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Local musicians bring glad tidings to Upstate Chapel



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by Elizabeth A. Tomlin

The voices of Mohawk Valley musicians were heard ringing out glad tidings to attendees at the Upstate Chapel with the presentation of the 6th annual Christmas Concert.

"We enjoy singing together and always look forward to singing at the Christmas recital at Upstate Chapel every year," remarked Carol Cechnicki. Director of the Our Lady of Hope (OLH) Choir. "This year's concert was fabulous!" Cechnicki said



Pastor Mark Fowler performed excellent an rendition of 'Sweet Little Jesus Bov'.

Photos by Elizabeth A. Tomlin

wide variety of talent and different types of pieces performed, made the concert better than ever. "The harpist was an especially wonderful addition and we love listening to Eric play that pipe organ."

Besides master organist Dr. Eric Stroud, the OLH Choir and Dr. Elizabeth Munch on the harp, performers this year included singer/songwriter/guitarist John Kenosian with vocalist Local 24



Jessica Harris entertained the audience with "I Want a Hippopotamus for Christmas."



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Classified Ad Manager......Peggy Patrei Controller.....Lyndsay Bock Managing Editor.....Joan Kark-Wren Social Media Coordinator......Alex Huebner Production Coordinator......Jessica Mackay Shop Foreman......Harry DeLong

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Reader ads 518-673-0111 or 800-218-5586 **Bruce Button** - Corporate Sales Manager 518-673-3011, bbutton@leepub.com **Accounting/Billing** - Pauline Tripp 518-673-0150, ptripp@leepub.com **Commercial Printing** - Beth Snyder 518-673-0101, bsnyder@leepub.com

Send all correspondence to: PO Box 121, Palatine Bridge, NY 13428 Advertising email: jsnyder@leepub.com Editorial email: jkarkwren@leepub.com Website: www.vpennysaver.com 518-673-0129 Phone • 518-673-2699 Fax

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Cold weather tips

Learn more about how you can protect your health when it is extremely cold

• The World Health Organization recommends keeping indoor temperatures between 64 and 75 degrees Fahrenheit for healthy people. The minimum temperature should be kept above 68 degrees Fahrenheit to

Sarden

The

New Year

rose

protect the very young, the elderly, or people with health problems.

• Watch out for signs of hypothermia. Early signs of hypothermia in adults include shivering, confusion, memory loss, drowsiness, exhaustion and slurred speech. Infants who are suffering from hypothermia may appear to have very low

Crimson, yellow, and orange gently blend

together in this Grandiflora rose, and look

Source: www.allaboutrosegardening.com

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best when the flower is fully open.

It bears a lightly fruity scent.

It can reach 3 to 4 feet tall by

about 2 feet wide, with dense,

glossy, dark green foliage.

to bloom, then fade quickly,

flowers through the season.

Hot weather can force it

but the bush is quick to

repeat, providing many

— Brenda Weaver

energy and bright red, cold skin.

• When outside, take extra precautions to reduce the risk of hypothermia and frostbite. In high wind conditions, cold weather related health problems are much more likely. Be sure the outer layer of clothing is tightly woven to reduce body heat loss caused by wind. If you will be spending time outside, do not ignore shivering — it is an important first sign that the body is losing heat and a signal to quickly return indoors.

• Since cold weather puts an extra burden on the heart, if you have cardiac problems or high blood pressure, follow your doctor's orders about shoveling or performing any strenuous exercise outside. Even otherwise healthy adults should remember that their bodies already are working overtime just to stay warm, and dress appropriately and work slowly when doing heavy outdoor chores.

Stay safe while heating your home

• Take precautions to avoid exposure to dangerous levels of carbon monoxide.

• Carbon monoxide (CO) is a potentially deadly gas. It is colorless, odorless, tasteless and non-irritating. It is produced by burning fuels such as wood, oil, natural gas, kerosene, coal and gasoline.

• Symptoms of carbon monoxide poisoning are

similar to the flu but do not include a fever. At lower levels of exposure, a person may experience a headache, fatigue, nausea, vomiting, dizziness, and shortness of breath. Exposure to very high levels of carbon monoxide can result in loss of consciousness and even death.

• The rising costs of natural gas and oil heat may lead many New Yorkers to use alternative home heating methods to reduce their fuel bills this winter — but wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves can be dangerous unless proper safety precautions are followed.

January 7, 2017 • 7

• Never try to thaw a pipe with an open flame or torch and be aware of the potential for electric shock in and around standing water. To keep water pipes from freezing in the home let faucets drip a little to avoid freezing, open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall. Keep the heat on and set no lower than 55 degrees.

Stay warm and be safe!

Senior News Line: Medicare Welcome vs. Wellness Visits

by Matilda Charles

Those who are new to Medicare have to sort out a lot of information in a hurry. One area of confusion is the difference between the Welcome to Medicare doctor visit and the Annual Wellness Visit.

You get the Welcome visit once, in the first 12 months of your enrollment in Medicare. You get the Annual Wellness Visit a year later and every year after that.

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Medicare 19



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The Kitchen Diva: Cast Iron cooking

by Angela Sh Medearis

I've joined the castiron cookware cult. We're a small but passionate group with a common cause: the restoration of antique cast-iron cookware. I can't pass up a thrift store or garage sale without purchasing one or two pieces, as long as they're in good condition. My cast-iron cookware is not just for dis-

Shelf play; I use it on a daily basis.

My love affair with cast-iron cookery began when my mother, Angeline, gave me the heavy, black cast-iron skillet that originally belonged to my grandmother. The thing I love most about cooking in my grandmother's cast-iron skillet is that it's a direct connection to my history and heritage. I don't fry

foods very often, but my heirloom skillet is my pan of choice for the task. As I stand there turning pieces of fish or chicken in the bubbling, hot oil, I think about all the other women in my family who have done the same with this pan.

Properly seasoned cast-iron was the nonstick cookware of its day. It can stand up to high heat and almost any type of utensil. Cast Iron cookware also leaches small amounts of iron into the food, a helpful benefit for those who have iron deficiencies. Cast-iron heats up slowly, so using the cookware requires a little patience, but once it's hot, it distributes the heat evenly and holds it steadily like an oven, and seasoned cast-iron doesn't require oil to sear or blacken

Recently, I purchased a large cast-iron skillet for my daughter, Deanna, which she immediately put to use to pan sear fish. So, from mother to daughter to granddaughter and greatgranddaughter, the castiron tradition continues in our family, one fabulous meal at a time. And to think that it all started with a single pan from my grandmother, Willie Mae.

Cast-iron style smothered chicken

• 1 large fryer (3 to 3-1/2 pounds), cut up into serving pieces

• 1-1/2 teaspoons coarse salt

- 1 teaspoon pepper 1 tablespoon poultry
- seasoning
- 2 tablespoons flour
 1-1/2 cups water or chicken broth

• 1 tablespoon butter

1. Place a large, castiron skillet over high heat. Sprinkle the bottom of the skillet evenly with the salt. Wash the chicken pieces and pat dry with food-safe paper towels. Sprinkle pieces with pepper and poultry seasoning. Place the chicken pieces, skin side down, in the hot skillet. Cook on high for 3 to 5 minutes.

2. Cover skillet with a heavy lid and turn heat down to medium. The chicken will release juices and fats that will "fry" the chicken and crisp the skin. Let chicken cook about 30 minutes.

3. Remove chicken from skillet and set it aside on a plate. Combine the flour with the juices in the skillet until smooth, about 2 to 3 minutes. Add the water or broth. Stir to combine. Turn heat to high to thicken. Add the butter. Turn heat down to medium. Place chicken in skillet, skin side up. Cover skillet with the lid. Cook the chicken about 15 to 20 minutes until tender. Serve over rice. Makes 6 servings.

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Photo courtesy of Phil Curry

Country Preacher

by Pastor Dan West

Have you ever had trouble understanding someone who speaks with "flowery" language? Or maybe someone who has a habit of exaggerating? Exaggerating is really a lie used in an attempt to make the user sound more convincing. Do you really think anyone could be hungry enough to "eat a whole horse"?

The Apostle James tells us in **James 5:12** that our yes should be "yes", and our no, "no". What James is saying is that we should say what we mean, and mean what we say. Even Solomon in **Proverbs 26:18, 19** says a person who deceives his neighbor and says, "I was just joking" is as dangerous as a man who shoots deadly flaming arrows.

Paul tells us in **Ephesians 4:29** that everything we say to others should build them up and "minister grace" to them.

Listen to what you say today and see if your words match up to these standards.

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Christmas Open House at Ayres Memorial Animal Shelter

by Elizabeth A. Tomlin Folks, dogs, cats, a pig, and even a rabbit crowded into the "Meet 'N Greet room" at Ayres Memorial Animal Shelter for the annual Open "Every House. year things just seem to get better for our shelter!" remarked Suzanne Listing Stegich, Vice President of the Board of Directors at the no-kill shelter. "It's not only the volunteers, but the outstanding community involvement - both by attending the open house and donating non-stop, helping and continuing to support the Animal

rectors, along with their spouses," said Stegich. BOD Treasurer Melanie Shibley also

Shelter. We also have a

very active board of di-

commented on the Board's involvement in the event, stating that shelter board members were not only on hand to enjoy the festivities, but also lent a hand wherever they were needed.

"The Open House is something the shelter staff, including Claire Custer, Lorraine Fredericks, Marissa Glasser and Rich Christman. organize for the benefit of the animals in their care," said Shibley. "They do an amazing job transforming the Meet 'n Greet room into Holiday Central.'

"We have a terrific caring and loving staff," agrees Stegich. "Our animals are so lucky to have all who are involved in our shelter."

Shibley said some of

the items donated and offered for sale included wreaths and kissing balls, Christmas stockings to "adopt" and fill for specific dogs and cats, bake sale items and a multitude of baskets and items for the raffles.

"Many animals who had been adopted from Ayres returned to visit and have their picture taken with Mr. & Mrs. Claus. Other subjects that were there to visit and have their photo taken with Santa included children, a bunny and even Bacon Bits - a local pig - in his finest Santa suit."

BOD member Liz Wilson of Canajoharie attended the event. "It was wonderful! We had all kinds of creatures there!" Wilson noted that two of

the animals at the event only had three legs.

Attendees at the event were treated to a generous array of refreshments and were invited to take items from a Christmas tree decorated with toys for cats and dogs and candy canes.

Attendee Nancy Christman commented on the event. Christman describes herself as "an animal lover" and says she is impressed with the amount of work and the quality of the care at Ayres.

"I come to the Open House every year," said Christman. "There's a lot

of work in what they do here!"

Proceeds from this event are a significant contribution to the care of the resident animals until they find their "furever" homes," said Shibley. "This was the most successful Open House vet!'



Ayres Shelter volunteers including Melanie Shibley, Randie Lamphere, Dale Folmsbee and Suzanne Stegich helped to make the event a success.



Rebecca and Johann Walther brought their cat and rabbit to visit Santa and join the festivities.



Santa and Mrs. Clause pose with Angela, Asa and Meadow Wilder, along with Rowdv and Bama

Photos by Elizabeth A. Tomlin



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St. Johnsville Christmas tree lighting draws large crowd

by Elizabeth A. Tomlin In spite of frigid temperatures, a large crowd of folks stepped out to join in the Christmas spirit at the annual St. Johnsville Christmas tree lighting, where a large bonfire, caroling, hot chocolate, cookies and hot chili were enjoyed by all.

OESJ music teacher Rachel Brownell and chorus members led the caroling. Photos by Elizabeth A. Tomlin



Becky Hagadorn accompanied her grandchildren Joradan Simzer, Jocelyn Simzer and Bailey Fink to the annual community event.



Stacy Handy of Handy Hills Farm, St. Johnsville, and children Elizabeth, Samuel, Evelyn, Benja-min and Nathaniel, joined in the singing of carols around the tree, by candlelight. Mayor Bernard Barnes lit the Christmas tree and Dawn Lamphere demonstrated her story telling skills to entertain the attendees.

"It was a delightful evening!" said Juanita Handy. "There were a large number of people who attended!"

Handy said many folks from both the Chamber of Commerce and "friends of the Chamber" donated cookies to the event.

"A large number of people donated cookies and we would like to thank them all!"

Handy said OESJ High School students made cookies as part of a class project and renowned community baker Kathy Bellen also made cookies for the event. "We served cookies to a large amount of people!" Handy remarked.

Handy also reported that the Chamber tried something new this year by combining the "Hot Chili Supper Night" at the St. Johnsville's Morris J. Edwards American Legion Post 168 with the Christmas tree lighting event, which turned out to be very successful.

Handy said the Chamber would like to extend their gratitude to the village DPW workers for putting the tree up.

Thank yous also go out to Denise LaCoppla for the beautiful job she did in decorating the tree, the St. Johnsville Fire Department for tending to the bonfire, Rachel Brownell and chorus students for leading the singing and the St. Johnsville Police Department for taking care of traffic and keeping people safe.

St. Johnsville resident Stacy Handy attended the event with her five children.

"We loved the Christmas tree lighting!" she commented. "The kids thought it was pretty neat to be singing with lit candles — and of course loved the cookies! I enjoyed seeing the community come together and hearing everyone singing together while huddled around the bonfire — it was cold!"

January 7, 2017 • 11



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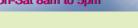
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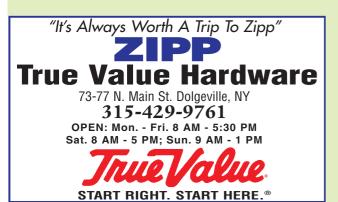
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You qualify for this appointment if you've had Part B for longer than 12 months. You'll have to fill out a health risk questionnaire as a means for the medical staff to develop a prevention plan for you. If you have the Original Medicare, you

won't pay anything for the annual exam, unless additional tests are performed at the same time and those tests aren't covered.

Some of those tests that might be requested include prostate cancer, HIV, colorectal cancer, cardiovascular disease, breast cancer, diabetes and glaucoma. Certain tests and screenings are free.

Be sure to ask for the free Medicare Wellness Visit — not a physical. If you end up with a full physical (depending how you ask for the appointment), thinking it's a free Wellness Visit, you could well be charged for various tests. On the other hand, if you do want a full head-to-toe physical, be specific because you won't get it at the Wellness Visit either. (c) 2016 King Features

Synd., Inc.

Good Housekeeping: Ham and Cheese Pitas

The whole family will love these tasty sandwiches — they make a nice meal with any hearty winter soup.

 \bullet 2 (6-inch diameter) pitas

2 teaspoons Dijon mustard 8 slices (about 4 ounces)

cooked ham, thin2 ounces (1/2 cup) Jarlsberglight cheese

1. Heat oven to 475 F. Slice each

pita horizontally in half, and place cut side up on large cookie sheet.

2. Spread 1/2 teaspoon mustard on each pita half. Top each with two slices ham and two tablespoons cheese. Bake five minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve. Makes four servings. * Each serving: 150 calories, 5g total fat (2g saturated), 17mg cholesterol, 675mg sodium, 19g total carbohydrate, 11g protein.

For thousands of triple tested recipes, visit our Web site at www.goodhousekeeping.com/recipes.

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Winterizing

It's not too late to winterize for the birds. Do you have enough high-fat foods like peanuts, black oil sunflower seed, suet cakes or nuggets? Do you need to attach a roosting box to a fence post? Are your heated birdbaths plugged in? Does your de-icer work? The birds will thank you.

> E-mail: birdingbits@cfl.rr.com © 2016 King Features Syndicate, Inc.

Dining, entertainment & celebrations...





Donna's Day: Creative Family fun

by Donna Erickson A Toast to Toast

"I'd like to make a toast!" said my friend at a happy family celebration. Without missing a beat, her three year old nephew burst out, "Don't we need to get the toaster first?"

With all the toasting to 2016, I thought I'd get literal and stretch the meaning, just like that spontaneous child, and welcome this new year with two recipes using toast.

So, "Here's a toast to toast!"

Avocado Toast

I keep a stash of avocados in different stages of ripeness on my

kitchen counter, never knowing when I'll need one to slice on a bed of fresh greens, or mash, season and spread on toast for a tasty morning energy boost. I've been making the latter for years, so no wonder I was surprised while whiling away time on Instagram, to find that avocado toast was trending.

Here's how to prepare "Avocado Toast" for two:

Peel and pit a ripe avocado. Mash in a bowl with a fork, leaving some chunks. Add a pinch of sea salt and juice from half of a lemon.

Toast two slices of

Spread half of the mixture on each slice, and garnish with some red pepper flakes and a drizzle of good olive oil (optional).

Tips: Get creative by topping the spread mixwith chopped ture cooked bacon and goat salsa cheese, and crushed tortilla chips, or cracked pepper, sliced cherry tomatoes and basil.

Egg in a Hole

Create memorable family traditions with your kids and grandkids, starting at breakfast with this whimsical presentation of eggs and toast. Some families call your favorite bread. it "Toad in the Hole" or

"Bird in a Nest" - the list goes on. It's really nothing more than an egg cooked in the cut-out center of a piece of pan made toast, but it's the off kilter presentation that fancies it up.

Here's how to make one "Egg in a Hole":

Use a two-inch circle biscuit cutter or similar size metal cookie cutter to cut out the center of a slice of bread

In a well buttered pan, toast one side of the slice and the cut-out piece for about one and a half minutes. Flip.

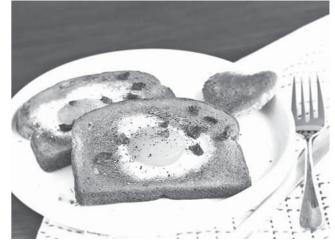
Add more butter to the pan.

Crack egg in the open center of the slice. Cover

pan and cook slowly until whites are set and voke thickens, about three and a half to four minutes.

Season with salt and pepper. Serve with the

Distributed by King Features Synd.



toasted cutout.

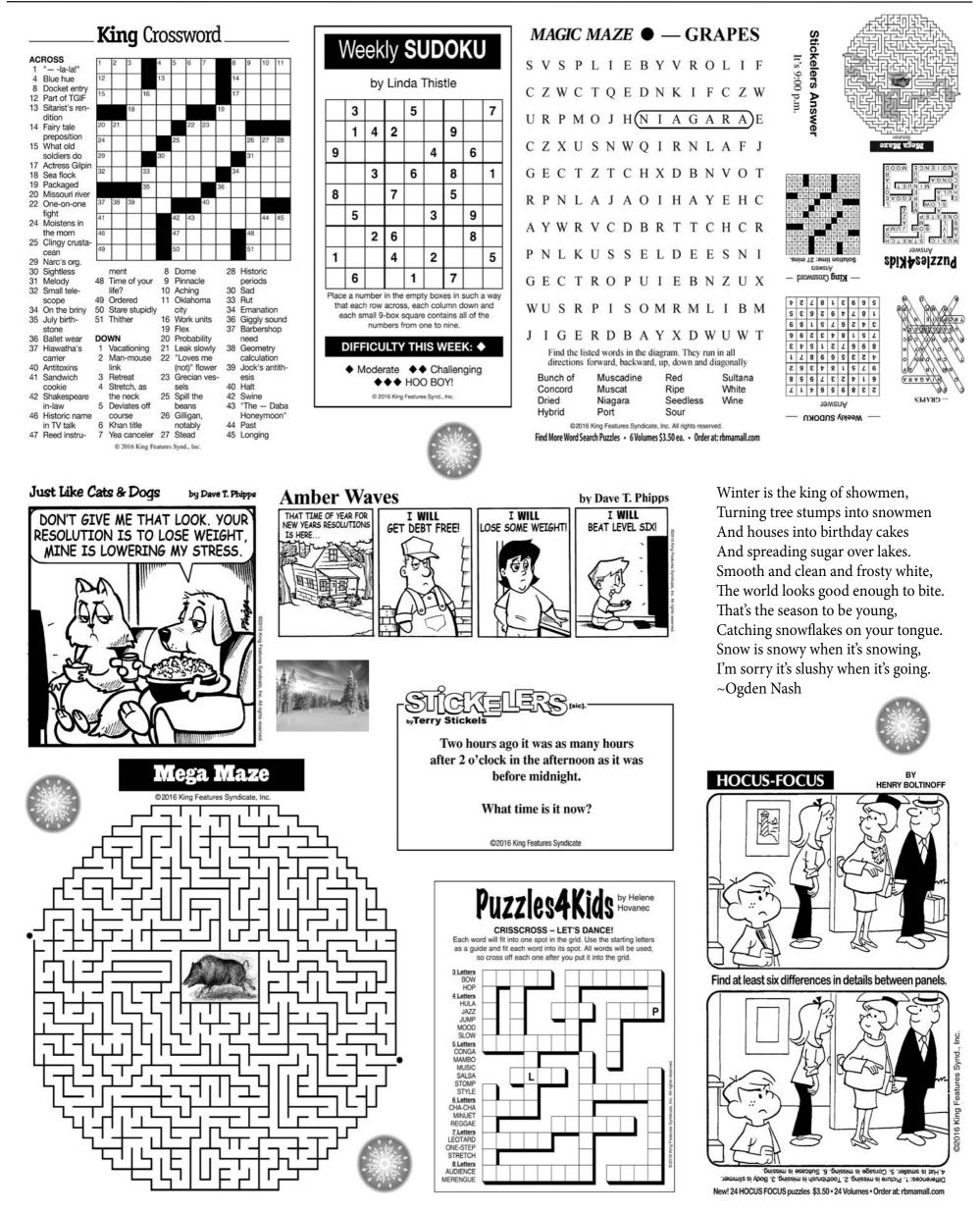
sausage.

son

Pair with bacon or

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and Healthy New Year! Monday, Jan. 9th - Normal Monday Sale & Monthly Heifer Sale Monday, Jan. 16th - Normal Monday Sale & Monthly Sheep, Lamb & Goat Sale Monday, Jan. 23rd Normal Monday Sale & Monthly Organic Day

Monday, Jan. 30th - Normal Monday Sale Mark your calendars for these upcoming sales

Sat. March 25th - 2017 Spring Premier All-Breed Sale- Accepting Consignments for this sale we will accept the first 150 so get your consignments in! Sat. April 1st - 2017 Alfred State Spring Fling - Accepting Registered - All breeds for this sale. This sale is held at the Alfred State College. Sale Chairman: Dan Hosking 607-972-8773

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Local from 2

Wanda Burch, the Liaisons Plaisantes, the Sentimentalists, alto Jessica Harris accompanied by Norma Bowley, soprano Joanne McNamara, the Valley Bog Players, and soprano Rachael Takacs who performed a rendition of "I Will be with You on Christmas Day" a cappella, and an impromptu



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performance of "Sweet Little Jesus Boy" by Pastor Mark Fowler.

Takacs commented on the enthusiasm of the audience.

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cert!"

Cechnicki, who was the organist at the church for 33 years before it closed, says it has been a blessing to have Eric and Jeanne Stroud at the Upstate Chapel.

"When the church closed we had been parishioners there and wondered what would become of that beautiful building. We couldn't be happier to have such wonderful caretakers of our former church and they are such a terrific addition to our community, both personally and with the use of Upstate Chapel!"

A "Celebration of Ireland" featuring Irish music is scheduled to take place at Upstate Chapel on March 10, 2017.

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Calendar of events

ORIGINAL VALLEY PENNYSAVER

NOTE: Calendar entries must arrive at the Original Valley Pennysaver office 10 Days Prior to publication. Send events to Lee Publications c/o The Original Valley Pennysaver, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or email: dshariff@leepub.com Any entries arriving past this deadline will be included with the next available publication issue date as long as they are not out-dated.

JAN

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.

Tuesdays: 10-11 am. Tai Chi Workshop. Sponsored by Montgomery County Office for Aging. No fee.

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.

Fridays: 9-10 am. Vinyasa Flow Yoga with Bonnie Fiore and Sharon in the Gallery. \$10 fee.

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

Jan 12: 9-11 am. HI-ICAP, HEAP, Alz. Org, & Snap will be meeting at Arkell Center for your convenience & questions. Stop by if you have any insurance issues, heat issues, etc.

Jan. 19: 10 am. Alz Org. with Megan DeMento "Understanding & Responding to Dementia Related Behaviors". Rsvp by Jan. 16. Call 518-867-4999 ext. 200. Jan. 26: 1 pm. Watercol-

or with Joann Resch. Jan. 27: Mont. Cty. OFA is celebrating Chinese New Year with the following menu. Chicken, Broccoli Stir Fry over Rice with Oriental Veg, Rye Bread, Pineapple & Fortune Cookie. Call to reserve at 673-2000. **Jan. 27:** 12:30 pm. Gary

Van Slyke performing Winter Songs. Bring A Friend!

MEETINGS

Jan 10: 6 pm. Canajoharie/Palatine Bridge Chamber of Commerce Meeting. All Welcome. Jan. 12, 19 & 26: 10:15 am-11 am. The Diet Club meets in the Gallery at Arkell Ctr. The goal is to be accountable while losing or maintaining your weight. Call 673-2112. Jan 24: 10-11 am. Alzheimers Caregiver

Alzheimers Caregiver Support Group. Please join us. JAN 19

Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm. FEB 16

Preliminary Budget Presentation

Cherry Valley-Springfield Central School, Room 145.7 pm. MAR 16

Board of Education

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Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm.

APR 6 Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm.

APR 27

Board of Education Approves Budget

Cherry Valley-Springfield Central School, Room 145. 7 pm.Cooperstown-FarmersMarket.org .

MAY

Fort Plain Museum and Historical Park - Boy Scout American History Camporee For more information

For more information email fortplainmuseum@yahoo.com . MAY 4

Budget Hearing

Cherry Valley-Springfield Central School, Room 145. 7 pm.

MAY 16 Budget Vote

Cherry Valley-Springfield Central School, Room

145. 7 pm.

JUN 8 - 11

Fort Plain Museum and Historical Park's 3rd Annual Conference on the American Revolution in the Mohawk Valley

For more information email fortplainmuseum@yahoo.com .

JUN 15

Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm.

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damage. It's a worthy in-

vestment to replace ex-

isting wiper blades at the

start of each winter.

When vehicles are

parked, pull the wipers

off of the windshield to

safeguard them from

Cold weather requires

maintenance

drivers to amp up their

routines. Consult with a

mechanic or automotive

retailer for more ideas

and products that can

help your vehicles oper-

ate safely and efficiently

sticking and cracking.

blades can

freeze.

vehicle

this winter.

Wiper



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Automotive

Prepare vehicles for harsh weather Wipers

seasons five years. However, ex-As the change, motorists must take steps to safeguard their vehicles, especially when the season changes from fall to winter. Each winter, many vehicles are subjected to sub-zero temperatures, snowfall and icy roads, and such conditions can take their toll on vehicles over time. Taking steps to prepare vehicles for winter weather is a vital step that can make cars and trucks safer for drivers and their passengers. Battery

Old batteries should be replaced before winter begins. Without a strong, properly functioning battery, engines cannot turn over. Most batteries

last between three and

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treme cold can compromise batteries, especially those that have been around awhile. Batteries are made up of acid and water, and cold temperatures can freeze the water, thereby affecting battery performance. According to AAA's Automotive Research Center. at 32°F, the average battery loses 35 percent of its strength.

Newer batteries can be protected by starting the vehicle each day to warm up and recharge the battery. Let the car run for at least 10 minutes if vou cannot take an extended drive.

Exterior maintenance

Keeping a car waxed and sealed can help maintain a durable exterior finish. This includes not only the paint, but the rubber and vinyl parts of the car's exterior.

Winter is a good time to switch to a heavy-duty synthetic wax that can shield against water and road salts. High-quality sealants can be used on bumpers, trim and rubber door seals as added protection. Speak with an automotive retailer or even the car dealership if you are unsure which products will make your car's parts most durable

for winter weather. Do not stop washing vour car just because the weather is cold. Slushy, wet roads and snow-melting salts can speed up the formation of rust or other decay on the undercarriage of the vehicle. These materials will need to be periodically cleaned off. Flush the underside of the vehicle whenever possible, taking advantage of any dry, slightly warmer days.

Tire pressure

According to the automotive retailer Pep Boys, vehicle tires lose a pound of air pressure for every 10-degree drop in temperature. Many modern cars will alert to changes in air pressure, and drivers should be diligent in maintaining the proper tire pressure. Fuel economy as well as handling ability can decline when tires are not inflated properly. Tires can be refilled at many gas stations for little cost.



Replace existing wiper blades at the beginning of each winter so driver visi-bility is not compromised.



This week's Whatchamacallit may be familiar as far as the item and its purpose goes, but you may not be familiar with its name. This is referred to as a Housewife and is in fact a traveling sewing kit. These have been used by and given as mementos to soldiers and other military personnel for centuries, both here and abroad.

In Great Britain it was called a "Hussif" - probably a slang or contraction of the word "Housewife".

Women would make these kits for mending and sewing. They were usually made from scraps of material, perhaps from favorite patterns or a sentimental garment. When they were made for men, the Housewife would be of sturdier, plain (unornamented) fabric and possibly monogramed or embroidered with a masculine motif.

came a valued possession for the soldier, as they did not have many extra items of clothing and had to mend their uniforms in the field.

They contained essential sewing supplies such as needles, pins, thread, buttons, extra scraps of fabric, and possibly a thimble. Scissors (especially small ones) were not considered a necessity in those days and the soldier would have had a pocketknife handy for cutting thread and trimming material. All these items would be inserted into the pockets and then rolled up and tied with a rope or fabric tie to secure it and carried either in the pocket or haversack (backpack).

Our example could have been made for a man, since the outer material is plain, although the interior pockets are of a decorative material.

During the Civil War, these kits be-Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

CALL 315-794-5498 Whatchamacallits



Automotive

Older driver safety awareness week held Dec. 5-9

More than 2.5 million New Yorkers aged 65 and older continue to enjoy independence by driving to work, medical appointments, and social and recreational activities. Unfortunately, older adults are about 2 times more likely than younger drivers to die or be hospitalized when involved in a motor vehicle crash. Every year in New York State, more than 4.800 drivers aged 65 and older are seen in emergency departments. and more than 1,000 are injured severely enough in motor vehicle crashes to require hospitalization.

Changes in vision, flexibility, strength, range of motion and even size are all effects of aging and can also affect the ability to drive safely, but there are many things older drivers can do to drive safer longer!

Here are tips we can

share with older drivers to help them increase their safety on the road:

• Take a driver safety course. Many local agencies and national organizations offer classes specific to older drivers for a small fee;

• Plan your route before driving. Think about potentially confusing intersections or areas where a difficult driving situation might be encountered. Map out a route that makes you feel most comfortable;

• Adjust your car to better fit your body. Raise the seat for correct positioning, make sure the gas and brake pedals can be easily reached, tilt the steering wheel and/or adjust the mirrors to make driving more comfortable and less physically demanding;

• Minimize driving distractions. Turn off your cell phone, the radio, and ask passengers to stay quiet;

• Avoid stressful driving situations. Travel during the day, when the light is brightest. Stay off the roads during rush hour and when the weather is poor; and

• Make sure you are in the best physical condition for driving.

a. Vision: Regular eye exams are important, especially if you have certain medical conditions, like diabetes. Eye exams can also detect vision problems such as cataracts, glare sensitivity or need for a new glasses prescription. If you need glasses to drive, wear them!

b. Medication: Talk with your doctor or pharmacist to see if your medications can affect your driving ability by causing you to become drowsy, dizzy, distracted or confused.

c. Hearing: Have routine hearing tests. You want to be able to hear important traffic noises such as sirens and horns. If you use a hearing aid, always wear it when driving.

d. Fitness: Activities like walking, dancing, gardening, golfing, and yoga can help you stay in

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about older driver safety, visit the following website: www.health.ny. gov/publications/0663.





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REDUCED \$100,000

New Listing \$109,000 131 Pine St, Tribes Hill



This is a very cute 2 (could be 3) BDRM 2 full bath home w/2 car garage. The last home on a dead end St. in Tribes Hill, Full basement freshly painted home inside & out, over 1/2 acre & taxes are only \$2,043 annually.

New Listing \$89,900 2430 Hickory Hill Rd, Fonda



Looks are deceiving cute 3 BDRM, 1 full bath home on just under 1/2 acre, full basement, 2 car garage and walk up attic could be finished off for a nice large master BDRM upstairs. Home has a BRAND NEW ROOF

NEW \$189,000 **PIZZERIA BUSINESS COMMERCIAL BUSINESS ONLY**



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Reduced \$189,000 536 Progress Rd, T/O Johnstown



THIS IS A VERY CUTE 3BDRM, 1 full bath home, finished basement, HUGE garage on 2.20+/acres (option to purchase adjoining 6.20+/- acres) in Town of Johnstown, Mayfield School District

& has 2 paved drive ways & low taxes.



A BEAUTIFUL 4 BDRM, 1.5 bath home with lots of old custom wood work & charm, full basement, walk up attic, 2 car garage, fenced yard & NEW ROOF on the house

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Reduced \$149,000 103 Circle Dr., Johnstown WHAT A BEAUTIFUL

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barn that is estimated to

have 6,000 sq. ft. & 1972 doublewide that can stay of

property or be removed if

essary. Call for aditional details.

MOVE-IN-



Listed at \$59,900 9 Woodward Ave. Gloversville PRICED TO



This is a very spa-cious 3 BDRM, 1 full bath home that could be a good investment for anyone. With some remodeling & elbow grease someone could make it a stunning home again Paved driveway & fenced yard.

New Listing \$48,000 4234 State Highway 5s, Fultonville

New Listing \$55,000

231 Market St, Amsterdam



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New \$94.500 999 Brand Rd, Sprakers



Looking for a smaller country home on 20.5 acres? We have a 2 BDRM, 25 yr old Doublewide that has an additional well & septic and storage bldg. on it located in the Town of Root with low taxes Call Carol Paciolla for more details (518) 332-3279

Reduced \$129,900 2525 St. Hwy. 10, Town of Caroga



This is a verv charming & spacious 4 BDRM 1.5 bath home 2 car garage, 1.7 +/- acres there are 2 additional lots one includes waterfront that are optional.

REDUCED \$225,000 489 Co. Hwy. 107, Jobnstown



This is a lovely old fashioned 4 BDRM, 1.5 bath home that screams character throughout all 2,700+ sq. ft. New natural gas furnace new hot water tank. ew insulation in attic & basement, low taxes and 8.80+/acres. A MUST SEE TO APPRECIATE!

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AN AFFORDABLE WAY to qualify for a home loan without that big down payment

(BPT) — For many Americans, the biggest hurdle in buying a home is the 20 percent down payment they think is required for mortgage approval. According to a recent survey by the National Association of Realtors, 34 percent of respondents believe they need more than 20 percent. Meanwhile, low down payment mortgages account for a significant amount of home buying annually.

Families with down payments as low as 3 or 5 percent have been able to purchase a home thanks to private mortgage insurance (MI) for 60 years. Since 1957, MI has helped 25 million families become homeowners. In the past year alone, MI helped more than 795,000 homeowners purchase or refinance a mortgage. Nearly half were first time homebuyers and more than 40 percent had incomes below \$75,000.

How MI works

Mortgage insurance is simple. In addition to the other parts of mortgage underwriting process - such as verifying employment and determining the borrower 's ability to afford the monthly payment — lenders traditionally required 20 percent down to ensure the borrower had some of their own money committed before the bank would provide a loan. This is where MI enters, bridging the down payment divide to qualify borrowers for mortgage financing.

Benefits of MI

• It helps you buy a home, sooner. For the average firefighter or schoolteacher, it could take

20 years to save the typical down payment. Private mortgage insurers help borrowers qualify with as little as 3 percent down.



Mortgage Insurance is a stable, cost effective way to obtain low down payment mortgages, and offers distinct benefits to borrowers.

• It 's temporary, leading to lower monthly payments. MI can be cancelled once you build 20 percent equity, either through payments or home price appreciation — typically in the first five to seven years. This is not the case for FHA loans, the federal government 's form of MI. The majority of which require MI for the life of the loan.

• It provides several flexible payment options. Your lender can offer several options for MI payment; the most common is paid monthly along with your mortgage.

• It 's tax-deductible. Subject to income limits, MI premiums are tax deductible — similar to interest paid on a mortgage. In 2014, 4 million taxpayers benefited from this deduction with the average being \$1,402.

MI is a stable, cost effective way to obtain low down payment mortgages, and offers distinct benefits to borrowers. It 's been a cornerstone of the U.S. housing market for decades, providing millions the opportunity to own homes despite financial barriers. Ask your lender for low down payment options using MI. Visit www.USMI.org for more information.



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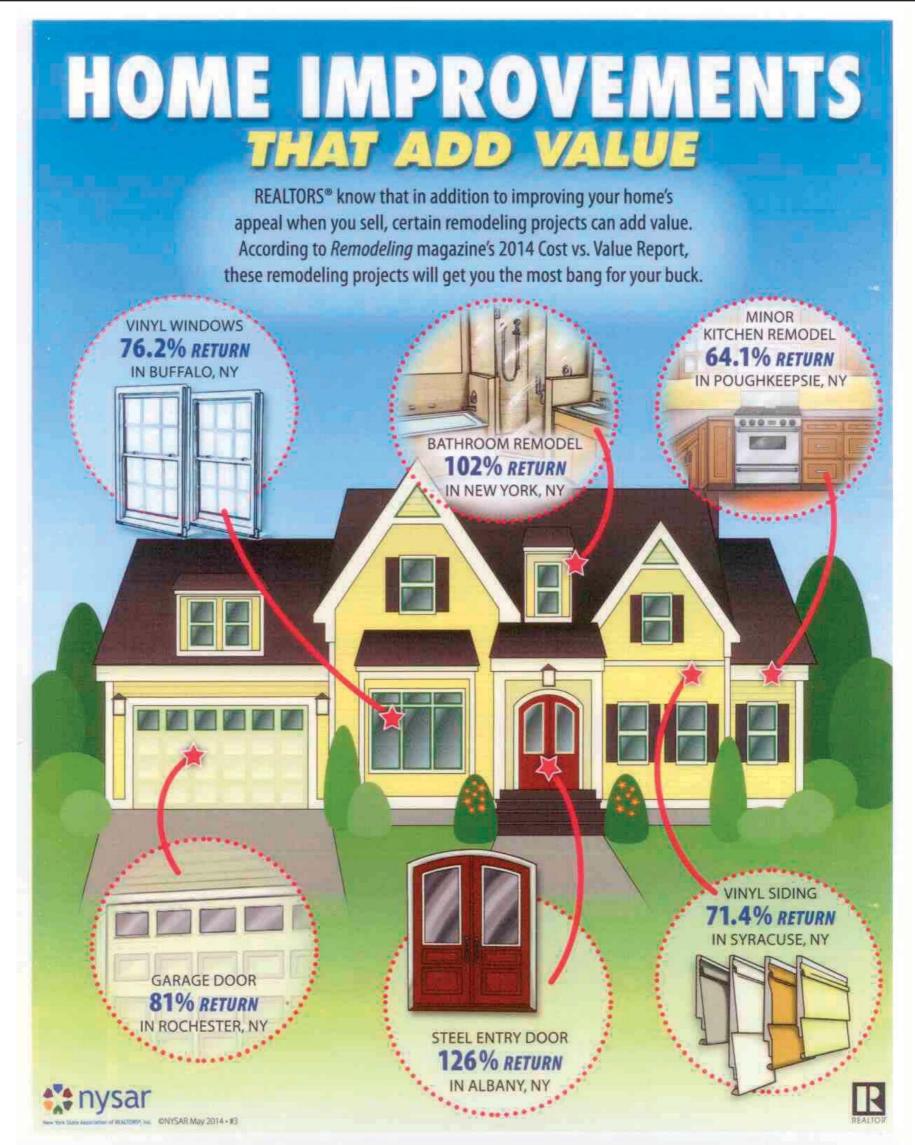




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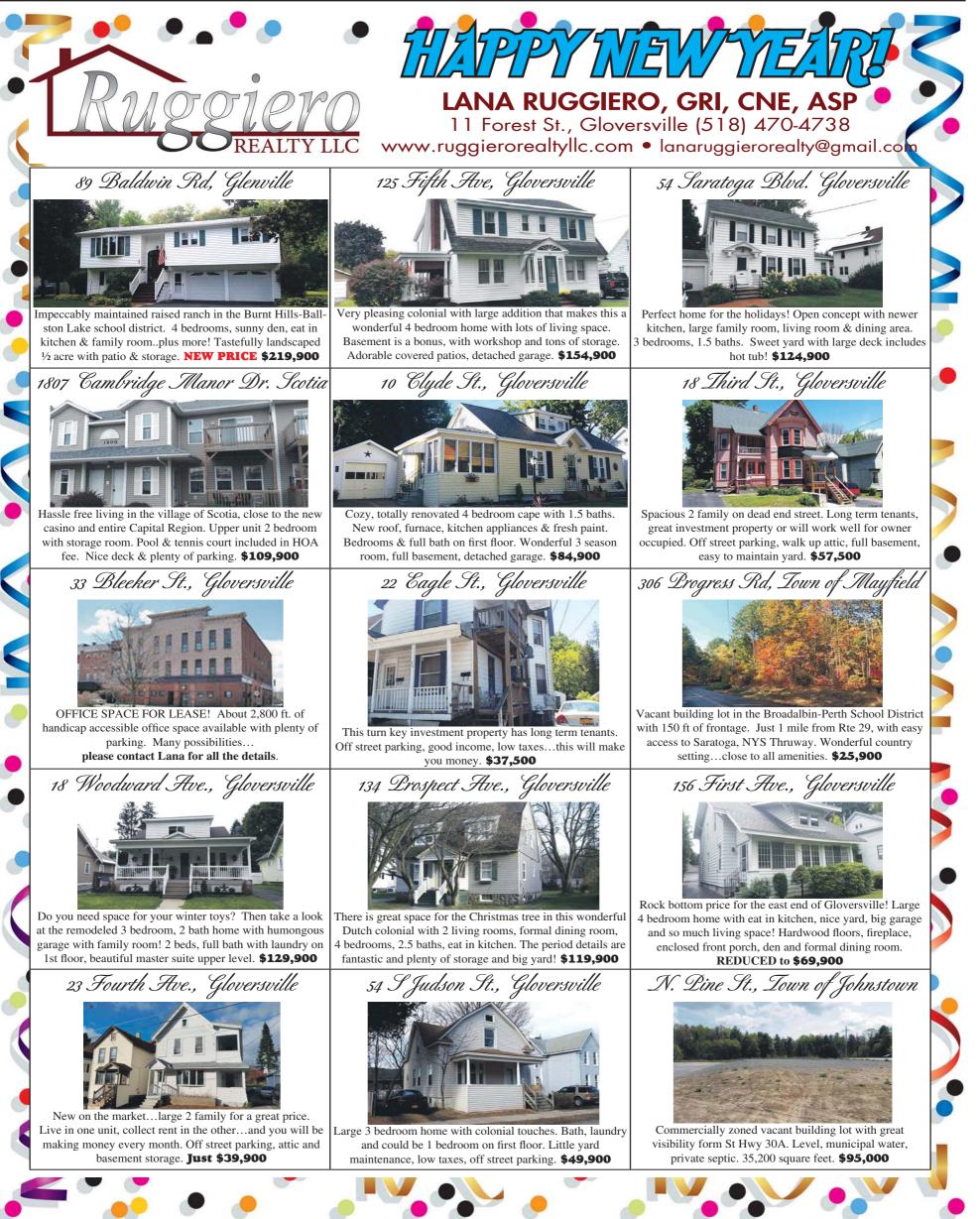


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BEAUTIFULLY DESIGNED LOG HOME ON 69 ACRES (Bleecker): Exceptional interior w/open LR/DR, working kitchen, den, 4 bedrooms, 1.5 baths. 2-car garage under house, outbuilding w/workshop and space for two more vehicles/boat/snowmobiles. Mostly wooded, stream small ..Asking \$325,000 cabin



COUNTRY DOUBLEWIDE ON 6.7 ACRES (Bleecker): LR, DR, 2 BRs, 2 Baths. Alaskan slab, new windows. Pellet stove, generator, rear deck, vegetable gardens, car-Askina \$89.000. port



LOVELY OLDER HOME (Gloversville): Very well-maintained, many unique features and TONS of storage. LR, DR, kitchen and half bath down, 3 BRs and full bath up. Fenced backyard, one-car garage. Move-in condition! Reduced to \$72,000

THREE-UNIT (Gloversville): One BR flat and two BR flat down,

four BR flat up. Owner currently pays heat and hot water for both lower flats. Full basement, full attic, large yard. Reduced to \$59,000

MULTIPLE COMMERCIAL PROPERTIES AVAILABLE IN JOHNSTOWN: Some w/

existing structures in need of renovation, others

town. In area being marketed for upgrading and

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vacant land. Close to historic downtown area, some adjoining lovely creek that flows thru



EXPANDED BANCH WITH EXTRAS GALOBE! (.Johnstown): Open LR/DR w/gas fireplace, kitchen w/new appliances, library, 3-season room, 2 BRs down, 1 large BR up, 1.5 baths PLUS new luxury bath! Large fenced yard w/patio and above-ground pool. Nothing to do but move in! .Asking \$237,500



COMPLETELY RENOVATED: (Johnstown): This adorable one family has been completely renovated including, kitchen granite counter tops, new windows, new flooring, CB wiring, new walls, new bathrooms with tile. Deck and one-ca garageNEW LISTING Asking \$85,000



NICELY DECORATED HOME (Gloversville): Natural woodwork hardwood flooring under the carpet. LR with open staircase, formal DR and new kitchen down, three BRs and one full bath up. Two-car detached garage, new blacktop driveway. Open front porch, enclosed back porch. Close to shopping and schoolsReduced to \$70,000



HUNTING CABIN ON 112 ACRES: (Johnstown): Located just south of APA, near State land. 48 acres is being logged, 64 acres ready for logging, Beech, apple, eldeberry (brings deer). Small pond. Cabin partially renovated, generator, dug well, outhouse/chemical toilet. Nice hunting, very private......Asking \$145,000



FAMILY HOME w/MANY IMPROVEMENTS: (Johnstown): Move right in! LR, DR, eat-in kitchen, small bedroom down. Master BR, large walk-thru room, updated full bath, new BR w/electric heat up. Detached two-car garage Asking \$79,900



COTTAGE/ GARAGE/ APARTMENT: (Mavfield): Call today to see It is unique Adirondack cottage and garage with apartment. Large lot near lakes. Great spot for a foothold in the Adirondacks and take advantage of all the amentities of the area. Seasonal cottage Asking \$139.000 with year-round apartment over



ROOMY COTTAGE ON HALF-ACRE (Caroga Lake): Bordering golf course. LR w/ fireplace, dinining area, kitchen, huge family room, 2 BRs, full bath down, 2 BRs up, plus attic room. Major work and improvements to "bones". Asking \$79.000



CUTE LITTLE BUNGALOW (Gloversville): One-florr living! LR, kitchen w/ dining area and laundry, 3 BRs and 1 full bath. Rec room in basement, full attic could be finished. Nice porches, 1-car garage. ..Reduced to \$58.500



updates! LR, DR, den, kitchen, laundry, half-bath down, 3 BRs, full bath up. Tandem 2-car garage. Close to Thruway. Reduced to \$53,000



52 ACRES, MOSTLY WOODED (Town of Caroga): Build your Adirondack home here and hunt on your own 52 acres plus adjoining 1,000 acres of State land. Borders ski resort for family fun, plus minutes from snowmobile trails and many lakes for boating and fishing. One hour from Saratoga and Cooperstown. Well and septic in place......





INVEST

MLS 201613343

TWO-FAMILY (Amsterdam): Nice investment property on CUTE TWO-BEDROOM BUNGALOW (Gloversville): LR, DR quiet dead-end street. Off-street parking across road in Park kitchen, one BR, full bath and laundry area down, second BR rent Reduced to \$49,900



BEING SOLD AS IS (Gloversville): LR, DR, kitchen, BR and full bath down, 2 BRs and another full bath up. Roof 6 years old, heating system 8 years old. Needs some TLC Reduced to \$29,500



Asking \$48,000



MULTI-UNIT (Gloversville): Possibility of 8 units (4 one-BRs and 4 two-BRs). Separate utilities, 8 CB Boxes, Only 2 units are complete and rented, others require full renovation. No off-steet parking. .Reduced to \$39,900



THREE REASONS WHY winter is a smart time to buy a home

(BPT) — Don't give up on buying a home as winter nears. In fact, December through February may be better for buyers than the busy season in spring and summer.

Enjoy less competition and lower prices

Fewer properties are typically available during the winter, as sellers and buyers aim to complete transactions before the school year begins. You can turn that to your advantage.

"In winter, there are fewer properties, but it's less competitive, with fewer buyers per property," says Greg Jaeger, president of USAA Residential Real Estate Services Inc., and former real estate agent.

The more favorable supply-demand balance can lower prices. In the winter, "negotiations are slower-paced and there is more negotiating room," Jaeger says. Also, winter sellers may be more motivated, especially if they're forced to sell by divorce or by corporate or military transfers.

In January and February, homes cost 8.45 percent less on average than in June through August, according to NerdWallet research conducted using Realtor.com data from 2014 and 2015. That's in line with what Jaeger sees, particularly in competitive real estate markets where supply is limited.

Lower prices help at closing — and over the life of your mortgage

A lower price eases your home purchase in many ways, Jaeger says. It lowers your down payment, any closing costs that are calculated as a percentage of the home's sale price and your mortgage payments. There's also less of a seller's agent commission bundled into the sales price. These savings help when you buy, and they add up over the life of your mortgage.

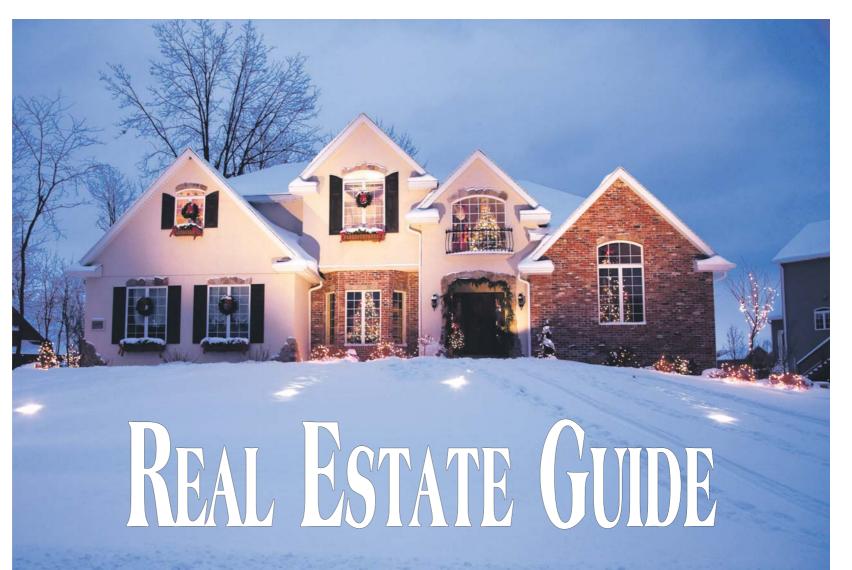
The right agent can help When supply is limited, the right agent can help you get a jump on other buyers. Agents who are well connected learn about properties before they are listed. The right agent understands the market where you are buying. That includes doing competitive market analysis so you understand what the house is worth.

Look for an agent who suits your style. For example, if you're a statistics geek, you need an agent who'll provide them. "Just having access to statistics doesn't mean they

have analytical skills and will use them," Jaeger says. He recommends USAA's Real Estate Rewards Network as a source for seasoned agents who deliver great service to

USAA members.

Many resources are available to help consumers find the right agent, including USAA Real Estate Rewards Network, a free program that gives members access to USAA's network of real estate agents and rewards when they buy or sell.



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office.Bright enclosed front porch.Garage underneath with access to home.New roof installed in 2010. 5 minute walk to schools. 2 minute drive to NYS Thruway.Centrally located to Albany,Cooperstown,the Adirondacks and Utica

garage under house and 1 car det. garage. Large village lot with 2 additional lots available for sale. Walk to everything

Flood zone complient. Upper apartment utilities included, Dow pays their own utilities.



the rooms currently being used as a laundry room. This home features a large breezeway between the home and the two car garage. Don't miss this opportunity to take a look!

shower, whirl pool tub and laundry area. Ideal for 1 floor living 2 BR upstairs perfect for a growing family.Generator.Central air. Tandem garage with a large workbench.Shed for storage. Water softener in dry basement



MLS 201618964 \$69,900 Come and inspect this lovely brick home in the Ft Plain school district. With 3 bedrooms, 1.5 baths, high ceilings with wood floors. This move in ready home is calling your name. Easy to show and looking for offers





tional floor plan delivers a tasteful dining room, formal living room with wood floors, fireplace, huge gathering room, sunny kitchen with walk-in pantry, breakfast area. New roof in 2011, thermal windows,



and let your tenants pay your mortgage for you! This home was awarded a \$39k grant through the Rivercrest Development Corp's HOME

Program in 2014, all documents available. No water bill due to easement! Large, open kitchen

upstairs holds endless possibilities. Partially finished room in attic.



MLS 201614735 \$275,000 New price A Hobbyists Dream...A 33x20 workshop with heat, electric, insulated, large over-head doors, loft storage. A barn with frost free water valve, electric, swinging doors and overhead storage. Out-buildings. Storage shed. Man-made pond.Fenced outlined property. 5.9 Acres. Beautiful mountain views and

sunsets. Outdoor living space with stone fireplace and gazebo. All this plus a 4 bedroom farmhouse with all character and charm, which includes custom cabinet kitchen DR, LR with fireplace, den, baths on both floors.



MLS 201623453 \$167,300 Impressive 5BR 2.5 Bath Center Hall Colonial with welcoming fover w rounded arch doorways.Hardwood floors throughout. Large LR with gas insert fireplace.Large full width sun room with plenty of light. There is a formal DR that leads to the spacious eat-in kitchen w/Viking appliances. Steps down to a bright den and also a soon to be newly finished family room. Second floor has 3 large BR with ample closets and a full bath.Third floor has 2 BR and full bath. Inground pool is 14X20 w/gas heater

MLS 201623550 \$200,000 HOUSE FOR ALL REASONS...Inspect this gracious, edge of the city, four bedroom 2.5 bath executive ranch styled home with attached garage, first floor laundry and many amenities including a queen sized formal dining room, new kitchen with quartz counter-tops, tile back splash, gas fireplace, central air conditioning

Whether Buying Or Selling Let Any Of Our Representatives Guide You Along The Way Please Feel Free To Call On Cells Or Home Phones

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MLS 201614995 **\$129,900** Gorgeous sprawling ranch located in the village of St Johnsville close to the school. This 4 bedroom, 2 full bath home has a fireplaced living room, formal dining room, eat-in kitchen, 3 season screen room, full basement, 2 car garage and an extra lot with water and sewer for your RV parking! Won't last long at this price, call today to schedule vour showing



MLS 201616480 \$164,500 Located in the South End of Johnstown is this ranch style home. This home features a large eat-in kitchen, sun-porch and living room with fireplace along with 3 bedrooms and 2 baths. One of the bedrooms is a master suite. The basement could easily be converted into additional living space and has lots of storage. There's a 2 car attached garage and a nice private back yard



MLS 201615230 \$259,900 Newly constructed ranch style home with the ability to incorporate some of your "wish list" finish items. Three bedrooms, 2.5 bath with first floor laun dry Open concept living room and gourmet kitchen with granite counter tops and high end appliances. Two car attached garage. A high, dry basement that could easily be finished for additional living space.

and sitting on a private oak treed lot. Generator included LICENSED ASSOCIATE REAL ESTATE BROKERS