Is there a fitting name for all this? Let's search for that name. Let's try collectables in an effort to be

kind to those who have collected it. What about treasures, clutter or to some, just plain junk. Have I found that postcard of the old Fort Plain opera house, which burned long before I was born? The answer is no. I wanted it to accompany a recently acquired bill head from the Opera House Livery Stable of A. J. Davis dated Aug. 17, 1889. Don't you think it

would be right to see the two kept together? That will have to wait awhile probably a long while. When you are 84 just how long is a long while? If it is here at all it may be in that 8-inch high stack of postcards. Better luck another day.
Skip Barsheid
Stone Arabia
"Thanks to my friend Richard Bellinger for preserving this!"



A recently acquired bill head from the Opera House Livery Stable of A. J. Davis dated Aug. 17, 1889.



A postcard of the old Fort Plain opera house.

My young daughter was sitting at the piano randomly pecking away at a few keys when I walked by. "Hey Daddy, do you want to hear something pretty?" She tapped a couple individual keys at the far right and said "these sound nice" and tapped a couple individual keys to the far left and said "and these sound nice." She then spread her hands as far left and right as they would reach, very carefully spread her fingers so that each hand was poised over multiple keys at the same time, and said "but it sounds the prettiest when you play the grumpy ones with the happy ones" while pressing all the keys she could simultaneously. I smiled and said that was very pretty, but that I'd never heard of grumpy keys before. She patiently explained, "well yeah, this is grumpy" (while tapping a far left key) "and this is happy" (while pressing a far right key). "Hear the difference?" I gave her a hug and told her I liked it when she taught me new things.
Steven D. Woodhull

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Legionellosis

What is Legionnaires' disease?

Legionnaires' Disease (LEE-juh-nares) is a type of pneumonia caused by bacteria called Legionella. Although this type of bacteria has been around for a long time, more illness from Legionnaires' bacteria is being detected now because we are looking for this disease whenever a patient has pneumonia. Each year, between 8,000 and 18,000 people are hospitalized with Legionnaires' Disease in the U.S. However, many infections are not diagnosed or reported, so this number may be higher. More illness is usually found in the summer and early fall, but it can happen any time of year.

What are the symptoms of Legionnaires' disease?

Legionnaires' Disease can have symptoms like many other forms of pneumonia, so it can be hard to diagnose at first. Signs of the disease can include: a high fever, chills, and a cough. Some people may also suffer from muscle aches and headaches. Chest X-rays are needed to find the pneumonia caused by the bacteria, and other tests can be done on sputum (phlegm), as well as blood or urine to find evidence of the bacteria in the body. These symptoms usually begin 2 to 14 days after being exposed to the bacteria. A milder infection caused by the same type of Legionella bacteria is called Pontiac Fever. The symptoms of Pontiac Fever usually last for 2 to 5 days and may also include fever, headaches, and muscle aches; however, there is no pneumonia. Symptoms go away on their own without treatment and without causing further problems. Pontiac Fever and Legionnaires' disease may also be called "Legionellosis" (LEE-juh-nuh-low-sis) separately or together.

How serious is it? What is the treatment?

Legionnaires' disease can be very serious and can cause death in up to 5 to 30 percent of cases. Most cases can be treated successfully with antibiotics, and healthy people usually recover from infection.

Where do Legionella bacteria come from?

How do people get Legionnaires' disease?

The Legionella bacteria are found naturally in the environment. The bacteria grow best in warm water. People get Legionnaires' disease when they breathe in a mist or vapor (small droplets of water in the air) that has been contaminated with the bacteria. One example might be from breathing in the steam from a whirlpool spa that has not been properly cleaned and disinfected. Other sources have been linked to aerosol sources in the community, or with cruise ships and hotels, with the most likely sources being cooling towers (air-conditioning units from large buildings), and water used for drinking and bathing. The bacteria are NOT spread from one person to another person.

Who gets this disease?

