

# THE Original Valley Pennysaver

Volume 6  
Number 4

Serving the Homes of the Mohawk Valley  
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August 8, 2015



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Set Includes Sofa, Loveseat & 3 Pc Table Set



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Buy One  
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**FREE**

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341 Sq. Ft.  
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Ad Prices effective: Sunday, Aug. 9th through Saturday, Aug 15th, 2015



# GARAGE SALE

**YARD SALE** August 7th- 9th, 9am- 5pm. Children clothes, House hold item, Power tools, ETC. 522 Hilltop Rd., Sprakers.



## Good Housekeeping: Roasted Almond Crusted Plums

This dessert is perfect with a scoop of vanilla ice cream.

- 6 large plums (4-5 ounces each), each cut in half and pitted
- 3 tablespoons butter or margarine, softened
- 1/3 cup packed brown sugar
- 1/4 cup all purpose flour
- 1/3 cup sliced natural almonds

1. Preheat oven to 425 F. In shallow baking dish, arrange plums, cut side up, close together in one layer.

2. In medium bowl, beat butter and brown sugar until smooth. Stir in flour until blended. Stir in almonds. Sprinkle mixture evenly over plums. Bake until plums are tender, 25 to 35 minutes. Makes 6 servings.

\* Each serving: About 204 calories, 2g protein, 31g carbohydrate, 9g total fat (4g saturated), 16mg cholesterol, 64mg sodium.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder](http://www.goodhousekeeping.com/recipefinder).

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## Comfort foods made fast and healthy!

by Healthy Exchanges

### Patio Potato Salad

A great potato salad recipe that doesn't make too much. This way, you don't have to worry about "left-overs."

- 1/4 cup fat free mayonnaise
- 1 tablespoon sweet pickle relish
- 1/2 teaspoon country style Dijon mustard
- 1 full cup diced cooked potatoes
- 3/4 cup finely chopped celery
- 1/4 cup finely chopped onion

In a small bowl, combine mayonnaise, pickle relish and mustard. Add potatoes, celery and onion. Mix well to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 2 (1 cup) servings.

\* Each serving equals: 124 calories, 0g fat, 3g protein, 28g carb., 406mg sodium, 2g fiber; Diabetic Exchanges: 1/2 Starch/Carb., 1 Vegetable.

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**FOR RENT:** St. Johnsville store front, 1000 sq.ft., bathroom, \$550+. 518-301-5739

**SALVAGE AUCTION:** Construction Material. Saturday Aug. 1st & 8th at 4:00 pm. Check AuctionZip.com. King's Auctions, 689 Burrow rd., Winfield, NY. (315) 822-5221

**ACCESS TRANSPORTATION** is looking for part time cleaner for large fleet of vehicles. Must have drivers license. 3 pm till done. Cleaning inside/out. Stop by the office at 16 River Street, Fort Plain for application. **NO PHONE CALLS PLEASE!**

**LARGE SELECTION** of primitive items to include blue decorated stoneware jugs one signed St. Johnsville, NY, period blanket boxes- some in original red paint in various sizes, and more! Cast iron door stops, tools, very early kitchen items to include choppers, cookie presses and much more. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

**LET US HELP** you get rid of your unwanted stuff. Place a reader ad today. Only \$4.00 for the 1st 14 words. Call 518-673-3011

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

**WANTED:** Used trampoline in good condition. 518-673-3947

**CRAFTERS AND VENDORS WANTED!** Valley Fest, August 29. Twister Valley Sports Complex, Fort Plain, NY. 12-7 Live music, food and drink, and more!!! Call 518-673-0141 to reserve your space!

**FREE Kittens** 315-219-2939.

**183 Main Street, Sharon Springs, NY 13459:** Legal live-in storefront with 1 to 2 bedrooms in Sharon Springs, NY. Very sunny, 1,000 s/f storefront with large front porch. 2 entrance doors will allow you to have a separate shop or to sublet part of the space to an independent shopkeeper to help with the rent. New kitchen appliances and shower. Beautiful setting. \$775/month includes heat and hot water. Tenant pays electric. Available June 1st or sooner. References and verifiable long-term employment a must. Best contact giacomo.dennis@gmail.com or call 518-312-3800 and leave a message.

**2009 FORD ESCAPE XLT 4x4, Grey, 86K, V-6, Auto, AC, CD. Sale:** \$11,495. John C. Miller Inc (518)-762-7124. [www.johncmiller.com](http://www.johncmiller.com)

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

**FOR SALE** 2 male Great Pyrenees Lab Mix Puppies, 8 weeks old 1st shots, very cute and healthy, family raised, ready to go, 400.00 obo. 518-673-4747

**RAW GOAT MILK** sold at my farm, Jack Armstrong, Springfield Center, 8107 St. Hwy 80. Please call ahead or by chance. 315-858-0294

**MOBILE HOME** for sale, excellent condition, 2 BR. 1 bath, quiet clean park. Propane heat, Central air, 22K. Possible owner financing 518-993-5591

**55IN FLATSCREEN TV** very high end, \$350 B/O. HP laptop \$200 B/O. (2) 1550 gallon poly tanks \$500 for both. 518-257-0038

**BREEDER SALE:** Sunday Aug. 9th at 11:33 am. Kings Auctions, Burrows Rd., West Winfield (315)822-5221

**Don't Wait, Buy Early! REMEMBER LAST WINTER!**

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**GOLF & CART** All Day Long

**TUESDAY & THURSDAY SPECIAL \$32**

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Also Includes Beef or Chicken **TERIYAKI**

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Under 18 years old

**\$10 for 9-hole** walking

**\$15 for 18-hole** walking

No Cart Fee if playing golf & riding with a parent

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4 Person Scramble • Shotgun starts at 9pm

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**Large 16'x70' But Can Reduce Size if Needed**  
**Will Do Some Building to Suit \$395**  
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## Collecting: Beach pail

**G:** I have a Popeye beach pail that I used at the Jersey shore when I was a kid. It has Popeye diving into the water along with images of Wimpy and Sweet Pea. I was born in 1928, so I think this item is probably from the 1930s. It is in excellent condition. I have been offered \$100 for it. — Steve, Elizabeth, NJ

**A:** I found your pail referenced in Kovels' *Antiques and Collectibles Price List* by Ralph and Terry Kovel

and published by Black Dog and Leventhal books. Your tin pail was manufactured in about 1930 and is valued by the Kovels at — are you sitting down? — \$1,045. Your pail is considered extremely desirable and rare.

**G:** Do you have the name and contact information for people who collect milk glass? I have several pieces, and I would like to add to my small collection. — Stella, Water Valley, MS

**A:** Helen Engel is membership chairman of the National Milk Glass Collectors Society, 32 Brown Dr., Oswego, NY 13126. Dues are \$18 per year. Check out the website [www.nmgcs.org](http://www.nmgcs.org).

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Fort Plain Area

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**Lee Newspapers, Inc.**  
Palatine Bridge, NY

## HAVING A PARTY?

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**REFRIGERATOR** for sale, 18c.f., Whirlpool, black, excellent condition, almost new. 518-993-5591

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**VINYL REPLACEMENT WINDOWS BY VIEW-POINT** are durable, low maintenance and ENERGY STAR APPROVED with lifetime warranty against glass breakage. C. H. BURKDORF & SON, 35 Hough St., St. Johnsville. 518-568-7016

**HAVING PROBLEMS** with your well or pump? Call The Water People - Provost Brothers! 518-868-2126

**SAVE THE DATE: AUGUST 15TH** at 2pm. Family and friends gathering for Hazel and Ernie Lewis. There will be a DJ, raffles, food & Chinese Auction at 479 Oldick Rd., Fort Plain. Bring a dish to pass. BYOB. Donations welcome for Chinese auction. Contact Brenda 518-775-9268, Deb 607-226-8733, Sherry 518-332-5041

## We want to hear from you!

Send your comments & suggestions to the Original

Valley Pennysaver  
PO Box 121,

Palatine Bridge, NY 13428

OR email

[jsnyder@leepub.com](mailto:jsnyder@leepub.com)

**CHECK OUT OUR AUGUST coupon circular** for great deals! **Behind every project is a True Value!** 12 Willett St Fort Plain 993-3834.

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

2010 Ford Taurus limited white pearl, 68k, v6, auto, leather, power everything!! Sale: \$15,495. John C. Miller Inc. (518)762-7124.



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**2003 FORD FOCUS**, silver, new tires, mechanically well maintained, \$900. 518-673-2773

**2006 BUICK LUCERNE CX**, Black, 89K, V-6, Auto, Leather, Sale: \$8,495. John C. Miller Inc. (518)762-7124 [www.johncmiller.com](http://www.johncmiller.com)

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

**ROUGH CUT LUMBER** – all sizes. Credit cards accepted. Stop in, call or email. Buryford Farms, 50 Cavalli ST, Dolgeville, NY. (315)429-9040 Or (315) 868-4842. [bfmoulding@gmail.com](mailto:bfmoulding@gmail.com)

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**THINK CHRISTMAS** and start a Layaway for a new Spa. What a better way to tell someone you love them than with a Spa that they can relax in. Mohawk Valley Hearth and Heating, 1027 E. German St, Herkimer, NY. (315) 866-6848

**FOOD AUCTION:** Thursday Aug. 6th at 6:33 pm. Kings Auctions, Burrows Rd., West Winfield (315)822-5221

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

## NEED BUSINESS CARDS?

**Full Color Glossy Heavy Stock**  
250 (\$45.00)  
500 (\$60.00)  
1,000 (\$75.00)  
Call Beth at  
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**FREE SHIPPING**

**2010 Ford Taurus** limited white pearl, 68k, v6, auto, leather, power everything!! Sale: \$15,495. John C. Miller Inc. (518)762-7124.

**ST. JOHNSVILLE**, one bedroom deluxe flat, wall to wall, appliances included. All new. No Pets. Must see! 518-301-5739

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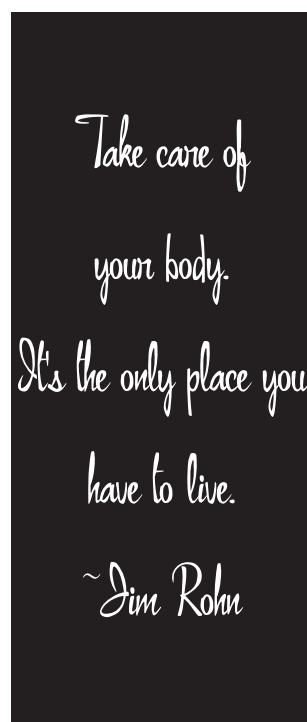
**FOR RENT:** Large two bedroom apartment, two story, newly renovated, outside Fort Plain village. No pets. \$600 utilities not included. 518-993-5674

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**2011 CHEVY MALIBU LT.** Red, 33K, 4cyl., Auto, AC, CD, Alloys. Sale: \$13,895. John C. Miller Inc. **518-762-7124**, [www.johncmiller.com](http://www.johncmiller.com)

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# FONDA FAIR

2015  
SEPTEMBER 1<sup>ST</sup> - 7<sup>TH</sup>

FONDA FAIR PRESENTS  
THE MOHAWK VALLEY MUSIC FEST

**SATURDAY  
SEPTEMBER 5<sup>TH</sup>**

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# Strange but true

by **Samantha Weaver**

• The average resident of North America consumes about 600 sodas every year.

• Another good reason to recycle: The energy saved by recycling one glass jar is enough to watch TV for three hours.

• There are many laws that have been passed during our nation's history that make you think that some of our legislators have a bit too much time on their hands. For example, in Alaska it is illegal to look at a moose from an airplane; an Illinois law states that a car must be driven with the steering wheel; in West Virginia, you can be imprisoned for cooking sauerkraut or cabbage, due to the offensive odor and a California law of 1925 made it illegal to wiggle while dancing.

• The same man who discovered the planet Uranus also invented contact lenses.

• A giraffe can use its tongue to clean its ears — not too difficult a task, I suppose, if your tongue is 21-inches long.

• Everyone has seen bonsai — those tiny trees that are pruned into aesthetically pleasing shapes. Many people don't realize, though, that even trees that grow

to be giants of the plant world, such as redwoods and giant sequoias, can be used to create these miniatures.

• The United States once issued a bill of currency that was worth five cents.

• The name of the popular Japanese dish teriyaki literally means "shiny and broiled."

• There is only one bird that can swim but not fly: the penguin, of course.

*Thought for the Day:* "A man has made great progress in cunning when he does not seem too clever to others." — La Bruyere

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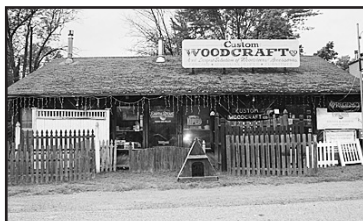
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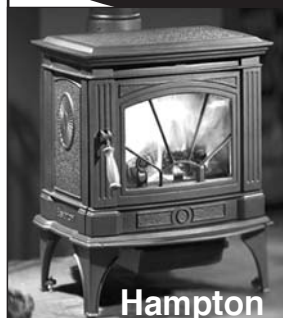
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August 7, 2015  
Hello Again,

If you were selected to head up a study to determine why this country is having so many internal problems, what kind of a person should you be? Lets make up a list of qualifications with appropriate comment.

1. Age  
Comment: it is against the law for an employer to ask your age.
2. Nationality, or whatever breed of cat you are.  
Comment: it is against the law of political correctness to know if you are white, black, yellow, green, or a mixture.
3. Religion  
Comment: It is against the law to even mention religion.
4. Education  
Comment: Many feel our country is not spending enough tax dollars for education. So — you yourself will not have the necessary qualifications, as the government has not spent enough on you. If you do not have college degrees, you're not qualified. If you have a Bachelor's, Master's, or Doctorate, you are obviously overqualified, and why do you want this position anyway?
5. Married  
Comment: If you answer yes or no. No one has the right to ask you that question.
6. Children  
Comment: The answer to number 6 may clash with your rights of number 5.
7. Citizenship  
Comment: The hospital you were born in under the Privacy Act has no legal right to reveal anything about you.
8. Parents  
Comment: You know the two legally married men or the two legally married women who had total rights over you as a child, but even the tom cat in the alley mated with a cat of the opposite sex — so the answer could be — like the old Indian said, "How."

The great man, Albert Einstein, said "I never think of the future. It comes

soon enough." Patrick Henry is remembered for saying, "I like the dreams of the future better than the history of the past."  
  
Hello Again says, "I love today. It is a day the good Lord gave me — it is his introduction to tomorrow and a memory of yesterday."

Growing up over in the hills of Middlefield, Cooperstown was seven miles away and Cherry Valley was 10 miles in the other direction. All of the rest of the country was a little bit further away. Outsiders said, "What do you do here in God's country?" We knew we lived in God's country and just stayed busy having a good life and didn't have time to wonder about the rest of the country that God didn't want.  
  
Isn't life what you make of it? If high rise buildings, heavy traffic, and stop lights and signs turn you on, so be it. For my friends and me, we love the Mohawk Valley. We have one light in St. Johnsville. However, giving into modern times we did have a traffic jam. On my way home from Stewarts yesterday, there were three cars ahead at the traffic light and one Amish horse and buggy.

At a recent art show the artist said, "I only paint what I see." One of the local farmers said, "You shouldn't drive a car in that condition."  
  
A young farm girl was discussing whether she should keep a date with an old rich artist. "Mom, is he too old for me?" "Daughter, listen to your mother. He is a little bit too eligible and rich to be considered old."  
  
As a young graduate in Bally Connoll, Ireland, my mother applied for a teachers position in the one room country school. According to the standards set, she was amply qualified. She was denied the position as she was tone deaf and could not sing. It was important in those days for a teacher to be able to lead the class in singing. Mom could not sing. Which goes to show how things



have changed. Here in this country, a professional musician or songstress can gain fame and riches even if they sing off key as long as they can sing loud – real loud. Singing potty mouth seems to be an attribute too.  
  
How would George Washington fit as a 21st century politician in the United States?  
  
Remember the famous story when young George was fessing up to his father when he said, "Father, I cannot tell a lie. I cut down that tree." Just imagine the predicament he would be in with modern politicians if he couldn't tell a lie. Today — do they ever tell the truth?  
  
What would he do if he was told he could not believe in God or at least not make any reference to suggest there is a God in the White House or on any other public grounds? One of his famous sayings, "No one should be president of the United States if he doesn't believe in God."  
  
He would have to have a liberal interpreter claim he didn't mean — exactly what he said even though he did.  
  
Belated messages to our 1st president:  
  
1. As little boy George: Learn to lie or you will not ever become a four-star general or president of the United

States or have your portrait printed on trillions upon trillions of dollar bills.  
2. As the future president:  
a. Face it George, you will be more successful if you admit the early Washington's loved bananas and hung by their tails from trees.  
b. That Darwin's theory was the absolute truth and the Holy Bible is a collection of books loaded with a manmade pile of fiction.  
c. Someday you throw your hat into the ring to become president, be sure the publisher of your local newspaper will have a staff writer there to interpret all of your statements. Isn't it possible that you might say something that you yourself would misunderstand what you meant to say but didn't?

.....  
  
Hello Again received an ipad message from a reader stating that the publisher did not know the name of Florida's current governor. I called him Governor Perry — oops my mistake. Thanks for reading and the correction.  
  
I will not include the remainder of the ipad remarks or the writer's name. I choose to not believe he meant to say Governor Scott (the actual governor of Florida) was willing to let 800,000 Floridians die for political gain. That was more than poorly thought out political tripe. It was just plain sick.

Should we call in Mrs. Clinton's local interpreter to flush out what you wrote but didn't actually mean to say, but did say something along that double talking modern political rubbish way of blowing smoke.  
  
Be happy — stay healthy — talk life thoughts and problems over with our Heavenly Father, attend church on Sunday.  
  
Wave when you see the red Spyder wander by. Watch for Dale and his 3-legged bat mobile.

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# Happy Birthday!

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	Vicki LaComb
	Kelly Smith
Aug. 10th	Marcia Rebello
Aug. 11th	Nancy Johnson
Aug. 14th	Ryann Young

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# Girl gone nutty: a rant about my allergies

by K. Gallagher

Ask any schoolteacher or childcare giver about kids' food allergies, and I'm sure they'll tell you there is at least one child under their tutelage who is afflicted. Food issues have gained prevalence in recent generations — a

that it is no picnic. The second reason I don't eat peanuts is to avoid confusing people who don't understand what I stated above: that peanuts are not in the nut family. I have had people tell me that because I have safely eaten a peanut product, I

I don't mean to come off as dramatic, but I'm simply drawing from experience. People have actually told me to eat nuts to cure my nut allergy, and people have actually accused me of lying for attention. I resent that. I didn't choose this issue, and I don't

pital with your face swelling up and turning numb, your throat and eyes closing, your blood pressure through the roof,

and your life flashing before your eyes. It's happened to me. It's not fun. To those countless kids who deal with allergies on

a daily basis, who feel like they constantly have to explain about and apologize for their problem — I understand.



modern phenomenon we could undoubtedly live happily without. It is with a touch of jaundiced pride that I inform you that food allergies are the one "trend" on which I had the inside scoop. Born in 1983, before food sensitivities / allergies became a daily reality for countless kids and their families, I am the unfortunate bearer of a serious allergy — specifically, tree nuts, since I was six years old. That's tree nuts. Not peanuts.

Yep, not peanuts. This causes so much confusion. Peanuts are not in the nut family. Let me repeat: peanuts are not nuts. Peanuts are, in fact, legumes — as are chickpeas, beans and alfalfa. Some people are allergic to peanuts and not tree nuts. Some people are allergic to both. Not me. You could wallop me with a barrage of open-faced peanut butter sandwiches if you wanted. I'd be sticky, yes, but healthy.

Yet, I avoid peanut butter and all peanut products for two reasons. One — occasionally, peanut products have given me an allergic reaction. Other times, they have not. Lord knows why — perhaps cross contamination with tree nuts? I couldn't possibly tell you. All I know is

am a liar, a delusional person faking an allergy to fill some demented needs for attention. I guarantee you, I am allergic to what I say I am allergic to: pecans, walnuts, almonds, cashews, Brazil nuts. That's what I know. I would not lie about something like that. Which brings me to another point...

...People who pretend to have allergies to avoid eating something they simply don't like or to garner some sort of attention need to drop the charade. If you don't want to eat something, that's your business, and there is certainly a dignified way to handle it — this does not entail invoking the name of a serious medical condition. The last thing I want is for someone with a legitimate allergy to not be taken seriously because of the careless chatter of a few fakers.

And no, eating copious amounts of my allergen will not cure me. That will kill me. Please stop suggesting it.

Furthermore: coconuts are not nuts. Neither are water chestnuts. Nor are butternut squash or nutmeg. Just like koala bears aren't really bears, and guinea aren't swine from the African nation of Guinea.

want it, and neither do the countless people who live with food allergies of their own. When people without a food allergy treat another person's allergy as an annoyance ("Ugh! My kid can't take a peanut butter cup to school! Ugh!") I think about how "annoying" and "inconvenient" it is to be rushed to the hos-

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## Donna's Day: Creative family fun

by Donna Erickson

### Library card pays summer dividends

I'm not a financial analyst, but one thing I do know for sure is that cash is flying out of my billfold. Today's \$50 tab to fill the tank in our family car and much more to fill the refrigerator were a clear sign that costs are rising before my eyes.

But wait! There's one place where the sticker price stays the same:

FREE. Grab your kids and jump on your bikes today to check out your neighborhood library, the best deal in town. Apply for free library cards to discover how you can fill the summer months with reading and motivating literacy based activities. It's a deal you can't afford not to invest in, where the dividends count more than dollars and cents.

This summer's theme at our local public library —

"Look What's Cookin' at Your Library" — got me thinking of some of my favorite foodie related children's books and literacy ideas. Take a look at this menu of practical reading and writing activities you can stir up with your family this summer to keep minds sharp. And remember my tip — there's no tab!

### Box top reading

Start the day with some box top reading and surprise

each other with the new vocabulary words you pick up. Read ingredients and nutritional information listed on the side panels of cereal boxes, or the serving tips on the back of a frozen waffle box.

### Read on the go

Pack a book between the sandwiches and chips in your picnic basket. When you read "The Most Perfect Spot" by Diane Goode, the ants and mosquitoes at your spot won't seem like

such a nuisance.

### Eat and read

Who doesn't love savory spaghetti on Friday night and a platter of pancakes on Saturday morning? Prepare these family favorites with your young kids, and then wind down the day with classic picture book titles such as "Strega Nona" by Tomie dePaola and "Pancakes, Pancakes!" by Eric Carle.

### Play with food words

Enjoy word play around the dinner table. See how many expressions you can think of that use food themes, and then talk about them. For example: "An apple a day keeps the doctor away," "Go bananas," "Sour grapes," "Bring home the bacon," "Icing on the cake," "That's the way the cookie crumbles," etc.

**Grandparent Connection Tip:** Share memories of a family recipe with your grandchild. WRITE a grocery list for the ingredi-

ents and shop for them together, then READ the directions aloud as you prepare the dish.

