

WWW.OUTDOOR-MOTOR-SPORTS.COM email: sales@outdoor-motor-sports.com

#### Students of the Month:

<u>Harry Hoag School</u>	
Isabella Hearn	Grade K
Lainie McDuffee	Grade 1
Eliyhanna Brackett	Grade 2
Robert Davis	Grade 3
Dawson Tracki	Grade 4
Zachary Briggs	Grade 5
Marionna Stephens	Grade 6

Fitness Center Open to Public: The Fitness Center at the Jr/Sr High School is open to the public on school days from January 2nd - April 30th. The hours are 5:00 a.m. - 7:00 a.m. daily, and again from 5:00 - 8:00 p.m. There are no students permitted to use the center during these public hours. Membership cost for adult district residents is \$20/month. Non-district residents are \$30/month. Any senior citizen over the age of 65 is fee of charge. Membership payments are due the first of each month and are made through the district office.

Honors Athletic Teams: Five of the Jr/Sr High School's varsity fall athletic teams were recently named Scholar-Athlete Teams by the NYS Public High School Athletic Association. To qualify for the honor, at least 75% of the team's roster must hold an overall grade point average of 90% or higher. The teams who qualified were: Boys Cross Country 95.11 Girls Cross Country 94.79

Golf 90.327 For more information, and up-to-date news and photos:

90.935

90.908

\*visit our website: www.fortplain.org\*

#### **Upcoming Events:**

**Girls Soccer** 

Volleyball

Jan 15:	School Closed: MLK Day	
1/22-1/2	26: HS Regents Week	
Feb 2:	10:30 Dismissal all grades	
Feb 2:	Report Cards Mailed	
Feb 7:	Board of Education 6:00 pm	
Feb 13: Elementary 4-6 dance 2:45		
	3 School Closed: winter break	

**Mission Statement:** The Fort Plain Central School District will provide each student with the opportunity to develop intellectually, socially, emotionally, and physically in a safe, orderly and positive environment. Our goal is to prepare every student for success beyond graduation.



Health & Wellness Fair 2018: The Wellness Committees of the Fort Plain and Canajoharie Schools will host their annual "Community Health and Wellness Fair" on Saturday, April 14th from 9:00 a.m. to noon at the Harry Hoag Elementary School. This year's theme is "Start Your Day the Healthy Way" and will feature morning exercise and breakfast tips, as well as some healthy breakfast treats such as made-to-order omelets and homemade oatmeal with toppings. Students will have a chance to attend a soccer clinic, while adults enjoy a fitness class. The health fair will feature health screenings, massages, information for the aging, cooking demonstrations, mindfulness techniques, and much more. Any individual, business or organization who would like to have a table is invited to participate at no cost! Contact Lauri Broady at lauri.broady@canjo.org or lauri.broady@fortplain.org or call 518-993-4000 #1003 to register or to receive more information. The Annual Community Health and Wellness Fair is free and open to the public of all ages.

Quinn Jones in NYS Student Cabinet: Junior Quinn Jones was chosen to represent Fort Plain at this year's Student Cabinet assembled by New York State Assemblyman Angelo Santabarbara. The group met on December 5th at Clarkson University's Schenectady Campus. Students in the cabinet represented ten school districts across Albany, Schenectady and Montgomery Counties. The students discussed challenges that local schools will be facing in the upcoming year, worked on a mock school district budget, and brainstormed ways to meet the growing demand for STEM classes, while also working to maintain arts and other programming. They found out just how difficult a balancing act public schools are facing, having to make choices between adding or maintaining a sports team vs. offering an AP class. Students noted the wide disparity in resources from district to district, with some schools enjoying state-of-the-art facilities while others struggle to fund safety and building issues. Assemblyman Santabarbara spoke of the importance of sharing this process with our future leaders and decision makers, saying "some students here are facing really different challenges." Thankfully, they all seemed up to the task.

Harry Hoag "Fun With	h Math" Achiev	Vers: At the
December meeting, the following students reached		
100-math-fact goals:		
Sofia Bates	Subtraction	under 6 min
Jansheen Haider	Addition	under 5 min
Kierra St. Louis	Addition	under 4 min
Jayde TenEyck	Multiplication	under 4 min
Larry Sanders	Subtraction	under 4 min
Zionna Robarge	Addition	under 4 min
Summer Trumbull	Multiplication	under 3 min
Marionna Stephens	Subtraction	under 3 min
Dawson Tracki	Multiplication	under 2 min
Dylan Keane	Multiplication	under 2 min

Llewer Llee e #Er ve \Aftitle Afetle# A elsier rever Ar al

**Chess Club Begins:** The annual Chess Club will run from January 9th - February 13th, with elementary students meeting on Tuesdays and Jr/Sr High School students meeting on Thursdays. Students learn fundamentals and game strategy skills, before moving on to compete in head-to-head games. The Chess Club is advised by Mr. Ted Arndt and Mrs. Libby Arndt.

"Mary Poppins" Cast Announced: The joint Fort Plain-Canajoharie Drama Club recently announced the cast for this year's musical, "Mary Poppins," The cast will be led by Vivian Hopkins as Mary Poppins, Connor Bowden as George, Quinn Jones as Winifred, and Aliza and John Hopkins as Jane and Michael Banks. Joining them will be Keagen Ford and Evan Smida as the narrators, Sophia Rogers as Miss Andrew, Rianna VanRenselaar as Mrs. Brill and Vicente Nunez as Robertson Ay. Rounding out the principals are Eliza Cechnicki as Bird Woman, Michael Daniels as Neleus, and Christian Jones as the Bank Chairman. "Mary Poppins" also stars Vikki Wilday at Miss Lark, Sarah Bowden as Mrs. Corry, Max Richtmyer as the Park Keeper, Cameron Brownell as VonHussler, and Luke Doxtater as Northbrook. Further cast includes: Sayge Ruffino-Mosher, Tori Rocas, Bretton Scofield, Alexia Hill, Maura DiMezza, Charles Schermerhorn, Ashlin Tubbs, Mathea Leonard, and Vincenzo DiCrescenzo. The musical is directed by Will Ryan and Lauri Broady, with musical direction by Norma Bowley. Joining them are costumer Lisa Hill, Stage Manager Ron Hill, Set Manager Jim Fiaschetti, Technical Manager Michael Broady, and choreographer Tina Goldswer. Filling out the stage and technical crew are Jenn Cechnicki, Garrett Oeser, Rob Rogers, Willow MaGinnis, Zack Rogers, Lilli MacVilla, and Michael Hoffman. "Mary Poppins" will be performed at the Canajoharie High School on March 23rd and 24th at 7:00 p.m. and March 25th at 2:00 p.m.

**Elementary Student Council Elections: Students in** grades 4-6 recently had the opportunity to represent the student body by running to serve on this year's Elementary Student Council. Students had to complete an application, telling why they felt they would be a good student representative and outlining some of the things that they would like to accomplish as a Student Council member. Each candidate made posters and flyers, sharing their platform and message with other students by papering the halls with their messages for one week. The campaign culminated with 6th grade students making a short speech in the gym, introducing themselves and explaining why they felt that they would do a good job as an officer leading the student council. Following homeroom elections with paper ballots, the 2017-2018 Elementary Student Council was appounced.