People most at risk of getting sick from the bacteria are older people (usually 50 years of age or older), as well as people who are current or former smokers, or those who have a chronic lung disease (like emphysema). People who have weak immune systems from diseases like cancer, diabetes, or kidney failure are also more likely to get sick from Legionella bacteria. People who take drugs to suppress (weaken) the immune system (like after a transplant operation or chemotherapy) are also at higher risk.

What should I do if I think I was exposed to Legionella bacteria?

Most people exposed to the bacteria do not become ill. If you have reason to believe you were exposed to the bacteria, talk to your doctor or local health department. Be sure to mention if you have traveled in the last two weeks. A person diagnosed with Legionnaires' Disease in the workplace is not a threat to others who share office space or other areas with him or her.

For more information go to www.cdc.gov/legionella/patient_facts.htm

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Saturday, March 21st • 10:00am

Vincent Masi - 1219 River Rd., Fort Plain, NY

Kawasaki 4 Wheeler Brute Force 750 4x4 in great condition, Honda Rebel 250CC 2012 Motorcycle only 92 miles in great condition, Troy-Bilt Work Horse Rototiller, Work Horse Portable Air Compressor, JDS Air-Tech 750 Air Filtration System in great condition, Delta Band saw, Craftsman Floor Model Drill Press, Bar Clamps, Hand Tools, Sander, Skill Saws, Tool Chest on Wheels with Tools, Shop Vac, Pipe Wrenches, Bench Grinder, Table Vise, Electric Motors, Wood Clamps, C Clamps, Dried Oak and Cherry Lumber, 4 x 4 Oak Beams, Hand Saws, Coleman Lanterns, Work Benches and Tables, Shop Cabinets, Pipe Cutter, Step Ladders, Rope, Chains, 9 Traps, Sledge Hammers, Shovels, Post Hole Digger, Log Chains, Roof Jacks, Lg Saw Blades, Ladder Jacks, & much more still coming as we clean out his corners.

Auctioneer Note: Vince has asked us to sell the contents of his woodworking shop, as he has plans to sell his home and move!! He does have some very good lumber left over and other items!! Some Household Items!!

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.

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Sat., March 14th Consignment Auction ~ 6:33pm

Sun., March 15th Fishing Auction ~ 1:33pm

Sat., March 21st Consignment Auction ~ 6:33pm

Sun., March 22nd Breeder Sale ~ 11:33am

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Monday, March 2nd sale - Total head sold 248. Cull ave. \$.94, top cow \$1.13, Bulls/Steers \$1.37, bull calves top \$4.40, heifer calves top \$3.05, Dairy feeders \$1.10 - \$1.47, Feeder Heifers \$.88 - \$2.04, Feeder bull \$1.27 - \$2.00, Feeder Steer \$1.11 - \$1.75, Hogs 181#-247# \$.86 - \$.95.

Monday, March 9th - Normal Monday Sale & Monthly Heifer Sale.

Monday, March 16th - Normal Monday Sale & Sheep, Lamb, Goat & Pig Sale.

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.

Saturday, April 25th - 10:30AM sale held on farm. Norwich, NY. Machinery & Equipment farm sale. Also selling baleage.

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Antiques & auctions...

An overnight oat pudding that makes a healthy breakfast easy

by Melissa D’Arabian, Associated Press

The trick to making a nutritious breakfast a daily habit is never being more than 60 seconds away from something healthy. Because in the morning rush, it’s too easy to grab something unhealthy.

Lately, my go-to quick and healthy choice has been oat pudding, mostly because my kids love it. But I also like the staying power the complex carbs and fiber have to keep us feeling full. Oats or oatmeal (plain, not the flavored quickie pouches), are on just about every list of heart healthy foods, as it has a nice dose of both soluble and insoluble fibers. Oats also bring a few grams of protein to the party, while having less than a gram of sugar.

Even non-instant rolled oats are really only a few minutes away from being cooked into the iconic breakfast porridge I grew up eating (at the insistence of my grandma). But sometimes 5 minutes feels about 4 minutes too long, at least at our house. And more to the point, my family doesn’t all love oatmeal as much as I learned to.