**Extra tip:** Keep a basket near your door to corral library books and to store your library cards.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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## Fiddler on the Roof brings 'tradition' to the Canajoharie-Fort Plain Drama Club

by Elizabeth A. Tomlin

Canajoharie - Fort Plain Drama Club's performance of *Fiddler on the Roof* was a spectacular showcasing of the talent that local youth possess. The show, which was held at the Arkell Performing Arts Center at the Canajoharie High School, took place over the weekend of July 24-26.

"There were 40 cast members age 8 to adult and 26 directors and crew members," said Music Director Norma Bowley. "This was the first drama club play for 18 of them and only the second for 7 of them. What a great addition they made to our group! Our veteran performers all stepped up a notch in their singing, acting and dancing for this big show."

Melissa Bowley, former star of many C-FP Drama Club plays — and home from PACE University for the summer — stepped up to fill the position of Set Designer and Builder. "I researched and thought a lot about it beforehand. I searched

for all of the props at antique stores. It was a lot of fun designing the set." Bowley says that all of the actors "started off good and just got better and better with every rehearsal. It was really exciting to see kids that I've seen since they were so small, now being stars in the show! It's just been an amazing experience."

This was the third play directed by Ashley Broad. "These are a very hard working bunch of people that put this show together in only four weeks," Broady said. "It's very impressive, especially since most of them are under the age of 18."

"We do thank everyone in the audience for coming and supporting our drama club," commented Norma Bowley. "Your laughter and applause is our fuel to do our best! All those who helped with concessions, ticket sales, transportation and donations also helped make the show a great success."

**Fiddler A12**



*Fiddler on the Roof* was performed by 40 cast members age 8 to adult and 26 directors and crew members.

Photos by Elizabeth A. Tomlin

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Fiddler from A11

The next show will be “Into the Woods” sched- uled to run April 1-3. Auditions will take place in November and will be open for students in 6th grade and above.



Canajoharie - Fort Plain Drama Club's performance of Fiddler on the Roof was a spectacular showcasing the talent local youth possess.

# Antiques & auctions...



The Canajoharie - Fort Plain Drama Club only had four weeks to work on the show before it was held on July 24-26.

STOP

**DOLGEVILLE**

**CONSIGNMENT AUCTION**

*Proceeds to Benefit Little Falls Amish School*

Stop by Friday Evening with your family to browse and have dinner & homemade ice cream. Homemade ice cream will be available all day Saturday.

**SATURDAY, AUGUST 15<sup>TH</sup> @ 9:00 AM**

**Dolgeville Athletic Field • 240 Lotville Road, Dolgeville, NY 13329**

Directions: From Johnstown take 29 West to Lotville Rd on right. From Little Falls take Route 5 East to 167 North to 29 East to Lotville Rd on left.

**New Tools:** New Dewalt & Makita cordless tools, Milwaukee hand tools, weed eaters, chainsaws, scooters, misc. and hand tools, 7 1/4" circular saw, grinder.

**New Furniture:** 1 load of top quality poly lawn furniture - great variety of colors, 1- 30" oak vanity, 1- 36" cherry vanity, 1- 42" hickory vanity, 2-tone color, 1- 33", 1- 39", 1- 45" solid surface vanity tops w/undermount sinks, bird feeders, bird houses, flower boxes, misc. crafts.

**Tack:** 1 load of new tack, lead ropes, halters, whips, snaps and more.

**Shrubs and Flowers:** 1 load shrubs and flowers from Sauders Nursery.

**Quilts:** 1 broken kaleidoscope, 1 cathedral window.

**Shop Equipment:** New 7 1/4" circular saw, jumper cables, pair of jack stands, pair of auto ramps, push roof snow shovel, shingle shovel, Ingersoll Rand tow behind air compressor w/4 cyl. International gas engine, 2 jack hammers, new trailer hitch.

**Farm Machinery:** 36" Swisher trailer mower, Case 500 tractor, 2 pressure washers, electric table saw, New Holland 48 round baler, horse stalls, Massey Ferguson tree planter.

**Building Materials:** misc. metal roofing, misc. lumber, windows, 1- 8'x12' board & batten storage shed. 1- 24'x40' cabin, 6 years old, 2x6 walls, insulated w/new construction, windows, attic, trusses.

**Miscellaneous:** 2 mini bait pails, trampoline springs sets of 10, mop bucket on wheels w/ringer and mop, hand water pump, 40 channel CB walkie talkie, 18 pieces PVC water pipe 6"x20", sofa sleeper, arm chair, rocker, 2 end tables, 2 night stands, double twin bed, set of bunk beds, 2 dressers, breakfast table & 2 chair set, wooden bench.

**Antiques:** Watch for our list in next week's ad.

**Auction Held Under Tents**

Taking Consignments August 14th from 9:00 AM till 7:30 PM.

*Many More Items Expected.*

**Terms of Sale:** Cash or Good NY Check.

Owner and Auctioneers not responsible in case of injury or accident. All information day of sale takes precedence over written ads.

Amish Lunch Stand Serving Breakfast From 7AM to 10AM - Pancakes, bacon, sausage and eggs. Come hungry and bring your family and friends, bring your lawn chairs and spend the day with us!

**Auctioneers:** Omar Kauffman, Jake Stoltzfus, Samuel Stoltzfus, Benueel Fisher and Aaron Kanagy

**Contact People:** Emanuel Byler 315-429-3061 • David Swarey 315-429-9582  
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**FARM EQUIPMENT LIQUIDATION AUCTION**

**SAT., AUG. 15<sup>TH</sup> @ 9:30 AM**

**PRE. 8:30 A.M.**



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# Antiques & auctions...

## Rabies Clinic

Montgomery County Public Health wants to remind everyone that people and unvaccinated animals can get rabies from the bite or scratch of an infected animal or from infected animal saliva entering a person's eyes, nose, mouth or any break in the skin. Rabies is nearly always fatal if treatment is not received soon after exposure. With warmer weather approaching, pets, people and wildlife will be out of doors more often and the potential for interaction will be increasing. Please keep the following points in mind:

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated.

The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions, spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

The law requires that your pets be vaccinated. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

In the event of a bite, scratch, or potential exposure to rabies, the following steps should be taken immediately:

- Wash the area of contact thoroughly with soap and water;
  - Seek medical attention;
  - Call your local health department to evaluate your risk for rabies, including whether rabies post exposure treatment is recommended;
  - Try to capture the animal without damaging its head or risking further exposure. Contact your local health department to have the animal either observed or submitted for testing; and
  - If someone has been exposed to a suspected rabid animal and the animal cannot be observed or tested, or it tests positive for rabies, treatment should begin immediately. Human treatment consists of a dose of rabies immune globulin administered as soon as possible after exposure. The first of four doses of rabies vaccine is given at the same time, with the remaining injections given one each on days 3, 7 and 14 following the initial injection. An additional dose may be given on day 28 if the person is immunocompromised.
- To protect your family and your pets from rabies:
- Don't feed, touch, or adopt wild animals, stray dogs or cats;
  - Be sure your pets are up to date on their rabies

vaccinations;

- Keep family pets indoors at night;
- Don't attract wild animals to your home or yard.

Keep garbage cans tightly covered and avoid storing any food outside. If a wild animal is on your property, let it wander away. Bring children and pets indoors and alert neighbors who are outside;

- Prevent bats, raccoons, and other wild animals from entering homes by sealing small openings and keeping unscreened doors and windows closed; and
- A majority of Rabies Post Exposure Prophylactic vaccines are given for exposure to bats that were not captured for rabies testing. Most of these untested bats are not rabid therefore many of the post exposure incidents could be avoided completely if the bat were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at [www.ny-health.gov/diseases/communicable/zoonoses/rabies](http://www.ny-health.gov/diseases/communicable/zoonoses/rabies).

Rabies Vaccinations Clinics will be held throughout Montgomery County on the following dates in 2015: Aug. 4, Aug. 15, Sept. 8, Oct. 3, Oct. 17 and Nov. 7. For time and location, or for more information on rabies contact Montgomery County Public Health (M-F) 9 am - 4 pm at 518-853-3531 or visit our website [www.co.montgomery.ny.us/publichealth](http://www.co.montgomery.ny.us/publichealth).

**SALVAGE AUCTION**  
**Construction Material**  
**Sat., August 8<sup>th</sup> @ 4:00PM**

Electrical Boxes, Cases of Nail Gun Nails, Floor Joists, Joist Hangers, 100's of Sheetrock, Trim & Moulding, Cove Moulding, Rolls of Electrical Wire (12.2, 12.3, 10.3, 14.2), Windows, Doors.

Followed By:  
**Check Auctionzip.com**  
**Sat., August 8<sup>th</sup> Consignment Auction ~ 6:33pm**  
**Sun., August 9<sup>th</sup> Breeder Sale ~ 11:33am**

**KING'S AUCTION**  
689 Burrows Rd., West Winfield, NY • (315) 822-5221

**JR's Auction**  
56 Willett St., Fort Plain, NY 13339 • (518) 993-4668



**Upcoming Auctions!!**  
**Special Lawn and Garden Tool Auction**  
**Tuesday, August 4<sup>th</sup> • 5:00pm**  
In addition to our regular Antique Auction we will be taking consignments for Lawn Furniture, Patio Sets, Lawn Tractors, Lawn Mowers, Weed Eaters, Chain Saws, Trailers or any other Lawn and Garden Related Items!! Will also be selling inside: Antiques, Collectables, Furniture and other Tools!! Don't Miss This Event!! If you have items you want to sell and turn into cash bring them on down!!

**Food and Grocery Consignment Auction**  
**Wednesday, August 5<sup>th</sup> • 5:00pm**  
Already Consigned: A load of Groceries from Carl, Local Produce, Meats and Cheese and more!! Call 518-993-4668 If you have items you want to sell and turn into cash bring them on down!!

**Special Taxidermy, Antique Tool and Consignment Auction!!**  
**Tuesday Night, 5:00pm**  
IN ADDITION TO OUR REGULAR CONSIGNMENTS WE WILL BE ACCEPTING CONSIGNMENTS FOR SPECIAL TAXIDERMY, ANTIQUES, FURNITURE AND COLLECTABLES!! Your Special Taxidermy Consignments Wanted!! Mondays, Wednesdays, Fridays!! 8:00am to 5:00pm

**Fall Special On Site Antique Farm Machinery, Tractors, and Consignment Auction**  
**Saturday, October 3<sup>rd</sup> • 9:00am**  
Will be accepting consignments for Antique Farm Machinery, Farm Machinery, Vintage Snowmobiles, New and Used Snowmobiles, 4 Wheelers, Boats, Campers, Trailers, Hit and Miss Engines, Antique Toys and Collectables!! For a full list, pictures and details go to [auctionzip.com](http://auctionzip.com) ID # 29324.

**On Site Auctions** CONDUCTED BY **JR's Auctions**  
(518) 993-4668



**On Site Auction!!**  
**Saturday, August 29<sup>TH</sup> • 10:00am**  
**190 Marshville Rd, Fort Plain, NY**  
Complete Household, Patio Set, GE Refrigerator, GE Kitchen Stove, Washer and Dryer, 2-Air Conditioners, Microwave, Kitchen Table and 4 Chairs, Kitchen Island, Bedroom Suite with Full Bed and Box Spring and Mattress, Large Sectional Couch, End Tables, Cedar Chest, Rocking Chairs, Computer Desk, TV Stand, Pine Dresser, Pots and Pans, Garage Items, Wheel Barrow, Air Compressor, Lawn Mower, Hand Tools and much more!!!  
**Watch for pictures on auctionzip.**  
**Auctioneer Note:** This lady is moving South and now all her items are to be sold over Auction, Bring your chairs, Auction will be held under tent!! Food Stand on Premises.  
**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](http://auctionzip.com) for pictures. ID # 29324

**WEEKLY SALES EVERY MONDAY**  
**HOSKING SALES**

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**Monday, July 27<sup>th</sup>** - Sold 380 Head. Cull ave. \$.87, Top cow \$1.26, Organic Cull Dairy ave. \$.93 top cow \$1.16, Bulls & Steers \$1.25 - \$1.33, bull calves top \$3.70, heifer calf top \$2.45, Dairy Feeders \$.14 - \$.128, Organic Dairy Milking age top \$1900, Organic Bred heifers top \$1300, Organic Open heifers top \$1200, Dairy Milking age top \$1500, bred heifers top \$1460, Open heifers top \$980, Piglets \$65.00, Goats top \$157.50.  
**Monday, Aug. 10<sup>th</sup>** - Normal Monday Sale & Monthly Heifer Sale.  
**Monday, Aug. 17<sup>th</sup>** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.  
**Saturday, Aug. 22<sup>nd</sup>** - Sale held on the farm 10:30AM. 210 Lyon Road, Bainbridge, NY. Doolittle Farm Retirement Machinery & Equip. Auction. JD 2940 4WD Cab w/good rubber; Bobcat mini Excavator; tillage & harvest equip. watch future ads and full listing on website.  
**Monday, Aug. 24<sup>th</sup>** - Normal Monday Sale & Monthly Organic Day.  
**Saturday, Aug. 29<sup>th</sup> - 10:30AM** - West Edmeston, NY. Sale held on the farm 10 922 Hoxie Road, West Edmeston, NY. Estate of Robert Tompkins Machinery & Equipment Auction - Tractors, tillage & harvest equip. Same day same place - Endless Trails Farm has been sold and we will be selling horse drawn wagons, sleighs, horse drawn equip. etc. Watch future ads and website for more details.  
**Monday, Aug. 31<sup>st</sup>** - Normal Monday Sale.  
**Sales to watch for:**  
**Friday, Sept. 11<sup>th</sup>** - Delhi, NY. JO-EL Registered Holsteins Dispersal. Watch future ads for complete details.  
**Friday, October 30<sup>th</sup>** - All Breed Fall Premier Sale 11:30AM. We will be accepting 100 Head of Registered All Breed Cattle for this sale.  
**LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL.**  
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**Hosking Sales is looking for a Clerk for our Monday Sales. Computer experience a must and Auction background a plus. Anyone Interested please call the numbers above.**





**NOTE: Calendar entries must arrive at the Original Valley Penny-saver office by the Wednesday one week prior to our Saturday 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@leapub.com](mailto:kkelly@leapub.com)**

The Service Auction will be held from 10 am - noon at the Gazebo in Plowe Park and the Junk-in-the-Trunk sale will be from 10 am - 4 pm on the adjacent lawn in front of the old Elementary School. Refreshments will be provided in the park from 10 am-noon. For more information, or if you would like to donate a service, please contact Sarah Luquis at 315-717-3003 or Marilyn Williams at 315-429-9884.

[illegible]



## Accessible gardening for the physically challenged

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

For many people, gardening is a therapeutic activity, providing hours of relaxation and contemplation. But as we age, even some of the simplest tasks like planting flowers or weeding become difficult due to arthritis, back injuries, and other health problems. Injuries caused by accidents and other physical limitations also pose challenges to gardeners. Don't give up gardening if you have physical limitations, just change how you do it, and perhaps the tools you use and the space you garden.

You may need to buy different tools, plant in raised beds or containers, or redesign garden paths for easier movement. You may need to downsize, focusing on fewer garden beds.

The first step is to determine your limitations, then take them into account when planning the garden. If you are having trouble bending, then you'll probably want raised beds. Raised beds are becoming increasingly popular, even for those without physical limitations, as they are easier to weed and manage. They can be low (usually 8 to 10 inches, up to 16 to 20 inches high) if you can work sitting or on your knees. If in a wheelchair or mobility seat, 24 to 36 inches high is best — lower is better if you'll have tall crops such as tomatoes that require reaching.

If you or your guests use a cane, walker, or wheelchair, allow extra space between plantings and make sure you have a smooth, hard-surfaced path to get to and from the garden. If for those merely with walking and standing limitations, place benches and seats nearby.

If for wheelchairs, paths should be wide enough — at least 3 feet wide, and often 4 to 5 feet wide, particularly on corners or for turning. Paths should be as level as possible and have raised edges and a hard surface of a non-skid material such as roughened concrete, asphalt, or interlocking bricks. Don't use wood as it will be slippery when wet, bark chips and straw are hard to wheel on, and bare soil is a mess after rains.

You can plant your flowers and vegetables in containers or in shallow planters placed on a table at wheelchair height. Many annuals and herbs are particularly suited for container gardening as they have shallow roots. Just remember to water often if it doesn't rain sufficiently.

If you or family member has trouble walking, move the garden closer to your back door. Keep tools close by, such as in a tool shed with a door that's at least 36 inches wide if you use a wheelchair. You may want to purchase some type of tool carrier such as an apron with large pockets, a child's wagon, tool cart, or a bucket or basket. You can find tool caddies with wide wheels at your hardware store or garden center. These often have a seat with a storage area underneath for your hand tools.

Speaking of tools, consider lightweight tools with large handles for better grip, especially if you suffer from arthritis or have limited strength. Increasingly you can find ergonomic tools, particularly hand ones, with curved handles that are easier to hold. Wheelchair-bound gardeners will find long-handled tools more convenient to use. There are pruners with handles that swivel, making the repetitive cutting motion

easier on your hands.

Foam kneeling pads or knee pads will make gardening gentle on the joints. Many garden stores now carry these, some quite decorative, or you can find functional ones at home supply and hardware stores.

A four-wheeled cart may be easier to push, or pull, than a wheelbarrow, with less chance of tipping. Some wheelbarrows have two wheels, so are hard to tip. I just bought a new wheelbarrow with looped plastic handle ends — much easier to hold and tip.

Visually impaired? Even if not, but if you have friends or family members who are, make it possible for them to enjoy your garden by selecting plants and features with sensory interest. Hang wind chimes or put in a fountain for orientation in the garden, as well as the sound effects. Ornamental grasses add sound to the garden as does a bubbling fountain.

Use colorful plant markers with large print. Think about mass plantings of brightly-colored flowers such as red geraniums and yellow marigolds, orange gerbera and blue salvia, or bright red and white petunias with blue lobelia.

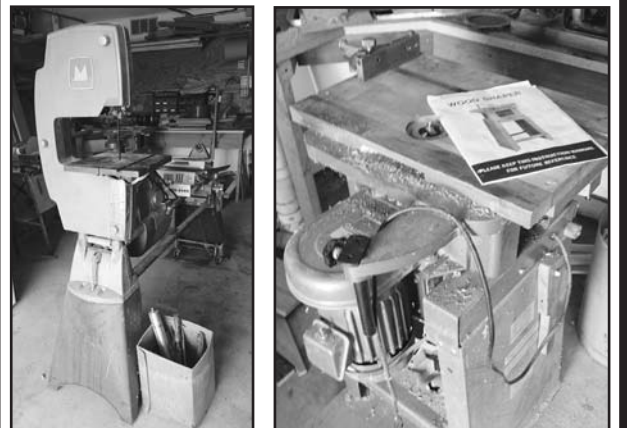
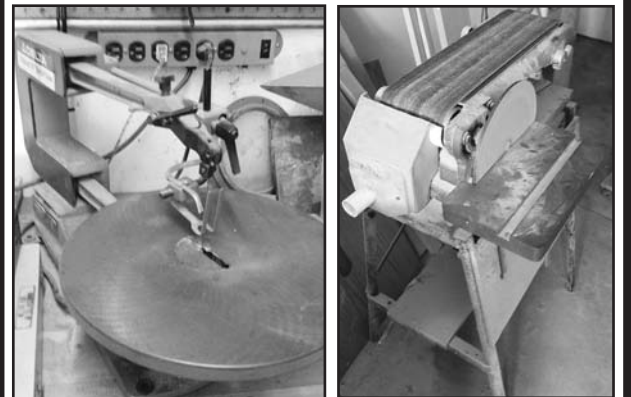
Buy a large magnifying glass for planting seeds and viewing plants if your vision is limiting. (Any gardeners should have a magnifier, even if a small one as used for coins, to scout leaves for insects.) There even are magnifier head sets you can wear, leaving your hands free. Or, use mechanical seeders or seed tapes when planting.

Keep beds narrow to make them easier to weed. Set up a drip irrigation system so you won't have to lug a hose to the garden every time you need to water. Use mulches to reduce weeding and watering, or hire your

neighbor's child to help with these and other chores. It's a good way to introduce the next generation to the joys of gardening.

If you've been gardening in the past, and can no longer keep up with the weeding and harvests, perhaps this is the time to "right size" to what you can handle.

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*A weed is a plant that has mastered  
every survival skill except  
for learning how to grow in rows.  
Doug Larson*



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*Hit your best shot!*

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Thank You

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25 to 35 gallons of water each day, equal to a bathtub  
filled with water.  
They also eat 40 to 50 pounds of feed per day.**

STOP.....throwing your \$ money \$ away!!! Don't buy one of those cheap grills that you will have to replace in a year or so. Come check out our Smokers and Grills -! Guaranteed to last well past the time you would get from a cheap one. Mohawk Valley Hearth and Heating, 1027 E. German St, Herkimer, NY. (315) 866-6848

**HOGAN'S**  
YOUR COMPLETE STOCK SERVICE  
WE HANDLE COWS & HORSES  
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PLEASE CALL PROMPTLY  
(518) 993-2171  
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7-DAY SERVICE

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JUNK CARS,  
TRUCKS & VANS  
PAYING \$100 & UP.  
7 Days a Week  
315-335-3302**

**DAMIN FARM**  
Home Raised **BEEF**  
4 VARIETIES  
**SAUERKRAUT**  
Fresh Fruits & Vegetables  
Home Grown Blueberries  
Red & Black Raspberries  
**SWEETCORN**  
8075 St. Hwy 5, St. Johnsville  
**518-568-2643**

JUST ARRIVED! Large Selection of 14k & 18k jewelry DON'T FORGET.....GREAT PRICES on diamond wedding sets in 14k and 18k gold. Also great selection of sterling silver wedding sets starting at \$99.95. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

LARGE SELECTION of Victorian Marble Top Tables and Plant Stands. Great Prices. Check out our Victorian section which also includes sofas, chairs, desks and more. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

WANTED: Bands to play at Valley Fest August 29 Time slots available from 11am-7pm. Call 518-673-0141 for more information. Proceeds will benefit our local communities

CRAFTERS AND VENDORS WANTED! Valley Fest, August 29. Twister Valley Sports Complex, Fort Plain, NY. 12-7 Live music, food and drink, and more!!! Call 518-673-0141 to reserve your space!

2005 DODGE Magnum R/T AWD, blue, 97k, Hemi V-8, auto, leather, rear DVD, loaded!! SALE: \$9,995. John C. Miller, Inc. 518-762-7124  
www.johncmiller.com

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

ON SITE AUCTION!! SATURDAY AUGUST 29TH 10:00AM 190 Marshville Rd Fort Plain NY Complete Household, Patio Set, GE Refrigerator, GE Kitchen Stove, Washer and Dryer, 2-Air Conditioners, Microwave, Kitchen Table and 4 Chairs, Kitchen Island, Bedroom Suit with Full Bed and Box Spring and Mattress, Large Sectional Couch, End Tables, Cedar Chest, Rocking Chairs, Computer Desk, TV Stand, Pine Dresser, Pots and Pans, Garage Items, Wheel Barrow, Air Compressor, Lawn Mower, Hand Tools and much more!!! Watch for pictures on auctionzip.