Council was announce	eu.
President	Brady Keane
Vice President	Emily Palmeri
Treasurer	Sebastian Baxter
Secretary	Delana Tracki
Sixth Grade Reps:	Ethan Hubbard Marionna Stephens
Fifth Grade Reps:	Payton Landry Jed Douglas Vienna Jackson Jazzy Lapi
Fourth Grade Reps:	Owen Castellano Anthony Chavarria Dylan Keane Josephia Carcasole Dawson Tracki

GOT COLD FEET BE-CAUSE OF POOR **CIRCULATION?** Paca Gardens has Alpaca Therapeutic socks. Warm, soft, stretchy and very comfortable. Ideal for diabetics or anyone with cold feet. Your feet will love them. Many colors too choose from. 315-823-1100 M-F 10-5, Sat 10-4. Paca Gardens, 27 West Main St, Little Falls. Layaways available.

617 N Main St. Herkimer, NY, 2 apartments, #617, #619 nice and clean, ready to move in, both are 2-bedroom, living room, dining room, kitchen, stove and refridgerator included, call for details, 315-894-4351

North Creek Auto Is a Dealer for Blizzard All Aluminum Trailers! Enclosed Snowmobile, Car Haulers, Utility & Dump Trailers. 315-866-3698

NEED A NEW CAR? Get 0% financing at Sampson Motor Car where everyone is approved! 261 East Main Amsterdam. Street 518-848-7359

2014 DODGE CHARG-ER SE, Dk Blue, 37K, V-6, Auto, AC, CD, Alloys, Clean CARFAX. Sale: \$15,995. John C. Miller Inc. 518-762-7 1 2 4 www.johncmiller.com WANTED - CA\$H PAID For old jewelry, old buttons, books. Dolls toys, even if broken, 1970s older. 1960s &

older: Clothing. Old Christmas, frames, Halloween items. Interested in almost anything old. Shirley 315-894-9032

LAND FOR SALE: Brewer Rd., Town of Columbia, Herkimer County,NY. 30.8 acres, 1/2 field, 1/2 woods, great view, \$57,000; 24.9 acres, 1/3rd field, 2/3rd woods, nice view, \$45,000. Owner Financing. Helderberg Realty 518-861-6541, 518-256-6344

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

AND MEDITATION **DISCUSSION** of the book, "Zen Mind, Beginner's Mind". Canajoharie Library, Wednesdays, 6:15-7:15PM.

INSULATION: All Types. New/ Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation www.upstatesprayfoam.com 315-822-5238

HAPPY NEW YEAR from **RAGTIME.** 39 Main St. Fort Plain, 3000sq. ft. of stuff for sale. New stuff for the new year. Thurs. through Sat. 1-ish-5

'05 FORD F350, reqular cab, 131k, 4x4, good tires, runs great, \$5,100; '09 dodge grand caravan, green, 79k, 3.3 V6, clean, 1owner \$6,100. 315-894-4411

NEED YOUR APPLI-ANCE **REPAIRED**? Koval's has over 30 years experience and is affordable! Call (315)867-9333

ST. JOHNSVILLE (1) bedroom apartment. Wall to wall carpeting, refrigerator and stove included, off street parking, \$400+. 518-301-5739

NEW TOOLS, Wooden Boxes and Metal Signs at Willy's Get Around to It. 14 Bridge Street, St. Johnsville, NY 13454. 518-752-5600

VINYL **REPLACE-**MENT WINDOWS BY VIEWPOINT are durable, low maintenance and ENERGY APPROVED STAR with lifetime warranty against glass breakage. Check out our Facebook to learn more. C. H. BURK-DORF & SON, 35 Hough St., St. Johnsville 518-568-7016

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

2012 JEEP GRAND Cherokee Loredo 4x4. silver, 69k, V-6, Auto, AC, CD, alloys. 1 owner, clean CARFAX. Sale \$17,995. John C Miller Inc. (518)762-7 1 2 4 www.iohncmiller.com 2009 SATURN AURA XE. Silver, 66k, 4cyl., Auto, AC, CD, Alloys, Clean CARFAX. Sale: \$7,495. John C. Miller Inc. 518-762-7124. www.johncmiller.com

APPLES, SWEET CIDER, Honey and Fudge! Pavlus Orchards, 270 Hickory Hill Rd., Fort Plain, NY. Open Saturday & Sunday 10am to 4pm. 518-993-2643

20x30 TENT with four sides for rent. Canajoharie Volunteer Fire Department 518-673-3812

ARE YOU A BOTTLE COLLECTOR? Check out Willy's Get Around to It, 14 Bridge Street, Johnsville, NY St. 13454. 518-752-5600

KOVAL's Major Appliance Repair has over 30 years experience and is affordable. Call (315)867-9333

CENTRAL BOILER **EClassic OUTDOOR** FURNACES. Cleaner and Greener. EPA Certified. Call North Creek Heat 315-866-3698

ROCK SALT available in 50# bags at C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

2008 CHEVY IMPALA LT, Dark Blue, 76K, V-6, Auto, Ac, CD, Alloys, Full Power, Clean CARFAX. Sale: \$8,250. John C. Miller 518-762-7124. Inc. www.johncmiller.com THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning

Worship 11am.





# WILL REMOVE UNWANTED APPLIANCES FOR FREE

If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar,





Published weekly on Saturday by Lee Publications 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President *Frederick W. Lee* V.P., General Manager *Bruce Button* V.P., Treasurer *Janet Lee Stanley* 

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

### AD SALES

John Snyder, Sales Manager 518-673-0129, jsnyder@leepub.com

Mary Skinner, Sales Associate 518-673-0130, mskinner@leepub.com

Jed Suits, Sales Associate 518-673-0131, jsuits@leepub.com

Reader ads 518-673-0111 or 800-218-5586 **Kal Shariff** - Corporate Sales Manager 518-673-0116, kshariff@leepub.com **Accounting/Billing** - Pauline Tripp 518-673-0150, ptripp@leepub.com **Commercial Printing** 518-673-0101, commercialprint@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

We cannot GUARANTEE the return of photographs. Publisher not responsible for typographical errors. Size, style of type and locations of advertisements are left to the discretion of the publisher. The opinions expressed in this publication are not necessarily those of the publisher. We will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the sole right to edit, revise or reject any and all advertising with or without cause being assigned which in his judgement is unwholesome or contrary to the interest of this publication. We assume no financial responsibility for typographical errors in advertisement, but if at fault, will reprint that portion of the ad in which the error appears.