Oat pudding solves these problems. And more.

Oat pudding is made the night before (and only

takes a few minutes), and can be customized to your tastes. It’s easy to add almond butter, cocoa powder, maple syrup, berries, cinnamon, apple-sauce, fresh or frozen fruit, shaved coconut, or whatever else you enjoy.

The key is to mix about equal parts oats and liquid, add the flavorings, then let the pudding rest in the refrigerator for at least an hour and up to 48 hours. Pull the pudding out of the fridge, top with any extras (like fruit, nuts, honey or maple syrup) and enjoy. Or pop in the microwave for a minute for a warm pudding. Easy. And so much better than grandma’s big pot of sticky porridge.

Overnight cherry-chocolate chip oatmeal pudding

Start to finish: 10 minutes, plus chilling

Servings: 2

1/2 cup plain low-fat Greek yogurt

1/2 cup low-fat milk

1 1/2 tablespoons cherry jam

2 teaspoons chia seeds (optional)

1/8 teaspoon vanilla or almond extract

1 tablespoon mini chocolate chips

1/2 cup rolled oats or oatmeal (not instant)

2 tablespoons slivered or sliced almonds, toasted

In a medium bowl, whisk together the yogurt, milk and jam until smooth. Add the chia seeds, vanilla, chocolate chips and oats and mix until well blended. Cover and chill for at least 1 hour or up to 2 days. To serve, top with toasted almonds.

Nutrition information per serving: 250 calories; 70 calories from fat (28 percent of total calories); 8 g fat (2.5 g saturated; 0 g trans fats); 10 mg cholesterol; 34 g carbohydrate; 3 g fiber; 18 g sugar; 11 g protein; 50 mg sodium.

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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.



MONTANA - 3 year old male Pit Bull mix, 46 lbs. Found on Old Fort Plain Road, Canajoharie in October 2012. Not good with cats. Fine with older kids.



RIO - 4 1/2 - 5 year old male Manchester Terrier mix. Came to the shelter on February 18th. High-spirited, lively dog and would like lots of exercise. Not good with cats or with small children.



BUDDY - 3 year old male Beagle/Chow mix, brown and black. Came to the shelter October 12, 2014.



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.



OTIS - Male mixed breed, 10 to 12 years old. Found on Moyer St., Canajoharie on February 13th. Gentle old soul, very lovable. In good condition except for the arthritis in his back legs.



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"!



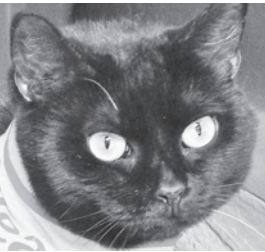
WINSLOW - Good-looking black and white male Pit Bull mix, 8 to 10 years old. Found running on Hilltop Road on August 27, 2014. He can sit up and lift his paw for a treat.



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



CHANEL - 2 to 3 year old female Chocolate Lab. Found on Nestle Road, Canajoharie on January 19th. She's a beauty with a super personality.



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.



ZEUS - 4 - 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.



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



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



SNOWBALL - Glorious white and buff male, 5 - 6 years old. Came to the shelter on February 19th. He's a cuddlebug who loves people!



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



DELILAH - Pretty black female, about 2 years old. Found abandoned in a trailer (with a kitten, Dottie) on February 23rd.