PROTECT AND BEAUTIFY YOUR HOME WITH - solid vinyl siding D/4 & D/5, available in white or many colors. C. H. Burkdorf & Son, 35 Hough St., St. Johnsville. 518-568-7016

CONSIGNMENT AUCTION: Saturday Aug. 8th at 6:33pm. Kings Auctions, Burrows Rd., West Winfield (315)822-5221

NEED A NEW FAN? We have just what you need with a variety of sizes with prices starting at just \$4.99. Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834.

WE DO CHAIR CANING & WEAVING; also hand woven reed baskets. Reasonable rates. We're half mile back from road, 2nd house on right. Mast Basket Shop, 548 Dillenbeck Rd, Palatine Bridge, NY 13428

2006 CADILLAC DTS, silver, 69k, V-8, auto, heated leather, loaded American Luxury!! SALE: \$10,995. John C. Miller, Inc. 518-762-7124  
www.johncmiller.com

AMANA GAS STOVE for sale, used 3 months, purchased new on April 23, 2015, set up for propane, self-cleaning oven. 518-568-2314

BEAUTIFUL VICTORIAN 4-Pieces Iron Garden Set. Must See! Very reasonable price. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

CERTIFIED ORGANIC dry round bales hay. Best offer. 518-568-7271

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GUITARS-Acoustic, Electrical. Best Prices! Open by appointment. Imagineering Drum + Guitar shop. 601 Dize Rd., Little Falls. Call 315-823-1603 or 315-867-7119.

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# Dining, entertainment & celebrations



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

**Thursday, August 6<sup>th</sup>**

- ◆ Chicken-N-Biscuits w/Veg
- ◆ Turkey Wrap w/FF

**Friday, August 7<sup>th</sup>**

- ◆ Fresh Haddock Dinner Baked or Fried, w/Potato & Veg
- ◆ Mac & Cheese w/Veg
- ◆ Manhattan Clam Chowder

**Saturday, August 8<sup>th</sup>**

- ◆ Prime Rib w/Potato & Veg 3-7 PM
- ◆ Fried Clams w/Potato & Veg

**Sunday, August 9<sup>th</sup>**

- ◆ Garbage Wrap w/Home Fries

Breakfast Only Closed at 12:30pm

**Monday, August 10<sup>th</sup>**

- ◆ ALL YOU CAN EAT PANCAKES 3-7 PM
- ◆ Fried Chicken w/Potato & Veg
- ◆ Italian BBQ Beef w/FF

**Tuesday, August 11<sup>th</sup>**

- ◆ Sloppy Joes w/FF
- ◆ Ham & Cheese Wrap w/FF

**Wednesday, August 12<sup>th</sup>**

- ◆ ALL YOU CAN EAT SPAGHETTI 3-7 PM
- ◆ Fruit Plate
- ◆ Spaghetti w/Meatballs, Hot Sausage and/or Toss Salad

**Thursday, August 13<sup>th</sup>**

- ◆ Chicken-N-Biscuits w/Veg
- ◆ Popper Burger w/FF

Homemade Soups & Desserts  
Hours: Mon.-Sat. 7 AM-7 PM  
Sun. 7 AM-12:30 PM

 12 Hancock St.,  
Fort Plain

 **FREE WI-FI**

**ANNUAL  
CHICKEN BARBECUE**  
by **Brooks of Oneonta**  
**Thursday, August 20<sup>th</sup>**  
Starting at 4:00 PM  
**Salem United Methodist Church**  
1254 Stone Arabia Road, Fort Plain (in the Pavilion)  
Adults: \$10.00 Children: \$6.00 Chicken half: \$6.00  
Dinner includes: Half chicken, baked potato, fresh sweet corn, winter slaw, roll, cupcake & beverage.  
**Eat In or Take Out**  
Also for sale: Baked Goods (Chocolate Jumbles & Pies, etc.)  
**Partial proceeds to support Bella Rose**  
2 year old recovering from tragic accident on July 5th

**Chicken & Biscuits Dinner**  
at Ephratah Rod & Gun Club  
372 St. Hwy. 67 - Ephratah  
To Benefit the **Royal Mountain Moonlighters**  
**Thurs., August 13, 2015**  
Serving at 5PM  
**TICKETS:** 12 & Up: \$9 CHILDREN 6-11: \$4.50  


Dinner Includes: chicken & biscuits, mashed potatoes, dressing, vegetable, dessert, coffee, tea

**Also: a VINTAGE CAR SHOW**  
will be held on the grounds

**\*\* Show a 1990 or earlier vehicle and receive one free dinner!!\*\***

Take time enough for your meals, and eat them in company whenever you can.

There is no need for hurry in life—least of all when we are eating.

~Edward Everett Hale, "How to Get the Best of It" c.1892

**Looking for a Fun Summer Activity?**  
**ATTENTION: Young Ladies ~ Ages 5-24**  
WHO RESIDE IN FULTON OR MONTGOMERY COUNTIES  
**Come be part of the**  
**2015 Miss Fonda Fair Pageant**  
  
**To Prepare For This Event:**  
Spend some time thinking about your future goals and the woman you want to become. Plan a speech about yourself and tell your community how you want to help. Think about your manners and about looking and being your best. Come enjoy new experiences and make some new friends, while being proud of you!

Enter for a chance to be crowned royalty:  
Miss Fonda Fair ~ Junior Miss  
Princess ~ Junior Princess

**Nominate Your Mom**  
for the **Mother of the Year Award**



**30th Anniversary**  
**Miss Fonda Fair Pageant**  
Application Deadline: Wednesday, August 12th  
*\*ENTER EARLY to Win the Award for First Application Received\**

Opening Day - Tuesday, September 1st  
All events: Kane Entertainment Building

**Miss** (ages 16-24) ~ 9am Interviews • **Jr. Miss** (ages 12-15) ~ 10am Interviews  
**Princess** (ages 8-11) ~ 12:30pm Interviews • **Jr. Princess** (ages 5-7) ~ 2pm Interviews  
**2 Pageants: 5:30pm ~ Princess & Jr. Princess • 7:00pm ~ Miss & Jr. Miss**

**For Info & Application go to:**  
**www.fondafair.com**

Join Us for the Baby Contests: Kane Entertainment Building 11AM:  
Thursday, 3rd: Birth - 1 Year • Friday, 4th: 1 & 2 years  
Saturday, 5th: 3 & 4 years

7TH ANNUAL  
WINDFALL DUTCH BARN



2009 CLINTON ROAD  
CHERRY VALLEY OR SALT SPRINGVILLE

**August 8th & 9th • 11:00 am**

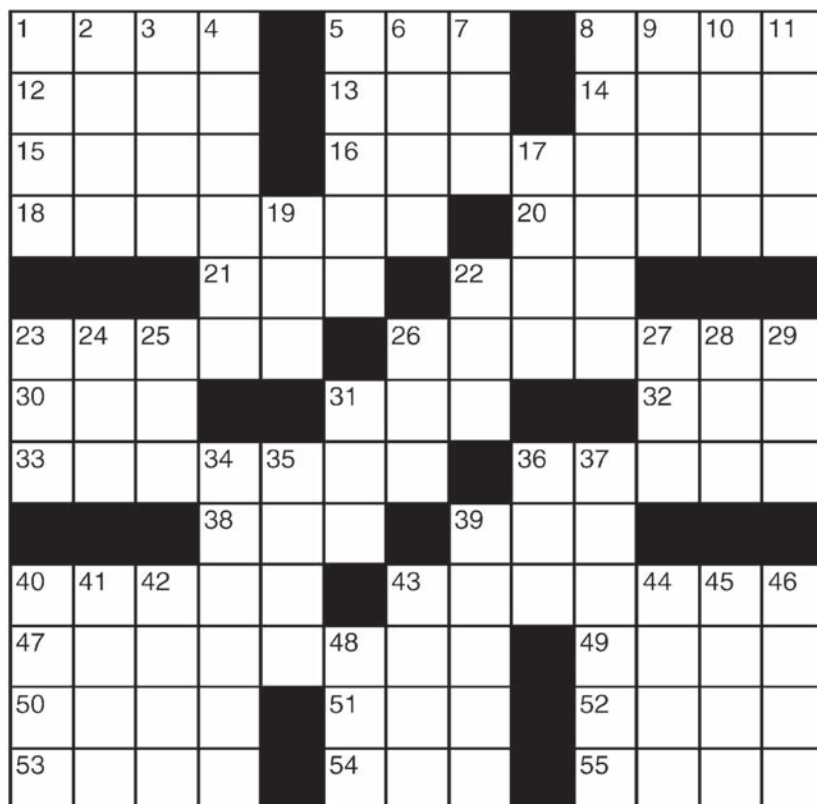
**crafters • vendors • games for the kids**  
**chinese auction**  
**music • dancers • fire show**  
PORK DINNER ON SATURDAY • CHICKEN ON SUNDAY

ADMISSION \$5.00 CHILDREN 12 & UNDER FREE  
PROCEEDS TOWARDS ROOF REPLACEMENT

WE WELCOME EVERYONE  
TO  
COME IN PERIOD COSTUME



# King Crossword



1 Highway division	50 Take the show on the road
5 Lamb's mama	51 Praise in verse
8 Take to the pool	52 Birthright barterer
12 Press	53 Heche or Hathaway
13 Atlas page	54 Solidify
14 Windy day toy	55 Univ. paper
15 Uncategor- ized (Abbr.)	
16 Pete Fountain's instrument	<b>DOWN</b>
18 Rifle attachment	1 Big branch
20 Minuscule bits	2 Operatic solo
21 Regret	3 Inquisitive
22 Big Apple letters	4 "Keep singing!"
23 Bedding material	5 Host
26 Stocking style	6 Poet Whitman
30 Exist	7 Eco-friendly govt. agency
31 Office machine	8 Bandleader Henderson
32 Hockey legend Bobby	9 Drunkard
33 Presidential advisors	10 Particular
36 English composition	11 Citi Field team
38 Fresh	17 Beams
39 See 37-Down	19 Sister
40 Ottoman officer	22 Put the kibosh on
43 Tiara's relative	23 Varnish ingredient
47 Surfing mecca?	24 401(k) alternative
	25 Kan. neighbor
	26 Obese
	27 Ph. bk. data
	28 Geological period

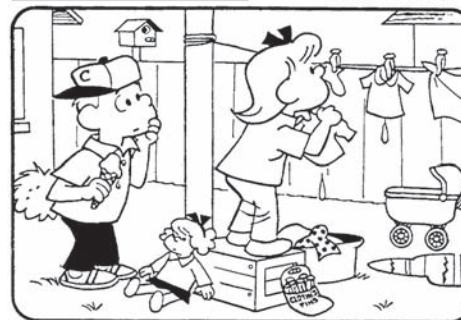
49 — and kin  
50 Take the  
show on  
the road  
51 Praise in  
verse  
52 Birthright  
barterer  
53 Heche or  
Hathaway  
54 Solidify  
55 Univ. paper

- 1 Big branch
- 2 Operatic  
solo
- 3 Inquisitive
- 4 "Keep  
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- 5 Host
- 6 Poet  
Whitman
- 7 Eco-friendly  
govt. agency
- 8 Bandleader  
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- 9 Drunkard
- 10 Particular  
team
- 17 Beams
- 19 Sister
- 22 Put the  
kibosh on
- 23 Varnish  
ingredient
- 24 401(k)  
alternative
- 25 Kan.  
neighbor
- 26 Obese
- 27 Ph. bk. data
- 28 Geological  
period

29 Attempt  
31 Not many  
34 Belong  
naturally  
35 Approach  
36 Listener  
37 With 39-  
Across,  
holiday  
entree  
39 "Monopoly"  
buy  
40 Pocket  
bread  
41 Any time  
now  
42 Dazzle  
43 Relinquish  
44 Unless,  
in law  
45 Greek  
vowels  
46 So  
48 Yule quaff

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels



References: 1. Bathroom is missing. 2. Corner is missing. 3. Doll's head is turned. Clothespin bag is missing. 5. Dress is smaller. 6. Carriage is missing.

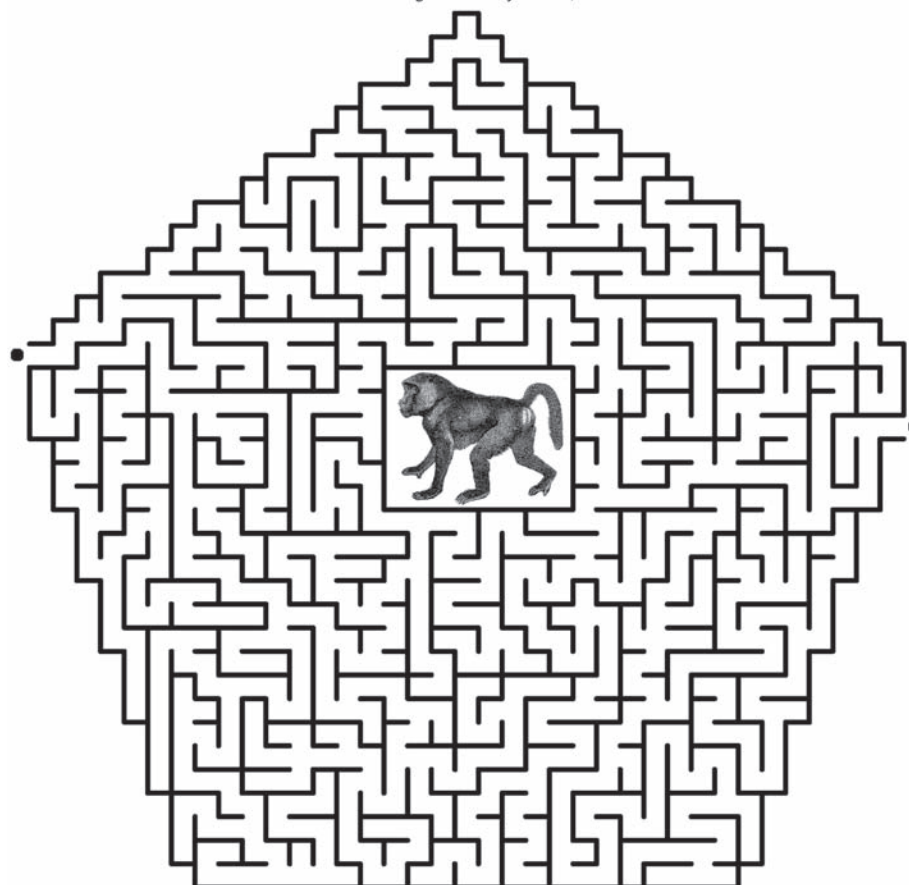
## Amber Waves

by Dave T. Phipps



## Mega Maze

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## Weekly SUDOKU

by Linda Thistle

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

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 ● THE BOSS

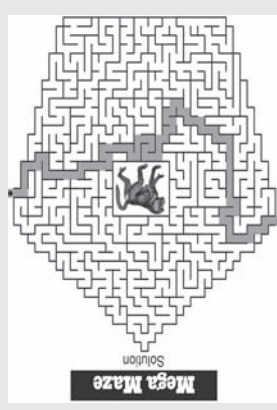
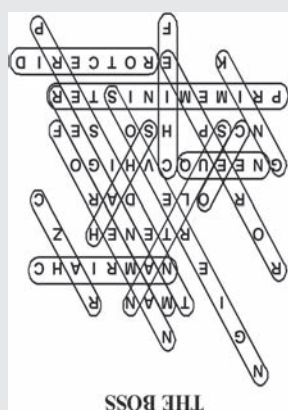
Z N H D A X U R P M J G D A X  
V S G Q N K N I A T P A C I F  
D A X I V T M A N T R Q O M J  
R H F C E A N A M R I A H C Y  
W O U R P R T E N E H N Z L J  
H F R D O L E B D A R Z X C V  
G N E E U Q C V H I G O T R Q  
O N C S P M H S O K S E F I H  
P R I M E M I N I S T E R F D  
B Z Y K W V E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

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

CEO	Director	Manager	Shah
Chairman	Emperor	President	Sovereign
Chief	Foreman	Prime minister	Sultan
Czar	King	Queen	

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## ANSWERS



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

Weekly SUDOKU

[illegible]

**— King Crossword —**  
*Answers*  
Solution time: 21 mins.

**“A man should never neglect his family for business” — Walt Disney**



# Ayres Animal Shelter

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

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • [www.ayresanimalshelter.com](http://www.ayresanimalshelter.com)



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



**TYSON** - 4 year old brown and white male Pit Bull, 64 lbs. Found in St. Johnsville in 2013. Knows commands, loves car rides, swimming and treats. Should be your only pet in an adult home.



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



**MAX** - 6 year old male Pit Bull mix. Came to the shelter on June 3, 2015 because his owner was no longer able to care for him. Good with some dogs and fine with older kids.



**RYLIE** - 2 - 4 year old female Pit Bull mix. Came to the shelter on May 10, 2015. Knows "sit" and gives her paw to "shake". Not good with other dogs, cats or kids.



**MIKE** - Male Lab/Boxer mix, 9 months old. Came to the shelter on June 17, 2015. Very handsome with a great personality! Good with some dogs, fine with kids.



**TUCK** - Male Shepherd (and Akita?) mix. Found on Borden Road, Glen on May 1, 2013. Big smiley guy, very strong. Not good with dogs or cats. Adult home only.



**MONTANA** - 3 - 4 year old male Pit Bull mix, 46 lbs. Found on Old Fort Plain Road, Canajoharie in October 2012. Not good with dogs or cats. Fine with older kids.



**GAVIN** - White and black male American Bulldog. Found in a culvert on N. Bush Road, Johnstown. Came to the shelter on May 30, 2015. Fine with kids.



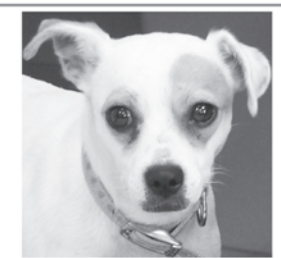
**BRUTUS** - 6 1/2 year old male Pit Bull. Found on Route 5s in Canajoharie on July 15th. Knows "sit, shake, lie down". Great on leash. Sweet personality and that famous "Pittie" smile!



**BRIER** - White and brown female Beagle mix, about 3 years old. Abandoned by her owner. Good with some dogs. Knows the "sit" command. Good on leash.



**RALPH** - Very appealing 10 - 12 year old tri-color male Beagle. Found on Oswegatchie Road, Mohawk. Came to the shelter on June 2, 2015. Good with dogs and kids.



**DAISY** - 1 year old female Chihuahua/Jack Russell mix. Came to the shelter on May 31st. Good with some dogs and fine with older kids.



**GEORGIA** - Very sweet adult female Tortie. Found with her kittens under a porch in Fort Plain on May 24, 2015.



**GEORGIA'S PEACH** - One of three 3 month old black kittens found under a porch in Fort Plain on May 24, 2015.



**WARREN** - Wonderful 3 month old orange and white male. Came to the shelter on June 14, 2015.



**LUCA** - 1 1/2 year old male tiger. Found on a porch in Palatine Bridge. Came to the shelter on April 7th. Cuddly and likes to be held. Very talkative!



**WINNIE** is a 7 week old (July 25th) female tiger kitten. She was found on June 27, 2015.

**HELP SUPPORT THE SHELTER**  
Drop off your empty bottles & cans to Go Green Recycling Center in Fort Plain

## "Quality of Life"

Thank you to the following merchants who sponsor this page every week.

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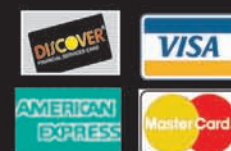
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# Four tire tips for teen drivers

(BPT) — Getting a driver's license is a pivotal moment for many teens, and with the privilege of driving comes greater freedom and independence. For parents, this can be both a moment of great pride and overwhelming anxiety.

In 2012, the National Highway Traffic Safety Administration (NHTSA) reported that drivers 19-years-old and younger were more likely to be involved in motor vehicle collisions than any other driver on the road. According to NHTSA, teens are three times more likely to get into an accident than drivers over the age of 20.

It's not surprising that teen drivers fall into a higher collision risk category given their inexperience. Additionally, teens are more likely to speed, text, drive without a seat belt and they typically maintain a closer following distance than more seasoned drivers.

"Taking the time to talk to teens about their driving practices can help prevent accidents," says Bob Abram, product planning manager for Yokohama Tire Corporation, maker of a variety of truck and car tires. "Teaching teens about proper vehicle maintenance — especially tires — is also important and often overlooked."

Abram says tire main-

tenance is crucial because tires have an enormous effect on braking, steering, comfort and handling. "Unfortunately, tires are not always top-of-mind when it comes to routine vehicle upkeep. When tires are inflated appropriately and wheel alignment adjusted correctly, the driver has better control. Improper alignment causes uneven tread wear and reduces the life of a tire."

Underinflated tires can also increase the stopping distance of a vehicle, warns Abram. "Taking care of your tires properly can help prevent skidding, aid in emergency stops and traffic avoidance maneuvers, as well as provide more traction on wet roads."

Today's tire technology gives teen drivers an added advantage on the road, according to Abram.

Abram reiterates that parents should teach teens about tire care to optimize vehicle control and maximize safety. Here are a few of his rules of thumb concerning tire care:

- Tires must be replaced before the tread wears down below 2/32 of an inch. A quick and easy tread test involves placing a penny into the grooves of the tire. If Lincoln's head is completely visible, the tires should be replaced.



Taking the time to talk to teens about their driving practices can help prevent accidents.

- Check tire pressure at least once a month. Consult the vehicle's owner's manual or placard on driver's door to determine proper tire pressure. Tire pressure should be checked when the tires are cold.

- Alignment should be checked at least once a year or if the vehicle is pulling to one side to avoid uneven wear on tire tread. Tire balance should also be monitored.

- Regular rotation of tires promotes even wearing of tread. Tires should be rotated every 5,000 to 8,000 miles.

For more tire care and safety tips visit [www.yokohamatire.com](http://www.yokohamatire.com) or [www.rma.org](http://www.rma.org).

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## Kitchen Diva: Jerk Pork fires up the grill



smoking method also makes the meat moist and tender.

Jerk marinades are a wonderful way to add spice and a touch of the Caribbean to your barbecue menu. This recipe for Jerk Pork uses the traditional marinade recipe; however, other spices can be incorporated to create your own variation.

#### Jerk Pork

Jerk marinades typically use Scotch bonnet peppers, one of the hottest peppers in the world. Remember to always wear gloves when preparing fresh peppers. It's best to remove the stems and seeds with your gloved fingers or paring knife. Removing the seeds doesn't affect the flavor, but greatly

by Angela Shelf Medearis

Caribbean dishes reflect the influence of a wide variety of cultures and cuisines, including British, Dutch, French, Spanish, East Indian, West African, Portuguese and Chinese. The cooking technique that made Jamaica famous is the spicy jerk marinade that's used for both meats and vegetables. The name is derived from the way the meat is poked or "jerked" with a sharp object to create the holes where spices are inserted.

Jerk cooking dates back to the Carib-Arawak Indians who inhabited Jamaica in the 1600s. After capturing an animal and thoroughly cleaning it, the carcass was "jerked" and the resulting holes were stuffed with spices. Hot peppers and herbs were plentiful on the islands and were used as a preservative before refrigeration was available. The spices also acted as a marinade and a way to tenderize tough cuts of wild game.

