

# THE Original Valley Pennysaver

Volume 6  
Number 29

Serving the Homes of the Mohawk Valley  
Delivered Weekly by the U.S. Postal Service

January 30, 2016



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\$19,515 - \$3,000 rebate

\$28,005



2016 Chrysler 200 Limited  
Velvet Red, #GN123009  
\$5,000 rebate OR  
0% for 60 Mos & \$3,000

\$40,100



2015 Ram 1500 Express  
Quad Cab, 4x4, Deep Cherry Red,  
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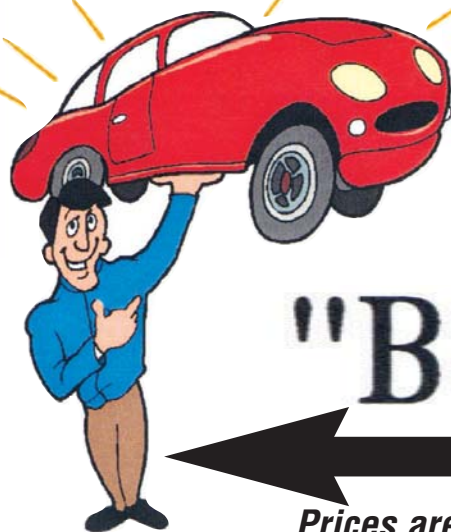
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2007 JEEP LIBERTY 4X4  
4 Dr., V6, Sport, AC, PW, 117,000 Miles,  
AM/FM w/CD Player



\$5,595<sup>00</sup>

2006 NISSAN QUEST  
V6, Auto, 7 Pass., AM/FM, AC,  
Cruise, Tilt, PW, PL, Silver Exterior



\$3,895<sup>00</sup>

2006 FORD RANGER  
EXT CAB 4X4  
V6 Auto, AC, AM/FM Radio, White Exterior



\$4,595<sup>00</sup>

1996 JEEP  
GRAND CHEROKEE 4X4  
4 Dr., V6 Auto, AM/FM Cass. Stereo, PW, PL,  
Red Exterior



\$1,895<sup>00</sup>

2007 PONTIAC G6  
V6, 4 Dr., Auto, AM/FM w/CD Player, AC,  
Cruise, Tilt, PW, 126,000 Miles



\$4,595<sup>00</sup>

2007 DODGE CHARGER  
V6 Auto, 4 Door, 141,500 Miles, Silver Exterior,  
CD Player, Aux., Power Windows, AC



\$4,900<sup>00</sup>

2000 FORD RANGER  
V6, 5 Speed, 2WD, Sliding Rear Window,  
Hard Bed Cover



\$2,800<sup>00</sup>

2006 SATURN VUE 4X4  
4 Dr., V6, Auto, AM/FM w/CD Player, Cruise,  
Tilt, AC



\$3,995<sup>00</sup>

1998 CHEVY 1500 4X4  
V8, 5.7 Liter, 149,000 Miles, Lifted,  
Bright Orange Exterior



\$6,595<sup>00</sup>

2011 KIA RIO  
4 Dr., 4 Cyl., Auto, LX, PW, AC, Cruise, Silver  
Ext., 140,000 Miles



\$4,900<sup>00</sup>

2008 TOYOTA YARIS  
4 Cyl., Auto, 4 Dr., AM/FM w/CD Player,  
120,000 Miles, AC, Blue Ext.



\$5,395<sup>00</sup>

2004 NISSAN XTERRA 4X4  
V6, Auto, AM/FM w/CD Player, Power Windows,  
Cruise, Tilt, A/C, Black Exterior



\$4,995<sup>00</sup>

2006 PONTIAC TORRENT  
AWD, V6 Auto, 4 Dr., AM/FM Cass. Stereo  
w/CD Player, PW, P. Seats, AC, Cruise, Tilt,  
Real Clean Unit



\$4,595<sup>00</sup>

2002 NISSAN PATHFINDER 4X4 SE  
4Dr., V6 Auto, AM/FM Stereo, AC, Cruise, Tilt,  
Sky Blue Exterior



\$4,295<sup>00</sup>

2004 DODGE RAM 4X4 4DR  
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Red Exterior, NO RUST



\$5,595<sup>00</sup>

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Stow-n-Go, V6 Auto, 7 Passenger, Full  
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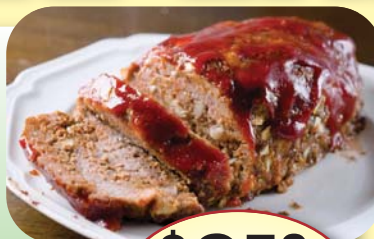
**Top  
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or Roast**



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**80%  
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Beef**



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Lb.

3 Lb. Bag  
**Seedless  
Clementines**



**\$3.99**  
Ea.

From Our Deli  
Lorraine  
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**\$5.99**  
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Imported  
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**2/\$4**

1893 Premium  
All Natural Pork

**Bone-In  
Pork  
Shoulder  
Roast**



**\$1.69**  
Lb.

From Our Deli  
**Honeysuckle  
Turkey  
Breast**



**\$5.99**  
Lb.

8 Oz.  
From Our Deli  
**McCadam  
Cheese**



**3/\$5**

12Pk 12 Oz. Cans  
Select Varieties  
Plus Dep  
**Pepsi,  
Diet Pepsi  
or Mtn. Dew**



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24 Pk. 16.9 Oz.  
Plus Dep.  
**Aquafina  
Water**



**\$3.99**  
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18.6-19 Oz.  
Select Varieties  
**Campbell's  
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Soup**



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12Pk 12 Oz. Cans  
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Miller High Life**



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59 Oz.  
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Rising Crust or  
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Prices & variety may vary by location. Not responsible for typographical errors.  
Store has the right to reserve quantities.

Prices Effective: Sat., January 30<sup>th</sup> through Fri., February 5<sup>th</sup>, 2016 • Visit us online at: [www.bigsupermarkets.com](http://www.bigsupermarkets.com)



**DRAFTY WINDOWS COST MONEY** – View-point vinyl replacement windows 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

**FOOD AUCTION THE FIRST WEDNESDAY OF EVERY MONTH AT JR'S AUCTION 7403 ST HWY 5 ST JOHNSTOWN NY 518-993-4668**

**LOOKING FOR RURAL HOME TO RENT** in the Mohawk Valley area that allows pets and some livestock. 518-210-2066

**LET US DESIGN THAT SPECIAL JEWELRY FOR YOU.** We work in 14k, 18k, platinum, and sterling silver. All precious and semi-precious stones available. We also do repairs. Very reasonable rates. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

**KOVAL'S APPLIANCE** repair is affordable and fast. Call anytime (315) 867-9333.

**INSTANT \$5 SAVINGS ON GALLONS OF EASYCARE PAINTS!** Savings good from 1/4-1/31/16 Fort Plain True Value 12 Willett St Fort Plain 993-3834

**NICE 1 BEDROOM** apartment in Canajoharie for rent. Heat, water and off-street parking included for \$475 month plus s/d. Coin laundry. No pets. 518-866-1471

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

**CHECK OUT OUR LARGE SELECTION OF STORAGE TOTES,** with prices starting at \$4.97. **Behind every project is a True Value. 12 Willett St Fort Plain 993-3834**

'98 SUBARU, completely gone through, AWD, \$1,500. 315-360-6259

**WANTED TO BUY** old sleighs, buggies, horse drawn equipment and more! 518-993-4668

**FOR SALE: 2006** Polaris Fusion 600 snowmobile, excellent condition, \$3500 or best offer Call 518-673-3275. Leave name + number, will call you back.

**NOW** carrying Dry Creek Wood Pellets just \$265 per ton. Stay warm! Mohawk Valley Hearth and Heating, 1027 E. German St. Ext. Herkimer, NY 13350 (315) 866-6848.

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

**TO BE SOLD OVER AUCTION AT OUR NEW YEARS AUCTION ON JAN 2ND** is a Baby Grand Piano, Marble Top Wash Stand, Serpentine Front Vanity with tri-fold mirror, Parlor Bench, Early Paintings, Cobleskill Undertaker Sign, and much more!! To consign your specialty Antiques and Collectables, give JR'S Auction a call 518-993-4668

**KEEP THOSE FEATHERED FRIENDS HAPPY WITH 40lb. Wild Bird Food** for \$9.99. **Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834**

**KOVAL's Major Appliance Repair** knows customer satisfaction, affordable and prompt! Call (315) 867-9333

**CURRAN HARDWOOD Pellets** now ONLY \$260 a ton. Get them now before they are gone! Mohawk Valley Hearth and Heating, 1027 E. German St. Ext. Herkimer, NY 13350 (315) 866-6848.