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

“Quality of Life”



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King Crossword

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			

- ACROSS
- 1 — Alamos

4 Colorado Springs org.

8 Incite

12 Sternward

13 Lump

14 Beatle or apostle

15 Render immobile

17 Do in

18 Met melody

19 Carillon components

20 “Rocky Horror” heroine

22 Duel tool

24 Early birds?

25 Protective walls

29 Earlier than

30 Goof

31 Pinch

32 Sun-shades

34 State with certainty
- 35 “— and the Tramp”

36 Suspicious

37 Big-time glitch

40 Groovy

41 Serve tea

42 Overly fearful

46 Shrek, for one

47 Highlander

48 Thickness

49 Loathsome sort

50 Pruritus

51 — out a living
- DOWN
- 1 You can’t stand having one

2 Son-gun linl

3 Alien

4 Dark

5 High-protein bean

6 Wood-shaping too

7 Doctor’s du

8 Maintenance
- 9 Bar

10 Sea flier

11 Right angles

16 War god

19 Tolerate

20 Military vehicle

21 Taj Mahal city

22 Not merely prompt

23 Arguments in favor

25 Incite

26 Academy Awards prop

27 Layer

28 Agile

30 Birthright

33 Bruce Wayne’s butler

34 A long time

36 Disinclined

37 Name for a Dalmatian

38 “Forget it”

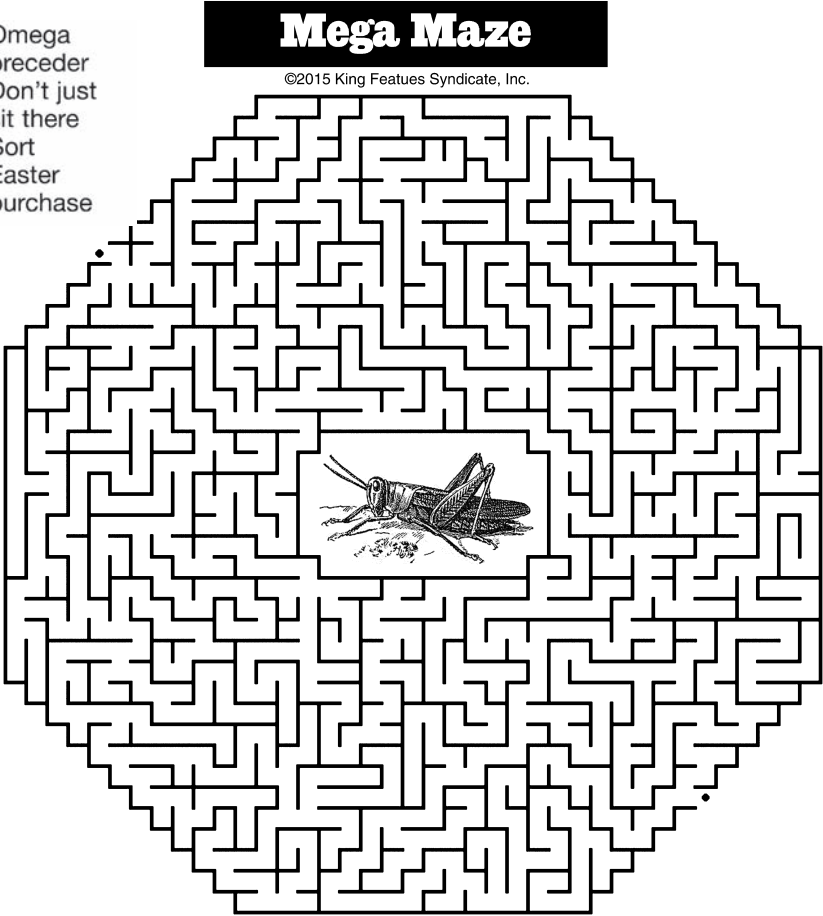
39 Emanation

40 Gator’s cousin
- 42 Omega precursor

43 Don’t just sit there

44 Sort

45 Easter purchase



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Hat is different. 2. Purse is smaller. 3. Letter is different. 4. License plate is missing. 5. Curtains are missing. 6. Wheel is different.

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

Amber Waves

by Dave T. Phipps

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging ★★★ HOO BOY!

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MAGIC MAZE ● CLICHES

P L J G E B Y W U R P N K I G

D B Z X V P B S T I M B E R !