**Dru's Dirt Detective** I clean corners, I don't cut them **Now Offering Carpet Cleaning Service** Free Estimates • Best Prices Around Call or Text for Details 518-332-2961 Drusilla Lasher, Business Owner drusdirtdetective@gmail.com • www.drusdirtdetective.wobe.com SPLIT HARDWOOD [8] 티 티 티 티 타 HEAP HEAP "SPECIAL TRUCKLOAD SALE" Approx. 5 Face Cords - **\$375.00** THINNAN T APPROX. 7 1/2 FACE CORDS. \$495 APPROX. 11+ FACE CORDS. \$775 CHARLES D. STAHL FURNACE CHUNK WOOD 315-823-1982 approx 11 Face Cord Prices include delivery (may include extra charges) Chunked Mixed Hardwood \$695 Ask About Our Seasoned Hardwood

Whiter



Specializing in Landscape & Product Photography

- Convenient
- Affordable



 $\cdot$  Willing to Travel

• Digital &/or Prints

robertknight80@gmail.com • 315-542-1422 Mohawk, New York 8 FOOT TABLES & folding chairs for rent. Canajoharie Volunteer Fire Department 518-673-3812

GRASS HAY BALEAGE 4x4 2nd cutting, individually wrapped, \$30 per bale. 518-673-2948 or 518-857-1411

We want to hear from you! Send your comments & suggestions to the Original Valley Pennysaver PO Box 121, Palatine Bridge, NY 13428 OR email jsnyder@leepub.com

MAKE our phone ring so we can return the favor!! Place your reader ad today. Only \$4.00 for the first 14 words. 518-673-0111

2011 DODGE NITRO HEAT 4x4, DK. Blue, 78K, V-6, Auto, Moonroof, Alloys, Clean CAR-FAX. Sale: \$13,495. John C. Miller Inc. 5 1 8 - 7 6 2 - 7 1 2 4 . www.johncmiller.com

ST. JOHNSVILLE store front 1,000 square feet, private bathroom, off street parking. \$550plus. 518-301-5739.

LET US HELP you get rid of your unwanted stuff. Place a reader ad today. Only \$4.00 for the first 14 words. Call 518-673-0111

ANTIQUES WANTED! Tin signs, old iron toys, books, guns, advertising papers, WWII military items, crocks, lamps, furniture, pictures, pottery, postcards, jewelry. Anything old. Cash paid. 315-717-7295

DOES YOUR APPLI-ANCE NEED REPAIR? Call Koval's. Ed has over 30 years experience! (315) 867-9333

EARLY CUT 1st cutting & 2nd cutting small square bales. Fort Plain. 315-542-4370. VALLEY PENNYSAVER

HAVING A PARTY? Did you know the Canajoharie Volunteer Fire Department rents the kitchen and banquet room. For your convenience we now have an elevator. 518-673-3812

North Creek Auto Is a Dealer for Blizzard All Aluminum Trailers! Enclosed Snowmobile, Car Haulers, Utility & Dump Trailers. 315-866-3698

PACA GARDENS, 27 West Main St, Little Falls, NY stocks Fine Alpaca Clothing. Socks. sweaters. fur hats, scarves, gloves, mittens and much more. Alpaca is warmer than wool and softer than cashmere. 315-823-1100 M-F 10-5, Sat 10-4. Layaways available.

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

WOOD PELLETS -BUY THE BAG OR BUY THE TON – New England Premium Wood Pellets. Buy Now & Save – C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

LOOKING for it? Selling it? Looking for work? Looking to hire... give us a call at 518-673-0111 to place your reader ad today.

**RAFFLE TICKETS:** 500- \$60, 1,000-\$75, 1,500-\$90, \$75 2,000-\$100. Other quantities available. Call Lee Newspapers at 518-673-0101 or е m а commercialprint@leepub.co m

CENTRAL BOILER EClassic OUTDOOR FURNACES. Cleaner and Greener. EPA Certified. Call North Creek Heat 315-866-3698

### Public health emergencies and winter weather

Snow and ice storms and freezing temperatures can turn a winter wonderland into a public health emergency that threatens people's health and safety. People with health problems and those with fragile immune systems are particularly at risk.

Diane Ward, CHN of the Herkimer County Public Health strongly advises residents to begin today, before a winter storm strikes, to "winterize" their family emergency preparedness plans and learn how to avoid exposure to extreme cold conditions that can lead to hypothermia and frostbite.

"At home, make certain that you have extra water and food and know how you will manage during a power outage. A family's winter emergency plan should address how to keep people warm and dry if a winter storm knocks out power and electricity," she said.

Never use a generator indoors to produce electricity because carbon monoxide fumes can poison your family. When using a non-electric heater or wood stove to warm your house, you must have adequate ventilation to the outside to prevent a build-up of carbon monoxide.

Carbon monoxide is an invisible odorless, poisonous gas given off by generators and other alternative heating sources. Symptoms of exposure to carbon monoxide are similar to the flu but without a fever. At lower levels of exposure, a person may develop 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.

Exposure to the lower temperatures can also cause medical emergencies. Hypothermia is a life-threatening condition that causes the body's core temperature to drop dangerously low. Symptoms of hypothermia include shivering, confusion. memory loss. drowsiness, exhaustion and slurred speech. Infants with hypothermia may have little energy and bright red, cold skin. Hypothermia can occur

unexpectedly even in rooms in which temperatures are set at 60 to 65 degrees Fahrenheit. People who are 65 and older should set their home thermostat no lower than 65 F. Those who are 75 and older should maintain home temperatures of 70 degrees F.

Frostbite is another serious cold weather condition, and is especially dangerous because it happens with little warning. "Numbness can occur so quickly that a person may not know it. and may remain outside, which increases the risk of permanent damage to the skin. Older people and those with diabetes are especially vulnerable to frostbite because of poor circulation," Ms.

Ward said.

and

To prevent hypothermia

warmly and wear several

layers of clothes to trap

body heat. Go indoors

when you begin to feel

cold. Wear outer clothing

that is tightly woven to

reduce body-heat loss

Cold weather also puts

an extra burden on the

heart. "If you have cardiac

problems or high blood

pressure, check with your

doctor before shoveling or

performing any strenuous

exercise outside. Healthy

caused by wind.

frostbite, dress

adults, too, should dress warmly when working outside. You should go indoors if you begin to feel cold, and remember that the body is working overtime to keep warm," Ms. Ward said.

For more information on staying healthy and safe during severe winter weather, call the Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health web site at www.health.ny.gov/environmental/emergency.





• De-Icing (Salt or Sand) • Shoveling Now Accepting New Customers For The 2017 & 2018 Winter Season. Call Brian For A Free Estimate 518-673-5622 • 518-598-9116

**Fully Insured** 

Sprakers, NY

### **Senior News Line**

#### by Matilda Charles

#### A grain of salt

It's all over the news now that eating a salad every day may help reduce cognitive decline and dementia in seniors. What's worrisome is that the results of

in seniors. What's worrisome is that the results of medical research sometimes are splashed in big headlines and that too many people automatically will assume it's true.

When it comes to understanding research, we need to dig deeper than just the headline.

For example, how long did the study go on? In this case, it was five years. That's good.

The thinking skills of participants were tested every year. That's also good.

But was the research done in a controlled environment, such as how many salads did a participant actually eat? In this case, the information was self-reported in a questionnaire. In other words, it might not be true.

And then there's the bottom line. Did the researchers flatly state that eating salads helps? No, they did not. They said there was an "association," but they couldn't rule out other possible reasons.