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

**FOOD AUCTION** Wednesday February 3rd 6:00pm at JR'S Auction 7403 St Hwy 5 St Johnsville NY. ATTENTION, WE HAVE FOUND A NEW SUPPLIER WITH LOTS OF FROZEN, MEATS, CHEESE, BREAKFAST MEALS, DINNERS, CHICKEN NUGGETTS AND MUCH MORE!!! **DON'T MISS THIS ONE!** 518-993-4668

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

**2011 MAZDA 3i-Sport.** Grey, ONLY 11,000 miles, 4cyl., Auto, AC, CD, Alloys. Sale: \$11,995. **John C. Miller Inc. (518) 762-7124. www.johncmiller.com**

**INTRODUCING:** Drop of DRY CLEANING at the little m market in St. Johnsville and the Big M Market in Dolgeville. Drop off and pickups will be done every Monday. Save time and money by leaving your garments with us. Dry cleaning service provided by Valley Cleaners of Herkimer. Contact stores for additional information.

**MAKE** our phone ring so we can return the favor!! Place your reader ad today. Only \$4.00 for the first 14 words. 518-673-3237

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

**STORM DOORS BY LARSON** keep the cold air outside. 32" & 36" x 80" white in stock. Other colors may be available. C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

**NEW!!!** Feit 2pk LED Multi Use light bulb, your choice 40W or 60W equivalent, \$5.99 **Behind every project is a True Value 12 Willett St Fort Plain 993-3834**

**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

**4 YR OLD STANDER-BRED DRIVING HORSE** FOR SALE TRAFFIC SAFE AND SOUND, TROTTER READY FOR MILES, HAS BEEN IN THE CARRIAGE WITH FAMILY, NICE STRONG HORSE \$3000.00 OBO 518-673-4747

**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

## 9th ANNUAL RABBIT HUNT



**SUNDAY • FEBRUARY 7TH, 2016**

**Canajoharie Forest Fish & Game Club**  
Located at Fish & Game Club Road, Canajoharie, NY

Registration Saturday, February 6th • 5-8 pm

Sunday, February 7th • 6 am-8 am

MUST BE REGISTERED PRIOR TO HUNTING.

REGISTRATION DONATION: \$20.00 per hunter

Prizes will be given for:

First Prize pay offs: BIGGEST WHITE & BIGGEST COTTONTAIL

Second Prize: HIGHEST COMBINED WEIGHT-SINGLE HUNTER

**HUNTING CUT OFF TIME IS SUNDAY AT 4:00 pm**

Hunters must comply with all NYS DEC regulations.

The decisions of the judges are final.

GUN RAFFLES - 50/50 - ITEM RAFFLES

KITCHEN OPEN FROM 6 AM DAY OF HUNT -

TAKE OUTS AVAILABLE

INFORMATION: Todd Glasser 518 - 844-4844.

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**SPLIT HARDWOOD**

**"SPECIAL TRUCKLOAD SALES"**

5+ Face Cords Delivered **\$400**

Approx. 7 1/2 Face Cords **\$550**

Approx. 11+ Face Cords **\$825**

**FURNACE CHUNK WOOD**

Approx 11+ Face Cords **\$725**

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St. Johnsville, NY 13452 Sat. 01/30 -  
Sat. 2/5/16


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**80% Ground Beef**  **\$2.79** lb.

**Angus Porterhouse or T-Bone Steaks**  **\$6.99** lb.


**Bone In Pork Shoulder Roast**  **\$1.69** lb.  
(Perfect for Pulled Pork)

**19 Oz. Johnsonville Bratwurst**  **\$4.99**

**Boneless Chicken Tenders**  **\$1.99** lb.

**3 Lb. Clementines**  **\$3.99**

**Large Bunch Celery**  **2/\$3**

**1 Lb. Mini Carrots**  **2/\$3**

**4 Pack Tri-Colored Peppers**  **\$3.49**

**6.75-7 Oz. Wise Chips**  **2/\$4**

**12 Oz. Heluva Good Dips**  **3/\$5**

**8 Oz. McCadam Cheese**  **2/\$4**

**12 Packs Bud, Bud Light or Coors Light**  **\$9.99**

**Dari-Del MILK**  **\$3.49** Gal.

**Boar's Head**

**Buffalo Chicken** **\$7.99** lb.

**Vermont Cheddar** **\$7.99** lb.

**Salisbury Ridgerunners**  
Curtis Rd., Salisbury, NY

**Annual Poker Run**  
**FEBRUARY 6TH, 2016**

**\$20 entry fee gets you 2 hands, starts at 10am till 6pm**  
**1st Place - \$600 • 2nd Place \$300 • Worst Hand - \$100**

**Sponsors Include:** Dolgeville Rod & Gun Club, Stone Jug, Arthurs, Dibbles, Dopp's, Ice House, RD's Gorge View Lanes, and Ridgerunners...must be back to Ridgerunners by 6pm

Must be a member, Stud Poker rules apply. Just like last year there will be 10 extra drawings for \$50 each - MUST BE PRESENT TO WIN. Official rules and tickets available at Salisbury Ridgerunners Clubhouse

**For more information call 315-429-9628 or go to our website**  
**www.salisburyridgerunners.com**

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

*Serving the Homes of the Mohawk Valley*

Published weekly on Saturday by Lee Publications  
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Web site: www.vpennysaver.com  
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**DOES YOUR APPLIANCE NEED REPAIR?** Need prompt service that's affordable? Call KOVAL's Major Appliance Repair. (315)867-9333

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

**13 MONTH PHOTO CALENDAR** only \$12.00. Call Beth at Lee Publications 518-673-0101 email bsnyder@leepub.com

**FOR SALE:** '02 Mazda Tribute 4x4, 97K \$3,700 OBO. 518-844-3711

**WE ARE WISHING YOU ALL A BLESSED CHRISTMAS AND A HAPPY NEW YEAR!** Thanks for your continued support and friendships! From all the staff at Fort Plain True Value!

Paying CASH for your Grandparent's OLD STUFF. Someone will appreciate. SHOWCASE Antiques 315-823-1177

**NEW ANTIQUE CENTER NOW OPEN AT JR'S AUCTION, 7403 ST HWY 5 ST JOHNSVILLE NY 518-994-5886 VENDORS WITH ANTIQUES, COLLECTURE, FURNITURE, NEW CRAFTS, AND MUCH MORE!! STOP AND BROWSE AROUND!! HOURS ARE MONDAYS TUESDAYS WENESDAYS, AND FRIDAYS FROM 10:00AM TP 5:00PM AND SATURDAYS FROM 10:00AM TO 3:00PM CLOSED THURSDAY AND SUNDAYS!!**

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

**"IN STORE SPECIALS** for the Holidays, at The Sportsman's Den and D&D's Pet Supplies, 36 Canal St, Ft Plain, NY, 518-993-1010. **GIFT CARDS** always available. Merry Christmas from our family to yours!

**ANTIQUES WANTED!** Advertising items: Tin and iron toys, WWII military items, old advertising papers, antique furniture, picture frames, pottery, post cards, jewelry. Call 315-717-7295

**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 giacomio.dennis@gmail.com or call 518-312-3800 and leave a message.

**BEAUTIFUL SOLID MAHOGANY EMPIRE** period butler's desk. Perfect condition. Must See. Great Price. The Gallery, 2 West Main Street, St. Johnsville, NY 13452. 518-568-5121.

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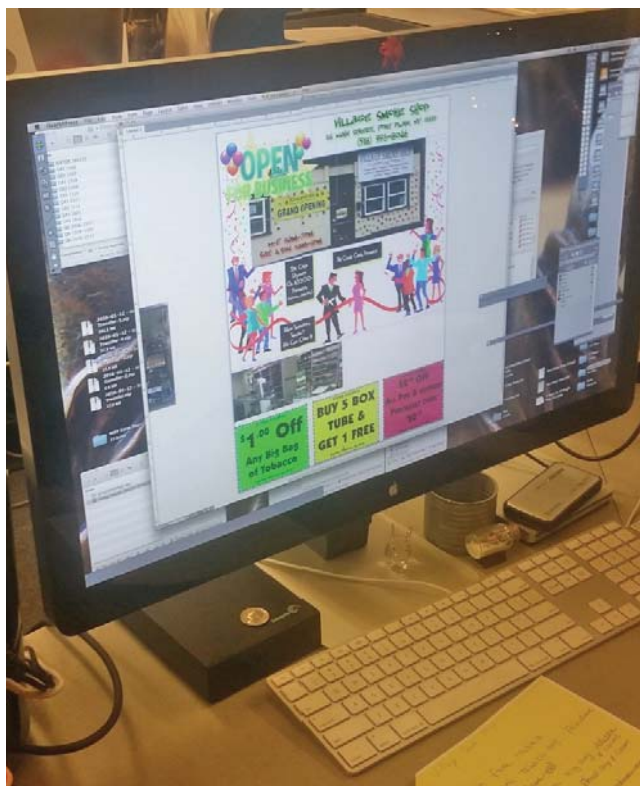
## Lee Newspapers makes an investment in the future of printing



A Kodak Trendsetter News computer to plate imagestter was installed in August 2015.



Two new full color press units from Web Press.



Fourteen new Macintosh workstations were added for ad design, editorial and pagination.

Starting in late 2014, Lee Newspapers began the process of upgrading their printing capabilities.

Lee produces an average of 87,000 publications each week and uses about 40,000 pounds of newsprint. Over 95 percent of our printing is our own publications. Our goal is to upgrade the appearance of our publications and to also serve the commercial printing needs of publishers and customers in our surrounding area. To do this we needed to bring in some newer and faster equipment.