T Q O M K O S I G E C L A E Y

W E U D J K E B S Q C P T M T

N ! W W E E F R M N L J E M S

H F O L E R C L U U A Y E U E

X N V A L F I Y O G H U F B T

S S Q P I A R T A W I T D N D

P U M A L C M K G K Y F L J I

H F E R A E N I T O O R O L C

C B Z Y X V U T R Q D A C G A

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

Acid test

All thumbs

All wet

Bummer

Ciao!

Clam up

Cold feet

Cry uncle

Cry wolf

Dog tired

Go figure

Poker face

Snow job

Timber!

Tin ear

“In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first.”

- Harry S Truman

ANSWERS

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

Answer

Weekly SUDOKU

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

Answer

King Crossword

Whatchamacallits

In late January, 1879 Atwood Crosby of Waterville, Maine submitted his design application to the United States Patent Office for his version of an Ax Pocket. He writes, "My invention consists of an ax case or pocket of some tough and rigid material, as iron or sole-leather" he continues outlining his device, describing in detail how

it's different than previous ax protectors. According to the document, Crosby's protector was "designed as an improvement on those ax-pockets in ordinary use which are made of pliable leather, and which afford no protection for the sharp edge of an ax."

As you can see from the pictures, Crosby's Ax Pocket has a thin metal

frame and a sleeve of bound leather. The ax slides into the case and a clasp buckles the protector together, securing it around the ax head.

Crosby, realizing that his design could easily be reproduced with different materials, included this statement in his closing remarks to the Patent Office "It's obvious that in

many ways the mere detail in making the said pocket may be varied, but yet retain fully all the essential points of my invention-namely, an ax-pocket of rigid materials, combining in shape to the blade of the ax, and kept from its edge by bearing against the handle."

His application was approved on June 17, 1879, Patent No. 216,605.



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Quoted by Lewis Grizzard in Kathy Sue Loudermilk, I Love You

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38,000 Miles
2009 Ford Focus SE
30,000 Miles, Blue
2009 Pontiac Vibe
86,000 Miles, Blue
2008 Chevy Malibu LS
4 Dr., Blue
2008 Ford Mustang Conv.
Lt. Burg., 30,000 Miles
2008 Cadillac DTS
Silver, Loaded, 54,000 Miles
2006 Ford Taurus
77,000 Miles
2003 Cadillac Deville
109,000 Miles
2001 Saturn L Series 200
4 Dr., Blue
1999 Cadillac Deville
Loaded, Grey, 73,000 Miles
1997 Saturn SL1 4 Dr., Silver,
113,000 Miles

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How to detect odometer fraud

Preowned car buyers looking to buy from private sellers rather than dealerships typically understand that such an approach can be risky. When buying from a private seller, such purchases are typically as-is, and rarely are buyers protected with extended warranties that may be offered by dealers who specialize in preowned vehicles.

Buying from private sellers may also leave buyers more susceptible to fraud. Odometer fraud is one type of fraud that buyers must be especially wary of when buying a preowned vehicle from a private seller, and the following are a handful of ways buyers can determine if a car's odometer has been tampered with.

- **Examine the vehicle's service history.** Before buying a preowned vehicle, buyers should always request to see documentation of the vehicle's service history. This can shed light on how well (or how poorly) the vehicle was taken care of, and it also can serve as a clue as to the authenticity of the number on the vehicle's odometer. Vehicle mileage is often included on repair orders or receipts provided by auto repair shops, so such reports should give you a picture of how many miles the car was driven at given times throughout its history. If the numbers on the reports don't match up with the figure on the odometer, then the odometer has likely been tampered with.
- **Inspect the dashboard.** A damaged dashboard is not always indicative of odometer fraud, but it should be enough to arouse your suspicions. Loose or missing screws on a dashboard or scrapes or scarring along the dashboard often occur when sellers attempt to reset their vehicles' odometers. Again, such damage is not necessarily indicative of odometer fraud, but if you were already suspicious of the seller, then these additional signs should be enough to compel you to walk away and continue your vehicle search elsewhere.
- **Ask to take the car to your own mechanic for an inspection.** When buying a preowned car,

prospective buyers should insist that they be allowed to take the car to their own mechanic to determine if it is worth buying. This protects sellers from buying a lemon and can help them determine if odometer fraud has occurred. An experienced mechanic can examine a car and determine how much wear and tear it has. If that wear and tear is more than the odometer suggests it should have, then the odometer has likely been tampered with.

