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SOLD

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Paw's Corner

by Sam Mazzotta
Beyond microchipping

Dear Paw's Corner: I'm fine with microchipping my pets. I have a 2-year-old collie mix, "Bard," and a 5-year-old cat, "Millie," and both are chipped. But I worry that if they get out of the house and get lost, I'll have to rely on strangers getting them to a veterinarian or shelter to have their chip scanned. I'd like to take finding my pets into my own hands. — Carl G., Madison, WI

Dear Carl: With the rise of the smartphone and an increase in small, wearable technology, you can take a more active role in finding your pets. A microchip is an important component because unlike a collar, it won't fall off, making it the best backup if your pet is lost.

However, advanced pet technology is out there, and a huge number of pet owners are taking advantage of it. The Los Angeles Times reported that 43 percent of dog owners

now own an electronic tracking device, based on an APPA survey. Tracking collars like the LinkAPC sync with a smartphone app that reports your dog's location on demand. It includes a fitness tracker. That collar will run you almost \$150, but there are budget trackers like the TrackR Bravo, a small device which costs just under \$30 and attaches to your dog's collar.

Pet owner networking apps also are popular, allowing neighbors and friends to connect with each other through their pets. They can serve as places to ask for help in finding a lost pet, essentially sending out an APB to other owners and thereby reaching much farther than just posting "lost pet" fliers around the neighborhood.

Adding any of these products or apps can give you greater control over locating your pets should they get out.

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Pennysaver**

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To your good health

by Keith Roach, M.D.

Lupus is more than a single disease

Dear Dr. Roach: After having a body rash for five months, I finally was diagnosed as having subacute lupus. After searching on the Internet, I got very little understandable information. I am an 83-year-old very healthy woman. — J.B.

Answer: Lupus (literally “wolf,” as the classic rash of systemic lupus erythematosus was thought to resemble a wolf bite) is a complicated group of related diseases, including SLE (the “full-blown” syndrome, which can affect many organ systems, although itself highly variable), discoid lupus erythematosus (a skin condition that can exist by itself or as part of SLE) and subacute cutaneous lupus erythematosus, which I think you are referring to.

SCLE is a skin condition that starts as small, red, scaly raised bumps, which coalesce or form ring-like patterns on the trunk, shoulders, forearms and neck, but usually not the face. About a third of the time, SCLE is related to a medication. Many medications are associated with development of SCLE, including blood pressure medications, some statins, omeprazole and other anti-ulcer and GERD medications. About half the time, SCLE occurs in combination with systemic lupus.

Treatment of SCLE involves careful avoidance of direct sunlight, including the use of sunscreen and sun-protective clothing. Any drug commonly associated with SCLE should be stopped, if possible. Stopping smoking may improve the disease. Low vitamin D level often is associated with SCLE (possibly because

people are avoiding sunlight), so supplementation may be necessary.

If medications are needed, topical steroids are probably the most effective treatment. Topical calcineurin inhibitors such as tacrolimus (Protopic) are (very) expensive alternatives.

So many people ask me to comment on dietary treatment that I will mention that although there is no data to prove it, I have anecdotally found that the “anti-inflammatory diet” of high fruits and vegetables, low saturated fat, low processed and high whole-grain products, and high omega-3 fatty acids such as fatty fish and walnuts, may improve symptoms of lupus, and is a generally healthy diet for most people.

I found two especially good websites for more information: www.lupus.org and www.mollysfund.org.

Dear Dr. Roach: At 53, I was diagnosed with prostate cancer, and since this runs in my family, I had the cancer removed. For three years now, I have gotten the PSA test done and my numbers have been steady at 0.01. Some friends say I should go for additional radiation treatments, but my doctor says I'm fine. I believe in my doctor, but maybe you can put the argument to rest. -- M.P.

Answer: Believe in your doctor. A persistently low PSA is very good evidence that the cancer is cured or at least staying quiet. If the PSA starts increasing (which I hope it doesn't), your doctor will go over your options with you.

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Comfort foods made fast and healthy

by **Healthy Exchanges**
Custard Apple Pie

October is National Apple Month. This one is

quick and easy, and with the right cooking apple you will have created the great ending to a wonder-

ful meal.

1 Pillsbury refrigerated unbaked 9-inch pie crust
6 cups (12 small) cored,

peeled and thinly sliced cooking apples

1 cup Splenda Granular
3 tablespoons all-purpose flour

2 tablespoons plus 2 teaspoons I Cant Believe It's Not Butter! Light Margarine

1 teaspoon apple pie spice

1/3 cup Land O Lakes Fat-Free Half and Half

1. Heat oven to 350°F. Place pie crust in a 9-inch pie plate. Flute edges. Evenly arrange apple slices in prepared pie crust.


2. In a medium bowl, combine Splenda, flour, margarine and apple pie spice. Mix with a fork to make a crumbly mixture. Spoon half the mixture over apples. Stir gently to blend into apples. Carefully pour half and half over apple mixture. Sprinkle remaining crumb mixture over top.

3. Bake for 1 hour. Place pie plate on a wire rack and allow to cool completely. Cut into 8 servings.

* Each serving equals: 205 calories, 9g fat, 1g protein, 30g carbs, 145mg sodium, 19mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Fruit, 1 Starch/Carb, 1 Fat; Carb Choices: 2.

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Strange but True

by **Samantha Weaver**

• It was Irish author and editor Robert Lynd who made the following sage observation: "History may be read as the story of the magnificent rearguard action fought during several thousand years by dogma against curiosity."

• Historians say that the Halloween tradition of trick-or-treating dates back to the early European tradition of mumming, when costumed dancers would go door to door to perform choreographed routines, as well as songs and plays, in exchange for treats.

• You might be surprised to learn that on a per-capita basis, Finland has more heavy-metal bands than any other country on earth.

• If you're fortunate enough to be planning a trip to Argentina, you'll almost certainly make a stop in Buenos Aires, the capital. While you're there, keep an eye out for a mobile work by Raul Lemesoff. The artist, known for his eccentricity, converted a 1979 Ford Falcon into a kind of a tank — it even has a tur-

ret that swivels. Instead of soldiers and armaments, however, this tank carries books on shelves both inside and outside the vehicle. Lemesoff drives his "Weapon of Mass Instruction" through the city streets, delivering free books to all comers. His only requirement? Recipients must promise to read what he gives them.

• You've certainly heard of "Tarzan of the Apes." Edgar Rice Burroughs' 1912 work has been adapted over and over again — for radio, television, film and more. You probably weren't aware, though, that the novel was such an instant and ongoing success that Burroughs wrote 24 sequels.

• In a recent survey of pet owners, 43 percent of respondents said that they'd be eating healthier themselves if they ate the same thing they fed their pets.

Thought for the Day: "What can be asserted without proof can be dismissed without proof." — Christopher Hitchens

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Now Here's a Tip

by **JoAnn Derson**

• Use Lego people to hold your charging cables when not in use. Their hands are the perfect size to hold cords, and you can stick the figures to a small Lego base that's secured to whatever is convenient — a table edge, your night stand or even the wall itself — with some double-faced tape.

• "New shoes too tight? Wear a pair of thick socks, and slip your shoes on. Run a hair dryer over the areas where it's too tight, and the heat will help those spots expand. Test in an inconspicuous area first if you are unsure that the fabric can take the heat!" — C.W. in Oregon

• Got your cellphone wet? Try the rice trick first. Power down if possible and remove the protective cover, then fill a zipper-top plastic baggie with plain un-

cooked rice. Insert your phone and seal the bag, making sure that the rice surrounds all parts of the phone. Let it sit for 12 hours so the rice can draw the moisture from your device. Then try to power up.

• "Want to seal your sugar bag (or any all-plastic bag)? Fold over the top at least an inch, and cover the fold with a strip of aluminum foil — both sides. Lay the bag on its side. Iron the fold, which is trapped inside the foil. It melts the plastic inside. Let cool and remove the foil." — R.Y. in Kentucky

• Need to get into a crevice for cleaning? Position a condiment cap (the ones that come with a squirt bottle) on the hose of a vacuum. Now you can get the crumbs in a keyboard or that little spot under the fridge, etc.

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To Your Good Health

by Keith Roach, M.D.

Does flushing toilet really spread germs?

Dear Dr. Roach: I have seen articles in several publications over the years that talk about the dangers of flushing a toilet with the seat up, and all the nasty, germ things that come floating up on droplets of water. While it's enough to scare one, when you think about it and all the public restrooms with toilets that have no seats (let alone not knowing the last person who used it), it's a wonder we're not all sick! I hope this is just misinformation or overblown facts. Can you address this issue? — J.N.

Answer: Mostly overblown facts, I think. A study did show that bacteria and viruses can be spread by water droplets around the area of a toilet with no lid (and presumably with the lid up). However, these germs don't go through intact skin, which is why we aren't all sick. The key to not getting infected is handwashing after using the restroom. However, I think keeping your toothbrush a ways away from the toilet also might be a good idea, having read through the research.