Color me confused because an article quoting the same study author, basically saying the same thing, appeared back in 2015, and back then it was stated that it's a mystery.

In this column, I frequently point your attention to the results of research, but each time I advise you to talk to your doctor before you make any changes in your exercise or diet. And I'm doing so again: Before you add extra greens to your diet, consult your doctor, especially if you're going to add large amounts of kale, lettuce or broccoli, or anything with vitamin K. Vitamin K affects blood clotting, and could cause problems for people already on drugs to decrease the amount of clotting.

In short, beware. Just because you read it in the news doesn't make it true ... or good for you personally. Ask your doctor.

(c) 2017 King Features Synd., Inc.

### **Good Housekeeping**

#### Minty Pesto Pasta Salad

1 box corkscrew pasta 1 1/2 cups fresh mint leaves

1 box frozen peas 1/2 cup grated Parmesan cheese

1/4 teaspoons salt2 tablespoons olive oil2 tablespoons water

3 cup shredded leftover

chicken Toasted pine nuts 1. Prepare pasta as package label directs. Meanwhile, in a food processor or blender, combine mint leaves, peas, Parmesan and salt; pulse until finely chopped. With motor running, pour in oil and water in a slow, steady stream until mixture is

pureed and pesto is

#### thick.

2. Drain pasta, reserving 1/2 cup cooking water. Return pasta to pot; add pesto and shredded chicken. Pour reserved pasta cooking water into the empty food processor or blender and swirl to loosen any remaining pesto; add to pasta mixture and toss to combine. 3. Transfer pasta to a

serving bowl and sprinkle with toasted pine nuts and more Parmesan cheese, if you like. Makes 5 servings.

For thousands of tripletested recipes, visit our Web site at www.goodhousekeeping.com/recip efinder/.

(c) 2017 Hearst Communications, Inc. All rights reserved



Month of January • With This Coupon





441

Falls

(315) 823-8822 Your Hometown

Fuel Provider

Always accepting ew fuel customers

2014 CHRYSLER 200 Touring S, Red, 44K, V-6, Auto, Moonroof, Full Power, 1-Owner, Clean CARFAX. Sale: \$11,995. John C. Miller Inc. 518-762-7124. www.johncmiller.com

ALPACA SWEATERS in stock. Hundreds to choose from. NEW luxurious styles. Warmer than wool, softer than cashmere, smoother than silk and hypo-allergenic. Paca Gardens, 27 West Main St, Little Falls, NY 315-823-1100 M-F 10-5, Sat 10-4. Layaways available.

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

FOR SALE: 2004 Chevy  $\frac{1}{2}$  ton, 4 x 4, w/fisher plow (like new). Farm/yard truck. Some rust. \$2,500-Call 518-568-2416.

ST. JOHNSVILLE, 2 bedroom apartment, WW carpeting, fridge and stove included. Off street parking, private deck. \$525plus. 518-301-5739

DOES YOUR APPLI-ANCE NEED REPAIR? Need prompt service that's affordable? Call KOVAL's Major Appliance Repair. (315)867-9333

8x10 Photos only \$3.00 or get 2-5x7's for \$3.00. Lee Newspapers, 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

**BUSINESS CARDS:** 1.000 for only \$60.00. full color glossy. Give us your existing card or we will design one for you! FREE SHIPPING included. Call Lee Newspapers at 518-673-0101 or email commercialprint @leepub.com

SELF-INKING STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers at 518-673-0101 or email commercialprint@leepub.com

#### VALLEY PENNYSAVER

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

APARTMENT IN ST. JOHNSVILLE, 2 bedrooms. No smoking, \$700 per month with heat. Security deposit. Off street parking. Ready February 1st. 315-941-6960

ROUND BALES- 4'x5' -Late cut 1st cutting-Nice hay, \$30.00 at the Farm- Delivery Available. Palatine church Farm, 518-993-3539.

**BOILING POT PHO-TOGRAPHY 518-378-**3279 Graduation Photos, Weddings, Baby and more. Find us on Facebook

ROXUL INSULATION - the better insulation for an energy efficient, quiet & safe home. Fire resistant, water repellent and made from stone. For more information call C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

GOT COLD FEET? -We have the warmest socks for you. Alpaca **Extreme Boot Socks** and Alpaca Survival Socks. Alpaca is warmer than wool and keeps your feet toasty warm. These are a must for anyone working outdoors in cold weather. We guarantee you will love them. Paca Gardens, 27 West Main St, Little Falls. 315-823-1100 M-F 10-5, Sat 10-4. Layaways available.

LOOKING FOR CAST IRON Model Cars, Trucks and Airplanes? Willy's Get Around to It, 14 Bridge Street, St. Johnsville, NY 13454. 518-752-5600

'05 FORD F350, regular cab, 131k, 4x4, good tires, runs great, \$5,100; '09 dodge grand caravan, green, 79k, 3.3 V6, clean, 1owner \$6,100. 315-894-4411

### What to do after incurring storm damage

The 2017 hurricane season proved especially devastating for millions of people in both Texas and Florida. Upon making landfall in Texas in late August, Hurricane Harvey became the first Category 3 or higher hurricane in the United States since Hurricane Wilma in 2005. In its wake, Harvey left damage that Texas governor Greg Abbott estimated could cost as much as \$180 billion to repair.

Just a couple of weeks after Hurricane Harvey touched down, Hurricane Irma hit Florida as a Category 4 storm, knocking out power to nearly seven million people.

Severe storms like hurricanes do not discriminate, and when such storms finally dissipate, people from all walks of life are left to deal with the often devastating consequences. Property damage is one such consequence, and the following are some things people can do in the aftermath of storms that caused damage to their property.

• Contact your insurance provider. Not all damage resulting from storms will necessarily be covered by insurance policies, but it's still imperative that people contact their insurance companies as soon as possible after their homes or vehicles have been damaged. Agents can help policy holders learn if their policies cover the damage done to their property and to what extent their coverage will help them recover. Many people will likely be making similar calls, so policy holders should try to be as patient as possible.

• Document the damage. People whose property has been damaged should use their smartphones and cameras to document the damage as extensively as possible. Take photos from various angles before you begin cleaning up. Providers may require visual evidence of the damage before they begin processing your claim, so ask about those requirements when contacting your insurance agent.

• Avoid downed power lines. In addition to protecting the investments you have made in your property and your possessions, it's important to remember to protect yourself. Avoid downed power lines, reporting any to your local power company as soon as you see them.

• Let the professionals do the work. It can be tempting for homeowners to try to do some electrical work around their homes after their homes have been damaged by storms. Electricians are likely busy and might not be able to assess or repair damage for days, if not weeks. But it's still best to wait and allow professionals to do the work.

**JR's Auction** 

7403 St Hwy 5 • St. Johnsville, NY 13452 • (518) 993-4668

**ANTIQUE, FURNITURE,** 

& TOOLS CONSIGNMENT AUCTION

TUESDAY JAN 9th 5:00pm

JUST CONSIGNED IS A LOAD OF FURNITURE, HOUSEHOLD ITEMS DRESSERS,

LARGE WOODEN TOY BOX, SHELVING, PEDAL FIRE TRUCK, SIGNS AND MORE.