Pre-press was tackled first with a myriad of upgrades to software and computer systems. The latest versions of the Adobe Creative Cloud are used for ad creation, pagination and editorial layout. Computers were upgraded from at least four generations past to current, very fast Apple computers.

The upgrades in software and computers were followed by a large investment in moving to computer to plate technology. We purchased a Kodak Trendsetter News CTP machine in August of last year. This was a big step in increasing the quality

Lee Newspapers 17

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**All Are Invited**



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# The Old Milk Stool's Story

I am an old wooden milk stool. For many ears I hung in a stable full of cows. At milking time I was set beside the cow to be milked. I supported milkmaids, young boys, their mothers and burly farmers too. But boy those cows! Some kicked me, the pail of milk and the milker. Others placidly chewed their cud and enjoyed being milked. I have seen many kinds and colors of cows and milkers too.

It is time that I describe myself. I'm made of a nice piece of thick wooden plank nine and a half inches by eight and a quarter inches. My maker used a brace and bit to

bore three holes into me. Into these holes stiff wooden legs nine inches long were fit. Oh! I forgot being pretty special. I have a four and a half inch long wooden handle that was carved from my plank seat. That is what made me so easy to pick up and carry.

I do not know who actually made me but I'm sure it was someone who was a reasonably good wood-worker who wanted a handy milk stool which would last a long, long time. I was found in a place called Stone Arabia in New York's Mohawk Valley. Such things as me seldom travel far so I was probably made here as

well. I could have been a good winter project by a warm stove using the few tools common on the farm.

Now I'm going to tell you how I came to be added to a Stone Arabia man's collection of treasures from years ago. One day a sign at the old Stone Arabia Lutheran Church appeared advertising a bake sale and rummage sale. This guy stopped for some baked goods. Guess his surprise when he found the church ladies and tables full of all sorts of items but no customers.

The question was "where are all of the baked goods?" The answer was "the sale isn't

until next week." By then the prospective purchaser had picked me up to look over. Naturally being the great item I am, he wanted me. "What would you take for the too highly re-finished milk stool?" An offer was asked for but not forthcoming. Even this old stool knew that five dollars was the considered offer. However, Mrs. Kling said "how about two dollars?" So two dollars was given and I had a new owner. There is a rumor that when my new owner came back the next week, he forked over the other three dollars without being asked for it.

Now I'm stored with a prized collection. I look forward to meeting two other old milk stools in the collection. One is a stool that came from the old Nellis farm my owner came to sixty-eight years ago. It is a very plain but useful milk stool. That is if you need a milk stool which the writer of this story does not. The other one has special features. It came from an old Garlock farm where the writer worked as a boy near Marshville, NY.

This must be the end of the old milk stool's story except a desire to be treasured by someone in years to come.

Written by the old milk stool with help from Skip Barshied, Stone Arabia, NY

December 8, 2015



## Now Here's a Tip

by JoAnn Derson

Although it has been a mild winter so far, I am still having issues with cracked skin around my fingers. I have found a treatment that works to ease the discomfort. At night, I slather petroleum jelly on the cracks, then follow up with a pair of cotton gloves. I leave these on while I am watching television and puttering around the house. I find them uncomfortable to sleep in, but you could try that instead. I cover the worst cracks with a bandage. They are noticeably better the next day.

If your comforter or duvet cover is a solid or neutral or understated pattern, choose a throw that has a

bold pattern or print. If your comforter or duvet features a bold pattern, choose a throw in a solid rich texture (think faux fur or velvet) or in a color that complements the pattern.

"Save yourself the money spent purchasing plastic water bottles and instead get a couple durable BPA-free plastic or glass bottles. Even if you spend \$30 on the reusables, they will pay for themselves in a month or two, and you'll be putting less waste in the landfills." — E.L. in North Carolina

"If I bake something for dinner, I usually throw a couple rolls or a few slices of bread in the oven after it's turned off. While I put the din-

ner on the table, it's getting warm. So yummy — just don't forget it's in there!" — C.W. in Arizona

Online shopping tip: You probably already check multiple sites to get the best price, but did you know that experts say prices sometimes change based on your browser, your search history or your device? Try double-checking that low price on a different device (Mac, say, if you searched on a PC, or vice versa), or delete your "cookies" and search again, just to be sure. Some studies suggest that hotel prices can be lower if you are "logged in" as a site member.

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**SPECIAL NEW YEAR ANTIQUE AUCTION JANUARY 2ND 10:00AM** at JR'S Auction 7403 St Rt 5 St Johnsville, 518-993-4668, We are looking for good quality Antiques, Collectables, Vintage, Primitives, Antique Pulleys, Antique Tools, Antique Marbles, Antique Toys, Vintage Post Cards, Early Advertising Paper, Furniture, all items must be good condition!! This is a **SPECIAL AUCTION!!**

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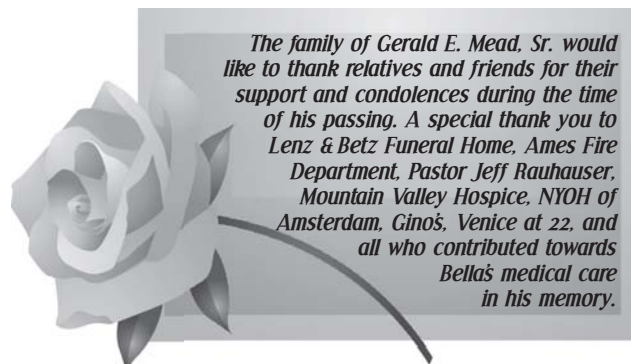
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*The family of Gerald E. Mead, Sr. would like to thank relatives and friends for their support and condolences during the time of his passing. A special thank you to Lenz & Betz Funeral Home, Ames Fire Department, Pastor Jeff Rauhauser, Mountain Valley Hospice, NYOH of Amsterdam, Gino's, Venice at 22, and all who contributed towards Bella's medical care in his memory.*

**OESJ Central School District**

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John Walsh - 30th  
Mario Pietromonaco - 30th  
David Smith - 31st  
Raymond Kiefl - 31st  
Nichole Nicholes - 31st  
Angie Marcellino - 31st

• **FEBRUARY** •  
Tammy Weaver - 1st  
Kare Gustafson - 2nd  
Joy Haggart - 2nd  
Susan Parker - 2nd  
Kathy Fatta - 2nd  
Alexis Fisher - 2nd  
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# Palatine Seeks Letter of Interest

The town board is currently seeking letters of interest for the following voluntary positions:

## Four (4) Planning Board Members

Current residency within the town is required.

Letters of interest should be mailed or delivered to Linda E. Logan, Town Clerk by February 15, 2016.

**Mailing address is:**  
**Town of Palatine Town Clerk**  
**PO Box 40, 141 West Grand Street**  
**Palatine Bridge, NY 13428**

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## Good Housekeeping

### Chicken Parmigiano Mini Meatloaves

1 pound ground chicken  
 1 large egg  
 1/4 cup plain dried bread crumbs  
 1/4 cup freshly grated Parmesan cheese  
 1/4 teaspoon salt  
 1/2 cup marinara sauce  
 1/2 cup shredded mozzarella cheese

1. Heat broiler. Line broiling pan (without rack) with foil. Spray foil with nonstick cooking spray.
2. In bowl, mix chicken, egg, breadcrumbs, Parmesan, salt and 1/4 cup marinara sauce just until blended. In foil-lined pan, shape meat mixture into four 4-by-2-inch oval loaves.
3. Place pan in broiler 5 to 6 inches from source of heat and broil meatloaves 15 minutes or until no longer pink inside. Spoon remaining 1/4 cup sauce over loaves; sprinkle with mozzarella. Broil 1 to 2 minutes longer or until cheese melts. Makes 4 main-dish servings.

• Each serving: About 310 calories, 27g protein, 9g carbohydrate, 18g total fat (4g saturated), 1g fiber, 65mg cholesterol, 615mg sodium.

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

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# 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)



**SNOOPY** - Brown and white male hound mix, 8+ years old. Found on Enoch St., Nelliston on December 30, 2015.



**CLARICE** - 2 - 4 year old female Shepherd/Hound mix. Found on Rte. 5S near Twister Valley in December 2015. Loves people of all ages and is good with cats.



**SHELLI** - 1 - 2 year old female Lab mix. Found on Flannigan Road, Canajoharie on October 1, 2015. Friendly and playful. Good with dogs, not cats. Fine with older kids.



**GUNNER** - 9 year old male Beagle. Knows "sit". Fine with older kids.



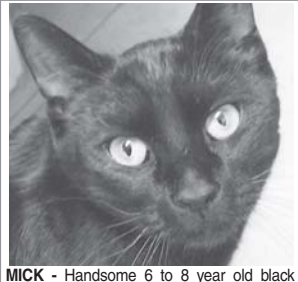
**FAY** - 1 - 2 year old female Boxer mix. Found in Rockwood State Forest in August 2015. Good with some dogs but not cats. Older kids only.