Dear Dr. Roach: Please tell me where I can find more information about the Mediterranean diet. — V.P.

Answer: The Mediterranean diet is not a single diet; it's a collection of several cuisines that share some important elements and which have been shown to reduce rates of heart disease and obesity. Some common features are: mostly plant-based, with small amounts of meat; high consumption of fruits, veg-

etables and whole grains; low to moderate amounts of dairy products; relatively high amounts of olive oil, nuts and fish. Wine is an optional part of the diet in low to moderate amounts and with food. The American Heart Association and the Mayo Clinic websites have more information about this diet, and your local bookstore will doubtless have some recipe books and cookbooks. If you don't have a local bookstore, one large online site had 237 titles on this topic available when I looked.

There are many ways to eat healthy. I find the Mediterranean diet a great choice, but recommend a diverse diet for health and enjoyment.

Dear Dr. Roach: My primary-care doctor hasn't been able to answer this. What are the pros and cons of having shingles vaccine if one has genital herpes and is being treated with acyclovir? I'm in my 60s. — A.A.

Answer: The potentially confusing issue is that genital herpes is caused by herpes simplex virus II, which is in the same family of viruses as varicella-zoster virus, the cause of shingles. However, the vaccine will have no effect on the herpes or its treatment, so you have the same recommendation as the average person, which is to get the vaccine. Anyone over 60 should have the vaccine unless there is a reason he or she can't get it, such as having a serious immune system disease (like advanced HIV), being on medications that suppress the immune system or having recently had cancer chemotherapy.

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Frothingham Free Library to hold its' annual fundraiser

On Oct. 21 starting at 6 p.m. the Frothingham Free Library will hold its' annual fundraiser — A Taste of Chocolate at St. Cecelia Church Hall located at 26 Broadway in Fonda. Tickets are \$5 for adults and \$2.50 for children. Included in your ticket are 10 delicious homemade chocolate items, beverages and an hour and a half of live music. There will also be \$1 tickets available

for over 40 themed baskets. The baskets are currently on display at the library. At 7:30 p.m., a drawing will be held for the baskets. You do not need to be present to win. Proceeds from this fundraiser will be used for library services and building expenses. Join us for an enjoyable evening. Basket and event tickets may be purchase at the library prior to the event.

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Donna's Day: creative family fun

by Donna Erickson

Fill family scrapbook with fall memories

Autumn is here. With the new season, it's time to discover something new and different with your family. Even familiar activities can be enjoyed with a new twist now that the kids are a year older.

Whether you take a weekend day trip to ramble through the fantastical shapes of a baffling corn maze, pick out pumpkins at a patch or take in a lively Oktoberfest, there's something outdoorsy to do for all ages and interests. Even when you step out for a neighborhood walk together, there are colorful leaves to collect, bird's nests to spot on bare tree branches and juicy apples to discover at your local farmer's market.

Week to week, jot down, illustrate and save the memories in this artsy scrapbook-style journal your older children can make together by up cycling the simplest of household materials: cardboard from a food box, paper bags, tissue paper and a few screws from the toolbox. It's fun to make, and even more fun to look at page by page, over and over again.

Here's what you need to make a medium-size 6-by-9-inch "Fall Family Scrapbook":

- Cardboard from a 6-by-9-inch or so food box, such as a cracker box (cereal boxes are ideal for a larger size)
- 2 sheets of construction paper
- Household glue

- Paper plate
 - Paintbrush
 - Gift-bag tissue paper in several colors
 - Plain paper shopping bags
 - 3 small screws with nuts
- Here's the fun:

1. Cut off the front and back of a box for your book cover and back. Cut construction paper to the same size as one side of each piece of cardboard for the inside of the front cover and inside of the back of the book. Glue in place.

2. Squeeze some glue on a paper plate and dilute with a few drops of water. Use the paintbrush to paint glue across the opposite sides of the cardboard. Tear tissue paper in different sizes and press on the glue, and then pinch it a bit here and there to make irregular textures and designs. Cover the entire surface. Paint a final coat of glue over the tissue. Let dry.

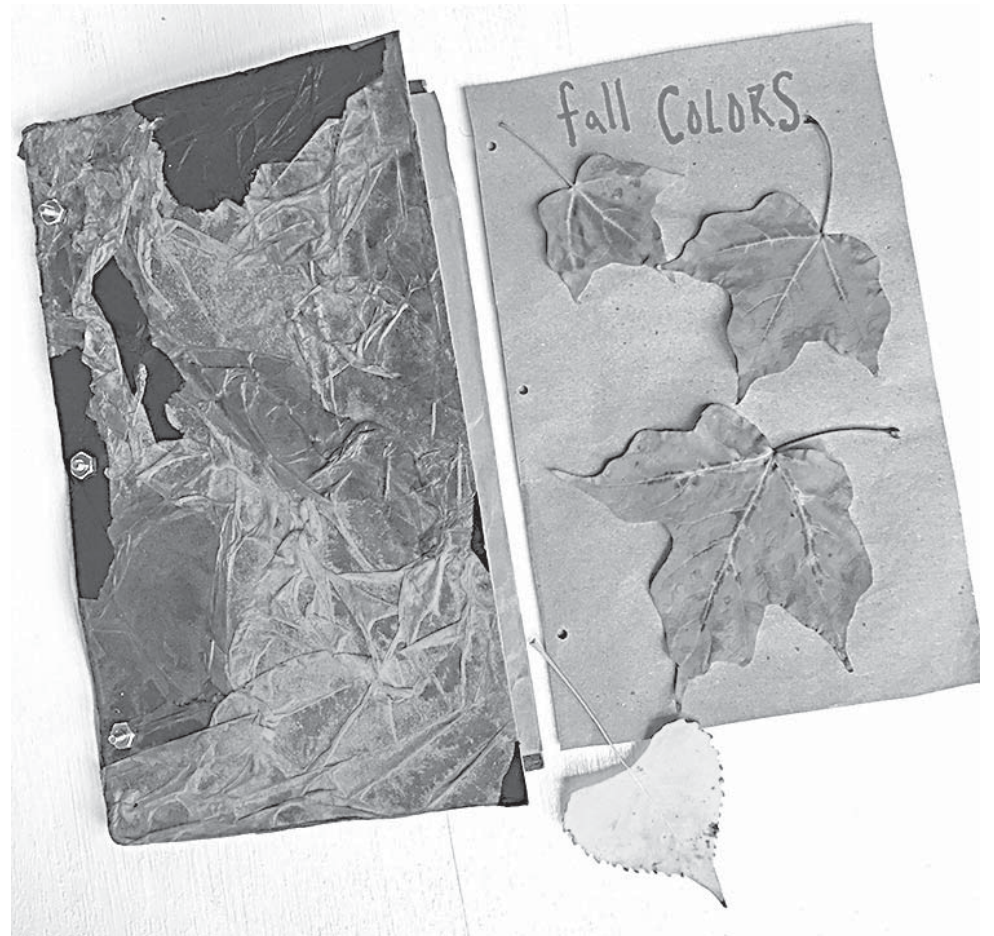
3. Cut paper bags into pages slightly smaller than the cover.

4. To bind, poke three holes evenly along the left edge of the cover and back. Make corresponding holes in the paper. Stack the book back, pages and cover. Insert screws and tighten with nuts.

5. Begin writing your fall adventures, and add flat nature finds and photos. How about composing an original family poem? Write a date on each adventure. If you run out of pages by November, simply unscrew the binding and add more, along with the memories!

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Week to week, jot down, illustrate and save the memories in this artsy scrapbook-style journal.

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Senior News Line

by Matilda Charles

Drink coffee, live longer
Once again, new studies have shown that drinking coffee helps us live longer. This time they've taken it a step further — it doesn't matter how you make it.

Neither of the two studies was small. In the first, researchers tracked 210,000 people in 10 European countries for some 16 years. Coffee drinkers had lower risk of liver disease, lower rates of diseases of the circulatory and digestive systems (in men) and lower rates of cancer (in women). That's quite a list. Those who drank three cups per day had a lower risk than those who didn't drink coffee at all, and it didn't matter in which country.

One reason they chose Europe was the various methods of coffee preparation across the countries. The bottom line: It's the coffee, not how it's made.

The second study followed 185,000 people in two U.S. states for six

years. The study was designed to compare the result of drinking coffee in whites versus non-whites. In this research, participants across the board who drank 2 to 4 cups per day had an 18 percent lower risk of death. It didn't matter whether or not the coffee had caffeine.

No matter which study you believe, the patterns are the same when it comes to drinking coffee — it can help extend your life. Why do Europeans get more life-extending benefits than those in the U.S.? My guess: In Europe they take the time to savor the coffee, sitting in outdoor cafes, talking with friends, taking time to relax, and not just using caffeine as a jolt to start the day.

A caveat, however: Beware what you put in your coffee. If you add calorie-heavy creamers or flavored additives, you could be adding too much sugar to your diet.