• **Insist on a vehicle history report.** Whether buying from a dealership or private seller, buyers of preowned vehicles should always insist on seeing a vehicle history report. Mileage is always documented whenever a vehicle is registered with the state and

whenever it undergoes state-mandated safety or emissions inspections. A vehicle history report from an agency like CarFax can provide buyers with a record of these registrations and inspections, and buyers can use that information to determine if the odometer on a given vehicle has been tampered with. If a seller refuses to provide a vehicle history report, walk away and continue your search until you find a buyer willing to provide the report.

Odometer fraud is employed by sellers who want to make their cars seem more attractive to prospective buyers. But buyers of preowned vehicles can employ several strategies to detect if a given vehicle's odometer has been tampered with.





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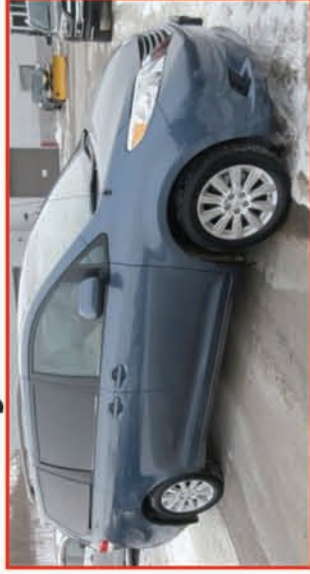
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P1169A	VW	Jetta GLI	11k	\$24,995*	\$370/mo.
14182A	Mini	Cooper	12k	\$15,995*	\$225/mo.
15993A	Toyota	Prius	31k	\$18,995*	\$273/mo.
15121A	Toyota	Corolla S	28k	\$16,995*	\$241/mo.
15009A	Jeep	Wrangler	28k	\$26,995*	\$432/mo.
P1162	Toyota	RAV 4 XLE	21k	\$23,995*	\$354/mo.
15198A	Toyota	Highlander	22k	\$29,995*	\$475/mo.
15270A	Dodge	Ram 1500	23k	\$24,995*	\$370/mo.

2013

14182A	Mini	Cooper	12k	\$15,995*	\$225/mo.
15993A	Toyota	Prius	31k	\$18,995*	\$273/mo.
15121A	Toyota	Corolla S	28k	\$16,995*	\$241/mo.
15009A	Jeep	Wrangler	28k	\$26,995*	\$432/mo.
P1162	Toyota	RAV 4 XLE	21k	\$23,995*	\$354/mo.
15198A	Toyota	Highlander	22k	\$29,995*	\$475/mo.
15270A	Dodge	Ram 1500	23k	\$24,995*	\$370/mo.

2012

P1074	Buick	LaCrosse	25k	\$17,995*	\$257/mo.
P1152	Toyota	Camry	22k	\$18,995*	\$273/mo.
P1151	Toyota	Highlander SE	31k	\$26,995*	\$432/mo.
P1116	Toyota	Camry LE	25k	\$17,995*	\$257/mo.
14475A	Toyota	Prius V	55k	\$17,995*	\$257/mo.
15211A	Toyota	Avalon	59k	\$20,995*	\$306/mo.
R081A	Honda	Accord Sedan V6	60k	\$16,995*	\$241/mo.

2011

P1029A	Chevy	Traverse	63k	\$15,995*	\$225/mo.
15015A	Mini	Cooper Countryman AWD	55k	\$18,995*	\$273/mo.
15231A	Toyota	Sienna	76k	\$16,995*	\$241/mo.
P1146	Toyota	Tacoma SR5 Crew	31k	\$27,995*	\$448/mo.
14683A	Toyota	Avalon	66k	\$19,995*	\$288/mo.
15294A	Toyota	Prius	25k	\$16,995*	\$241/mo.