GUN AND AMMUNITION

CONSIGNMENT AUCTION

**WED JAN 17TH 6:00PM** 

**MID WINTER HOUSEHOLD & TOOL AUCTION** 

SAT JAN 20th 10:00am

Just consigned are 2 skids of BRAND NEW TOOLS AND SUPPLIES!!

TARPS, GRINDING WHEELS, WELDING GLOVES, HAMMERS, SOCKET SETS, WRENCH SETS, HAND PLANES, REESE

HITCHES, DOOR LATCHES, LED LIGHTS, CONTRACTOR TRASH BAGS, VISE GRIPS, PLIERS, BOLT CUTTERS, MORE

STILL COMING!! CONSIGNMENTS WANTED!! BRING IT ON!!

ALSO taking consignments for shop clean outs!!

Experienced professionals recognize potentially harmful, if not deadly, issues that may be lurking beneath the damage, so it's always best to leave the work to private electricians or local power company work crews.

• Revisit insurance policies. After suffering damage to their homes or vehicles, men and women may benefit by revisiting their coverage and increasing that coverage in anticipation of future disasters.

Storm damage can turn individuals' lives upside down. But remaining calm and working in harmony with insurance agencies and power companies can help storm victims recover quickly. Antiques & auctions... Going, going...yours!

Sat., Jan. 13th Consignment Auction ~ 6:33PM Sun., Jan. 14th Breeder Sale ~ 11:33AM Sat., Jan. 20th Consignment Auction ~ 6:33PM Sun., Jan. 28th Breeder Sale ~ 11:33AM Burrows Rd., West Winfield, NY • (315) 822-5221

Burrows Rd., West Winfield, NY • (**315**) **822-5221** WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

#### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

**Tuesday, Jan. 2nd** – Sold 202 head. Cull Ave. \$.44 Top Cow \$.57, Organic cull Ave. \$.58 top cow \$.68, Bulls/Steers \$.53 - \$.84, Bull

calves top \$1.20, heifer calf top \$.90, Feeder bulls \$.78 - \$.97, Feeder heifers \$.50 - \$.82, Feeder Steers \$.50 - \$1.05, Dairy Feeders \$.41 - \$.79. Piglest up to \$27.50.

Monday, Jan. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Monday, Jan. 22nd - Normal Monday Sale & Monthly Organic Day Monday, Jan. 29th - Normal Monday Sale

Upcoming Sales to Watch for: 2018 – Sat. March 31st – New Berlin, NY. 11:30AM Spring Premier All Breed Sale.

Sat. April 14th – Alfred State College Spring Fling – sale held at Alfred College

Sat. April 21st – New Berlin, NY. Annual Spring Consignment Spring Machinery Sale

Friday. April 27th – Reserved for Registered Holstein Dispersal \*\*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.

www.hoskingsa	ales.com	Like us on fa	cebook
LOOKING TO HAVE A FARM	M SALE OR .	JUST SELL A FEW -	- GIVE US A CALL
Tom & Brenda Hosking & Family 6096 St. Hwy. 8, New Berlin, J	1053 53115 NY 13411		607-847-8800 607-972-1770 or 1771

# Whatchamacallits

These bottles are more than what they appear. The official name for this week's Whatchamacallit would be case gin bottles or taper gin bottles.

The tallest bottle (left) is created from black glass, which can appear as olive, amber or black in color. The rarest form of these bottles can be found in blue glass. The formation was most likely caused by the use of a dip-mold, and the flared finish, or opening, dates the bottle to around 1880 or earlier. The tapered square shape is because they packed more efficiently in cases for shipping across the country and the world. The bottle stands at 10 inches and presents the numerous imperfections common for the bottle type, such as the asymmetrical sloping shoulders.

The taper gin bottle was made from black glass in order to keep the contents from losing its integrity. The contents could range from distilled liquor to ale or wine.

The smaller bottle (right) is a cylinder-style bottle also made of black glass. The bottle was probably created by using a three-piece mold or a dip mold. Even though the cylinder bottles held alcohol or spirits, it could also be used to carry seeds or various spices.

The most interesting part of these bottles is that they both could have held tonics, bitters or other medicines — all related to alcohol. There was a time in which alcohol was medicinal, some examples including gin being a cure for kidney troubles and rum listed as a cure for bronchitis. The alcohol could easily reach 86 proof, leading to many misusing the medicine. During the 1900s, many of these bottles were embossed with labels, such as "For medicinal purposes only", although our Whatchamacallits appear to be older than that time period as they are without embossment or any distinct manufacturer insignia.

Although the labels were clear, the spirits were still abused and this trend blurring the lines between medicines and alcohol helped to contribute to prohibition.





Send a photo and short description to cbarden@leepub.com or call Camden at 518-673-0144



## Public Action Night

We are planning a community training on Jan. 12 at 6 p.m. at the Canajoharie Fire Department. This will be a four subject training.

Part one will be a general training for the public on how to react to an Active Threat anywhere you might be.

Part two will be training on dealing with Alzheimer's. During the evening there will be officers helping sign up persons for the take me home program.

The third part will be with a trainer from the New York State Office of Alcoholism and Substance Abuse Services to train the public on Overdose Situations. Participants will learn to recognize, respond to and reverse a suspected opioid overdose using a free personal Narcan rescue kit provided at the event.

Signups and RSVPs are appreciated. We can handle walk-ins, but it will be helpful to know approximately how many to prepare for with Narcan kits. **Please email your name and phone number to Canajohariepolice@albany.twcbc.com if you wish to take the Nacan training module.** 

The Canajoharie Police department will be rolling out a new program and a public training. This program is modeled after the "Take Me Home" program. Take Me Home is a program created by Pensacola Police Sgt. James Donohoe for adults and children who may have difficulty communicating due to a developmental or cognitive disability that may need special assistance if they are alone or in times of emergency. This kind of assistance may be required if the person is unable to speak or properly identify themselves, or if they become disoriented or act in a manner that could be misinterpreted by first responders. Also this same database can be used for the elderly with Alzheimer's or other age related issues. The program was implemented in New York by the Guilderland Police Department in 2012 and we have used it as a basis for our program. It is voluntary for citizens to participate, and

# Active Threat Civilian Response Training

# Take me Home

DATABASE FOR PEOPLE WHO NEED SPECIAL ASSISTANCE IN THE COMMUNITY

**Narcan Training** 

# JANUARY 12, 2018 @ 6:00 P.M. **PUBLIC ACTION NIGHT** CANAJOHARIE FIRE DEPARTMENT

# Dementia Education

WANDERING AND HOW YOU CAN HELP

There will be a Public Action Night on Jan. 12 at 6 p.m. at the Canajoharie Fire Department. Walk-ins are welcomed but it will be helpful to know approximately how many to prepare for with Narcan kits. Please email your name and phone number to Canajohariepolice@albany.twcbc.com if you wish to take the Nacan training module.



all information is kept confidential. There is no charge and there is no enrollment fee.