To cook the jerked meat, the Indians dug a deep pit and lined it with stones. The pit was filled with green pimento wood, which when burned would smoke heavily and add to the flavor. The holes in the meat also allowed heat to escape without loss of moisture.

Marinades based on hot peppers and herb combinations were created by the Indians and the West African Corman-tee to flavor and preserve a variety of meats. Jerk marinade has four main ingredients: Scotch bonnet peppers, whole allspice berries, scallions (also called green onions or spring onions) and thyme. For best results, the meat should marinate in the refrigerator for 12 to 24 hours.

After marinating, the meat should slowly be smoked over a low fire. Using pimento (allspice), apple, mesquite or hickory wood chips provides an intense smoke that will permeate the meat and create an authentic jerk flavor. The wood chips should be soaked in water for at least 30 minutes before placing them on the coals. This slow

decreases the heat. Afterward, always wash your hands thoroughly with soap and cold water and clean any utensils or surfaces you have used.

- 1/3 cup vegetable oil
- 1/3 cup distilled white vinegar
- 4 green onions, chopped
- 2 cloves garlic, chopped
- 2 to 5 Scotch Bonnet peppers, seeded and minced, to taste
- 3 bay leaves
- 3 peppercorns
- 1 tablespoon dried ground cinnamon
- 3 to 4 whole allspice berries, lightly crushed
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground nutmeg
- 3 pounds pork chops, about 1-inch thick

1. Combine oil and vinegar in a small bowl. Stir in green onions, garlic, peppers, bay leaves, peppercorns, cinnamon, allspice, pepper and nutmeg.

2. Trim any excess fat from pork chops. Place pork chops in a re-sealable plastic bag. Pour spice mixture over them, coating each chop well. Place bag of pork chops in a baking pan and refrigerate to marinate up to 24 hours, turning once or twice every four hours.

3. Allow chops to come to room temperature before grilling. Heat grill until coals are somewhat white with ash; the flame should be low. Place chops on grill and cover with lid. Grill 5 to 10 minutes per side, until the chops are no longer pink in center. Serves 4 to 6.

Angela Shelf Medearis is an award winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## To your good health: Breakfast, lunch leave man dazed

by Keith Roach, M.D.

**Dear Dr. Roach:** I am 71, with high blood pressure, COPD, diabetes and spinal stenosis. I smoke. After I eat breakfast or lunch, I rapidly fall into a daze during which I can hardly hold my head up. Sleep seems to be the only solution, but I still feel tired and listless the rest of the day. I have had this condition for over a year, and it is making me very depressed. I have read about CFS and autoimmune conditions, and the prognosis is not good. There must be some treatment for me. — A.P.

**Answer:** Fatigue is a common symptom, but it is perhaps the most non-specific one we deal with in medicine. Many conditions primarily cause fatigue. The specific condition of chronic fatigue syndrome, by definition, is unexplained after a clinical evaluation. In your case, I would consider some important possible causes.

Although COPD and even spinal stenosis certainly can cause fatigue, the association with eating

makes me wonder about your blood sugar levels, since poorly controlled diabetes can cause fatigue. Smoking doesn't cause fatigue, but quitting smoking certainly will help your COPD from progressing. All sleep disorders, but especially obstructive sleep apnea, cause fatigue that might not improve with sleeping.

I always consider thyroid disease, hemochromatosis and multiple sclerosis in anyone with profound fatigue. This list is only a small part of the many conditions a clinician is on the lookout for in someone with fatigue.

Depression certainly may cause fatigue, but it is also common in people whose primary issue is a medical cause of fatigue.

If after a thorough evaluation your diagnosis turns out to be chronic fatigue syndrome, the most effective therapies are cognitive behavioral therapy and a graded exercise program.

Since your symptoms happen after eating, it might be wise to see if certain foods are more likely to cause it by keeping a

food diary. Many people find sugary foods cause loss of energy.

**Dr. Roach Writes:** Many people have written about treatment for obstructive sleep apnea. I recently recommended CPAP machines (including, if necessary, repeated visits for proper fitting) and singing. I haven't discussed oral appliances, which move either the jaw or the tongue to change the anatomy of the back of the throat, allowing the airway to stay open during sleep. Only a few studies have been done on these, but they suggest that the oral appliances are nearly as effective as CPAP for people with mild or moderate OSA. People with severe OSA probably should use CPAP, since it is more effective.

These are certainly an option for people who can't tolerate a CPAP despite several attempts by someone skilled at selecting the right mask and plenty of patience to learn to use it properly.

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**968: PRICE REDUCED!!! LITTLE FALLS: MOHAWK:** 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 \$165,000**



**991: NEW LISTING!!! CHERRY VALLEY:** A Rare Find!!! Hobby farm that offers something for everyone!!! Located in Historic Cherry Valley this 89 acre property, overlooking the Catskill Mountains and surrounded by the 1566 acre Cherry Valley State Forest, offers complete privacy. A Perfect spot for Hunters, Snowshoeing, Snowmobiles, Horseback Riding or maybe just a Summer Retreat. Located only 10 minutes from Historic Sharon Springs and the Glimmer Glass Opera and 20 minutes to Cooperstown. A thriving Art and Cultural Community awaits your arrival. **Asking \$265,000**





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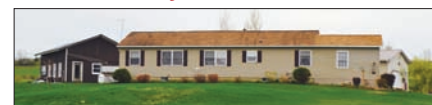


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## Volunteer ideas

by Sam Mazzotta

**Dear Paw's Corner:** I would love to help pets in some way, but the local animal shelter doesn't need volunteers, and there isn't much else going on in my area. Do you have any suggestions? — Kara in Idaho

**Dear Kara:** Check your local newspapers (or their websites) and your town's website for volunteer opportunities. There may not be anything right now, but needs change throughout the year for many nonprofits.

So, what if there really are no opportunities near you? Consider creating one. Organizing a fundraiser for a pet charity (or your local animal

shelter) is one fast way to do something positive.

Or, if you spot a need that isn't being met in the local pet community, create a way to fulfill that need. For example, a military couple created "Dogs On Deployment," a website that helps military members find temporary homes for their pets (not just dogs) before they leave for overseas assignments.

What if senior citizens in your area need help keeping their pets' shots up to date? You could talk to local vets and perhaps the local shelter about ways to help them.

Perhaps your town has no facilities for pets, such as a dog park or even pet

zones in local parks. Start exploring the possibility of getting a park built.

You could even start with something as small as an awareness campaign that educates store owners about the many types of service dogs (and other service animals) that are helping disabled people these days.

Keep your eyes open for inventive opportunities to contribute positively to pet care, and you may find yourself overwhelmed with choices.

Send your questions about pet care to ask@pawscorner.com.

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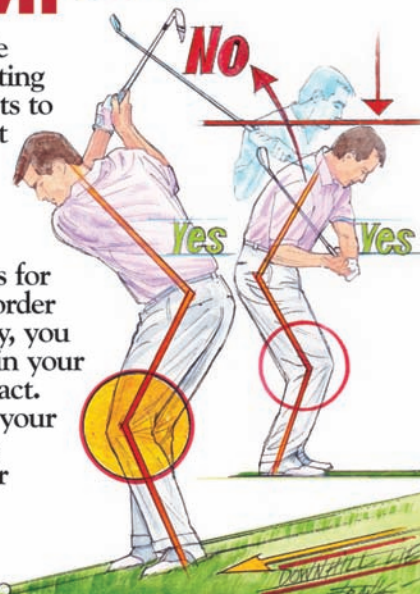
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## Today's Tip MASTER STROKES

BY PHIL FRANK WITH TOP 100 GOLF INSTRUCTORS

### Stay Down To Go Up

If your golf shots look a little like infield practice (you're hitting ground balls or thin, weak shots to the right), your problem is that you're most likely coming up and out of your shots. Here's a simple drill to help you stay down and with your shots: Hit with your woods and irons for an hour off a downhill lie. In order for you to strike the ball solidly, you will be forcing yourself to retain your knee flex during and after impact. Staying down is crucial for all your shots. This drill will instill the proper feel of maintaining your knee flex throughout your backswing and the impact zone for crisp, solid contact.



By Jim McLean, owner, Jim McLean Golf School, author of the best-selling books "The Slot Swing" and "The 8-Step Swing," illustrated by Phil Franke

For more golf tips and advice, buy "Master Strokes: 401 Proven Lessons for Mastering Every Golf Shot" (Running Press)



# Get into the swing of summer safety

(NAPSA) — Known as “trauma season” among public health and medical professionals, summer is a time when serious injuries and unintentional deaths increase dramatically among children. Statistics show that 40 percent of all injury-related emergency room visits happen between the months of May and August. Fortunately, many of these injuries can be prevented with a few simple precautions.

“Sustaining a serious injury can be a life-altering event for a child,” said Dale Stauss, chairman of the Board of Directors for Shriners Hospitals for Children(r). “We see patients every day with injuries caused by accidents, and we are committed to raising awareness about how to stay safe this summer.”

As experts in the treatment of pediatric orthopaedic conditions, spinal cord injuries and burns, Shriners Hospitals for Children provides critical, surgical and rehabilitative care to children, regardless of the families’ ability to pay.

Shriners Hospitals encourages families to take these simple precautions to enjoy a safe, injury-free summer.

- Playground 101**
- Choose playgrounds that are appropriate for their age and offer shock-absorbing surfaces.
  - Teach children that pushing and shoving can result in accidents and injuries.
  - Remind kids to use the slide one at a time and to wait until it’s com-

pletely clear before taking their turn. Teach them to always face forward with their legs straight in front of them and to never slide down headfirst.

- Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off and to be careful when walking in front of moving swings.

**Make a safe splash**

- Teach children to never swim alone or go near water without an adult present.

- Give children your undivided attention when they are swimming or are near any body of water.
- Always jump in feet first to check the depth before diving into any body of water.
- Never dive in the shallow end of the pool or into above-ground pools.

**Fun on the water**

- Always have children wear a U.S. Coast Guard-approved, properly fitted life jacket while on a boat, around an open body of water or when participating in water sports.

- Educate yourself. According to the Coast Guard, 86 percent of boating accident deaths involve boaters who have not completed a safety course.

• Always check water conditions and forecasts before going out on the water.

- Mowing matters**
- Teach children to never play on or around a lawn mower, even when it is not in use. They should never be permitted to walk beside, in front of or behind a moving mower.
  - Children under 6



A few precautions can help your children enjoy warm weather fun in safety and good health.

years of age should be kept inside the home while you are mowing.

- Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn mower.

**Fire safety simplified**

- Teach kids to never play with matches, gasoline, lighter fluid or lighters. Make a habit of placing these items up and away from young children.
- Do not leave children unattended near grills, campfires, fire pits or bonfires. Always have a bucket of water or fire extinguisher nearby.
- Take your child to a

doctor or hospital immediately if he or she is injured in a fire or by fireworks.

Should an injury occur,

the physicians and staff of Shriners Hospitals can help.

Visit [www.ShrinersHospitalsforChildren.org](http://www.ShrinersHospitalsforChildren.org)

/SafeSummer to find more tips for preventing injuries this season.

**Source: Shriners Hospitals for Children**

# Summer fruit in spiced syrup

- 3/4 cup water
- 1/2 cup sugar
- 3 whole cloves
- 1 cinnamon stick (3-inches)
- 1 star anise
- 1 strip (3 x 3/4-inch) fresh lemon peel
- 2 tablespoons fresh lemon juice
- 6 cups fresh fruit, such as sliced nectarines, plums and strawberries, and blueberries and raspberries

1. In 1 quart saucepan, combine water, sugar, spices and lemon peel; heat to boiling over medium-high heat, stirring frequently. Reduce heat to medium-low; simmer 5 minutes. Remove saucepan from heat; stir in lemon juice. Cool syrup to room temperature.

2. In large bowl, combine fruits and syrup. Cover and refrigerate 2 hours, stirring occasionally. Makes about 5 cups, or 6 servings

\* Each serving: About 125 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 32 g carbohydrates, 4 g fiber, 1 g protein.

For thousands of triple tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder](http://www.goodhousekeeping.com/recipefinder).

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## To Your Good Health

by Keith Roach, M.D.

### Persistent Carpal Tunnel Syndrome

**Dear Dr. Roach:** I had surgery late last year on my right wrist for carpal tunnel syndrome. The numbness in my fingers has not changed. Now I'm faced with the same problem in my left hand. I'm going to forget surgery, seeing as it wasn't successful in my right hand.

I decided to go to an acupuncturist for laser treatments. I also had a cortisone shot. Neither of these has helped. Do you know of a solution for my problem? -- P.M.

**Answer:** Carpal tunnel syndrome is caused by compression on the median nerve, as it runs down the arm through a "tunnel" of bone and connective tissue deep in the

wrist. It may cause pain, numbness and weakness of the wrist and hand. The thumb and middle three fingers are most often affected. In advanced cases, the hand muscles may become atrophied. The sooner the pressure on the nerve is relieved, the more likely there will not be permanent nerve damage.

It sounds to me like the

first surgery was not done soon enough to prevent damage. If that's the case, then surgery on your left hand, done sooner after the onset of symptoms, might prevent the long-term numbness present in your right hand. However, it's possible that the diagnosis was wrong or that the surgery might not have been effective, even if

done promptly.

At least one study of needle acupuncture showed that it is as effective as a cortisone injection. This study excluded people who already had fixed numbness in the fingers, who are less likely to be helped by any treatment. I have not found any evidence that laser treatment is effective.

My advice is to first be sure of the diagnosis. An EMG test is a study of nerve function, which can confirm the diagnosis and may be able to predict how much damage there is and provide guidance on treatment. If damage is not too severe, other treatments such as splinting, medication, yoga or ultrasound may be helpful. If advanced, surgery done quickly still may be your best bet.

**Dear Dr. Roach:** I just found out that I have lipedema, a rare disease. What can I do about it? My mom and dad don't have it, nor other family. Should I try to find relatives who have it? I am told that it is an inherited disease. None of these

"family" ever had it! -- L.Q.

**Answer:** Lipedema is indeed a rare disease, although it may be under-diagnosed. It almost always is found in women, and is suspected when there is marked fat deposition symmetrically between the waist and ankles. The areas affected often are tender or painful to the touch. It is not the same as lymphedema, fluid increase due to poorly functioning or damaged lymph vessels, although people with lipedema can develop lymphedema.

Treatment includes compression garments or manual lymph drainage, often combined with surgical treatments such as liposuction.

Only about 15 percent of people with lipedema have a family history. It's not surprising that you can't find relatives with it.

More information is available at several support groups, and at [www.curelipedema.org/liipedema/](http://www.curelipedema.org/liipedema/).

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## Now here's a tip

by JoAnn Derson

• I have stained coffee cups. My hands have arthritis, and it's hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap, even though I don't have a dishwasher. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes, and then swishes right out. The stains are gone. — T.T. in Missouri

• Check your area to see if vocational schools offer low cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue. — R.E. in North Carolina

• For the summer, I fill a gym-size duffel bag with "spontaneity supplies" and keep it in the trunk of my car. It includes swimsuits for all family members, a blanket and cups, plates and silverware for a picnic. Now if we find we have some un-

expected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store! — A Reader, via e-mail.

• You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.

• I got tired of always looking for the dustpan, and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom. — L.M. in Kentucky

• Avoid eye strain by making sure your computer monitor is in the correct position. It should be placed directly in front of you, at least an arm's length away. If you have trouble seeing the screen, adjust the resolution to make the screen items bigger.

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# Whatchamacallits

This week's items are different types of cast iron plumb bobs. They are usually suspended from a string and used as a vertical reference line. Plumb bobs are commonly used by builders to ensure that tall structures are level.

There are many variations of these vintage tools. Of the pictured items the largest one has a built in reel that provides a specialized string attachment and movement of the plumb bob. The smallest and thinnest plumb bob has a hardened steel end indicated by the darker color at the tip. The medium sized plumb bob has a head that can be unscrewed in order to attach the string on the inside. All three of the pictured items look to be 19th century American made plumb bobs.

The word plumb in plumb bob comes from the fact that these tools were originally made of lead. Plumb comes from the old French word plomb which means lead.

You may have heard the phrase to plumb

the depths of something. This comes from the fact that plumb bobs can be utilized by sailors to determine the depth of water.

If attached to a suitable scale a plumb bob can also be used as an inclinometer which is an instrument that measures angles of slope, elevation or depression of an object with respect to gravity.

Plumb bobs date as far back as 3150 BC. During this time there is evidence of ancient Egyptians using these type of instruments to help construct their impressive monuments. In more modern times heavy plumb bobs were utilized in the construction of early skyscrapers by hanging them on a wire in the elevator shafts.

Today's building professionals have replaced the use of plumb bobs with water levels. These modern tools work much like plumb bobs but they have the advantage of measuring something horizontally as well as vertically.



Do you have your own Whatchamacallit?  
Send a photo and short description to [bjaquays@leepub.com](mailto:bjaquays@leepub.com)  
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Model# 2546

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15733A Nissan Altima 6,400k **\$23,995\*** **\$353/mo.**

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15265A Toyota Corolla S 16k **\$19,995\*** **\$290/mo.**  
15720A Toyota Avalon - Hybrid 16k **\$30,995\*** **\$503/mo.**  
15747A Toyota Venza LTD Certified 20k **\$30,995\*** **\$503/mo.**  
15744B Toyota Tundra Off-Road 7k **\$32,995\*** **\$535/mo.**

### 2013

14828A Kia Rio 28k **\$13,995\*** **\$194/mo.**  
P1184 Toyota Corolla 24k **\$15,995\*** **\$226/mo.**  
15486A Ford Escape 22k **\$21,995\*** **\$321/mo.**  
15421A Toyota Highlander LTD 31k **\$30,995\*** **\$503/mo.**  
15563A Nissan Sentra 74k **\$15,995\*** **\$226/mo.**  
P1183 Toyota Tundra 45k **\$29,995\*** **\$487/mo.**  
1546A Toyota Rav 4 36k **\$21,995\*** **\$321/mo.**  
15687A Toyota Venza LTD 24k **\$31,995\*** **\$519/mo.**  
P1219 Toyota Corolla 26k **\$16,995\*** **\$242/mo.**  
15706A Chevy Sonic 43k **\$10,995\*** **\$145/mo.**

### 2012

P1189 Toyota RAV 4 35k **\$20,995\*** **\$306/mo.**  
P1199 Toyota RAV 4 17k **\$20,995\*** **\$306/mo.**  
15633A VW Jetta Sport Wagon 40k **\$20,995\*** **\$306/mo.**  
P1231 Toyota Corolla 17k **\$14,995\*** **\$210/mo.**  
15766A GMC Terrain AWD 32k **\$21,995\*** **\$321/mo.**

### 2012

15632A Toyota Corolla LE 40k **\$14,995\*** **\$210/mo.**  
15657A Chevy Equinox AWD 27k **\$24,995\*** **\$401/mo.**  
15457A Toyota Corolla S 50k **\$16,995\*** **\$242/mo.**  
P1215 Toyota Camry 30k **\$18,995\*** **\$273/mo.**  
P1190 Toyota Highlander SE 39k **\$28,995\*** **\$471/mo.**  
15737A Hyundai Elantra 50k **\$16,995\*** **\$242/mo.**  
P1221A Chevy Silverado - 2WD 32k **\$23,995\*** **\$353/mo.**  
15389A Chevy Cruze 35k **\$13,995\*** **\$194/mo.**  
P1228 Toyota Rav 4 Limited 39k **\$22,995\*** **\$336/mo.**

### 2011

1552A Toyota Highlander 66k **\$25,995\*** **\$417/mo.**  
15771A Honda Fit 52k **\$12,995\*** **\$177/mo.**

### 2010

15597B Toyota Corolla S 60k **\$15,995\*** **\$226/mo.**  
P1206A Infiniti EX35 26k **\$23,995\*** **\$353/mo.**  
15772A Honda CRV AWD 80k **\$19,995\*** **\$290/mo.**  
14817A Honda Accord EXL V6 44k **\$16,995\*** **\$241/mo.**  
15796A Toyota Corolla S 39k **\$13,995\*** **\$194/mo.**  
15748A Honda VFF 1200 500mi **\$10,995\*** **Motorcycle**

### 2009

15641A Ford F-150 70k **\$18,995\*** **\$273/mo.**  
15799A Dodge Dakota Crew Max 77k **\$17,995\*** **\$258/mo.**

### 2007

15425A Toyota Camry Hybrid 86k **\$12,995\*** **\$178/mo.**  
P116A Jeep Grand Cherokee 73k **\$13,995\*** **\$194/mo.**

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## Don't forget to replace your vehicle's brake hardware

(NAPSA) — Brakes are a critical component for maintaining vehicle safety. Whether it's trying to stop your vehicle on an icy, snow-packed road or slowing down on a rain-soaked highway, properly functioning brakes are key to maintaining control of the vehicle.

However, brake wear can compromise vehicle performance and, ultimately, threaten vehicle safety. AAA encourages motorists to have a certified technician inspect their brakes to ensure they are ready for whatever Mother Nature has to offer.

In an article featured on [theautochannel.com](http://theautochannel.com), John Nielsen, director, AAA Auto Repair and Buying Services, noted that there are several warning signs that motorists should closely monitor to identify and resolve brake wear before it can impact vehicle safety.

"Often, the first sign of worn brakes is a brake pedal that seems to require more pressure to stop the vehicle. Scraping, squeaking or chirping noises that come from the wheels when the brakes are applied are other signs of potentially excessive brake wear. A car that pulls to the left or right when the brakes are applied could also mean trouble," Nielsen said.

He further advises con-

sumers to ask for an annual brake inspection when taking their vehicle into an auto repair shop

by the vibration of components that are not properly installed and secured—typically, it's not

tegral to the proper operation of the vehicle's entire braking system.

"It's very common for



*For a few extra dollars, car owners can enhance vehicle safety and protect their investment in brake pads and shoes by replacing their vehicle's brake hardware.*

for service.

### Complete brake inspection includes hardware

According to Chris Miller, Product Development Engineer, of International Brake Industries (IBI), consumers should ask their technician to also inspect their vehicle's brake hardware in order to ensure that their vehicle receives a complete brake job.

Miller explained that brake noise is the No. 1 cause of dissatisfaction and complaints about brake systems. Brake noise is usually caused

the fault of brake pads or shoes, but it can more likely be caused by worn-out brake hardware.

He added, like most mechanical parts, brake hardware will wear out over time and can't function if the parts are corroded or stretched. If brake hardware is worn, it can even cause newly installed brake pads to wear out prematurely, reducing the life span of the pads and shoes.

Brake hardware — including clips, bolts, rubber bushings, rubber seals and springs — is in-

drivers to leave an auto repair shop with newly replaced pads and shoes, but still experience brake noise because their brake hardware was not replaced," Miller said. "We have a simple message for consumers: For a few extra dollars, you can protect your investment in brake pads and shoes and ensure optimum performance by also replacing your vehicle's brake hardware."

For more information, visit [www.completebrake-job.com](http://www.completebrake-job.com).