**GAVIN** - White and black male American Bulldog. Found in a culvert on N. Bush Road, Johnstown. Good with some dogs, not cats. Fine with kids.



**CARMEN** - Beautifully colored female Tortie born in February 2010. Came to the shelter in September 2015.



**MICK** - Handsome 6 to 8 year old black male. Found on Lynk St., Sprakers on January 7, 2015. Great personality. Not good with dogs. Official "greeter" in cat room.



**PERSIA** - Large and lovely longhaired black female, 8+ years old. Came to the shelter on December 9, 2015.



**DAWN** - 1 - 2 year old female Tortie. Found on Center St., Palatine Bridge on December 19, 2015. Very sweet and friendly.



**EMMY** - Lovely 2 year old female mackerel tabby. Found by a hay barn on Logtown Road on January 13, 2016.



**SCREECH** - 2 1/2 - 3 year old orange and white male. Came to the shelter on December 27, 2016.



**OLIVER** - Large 2 year old black male with a wonderful round face. Came to the shelter in December 2015.



**PIXIE** - Pretty 6 1/2 year old female Tortie. Came to the shelter because her family could no longer care for her.



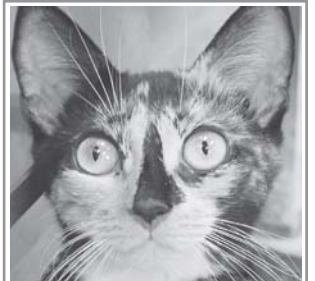
**ARIZONA** - Darling 2 year old female Tortie. Found in a yard on August 13, 2015.



**BINX** - 3 - 4 year old longhaired black male. Found in Palatine Bridge on November 29, 2015. Friendly and lovable.



**OZ** - Friendly and loving 1 year old gray female with beautiful soft silky hair.



**POLLY** - 1 - 2 year old female Tortie. Gorgeous with a lovely personality.

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**at Dome 49, Hancock Street, Fort Plain**

Raffles, 50/50, Door Prizes

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# Exercise tips for beginners

The right combination of diet and exercise is one of the keys to a long and healthy life. While many people find adapting to a healthier diet challenging, that challenge often pales in comparison to the intimidation felt when working out for the first time in years.

Exercising after an extended period of inactivity may intimidate people who choose to workout at gyms, where fellow gym members may appear to be in tip-top shape. Overcoming that intimidation factor can be as simple as working out with a friend or working with a personal trainer, each of whom can offer the support and guidance beginners need when acclimating themselves to more active lifestyles. In addition to the buddy system, beginners can employ the following strategies to make their return to exercise go as smoothly as possible.

- Stretch after working out. Stretching can improve flexibility, and that may decrease your risk of future injury. In addition, improved flexibility may improve your exercise performance by improving your range of motion and helping your muscles work more effectively. Muscles contract during a workout, and stretching after workouts can help reset those muscles to their natural position. Include both static stretching and foam rolling in your post-workout stretching routine.
- Find a routine that works for you. Many men and women feel they must sign up for a gym membership upon resolving to adopt a more active

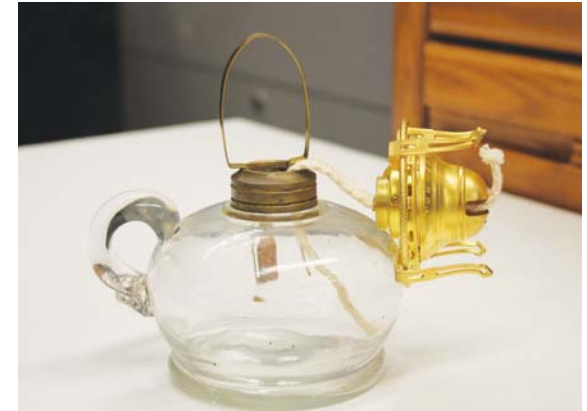
**Exercise tips 17**



*Returning to exercise after an extended period of inactivity can be quite the challenge, but it's nothing motivated men and women cannot overcome.*

# Whatchamacallits

Our Whatchamacallit for this week was invented by Charles E. Van Cleef from Ithaca, NY. It's patent number is 540,007 and was issued May 28, 1885. Imagine trying to refill an oil lamp with a wet wick without the Van Cleef Lamp Filling Attachment. You'd have a big mess on your hands and table. According to his patent application, Mr. Van Cleef's desire was to invent a device for facilitating the filling of lamps, comprising a bracket having lateral shoulders, a foot or shoulder upon one of said



arms, a rod connecting said foot with the apex of the bracket, and a float adapted to travel thereon. The device was pinched and slipped into the base (bowl) of the lamp and positioned in such a way as to clamp the wick to the side of the bowl so it holds the burner in position while the bowl is being filled. The cork float would rise as the oil was re-filled and when it reached the apex, you knew you had enough oil in the lamp. This would have been especially helpful in a base that was not clear glass.



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



# Be smart about antibiotic use

When used correctly, antibiotics and similar drugs known as antimicrobial agents can alleviate infections caused by various bacteria and

some types of fungi and parasites. The Centers for Disease Control and Prevention says that these drugs have been used successfully for the last

70 years to treat patients with infectious diseases.

But antibiotics cannot treat illnesses stemming from viruses, which include most



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colds and the flu.

As effective as antibiotics can be, antibiotic resistance is a growing problem. The CDC reports that at least two million people become infected with bacteria that have become resistant to antibiotics, and roughly 23,000 people die each year as a result of these types of infections. An April 2014 report from the World Health Organization stated, "This serious threat is no longer a prediction for the future, it is happening right now in every region of the world and has the potential to affect anyone, of any age, in any country. It is now a major threat to public health."

The Alliance for the Prudent Use of Antibiotics says antibiotic resistance occurs when an antibiotic has lost its ability to effectively control or kill bacterial growth. The three main ways resistance develops include natural resistance to certain types of antibiotics, genetic mutation or through the acquisition of resistance from another bacterium. This resistance can occur spontaneously or through misuse of antibiotics or antimicrobials. Prescription medications are not always the culprits, either. Antibiotic use in livestock and food production also may contribute to resistance.

When antibiotic resistance occurs, a stronger drug may be needed to treat an infection that was once taken care of by a milder medication.

Prudent antibiotic use can help prevent the recurrence of resistance. Individuals can help the process in a number of

ways.

- Become educated. The health resource Medscape, powered by WebMD, says in a recent survey of 796 clinicians, 42 percent of doctors have admitted to prescribing antibiotics 10 to 24 percent of the time even when they are not sure they are necessary. Patient request is a large factor in such offerings. About 25 percent of patients ask their doctor or nurse for antibiotics. Patients who educate themselves about the proper application of antibiotics may be less likely to request them, and that can help prevent the development of a resistance.

- Confirm need. Only take antibiotics when a bacteria-, parasite- or fungus-based illness is identified. These illnesses may include strep throat, urinary tract infections or ear infections.

- Take a wait-and-see approach. Wait for lab results to come back for strep throat or other cultures to see if you need an antibiotic. Many viral-based illnesses will go away within two weeks' time.

- Adhere to dosage guidelines. When prescribed antibiotics for an infection, take them as directed, making sure you complete the dosage cycle. Do not stop simply because you feel better. Stopping early may not be enough to effectively kill the bacteria and may contribute to resistance in the future.

Antibiotic abuse and resistance are concerns that can be addressed by becoming informed and making smart medication choices.



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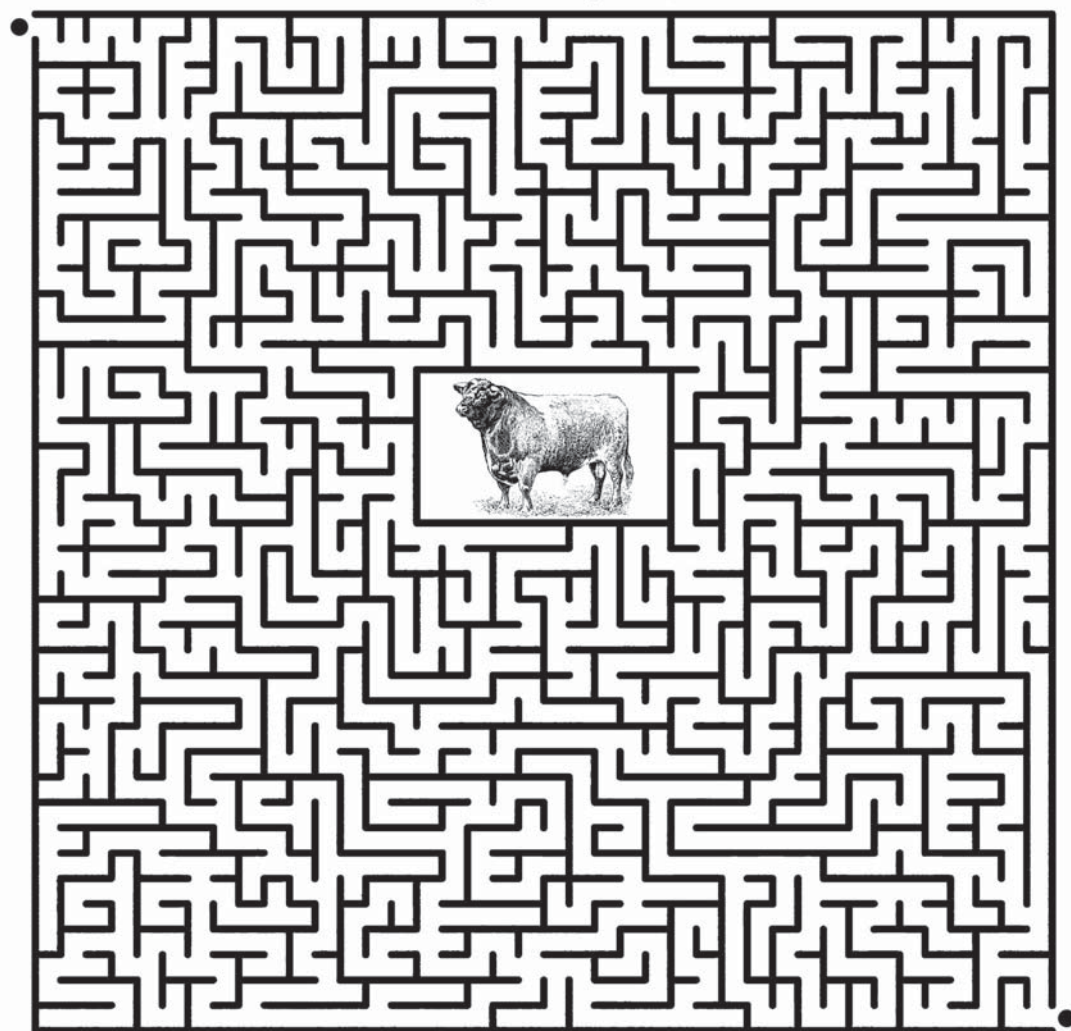
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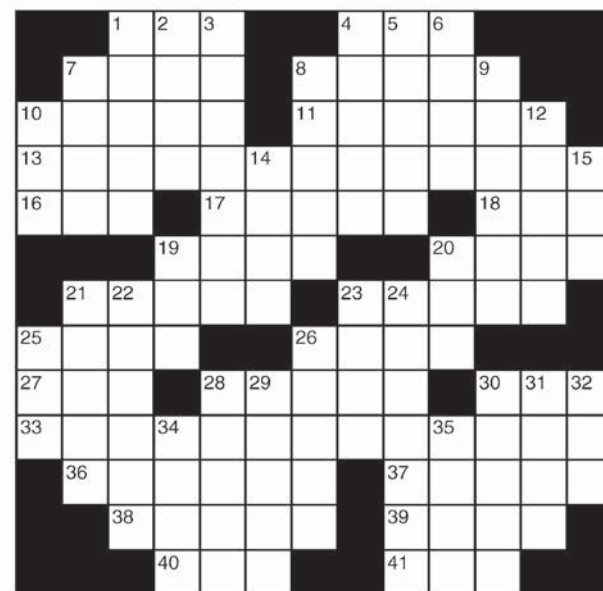


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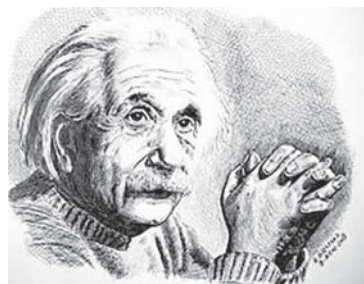
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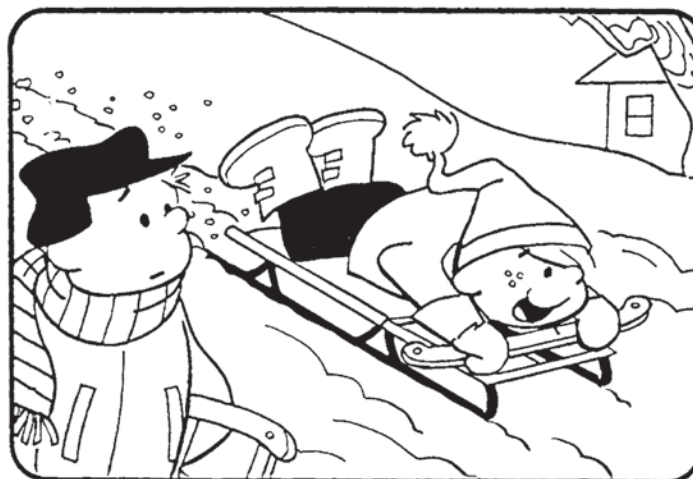
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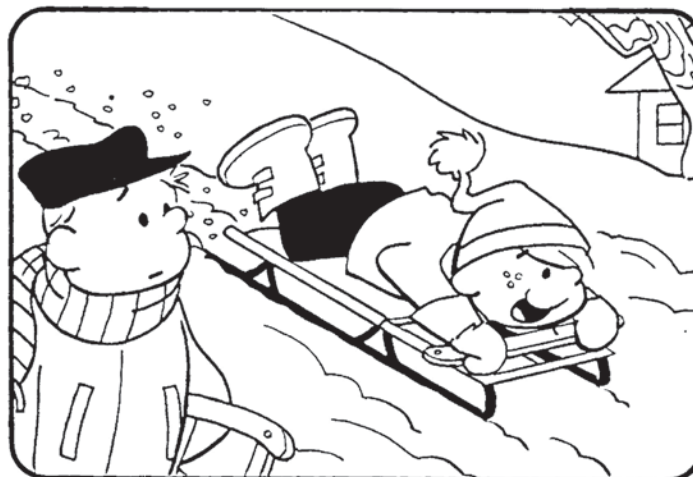
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

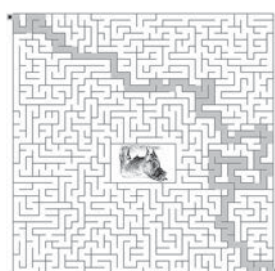
**DIFFICULTY THIS WEEK: ★★ ★**

★ Moderate   ★★ Challenging  
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**by Dr. Leonard Perry, Horticulture Professor, University of Vermont**

Many gardeners, and even non-gardeners, enjoy feeding and watching birds, particularly during the winter. You can buy the best quality bird seeds but, if they're not served to birds in the type feeders they prefer, the number of species you attract and help will be limited. There are an almost overwhelming number of bird feeders to choose from, but they basically can be divided into six types: platform, hopper, tube, window, suet, and skewer feeders.

The platforms or tray feeders are just that—usually about one foot square, with a wire mesh bottom (so rain will drain through). Platform feeders can be hung, put just off the ground on supports or attached feet, or mounted on a pole. Since we have cats (one of the main bird predators) in our neighborhood, ours is mounted on a pole about six feet off the ground. You can make your own pole from pipe and a fitting you screw onto the bottom of the platform feeder, or buy bird mounting posts just for this.

Just as with other feeders, you can hang platform ones from a tree branch or a self-standing post as used for hanging baskets. The former has the disadvantage of being easily accessed by squirrels and predators. The posts can be found at most hardware, farm, and home center stores. There are posts that easily attach to deck rails, too from which to hang feeders (or hanging pots in summer).

Platform feeders attract a wide variety of birds, from small sparrows to large blue jays. They are preferred by ground feeders such as pigeons, mourning doves, and cardinals.

The hopper or "house" feeders are perhaps the most common feeder, consisting of a large holding area for seeds, usually surrounded with heavy plastic. Looking down on them, they can be round or square, or in various shapes and designs such as houses, barns and churches. Some are quite colorful. Some have

spring perches that will close the feeding area with the weight of a squirrel. Hopper feeders tend to not keep seeds as dry as a tube feeder, and are quite prone to feeding from squirrels. They attract many birds, including grosbeaks and cardinals.

The tube feeders also are fairly common, and come in various configurations. You can get them with two to six or more feeding ports, and holding one to several quarts of seeds. Openings in the plastic tubes are larger for either mixed and sunflower seeds, or smaller slits for niger seeds (often called thistle, although it is not the thistle that grows in gardens and along roadsides) for small birds such as goldfinches and chickadees. Some tube feeders have ports with two size openings—large and slits—that rotate, depending on the type birds you want to attract.

Depending on the type and size of the perches at the feeding ports of tube feeders, you may get only small birds such as sparrows and finches, or larger birds such as bluejays and grackles too. Some tube feeders have perches above the feeding ports for those birds such as goldfinches and nuthatches that can feed upside down.

The wire mesh tube feeders come in two mesh sizes—smaller for fine seeds such as niger and larger mesh for sunflower seeds and shelled peanuts. The former can be found as a cloth "sock" filled with the small seeds that the birds extract. The latter, particularly if filled with peanuts, is attractive to many birds including larger ones, such as woodpeckers.

Tube feeders keep seeds fairly dry compared to other feeders. Of course seeds in mesh feeders get wet, but they dry more quickly too. They still should be cleaned just as with hopper feeders, perhaps as often as every couple of weeks (of course seeds in mesh feeders get wet, but they dry more quickly too). Look for ones easily cleaned, as seeds can accumulate in the bottom and mold which, in turn, can make your birds sick. You can get a long-han-

## Bird feeders

dled bristle brush for cleaning these tube feeders, or get one with ports or base that are easily removed for cleaning. Also look for ones with the base near the bottom-most feeding port so few seeds accumulate at the base.

Tube feeders are less prone to squirrel feeding but, if you have squirrels around, buy a feeder of heavy plastic with metal feeding ports, metal base and tops, that they can't chew through. Some are squirrel resistant (no feeders really seem to be totally squirrel proof), either surrounded with cages to only allow small birds in, with perches that spin squirrels off, feeding ports that shut when they get on the feeder, or numerous other devices. If feeders are mounted on a post, you can buy cone-shaped or wide-spreading baffles to deter them.

You can buy squirrel decoy feeders too, in order to attract them away from your bird feeders (at least in theory). Many have fun watching squirrels on these, as they may be a trapeze that swings with their weight, a reclining chair they sit on while eating a corn cob, or other amusing creation.

Window feeders are just that, attached to the outside of windows by means of suction cups. They are heavy clear plastic and have a roof and overhang to help keep seeds drier, unless it is a platform type attached to a window frame. Window feeders are smaller than the other feeders, and good if you want to observe birds closely or don't have room for larger feeders. Since they are small, you'll need to fill them often which is good since seeds need to be changed frequently to prevent spoiling.

Suet feeders are generally plastic-coated wire, in a flattened rectangle or square shape, to hold the suet blocks or cakes you can buy for birds. These contain various mixtures of seeds and berries in addition to the rendered fat that provides birds with energy. Cheaper ones just have berry flavoring, so read the ingredients carefully. You even

can find suet in various shapes such as bells and figures, coated decoratively with seeds. Suet is attractive to woodpeckers, nuthatches, and other insect-eating birds.

You can buy chunks of suet in the meat area of grocers and put this out for birds, but it may be carried off by squirrels if it isn't contained. Hanging this in a mesh bag may not be a good idea, as bird feet may get caught in the mesh, trapping them. Hang suet feeders at least five feet off the ground. Placing them on a wooden post or tree trunk will attract more birds, such as woodpeckers, that like to cling to these surfaces while dining.

Only use suet feeding during the winter, as the fat will go rancid in warmer weather. You can make your own suet substitute with peanut butter for summer (you may use peanut butter year round). Mix one part of peanut butter with five parts of corn meal, then stuff into holes made in a hanging log (I've made holes about an inch deep and wide in a one to two foot birch log), or stuffed into a large pine cone.

There is a sixth type of feeder—ones with skewers. The smaller ones hold orange halves, which are mostly attractive to orioles and tanagers. Another type with skewers (which you can make yourself from nails in posts) holds whole, or sections, of dried corn on cobs. This is particularly attractive to squirrels and large birds such as blue jays.

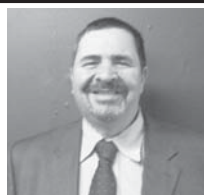
If you have room and the budget, try more than one type of feeder to appeal to different birds. I find that many birds love a tall shrub with many open branches (such as lilac) or small tree (such as shadbush) near the feeder to operate from while feeding.

If all this sounds good, but you aren't really sure what birds you have, you might invest in a good bird field guide. Websites can also be great resources, such as the Audubon Society (<<http://www.audubon.org>) or the Cornell Lab of Ornithology (<<http://www.birds.cornell.edu>)



# TAX TIME 2016

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## Get to know your Taxpayer Bill of Rights

Every taxpayer has a set of fundamental rights. The "Taxpayer Bill of Rights" takes the many existing rights in the tax code and groups them into 10 categories. You should be aware of these rights when you interact with the IRS.

Publication 1, Your Rights as a Taxpayer, highlights a list of your rights and the agency's obligations to protect them. Here is a summary of the Taxpayer Bill of Rights:

1. The Right to Be Informed.

Taxpayers have the right to know what is required to comply with the tax laws. They are entitled to clear explanations of the laws and IRS procedures in all tax forms, instructions, publications, notices and correspondence. They have the right to know about IRS decisions affecting their accounts and clear explanations of the outcomes.

2. The Right to Quality Service.

Taxpayers have the right to receive prompt, courteous and professional assistance in their dealings with the IRS and the freedom to speak to a supervisor about inadequate service. Communications from the IRS should be clear and easy to understand.

3. The Right to Pay No More than the Correct Amount of Tax.

Taxpayers have the right to pay only the amount of tax legally due, including interest and penalties. They should also expect the IRS to apply all tax payments properly.

4. The Right to Challenge the IRS's Position and Be Heard.

Taxpayers have the

right to object to formal IRS actions or proposed actions and provide justification with additional documentation. They should expect that the IRS would consider their timely objections and documentation promptly and fairly. If the IRS does not agree with their position, they should expect a response.

5. The Right to Appeal an IRS Decision in an Independent Forum.

Taxpayers are entitled to a fair and impartial administrative appeal of most IRS decisions, including certain penalties. Taxpayers have the right to receive a written response regarding a decision from the Office of Appeals. Taxpayers generally have the right to take their cases to court.

6. The Right to Finality.

Taxpayers have the right to know the maximum amount of time they have to challenge an IRS position and the maximum amount of time the IRS has to audit a particular tax year or collect a tax debt. Taxpayers have the right to know when the IRS concludes an audit.

7. The Right to Privacy.

Taxpayers have the right to expect that any IRS inquiry, examination or enforcement action will comply with the law and be no more intrusive than necessary. They should expect such proceedings to respect all due process rights, including search and seizure protections. The IRS will provide, where applicable, a collection due process hearing.

8. The Right to Confidentiality.

Taxpayers have the right to expect that their tax information will re-

main confidential. The IRS will not disclose information unless authorized by the taxpayer or by law. Taxpayers should expect the IRS to take appropriate action against employees, return preparers and others who wrongfully use or disclose their return information.

9. The Right to Retain Representation.

Taxpayers have the right to retain an authorized representative of their choice to represent them in their dealings with the IRS. Taxpayers have the right to seek assistance from a Low Income Taxpayer Clinic if they cannot afford representation.

10. The Right to a Fair and Just Tax System.

Taxpayers have the right to expect fairness from the tax system. This includes considering all facts and circumstances that might affect their underlying liabilities, ability to pay or ability to provide information timely. Taxpayers have the right to receive assistance from the Taxpayer Advocate Service if they are experiencing financial difficulty or if the IRS has not resolved their tax issues properly and timely through its normal channels.

In an effort to expand awareness, the IRS has made Publication 1 available in English, Chinese, Korean, Russian, Spanish and Vietnamese.

The IRS will include Publication 1 when sending a notice to taxpayers on a range of issues, such as an audit or collection matter. All IRS facilities will publicly display the rights for taxpayers and employees to see.

**Source: IRS.gov**



# Antiques & auctions...

## Going, going...yours!

### Drug use during pregnancy

Congratulations on your pregnancy. Now is a really good time to make a change to give your baby a good start in life.

We know enough to be sure that illegal drugs in pregnancy must always be considered unsafe, even in small amounts. If a parent has a drug problem, it affects their child at every stage, from pregnancy onwards.

Almost all drugs pass through the placenta to reach your baby.

- Early in pregnancy, some drugs may affect your baby's development. Your baby may not grow

as well as expected in your uterus (womb);

- Drugs in your body may reduce the amount of oxygen that can reach your baby;

- Taking illegal drugs may cause problems later on in your pregnancy, too, as they can affect how well the placenta works. There is a risk that the placenta may come away from the side of your uterus, sometimes causing severe bleeding. This is called placental abruption. Placental abruption is a serious condition and, because of the bleeding it causes, it

can be life threatening for you and your baby; and

- Your baby may have withdrawal symptoms if you regularly take certain drugs during your pregnancy.

If you are taking illegal drugs it is really important to talk to your midwife or doctor. They need to know you are taking drugs, so that they can give you the right care and support during your pregnancy.

Your midwife or doctor won't judge you for taking drugs. Telling them about the drugs shows how much you care about your

baby. So the more they know, the more they can help you and your baby gets the right treatment.

Pregnancy is an exciting time, but it also can be stressful. Knowing that you are doing all that you can to get ready for pregnancy, staying healthy during pregnancy and giving your baby a healthy start in life will help you to have peace of mind.

For more information on a healthy pregnancy, please visit St. Mary's Addictions Clinic, 76 Guy Park Ave., Amsterdam NY 12010 or call 518-843-4410 or St. Mary's Pregnancy Care Center, 380 Guy Park Ave., Amsterdam, NY 12010 or call 518-841-7424.

### Exercise tips from 11

lifestyle. While gyms afford you the opportunity to strength train and get in your cardiovascular exercise, they're not for everyone. The best approach and the one that's likely to be most successful over the long haul is to find an exercise routine that engages you and that you find enjoyable. If the gym is not for you, try to find a routine that still includes both strength training and cardiovascular exercise. Strength training can make your body more

endurable, and cardiovascular exercise can reduce your risk for various health problems, including heart disease.

- Track your progress. One way to stay motivated is to keep track of your progress. If you're working out but not monitoring your results, you may not feel like you're getting anywhere. Keep a workout diary, tracking both your successes and failures, so you can see what's working and what's not. The

longer you stay committed to your workout routine, the greater the likelihood that you will be tracking more successes than failures, and those successes can provide the motivation to keep you going on those inevitable days when you want to skip workouts.

Returning to exercise after an extended period of inactivity can be quite the challenge, but it's nothing motivated men and women cannot overcome.

### Lee Newspapers from 5

of our end product as well as eliminating the chemical development process. Now, once the layout department finishes a page, it is sent directly to the computer to plate (CTP) device. The CTP takes the image and uses lasers to print the image on the printing plate. The plates are recyclable aluminum with a coating on them that the laser removes to produce the image. From the CTP machine, plates go directly to the printing press. Our prior system took three different steps to produce the same plate. That process also used a chemical process for developing the film, which in turn caused an environmental risk.

Our final (for now) upgrade was to our printing press itself. Customers are demanding more color and high quality printing. Our search for the right equipment started about a year ago. We nar-

rowed our search down to two manufacturers and then took the time to visit printing plants that were using them. Mr. Lee, president, Bruce Button, vice president and Harry Delong, shop foreman, visited several operations and were able to talk to the pressmen at each place to find out what they liked or disliked about their presses. We visited printing plants in Western New York, Northern Virginia and Northern California before deciding to go with two Quad Stack units from Web Press Corporation, based in Kent, WA.

These press units were installed the first week of January. Harry Delong and our press crew worked with their installers to get them installed and ready to print over one weekend so as to not affect our tight publication schedules. Where we had the ability to print

eight pages of full color in a 32-page section, we can now print 24 pages of full color in a 32-page section. This gives us greater flexibility in ad placement as well as enhanced editorial options.

This increased color capacity now enables us to solicit commercial print jobs that we were not capable of doing in the past. It also allows us to print larger full color sections for our existing publications that will reduce the number of press runs and also make it easier to process them after they are printed.

Lee Newspapers, Inc. publishes 14 different titles of trade and consumer publications and also produces five trade shows every year. Our offices also provide a wide range of printed products from business cards to catalogs to posters and banners. All of our contact information can be

found at [www.leepub.com](http://www.leepub.com) or call 1-800-218-5586 to talk to a sale representative.



## KING'S

Sat., January 30th - Consignment Auction ~ 6:33pm

Thurs., February 4th Food Auction ~ 6:33pm

Sat., February 6th Consignment Auction ~ 6:33pm

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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, Feb. 1st - Normal Monday Sale & Monthly Fat Cow & Feeder Sale.

Monday, Feb. 8th - Normal Monday Sale & Monthly Heifer Sale.

Sales to watch for:

Sat., March 26, 2016 - 11:30 AM Spring Premier All-Breed Sale (note date change)-accepting consignments anytime.

Fri., April 1st - Alfred State Spring Fling - All breeds - Alfred, NY. Call for more information.

Sat., May 7, 2016 - Reserved for a Registered Brown Swiss Dairy - Retirement Sale.

Sat., Oct. 29, 2016 - 11:30AM Fall Premier All-Breed Sale.

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

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

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**And we will also be selling our regular Consignments and Furniture as well!!**

---

**Guns, Ammunition, Sporting & Tool Auction**

**Wednesday, January 27th 6:00pm**

Guns, Rifles, Ammunition, Sporting Goods, Brand New Tools, Power Tools, and lots of other items that will still be coming in!!

Already Consigned, Winchester Model 894 32 Special, 1-Winchester Model 1892 38-40 W  
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Ring with Custom Leather, 1-8MM Mauser Double Set Trigger Custom Gun Engraved, 1-Belg  
Gauge, and more still coming **BRING YOUR GOOD GUNS TO SELL!! 518-993-4668**

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**Food and Grocery Auction!!**

**Wednesday, February 3rd 6:00pm**

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Towels, Toilet Paper and much more!! We have found another supplier from Syracuse with lots of

---

**Small Animal and Tool/Tack Auction!!**

**Saturday, February 6th 10:00am**

**Sheep, Goats, Chickens, Ducks, Rabbits, Hens, Roosters, Pigs and more!!**



## Dining, entertainment & celebrations...

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## It's Time For Time The Hungry Bear Cafe



Will no longer be serving dinners on Friday night after Friday, Jan 29th. We appreciate all of our Friday night customers, but after working six years as a waitress for 14 hours a day on Fridays and now as the owner going on nine years working 16 hours on Fridays, I have decided I need time for family. I hope you understand. We will still serve our haddock dinners from 11am to 2pm on Fridays and our full menu.

Thank You,  
Rose & Scott Hongo

**HOURS:** Tues-Fri 6am-2pm; Breakfast - Lunch  
 Sat & Sun 7-11:30am Breakfast Only

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### Thursday, Jan. 28<sup>th</sup>

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

### Friday, Jan. 29<sup>th</sup>

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

### Saturday, Jan. 30<sup>th</sup>

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

### Sunday, Jan. 31<sup>st</sup>

- ◆ Meat Lovers Wrap w/Home Fries
- Breakfast Only Closed at 12:30pm

### Monday, Feb. 1<sup>st</sup>

- ◆ ALL YOU CAN EAT PANCAKES 3-7 PM
- ◆ Ham Steak Dinner
- ◆ Mexican Club w/FF

### Tuesday, Feb. 2<sup>nd</sup>

- ◆ Spanish Rice w/Veg
- ◆ Chicken Cordon Bleu Sandwich w/FF

### Wednesday, Feb. 3<sup>rd</sup>

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

### Thursday, Feb. 4<sup>th</sup>

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

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Sun. 7 AM-12:30 PM

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10 Wings, 2 Liter Soda **\$23.95**

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(204) 3 - 4 BR Palatine home has a custom Kitchen with ceramic tile floor. Natural woodwork. Hardwood floors under carpet. Finished garage. Pool. Motivated Sellers! **NOW \$129,000**

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## Real estate...

## New beginnings

## Calendar of events

### ORIGINAL VALLEY PENNYSAVER

**NOTE: Calendar entries must arrive at the Original Valley Pennysaver office by Wednesday, January 27th for them to be included in the calendar of events for our Saturday, February 6th issue. Send events to Lee Publications c/o The Original Valley Pennysaver, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or e-mail: [kkelly@leepub.com](mailto:kkelly@leepub.com)**

### JAN 1 - 31

#### Arkell Center Events for January

Arkell Center Programs for ALL AREA Seniors during January are as follows:

**Monday-Friday:** 11:45 am. The OFA Meals of Montgomery Program

serves hot meals, suggested \$3 donation for 60 and older. Call 673-2000 for reservations.

**Monday-Friday:** 9 am - Noon. Arkell Center's Indoor Walking Program will be open to the local Senior Citizens. Please join us through the winter months.

**Tuesdays:** 10 am - 11 am. Our 6th Tai Chi Workshop with Earl O'Bryn. This 6 week workshop is sponsored by St. Mary's Healthcare, free of charge to all seniors who wish to participate.

**Wednesdays:** 10 am - 11 am. Harold Rolls will be coordinating a 6 week Meditation workshop beginning on Jan. 13. All are welcome to attend, there is no charge.

**Mon., Wed. & Fri.:** 10 - 10:30 am. Senior Exercise Program is in the basement. Open to all area Seniors. Coffee after. **Wednesdays:** 2:30 - 3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement. Open to all Area Seniors. \$5 donation.

All programs subject to closure when Canajoharie School is closed due to bad weather.

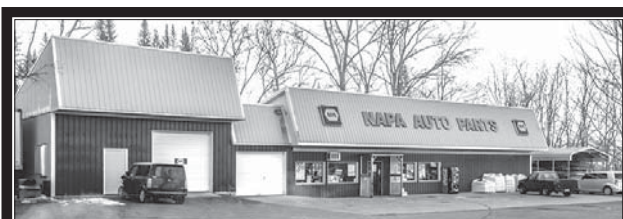
### JAN 30

#### Free Clothing Give-Away

Valley Alliance Church, State Highway 5, Nelliston. 9 - 11 am. Doors open at 8:45 am. Refreshments will be provided. Call 993-3458 for more information.

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According to the Centers for Disease Control and Prevention, research has shown that strengthening exercises are safe and effective for men and women of all ages, including seniors. The CDC also notes that men and women with heart disease or arthritis may benefit the most from exercise regimens that include lifting weights several times per week. A strength-training program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. The program lasted 16 weeks, and by the end of those 16 weeks, participants reported that their pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions. In addition to the benefits uncovered in the Tufts program, strength training can benefit older men and women by improving balance and flexibility, which can decrease their likelihood of falling and the severity of those falls if they do slip.

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**Stunning Victorian**  
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**75 Acre Homestead Private Location**  
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**Valley Brook Country Home**  
Owners have done a beautiful job remodeling this 3 Bedroom



woodwork; master suite w/ bath, "Maid's Quarters" now a bedroom & second kitchen; set amidst flowering shrubs & colorful plantings. **\$285,000**



**Country Home 24 Acres**  
Old Sprakers Rd, Canajoharie. Private 3 BR has hwd floors, original woodwork, living room, dining, den, new bath, huge attic, good roof, drilled well, nice big yard & new outbldg for storage. Well worth a look. **Asking \$129,900**



Ft. Plain Home on 13+ acres with woods. Large Colonial kitchen, new bath / laundry; 1st floor master bedroom has double closets, full basement, updated utilities, plus a multi car garage. "Just Move In!"  
**Asking \$137,500**



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# Snow blower safety tips:

## Keep best practices in mind this winter

### *Outdoor Power Equipment Institute reminds home and business owners about safe handling*

With winter snows arriving, homeowners, contractors, and business owners will again rely on their snow blowers to clear driveways and walks. The Outdoor Power Equipment Institute (OPEI) is offering tips for safe and correct use of snow blowers.

"Your indispensable winter friend, the snow blower is ready to be powered up and it's important to keep safety in mind," says OPEI President and CEO Kris Kiser. "Be sure to prepare and consider the following tips before you use your equipment:

Prepare before it snows

Review your owner's manual and check your equipment. Check your owner's manual for safe handling procedures from your manufacturer. If you forgot to drain the fuel last winter before storing your snow blower, drain the tank now. Adjust any cables. Check the auger (the snow blower should always be completely powered off when you are checking the equipment). Know how to operate the controls. You should be able to shut off your equipment quickly.

Prepare your fuel and handle it properly. It's

important to have the right fuel on hand for your snow blower – movement and fuel availability may be limited during a snowstorm. Be sure to use the correct fuel, as recommended by your equipment's manufacturer (for more information on fueling properly see [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com)). Fill up the fuel tank outside before you start the engine and while the engine is cold. Never add fuel to a running or hot engine.

Be sure to clean the area you intend to clear with your equipment. Snow can sometimes hide

objects that if run over by a snow blower, may harm the machine or people. Doormats, hoses, balls, toys, boards, wires, and other debris should be removed from the areas you intend to clear.

Dress appropriately. Wear safety glasses and footwear that can handle slippery surfaces.

Operate your equipment safely

Key safety tip: Never put your hands inside the auger or chute. Use a clean out tool (or stick) to unclog snow or debris from your snow blower. Your hands should never go inside the auger or

chute. Make sure the snow blower is in the off position before addressing any clogs.

Turn OFF your snow blower if you need to clear a clog. If you need to remove debris or unclog snow, always turn off your snow blower. Wait for all moving parts to come to a complete stop before clearing any clogs or debris.

Only use your snow blower in visible conditions. Never operate the snow blower without good visibility or light.

Aim your snow blower with care. Never throw snow toward people or

cars. Do not allow anyone to stand in front of your snow blower. Keep children or pets away from your snow blower when it is operating.

Use extreme caution on slopes and hills. Use caution when changing directions on slopes. Do not attempt to clear steep slopes.

Know where your cord is. If you have an electric powered snow blower, be aware of where the power cord is at all times. Avoid tripping. Do not run over the power cord.

More safety tips and information are available at [www.opei.org](http://www.opei.org).



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#### FEATURED LISTING OF THE WEEK



991: 43 Gilbert Ave., **FORT PLAIN:**

Here is a chance to purchase a great home at a great price. This 2600 sq. ft. home with 4 bedrooms, 3 full baths can accommodate your family with ease. There is a Great Room with a wood burning fireplace off the kitchen for the family and for entertaining. Basement has potential to be finished. The home is priced to reflect some work that needs to be done. FHA 203k loans may be available. It is located in a very desirable neighborhood. Take a look.

**Asking \$80,000**



501: 44 Lafayette Street, **PALATINE BRIDGE:** Ranch home w/ a nice yard & back deck. Eat-in kitchen, dining area, large living room & 2 bedrooms. Large shed and paved driveway. Nice location and looking for an offer!! **\$74,900**



put in place that will allow you to enjoy minimal maintenance and energy efficiency for years to come. There isn't enough space to list all of the updates made during the past two years. You'll have to schedule a viewing to see how truly beautiful it is.

**Asking \$134,500**

606: 79 Moyer Street, **CANAJOHARIE:** This home has been restored "top to bottom" by the current owners. The lucky new owner will acquire a home with updates that have been



condition. The roof is 9 years old, new furnace and hot water tank, 200 amp service. There is an enclosed fenced-in private yard for kids and pets. The inside of the home is nicely decorated. . It is move in ready!!! **Asking \$60,000**



969: 39 East Main Street, **FONDA:** Nice two-family home located in the heart of the Mohawk Valley. Easy access to village amenities and the school. Only minutes from the New York State Thruway and access to the Mohawk River. **Asking \$54,499**



172: 38 Main Street, **CHERRY VALLEY:** This artist owned historic 183 year old home is located in the historic Village of Cherry Valley, NY minutes from Cooperstown, NY and the Glimmerglass Opera. There are rooms that have hand painted murals and art work by the owner painted directly on the walls. Centrally located in the heart of the village you are within walking distance of many good restaurants of varying tastes and prices. Also, minutes away from the local art gallery and local library. THIS MUST BE SEEN TO BE APPRECIATED. **Asking \$90,000**



972: Gun Club Road, **LITTLE FALLS:** Hilltop acres!!! Two fantastic bldg lots. Open views, 2 house permitted per bldg lot. 781 ft of road frontage. Lot 7 has pond, Lot 6 has a pond site. Centrally located in Upstate New York. **Asking \$59,900**



## Comfort Foods Made Fast And Healthy

by **Healthy Exchanges**  
**Creamy Tuna Macaroni Salad**  
 Sandwiches, no matter

how good, can get mighty boring. Perk up your lunchbox with this tuna pasta salad.

2 1/2 cups uncooked elbow macaroni  
 1 1/4 cups frozen cut green beans

1 1/2 cups frozen cut carrots  
 3 cups water  
 1 (10 3/4-ounce) can

reduced-fat cream of celery soup  
 1/2 cup fat-free mayonnaise

1 teaspoon dried parsley flakes  
 1/4 teaspoon lemon pepper

2 (6-ounce) cans white tuna, packed in water, drained and flaked

1/4 cup finely chopped onion

1. In a medium saucepan, combine uncooked macaroni, green beans and carrots. Cover with water. Bring mixture to a boil. Cook over medium heat for about 10 minutes or until macaroni and vegetables are tender. Drain and rinse under cold water.

2. In a medium bowl, combine celery soup, mayonnaise, parsley flakes and lemon pepper. Add drained macaroni mixture, tuna and onion. Mix well to combine. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Serves 6 (1 full cup each).

• Each serving equals: 222 calories, 2g fat, 19g protein, 32g carb., 405mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

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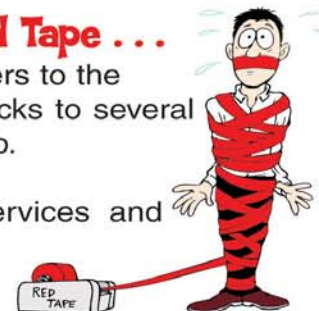
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# All things automotive

## Wedding day transportation tips

Couples must make many decisions when planning their weddings, including choosing transportation for guests to and from wedding ceremonies. Whereas couples once left guests' transportation up to their guests, nowadays it is customary to provide rides for guests so they can easily get to and from their hotel and the ceremony and reception safe and sound.

Many factors must be considered when choosing transportation for wedding guests, and the following are a handful of tips to make the decision a little easier.

- Speak with hotel management before booking transportation. While professional shuttle services are an option, couples whose guests will be staying in a specific hotel or hotels should speak with management of their hotels to determine if the hotels offer shuttle services for guests. Many hotels provide airport shuttle service to guests, and couples might be able to use such services to get their guests to and from their weddings and receptions. Hotels may charge a fee to use their shuttles, but they may offer discounts to couples whose guests book an agreed upon number of rooms. An added benefit to using the hotel shuttle services

is that bus drivers won't get lost looking for the hotel.

- Find an option that won't bust your budget. Wedding budgets tend to be big, and couples planning their weddings soon realize that budgets can quickly be busted. When choosing transportation for your guests, do not feel pressured to book especially lavish buses. So long as the buses are safe and on time, guests won't mind if they ride in a school bus or a fancy bus worthy of a touring rock band. If you are concerned about the appearance of a bus, ask if you can decorate the bus before the wedding to make it more inviting.

- Comparison shop. Many companies cater to couples looking for transportation for their wedding guests, and couples should explore all of their options before committing to a particular company. Receive formal estimates from several companies before making your final decision, and speak to companies about matching offers. When comparing companies, try to consider both cost and quality. While the lowest estimate might be the most budget-friendly, you should choose the company that you feel is most trustworthy and capable of fulfilling your contract.

- Read the contract.

Transportation contracts should be gone over with a fine-tooth comb before couples sign on the dotted line. Check for hidden fees, such as mileage or overage charges if the reception runs a little late, and ask how much flexibility you might have with regard to those fees. Make sure any agreements you reach with regard to fees are written into the contract before you sign it.

Transportation for guests is one of many things couples must consider when planning their weddings. Make sure the option you choose is both guest and budget friendly.



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