The Take Me Home program includes database maintained by the Canajoharie Police which includes a current digital picture, demographic information, caregiver contacts and any addition important information for the person in need. If a person in the system is encountered by a police officer, an officer can query the database in the police station or while out on the street in the patrol car. By searching by name the officer can locate the person's information and take necessary steps to get them back home to their loved ones. In the event an officer comes into contact with a person where their name cannot be obtained they can enter the persons physical description to narrow down and identify the person they have with them. This database would be shared with the Montgomery County Dispatch. Responding officers to a call at one of homes would be advised that there may be a person with special needs on scene

• We also will have a pill drop station for all expired and unneeded prescription drugs.

### Did you know?

Retirement can seem like it will never come for young professionals. But time can be a sieve, and retirement age can arrive in the blink of an eye. Young adults who have not planned accordingly for retirement can find themselves in financial straits at a point in their lives when they want to kick back and enjoy themselves. Financial experts from Money, CNN and The Motley Fool advise that financially solvent people should begin saving aggressively for their retirements early on. Ideally people should start saving in their 20s when they first leave school and begin their careers. The sooner one saves, the more time money has to grow.

Vanguard says that the person who saves \$4,500 per year over a career spanning 45 years can reach a goal of having more than \$1 million in savings by the time he or she retires. Compounding interest and investment matches from employers can further secure professionals' financial futures.



	C P	The Little Paper with	Saver th BIG Results
	_		
Deadline	14 words \$.10 each a Thursday Noon all Us To Place	- Fill Out 1	This Form
	READER AD		
Today's Date	# of Weeks to Run	Starting Issu	ue Date (Saturday Date
		14 words - \$4.00	
		24 words - \$5.00	
Name (Print):	(TELEPHONE NUMBERS	S = ONE WORD)	4 words - \$6.00
City:	S	State:	Zip:
Phone #:	Fax #:	Cell #:	
Email Address:			
	eck/Money Order 🛛 Americar		
Card #:		Exp. Date	e:
Name on Credit Card (p	print):	······	
Signature:		Today's Date:	
Amount Paid:			

Ph: 518-673-0111 or 800-218-5586 • Fax: 518-673-2381 • Email: classified@leepub.com Mail: The Original Valley Pennysaver, PO Box 121, Palatine Bridge, NY 13428



Employment opportunities... In the market for a new job?

\*New Year's Eve

Source: Allovoyages.fr

© 2018 by King Features Syndicate, Inc. World rights reserved.

### **Village of Canajoharie**

is seeking applicants for the position of PT CLERK in the Village Office. 16 hours per week. Applications may be picked up at the Canajoharie Village Office. 75 Erie Blvd. Canajoharie, NY 13317



# SYRACUSE, NY APRIL 4 & 5, 2018 NEW YORK STATE FAIRGROUNDS - SYRACUSE, NY WEDNESDAY 8-4 - THURSDAY 8-3 GIVEAWAYS, DOOR PRIZES, FREE PARKING FREE ADMISSION



Don't Miss Liftech's Demos of the Amazing JCB GT Backhoe Dragster • Daily Demos •

# SKID STEER RODEO WEDNESDAY - 9AM TO 1PM

# <u>SPONSORS</u>: ADMAR SUPPLY www.rockroadrecycle.com

# FOR INFORMATION ON EXHIBITING OR ATTENDING CALL 1-800-218-5586

Show Manager: Ken Maring • 1-800-218-5586 or 518-673-0103 • Fax 518-673-3245 Newspapers Inc. Hard Hat Expo is Produced by the Trade Show Division of Lee Newspapers, Inc. Rate papers • Trade Shows Sponsored by: www.rockroadrecycle.com

# www.hardhatexpo.com

Credit cards offer many advantages, including providing a measure of insurance when making purchases and enabling an individual to develop a healthy credit score through prompt payment of balances. According to a 2016 Gallup report, about three out of four adults in the United States have at least one credit card — many people have two or three.

While there is no magic figure for how many credit cards is the "right" number to have, those shiny plastic cards can have a significant impact on consumers' financial well-being. People looking to reign in spending or consolidate may make the decision to close cards, but not without wondering if closing accounts is beneficial or detrimental to their financial reputations.

The experts at Credit Karma say that there is a common belief that closing a credit card account will always negatively impact one's credit rating. But that isn't always the case. Getting the facts about when it can be advantageous to close accounts or keep them open can help consumers maintain strong financial

### Canceling credit cards: Does it help or hurt credit?

reputations. **Utilization ratio** 

Financial gurus at Bankrate.com say that closing credit cards can affect the percentage of consumers' available credit, which may affect their credit ratings. Closing a particularly highlimit card will increase the percentage of used available credit when spread out across the remaining cards, also known as the utilization ratio. A higher percentage of used available credit can negative affect credit scores. Consumers who currently carry high credit card balances may be smart to keep existing lines of credit open or request increases on the credit limits of accounts they intend to keep before closing some current accounts.

#### Annual fees

It can be wise to close credit cards with high annual fees if the benefits of the cards are no longer proportionate to the amount spent on the fees. If cards are being held only for perks, it may be possible to find a different card that does not charge an annual fee. **Age of credit history** 

Discover says that if a consumer must close a

credit card account, he or she should avoid closing the oldest one. The longer an account has been open, the better it is for a credit score because it establishes a long credit history. According to FICO, the length of consumers' credit histories account for 15 percent of their credit scores. Fraud or theft

In the event a card is

stolen or used fraudulently, consumers may opt to close the account so no other purchases can be made. However, creditors also work around this by keeping accounts open and simply issuing a new card number.

If the decision is made to close a credit card, do not do so while there is an available balance; all balances should be paid off before an account is closed. It's also unwise to close a credit card simply to remove poor payment history from one's record. Under the Fair Credit Reporting Act, negative data such as late payments remain on a report for up to seven years after the account is closed.



Closing a credit card account has its advantages and disadvantages. Consumers should investigate the risks before closing a given account.





Van Meter & Van Meter, LLC

Tax Service

www.vanmeterllc.com

Christine Van Meter David Van Meter

Reliable & Professional

**Friendly Service** 

536 East

Main Street

Little Falls, NY 13365 (315) 823-9200

**Open Year-Round!** 

14 • January 13, 2018

#### VALLEY PENNYSAVER



### 'December Break Family Programs' promote art appreciation

#### by Elizabeth A. Tomlin

"[The recent] 'December Break Family Programs' were a great opportunity to bring multiple generations into the museum to explore and create art together," said Jenna Peterson Riley, Curator of Education & Public Engagement, Arkell Museum at Canajoharie.

These programs, designed

to bring family members of all ages together at the museum, were offered to the community for free during the local schools' Christmas vacation.

'We haven't done winter break programs like this before," said Riley, remarking that they were a "museum side program." Highlighted programs

"Family included



Six-year old London Morrison decorates her New Year's hat, while mom Kassidi watches.



Twelve-year old Lillyann Morrison designs her New Year's Eve hat, while dad, Evan, observes her creativity.