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# GARAGE SALE

**YARD SALE** August 7th- 9th, 9am- 5pm. Children clothes, House hold item, Power tools, ETC. 522 Hilltop Rd., Sprakers.



## Good Housekeeping: Roasted Almond Crusted Plums

This dessert is perfect with a scoop of vanilla ice cream.

- 6 large plums (4-5 ounces each), each cut in half and pitted
- 3 tablespoons butter or margarine, softened
- 1/3 cup packed brown sugar
- 1/4 cup all purpose flour
- 1/3 cup sliced natural almonds

1. Preheat oven to 425 F. In shallow baking dish, arrange plums, cut side up, close together in one layer.

2. In medium bowl, beat butter and brown sugar until smooth. Stir in flour until blended. Stir in almonds. Sprinkle mixture evenly over plums. Bake until plums are tender, 25 to 35 minutes. Makes 6 servings.

\* Each serving: About 204 calories, 2g protein, 31g carbohydrate, 9g total fat (4g saturated), 16mg cholesterol, 64mg sodium.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder](http://www.goodhousekeeping.com/recipefinder).

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## Comfort foods made fast and healthy!

by Healthy Exchanges

### Patio Potato Salad

A great potato salad recipe that doesn't make too much. This way, you don't have to worry about "left-overs."

- 1/4 cup fat free mayonnaise
- 1 tablespoon sweet pickle relish
- 1/2 teaspoon country style Dijon mustard
- 1 full cup diced cooked potatoes
- 3/4 cup finely chopped celery
- 1/4 cup finely chopped onion

In a small bowl, combine mayonnaise, pickle relish and mustard. Add potatoes, celery and onion. Mix well to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 2 (1 cup) servings.

\* Each serving equals: 124 calories, 0g fat, 3g protein, 28g carb., 406mg sodium, 2g fiber; Diabetic Exchanges: 1/2 Starch/Carb., 1 Vegetable.

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**FOR RENT:** St. Johnsville store front, 1000 sq.ft., bathroom, \$550+. 518-301-5739

**SALVAGE AUCTION:** Construction Material. Saturday Aug. 1st & 8th at 4:00 pm. Check AuctionZip.com. King's Auctions, 689 Burrow rd., Winfield, NY. (315) 822-5221

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## Collecting: Beach pail

**G:** I have a Popeye beach pail that I used at the Jersey shore when I was a kid. It has Popeye diving into the water along with images of Wimpy and Sweet Pea. I was born in 1928, so I think this item is probably from the 1930s. It is in excellent condition. I have been offered \$100 for it. — Steve, Elizabeth, NJ

**A:** I found your pail referenced in Kovels' *Antiques and Collectibles Price List* by Ralph and Terry Kovel

and published by Black Dog and Leventhal books. Your tin pail was manufactured in about 1930 and is valued by the Kovels at — are you sitting down? — \$1,045. Your pail is considered extremely desirable and rare.

**G:** Do you have the name and contact information for people who collect milk glass? I have several pieces, and I would like to add to my small collection. — Stella, Water Valley, MS

**A:** Helen Engel is membership chairman of the National Milk Glass Collectors Society, 32 Brown Dr., Oswego, NY 13126. Dues are \$18 per year. Check out the website [www.nmgcs.org](http://www.nmgcs.org).

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## We want to hear from you!

Send your comments & suggestions to the Original

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PO Box 121,

Palatine Bridge, NY 13428

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[jsnyder@leepub.com](mailto:jsnyder@leepub.com)

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**2006 BUICK LUCERNE CX**, Black, 89K, V-6, Auto, Leather, Sale: \$8,495. John C. Miller Inc. (518)762-7124 [www.johncmiller.com](http://www.johncmiller.com)

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**ROUGH CUT LUMBER** – all sizes. Credit cards accepted. Stop in, call or email. Buryford Farms, 50 Cavalli ST, Dolgeville, NY. (315)429-9040 Or (315) 868-4842. [bfmoulding@gmail.com](mailto:bfmoulding@gmail.com)

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**FOOD AUCTION:** Thursday Aug. 6th at 6:33 pm. Kings Auctions, Burrows Rd., West Winfield (315)822-5221

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

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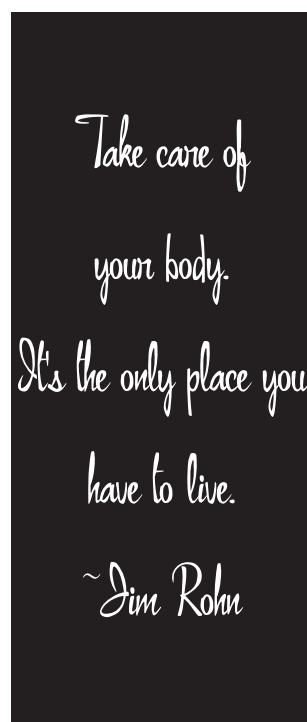
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<p>★ TUESDAY - SEPTEMBER 1<sup>ST</sup></p> <p>7 PM PAINTED POST RODEO - ARENA 7 PM DEMO DERBY FIGURE 8</p>	<p>FRIDAY - SEPTEMBER 4<sup>TH</sup></p> <p>7 PM 4-WHEEL DRIVE OUTLAW GAS TRUCK PULL</p>
<p>★ WEDNESDAY - SEPTEMBER 2<sup>ND</sup></p> <p>10 AM OUT OF FIELD TRACTOR PULL 7 PM NYTPA MODIFIED TRACTOR AND TRUCK PULL</p>	<p>SATURDAY - SEPTEMBER 5<sup>TH</sup></p> <p>1 PM LIVE MUSIC STARTS TRACE ADKINS - SKETER CREEK CAROLINE KOLE - KEITH ANDERSON</p>
<p>★ THURSDAY - SEPTEMBER 3<sup>RD</sup></p> <p>6 PM NBHA BARREL RACE MEET - ARENA 7 PM DEMO DERBY - BIG CAR QUALIFIER 2ND TRUCK, MINI-VAN &amp; BIG CAR SLAM</p>	<p>SUNDAY - SEPTEMBER 6<sup>TH</sup></p> <p>11 AM CONVOY FOR A CAUSE PARADE 6 PM SEMI TRUCK AND MODIFIED TRUCK 10 PM FONDA FIREWORKS</p>

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# Strange but true

by **Samantha Weaver**

• The average resident of North America consumes about 600 sodas every year.

• Another good reason to recycle: The energy saved by recycling one glass jar is enough to watch TV for three hours.

• There are many laws that have been passed during our nation's history that make you think that some of our legislators have a bit too much time on their hands. For example, in Alaska it is illegal to look at a moose from an airplane; an Illinois law states that a car must be driven with the steering wheel; in West Virginia, you can be imprisoned for cooking sauerkraut or cabbage, due to the offensive odor and a California law of 1925 made it illegal to wiggle while dancing.

• The same man who discovered the planet Uranus also invented contact lenses.

• A giraffe can use its tongue to clean its ears — not too difficult a task, I suppose, if your tongue is 21-inches long.

• Everyone has seen bonsai — those tiny trees that are pruned into aesthetically pleasing shapes. Many people don't realize, though, that even trees that grow

to be giants of the plant world, such as redwoods and giant sequoias, can be used to create these miniatures.

• The United States once issued a bill of currency that was worth five cents.

• The name of the popular Japanese dish teriyaki literally means "shiny and broiled."

• There is only one bird that can swim but not fly: the penguin, of course.

*Thought for the Day:* "A man has made great progress in cunning when he does not seem too clever to others." — La Bruyere

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**2013 FORD FOCUS SE**, Grey, 14K, 4cyl., Auto, Balance of Factory Warranty. Sale: \$14,995. **John C. Miller Inc. 518-762-7124**, [www.johncmiller.com](http://www.johncmiller.com).

**2008 JEEP COMPASS** Lmt 4x4, Red, 63K, 5 Speed manual, Leather, Moonroof. Sale: \$12,650. **John C. Miller Inc (518)-762-7124**. [www.johncmiller.com](http://www.johncmiller.com)

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

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**LAND BARGAINS:** Little Falls area, 17.7 acres, mostly fields, stream in rear, \$29,000. Fort Plain area, 3.6 acres, field, \$13,000. Helderberg Realty 518-861-6541, 518-256-6344

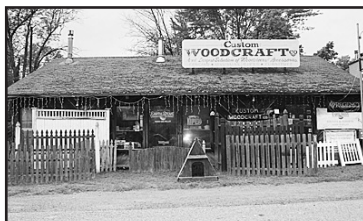
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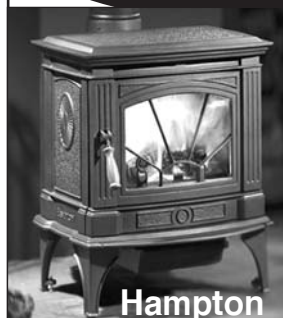
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REGENCY



August 7, 2015  
Hello Again,

If you were selected to head up a study to determine why this country is having so many internal problems, what kind of a person should you be? Lets make up a list of qualifications with appropriate comment.

1. Age  
Comment: it is against the law for an employer to ask your age.
2. Nationality, or whatever breed of cat you are.  
Comment: it is against the law of political correctness to know if you are white, black, yellow, green, or a mixture.
3. Religion  
Comment: It is against the law to even mention religion.
4. Education  
Comment: Many feel our country is not spending enough tax dollars for education. So — you yourself will not have the necessary qualifications, as the government has not spent enough on you. If you do not have college degrees, you're not qualified. If you have a Bachelor's, Master's, or Doctorate, you are obviously overqualified, and why do you want this position anyway?
5. Married  
Comment: If you answer yes or no. No one has the right to ask you that question.
6. Children  
Comment: The answer to number 6 may clash with your rights of number 5.
7. Citizenship  
Comment: The hospital you were born in under the Privacy Act has no legal right to reveal anything about you.
8. Parents  
Comment: You know the two legally married men or the two legally married women who had total rights over you as a child, but even the tom cat in the alley mated with a cat of the opposite sex — so the answer could be — like the old Indian said, "How."

The great man, Albert Einstein, said "I never think of the future. It comes

soon enough." Patrick Henry is remembered for saying, "I like the dreams of the future better than the history of the past."  
  
Hello Again says, "I love today. It is a day the good Lord gave me — it is his introduction to tomorrow and a memory of yesterday."

Growing up over in the hills of Middlefield, Cooperstown was seven miles away and Cherry Valley was 10 miles in the other direction. All of the rest of the country was a little bit further away. Outsiders said, "What do you do here in God's country?" We knew we lived in God's country and just stayed busy having a good life and didn't have time to wonder about the rest of the country that God didn't want.  
  
Isn't life what you make of it? If high rise buildings, heavy traffic, and stop lights and signs turn you on, so be it. For my friends and me, we love the Mohawk Valley. We have one light in St. Johnsville. However, giving into modern times we did have a traffic jam. On my way home from Stewarts yesterday, there were three cars ahead at the traffic light and one Amish horse and buggy.

At a recent art show the artist said, "I only paint what I see." One of the local farmers said, "You shouldn't drive a car in that condition."  
  
A young farm girl was discussing whether she should keep a date with an old rich artist. "Mom, is he too old for me?" "Daughter, listen to your mother. He is a little bit too eligible and rich to be considered old."  
  
As a young graduate in Bally Connoll, Ireland, my mother applied for a teachers position in the one room country school. According to the standards set, she was amply qualified. She was denied the position as she was tone deaf and could not sing. It was important in those days for a teacher to be able to lead the class in singing. Mom could not sing. Which goes to show how things



have changed. Here in this country, a professional musician or songstress can gain fame and riches even if they sing off key as long as they can sing loud – real loud. Singing potty mouth seems to be an attribute too.

How would George Washington fit as a 21st century politician in the United States?  
  
Remember the famous story when young George was fessing up to his father when he said, "Father, I cannot tell a lie. I cut down that tree." Just imagine the predicament he would be in with modern politicians if he couldn't tell a lie. Today — do they ever tell the truth?  
  
What would he do if he was told he could not believe in God or at least not make any reference to suggest there is a God in the White House or on any other public grounds? One of his famous sayings, "No one should be president of the United States if he doesn't believe in God."

He would have to have a liberal interpreter claim he didn't mean — exactly what he said even though he did.  
  
Belated messages to our 1st president:  
  
1. As little boy George: Learn to lie or you will not ever become a four-star general or president of the United

States or have your portrait printed on trillions upon trillions of dollar bills.  
2. As the future president:  
a. Face it George, you will be more successful if you admit the early Washington's loved bananas and hung by their tails from trees.  
b. That Darwin's theory was the absolute truth and the Holy Bible is a collection of books loaded with a manmade pile of fiction.  
c. Someday you throw your hat into the ring to become president, be sure the publisher of your local newspaper will have a staff writer there to interpret all of your statements. Isn't it possible that you might say something that you yourself would misunderstand what you meant to say but didn't?

.....  
  
Hello Again received an ipad message from a reader stating that the publisher did not know the name of Florida's current governor. I called him Governor Perry — oops my mistake. Thanks for reading and the correction.  
  
I will not include the remainder of the ipad remarks or the writer's name. I choose to not believe he meant to say Governor Scott (the actual governor of Florida) was willing to let 800,000 Floridians die for political gain. That was more than poorly thought out political tripe. It was just plain sick.

Should we call in Mrs. Clinton's local interpreter to flush out what you wrote but didn't actually mean to say, but did say something along that double talking modern political rubbish way of blowing smoke.  
  
Be happy — stay healthy — talk life thoughts and problems over with our Heavenly Father, attend church on Sunday.  
  
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# Girl gone nutty: a rant about my allergies

by K. Gallagher

Ask any schoolteacher or childcare giver about kids' food allergies, and I'm sure they'll tell you there is at least one child under their tutelage who is afflicted. Food issues have gained prevalence in recent generations — a

that it is no picnic. The second reason I don't eat peanuts is to avoid confusing people who don't understand what I stated above: that peanuts are not in the nut family. I have had people tell me that because I have safely eaten a peanut product, I

I don't mean to come off as dramatic, but I'm simply drawing from experience. People have actually told me to eat nuts to cure my nut allergy, and people have actually accused me of lying for attention. I resent that. I didn't choose this issue, and I don't

pital with your face swelling up and turning numb, your throat and eyes closing, your blood pressure through the roof,

and your life flashing before your eyes. It's happened to me. It's not fun. To those countless kids who deal with allergies on

a daily basis, who feel like they constantly have to explain about and apologize for their problem — I understand.



modern phenomenon we could undoubtedly live happily without. It is with a touch of jaundiced pride that I inform you that food allergies are the one "trend" on which I had the inside scoop. Born in 1983, before food sensitivities / allergies became a daily reality for countless kids and their families, I am the unfortunate bearer of a serious allergy — specifically, tree nuts, since I was six years old. That's tree nuts. Not peanuts.

Yep, not peanuts. This causes so much confusion. Peanuts are not in the nut family. Let me repeat: peanuts are not nuts. Peanuts are, in fact, legumes — as are chickpeas, beans and alfalfa. Some people are allergic to peanuts and not tree nuts. Some people are allergic to both. Not me. You could wallop me with a barrage of open-faced peanut butter sandwiches if you wanted. I'd be sticky, yes, but healthy.

Yet, I avoid peanut butter and all peanut products for two reasons. One — occasionally, peanut products have given me an allergic reaction. Other times, they have not. Lord knows why — perhaps cross contamination with tree nuts? I couldn't possibly tell you. All I know is

am a liar, a delusional person faking an allergy to fill some demented needs for attention. I guarantee you, I am allergic to what I say I am allergic to: pecans, walnuts, almonds, cashews, Brazil nuts. That's what I know. I would not lie about something like that. Which brings me to another point...

...People who pretend to have allergies to avoid eating something they simply don't like or to garner some sort of attention need to drop the charade. If you don't want to eat something, that's your business, and there is certainly a dignified way to handle it — this does not entail invoking the name of a serious medical condition. The last thing I want is for someone with a legitimate allergy to not be taken seriously because of the careless chatter of a few fakers.

And no, eating copious amounts of my allergen will not cure me. That will kill me. Please stop suggesting it.

Furthermore: coconuts are not nuts. Neither are water chestnuts. Nor are butternut squash or nutmeg. Just like koala bears aren't really bears, and guinea aren't swine from the African nation of Guinea.

want it, and neither do the countless people who live with food allergies of their own. When people without a food allergy treat another person's allergy as an annoyance ("Ugh! My kid can't take a peanut butter cup to school! Ugh!") I think about how "annoying" and "inconvenient" it is to be rushed to the hos-

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## Donna's Day: Creative family fun

by Donna Erickson

### Library card pays summer dividends

I'm not a financial analyst, but one thing I do know for sure is that cash is flying out of my billfold. Today's \$50 tab to fill the tank in our family car and much more to fill the refrigerator were a clear sign that costs are rising before my eyes.

But wait! There's one place where the sticker price stays the same:

FREE. Grab your kids and jump on your bikes today to check out your neighborhood library, the best deal in town. Apply for free library cards to discover how you can fill the summer months with reading and motivating literacy based activities. It's a deal you can't afford not to invest in, where the dividends count more than dollars and cents.

This summer's theme at our local public library —

"Look What's Cookin' at Your Library" — got me thinking of some of my favorite foodie related children's books and literacy ideas. Take a look at this menu of practical reading and writing activities you can stir up with your family this summer to keep minds sharp. And remember my tip — there's no tab!

### Box top reading

Start the day with some box top reading and sur-

prise each other with the new vocabulary words you pick up. Read ingredients and nutritional information listed on the side panels of cereal boxes, or the serving tips on the back of a frozen waffle box.

### Read on the go

Pack a book between the sandwiches and chips in your picnic basket. When you read "The Most Perfect Spot" by Diane Goode, the ants and mosquitoes at your spot won't seem like

such a nuisance.

### Eat and read

Who doesn't love savory spaghetti on Friday night and a platter of pancakes on Saturday morning? Prepare these family favorites with your young kids, and then wind down the day with classic picture book titles such as "Strega Nona" by Tomie dePaola and "Pancakes, Pancakes!" by Eric Carle.

### Play with food words

Enjoy word play around the dinner table. See how many expressions you can think of that use food themes, and then talk about them. For example: "An apple a day keeps the doctor away," "Go bananas," "Sour grapes," "Bring home the bacon," "Icing on the cake," "That's the way the cookie crumbles," etc.

**Grandparent Connection Tip:** Share memories of a family recipe with your grandchild. WRITE a grocery list for the ingredi-

ents and shop for them together, then READ the directions aloud as you prepare the dish.

**Extra tip:** Keep a basket near your door to corral library books and to store your library cards.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Fun-stuff for Families."

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## Fiddler on the Roof brings 'tradition' to the Canajoharie-Fort Plain Drama Club

by Elizabeth A. Tomlin

Canajoharie - Fort Plain Drama Club's performance of *Fiddler on the Roof* was a spectacular showcasing of the talent that local youth possess. The show, which was held at the Arkell Performing Arts Center at the Canajoharie High School, took place over the weekend of July 24-26.

"There were 40 cast members age 8 to adult and 26 directors and crew members," said Music Director Norma Bowley. "This was the first drama club play for 18 of them and only the second for 7 of them. What a great addition they made to our group! Our veteran performers all stepped up a notch in their singing, acting and dancing for this big show."

Melissa Bowley, former star of many C-FP Drama Club plays — and home from PACE University for the summer — stepped up to fill the position of Set Designer and Builder. "I researched and thought a lot about it beforehand. I searched

for all of the props at antique stores. It was a lot of fun designing the set." Bowley says that all of the actors "started off good and just got better and better with every rehearsal. It was really exciting to see kids that I've seen since they were so small, now being stars in the show! It's just been an amazing experience."

This was the third play directed by Ashley Broad. "These are a very hard working bunch of people that put this show together in only four weeks," Broady said. "It's very impressive, especially since most of them are under the age of 18."

"We do thank everyone in the audience for coming and supporting our drama club," commented Norma Bowley. "Your laughter and applause is our fuel to do our best! All those who helped with concessions, ticket sales, transportation and donations also helped make the show a great success."

**Fiddler A12**



*Fiddler on the Roof* was performed by 40 cast members age 8 to adult and 26 directors and crew members.

Photos by Elizabeth A. Tomlin

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Fiddler from A11

The next show will be “Into the Woods” sched- uled to run April 1-3. Auditions will take place in November and will be open for students in 6th grade and above.



Canajoharie - Fort Plain Drama Club's performance of Fiddler on the Roof was a spectacular showcasing the talent local youth possess.

# Antiques & auctions...



The Canajoharie - Fort Plain Drama Club only had four weeks to work on the show before it was held on July 24-26.

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**Tack:** 1 load of new tack, lead ropes, halters, whips, snaps and more.

**Shrubs and Flowers:** 1 load shrubs and flowers from Sauders Nursery.

**Quilts:** 1 broken kaleidoscope, 1 cathedral window.

**Shop Equipment:** New 7 1/4" circular saw, jumper cables, pair of jack stands, pair of auto ramps, push roof snow shovel, shingle shovel, Ingersoll Rand tow behind air compressor w/4 cyl. International gas engine, 2 jack hammers, new trailer hitch.

**Farm Machinery:** 36" Swisher trailer mower, Case 500 tractor, 2 pressure washers, electric table saw, New Holland 48 round baler, horse stalls, Massey Ferguson tree planter.

**Building Materials:** misc. metal roofing, misc. lumber, windows, 1- 8'x12' board & batten storage shed. 1- 24'x40' cabin, 6 years old, 2x6 walls, insulated w/new construction, windows, attic, trusses.

**Miscellaneous:** 2 mini bait pails, trampoline springs sets of 10, mop bucket on wheels w/ringer and mop, hand water pump, 40 channel CB walkie talkie, 18 pieces PVC water pipe 6"x20", sofa sleeper, arm chair, rocker, 2 end tables, 2 night stands, double twin bed, set of bunk beds, 2 dressers, breakfast table & 2 chair set, wooden bench.

**Antiques:** Watch for our list in next week's ad.

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# Antiques & auctions...

## Rabies Clinic

Montgomery County Public Health wants to remind everyone that people and unvaccinated animals can get rabies from the bite or scratch of an infected animal or from infected animal saliva entering a person's eyes, nose, mouth or any break in the skin. Rabies is nearly always fatal if treatment is not received soon after exposure. With warmer weather approaching, pets, people and wildlife will be out of doors more often and the potential for interaction will be increasing. Please keep the following points in mind:

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated.

The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions, spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

The law requires that your pets be vaccinated. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

In the event of a bite, scratch, or potential exposure to rabies, the following steps should be taken immediately:

- Wash the area of contact thoroughly with soap and water;
  - Seek medical attention;
  - Call your local health department to evaluate your risk for rabies, including whether rabies post exposure treatment is recommended;
  - Try to capture the animal without damaging its head or risking further exposure. Contact your local health department to have the animal either observed or submitted for testing; and
  - If someone has been exposed to a suspected rabid animal and the animal cannot be observed or tested, or it tests positive for rabies, treatment should begin immediately. Human treatment consists of a dose of rabies immune globulin administered as soon as possible after exposure. The first of four doses of rabies vaccine is given at the same time, with the remaining injections given one each on days 3, 7 and 14 following the initial injection. An additional dose may be given on day 28 if the person is immunocompromised.
- To protect your family and your pets from rabies:
- Don't feed, touch, or adopt wild animals, stray dogs or cats;
  - Be sure your pets are up to date on their rabies

vaccinations;

- Keep family pets indoors at night;
- Don't attract wild animals to your home or yard.