2010

15100A	Kia	Forte	54k	\$9,995*	\$129/mo.
15257A	Subaru	Forester	59k	\$16,995*	\$241/mo.
15326A	Toyota	Prius IV Moonroof	70k	\$15,995*	\$225/mo.

2009

P1134A	Toyota	Sienna LTD	69k	\$19,995*	\$288/mo.
P1133	Honda	Civic CPE SI	57k	\$14,995*	\$209/mo.
R079A	Toyota	Tacoma SR5 Crew	66k	\$23,995*	\$354/mo.
P1138B	Toyota	Corolla	61k	\$12,995*	\$177/mo.

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Aging and driving

Getting behind the wheel and enjoying the freedom to travel is a luxury few are anxious to abandon. But there comes a time in nearly every person's life when he or she must take inventory of his or her driving and assess if that next joy ride is a safe and smart decision.

Driving may help older adults remain independent and mobile, but the chance for a motor vehicle accident increases as one ages. The Insurance Institute for Highway Safety says fatal crash rates per mile traveled increase starting at age 75 and increase notably after age 80. This is largely due to increased susceptibility to injury and medical complications among older drivers rather than an increased tendency to get into crashes. Road accidents tend to increase around a person's 65th birthday.

Authorities in Canada require physicians to warn patients if the doctors have any concerns about their patients' ability to drive. Doctors also must report these concerns. There are no such requirements in the United States, where individual drivers and families must use their own judgement to decide if it is still safe for a particular person to be on the road.

Minor fender benders,

traffic citations, trouble remembering directions or frequently visited

There is no set age when a person's keys should be taken away,

may need to update their prescriptions.

- Get enough sleep.



Driving ability may decline as drivers age. But certain steps can keep seniors on the road longer.

stores, may be early indications that a driver is no longer at his or her best behind the wheel. Some experts say that families should institute driving directives, much in the way a person would spell out medical desires or end-of-life plans. This way, when the time comes to assess driving ability, the conversation already has been started.

as aging does not guarantee drivers' abilities will decline. In fact, there are many things people can do to prolong their time on the road.

- Get routine vision and hearing checks. These examinations will help to determine your fitness to be on the road and shed light on any issues that need to be addressed. Those who wear contact lenses or glasses

Lack of sleep can affect the body in many ways, including reducing reaction time. Falling asleep while driving can compromise the safety of drivers, their passengers and fellow motorists.

- Know your medications. Certain medications can make you drowsy, so read the labels so you know not to drive while taking them. Speak with your doctor to see if there are any substitutes that won't affect your performance behind the wheel.

- Recognize your limitations. You may not like driving at night or in inclement weather. Stick to driving when you feel most comfortable.

- Enroll in a refresher course. Sign up for a defensive driving course to review your driving skills. Not only may it make you safer on the road, but it also may help reduce your insurance rates.

Getting older doesn't mean you have to quit driving right away. Recognize the signs of a decline in driving ability and figure out how long it is safe to remain behind the wheel.

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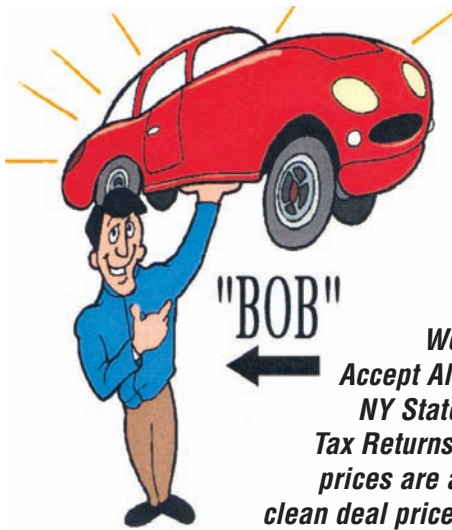
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