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Each state/province has specific regulations concerning weaponry and hunting locations. Archery, muzzle-loader and youth hunting seasons often precede general firearms seasons.

Licensing is widely necessary, and licenses can typically be acquired through Department of Wildlife and Game cen-

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- qwerty
- 12345678
- 111111
- 1234567890
- 1234567
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*2016 Source: Keeper

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Whatchamacallits



This week we have a genuine Whatchamacallit. We're going to let you tell us what you think this is. Log onto our Facebook page (www.facebook.com/OVpennysaver/) and tell us your thoughts and ideas. I will print some of the ideas in next week's column along with what I've found out.

It is cast, but the custom made "box" it sits in is not a mold.

From what I have discovered so far, its inventor was from Fultonville and this was not the only thing he invented. It measures 7.5 x 7 inches at the widest points and weighs six and a half pounds.

It was recently purchased at a local auction by Lee Newspapers' managing editor.

Good luck and have fun!



Do you have your own Whatchamacallit?

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Replacing a furnace? How to choose an energy-efficient system

(BPT) — If it's time to replace your furnace, you may be wondering if it's worth the extra investment to buy an energy-efficient system. Or, you may be unsure how to choose an energy-efficient system for your home.

"Energy-efficient heating systems can substantially lower your fuel costs over the lifetime of the system, so it's well worth investing the time and money to find just the right one," says Chip Wade, HGTV® expert. "Depending on where you live, an energy-efficient gas furnace can be between 12 and 16 percent more efficient than standard models, according to ENERGY STAR."

Wade offers some guidance for choosing an energy-efficient heating system that's right for your home:

- The Annual Fuel Utilization Efficiency (AFUE) measures how efficiently a gas furnace converts

fuel into energy. Generally, the higher the AFUE rating of a furnace the more energy efficient it will be. For example, a furnace with an AFUE rating of 90 percent means that same percentage of fuel gets turned into heat, and only 10 percent is lost through the chimney and elsewhere. You can find the AFUE rating on the yellow Energy Guide label on the furnace.

- Be sure to right-size your furnace. A unit that's too small for your home will have to work harder to maintain a comfortable temperature, and will use more fuel. A unit that's too big may also use more fuel than is actually required to adequately heat your home, and may also result in uneven temperatures throughout the house.

- Choose a gas furnace that offers sealed combustion. These furnaces draw air from outside and mix it with the fuel at a

controlled rate. This maximizes the amount of heat the furnace can generate from the fuel. Most quality energy-efficient furnaces will have this feature.

- Pay attention to the warranty and be sure you understand just what it

covers and for how long. Furnaces are a big investment, so it's important to choose one that gives you the best warranty.

Finally, before you invest in an energy-efficient furnace make sure your house will work with the

furnace to maximize its efficiency. Seal air leaks throughout the home, especially at windows and doors, and throughout duct work. Make sure you have the correct amount and type of insulation in your home for your climate. Have the

rest of your home's HVAC system inspected to ensure there are no problems that could hinder the efficient operation of your new furnace.

To learn more about energy-efficient furnaces, visit www.YORK.com.



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	Was	SALE
Twin Set	\$749	\$549
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Pet grooming schedule

In addition to food, shelter and medical care, pets require grooming to keep them healthy. Small animals, such as hamsters and gerbils, may groom themselves to keep clean, but large pets often require more than tongue baths can offer.

Grooming is an important process that keeps pets' coats, nails, skin, and ears clean and

and close contact, while also familiarizing pet owners with their pets' bodies, which can help them notice any abnormalities that much sooner.

How frequently pet owners should have their pets groomed depends on the disposition of the animal as well as its coat type and level of activity. For example, dogs that spend a good deal of time in

bathing dogs only every two to four months unless the dog has gotten into something dirty or very smelly. Cats do not need to be bathed very often, and even then only if they get into a sticky mess or smell bad.

Brushing

Brushing is a grooming technique that can be done much more often. One or two brushings per

signed for particular coat types. A few different types of brushes may be necessary.

Foot care

A variety of tasks are involved in pet foot care. Nails are one area that need to be addressed. Long nails on dogs can be cumbersome and even painful if left unattended. Many groomers and vets recommend trimming



healthy. Regular grooming sessions also offer other benefits, such as providing one-on-one socialization with an owner or professional groomer. Routinely handling a pet will help him or her become more acclimated to people

doors may not become as dirty as those that go on frequent jaunts through muddy yards. Cats handle a lot of their own grooming, but may benefit from periodic brushing and other care. Once pet owners see how fur grows and when paws need tending, they can develop a routine that works.

Bathing

The Animal Humane Society recommends

week will help keep cats' healthy glows, as brushing removes dirt, grease and dead hair. Cats that tolerate grooming well may enjoy more frequent brushings.

Regular brushing of dogs' coats helps to slough off dead skin and distribute natural oils. Brush a dog's coat every few days, regardless of fur length. Look for brushes that are de-

nails when they've become so long they click on the ground when the dog walks. Pet owners will soon learn to gauge the length of time between trimmings, but a good rule of thumb is every two weeks.

The Humane Society of the United States says that trimming cats' claws helps prevent deep scratches when people play with cats. Trimming also protects furniture and other household items. Trim claws every few weeks.

Other foot care involves trimming fur from between the pads of feet and inspecting feet to ensure there are no cuts or other foot injuries.

Ears

Dogs and cats may need some help keeping their ears clean. Keeping the inside of pets' ears clean will make pets feel good and can prevent ear infections. A veterinarian should address discharges or unusual smells emanating from an ear or ears.

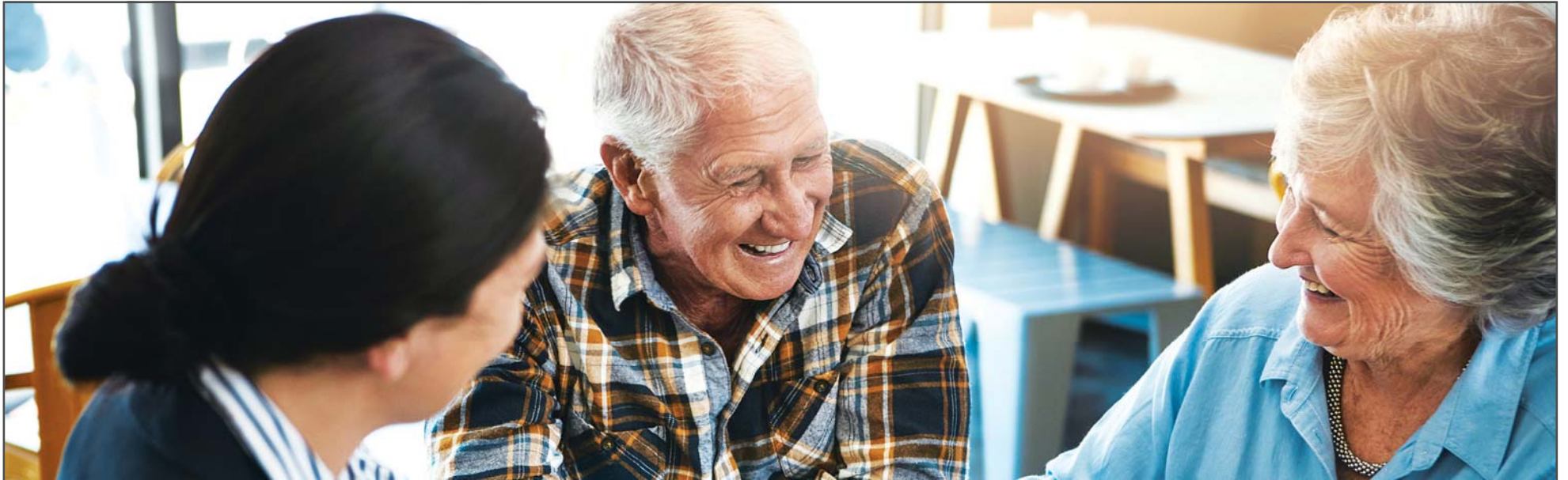
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Good Housekeeping

Kielbasa Medley

A hearty one-skillet dinner made with apples, carrots and red potatoes.

8 ounces reduced-fat turkey kielbasa, cut diagonally into 1/2-inch-thick slices
 12 ounces red potatoes, cut into 1-inch chunks
 2 cups shredded carrots (about half 10-ounce bag)
 1 bag (16 ounces) sauerkraut, rinsed and drained
 2 Golden Delicious apples, unpeeled, cored and cut into 1/2-inch chunks

1. Heat nonstick 12-inch skillet over medium-high heat until hot. Add kielbasa and cook 3 to 4 minutes or until golden, stirring occasionally.

2. Add potatoes, carrots, sauerkraut, apples and 1/3 cup water; heat to boiling. Reduce heat to medium-low; cover and simmer 18 to 20 minutes or until potatoes are fork-tender. Makes 4 main-dish servings.

* Each serving: 230 calories, 5g total fat (2g saturated), 11g protein, 40g carbohydrates, 5g total fat (2g saturated), 9g fiber, 35mg cholesterol, 935 mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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Good Housekeeping

Fresh Fruit Crumble

This easy goes-with-everything crumb topping is a perfect addition to whatever fruit's in season.

For the Magical Fairy Dust Crumb Topping

2 cups all-purpose flour
 1 cup old-fashioned oats
 1 cup packed brown sugar
 1 teaspoon finely grated lemon peel
 3/4 teaspoon apple pie spice
 1/2 teaspoon salt

10 tablespoons butter, cut up
 For the Fresh Fruit Crumble
 Peaches, plums, mixed berries, apples or pears
 Sugar

Vanilla ice cream, for serving
 Whipped cream, for serving

1. Make the Magical Fairy Dust Crumb Topping: In mixer, mix flour, oats, brown sugar, lemon peel, apple pie spice and salt until combined. Add butter; beat until coarse crumbs form. With fingers, squeeze to form large chunks. Transfer to resealable plastic bag; freeze for up to 2 months.

2. Prepare the Fresh Fruit Crumble: Toss chopped fruit (whatever's in season) with a little sugar. Top with crumb topping. Bake at 375°F for 45 minutes or until fruit is soft and bubbly; serve with a scoop of vanilla ice cream or whipped cream.

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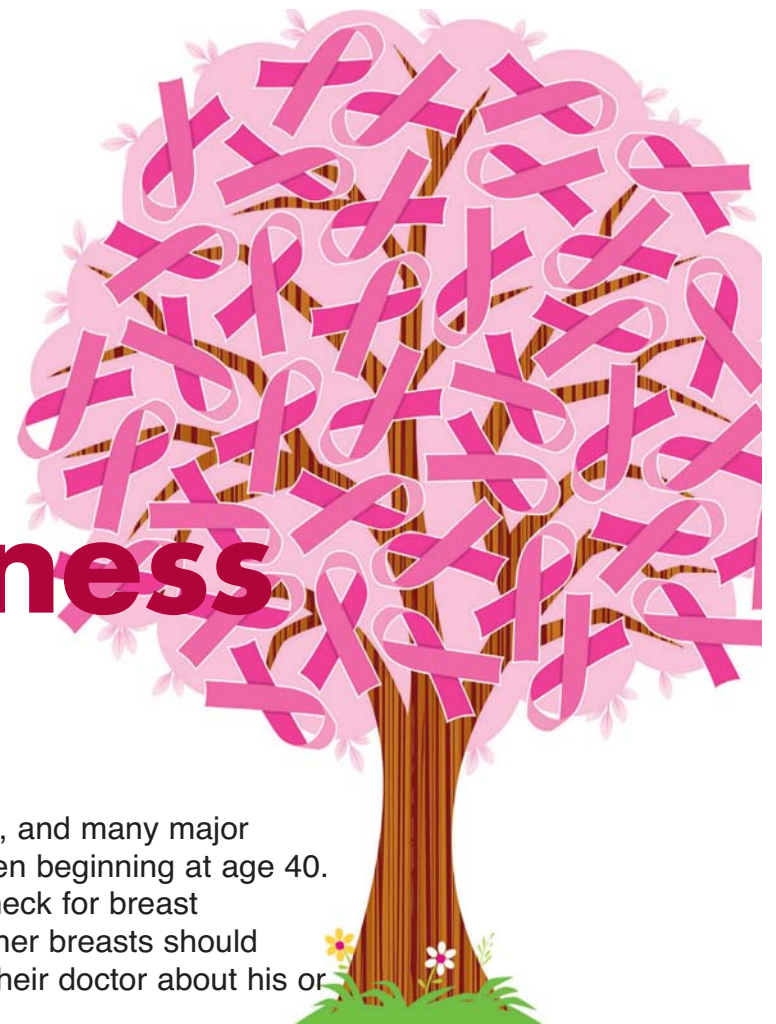
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Growing Awareness To Save Lives

A mammogram can detect breast cancer in its earliest, most treatable stages, and many major health organizations recommend annual mammogram screenings for women beginning at age 40. Experts also recommend clinical breast exams and breast self-exams to check for breast abnormalities on a regular basis. Any woman noticing unusual changes in her breasts should contact her healthcare provider immediately. Women of all ages should speak to their doctor about his or her personalized recommendations for breast cancer screening.

As we recognize Breast Cancer Awareness Month, we remember the women who have lost their lives to the disease, and we voice our support for those in the fight of their lives.



Share the aware on Facebook and Twitter to show your support for Breast Cancer Awareness Month this October. Share Tweets and posts from facebook.com/nameorg or @nameorg to help save lives with important screening information, healthy lifestyle tips, early detection guidelines and more.

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Friday, October 13th
◆ Fresh Haddock Dinner - Baked or Fried w/Potato & Veg
◆ Mac & Cheese w/Veg
◆ Manhattan Clam Chowder

Saturday, October 14th
◆ Prime Rib Dinner w/Potato & Veg 3-7PM
◆ Fried Shrimp w/Potato & Veg

Sunday, October 15th
◆ Cinnamon Raisin French Toast
◆ Breakfast only - Closed at 12:30 PM

Monday, October 16th
◆ ALL YOU CAN EAT PANCAKES 3-7 PM
◆ Franks & Beans w/Mac or Potato Salad
◆ Hot Turkey Sandwich w/Potato & Veg

Tuesday, October 17th
◆ Roast Beef Dinner w/Potato & Veg
◆ Roast Beef Club w/Fries

Wednesday, October 18th
◆ ALL YOU CAN EAT SPAGHETTI 3-7 PM
◆ Chicken Parm w/Spaghetti
◆ Spaghetti w/Meatballs, Hot Sausage and/or Tossed Salad

Thursday, October 19th
◆ Chicken-N-Biscuits w/Potato & Veg
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Served Family Style all you can eat

2017 Sundae on the Farm in Montgomery County

by Elizabeth A. Tomlin

Montgomery County celebrated their 17th annual Sundae on the Farm at Kathie and Scott Ryan's Honorone Farm in Ames, NY, where a record breaking crowd came to

enjoy animals, exhibits, hayrides, and of course, free ice cream sundaes.

"4,162 ticketed people attended in four hours!" commented Amanda Gogis, one of the head co-ordinator/publicity

agents for the event.

That number does not include the folks who did not receive tickets for the free ice cream sundae.

"It was amazing to see so many people walk through the event and

the interest!" said Hailey Briggs, Fonda-Fultonville FFA President. "Our need for local agriculture awareness is on the rise with our growing population. Sundae on the Farm is a great way for families in our community to

come out and see first hand what agriculture is all about, especially where some of our food comes from."

Briggs, along with her fellow Fonda-Fultonville FFA members Aiden Boulay, Jacob Belfance,

Trevor Cotter, Ashley Lang, Brandon Koons and Terrance Pierce, directed traffic in the baking hot sun and volunteered in many other capacities throughout the day.

2017 23



Fonda-Fultonville FFA member Aiden Boulay and FFCS Agriculture Education Teacher Sheri Boardman man their FFA display, while other members parked cars and volunteered in other ways at the event.

Photos by Elizabeth A. Tomlin



Assemblyman Paul Tonko (NY-20th Dist. D) joins youngsters to put his hand prints on Pandora the Painted Cow.

This is Strongsville

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

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2017 from 20

Montgomery County Dairy Princess Laura Littrell and New York State (2nd Alternate) Dairy Princess Grace Harrigan greeted folks at the event and told the dairy story to children and adults alike.

"We partner with the NFL and encourage 60 minutes of physical activity per day, as well as a nutritious diet that includes dairy," said Harrigan.

Guided tours of the barns and machinery were available throughout the event.

Natalee Malpass, a special education teacher in Amsterdam, not only attended the event with her family, but also took part in the milking contest.

"My husband and I both grew up in Montgomery County and are now teachers in the Greater Amsterdam School District," said Malpass. "Sundae on the Farm has

become an exciting event that we look forward to bringing our children to each year."

Malpass said that the couple's daughter Grace favors the interaction she has with all of the animals at the event.

"Our two year old son, Eli, loved the tractors!" commented Malpass. "This year was extra special for me since I was able to participate in the cow milking contest along with other area teachers. I've always wanted to try milking a cow! It was a lot of fun, but a lot harder than I thought it would be."

Malpass said she is happy to have had the opportunity to represent Lynch Literacy Academy and to "be involved in such a positive community event."

Sheri Boardman, FFCS Agriculture Education Teacher, said the event has always been successful.

"It always brings in a



Teachers from Montgomery and Fulton County Schools participated in a milking contest. Kathlyn McCarth, far right, representing Fonda-Fultonville, was proclaimed the winner.

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CONCRETE & BLACKTOP SPECIAL PRICING

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fantastic crowd, where people are able to have their questions answered and learn so much more about their local agriculture," said Boardman. "It was a fantastic day for Montgomery County, I know our local families look forward to attending Sundae on the Farm year after year."

"We can't wait until next year!" declared Malpass.

Honorone Farm was established in 1997 by the Ryan family and consists of 400 acres where a

mixed herd of about 100 Holsteins and Brown Swiss are milked.

"We have participated in several environmental programs through Montgomery County Soil and Water District and NRCS that have enabled us to implement various conservation practices," said Ryan.

Montgomery County Farm Bureau, Montgomery County Ag Farmland and Protection Board, and Montgomery County Soil and Water sponsored this 2017 event.



Benefit For The Forest Preserve Users Snowmobile Club

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3pm - Sell Out
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 Chicken Halves \$6⁰⁰

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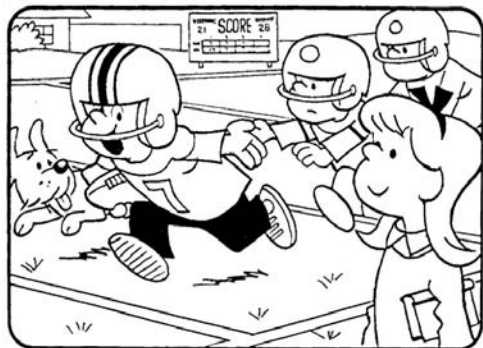
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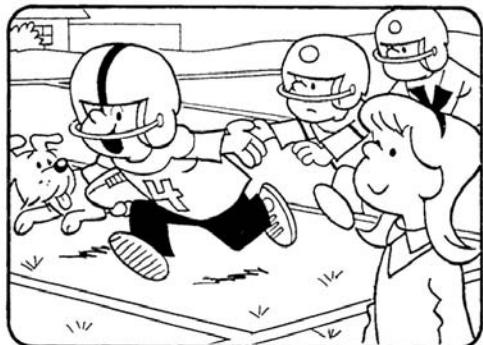
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cars are different. 2. Stripes are missing. 3. Number is different. 4. Scoreboard is missing. 5. Neckline is different. 6. Book is missing.

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GRIN AND BEAR IT



"Tell me I didn't sound like that!"

Just Like Cats & Dogs by Dave T. Phipps



Amber Waves



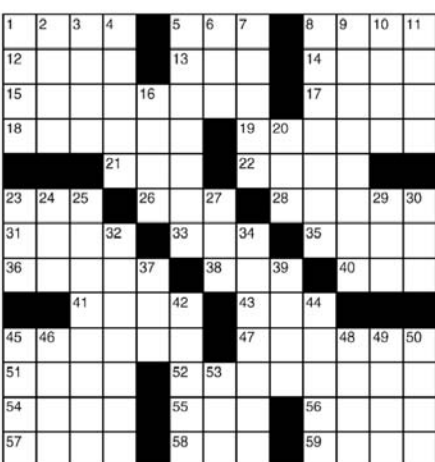
by Dave T. Phipps



King Crossword

ACROSS

- 1 Recycling containers
- 5 Cauldron
- 8 Aladdin's —
- 12 And others (Abbr.)
- 13 "Go, team!"
- 14 Israeli airline
- 15 Hamlet's castle
- 17 Theater award
- 18 Aircraft
- 19 Tomorrow, in Tijuana
- 21 Space
- 22 Grand tale
- 23 Ref
- 26 Energy
- 28 Ancestor of Noah

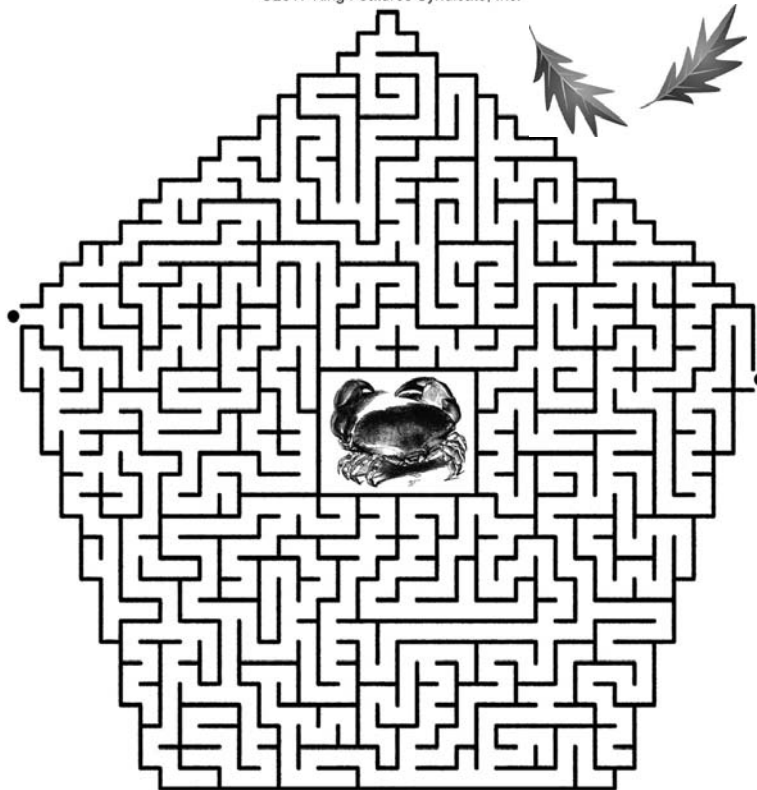


- 31 Equitable
- 33 Knock
- 35 Great Lake
- 36 Possessed
- 38 24 hours
- 40 Corn spike
- 41 "Yeah, right!"
- 43 Pirouette
- 44 pivot
- 45 Just say no
- 47 Senator's
- 49 minimum age
- 51 Fermi's particle
- 52 One of Alvin's cohorts
- 54 Certain
- 55 Mangy mutt
- 56 Hebrew month
- 57 The — Piper of Hamelin
- 58 Coop dweller
- 59 Rod partner
- 8 subject
- 8 Strong and regal
- 9 Tuna type
- 10 Primary
- 11 Entreaty
- 16 Tide type
- 20 Mimic
- 23 E.T.'s craft
- 24 Gullet
- 25 Ship in a
- 27 Gilbert & Sullivan work
- 27 Cushion
- 29 Spy org.
- 30 Yon maiden
- 32 Picked up where you left
- 34 Seamstress' aid
- 37 Insult (Sl.)
- 39 Pirate's refrain
- 42 Command to Fido
- 44 Duck down
- 45 Grate
- 46 Needle case
- 48 Portrayal
- 49 Verifiable
- 50 Holler
- 53 Coloration

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Mega Maze

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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STICKELERS
by Terry Stickels

You may know that a group of bats is called a colony, but can you tell me the most commonly used names of these animal or bird groups?

- 1) flamingos
- 2) bears
- 3) goats
- 4) hyenas
- 5) beavers
- 6) crows

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Americanisms



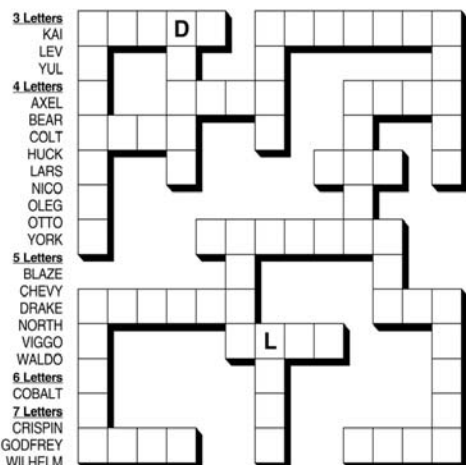
"If you are ashamed to stand by your colors, you had better seek another flag."
—Author Unknown

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Puzzles4Kids by Helene Hovanec

CRISSCROSS - UNIQUE BOYS' NAMES

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.



- 3 Letters: KAI, LEV, YUL
- 4 Letters: AXEL, BEAR, COLT, HUCK, LARS, NICO, OLEG, OTTO, YORK
- 5 Letters: BLAZE, CHEVY, DRAKE, NORTH, VIGGO, WALDO
- 6 Letters: COBALT
- 7 Letters: CRISPIN, GODFREY, WILHELM

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MAGIC MAZE • CORE WORDS

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

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

- Albacore
- Coreen
- Co-regent
- Coreid
- Coreless
- Corella
- Corelli
- Coretta
- Corey
- Foam core
- Fourscore
- Hardcore
- Scorecard
- Scored
- Scores

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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Before Bobbleheads,
there were 'Nodders'

Two types of collectors bid for a porcelain figure of a well-dressed French couple that was sold at a Southern auction in 2016.

A 14-inch-high Asian sorcerer and his companion wearing brightly decorated clothes were "noddors." The heads moved and looked as if they were nodding "yes" when the figures were moved. Noddors

were first made in China in the late 1600s, often showing a smiling, agreeable Buddha. By Victorian times in England, toys were made with nodding heads, as well as decorative porcelain figures of all kinds that could nod "yes" or "no" or even have hands playing a piano.

Because of the noddors' entertainment as well as

decorative value, they were collected in the 1900s. Many new and fake noddors appeared on the market. The second group of bidders probably collected porcelains by Jacob Petit's company, a French firm that made many decorative porcelains from the early 1800s to 1862. The successful bid for the nodder was \$562.

Q: Two years ago, I bought an American Federal one-drawer stand that was made in about 1815. The description said the drawer has "rare Vaseline glass pulls that appear to be original." I had no idea what Vaseline glass was, so I looked up the information on the internet. I'm concerned that the glass color is due to radiation emission, and I wonder about its safety. One of the pulls has a crack. Does this increase radiation emission? I have grandchildren who visit frequently and have relegated this piece of furniture to a little-used room. I'm considering selling this stand.

A: You can test the knobs on your stand to see if they are Vaseline glass by holding one under a black light. Vaseline glass will glow a neon greenish-yellow color because it contains a small amount of uranium dioxide. You don't have to worry, though, because they are not exposing you or your grandchildren to harmful amounts of radiation. Even though the knobs may contain very small amounts of uranium, it is less than what you get from the atmosphere and things that occur naturally every day. It is safe to use your stand. Radiation won't leak out of a crack in the glass.

Tip: Wear cotton gloves when cleaning any type of metal. Oils in the skin will leave a mark.

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A lucky bidder bought this 19th-century French "nodder" by Jacob Petit for \$562. Each head has a long, heavy neck that rests on the shoulders of the figure. It is inserted into the figure's neck hole and swings back and forth, making the head "nod" when touched.

CLOTHES DRYER: Whirlpool, working condition. Bought larger dryer. \$50.00 firm. Leave message at 518-568-2865

2008 FORD TAURUS SEL, Green, 69K, V-6, Auto, Leather. Sale \$6,995. **John C. Miller Inc. 518-762-7124. www.johncmiller.com**

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RAFFLE TICKETS - 500 - \$60, 1,000 - \$75, 1,500 - \$90, 2,000-\$100. Other quantities available. Call Lee Publications 518-673-0101 6113 State Hwy. 5, Palatine Bridge, NY 13428

FIREWOOD Seasoned split mixed hardwood for sale: \$50.00 per face cord. Buy 3 or more, \$45.00 per face cord. Delivery available call or text 518-337-7072

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2013 BUICK VERANO, Black, 19K, 4cyl., Auto, AC, CD, Convenience Pkg, Clean CARFAX. Sale: \$13,995. **John C. Miller Inc. 518-762-7124. www.johncmiller.com**

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Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock

Monday, Oct. 2nd – Sold 346 head. Cull Ave. \$.56 Top Cow \$.60, Top Bred Beef cows \$.98, Bulls/Steers \$. 60 - \$.94, Bull calves top \$1.40, heifer calf top \$1.40, dairy feeders \$.30 - \$1.06, feeder bulls \$.58 - \$1.45, feeder heifers \$.50 - \$1.40, feeder steers \$. 77 - \$1.48.

Friday, Oct. 13th - Central New York Beef Producers 4th Feeder Calf Tele-Auction. 7Pick up Sat. Nov. 4th.

Monday, Oct. 16th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special Otsego County Dairy consisting of 50 head – milking age 26 Holsteins & 3 Jerseys. 21 heifers from ylgd down. SCC 200,000.

Monday, Oct. 23rd – Normal Monday Sale & Monthly Organic Day

Saturday, Oct. 28th - Fall All Breed Dairy Sale - Accepting 150 Registered All Breed Dairy Cattle call today to get your group advertised. Exceptional cattle already coming from Sco-Li, Ju-Vindale, Deer-Slope, Locust-Vale, Hayes Farm, Fantasy-Found, Osborn Bros, Trill-Acres, Kler-Vu, Liddleholm, Durkacres just to mention a few.

Upcoming Sales to Watch for:

2018 – Sat. March 31st – Spring All Breed Sale.

****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 website for any last minute updates. Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY

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cell: 607-972-1770 or 1771

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SATURDAY OCT 28th 10:00am

CONSIGNMENTS WANTED!!

ALREADY CONSIGNED; NEW 2017 YANMAR YT347 DIESEL 47 HP 4 CYLINDER, W/QUICK ATTACH BUCKET, FACTORY CAB, HEAT, AIR, AUTO JACK LEG, HYDRO TRANSMISSION, 4 WHEEL DRIVE. NEW 2017 YT359 YANMAR TRACTOR LOADER WITH BACK HOE, 60HP DIESEL 4 WHEEL DRIVE. 2012 CUB CADET YANMAR SC2400 WITH LOADER WITH 45 INCH SNOWBLOWER 4 WHEEL DRIVE 2 SPEED HYDRO. 3 CYLINDER DIESEL 293 HOURS. 2014 CS2410 TRACTOR WITH LOADER, 24HP DIESEL, 4 WHEEL DRIVE, 47 HOURS. 2006 CUB CADET 5234D 23HP DIESEL 4 WHEEL DRIVE WITH LOADER. CUB CADET YANMAR SC2450 TRACTOR LOADER BACK HOE 24HP 4 WHEEL DRIVE 175 HOURS. JOHN LAWN TRACTOR 170 38 INCH MOWER. HUSQVARNA 72 INCH COMMERCIAL ZERO TURN LZ7230 31HP BIG BLOCK ENGINE 1280 HRS. AND MUCH MORE STILL COMING!! WILL ALSO BE SELLING SMALLS OFF WAGON!! SHOVELS, RAKES, HOES, CHAIN SAWS, AND MORE!!

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7403 ST HWY 5 ST JOHNSTOWN NY 13452 (former Springer Tractor Building)

KING'S

Sat., Oct. 14th Consignment Auction ~ 6:33PM

Sun., Oct. 15th Christmas Auction ~ 1:33PM

Sat., Oct. 21st Consignment Auction ~ 6:33PM

Sun., Oct. 22nd Breeder Sale ~ 11:33AM

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WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

PUBLIC GUN CONSIGNMENT AUCTION

OCT 18th 6:00PM

JR'S AUCTION

7403 ST HWY 5 ST JOHNSTOWN NY 13452

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ALREADY CONSIGNED IS A REMINGTON MODEL 700 7MM BRAND NEW NEVER FIRED, BLACK POWDER LEFT HAND, AMMUNITION, AND MORE STILL COMING!

CONSIGNMENTS WANTED!! 518-993-4668

Tips for trimming the wedding guest list

Weddings are a time to celebrate, and many couples hope to invite as many people as possible to share their excitement. A 2014 study by researchers at the University of Denver found that couples who invite at least 150 guests to the wedding may have happier marriages. The study examined 418 people who were single at the beginning of the study and married five years later. It found that 47 percent of those people who had gotten married in front of at least 150 guests had "high-quality marriages," while those with 50 or fewer guests fell short.

While guests make weddings more enjoyable, and may increase the propensity to enjoy a more successful marriage, couples must be practical and consider their wedding budgets when creating their guest lists. The average American wedding includes 120 guests, according to a 2015 Newlywed Survey released by WeddingWire. Couples who are finding it difficult to create and pare down their guest lists can employ the following tips.

- Create initial lists. When jotting down potential guests' names, write down everyone you want to invite, regardless of budget. Then list the must-have guests for the wedding. This should include the family and friends with whom you interact on a regular basis. Create a separate column for guests who don't make the must-have list.

- Separate friends from friends' friends. If you don't see people outside of events set up by mutual friends, you should not feel obligated to invite those people to the wedding. They are more likely friends of your friends and not your close friends.

- Know the guest list ceiling. Catering halls or reception rooms often can only accommodate a certain number of people. Know this number before making a final list. The limits of the space may serve as the catalyst for trimming the guest list.

- Consider coworkers carefully. Think about whether you'd still be friends with your coworkers if the company dissolved tomorrow. If not, you should not feel obligated to invite them.

- Have we met? If you don't remember interacting with a person (your parent's long lost friend from high school) or the person has never met your significant other, then they probably can be cut. If parents insist on inviting someone you barely remember, they should help defray the costs.

- Cut out the kids. Even though children's dinner costs may be lower than

adults', inviting children can significantly increase the guest list. A no-child policy at the reception can save money.

- Avoid uncomfortable situations. Unless you have remained particularly close, keep former boyfriends and girlfriends off of the guest list.

- Ask for an unbiased opinion. Give the editing pen to someone else if you cannot make a decision. This person may help

weed out extraneous guests.

Paring down a wedding

guest list can be a difficult process, but couples should work together and

respect each other's concerns when creating their final list.



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Weekly SUDOKU

Answer

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

Mega Maze

Solution

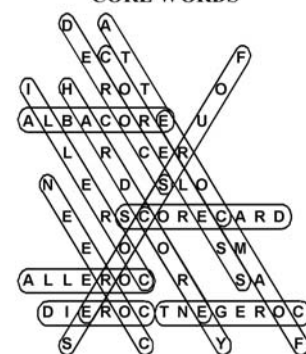


Puzzles4Kids

Answer

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

CORE WORDS



Sticklers Answer

- 1) flamboyance
- 2) sloth
- 3) trip
- 4) cackle
- 5) colony
- 6) murder

King Crossword

Answers

Solution time: 25 mins.

B	I	N	S	P	O	T	L	A	M	P	
E	T	A	L	R	A	H	E	L	A	L	
E	L	S	I	N	O	R	E	O	B	I	E
P	L	A	N	E	S	M	A	N	A	N	A
	G	A	P	E	P	I	C				
U	M	P	E	P	E	N	O	C	H		
F	A	I	R	R	A	P	E	R	I	E	
O	W	N	E	D	D	A	Y	E	A	R	
	A	S	I	F	T	O	E				
R	E	F	U	S	E	T	H	I	R	T	Y
A	T	O	M	T	H	E	O	D	O	R	E
S	U	R	E	C	U	R	E	L	U	L	
P	I	E	D	H	E	N	R	E	E	L	

Real estate... New beginnings

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De-stress your move

(NAPS) — Although moving is one of the most stressful life events — according to the Employee Relocation Council — it doesn't have to be. If you're one of the 40 million people estimated to move this year, these five steps can make moving easier:

- Build A To-Do Timeline — Start by making a list of everything you need to do and when you need to do it. Include tasks such as budgeting, decluttering, hiring movers, purchasing supplies and updating important medical and financial records.

- Create A Moving At-A-Glance List — Put all your critical move-related names, phone numbers and addresses on one document to carry with you and store in your smart-phone. Be sure you can easily access your moving contract, real estate and mortgage documents, and info on local utilities, banks and schools, too.

- Pack A First-Night Survival Box — After you've arrived at your new home, you don't want to have to hunt for the must-have items, such as box cutters, tools, device chargers, bed linens, toiletries — and the coffee pot for the following morning.

- Stay Connected — It's easy to set up your Internet, TV and phone service in advance, with help from CableMover, so you're already connected when you move in.

- Look Online For Help — You can turn to valuable online resources, such as the Moving Guide from CableMover. It's a one-stop, customizable solution to help you stay organized and stress-free. Connect to your new provider and download your customized Moving Guide at www.cablemover.com.

HUNTERS- We have tick repellent spray for you, your gear and O'-Tom Tick Twisters in stock! **Behind Every Project is a True Value. 12 Willett St Fort Plain 518-993-3834**

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2008 CHEVY IMPALA LT, Dark Blue, 76K, V-6, Auto, Ac, CD, Alloys, Full Power, Clean CARFAX. Sale: \$8,250. **John C. Miller Inc. 518-762-7124. www.johncmiller.com**

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THE VILLAGE OF CANAJOHARIE (THE "VILLAGE") WILL OFFER FOR AUCTION A TWO (2) FAMILY RESIDENTIAL PROPERTY OWNED BY THE VILLAGE LOCATED AT 67-69 ORCHARD STREET, SBL NO.: 63.72-1-16, LOT SIZE 54.3 X 104.5 (THE "PROPERTY"). THE PROPERTY WAS DONATED TO THE VILLAGE BY US BANK, N.A. AFTER A FORECLOSURE.

THE VILLAGE SHALL ACCEPT SEALED BIDS FOR THE PROPERTY. BIDS MUST BE RECEIVED BY **12:00 NOON, TUESDAY, OCTOBER 31, 2017.** THE VILLAGE RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS.

SEALED BIDS MAY BE MAILED OR HAND-DELIVERED TO THE VILLAGE CLERK AT THE VILLAGE OFFICE LOCATED AT 75 ERIE BLVD., CANAJOHARIE, NY 13317. THE SEALED BIDS WILL BE OPENED ON **TUESDAY, OCTOBER 31, 2017 AT 12:01 P.M.**

THE PROPERTY IS BEING SOLD "AS IS," WITHOUT ANY WARRANTY OR GUARANTEE OF ANY KIND WHATSOEVER.

THERE ARE CURRENT, EXISTING AND KNOWN CODE VIOLATIONS RELATED TO THE ROOF, HEATING SYSTEM, ELECTRICAL SYSTEM AND PLUMBING SYSTEM. ALL KNOWN CODE VIOLATIONS MUST BE REMEDIATED AT PURCHASER'S COST PRIOR TO OCCUPANCY. PURCHASER SHALL BE RESPONSIBLE TO PERFORM ANY AND ALL INSPECTIONS AT HIS/HER/THEIR/IT'S OWN COST.

THE PROPERTY SHALL BE CONVEYED BY BARGAIN AND SALE DEED. PURCHASER SHALL BE RESPONSIBLE FOR ALL COSTS, FEES AND TAXES ASSOCIATED WITH CONVEYANCE OF THE PROPERTY, INCLUDING BUT NOT LIMITED TO FILING/RECORDING FEES AND COSTS, TRANSFER TAXES, TITLE SEARCH/UPDATE FEES, TITLE INSURANCE PREMIUMS, SURVEY COSTS AND ATTORNEY'S FEES INCURRED BY THE VILLAGE IN PREPARING AND/OR RECORDING DOCUMENTS WITH THE MONTGOMERY COUNTY CLERK.

The Brewer, the Baker and the Cider-Maker



Dave Manthey showed his talents as a baker using the beehive oven.



Visitors to Fort Klock were able to experience what life was like in the mid-1700s. Photos by Michael Wren

by Michael Wren

ST. JOHNSVILLE, NY — Chilly fall weather was the perfect backdrop for this fall-themed event at Fort Klock located just outside of St. Johnsville. Sites at the fort include a

fortified farm homestead with walls nearly two feet thick, a Dutch barn, blacksmith shop and a one-room schoolhouse. Even with the brisk air and gray skies many people still came to the fort

to enjoy the festivities. David Manthey spent the day around the forts' beehive oven baking everything from baguettes to pumpkin and apple pie.

BREWER 29

Real estate... New beginnings



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<p>039: 6 Lincoln Street, FORT PLAIN: This home has been well maintained and structurally sound and a newer furnace, hot water tank, new chimney, new basement windows. Located on a quiet dead-end street. Asking \$56,000</p>	<p>836: PRICE REDUCED!!! MOTIVATED SELLER!!! 797 Mapletown Road, CANAJOHARIE: This is a lovely vacant parcel (28 acres) fields, pond, woods with trails. The taxes are estimated because of a current sub-division being done. Build a home near the pond and ride the trail back to the upper level with views which would be a great camping area. Asking \$34,900</p>
<p>952: 0 Route 10, CARLISLE: A unique 6.5 acre building lot located in Carlisle, NY. Conveniently located only 45 minutes from Albany or the Adirondack Park, 30 minutes to Historic Cooperstown. Asking \$35,000</p>	<p>953: 200 Coss Hollow Road, COBLESKILL: A Unique 97 acre property awaits its NEW OWNER! Are you looking for off-the-grid living? Maybe a summer home or hunting camp, this is the property. Property has a small A-Frame home, drilled well, complete privacy and stunning view of the valley. Plenty of trails for hiking and four wheelers. Lots of hardwood trees for firewood. Centrally located in Upstate New York. Only 20 mins. to I-88, half hour to Historic Cooperstown. Asking \$139,900</p>

PUBLIC AUCTION every Tuesday Night starts at 5:00pm. JR'S Auction 7403 St Hwy 5 St Johnsville NY 518-993-4668. We sell Furniture, Tools, Antiques, Primitives, Household Items, and much more!! We always sell for 3 hours or more!! Stop Buy and find a bargain!!

2012 Ford Fusion SEL AWD, Silver, 55k, V-6, Heated Leather, New Tires, 1-Owner, Clean CARFAX. Sale: \$11,950. **John C. Miller Inc. 518-762-7124 www.johncmiller.com**

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OUR OWN PURE MAPLE SYRUP FOR SALE. David Mast, 1559 Stone Arabia Rd., Fort Plain, NY., 13339.

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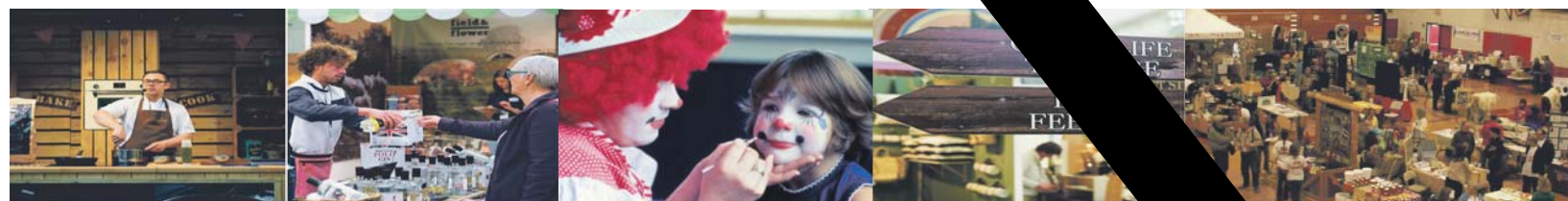
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THE BREWER from 27

Visitors were encouraged to try the food, which was served hot and with homemade butter.

As everybody enjoyed the crisp fall air many visitors stood by a large outdoor fire while fresh sweet corn roasted over the coals. Kathleen

beer. Fort Klock member Victor Fernandez manned the brewery station. Member Steve Gurzler also gave a blacksmith demonstration throughout the day. Bill Murphy helped with everything from the setup to the cleanup.

According to the Fort Klock Facebook page, Event Coordinator Jim

American life.”

The volunteers of Fort Klock Historic Restoration made the event possible. For information on Fort Klock, or becoming a member, call the Fort during normal business hours at 518-569-7779. Fort Klock will be open for a St. Nicholas Day event this December.



Visitors enjoyed 18th century music.



Victor Fernandez explained the process of brewing beer in the 1750s.

Sprague and others prepared an open-hearth cooked meal. The event also included an apple cider press, with cider available for visitors, and an exhibit of medical equipment and medicine of the 1700's.

Another hit at the fort was the brewer, who showed the different types of grain used and offered samples of a locally brewed

Sparks said, “The Fort continues to offer a glimpse into the 18th century life of a working farm and fortified homestead in the Mohawk Valley. Through living history demonstrations and recreated room interiors, interpreters, members and re-enactors work to provide a rich educational experience of this important example of early

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Calendar of events

ORIGINAL VALLEY PENNSAVER

NOTE: Calendar entries must arrive at the Original Valley Pennsaver office 10 Days Prior to the publication date. Send events to Lee Publications c/o The Original Valley Pennsaver, 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 outdated.

OCT

Arkell Center Programs for ALL AREA Seniors during October 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: 9-10 am. A Core Strength & Stability Class in the basement. \$5 donation. Instructor Sharon Charles. For more information call 673-4408.
Tuesdays: 10-11 am. Tai Chi Workshop. 11:10 am-12:10 pm intermediate Tai Chi. Both sponsored by Mont. County OFFA. Earl

O'Bryon Instructor. Donations accepted.
Mon., Wed. & Fri: 10-10:30 am. Senior Exercise Program in the basement. Open to all area Seniors. Coffee after.
Wednesdays: 2-2:25 pm Chair Yoga in the Gallery and 2:30-3:30 pm Gentle Yoga in the basement with instructor Patty Pietrowicz. \$5 donation.

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

SPECIAL EVENTS

Oct 7: 9 am-3 pm. Defensive Driving Class, call 673-4408 to register.
Oct. 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.
Oct. 18: 6:30-8 pm. Canajoharie Tech CSI group coming for any computer, phone or Laptop, Facebook, email problems. Bring a friend.
Oct. 19: 1:30 pm. Water Color with Shanna Becker. \$10, bring a friend.
Oct. 20: 1:30 pm. Mr. Hubbard shares on "Women Soldiers of the Civil War, they fought too."
Oct. 27: 12:30 pm. Gary Van Slyke will entertain us with Harvest & Halloween.

Oct. 31: 11:15 am. The Canajoharie Kindergarten class will have their Annual Halloween Parade and will come to Arkell Center to sing songs, and thrill us with their costumes. Please come by and bring a friend.

MEETINGS

Oct. 10: 6 pm. Canajoharie/Pal. Br. Chamber of Commerce Meeting.
Oct. 12, 19 & 26: 10:10:15-11 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.
Oct. 17: 10-11 am. Alzheimer's Caregiver Support Group. Please join us.
Oct. 20: 1 pm. Canajoharie Senior Citizens Meeting.

OCT 7

Free Kids Film Workshop
 Image Quilt Cinema, 39 Mohawk St., Fort Plain. 1-5 pm. Independent Films for children. \$5 all day.

Chasing Trane-A Documentary Film Screening

Image Quilt Cinema, 39 Mohawk St., Fort Plain. 7-9 pm. Free admission.

OCT 7, 13, 14, 20, 21, 27, 28, 29

Hyde & Shriek Candlelight Ghost Tours

Hyde Hall Kent Center. Tickets \$20 pp. Reservations required. Call 607-547-5098 ext. 6. If no answer leave your name and number and we will return your call.

OCT 8

The Stone Arabia Preservation Society will host the Valley Choralaires and Revisions Barbershop Quartet
 The Stone Church, Route 10. Concert begins at 2 pm. Free will donations will be accepted with refreshments to follow.

OCT 13

24th Annual Italian Buffet Dinner
 St. John's Church Hall, N. Main St., Newport. 5-6:30 pm. \$10 Adults, \$5 Children 6-12, 5 and under free. Take outs available.

OCT 14

The Village of Ames Museum
 611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Enjoy a museum scavenger hunt. One for adults and one for children. For more information visit www.amesmuseum.weebly.com .

Free Clothing Give-Away
 Valley Alliance Church. 9-11 am. Doors open at 8:45 am.

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Refreshments provided.

Angel & The Badman
 Image Quilt Cinema, 39 Mohawk St., Fort Plain. 1 pm. \$5 adults. \$3 Seniors & Kids. 7 pm. STINK! The movie, Free.

OCT 20 - 21

Rummage & Bake Sale
 Trinity Church Stone Arabia, Rt. 10 N Palatine Bridge. Oct. 20, 2-6 pm, Rummage only. Oct. 21 9 am-1 pm, Rummage & Bake sale.

OCT 21

Chicken & Biscuit Supper
 St. John's Lutheran Church, 774 State Hwy. 163, Fort Plain. 5-7 pm. Take outs starting at 4:30 pm. Adults \$10, ages 12-6 \$5, and 5 & under free. Family style all you can eat.

OCT 29

Bus Trip to See Buffalo Bills vs. Oakland Raiders
 Sponsored by St. Johnsville American Legion. For more information call 518-332-1556 or 518-727-6024.

OCT 30

Fall Festival
 HomeLife at Folts and Folts/Claxton, 104 N. Washington St., Herkimer. 1-4 pm. Free. \$5 to enter the Chili contest. For more information call

Barb McGregor at 315-866-6964 ext. 317.

NOV 4

The Village of Ames Museum
 611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. The museum will close for the season at 3 pm. For more information visit www.amesmuseum.weebly.com .

NOV 18

St. Joseph Craft Fair
 W. State St., Dolgeville. 10 am-4 pm. Vendors needed. For more information call Linda at 315-429-9149.

DEC 3

St. Nicholas Day
 Fort Klock. Noon-3:30 pm. For more information call 518-568-7779, email FortKlock@gmail.com or visit www.fortklockrestoration.org .

DEC 6

The Village of Ames Museum
 611 Latimer Hill Road, Ames. Village of Ames tree lighting celebration in front of the museum 6:30 pm. Refreshments to follow at the fire station.

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Stay safe when landscaping

Landscaping is typically viewed as a chore by homeowners, many of whom enjoy doing some work on their lawns and gardens. But only few homeowners may recognize the potential dangers of lawn maintenance.

The Consumer Product Safety Commission reports that more than 230,000 people per year are treated for various injuries resulting from lawn and garden tools. Common injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely preventable if homeowners prioritize safety when tending to their lawns and gardens.

Understand the equipment

Homeowners should not assume they know how to use all of the tools necessary to maintain lush lawns and bountiful gardens. Familiarize yourself with the proper operation of manual and motorized equipment by reading the owner's man-

ual thoroughly, making special note of recommended safety guidelines.

Take some time to locate the power buttons and other parts by comparing them to illustrations in the guide. Once you feel comfortable handling the equipment, then you can begin to use it.

Wear appropriate protective gear

Failure to wear protective gear can lead to injury. Personal protective equipment includes gloves, eye protection, ear protection, boots, and a hard hat if necessary. When working during visibility conditions or at night, wear a reflective vest.

Other protective items include a hat to shade your eyes from the sun's rays. Sunscreen will protect the skin from UVA and UVB radiation. Long pants and sleeves can guard against flying debris.

Watch your surroundings

Thousands of injuries occur to children and

pets that get hurt around mowers. It's best if children and pets remain indoors when homeowners are mowing or using other power equipment that may kick up debris. Children under the age of 12 may not have the strength or ability to operate lawn tools. Also, never make a game of riding a child on a riding mower. Nobody under the age of 16 should operate riding lawn mowers.

Get approval before digging

It's difficult to know what is beneath the ground without having a property surveyed and marked. Digging without approval can result in damage to gas lines or water/sewer pipes. Always check with the utility company before digging trenches or holes.

Unplug or turn off all equipment

When not in use, keep lawn equipment off. Do not try to repair or fix a snag or obstruction in equipment while it is on. Don't modify the equipment in any way, such as

removing protective guards.

Exercise caution with chemicals

Follow manufacturers' safety instructions when using pesticides or fertilizers. Avoid application on windy days or right before a rainstorm, as this can spread the product and damage the ecosystem. Keep people

and pets away from treated areas.

Maintaining the yard is both a necessity and a

hobby. Homeowners who prioritize safety can greatly reduce their risk of injury.



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