Keep garbage cans tightly covered and avoid storing any food outside. If a wild animal is on your property, let it wander away. Bring children and pets indoors and alert neighbors who are outside;

- Prevent bats, raccoons, and other wild animals from entering homes by sealing small openings and keeping unscreened doors and windows closed; and
- A majority of Rabies Post Exposure Prophylactic vaccines are given for exposure to bats that were not captured for rabies testing. Most of these untested bats are not rabid therefore many of the post exposure incidents could be avoided completely if the bat were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at [www.ny-health.gov/diseases/communicable/zoonoses/rabies](http://www.ny-health.gov/diseases/communicable/zoonoses/rabies).

Rabies Vaccinations Clinics will be held throughout Montgomery County on the following dates in 2015: Aug. 4, Aug. 15, Sept. 8, Oct. 3, Oct. 17 and Nov. 7. For time and location, or for more information on rabies contact Montgomery County Public Health (M-F) 9 am - 4 pm at 518-853-3531 or visit our website [www.co.montgomery.ny.us/publichealth](http://www.co.montgomery.ny.us/publichealth).

**SALVAGE AUCTION**  
**Construction Material**  
**Sat., August 8<sup>th</sup> @ 4:00PM**

Electrical Boxes, Cases of Nail Gun Nails, Floor Joists, Joist Hangers, 100's of Sheetrock, Trim & Moulding, Cove Moulding, Rolls of Electrical Wire (12.2, 12.3, 10.3, 14.2), Windows, Doors.

Followed By: **Check Auctionzip.com**

**Sat., August 8<sup>th</sup> Consignment Auction ~ 6:33pm**  
**Sun., August 9<sup>th</sup> Breeder Sale ~ 11:33am**

 **KING'S AUCTION**  
689 Burrows Rd., West Winfield, NY • (315) 822-5221

 **JR's Auction**   
56 Willett St., Fort Plain, NY 13339 • (518) 993-4668

**Upcoming Auctions!!**

**Special Lawn and Garden Tool Auction**  
**Tuesday, August 4<sup>th</sup> • 5:00pm**

In addition to our regular Antique Auction we will be taking consignments for Lawn Furniture, Patio Sets, Lawn Tractors, Lawn Mowers, Weed Eaters, Chain Saws, Trailers or any other Lawn and Garden Related Items!!  
Will also be selling inside: Antiques, Collectables, Furniture and other Tools!!  
Don't Miss This Event!! If you have items you want to sell and turn into cash bring them on down!!

**Food and Grocery Consignment Auction**  
**Wednesday, August 5<sup>th</sup> • 5:00pm**

Already Consigned: A load of Groceries from Carl, Local Produce, Meats and Cheese and more!! Call 518-993-4668 If you have items you want to sell and turn into cash bring them on down!!

**Special Taxidermy, Antique Tool and Consignment Auction!!**  
**Tuesday Night, 5:00pm**

IN ADDITION TO OUR REGULAR CONSIGNMENTS WE WILL BE ACCEPTING CONSIGNMENTS FOR SPECIAL TAXIDERMY, ANTIQUES, FURNITURE AND COLLECTABLES!!  
Your Special Taxidermy Consignments Wanted!!  
Mondays, Wednesdays, Fridays!! 8:00am to 5:00pm

**Fall Special On Site Antique Farm Machinery, Tractors, and Consignment Auction**  
**Saturday, October 3<sup>rd</sup> • 9:00am**

Will be accepting consignments for Antique Farm Machinery, Farm Machinery, Vintage Snowmobiles, New and Used Snowmobiles, 4 Wheelers, Boats, Campers, Trailers, Hit and Miss Engines, Antique Toys and Collectables!!  
For a full list, pictures and details go to [auctionzip.com](http://auctionzip.com) ID # 29324.

 **On Site Auctions CONDUCTED BY**  
**JR's Auctions**  
(518) 993-4668 

**On Site Auction!!**  
**Saturday, August 29<sup>TH</sup> • 10:00am**  
**190 Marshville Rd, Fort Plain, NY**

Complete Household, Patio Set, GE Refrigerator, GE Kitchen Stove, Washer and Dryer, 2-Air Conditioners, Microwave, Kitchen Table and 4 Chairs, Kitchen Island, Bedroom Suite with Full Bed and Box Spring and Mattress, Large Sectional Couch, End Tables, Cedar Chest, Rocking Chairs, Computer Desk, TV Stand, Pine Dresser, Pots and Pans, Garage Items, Wheel Barrow, Air Compressor, Lawn Mower, Hand Tools and much more!!!  
**Watch for pictures on auctionzip.**

Auctioneer Note: This lady is moving South and now all her items are to be sold over Auction, Bring your chairs, Auction will be held under tent!! Food Stand on Premises.

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](http://auctionzip.com) for pictures. ID # 29324

**WEEKLY SALES EVERY MONDAY**  
**HOSKING SALES**

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

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

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

**Monday, July 27<sup>th</sup>** - Sold 380 Head. Cull ave. \$.87, Top cow \$1.26, Organic Cull Dairy ave. \$.93 top cow \$1.16, Bulls & Steers \$1.25 - \$1.33, bull calves top \$3.70, heifer calf top \$2.45, Dairy Feeders \$.14 - \$1.28, Organic Dairy Milking age top \$1900, Organic Bred heifers top \$1300, Organic Open heifers top \$1200, Dairy Milking age top \$1500, bred heifers top \$1460, Open heifers top \$980, Piglets \$65.00, Goats top \$157.50.

**Monday, Aug. 10<sup>th</sup>** - Normal Monday Sale & Monthly Heifer Sale.

**Monday, Aug. 17<sup>th</sup>** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Saturday, Aug. 22<sup>nd</sup>** - Sale held on the farm 10:30AM. 210 Lyon Road, Bainbridge, NY. Doolittle Farm Retirement Machinery & Equip. Auction. JD 2940 4WD Cab w/good rubber; Bobcat mini Excavator; tillage & harvest equip. watch future ads and full listing on website.

**Monday, Aug. 24<sup>th</sup>** - Normal Monday Sale & Monthly Organic Day.

**Saturday, Aug. 29<sup>th</sup> - 10:30AM** - West Edmeston, NY. Sale held on the farm 10 922 Hoxie Road, West Edmeston, NY. Estate of Robert Tompkins Machinery & Equipment Auction - Tractors, tillage & harvest equip. Same day same place - Endless Trails Farm has been sold and we will be selling horse drawn wagons, sleighs, horse drawn equip. etc. Watch future ads and website for more details.

**Monday, Aug. 31<sup>st</sup>** - Normal Monday Sale.

**Sales to watch for:**

**Friday, Sept. 11<sup>th</sup>** - Delhi, NY. JO-EL Registered Holsteins Dispersal. Watch future ads for complete details.

**Friday, October 30<sup>th</sup>** - All Breed Fall Premier Sale 11:30AM. We will be accepting 100 Head of Registered All Breed Cattle for this sale.  
**LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL.**

**\*\* Trucking Assistance** - Call the Sale Barn or check out our trucker list on our Website. **Call to advertise in any of these sales it makes a difference. Watch our website for any last minute updates.**  
Directions: Hosking Sales, 6096 NYS Rte. 8, 30 miles South of Utica & 6 miles north of New Berlin, NY.  
[www.hoskingsales.com](http://www.hoskingsales.com) Call today with your consignments.

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

**Hosking Sales is looking for a Clerk for our Monday Sales. Computer experience a must and Auction background a plus. Anyone Interested please call the numbers above.**





Calendar of events

NOTE: Calendar entries must arrive at the Original Valley Penny-saver office by the Wednesday one week prior to our Saturday 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: [lkelly@leepub.com](mailto:lkelly@leepub.com)

JUN 26 - SEP 20

Sampling Burchfield's Wallpaper

Arkell Museum. Visit [www.arkellmuseum.org](http://www.arkellmuseum.org) for more information.

AUGUST 1-31

Arkell Center Events for August

Arkell Center, Canajoharie, NY. Arkell Center Programs for all area seniors during July are as follows:

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

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

Mon, Wed & Fri: 10-10:30 am. 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:** 10:15 am. Join the Diet Club in the Gallery. The goal is to be accountable while losing or maintaining your weight. Call Grace 673-2112.

**SPECIAL EVENTS**

**Aug. 5, 12, 19 & 26:** 12:30-4 pm. Senior Citizens Pinochle Card Party, dona-

tion \$2, prizes & refreshments. If you would like to sub, call Terry-673-5635.

**Aug. 7:** 1:30 pm. A grant was provided to Arkell Hall and they have the Utica Zoo Mobile coming for a wonderful show. All Seniors are invited.

**Aug. 11:** 9 am to 3 pm. The 6 hour Defensive Driving Course run by April Johnson from the Shults Agency, please call 673-4408 for reservations.

FINAL CLASS for 2015 will be held on Saturday Sept. 12 -9-3: Defensive Driving/Point Reduction 6 hour course through the Shults Agency. Call for reservations 673-4408.


**Aug. 25:** 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.

Aug. 21:12:30 pm. The Canajoharie Senior Citizens Club is holding their annual picnic at Arkell Center. Contact Dorothy Morrison for more info.

Montgomery County OFA will be selling tickets for the Senior Picnic Sept 18 and they will also be distributing the FARMERS MARKET COUPONS to those eligible. Call 843-2300

Museum, 2 Erie Blvd., Canajoharie, NY. 5:30 pm. Call 518-428-4692 or e-mail [melaniep@meditateupstate.com](mailto:melaniep@meditateupstate.com) to learn more. RSVPs welcome.

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**MEETINGS**

**Aug. 7:** 1 pm. Canajoharie Senior Citizens Club Meeting. Program to follow.

Aug. 25: 10-11 am. Alzheimers Caregiver Meeting.

**AUG 8**

**'Home, Home on the Homestead' - Ask a Big Animal Vet**

Van Alstyne Homestead & Museum. Open every Saturday from Memorial Day weekend-Labor Day weekend from 1-4 pm. On Internet at [www.facebook.com/vanalstynehomestead](http://www.facebook.com/vanalstynehomestead)

**Ice Cream Social**

Root Historical Society, 1067 Carlisle Rd., Sprakers, NY. 3-6 pm.

**MVC Hosts Local Talent - 3rd Annual River Through Time Benefit**

Haslett Park, Fort Plain, NY. Free admission. For more information contact [info@mo-hawkvalleycollective.com](mailto:info@mo-hawkvalleycollective.com) or by calling 518-993-5506.

**AUG 9**

**Church in the Park**

Haslett Park, Fort Plain, NY. All events start at 6 pm. Music by 4 Ever 1. Pastor Dave Prashst.

**AUG 9, 16, 23 & 30**

**Not Just for Kids Story-telling**

Schoharie Crossing State Historic Site Visitor Center. 6:30 pm.

**AUG 12-13**

**Food Preservation 101 Workshops**

• **Aug. 12:** 4:30-6 pm. St. Joseph's Church, 31 North Helmer Ave., Dolgeville

• **Aug. 13:** 6-7:30 pm. CCE, 5657 State Route 5, East Herkimer.

There is no charge but please register by calling CCE at (315) 866-7920 or e-mail [herkimer@cornell.edu](mailto:herkimer@cornell.edu)

**AUG 12, 19 & 26**

**Learn To Meditate**

Canajoharie Library & Arkell

**AUG 15**

**Free Clothing Giveaway**

Valley Alliance Church, State Hwy. 5, one mile E. of Nelliston traffic light. 9-11 am. Doors open at 8:45 am. Refreshments will be provided.

**'Open Wide' - Dental care, cancer screenings, & more**

Van Alstyne Homestead & Museum. Open every Saturday from Memorial Day weekend to Labor Day weekend from 1-4 pm. On Internet at [www.facebook.com/vanalstynehomestead](http://www.facebook.com/vanalstynehomestead)

**The Village of Ames Museum Will Be Open**

9 am - 3 pm. Visit our website at [amesmuseum.weebly.com](http://amesmuseum.weebly.com)

**AUG 16**

**Tail Gate Swap Meet**

Canajoharie Forest Fish & Game Club, 149 Fish & Game Club Rd., Canajoharie, NY. Hunting, fishing, collectables, antiques, decoys, gun parts, old & new ammo & hunt-ing/shooting accessories, artwork, sporting supplies & more. Arts & crafts vendors welcome. Display space \$15. Pre-registration suggested. 40 spaces available. Set up 6:30-8:30 am. Public admission 9 am. \$3/person. Kitchen open, complete chicken bbq available at noon for \$9. Contact John Hayes, 5189922-5055 or Gary Shineman, 518-673-2166 for more information. No alcoholic beverages, no loaded firearms in show. All state and federal laws must be adhered to.

**AUG 20**

**Annual Chicken Bar-becue by Brooks**

Salem United Methodist Church, 1254 Stone Arabia Rd., Fort Plain, NY. 4 pm. Adults \$10, Children \$6. Chicken half \$6. Eat in or take out. Partial proceeds to support Bella Rose. Two year old recovering from tragic accident on July 5.

**AUG 22**

**Dolgeville Violet Festival Hosts Service Auction and Junk-in-the-Trunk Rummage Sale**

The Service Auction will be held from 10 am - noon at the Gazebo in Plowe Park and the Junk-in-the-Trunk sale will be from 10 am - 4 pm on the adjacent lawn in front of the old Elementary School. Refreshments will be provided in the park from 10 am-noon. For more information, or if you would like to donate a service, please contact Sarah Luquis at 315-717-3003 or Marilyn Williams at 315-429-9884.



## Accessible gardening for the physically challenged

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

For many people, gardening is a therapeutic activity, providing hours of relaxation and contemplation. But as we age, even some of the simplest tasks like planting flowers or weeding become difficult due to arthritis, back injuries, and other health problems. Injuries caused by accidents and other physical limitations also pose challenges to gardeners. Don't give up gardening if you have physical limitations, just change how you do it, and perhaps the tools you use and the space you garden.

You may need to buy different tools, plant in raised beds or containers, or redesign garden paths for easier movement. You may need to downsize, focusing on fewer garden beds.

The first step is to determine your limitations, then take them into account when planning the garden. If you are having trouble bending, then you'll probably want raised beds. Raised beds are becoming increasingly popular, even for those without physical limitations, as they are easier to weed and manage. They can be low (usually 8 to 10 inches, up to 16 to 20 inches high) if you can work sitting or on your knees. If in a wheelchair or mobility seat, 24 to 36 inches high is best — lower is better if you'll have tall crops such as tomatoes that require reaching.

If you or your guests use a cane, walker, or wheelchair, allow extra space between plantings and make sure you have a smooth, hard-surfaced path to get to and from the garden. If for those merely with walking and standing limitations, place benches and seats nearby.

If for wheelchairs, paths should be wide enough — at least 3 feet wide, and often 4 to 5 feet wide, particularly on corners or for turning. Paths should be as level as possible and have raised edges and a hard surface of a non-skid material such as roughened concrete, asphalt, or interlocking bricks. Don't use wood as it will be slippery when wet, bark chips and straw are hard to wheel on, and bare soil is a mess after rains.

You can plant your flowers and vegetables in containers or in shallow planters placed on a table at wheelchair height. Many annuals and herbs are particularly suited for container gardening as they have shallow roots. Just remember to water often if it doesn't rain sufficiently.

If you or family member has trouble walking, move the garden closer to your back door. Keep tools close by, such as in a tool shed with a door that's at least 36 inches wide if you use a wheelchair. You may want to purchase some type of tool carrier such as an apron with large pockets, a child's wagon, tool cart, or a bucket or basket. You can find tool caddies with wide wheels at your hardware store or garden center. These often have a seat with a storage area underneath for your hand tools.

Speaking of tools, consider lightweight tools with large handles for better grip, especially if you suffer from arthritis or have limited strength. Increasingly you can find ergonomic tools, particularly hand ones, with curved handles that are easier to hold. Wheelchair-bound gardeners will find long-handled tools more convenient to use. There are pruners with handles that swivel, making the repetitive cutting motion

easier on your hands.

Foam kneeling pads or knee pads will make gardening gentle on the joints. Many garden stores now carry these, some quite decorative, or you can find functional ones at home supply and hardware stores.

A four-wheeled cart may be easier to push, or pull, than a wheelbarrow, with less chance of tipping. Some wheelbarrows have two wheels, so are hard to tip. I just bought a new wheelbarrow with looped plastic handle ends — much easier to hold and tip.

Visually impaired? Even if not, but if you have friends or family members who are, make it possible for them to enjoy your garden by selecting plants and features with sensory interest. Hang wind chimes or put in a fountain for orientation in the garden, as well as the sound effects. Ornamental grasses add sound to the garden as does a bubbling fountain.

Use colorful plant markers with large print. Think about mass plantings of brightly-colored flowers such as red geraniums and yellow marigolds, orange gerbera and blue salvia, or bright red and white petunias with blue lobelia.

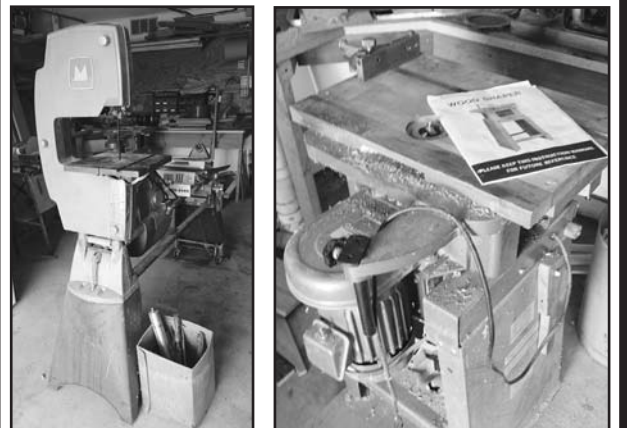
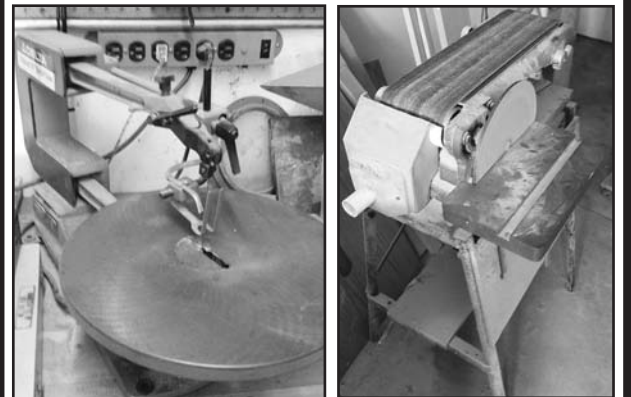
Buy a large magnifying glass for planting seeds and viewing plants if your vision is limiting. (Any gardeners should have a magnifier, even if a small one as used for coins, to scout leaves for insects.) There even are magnifier head sets you can wear, leaving your hands free. Or, use mechanical seeders or seed tapes when planting.

Keep beds narrow to make them easier to weed. Set up a drip irrigation system so you won't have to lug a hose to the garden every time you need to water. Use mulches to reduce weeding and watering, or hire your

neighbor's child to help with these and other chores. It's a good way to introduce the next generation to the joys of gardening.

If you've been gardening in the past, and can no longer keep up with the weeding and harvests, perhaps this is the time to "right size" to what you can handle.

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every survival skill except  
for learning how to grow in rows.  
Doug Larson*



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WANTED: Bands to play at Valley Fest August 29 Time slots available from 11am-7pm. Call 518-673-0141 for more information. Proceeds will benefit our local communities

CRAFTERS AND VENDORS WANTED! Valley Fest, August 29. Twister Valley Sports Complex, Fort Plain, NY. 12-7 Live music, food and drink, and more!!! Call 518-673-0141 to reserve your space!

2005 DODGE Magnum R/T AWD, blue, 97k, Hemi V-8, auto, leather, rear DVD, loaded!! SALE: \$9,995. John C. Miller, Inc. 518-762-7124  
www.johncmiller.com

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ON SITE AUCTION!! SATURDAY AUGUST 29TH 10:00AM 190 Marshville Rd Fort Plain NY Complete Household, Patio Set, GE Refrigerator, GE Kitchen Stove, Washer and Dryer, 2-Air Conditioners, Microwave, Kitchen Table and 4 Chairs, Kitchen Island, Bedroom Suit with Full Bed and Box Spring and Mattress, Large Sectional Couch, End Tables, Cedar Chest, Rocking Chairs, Computer Desk, TV Stand, Pine Dresser, Pots and Pans, Garage Items, Wheel Barrow, Air Compressor, Lawn Mower, Hand Tools and much more!!! Watch for pictures on auctionzip.

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CONSIGNMENT AUCTION: Saturday Aug. 8th at 6:33pm. Kings Auctions, Burrows Rd., West Winfield (315)822-5221

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2006 CADILLAC DTS, silver, 69k, V-8, auto, heated leather, loaded American Luxury!! SALE: \$10,995. John C. Miller, Inc. 518-762-7124  
www.johncmiller.com

AMANA GAS STOVE for sale, used 3 months, purchased new on April 23, 2015, set up for propane, self-cleaning oven. 518-568-2314

BEAUTIFUL VICTORIAN 4-Pieces Iron Garden Set. Must See! Very reasonable price. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

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518-993-9929  
Sunday at 11:00am  
Wednesday at 6:30pm

**WE PAY CASH!**  
for all types of, Silver Gold & Diamond jewelry.  
Gold Is At An All-Time High  
William Doerrer & Son Jewelers  
16 Canal Street, Fort Plain  
(518) 993-3388

**U-Pick Blueberries**  
\$2.25 lb.  
Mon., Wed., Fri., Sat.,  
7am-11:30am, pick until noon  
Thursday evenings  
5pm till dusk  
Other Days/Times by Appt.  
239 Groff Road, Palatine Bridge  
518-673-2669

**PREMIUM TOPSOIL**  
\$18 / Cubic Yard  
Delivery Additional  
Call 315-868-9341  
to schedule pick up or delivery  
St. Johnsville, NY

**Zook's Painting & Roof Seal Coatings, LLC**  
CONCLIN  
**ROOFING SYSTEMS**  
Metal Restoration System  
Foam & Coating System  
EPDM Coating System  
**518-935-3355**  
272 Pickle Hill Road, Fort Plain, NY



# Dining, entertainment & celebrations



Dine In Or

Take Out

993-5306

Thursday, August 6<sup>th</sup>

◆ Chicken-N-Biscuits w/Veg

◆ Turkey Wrap w/FF

Friday, August 7<sup>th</sup>

◆ Fresh Haddock Dinner

Baked or Fried, w/Potato & Veg

◆ Mac & Cheese w/Veg

◆ Manhattan Clam Chowder

Saturday, August 8<sup>th</sup>

◆ Prime Rib w/Potato & Veg 3-7 PM

◆ Fried Clams w/Potato & Veg

Sunday, August 9<sup>th</sup>

◆ Garbage Wrap w/Home Fries

Breakfast Only Closed at 12:30pm

Monday, August 10<sup>th</sup>

◆ ALL YOU CAN EAT

PANCAKES 3-7 PM

◆ Fried Chicken w/Potato & Veg

◆ Italian BBQ Beef w/FF

Tuesday, August 11<sup>th</sup>

◆ Sloppy Joes w/FF

◆ Ham & Cheese Wrap w/FF

Wednesday, August 12<sup>th</sup>

◆ ALL YOU CAN EAT SPAGHETTI 3-7 PM

◆ Fruit Plate

◆ Spaghetti w/Meatballs,

Hot Sausage and/or Toss Salad

Thursday, August 13<sup>th</sup>

◆ Chicken-N-Biscuits w/Veg

◆ Popper Burger w/FF

Homemade Soups & Desserts

Hours: Mon.-Sat. 7 AM-7 PM

Sun. 7 AM-12:30 PM

12 Hancock St.,

Fort Plain

 FREE WI-FI

ANNUAL

CHICKEN BARBECUE

by Brooks of Oneonta

Thursday, August 20<sup>th</sup>

Starting at 4:00 PM

Salem United Methodist Church

1254 Stone Arabia Road, Fort Plain (in the Pavilion)

Adults: \$10.00 Children: \$6.00 Chicken half: \$6.00

Dinner includes: Half chicken, baked potato, fresh sweet corn,

winter slaw, roll, cupcake & beverage.