Photo by Elizabeth A. Tomlin



Melanie Shibley shared the 'Get Ready for 2018' family program with granddaughter Alyssa.

Hour: Come Play in the Snow" and "Create & Take: Get Ready for 2018." 'Come Play in the Snow' took place on Friday morning and began by observing four different

(Grandma Moses) Robert-

son's 'I'll Mail the Letter'.

trasted the snow in each

of these scenes," explained Riley, "talked

about the colors used to

depict the snow, if there

was movement portrayed,

and talked about our own

thoughts on each piece."

Following the art analy-

sis, attendees participat-

ed in making two types of

'snow'; one made of corn-

cream, which was able to

be molded, and one type

made of cornstarch and

glue, which was able to be

painted. Both mixtures

were experimented with.

fun!" laughed Riley.

shaving

and

starch

pany.

Riley.

shoek in 1927.

look at.

"We compared and con-

works of art: Andrew Wyeth's 'February 2nd', Walter Launt Palmer's 'Morning Light', N.C. Wyeth's 'Fox in the Snow', and Anna Mary

Art

Riley says she is fortunate to have Arkell's diverse collection of artwork to share with visitors and build these programs on. Ten-year old Alyssa

North attended Friday's program with her grandmother Melanie Shibley of Canajoharie.

"I loved it!" exclaimed North. "The girl (Riley) gave us some nice information about 'The Night Watch' painting. Then she had a good craft idea for New Years Eve!"

The "craft idea" was creating New Year's Eve hats. Shibley commented on

the museum programs. "The museum and li-

brary programs are an asset to our community,' remarked Shibley. "They're fun, educational, and often free."

"More people should come." North chimed in. Call 518.673.2314 for more information on the Canajoharie Library/ Arkell Museum.

All rights reserved



# **Real estate**

### **Good Housekeeping**

#### Salmon with Peppers

There's no excuse to order takeout when you can throw together this tasty, healthy dinner for four in the time it takes to wait for the deliveryman.

- 1 cup quick-cooking brown rice
- 1 1/2 teaspoon canola oil
- 4 skinless center-cut salmon fillets
- 2 limes
- 3 small peppers (red, orange and yellow)
- 1 medium onion
- 1/2 cup packed fresh basil leaves
- 6 ounces baby spinach
- 1. Prepare rice as label directs.

2. In 12-inch nonstick skillet, heat 1/2 teaspoon oil on medium 1 minute. Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper on salmon. Add to skillet; cook 8 to 10 minutes or until opaque throughout, turning once. Transfer to serving plates. Grate peel of whole lime over fish.

3. While salmon cooks, slice peppers very thinly. Finely chop onion.

4. Drain fat from skillet. Heat 1 teaspoon oil in skillet on medium 1 minute. Add peppers, onion, 3 tablespoons water and 1/8 teaspoon salt. Cover; cook 5 minutes. Uncover; cook 3 to 5 minutes longer or until tender, stirring occasionally. Stir in basil and cook until wilted. From lime, squeeze 1 tablespoon juice into mixture.

5. Meanwhile, in large bowl, combine spinach and pinch salt. Cover with vented plastic wrap; microwave on High 3 minutes or until wilted. Spoon next to salmon, along with rice and pepper mixture. Serve with lime wedges. Serves 4.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/. (c) 2017 Hearst Communications, Inc.

# **Country Preacher**

#### by Pastor Dan West

I don't know if Mark Twain (Samuel Clemens) was a believer in the Holy Scriptures or not but some of his pithy sayings agree with what the Scriptures say. Take for example the saying attributed to him that says something like "It is better for a man to keep his mouth shut and let people think he is dumb than for him to open his mouth and remove all doubt."

Proverbs 17:27 penned by Solomon, the wisest man who ever lived (outside the Lord Himself) says, "He who has knowledge spares his words" (NKJV) or, "A truly wise person uses few words."(NLT) It is often true in a group discussion

that people who know the least about the subject do the most talking.

Solomon goes on to say in **verse 28** "Even a fool, when he holds his peace, is counted wise;" which Mark Twain intoned many centuries later. Solomon continues to say, "with their mouths shut, they seem intelligent" (NLT).

There is another saying of questionable origin on this topic; "The reason 'talk is cheap' is a simple economic principle — the supply always exceeds the demand." Proverbs 18:21 says "The tongue can bring forth death or life; those who love to talk will reap the conse-When you quences." make your words count, they have power.

The risk of injury and death from home fire is real. Consider that:

In 2016, fire departments across the country responded to 475,500 home structure fires. These fires caused 14,660 injuries, 3,390 civilian deaths and \$10.6 billion in damage. There were also 173,000 vehicles fires, causing 280 civilian deaths, 1,075 civilian fire injuries and \$933 million in property damage.

Cooking is the leading cause of home fires and home fire injuries, followed by heating equipment. Keep your home

#### fire safe

Your home should be a safe and comfortable place and you can help keep it fire safe by following these prevention tips:

Cook with care. When you cook, never leave cooking food unattended on the stove. Keep anything that can catch on fire, like potholders and towels, away from the cooking area. Do not use your oven or stove top to heat your home.

• If you smoke, attempt to quit. Don't smoke inside your home. If you do smoke in your home, never smoke in bed or leave burning cigarettes unattended.

• Stay warm — safely. If and when you use a space heater, keep it at least three feet away from anything that can catch on fire, like draperies, clothing, bedding or upholstered furniture and turn off heater when sleeping or leaving the room. Space

heaters, whether portable or stationary, accounted for one third of home heating fires.

• Be alarmed. Install smoke alarms on every floor of your home, including the basement, and make sure you have smoke alarms near all sleeping rooms. For better protection, install smoke alarms in sleeping rooms, especially if they are occupied by a smoker. For best protection test all smoke alarms once a month.

• Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional. Creosote is a sticky, oily combustible substance created when wood does not burn com-

pletely. It rises into the chimney as a liquid and deposits on the chimney wall, which has the potential to cause a chimnev fire.

VALLEY PENNYSAVER

• Make and practice an escape plan. Create a home fire escape plan. Know at least two ways out of every room, if possible, and have a meeting place outside. Practice vour escape plan twice a year with everyone living in your home.

In New York State, fire related injuries are among the 10 leading causes of death. Those at highest risk for home fire deaths and injuries include some of our most vulnerable citizens: children under the age of 5, adults 65 and over, and people with physical disabilities.

inter





#### Stickelers Answer



Solution time: 25 mins.