Eat In or Take Out

Also for sale: Baked Goods (Chocolate Jumbles & Pies, etc.)

Partial proceeds to support Bella Rose

2 year old recovering from tragic accident on July 5th

Chicken & Biscuits Dinner

at Ephratah Rod & Gun Club

372 St. Hwy. 67 - Ephratah

To Benefit the Royal Mountain Moonlighters

Thurs., August 13, 2015

Serving at 5PM

TICKETS: 12 & Up: \$9 CHILDREN 6-11: \$4.50



Dinner Includes: chicken & biscuits,

mashed potatoes, dressing, vegetable,

dessert, coffee, tea

Also: a VINTAGE CAR SHOW

will be held on the grounds

\*\* Show a 1990 or earlier vehicle and

receive one free dinner!!\*\*

Take time enough for your meals, and eat them in company whenever you can.

There is no need for hurry in life—least of all when we are eating.

~Edward Everett Hale, "How to Get the Best of It" c.1892

Looking for a Fun Summer Activity?

ATTENTION: Young Ladies ~ Ages 5-24

WHO RESIDE IN FULTON OR MONTGOMERY COUNTIES

Come be part of the

2015 Miss Fonda Fair Pageant



To Prepare For This Event:

Spend some time thinking about your future goals and the woman you want to become. Plan a speech about yourself and tell your community how you want to help. Think about your manners and about looking and being your best. Come enjoy new experiences and make some new friends, while being proud of you!

Enter for a chance to be crowned royalty:

Miss Fonda Fair ~ Junior Miss

Princess ~ Junior Princess

Nominate Your Mom

for the Mother of the Year Award



30th Anniversary

Miss Fonda Fair Pageant

Application Deadline: Wednesday, August 12th

\*ENTER EARLY to Win the Award for First Application Received\*

Opening Day - Tuesday, September 1st

All events: Kane Entertainment Building

Miss (ages 16-24) ~ 9am Interviews • Jr. Miss (ages 12-15) ~ 10am Interviews

Princess (ages 8-11) ~ 12:30pm Interviews • Jr. Princess (ages 5-7) ~ 2pm Interviews

2 Pageants: 5:30pm ~ Princess & Jr. Princess • 7:00pm ~ Miss & Jr. Miss

For Info & Application go to:

www.fondafair.com

Join Us for the Baby Contests: Kane Entertainment Building 11AM:

Thursday, 3rd: Birth - 1 Year • Friday, 4th: 1 & 2 years

Saturday, 5th: 3 & 4 years

7TH ANNUAL

WINDFALL DUTCH BARN



2009 CLINTON ROAD

CHERRY VALLEY OR SALT SPRINGVILLE

August 8th & 9th • 11:00 am

crafters • vendors • games for the kids

chinese auction

music • dancers • fire show

PORK DINNER ON SATURDAY • CHICKEN ON SUNDAY

ADMISSION \$5.00 CHILDREN 12 & UNDER FREE

PROCEEDS TOWARDS ROOF REPLACEMENT

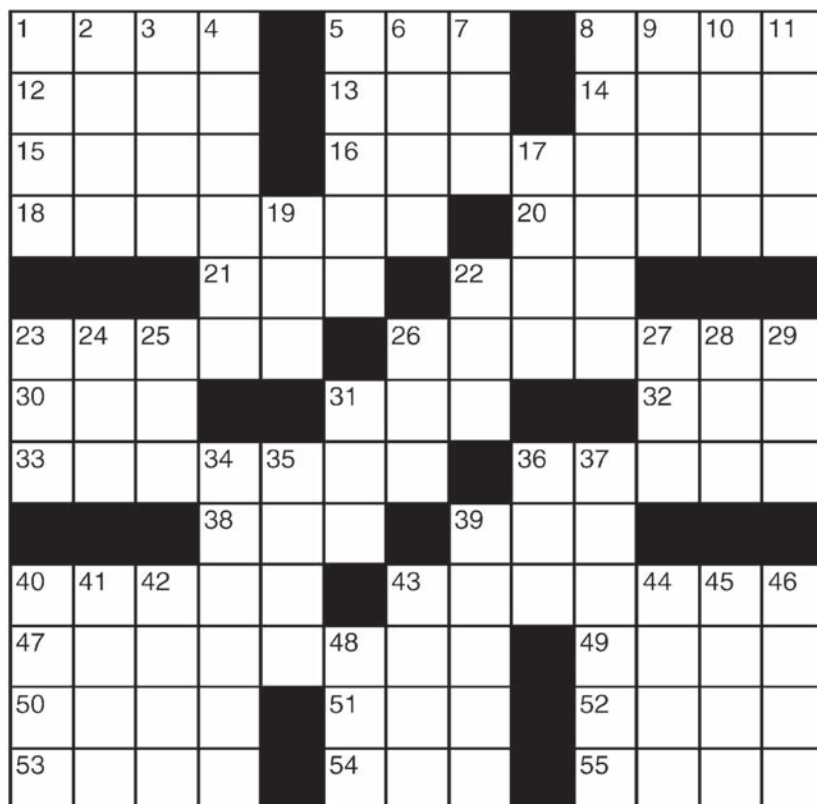
WE WELCOME EVERYONE

TO

COME IN PERIOD COSTUME



# King Crossword



1 Highway division	50 Take the show on the road
5 Lamb's mama	51 Praise in verse
8 Take to the pool	52 Birthright barterer
12 Press	53 Heche or Hathaway
13 Atlas page	54 Solidify
14 Windy day toy	55 Univ. paper
15 Uncategorized (Abbr.)	
16 Pete Fountain's instrument	<b>DOWN</b>
18 Rifle attachment	1 Big branch
20 Minuscule bits	2 Operatic solo
21 Regret	3 Inquisitive
22 Big Apple letters	4 "Keep singing!"
23 Bedding material	5 Host
26 Stocking style	6 Poet Whitman
30 Exist	7 Eco-friendly govt. agency
31 Office machine	8 Bandleader Henderson
32 Hockey legend Bobby	9 Drunkard
33 Presidential advisors	10 Particular
36 English composition	11 Citi Field team
38 Fresh	17 Beams
39 See 37-Down	19 Sister
40 Ottoman officer	22 Put the kibosh on
43 Tiara's relative	23 Varnish ingredient
47 Surfing mecca?	24 401(k) alternative
	25 Kan. neighbor
	26 Obese
	27 Ph. bk. data
	28 Geological period

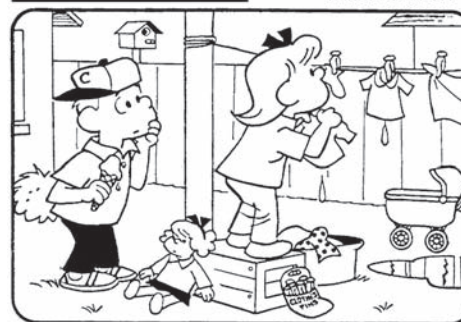
49 — and kin  
50 Take the show on the road  
51 Praise in verse  
52 Birthright barterer  
53 Heche or Hathaway  
54 Solidify  
55 Univ. paper

**DOWN**

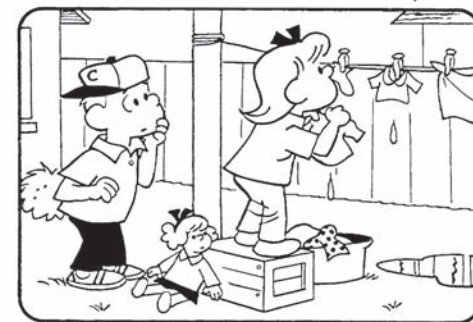
1 Big branch  
2 Operatic solo  
3 Inquisitive  
4 "Keep singing!"  
5 Host  
6 Poet  
Whitman  
7 Eco-friendly govt. agency  
8 Bandleader  
Henderson  
9 Drunkard  
10 Particular  
11 Citi Field team  
17 Beams  
19 Sister  
22 Put the kibosh on  
23 Varnish ingredient  
24 401(k) alternative  
25 Kan. neighbor  
26 Obese  
27 Ph. bk. data  
28 Geological period  
29 Attempt  
31 Not many  
34 Belong naturally  
35 Approach  
36 Listener  
37 With 39-Across, holiday entree  
39 "Monopoly" buy  
40 Pocket bread  
41 Any time now  
42 Dazzle  
43 Relinquish  
44 Unless, in law  
45 Greek vowels  
46 So  
48 Yule quaff

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

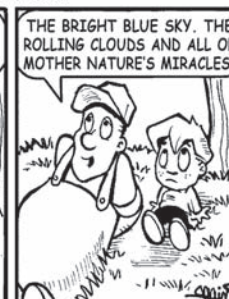


Find at least six differences in details between panels



References: 1. Bathroom is missing. 2. Corner is missing. 3. Doll's head is turned. Clothespin bag is missing. 5. Dress is smaller. 6. Carriage is missing.

## Amber Waves



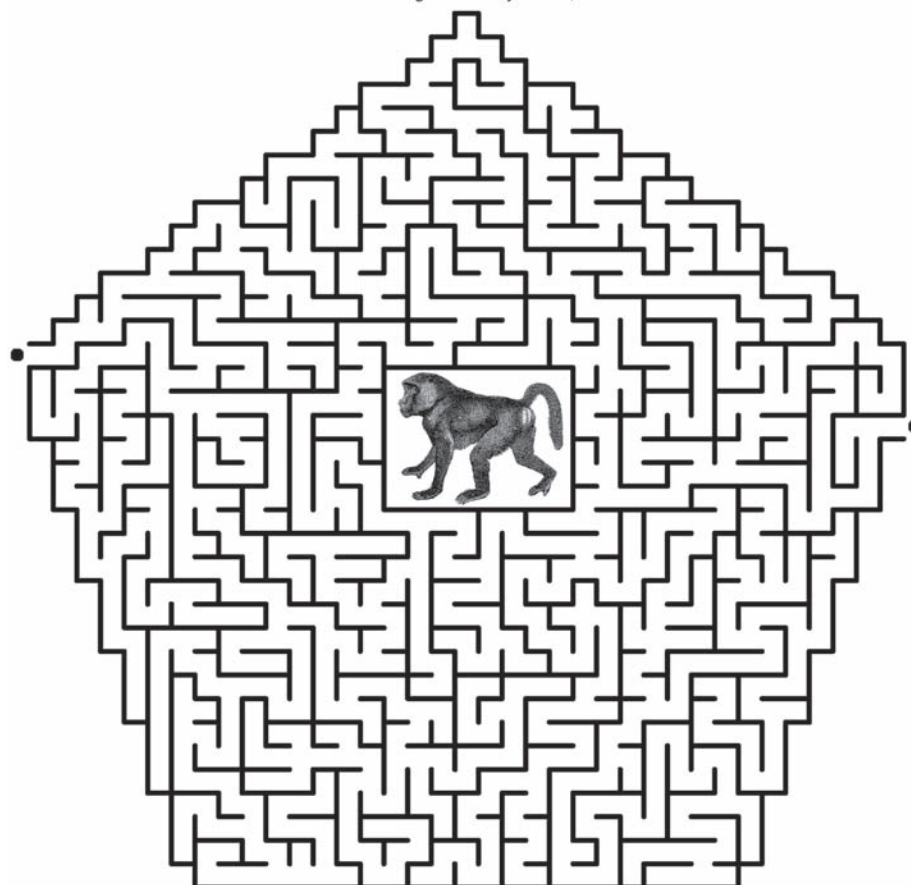
by Dave T. Phipps

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466
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## Mega Maze

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## Weekly SUDOKU

by Linda Thistle

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

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 ● THE BOSS

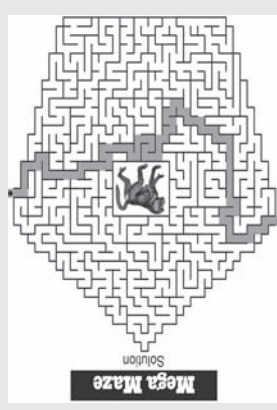
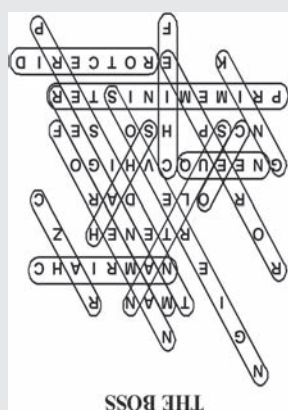
Z N H D A X U R P M J G D A X  
V S G Q N K N I A T P A C I F  
D A X I V T M A N T R Q O M J  
R H F C E A N A M R I A H C Y  
W O U R P R T E N E H N Z L J  
H F R D O L E B D A R Z X C V  
G N E E U Q C V H I G O T R Q  
O N C S P M H S O K S E F I H  
P R I M E M I N I S T E R F D  
B Z Y K W V E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

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

CEO	Director	Manager	Shah
Chairman	Emperor	President	Sovereign
Chief	Foreman	Prime minister	Sultan
Czar	King	Queen	

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## ANSWERS



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

Weekly SUDOKU

Solution time: 21 mins.

— **King Crossword** —  
Answers

**“A man should never neglect his family for business” — Walt Disney**



# Ayres Animal Shelter

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

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • [www.ayresanimalshelter.com](http://www.ayresanimalshelter.com)



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



**TYSON** - 4 year old brown and white male Pit Bull, 64 lbs. Found in St. Johnsville in 2013. Knows commands, loves car rides, swimming and treats. Should be your only pet in an adult home.



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



**MAX** - 6 year old male Pit Bull mix. Came to the shelter on June 3, 2015 because his owner was no longer able to care for him. Good with some dogs and fine with older kids.



**RYLIE** - 2 - 4 year old female Pit Bull mix. Came to the shelter on May 10, 2015. Knows "sit" and gives her paw to "shake". Not good with other dogs, cats or kids.



**MIKE** - Male Lab/Boxer mix, 9 months old. Came to the shelter on June 17, 2015. Very handsome with a great personality! Good with some dogs, fine with kids.



**TUCK** - Male Shepherd (and Akita?) mix. Found on Borden Road, Glen on May 1, 2013. Big smiley guy, very strong. Not good with dogs or cats. Adult home only.



**MONTANA** - 3 - 4 year old male Pit Bull mix, 46 lbs. Found on Old Fort Plain Road, Canajoharie in October 2012. Not good with dogs or cats. Fine with older kids.



**GAVIN** - White and black male American Bulldog. Found in a culvert on N. Bush Road, Johnstown. Came to the shelter on May 30, 2015. Fine with kids.



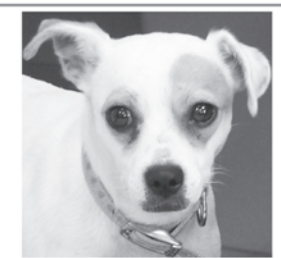
**BRUTUS** - 6 1/2 year old male Pit Bull. Found on Route 5s in Canajoharie on July 15th. Knows "sit, shake, lie down". Great on leash. Sweet personality and that famous "Pittie" smile!



**BRIER** - White and brown female Beagle mix, about 3 years old. Abandoned by her owner. Good with some dogs. Knows the "sit" command. Good on leash.



**RALPH** - Very appealing 10 - 12 year old tri-color male Beagle. Found on Oswegatchie Road, Mohawk. Came to the shelter on June 2, 2015. Good with dogs and kids.



**DAISY** - 1 year old female Chihuahua/Jack Russell mix. Came to the shelter on May 31st. Good with some dogs and fine with older kids.



**GEORGIA** - Very sweet adult female Tortie. Found with her kittens under a porch in Fort Plain on May 24, 2015.



**GEORGIA'S PEACH** - One of three 3 month old black kittens found under a porch in Fort Plain on May 24, 2015.



**WARREN** - Wonderful 3 month old orange and white male. Came to the shelter on June 14, 2015.



**LUCA** - 1 1/2 year old male tiger. Found on a porch in Palatine Bridge. Came to the shelter on April 7th. Cuddly and likes to be held. Very talkative!



**WINNIE** is a 7 week old (July 25th) female tiger kitten. She was found on June 27, 2015.

**HELP SUPPORT THE SHELTER**  
Drop off your empty bottles & cans to Go Green Recycling Center in Fort Plain

## "Quality of Life"

Thank you to the following merchants who sponsor this page every week.

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518-993-2239  
Shane.Carter@mcfee.com

**McDonald's**  
of Palatine Bridge

**BEHIND EVERY PROJECT IS A True Value.**  
**Just Ask RENTAL**  
12 Willett Street, Fort Plain, NY  
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GENERAL REPAIR  
Garry - Jason Barrett  
Owners  
148 Ripple Road  
Cherry Valley, NY  
13320  
Phone & Fax 518-993-2002

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Over 12,000 Bottles of Wine to Choose From  
51 Hancock Street, Fort Plain, NY  
"Your Wine Superstore" 518-993-2624

**THE SHULTS AGENCY**  
Call for insurance quote  
800-836-2885  
Fort Plain ~ Johnstown

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SIGNS • PLAQUES & TROPHIES  
*Say It With Signs*  
Ronald J. Dygert  
198 Dygert Road, Palatine • 993-4296  
email: dygert@tridentnet.net

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COMMERCIAL • RESIDENTIAL  
"Family owned & operated for over 30 years"  
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Owner - Patty Mabie  
Free Estimates - Fully Insured

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24 HR. TOWING  
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YOUR INDOOR COMFORT CONTROLLER  
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Justin Mattice Russell Mattice  
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JACKSLAND ASSOCIATES INC.  
INSURANCE SERVICE  
Monday-Friday 8:30-4:30  
209 Erie Blvd. PO Box 329,  
Canajoharie, NY 13317  
Phone: 518-673-3263

**Dutchtown ACE Hardware**  
34 Dutchtown Plaza Palatine Bridge, NY 13428  
Phone 518-673-8200  
Fax 518-673-3490  
Hours: Monday-Saturday 8AM-7PM  
Sunday 8AM-4PM  
info@dutchtownace.com

**Ripepi's Restaurant**  
Italian-American Cuisine  
7850 St. Hwy. 5,  
St. Johnsville, NY 13452  
518-568-7656  
Closed Mon. & Tues.  
Your Hosts: The Ripepi Family

**HILL TOP TIRE**  
402 State Hwy. 163  
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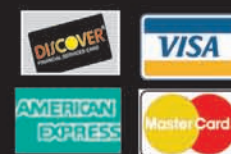
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# Four tire tips for teen drivers

(BPT) — Getting a driver's license is a pivotal moment for many teens, and with the privilege of driving comes greater freedom and independence. For parents, this can be both a moment of great pride and overwhelming anxiety.

In 2012, the National Highway Traffic Safety Administration (NHTSA) reported that drivers 19-years-old and younger were more likely to be involved in motor vehicle collisions than any other driver on the road. According to NHTSA, teens are three times more likely to get into an accident than drivers over the age of 20.

It's not surprising that teen drivers fall into a higher collision risk category given their inexperience. Additionally, teens are more likely to speed, text, drive without a seat belt and they typically maintain a closer following distance than more seasoned drivers.

"Taking the time to talk to teens about their driving practices can help prevent accidents," says Bob Abram, product planning manager for Yokohama Tire Corporation, maker of a variety of truck and car tires. "Teaching teens about proper vehicle maintenance — especially tires — is also important and often overlooked."

Abram says tire main-

tenance is crucial because tires have an enormous effect on braking, steering, comfort and handling. "Unfortunately, tires are not always top-of-mind when it comes to routine vehicle upkeep. When tires are inflated appropriately and wheel alignment adjusted correctly, the driver has better control. Improper alignment causes uneven tread wear and reduces the life of a tire."

Underinflated tires can also increase the stopping distance of a vehicle, warns Abram. "Taking care of your tires properly can help prevent skidding, aid in emergency stops and traffic avoidance maneuvers, as well as provide more traction on wet roads."

Today's tire technology gives teen drivers an added advantage on the road, according to Abram.

Abram reiterates that parents should teach teens about tire care to optimize vehicle control and maximize safety. Here are a few of his rules of thumb concerning tire care:

- Tires must be replaced before the tread wears down below 2/32 of an inch. A quick and easy tread test involves placing a penny into the grooves of the tire. If Lincoln's head is completely visible, the tires should be replaced.



Taking the time to talk to teens about their driving practices can help prevent accidents.

- Check tire pressure at least once a month. Consult the vehicle's owner's manual or placard on driver's door to determine proper tire pressure. Tire pressure should be checked when the tires are cold.

- Alignment should be checked at least once a year or if the vehicle is pulling to one side to avoid uneven wear on tire tread. Tire balance should also be monitored.

- Regular rotation of tires promotes even wearing of tread. Tires should be rotated every 5,000 to 8,000 miles.

For more tire care and safety tips visit [www.yokohamatire.com](http://www.yokohamatire.com) or [www.rma.org](http://www.rma.org).

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## Kitchen Diva: Jerk Pork fires up the grill



smoking method also makes the meat moist and tender.

Jerk marinades are a wonderful way to add spice and a touch of the Caribbean to your barbecue menu. This recipe for Jerk Pork uses the traditional marinade recipe; however, other spices can be incorporated to create your own variation.

#### Jerk Pork

Jerk marinades typically use Scotch bonnet peppers, one of the hottest peppers in the world. Remember to always wear gloves when preparing fresh peppers. It's best to remove the stems and seeds with your gloved fingers or paring knife. Removing the seeds doesn't affect the flavor, but greatly

by Angela Shelf Medearis

Caribbean dishes reflect the influence of a wide variety of cultures and cuisines, including British, Dutch, French, Spanish, East Indian, West African, Portuguese and Chinese. The cooking technique that made Jamaica famous is the spicy jerk marinade that's used for both meats and vegetables. The name is derived from the way the meat is poked or "jerked" with a sharp object to create the holes where spices are inserted.

Jerk cooking dates back to the Carib-Arawak Indians who inhabited Jamaica in the 1600s. After capturing an animal and thoroughly cleaning it, the carcass was "jerked" and the resulting holes were stuffed with spices. Hot peppers and herbs were plentiful on the islands and were used as a preservative before refrigeration was available. The spices also acted as a marinade and a way to tenderize tough cuts of wild game.

To cook the jerked meat, the Indians dug a deep pit and lined it with stones. The pit was filled with green pimento wood, which when burned would smoke heavily and add to the flavor. The holes in the meat also allowed heat to escape without loss of moisture.

Marinades based on hot peppers and herb combinations were created by the Indians and the West African Corman-tee to flavor and preserve a variety of meats. Jerk marinade has four main ingredients: Scotch bonnet peppers, whole allspice berries, scallions (also called green onions or spring onions) and thyme. For best results, the meat should marinate in the refrigerator for 12 to 24 hours.

After marinating, the meat should slowly be smoked over a low fire. Using pimento (allspice), apple, mesquite or hickory wood chips provides an intense smoke that will permeate the meat and create an authentic jerk flavor. The wood chips should be soaked in water for at least 30 minutes before placing them on the coals. This slow

decreases the heat. Afterward, always wash your hands thoroughly with soap and cold water and clean any utensils or surfaces you have used.

- 1/3 cup vegetable oil
- 1/3 cup distilled white vinegar
- 4 green onions, chopped
- 2 cloves garlic, chopped
- 2 to 5 Scotch Bonnet peppers, seeded and minced, to taste
- 3 bay leaves
- 3 peppercorns
- 1 tablespoon dried ground cinnamon

• 3 to 4 whole allspice berries, lightly crushed

- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground nutmeg
- 3 pounds pork chops, about 1-inch thick

1. Combine oil and vinegar in a small bowl. Stir in green onions, garlic, peppers, bay leaves, peppercorns, cinnamon, allspice, pepper and nutmeg.

2. Trim any excess fat from pork chops. Place pork chops in a re-sealable plastic bag. Pour spice mixture over them, coating each chop well. Place bag of pork chops in a baking pan and refrigerate to marinate up to 24 hours, turning once or twice every four hours.

3. Allow chops to come to room temperature before grilling. Heat grill until coals are somewhat white with ash; the flame should be low. Place chops on grill and cover with lid. Grill 5 to 10 minutes per side, until the chops are no longer pink in center. Serves 4 to 6.

Angela Shelf Medearis is an award winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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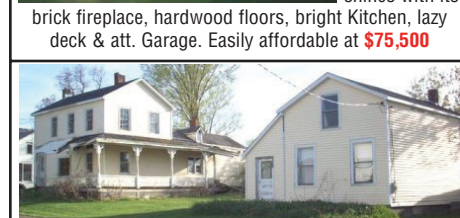
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## To your good health: Breakfast, lunch leave man dazed

by Keith Roach, M.D.

**Dear Dr. Roach:** I am 71, with high blood pressure, COPD, diabetes and spinal stenosis. I smoke. After I eat breakfast or lunch, I rapidly fall into a daze during which I can hardly hold my head up. Sleep seems to be the only solution, but I still feel tired and listless the rest of the day. I have had this condition for over a year, and it is making me very depressed. I have read about CFS and autoimmune conditions, and the prognosis is not good. There must be some treatment for me. — A.P.

**Answer:** Fatigue is a common symptom, but it is perhaps the most non-specific one we deal with in medicine. Many conditions primarily cause fatigue. The specific condition of chronic fatigue syndrome, by definition, is unexplained after a clinical evaluation. In your case, I would consider some important possible causes.

Although COPD and even spinal stenosis certainly can cause fatigue, the association with eating

makes me wonder about your blood sugar levels, since poorly controlled diabetes can cause fatigue. Smoking doesn't cause fatigue, but quitting smoking certainly will help your COPD from progressing. All sleep disorders, but especially obstructive sleep apnea, cause fatigue that might not improve with sleeping.

I always consider thyroid disease, hemochromatosis and multiple sclerosis in anyone with profound fatigue. This list is only a small part of the many conditions a clinician is on the lookout for in someone with fatigue.

Depression certainly may cause fatigue, but it is also common in people whose primary issue is a medical cause of fatigue.

If after a thorough evaluation your diagnosis turns out to be chronic fatigue syndrome, the most effective therapies are cognitive behavioral therapy and a graded exercise program.

Since your symptoms happen after eating, it might be wise to see if certain foods are more likely to cause it by keeping a

food diary. Many people find sugary foods cause loss of energy.

**Dr. Roach Writes:** Many people have written about treatment for obstructive sleep apnea. I recently recommended CPAP machines (including, if necessary, repeated visits for proper fitting) and singing. I haven't discussed oral appliances, which move either the jaw or the tongue to change the anatomy of the back of the throat, allowing the airway to stay open during sleep. Only a few studies have been done on these, but they suggest that the oral appliances are nearly as effective as CPAP for people with mild or moderate OSA. People with severe OSA probably should use CPAP, since it is more effective.

These are certainly an option for people who can't tolerate a CPAP despite several attempts by someone skilled at selecting the right mask and plenty of patience to learn to use it properly.

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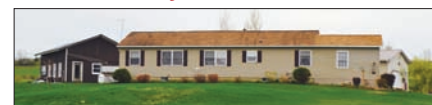


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## Volunteer ideas

by Sam Mazzotta

**Dear Paw's Corner:** I would love to help pets in some way, but the local animal shelter doesn't need volunteers, and there isn't much else going on in my area. Do you have any suggestions? — Kara in Idaho

**Dear Kara:** Check your local newspapers (or their websites) and your town's website for volunteer opportunities. There may not be anything right now, but needs change throughout the year for many nonprofits.

So, what if there really are no opportunities near you? Consider creating one. Organizing a fundraiser for a pet charity (or your local animal

shelter) is one fast way to do something positive.

Or, if you spot a need that isn't being met in the local pet community, create a way to fulfill that need. For example, a military couple created "Dogs On Deployment," a website that helps military members find temporary homes for their pets (not just dogs) before they leave for overseas assignments.

What if senior citizens in your area need help keeping their pets' shots up to date? You could talk to local vets and perhaps the local shelter about ways to help them.

Perhaps your town has no facilities for pets, such as a dog park or even pet

zones in local parks. Start exploring the possibility of getting a park built.

You could even start with something as small as an awareness campaign that educates store owners about the many types of service dogs (and other service animals) that are helping disabled people these days.

Keep your eyes open for inventive opportunities to contribute positively to pet care, and you may find yourself overwhelmed with choices.

Send your questions about pet care to ask@pawscorner.com.

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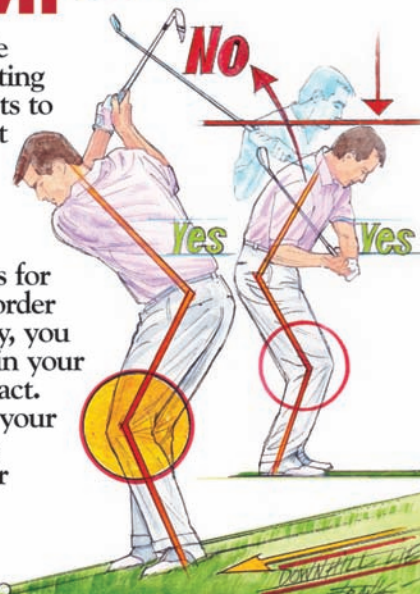
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## Today's Tip MASTER STROKES

BY PHIL FRANK WITH TOP 100 GOLF INSTRUCTORS

### Stay Down To Go Up

If your golf shots look a little like infield practice (you're hitting ground balls or thin, weak shots to the right), your problem is that you're most likely coming up and out of your shots. Here's a simple drill to help you stay down and with your shots: Hit with your woods and irons for an hour off a downhill lie. In order for you to strike the ball solidly, you will be forcing yourself to retain your knee flex during and after impact. Staying down is crucial for all your shots. This drill will instill the proper feel of maintaining your knee flex throughout your backswing and the impact zone for crisp, solid contact.



By Jim McLean, owner, Jim McLean Golf School, author of the best-selling books "The Slot Swing" and "The 8-Step Swing," illustrated by Phil Franke

For more golf tips and advice, buy "Master Strokes: 401 Proven Lessons for Mastering Every Golf Shot" (Running Press)



# Get into the swing of summer safety

(NAPSA) — Known as “trauma season” among public health and medical professionals, summer is a time when serious injuries and unintentional deaths increase dramatically among children. Statistics show that 40 percent of all injury-related emergency room visits happen between the months of May and August. Fortunately, many of these injuries can be prevented with a few simple precautions.

“Sustaining a serious injury can be a life-altering event for a child,” said Dale Stauss, chairman of the Board of Directors for Shriners Hospitals for Children(r). “We see patients every day with injuries caused by accidents, and we are committed to raising awareness about how to stay safe this summer.”

As experts in the treatment of pediatric orthopaedic conditions, spinal cord injuries and burns, Shriners Hospitals for Children provides critical, surgical and rehabilitative care to children, regardless of the families’ ability to pay.

Shriners Hospitals encourages families to take these simple precautions to enjoy a safe, injury-free summer.

- Playground 101**
- Choose playgrounds that are appropriate for their age and offer shock-absorbing surfaces.
  - Teach children that pushing and shoving can result in accidents and injuries.
  - Remind kids to use the slide one at a time and to wait until it’s com-

pletely clear before taking their turn. Teach them to always face forward with their legs straight in front of them and to never slide down headfirst.

- Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off and to be careful when walking in front of moving swings.

- Make a safe splash**
- Teach children to never swim alone or go near water without an adult present.
  - Give children your undivided attention when they are swimming or are near any body of water.
  - Always jump in feet first to check the depth before diving into any body of water.
  - Never dive in the shallow end of the pool or into above-ground pools.

- Fun on the water**
- Always have children wear a U.S. Coast Guard-approved, properly fitted life jacket while on a boat, around an open body of water or when participating in water sports.
  - Educate yourself. According to the Coast Guard, 86 percent of boating accident deaths involve boaters who have not completed a safety course.
  - Always check water conditions and forecasts before going out on the water.
- Mowing matters**
- Teach children to never play on or around a lawn mower, even when it is not in use. They should never be permitted to walk beside, in front of or behind a moving mower.
  - Children under 6



A few precautions can help your children enjoy warm weather fun in safety and good health.

- years of age should be kept inside the home while you are mowing.
- Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn mower.
- Fire safety simplified**
- Teach kids to never play with matches, gasoline, lighter fluid or lighters. Make a habit of placing these items up and away from young children.
  - Do not leave children unattended near grills, campfires, fire pits or bonfires. Always have a bucket of water or fire extinguisher nearby.
  - Take your child to a

doctor or hospital immediately if he or she is injured in a fire or by fireworks.

Should an injury occur,

the physicians and staff of Shriners Hospitals can help.


Visit [www.ShrinersHospitalsforChildren.org](http://www.ShrinersHospitalsforChildren.org)

/SafeSummer to find more tips for preventing injuries this season.

**Source: Shriners Hospitals for Children**



# Summer fruit in spiced syrup

- 3/4 cup water
  - 1/2 cup sugar
  - 3 whole cloves
  - 1 cinnamon stick (3-inches)
  - 1 star anise
  - 1 strip (3 x 3/4-inch) fresh lemon peel
  - 2 tablespoons fresh lemon juice
  - 6 cups fresh fruit, such as sliced nectarines, plums and strawberries, and blueberries and raspberries
1. In 1 quart saucepan, combine water, sugar, spices and lemon peel; heat to boiling over medium-high heat, stirring frequently. Reduce heat to medium-low; simmer 5 minutes. Remove saucepan from heat; stir in lemon juice. Cool syrup to room temperature.
2. In large bowl, combine fruits and syrup. Cover and refrigerate 2 hours, stirring occasionally. Makes about 5 cups, or 6 servings
- \* Each serving: About 125 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 32 g carbohydrates, 4 g fiber, 1 g protein.
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## To Your Good Health

by Keith Roach, M.D.

### Persistent Carpal Tunnel Syndrome

**Dear Dr. Roach:** I had surgery late last year on my right wrist for carpal tunnel syndrome. The numbness in my fingers has not changed. Now I'm faced with the same problem in my left hand. I'm going to forget surgery, seeing as it wasn't successful in my right hand.

I decided to go to an acupuncturist for laser treatments. I also had a cortisone shot. Neither of these has helped. Do you know of a solution for my problem? -- P.M.

**Answer:** Carpal tunnel syndrome is caused by compression on the median nerve, as it runs down the arm through a "tunnel" of bone and connective tissue deep in the

wrist. It may cause pain, numbness and weakness of the wrist and hand. The thumb and middle three fingers are most often affected. In advanced cases, the hand muscles may become atrophied. The sooner the pressure on the nerve is relieved, the more likely there will not be permanent nerve damage.

It sounds to me like the

first surgery was not done soon enough to prevent damage. If that's the case, then surgery on your left hand, done sooner after the onset of symptoms, might prevent the long-term numbness present in your right hand. However, it's possible that the diagnosis was wrong or that the surgery might not have been effective, even if

done promptly.

At least one study of needle acupuncture showed that it is as effective as a cortisone injection. This study excluded people who already had fixed numbness in the fingers, who are less likely to be helped by any treatment. I have not found any evidence that laser treatment is effective.

My advice is to first be sure of the diagnosis. An EMG test is a study of nerve function, which can confirm the diagnosis and may be able to predict how much damage there is and provide guidance on treatment. If damage is not too severe, other treatments such as splinting, medication, yoga or ultrasound may be helpful. If advanced, surgery done quickly still may be your best bet.

**Dear Dr. Roach:** I just found out that I have lipedema, a rare disease. What can I do about it? My mom and dad don't have it, nor other family. Should I try to find relatives who have it? I am told that it is an inherited disease. None of these

"family" ever had it! -- L.Q.

**Answer:** Lipedema is indeed a rare disease, although it may be under-diagnosed. It almost always is found in women, and is suspected when there is marked fat deposition symmetrically between the waist and ankles. The areas affected often are tender or painful to the touch. It is not the same as lymphedema, fluid increase due to poorly functioning or damaged lymph vessels, although people with lipedema can develop lymphedema.

Treatment includes compression garments or manual lymph drainage, often combined with surgical treatments such as liposuction.

Only about 15 percent of people with lipedema have a family history. It's not surprising that you can't find relatives with it.

More information is available at several support groups, and at [www.curelipedema.org/liipedema/](http://www.curelipedema.org/liipedema/).

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## Now here's a tip

by JoAnn Derson

• I have stained coffee cups. My hands have arthritis, and it's hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap, even though I don't have a dishwasher. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes, and then swishes right out. The stains are gone. — T.T. in Missouri

• Check your area to see if vocational schools offer low cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue. — R.E. in North Carolina

• For the summer, I fill a gym-size duffel bag with "spontaneity supplies" and keep it in the trunk of my car. It includes swimsuits for all family members, a blanket and cups, plates and silverware for a picnic. Now if we find we have some un-

expected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store! — A Reader, via e-mail.

• You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.

• I got tired of always looking for the dustpan, and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom. — L.M. in Kentucky

• Avoid eye strain by making sure your computer monitor is in the correct position. It should be placed directly in front of you, at least an arm's length away. If you have trouble seeing the screen, adjust the resolution to make the screen items bigger.

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# Whatchamacallits

This week's items are different types of cast iron plumb bobs. They are usually suspended from a string and used as a vertical reference line. Plumb bobs are commonly used by builders to ensure that tall structures are level.

There are many variations of these vintage tools. Of the pictured items the largest one has a built in reel that provides a specialized string attachment and movement of the plumb bob. The smallest and thinnest plumb bob has a hardened steel end indicated by the darker color at the tip. The medium sized plumb bob has a head that can be unscrewed in order to attach the string on the inside. All three of the pictured items look to be 19th century American made plumb bobs.

The word plumb in plumb bob comes from the fact that these tools were originally made of lead. Plumb comes from the old French word plomb which means lead.

You may have heard the phrase to plumb

the depths of something. This comes from the fact that plumb bobs can be utilized by sailors to determine the depth of water.

If attached to a suitable scale a plumb bob can also be used as an inclinometer which is an instrument that measures angles of slope, elevation or depression of an object with respect to gravity.

Plumb bobs date as far back as 3150 BC. During this time there is evidence of ancient Egyptians using these type of instruments to help construct their impressive monuments. In more modern times heavy plumb bobs were utilized in the construction of early skyscrapers by hanging them on a wire in the elevator shafts.

Today's building professionals have replaced the use of plumb bobs with water levels. These modern tools work much like plumb bobs but they have the advantage of measuring something horizontally as well as vertically.



Do you have your own Whatchamacallit?  
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15733A Nissan Altima 6,400k **\$23,995\*** **\$353/mo.**

### 2014

15265A Toyota Corolla S 16k **\$19,995\*** **\$290/mo.**  
15720A Toyota Avalon - Hybrid 16k **\$30,995\*** **\$503/mo.**  
15747A Toyota Venza LTD Certified 20k **\$30,995\*** **\$503/mo.**  
15744B Toyota Tundra Off-Road 7k **\$32,995\*** **\$535/mo.**

### 2013

14828A Kia Rio 28k **\$13,995\*** **\$194/mo.**  
P1184 Toyota Corolla 24k **\$15,995\*** **\$226/mo.**  
15486A Ford Escape 22k **\$21,995\*** **\$321/mo.**  
15421A Toyota Highlander LTD 31k **\$30,995\*** **\$503/mo.**  
15563A Nissan Sentra 74k **\$15,995\*** **\$226/mo.**  
P1183 Toyota Tundra 45k **\$29,995\*** **\$487/mo.**  
1546A Toyota Rav 4 36k **\$21,995\*** **\$321/mo.**  
15687A Toyota Venza LTD 24k **\$31,995\*** **\$519/mo.**  
P1219 Toyota Corolla 26k **\$16,995\*** **\$242/mo.**  
15706A Chevy Sonic 43k **\$10,995\*** **\$145/mo.**

### 2012

P1189 Toyota RAV 4 35k **\$20,995\*** **\$306/mo.**  
P1199 Toyota RAV 4 17k **\$20,995\*** **\$306/mo.**  
15633A VW Jetta Sport Wagon 40k **\$20,995\*** **\$306/mo.**  
P1231 Toyota Corolla 17k **\$14,995\*** **\$210/mo.**  
15766A GMC Terrain AWD 32k **\$21,995\*** **\$321/mo.**

### 2012

15632A Toyota Corolla LE 40k **\$14,995\*** **\$210/mo.**  
15657A Chevy Equinox AWD 27k **\$24,995\*** **\$401/mo.**  
15457A Toyota Corolla S 50k **\$16,995\*** **\$242/mo.**  
P1215 Toyota Camry 30k **\$18,995\*** **\$273/mo.**  
P1190 Toyota Highlander SE 39k **\$28,995\*** **\$471/mo.**  
15737A Hyundai Elantra 50k **\$16,995\*** **\$242/mo.**  
P1221A Chevy Silverado - 2WD 32k **\$23,995\*** **\$353/mo.**  
15389A Chevy Cruze 35k **\$13,995\*** **\$194/mo.**  
P1228 Toyota Rav 4 Limited 39k **\$22,995\*** **\$336/mo.**

### 2011

1552A Toyota Highlander 66k **\$25,995\*** **\$417/mo.**  
15771A Honda Fit 52k **\$12,995\*** **\$177/mo.**

### 2010

15597B Toyota Corolla S 60k **\$15,995\*** **\$226/mo.**  
P1206A Infiniti EX35 26k **\$23,995\*** **\$353/mo.**  
15772A Honda CRV AWD 80k **\$19,995\*** **\$290/mo.**  
14817A Honda Accord EXL V6 44k **\$16,995\*** **\$241/mo.**  
15796A Toyota Corolla S 39k **\$13,995\*** **\$194/mo.**  
15748A Honda VFF 1200 500mi **\$10,995\*** **Motorcycle**

### 2009

15641A Ford F-150 70k **\$18,995\*** **\$273/mo.**  
15799A Dodge Dakota Crew Max 77k **\$17,995\*** **\$258/mo.**

### 2007

15425A Toyota Camry Hybrid 86k **\$12,995\*** **\$178/mo.**  
P116A Jeep Grand Cherokee 73k **\$13,995\*** **\$194/mo.**

\*Payments are based on \$1,999 cash down. 07 and newer 72 mo. @ 4.99% APR. 06 and older 60 mo. @ 6.99% APR. Must be credit qualified. Taxes & fees additional.

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## Don't forget to replace your vehicle's brake hardware

(NAPSA) — Brakes are a critical component for maintaining vehicle safety. Whether it's trying to stop your vehicle on an icy, snow-packed road or slowing down on a rain-soaked highway, properly functioning brakes are key to maintaining control of the vehicle.

However, brake wear can compromise vehicle performance and, ultimately, threaten vehicle safety. AAA encourages motorists to have a certified technician inspect their brakes to ensure they are ready for whatever Mother Nature has to offer.

In an article featured on [theautochannel.com](http://theautochannel.com), John Nielsen, director, AAA Auto Repair and Buying Services, noted that there are several warning signs that motorists should closely monitor to identify and resolve brake wear before it can impact vehicle safety.

"Often, the first sign of worn brakes is a brake pedal that seems to require more pressure to stop the vehicle. Scraping, squeaking or chirping noises that come from the wheels when the brakes are applied are other signs of potentially excessive brake wear. A car that pulls to the left or right when the brakes are applied could also mean trouble," Nielsen said.

He further advises con-

sumers to ask for an annual brake inspection when taking their vehicle into an auto repair shop

by the vibration of components that are not properly installed and secured—typically, it's not

tegral to the proper operation of the vehicle's entire braking system.

"It's very common for



*For a few extra dollars, car owners can enhance vehicle safety and protect their investment in brake pads and shoes by replacing their vehicle's brake hardware.*

for service.

### Complete brake inspection includes hardware

According to Chris Miller, Product Development Engineer, of International Brake Industries (IBI), consumers should ask their technician to also inspect their vehicle's brake hardware in order to ensure that their vehicle receives a complete brake job.

Miller explained that brake noise is the No. 1 cause of dissatisfaction and complaints about brake systems. Brake noise is usually caused

the fault of brake pads or shoes, but it can more likely be caused by worn-out brake hardware.

He added, like most mechanical parts, brake hardware will wear out over time and can't function if the parts are corroded or stretched. If brake hardware is worn, it can even cause newly installed brake pads to wear out prematurely, reducing the life span of the pads and shoes.

Brake hardware — including clips, bolts, rubber bushings, rubber seals and springs — is in-

drivers to leave an auto repair shop with newly replaced pads and shoes, but still experience brake noise because their brake hardware was not replaced," Miller said. "We have a simple message for consumers: For a few extra dollars, you can protect your investment in brake pads and shoes and ensure optimum performance by also replacing your vehicle's brake hardware."

For more information, visit [www.completebrakejob.com](http://www.completebrakejob.com).

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