LAMSAMPLED

SUB DEICE

NOGDDA

ERLOP

ORE

OXIDIZED

CHE

HALC

ALSO







OKICI HAKKAPELIITTA°9

#### **EXTREME WINTER SAFETY FOR DEMANDING CONDITIONS**

#### **Functional Stud Design:**

Two different, patented stud shapes are used for the first time, created to optimize performance when braking, accelerating and cornering

#### **Deep Snow Grooves:**

Aggressive grooves on the shoulder areas provide additional grip when moving onto deep snow

#### **Snow Grip Booster:**

The cuts on both sides of the middle blocks on the center of the tread provide more sharp edges that improve grip on snow

#### Driving Safety and Winter Safety Indicators (DSI, WSI):

As the tire wears, the DSI fades, allowing you to quickly and accurately check tread depth. The snowflake symbol is the Winter Safety Indicator (WSI). Once the snowflake has worn out, the driver should purchase new tires to ensure winter driving safety



Fire deaths and prevention tips



### Avoid damaging new fuel pump and improve engine performance with a clean gas tank

their fuel pump but over the life of owning a vehicle, it will probably need to be  $\$  is cleaning the gas tank. The Car Care

Motorists may not know much about replaced. One area that often gets overlooked when putting in a new fuel pump





# nokiai HAKKAPELIITTA® R2

# **Exceptional grip without studs**

#### **Cryo-Crystal Particles**

microscopic eco-friendly particles work like built-in studs, significantly shortening stopping distance

#### Driving Safety Indicator (DSI):

as the tire wears, the DSI fades, allowing you to quickly and accurately check tread depth

#### Cryo-Silane Gen 2 Tread Compound:

with the new tread design, the new compound provides exceptional grip while also reducing rolling resistance

#### Slush Claws:

triangle-shaped slush penetrators prevent the accumulation of slush and help prevent dangerous slush-planing

#### Pump Sipes:

pocket-like sipes that disperse water when driving on wet and slippery roads



# Arkell Center Programs for

Where Safety Begins

# All things automotive

Council recommends that when it comes time to replace your fuel pump, that you have your gas tank cleaned thoroughly to avoid damaging your replacement fuel pump. A clean fuel tank can also ensure maximum engine performance and fuel efficiency.

"While a vehicle's fuel pump is not a routine maintenance item, it will likely need to be replaced at some point while you own a car," said Rich White, executive director, Car Care Council. "Before replacing a defective fuel pump with a new one, the fuel tank should be properly cleaned to clear old debris, dirt and contaminants that have accumulated at the bottom of the tank."

Whether performed by a professional service technician, or you do it yourself, follow this 10-step process to clean your gas tank properly and avoid damaging your new fuel pump:

1. Drain fuel tank into an approved container.

2. Clean rust and debris from the top of the fuel tank.

3. Remove fuel pump.

4. Swirl gas tank. Pour out remaining gas and debris.

5. Clean the tank interior with a lowsuds soap and water mixture.

6. Swirl cleaning solution inside tank. 7. Drain tank and dry with compressed air.

8. Wipe out tank with lint-free towel. 9. Visually inspect tank. Replace tank if damaged

10. Confirm tank is completely dry (may take approximately 30 minutes).

"The original fuel pump that came with your vehicle when you purchased

# **Calendar of events**

#### **ORIGINAL VALLEY**

PENNYSAVER NOTE: Calendar entries must arrive at the Original Valley Pennysaver office 10 Days Prior to the publication date. 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 outdated.

#### JAN

#### ALL AREA Seniors during January are as follows: WE ARE CLOSED TO ALL PROGRAMS ON JANUARY 1ST

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 OFA. Earl O'Bryon Instructor. Dona-

tions 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

Jan 17, 24 & 31: 12:30-4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry at 518-673-5635.

Jan 25: 11:45 am. Lunch with Meals of Montgomery-navy bean soup, cut, blended veg. & pears.

Jan 25: 12:30 pm. Gary Van Slyke presents "Winter Songs" directly following lunch. MEETINGS

Jan. 18 & 25: 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 518-673-2112. Jan 19: 1 pm. Canajoharie Senior Citizens Meeting. Jan 23: 9:30-11:30 am. Alz-

heimer Younger Onset Program with Meagan DeMento in the Gallery. Directly following we will have our Alzheimers Caregiver Support Group.

#### **MAY 1 DEADLINE**

#### **Call for Paintings: Lock** in the Fun Art Show at Schoharie Crossing

Submissions can be made online at https://goo.gl/ forms/4PjuP5kRW6ZF-4wuy2 . The exhibit's opening celebration will take place during the Schoharie Crossing Canal Days festivities, July 141&15, 2018, and artwork will be displayed through August. For more information on how to enter, visit the Schoharie Crossing State Historic Site page of the New York State Parks website, nysparks.com, call Schoharie Crossing at 518-829-7518, email Schoharie-Crossing@parks.ny.gov or

find us on Facebook.

maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org. Source: Car Care Council

it went into a clean gas tank so it only

makes sense to put your replacement

fuel pump into a clean gas tank as

well," said White. "Cleaning the gas

tank will not only improve engine per-

formance, but it will also lead to better

fuel economy so you pay less at the

pump - a goal of most vehicle owners.'

information for the "Be Car Care Aware"

consumer education campaign promot-

ing the benefits of regular vehicle care,

The Car Care Council is the source of



### **Eight ways to** start saving now

Saving money is difficult for many people across North America. According to a 2017 GoBankingRates survey, 57 percent of Americans have less than \$1,000 in their savings accounts, and 39 percent have no savings at all.

With such little room for error, even minor unexpected bills can pave the way to financial hardship. Fortunately, many people do not have to make drastic changes to save more. Here are several ways to start saving more now.

1. Plan meals. Decide what you will make in advance and list all the ingredients, enabling you to shop for the lowest prices. 2. Cut the cord. Cutting ties with traditional cable television providers can save consumers substantial amounts of money. Streaming services like Netflix, Hulu, and Amazon Prime provide a slew of content for a fraction of the cost of mainstream

cable. 3. Establish a goal. It's easier to save when you have an end goal, whether it's financing a vacation, buying a home or growing your family. Establishing a goal gives men and women something to strive for.

4. Make coffee at home. Make your daily coffee at home rather than paying several dollars per day for

that morning cup of Joe. 5. Wait before checking out. Impulse buys can quickly add up. Store that online item in the shopping cart for a day or two to really think about if it is a necessity or just an impulse buy.

6. Shop quality not quantity. Bulk buys may seem advantageous, but not if the items break or

# All things automotive

wear out prematurely. When shopping, opt for quality merchandise that may cost more initially, but thanks to its durability, will save money in the long run.

7. Don't worry about your neighbor. Trying to keep up with the Joneses, Smiths or Murphys is a recipe for overspending. Stick to your budget

and make improvements or upgrades as you can afford them.

8. Rely on automatic deductions. Set up automatic deductions so a predetermined amount of money is deposited into a designated savings account each paycheck. Chances are you won't miss it, and the savings will add up.







replacements. Midway Body Shop is the first body shop to use Envirobase® HP Waterborne Refinish System. Since 2003 Midway has also used SPEEDLINER® spray-in bed liner.



6152 State Highway 5 • Palatine Bridge, NY 13428 P: (518) 993-2215 • C: (518) 229-8595

www.Midway-BodyShop.com



Now thru January 19th. Other In Store Specials Available!!

M-W 10-6, TH-FRI 10-8, SAT 10-5, SUN 10-4

LEE'S SHOPS AT WAGNER SQUARE 24 CHURCH STREET, CANAJOHARIE, NEW YORK 13317

518-673-0292



Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare