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February 10, 2018 • Volume 8 • Number 29 • 518-673-3237



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2 • February 10, 2018 ORIGINAL VALLEY PENNYSAVEI

# ATTENTION RESIDENTS OF MONTGOMERY COUNTY

## A HUGE CANADIAN CONGLOMERATE IS PLANNING TO BUILD A SEWAGE SLUDGE PLANT IN YOUR BACKYARD

### BUT THERE IS STILL TIME TO STOP IT - LET YOUR VOICE BE HEARD

Via their subsidiary Lystek, **CANADIAN CONGLOMERATE** Tomlinson Group is hoping Montgomery County Residents **LIKE YOU** stay quiet as they continue to plan the construction of a **SEWAGE SLUDGE** Processing Plant right in **YOUR BACKYARD!** 

If they succeed, truckloads of toxic Sewage Sludge - residential, medical, and industrial waste taken from Sewage systems from as far as 100 miles away - will begin to be hauled by your home each day.

Lystek produces "Biosolids" fertilizers from that sludge, and in recent years EPA whistleblowers and other scientists have been coming forward against them.

Although heavy processing can kill many pathogens, this toxic mixture is known to still contain extremely dangerous levels of Heavy Metals, Pharmaceuticals, Carcinogens, Asbestos, PCBs, Dioxins, Hormones, Flame Retardants, and Household Chemicals that threaten your family's food and health.

Unfortunately, the Sewage Sludge lobby is powerful. But luckily, municipalities and counties like ours are now fighting back (and winning). There is even a growing list of companies (including Whole Foods and Gerber) that are now refusing to use products grown on lands "fertilized" with products like Lystek's!

So there is still time to stop them. Start researching, and attend the Town of Glen Planning Board Meeting scheduled for February 15 at 7:30 pm at the Town Office at 7 Erie Street, Fultonville.

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

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Send all correspondence to:
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#### **Country Preacher**

#### by Pastor Dan West

There is an old saying that "the Bible is deep enough to drown an elephant, but shallow enough for a mouse to wade in." In other words it has something understandable for everyone who reads it and absorbs it. In I Peter 2:2, Peter writes to new believers "As newborn babes, desire the pure milk of the Word that you may grow by it." A newborn baby's digestive system is not developed enough to extract nutrition from solid adult food, so they get basic mother's milk which suits their need perfectly, and causes them to grow.

In the same way God has provided plain and simple teaching in His Word

for our spiritual life to grow by. He doesn't give us the more advanced things to learn until we have obeyed the basic things. Paul told the believers in Corinth (I Corinthians 3:2) that he had given them milk (simple concepts), not meat or solid food (difficult teachings) because they couldn't bear it, they were not mature enough to understand it and obey it, having not obeyed the basics he had taught them.

One thing is for sure: if you don't read God's Word, you won't understand it, nor will you know the benefits of obeying it. We see and hear in the news and around us every day the consequences of not reading or obeying it; the choice is yours.

#### Now Here's a Tip

#### by JoAnn Derson

- What's in season? Get more bang for your produce buck in February by looking for good deals on: Brussels sprouts, grapefruit and other citrus, pears, kale, sweet potatoes, winter squash, bok choy, apples and radicchio. Branch out with persimmons, leeks, red currants, cherimova, pomelo and dates.
- If your skin gets dry, try keeping a bottle of lotion in your shower. Apply either just before you towel off or directly after. The heat from a shower will help your skin absorb the moisture.
- · Want a great way to clean your ceiling fans without dropping dust bunnies everywhere? Simply use a pillowcase. Encase the entire blade and wipe from the center out. All the dirt is inside the case, and when you are done, go outdoors to turn it inside out and shake, then pop it in the washer. Best tip ever!
  - · Got cold hands? This "hot sock" is

the greatest for a quick warmup. Add a cup of uncooked white rice to a sock. Knot closed. Pop in the microwave for 45 seconds to 1 1/2 minutes, and then simply hold it. Make a larger one for sore back or neck, or to tuck into the bottom of the bed to keep feet toasty as you drift off to sleep.

- "I recently moved away to college and, for the first time in my life, have become reliant on public transportation. I would say that the two most important items right now are a bus pass (so I don't have to try to find exact change) and hand sanitizer. When I got here, I was pretty much sick for a month!" — O.J. in New York
- If you keep a toilet brush in your bathroom, try this handy hint: Add a few drops of a fragrant multipurpose cleaner to your brush holder, like Pine Sol or Mistolin.

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#### Strange but True

#### by Samantha Weaver

- The average (presumably non-bearded) man will shave at least 20,000 times over the course of his lifetime.
- Although it is a dog, the dhole, which is native to Asia, doesn't bark; to communicate with other members of its pack, it whistles. Evidently, that highpitched sound carries better than low-pitched barking in the dense forests where it lives.
- Third-century Saint Lawrence of Rome was martyred for his faith by being roasted alive on a gridiron. I suppose it makes a certain kind of sense, then, that he's the patron saint of cooks and tanners.
- If you're not in a romantic mood as Valentine's Day approaches, you might want to consider reviving the vinegar valentine popular in the 19th century. Rather than conveying love and affection, these insulting missives — usually sent

anonymously, for obvious reasons — were dripping with sarcasm and black humor. Some were intended to discourage unwanted suitors, but others were just mean, accusing the recipient of being too aggressive (for women) or too submissive (for men) or of putting on airs, among other things. There were even occupation-specific cards targeted at doctors, salesladies. artists, etc. According to an article in Smithsonian magazine, in the mid-1800s, these vinegar valentines accounted for half of all valentine sales in the United States.

• Those who study such things say that 20 percent of American men have spent at least one night in jail.

Thought for the Day: "One of the truest tests of integrity is its blunt refusal to be compromised." Chinua Achebe

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#### Santas Come to Town



Front Row (L to R): Diane Houghton, Karen Stewart, Deke Yager, Mike Houghton, Joy Canfield, John Przestrzelski, Jill Rabine.

Back Row (R to L): Tim Rabine, Dave Zimmer, Bruce Button, Kelly Button, Brian Kneeskern, Linda Cecconi. Photo courtesy of (Santa) Mike Houghton

Santas come to town up with Mrs. Clauses and Museum and Canajofrom far and wide to join their helpers at the Arkell harie Library on Wednesday night, Jan. 24.

A joyful and emotional atmosphere was created as story, after story, after story was shared around the tables, by many with over 30 years of wearing the red suit.

Our first Santa Club meeting was deemed a success with all present wanting to gather again in the coming year.

We need your help. Please spread the word of our need to know who our local Santas and Mrs. Clauses are.

Please contact Santa Mike at 518.673.5236 to help create a directory of these good-hearted souls who would like to be part of a Santa Claus Club.



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## **Kovels: Antiques and Collecting**



This Meissen Kakiemon-style plate auctioned for \$6,500. It was made about 1740 and has the crossed swords mark in blue.

#### by Terry and Kim Kovel Kakiemon Plate

An auction catalog offered a "rare Kakiemon enameled porcelain plate" from the 18th century, but there was no further explanation of the age, history or design. What is the meaning of Kakiemon?

Sakaida Kakiemon (1596-1666) was a potter who worked in Japan in the early 17th century. He and his family painted porcelain made in the town of Arita. Kakiemon wares were painted over the glaze using blue, red, green, yellow and black, and sometimes with gilding. The best work was done from 1680 to 1720. The ceramic was milky white with a smooth surface. Designs were asymmetrical and sparse, so there was a lot of white space as part of the design. Most patterns were based on flower arrangements, crooked tree branches, flowers like peonies or chrysanthemums, or flowering fruit trees. One famous pattern included quail.

The Kakiemon style was so popular, it was copied

by many English and German factories, and 19th-century copies are very similar to early designs. A collector today may identify a plate as Kakiemon if it is in the style of the early pieces. But the description used by a museum also includes the name of the European maker. Meissen (German), Chantilly and Mennecy (French), and Chelsea, Bow and Worcester (English) all made early collectible copies. Collectors pay high prices for the 18thand early 19th-century pieces.

A 9-inch Meissen plate made about 1740 with a tiger, bamboo and flower decoration sold at a Brunk auction for \$6,500. The pattern is copied today on modern dishes. Collectors should not be confused. The new dishes are very different in shape and glaze; only the decoration is old.

*g:* I'd like to know the value of a violin that is about 100 years old. The inscription inside reads "Copy of Antonius Stradivarius, made in Czechoslovakia." What is it

worth?

A: Antonio Stradivari (1644-1737) made violins, violas, cellos and other stringed instruments at his workshop in Cremona, Italy. Fewer than 600 of the original Stradivarius violins still are in existence, and they sell for several million dollars each. Thousands of copies have been made and don't sell for high prices. Your violin was made after the creation of Czechoslovakia in 1918. Recently, a violin like yours that included the case sold for \$57.

#### **Current prices**

- Trap, mole, Out O' Sight brand, black, cast iron, stamped, patented, Canada, 1930s, 8 by 5 inches, \$55.
- Cookbook, Fruitarian Recipes, for fruitarians and vegetarians, woman with tray, soft cover, 48 pgs., England, 1911, 10 by 4 inches, \$120.
- Lampshade, Coca-Cola, leaded glass, metal leaf edge, drum shape, slanted top, red, white and green, 1920s, 12 by 18 inches, \$3,995.

Tip: To date a mesh purse, look at the bottom

Antiques & auctions...
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Sat., Feb. 10th Consignment Auction ~ 6:33PM

Sun., Feb. 11th Breeder Sale ~ 11:33AM

Sat., Feb. 17th Consignment Auction ~ 6:33PM

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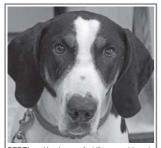
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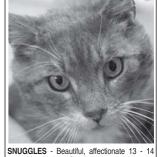




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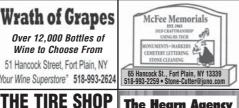
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Montgomery County Public Health wants to remind everyone this is an ideal time of year for germs and viruses of all kinds to spread. These germs can easily infect unsuspecting victims and spread quickly from person to person.

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- Remember when water and soap are not available, use alcoholbased hand sanitizer.
- Do not touch eyes, nose, mouth or face.
- Cough and sneeze into your elbow area, or cough or sneeze into a tissue. Do NOT let those germs out into the room.
- Stay home and away from other people when you are sick.
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#### Calendar of events

#### Feb. 9 and 10

**Book Sale & Spaghetti Dinner,** Fort Plain Reformed Church, 165 Canal St., Fort Plain, 518-993-4302. Pre-Book Sale & Spaghetti Dinner: Feb. 9, 3:30-6 p.m., pre-sale tickets available, call 518-993-4302 and leave message or purchase at door. Take-out & eat-in available. Book Sale: Saturday, Feb. 10, 9 a.m.-noon, all kinds of books, DVD's, vinyl. To donate books call 518-993-4302 and leave a message. We will not accept Harlequin novels. When dropping off books, please do not leave them on the steps. All proceeds go towards our mission event Rise Against Hunger.

#### Feb. 10

**Free Clothing Give-Away.** Valley Alliance Church, State Highway 5 just one mile east of the Nelliston traffic light. 9-11 a.m. Doors open at 8:45 a.m. Refreshments will be provided.

#### Feb. 13

3:30 p.m. **Arkell Art Studio.** Artists of all ages and their families are invited to explore basic art techniques, from acrylics to watercolors and everything in between. For more information, contact Curator of Education & Public Engagement Jenna Peterson Riley or call 518.673.2314 x 113.

#### Feb. 14

Adult Workshop. 5:30 p.m. **Sahaja Meditation.** Start 2018 off right with weekly Sahaja Meditation classes. The Winter session will meet Wednesdays at 5:30 from Jan. 10 through March 14. For more information, contact Instructor Melanie Pandit at melaniep@

meditateupstate.com, or by phone a 518.428.4692.

Feb. 15

11 a.m. **Family Art Hour.** Arkell Art Studio. Join us for this free weekly program where young students and their families will get hands-on with art in a variety of mediums. For more information, contact Curator of Education & Public Engagement Jenna Peterson Riley at jriley@arkellmuseum.org or call 518.673.2314 x 113.

#### Feb. 16

 $3:30\,$  p.m. **Arkell Art Studio,** MakerSpace. Makers of all ages are welcome to come create, learn, and experiment! For more information call  $518.673.2314 \times 113$ .

#### Feb. 20

11 a.m. Presidential Portraits at Arkell. Home over Winter Break? Come celebrate a slightly belated Presidents Day with an up-close look at one of the most famous portrait artists of the colonial era; Gilbert Stuart. This is a free program for artists of all ages and abilities. RSVPs and donations are not necessary but are always appreciated, as they help us get a better understanding of the number of supplies to prepare and help cover the cost of materials. For more information, contact Curator of Education & Public Engagement Jenna Peterson Riley or call 518.673.2314 x 113.

#### **May 19**

**Fort Klock Opening Day.** 10 a.m. - 4 p.m. Experience the sights and sounds of 1776! Join us at Fort Klock for a special living history event featuring a chandler, black smith, tin smith, weaver, militia muster hands-on demonstrations and more! Fort Klock, St. Johnsville, NY. 518-568-7779 www.fortklockrestoration.org

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events.

Entries may be emailed to cfeditor@leepub.com.

### Alyssa Parrino Fight for Leukemia

Window Decals and Bracelets available at Erie Station, 5S Diner and The Sportsmans Den in Fort Plain. Gino's Pizza, Peruzzi's Meat Market and Smokers Choice in Canajoharie.

**#AlyssaStrong** 

#### Online banking safety tips

In the digital era, many errands that once required leaving the house can be conducted from the comforts of home. Groceries can be ordered online and delivered to consumers' doorsteps, while bills can be paid online, saving men and women from having to drive to their nearby post office.

Online banking has revolutionized the way people manage their money. Investors can buy or sell stocks with the click of a mouse, and money can be moved across accounts just as easily and instantly. Many consumers now even do their banking on their mobile phones. In fact, a 2016 study from the Federal Reserve found that 67 percent of millennials use mobile banking, suggesting that mobile banking is the wave of the

future

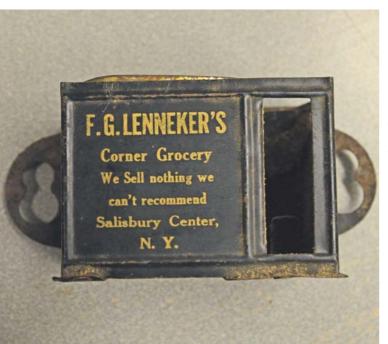
While online or mobile banking makes it easy for consumers to manage their money, it's also potentially much riskier than in-person banking at the bank. Unseen hackers and thieves are lurking online and in places where Wi-Fi is open and free, so online and mobile banking enthusiasts must exercise caution when accessing their accounts.

- Sign up for two-factor authentication. Some banks and credit card companies now provide two-factor authentication, and some may even insist their customers use it. Two-factor authentication requires two forms of verification before users can log into their accounts. The first might be the traditional username and password, while the second might be a temporary code texted or emailed to users after they log into their accounts. Some consumers may feel two-factor authentication is tedious and slow, but it's an effective safety measure that should only delay online or mobile banking by a few seconds.
- Use only secure network connections. Public Wi-Fi can be convenient, but consumers should never use such connections to do their online or mobile banking. The American Bankers Association suggests consumers always do their online banking via their own private home networks. Consumers who routinely use public Wi-Fi, even if it's just for basic internet surfing, should log out of mobile banking apps or websites before logging on to public networks.
- Change passwords frequently and avoid using the same password for more than one account. Many banking websites advise customers if their passwords are weak or strong when customers first set up their accounts. Even if customers' passwords are deemed strong, it's best to change them periodically so hackers or criminals cannot guess them. And consumers should never use the same password for more than one account, as that can make it much easier for criminals to steal consumers' identities.
- Monitor credit scores. Consumers have the right to one free credit report each year, but many credit card companies now update customers regarding their credit scores once per month. Consumers may need to sign up to take advantage of this service, but doing so is typically free. If credit scores suddenly dip unexpectedly and without reason, consumers may have been victimized by identity theft and can then take the necessary course of action to address the issue.

Online and mobile banking is convenient, but consumers must tread carefully when accessing sensitive financial information online.



### Whatchamacallits



This Whatchamacallit follows last week's by also being a match holder. However, this particular match holder would have been attached to a vehicle.

The advertisement on the holder reads, "F. G. Lenneker's Corner Grocery. We sell nothing we can't recommend. Salisbury Center, N.Y." As stated last week, it was common for stores to advertise themselves on the molded tin of match holders.

The construction of this piece differs in that there are several other spaces that could have been used for cigarettes, cigars, papers or anything else that might have been needed by the occupants of the vehicle.

The holder would have been placed on the door or dash-board of the vehicle and could easily be removed when needed.



Do you have your own Whatchamacallit?

#### Paw's Corner

by Sam Mazzotta

I spy: Watching pets with security cameras

Dear Paw's Corner: I found out recently that my son "watches" his dog while at work by monitoring him with a security camera. I don't think that's a good way to care for a pet. What's your take? — Pat in Concord,

Dear Pat: While nothing replaces in-person, faceto-face interaction between pet and owner, many people are unable to be with their pet during the day. Having a dog walker or pet sitter helps to ensure a pet is cared for during this time, but still doesn't replace an owner's voice.

So it's not surprising that more and more owners are using today's technology to keep an eye on their pets. Video cameras and connected mobile apps allow them to check in on the house. And because some video systems have integrated speakers, those owners can even speak to their pets through the monitoring app.

You can watch videos on the Internet of dogs guiltily slipping off the couch when their owner's disembodied voice calls "Off!" from an unseen speaker. But such a setup may offer a bit of comfort to a lonely pet, as well.

To answer your question, remote monitoring is just fine to keep an eye on a pet's health or to see what kind of behavior they exhibit when the owner is not around. But it can't replace being there. I imagine that your son would much rather be hanging out with his dog than be stuck at the office.

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ORIGINAL VALLEY PENNYSAVER 12 • February 10, 2018

## Valentine's Day



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Valentine's Day jewelry buying guide

Jewelry is a popular gift come Valentine's Day. The National Retail Federation says 20 percent of Valentine's Day consumers are expected to buy jewelry this year, spending a total of \$4.3 billion.

Many people find buying jewelry for a loved one a little daunting because jewelry is such a personal item. Much like their favorite fragrances, men and women may have signature jewelry pieces and prefer some styles more than others.

Buying jewelry can be complicated for the uninformed. Because jewelry can be expensive, it pays for consumers to do their homework. With a little research and some knowledge from professional jewelers, shoppers can find pieces that turn out to be real Valentine's Day winners.

#### Discover his or her style

Consumers may need to have a little Sherlock Holmes in them when buying jewelry for a loved one. Pay attention to the

pieces a loved one wears each day or on special occasions. Listen and take notes when others ask your loved one about jewelry. For those who like a direct approach, ask a significant other to point out appealing items in a magazine. This can help consumers determine if a loved one likes classic styles, modern pieces, certain metal types, or

particular gemstones.

extended to the consumer by way of price markups. Local jewelers can have high-quality merchandise and guide shoppers in the right direction for a greater value.

#### **Purchase loose stones**

It is easier to cover up flaws or draw attention away from imperfections in a stone by setting it in metal. Therefore, shopping for stones and settings separately may help

tificates that guarantee authenticity and indicate where the stones originated.

#### **Keep proportion** in mind

Bulky jewelry may look awkward on people with slight frames, while smaller pieces may get lost on taller or fuller-figured persons. Work with the ieweler on scale, even noting a loved one's figure if necessary.



With billions spent on Valentine's Day jewelry, shoppers want to ensure they're getting the best for their money.

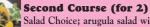
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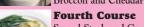


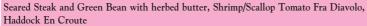
Salad Choice; arugula salad with blue cheese, drunken cranberries and candied pecans with a champagne dressing or Traditional Garden Salad, Roasted Beet Salad



Third Course (Choose)

French Onion Soup Broccoli and Cheddar Sout







Fifth Course (Dessert)

Chocolate Rasberry Cake, Chocolate Cannoli, Chocolate Fritters w/a Strawberry Sauce

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#### Prestige brands aren't necessarily better

Don't be afraid to walk into a local jeweler and ask the staff's opinion. Well-known stores spend a lot of time and money to craft their reputations, and that effort often gets

shoppers determine if they are getting the right value for the money. Synthetic stones — which are grown in a laboratory can be much more affordable because of their greater availability. Shoppers should ask for cer-

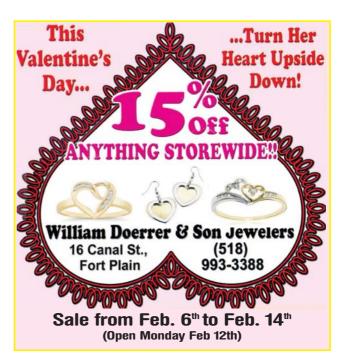
#### Set a budget and stick to it

Have a budget in mind before visiting a jewelry store. Going in blindly may leave consumers spending more than they initially intended. Many jewelers are willing to negotiate or may sell affordable pieces that mimic desired items in style and appearance.

#### Understand the exchange policy

Even with the best intentions and thorough research, a gift of jewelry may not hit the mark. Before buying a piece, consumers should make sure they can exchange the piece later on if it isn't the right style.

Jewelry is a popular Valentine's Day gift, but shopping for jewelry can be difficult. But careful consumers can find the right piece with a little due diligence.





14 • February 10, 2018

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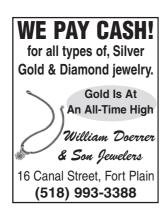
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#### by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Swedish ivy is an easy-to-grow houseplant with few problems, great for beginners or those that don't have time to fuss with plants. The bright



green, scalloped-edged leaves are on trailing succulent vines, making this a common hanging bas-

ket plant for indoors.

Swedish ivy (Plectranthus australis) is neither Swedish nor an ivy, and some authorities list it under another species (P. verticillatus). The genus name comes from the Greek words for spur (plectron) and flower (anthos), referring to the flowers. spur-shaped tubular white These small flowers that appear on stalks at the ends of stems aren't particularly showy.

The species name (australis) means southern, referring to its origin in southern Africa. It is not from Sweden, but became popular there as a house-plant. And it does trail, resembling an ivy. This common member of the mint family is related to the coleus and, like members of this family, has square stems in cross section.

Give a Swedish ivy bright indirect light, but not direct sun for too long as this can burn the leaves. An east or even north window works well, as does a plant grow light for at least 12 (preferably 16) hours a day. Too little light and plants will become "leggy."

Easy houseplants — Swedish ivy

If in doubt don't water, as these would rather be too dry than too wet. Keeping plants waterlogged is the main cause of death. Leaves yellowing indicate that they're overwatered. If leaves wilt and turn soft and dull green, give more water. Inexpensive water meters from hardware and garden stores can help if you're having trouble deciding on watering.

When plants are actively growing — usually in spring and summer — fertilize every couple weeks, but only with half-strength fertilizer of your choice. Also when they're growing, give them temperatures of 70 to 75 degrees (F) if possible. Other times of year, cooler temperatures of 60 to 65 degrees are best. Don't let

plants get below 50 degrees or leaves may turn black. A somewhat constant temperature between 60 and 75 degrees year round works well, too, for them.

Swedish ivy grows best with high humidity, but it tolerates and usually grows fine in the lower humidity found in most homes and buildings, particularly during winter heating season. The main pests to watch for are brown scales and white mealybugs. If you see these, rub them off with a cotton swab dipped in rubbing alcohol. Giving plants a shower periodically helps to keep them dust free, and to keep pests at bay, as well as giving them more humid-

Sometimes, particularly in dry indoor rooms, these plants may attract spider mites. Look for the tell-tale webbing between stems and leaves, and under leaves. You may need a magnifying glass to see them. Use a special miticide spray for these

nests

Swedish ivy plants can be rather potbound. If repotting, or potting small plants you may have purchased into a larger pot or hanging basket, use a peat- or organic-based potting soil.

If plants get too long or leggy, prune them back to the desired length. You can then cut stems with leaves into five- to sixinch sections, removing the lower leaves. Place these either into a vase of water, potting mix, or vermiculite or perlite. In a few weeks plants should be rooted, as they are easy to root from such stem cuttings.

While the green-leaved species is the version you usually find, you also may see the cultivar (cultivated variety) 'Variegata' with white leaf edges. Another species (P. argentatus) has bright, silvery leaves while Cuban or Caribbean oregano (P. amboinicus) has large, soft green leaves with a pungent oregano flavor and odor.

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#### Dining out with children

Dining out at restaurants can be an enjoyable activity and a break from kitchen duties at home. Many people in both the United States and Canada dine out at least once a week. According to a Rasmussen Reports national telephone survey, 58 percent of American adults say they visit a restaurant during the week. The Canadian Restaurant Food Association has found around 23 percent of Canadians dine out once a week.

Even busy families want to indulge. However, parents of young children may avoid restaurants because of apprehension about the experience. Getting ready for the restaurant excursion can help families avoid some of the common pitfalls. Patience and planning can help dining out with the family go smoothly.

#### Infants

New parents often need a respite from the nearconstant demands of infants. Dining out can be one of those breaks. When a babysitter is unavailable or if you're not yet comfortable leaving a little one with someone else, bringing baby along may be possible.

First, find a familyfriendly restaurant or try an establishment that has outdoor seating where you can quickly distance yourself from other diners if need be. Time dining out around the baby's feeding and sleeping schedule. Babies sated by a recent feeding and a relaxing car ride may be more inclined to sleep through your restaurant meal. Just in case, pack an extra bottle or prepare to breastfeed to keep your baby happy.

#### Toddlers and school age

Active children can learn table manners and restaurant behavior early on through practice. These lessons can open children up to new food experiences and help them grow accustomed to social settings.

Do not set your child up to fail by selecting a restaurant that is too fancy or quiet. Save those restaurants for when your company is adults only. A place that is used to noise (and moderate mess) is better.

A restaurant that has

interesting decor, such as an aquarium, can keep toddlers occupied. But bring along some games, toys and other trinkets to keep their attention. Try playing games, such as counting the packets of sugar or finding people wearing red shirts.

Avoid dining out with a tired child, and be prompt in selecting meals and eating. This is not a time to linger, as youngsters' attention spans and willingness to sit still tend to be minimal. Be prepared to leave with a to-go box if a child proves unruly.

#### Older children

Part of the challenge of dining out with older children is holding their attention, but meals can facilitate family conversation and be good for the parent-child dynamic. Set a device-free rule at the table and use the opportunity to converse. Try exotic cuisine or new dining experiences so it is an adventure for all involved.

Dining out with children requires different strategies depending on youngsters' ages.



75 Erie Blvd., Canajoharie, NY

## End a Valentine's Day meal dinner with homemade dessert

Valentine's Day is synonymous with many things, including chocolate. Many sweethearts exchange chocolate on Valentine's Day, making chocolate confections as essential to a successful holiday as flowers and romance.

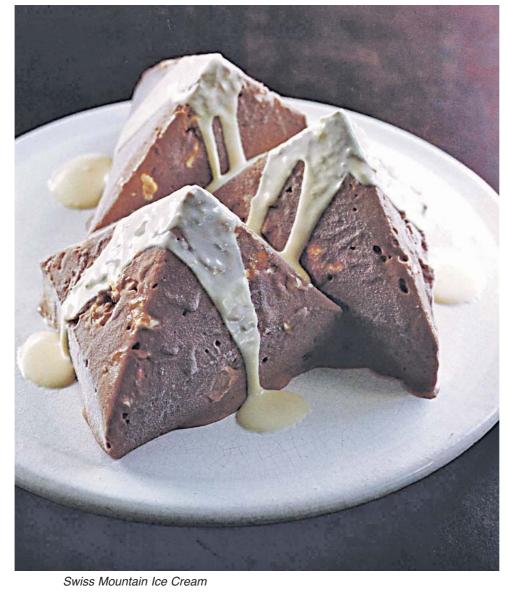
Men and women who want to make this Valentine's Day extra special can forgo store-bought chocolates in favor of homemade confections. The following recipe for "Swiss Mountain Ice Cream" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small) is a great way to end a romantic holiday dinner.

#### Swiss Mountain Ice Cream

Makes about 2 quarts White Chocolate Sauce (see below)

- 2 cups whole milk
- 1 cup sweetened condensed milk
- 3/4 cup granulated sugar
- 2 tablespoons unsweetened cocoa
- 14 ounces premium milk chocolate (over 32 percent cocoa solids), chopped
- 1 teaspoon pure vanilla essence
- 1 1/2 cups whipping or heavy cream, chilled
- 6 1/2 ounces white nougat, roughly chopped
- 1 ice cream maker (optional)
- 1 freezer-proof tray or container
- 1 mountain-shaped mold (optional)

Put the milk, condensed



milk, sugar, and cocoa in a pan, bring to a boil, then simmer gently for 5 minutes, stirring constantly. Stir in the chocolate and let melt, stirring occasionally. Let cool completely, then add the vanilla essence and refrigerate for about 1 hour.

Stir the cream into the

mixture, then churn-freeze in an ice cream maker in two batches. This will take 20 to 30 minutes. It will increase in volume as it thickens and freezes. Stop churning when thick and smooth, add the nougat,

and churn to mix, then transfer to a chilled freezer-proof tray, cover, and freeze. If you don't have an ice cream maker, put the mixture in a freezer-proof tray or container and freeze until it is frozen around the edges.

## accounting & tax

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MAKE YOUR APPOINTMENTS TODAY -LIMITED TIME SLOTS AVAILABLE Mash well with a fork and return to the freezer. Continue mashing with a fork and freezing the mixture until thick and smooth, about 2 hours. Stir in the nougat. At this stage, you can pack it into a mold and return to the freezer.

If the ice cream is in a mold, remove from the freezer and dip briefly in hot water to melt the outside. Invert onto a chilled plate, lifting off the mold. If the ice cream is in a container, transfer to the refrigerator to soften for 20 minutes before serving in scoops. Drizzle with White Chocolate Sauce and serve.

#### White Chocolate Sauce

Makes about 2 1/2 cups

l cup light or heavy cream

6 tablespoons milk

8 ounces white chocolate (over 25 percent cocoa butter), chopped

Put the cream and milk in a small pan and bring to just below boiling point. Remove from the heat and let cool for 2 to 3 minutes. Add the white chocolate and stir until completely melted. Serve warm.

If reheating, do so over gentle heat. Do not allow to boil or the sauce can thicken and seize.







FRANCO SCAFFIDI-FONTI Preparer/Owner
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#### Five DIY home upgrades anyone can do in a day

home projects are sweeping the nation, and it's easy to see why. DIY is typically budget-friendly and fulfilling to complete; still have a big impact, replace the hardware on your cabinets instead. Select the hardware type first — knobs for doors and pulls for drawers, for

es that pair together perfectly, making it easy for homeowners to create a cohesive look in their space. It's easy to recreate a space that reflects who

• Invite people to your gallery. Can't decide on the one perfect image for your wall? Then why not go for several? Gallery walls are a great way to

## Real estate... **New beginnings**

show your favorite prints and photos artistically. Pick the wall and apply a fresh coat of paint before building your gallery after all, this wall will now be part of the exhibit. Once the wall is ready, pick your photos or prints and set them in frames you love. Now the fun part lay your works of art on an open floor space and rearrange them until you find the perfect layout. Once you've found it, grab your hammer and nails

and bring your gallery wall to life.

• Bring a new vibe to your existing furniture. If a chair or love seat is starting to show its age, reupholstering it is a great way to give the piece fresh life. Remove the current fabric and replace it with new fabric of your choosing. Apply staples or stitching to hold the new fabric in place, and that old piece of furniture will have a distinctive new



Adding a splash of color or new artwork to a room can make a big difference.

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simply find the right project to match your skill set and needs.

To get started, here are five inexpensive projects that can by tackled by any DIYer, each of which will have an impact on the entire home.

• Make a hardware swap. Replacing your kitchen cabinets changes the entire look of your kitchen — but it's expensive and requires considerable skill. For a simpler, smaller project that can

 $example — then \ move \ on$ to style. Crisp, sleek hardware goes best with a modern kitchen, while more detailed offerings work well with classic, traditional kitchens.

• Refresh your space with a fresh coat of paint. Repainting a wall or room is the perfect way to showcase your style, without breaking the bank. The Unity palette from Sherwin-Williams® 2018 Colormix Forecast offers unique color choicyou are, without making expensive renovations.

• Illuminate a simple change. It doesn't always take a huge change to reinvent a room; it can be as easy as changing the light fixture. You could choose to repaint your existing chandelier, or you could give your ceiling fan a new look by replacing the blades. If you're on the crafty side, try making your own shade for an existing lamp with some of your favorite fabric.



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ORIGINAL VALLEY PENNYSAVER 18 • February 10, 2018

#### King Crossword

#### **ACROSS**

Shopper's aid

- "- and Circumstance
- 9 Frenzied 12 Sandwich
- treat
- 13 Vicinity
- 14 Rocks
- 15 Teeny 17 Gun lobby
- org. 18 Thwarts
- 19 Bad lighting?
- 21 Conversation
- starter 22 "Olympia"
- artist
- 24 Knighted woman
- 27 Stashed
- 28 Carey or Barrymore
- Baba 32 Literary col-
- lection 33 Before
- 34 Carte
- 36 Doctrine 37 Exercise tar-
- get 38 Bygone airline
- 40 On the other hand
- 41 Top story 43 Critter
- 47 Slithery squeezer
- 48 Twins' home 51 Flightless bird

Amber Waves

THIS TREE IS PERFECT

FOR OUR TREEFORT

53 It's tied 54 Aachen article 9 55 - good

52 Tied

- example 56 Former frosh
- DOWN
- 1 Barbershop item
- 2 Seed coat 3 Nevada city
- 4 Fencer's call 5 Campaign-
- funding grps. 6 Tulsa sch. Blanc or
- Brooks
- - - 29 Historic time

THE PROBLEM IS IT'S SO HIGH. HOW DO WE

GET UP WAY UP THERE?

8 Song of

30 Charlotte's

creation

35 Submachine

gun 37 Pats down

39 Pinnacles

41 Sleeping

40 Inseparable

42 Heavy reading 43 Kournikova or

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44 Stereo alter

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  - Belarus 23 Leading man 24 Weir
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  - beast 27 Groundbreak- 49 "- had it! ing musical
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#### **MAGIC MAZE** •

#### **AUSTRALIAN**

ODAXVSPNKIFCAXV SQOLJHECAXAVTRP

P(WOLLONGONG) NLHJ

HUFDBEEAYXGVTTO TRLPLIIOLMAKRRB

YIGANEDPBLWZAEB

XRSRDWUTMRANBPU

QOUYENDYSYGYOND LBJBGNOLEEGIHGF

DCEILROOGLAKAWY

XNIWRADWJVWTSRP

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

Gympie

Burnie Dubbo

by Dave T. Phipps

THERE IT IS AGAIN. IS SOMEONE ON THE ROOF

Orange Joondalup Sydney

Kalgoorlie Wagga Wagga Whyalla Wollongong

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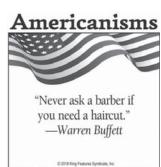
### Weekly SUDOKU

#### by Linda Thistle



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:** ♦◆



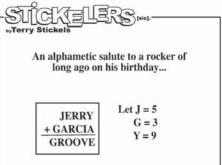
Just Like Cats & Dogs OH. THANKS FOR REMINDING ME. WHEN YOU GO TO THE STORE PICK UP SOME SALT.

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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# CRISSCROSS - ACTON VERBS





#### LAFF-A-DAY

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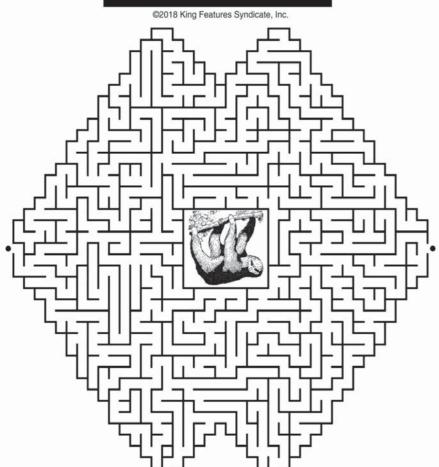


"The guiet evening I planned together doesn't call for popcorn!'

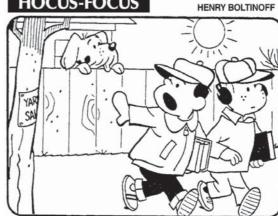


"Take two of these and call me if he still bugs you.'

#### Mega Maze



## **HOCUS-FOCUS**



Find at least six differences in details between panels.



ferences: 1. Sign is missing. 2. Dog's ear is shorter. 3. Mitten is removed. Sun is missing. 5. Book is missing. 6. Cap is missing. New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com



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ORIGINAL VALLEY PENNYSAVER 20 • February 10, 2018

#### Valentine flowers and other February gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Choosing flowers for Valentine's Day, growing houseplants such as Swedish ivy, and ordering bareroot fruit trees are some of the gardening activities for this month.

When we think of this month, the holiday that often comes to mind is Valentine's Day. Make this holiday special for someone, or several you care for, with flowers. You can buy or send an elaborate floral arrangement, or merely a bouquet or even single-stemmed roses. For color that lasts longer, consider a potted azalea, cyclamen, or cineraria.

If you're getting cabin fever, and would like a trip to Florida but don't have the budget or time for one, bring a little of the tropics to you. Visit a local indoor plant retailer or greenhouse for some easy-to-grow

St. Johnsville

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announces

houseplants. Grape ivy, Rex begonias with their colorful leaves, and some of the variegated philodendrons will tolerate low light and dry conditions. The grape ivy and philodendron often are seen in hanging baskets.

Swedish ivy is an easy-to-grow houseplant with few problems, great for beginners or those that don't have time to fuss with plants. The bright green, scallopededged leaves are on trailing succulent vines, making this a common hanging basket plant for indoors. Give this houseplant bright, indirect light as from a north or east window, or through sheer curtains. Don't overwater, and try to keep plants between 60 and 75 degrees (F).

Now is the time to order bare-root fruit trees, which are shipped "bare root" in late winter or early spring (for planting time in your area) before they start to grow. When ordering fruit trees, make sure they are hardy for your area. Also check the descriptions to make sure that they are the best performing cultivars (cultivated varieties) for your area. Many need at least two different cultivars for cross pollination, and even those that don't may fruit better with cross pollination.

There are several flowers that you can start from seeds at the end of February as they take 10 to 12 weeks to grow large enough to set out. Some of these are perennials, such as columbine and bellflower. Early in the month start wax begonias if you have these seeds, and didn't sow them last month. Toward the end of the month is the time to sow annual statice, wishbone flower, and annual vinca or periwinkle.

For seeds that need warmth to germinate, a heat mat underneath the flat can make a big difference. Once the seedlings are up, move them off the mat and grow them on at a cooler temperature to encourage strong, stocky growth. If a temperature isn't given on the seed packet, aim for an air temperature of 65 to 70 degrees (F) for best growth. Too warm (especially if insufficient light) and seedlings will get tall and leggy.

If you are preparing to start seeds under grow lights or fluorescent shop lights indoors, check the tubes for signs of age. Tubes that have been used for two to three seasons probably have lost much of their intensity, even though they look fine. Dark rings on the ends of the tubes are a sign that they need to be replaced. Look for energy-efficient tubes, and ones that have a daylight or natural spectrum of light wavelengths. Otherwise, you can alternate warm white and cool white tubes. Keep lights about 6 inches above seedlings as they grow.

Other tips include checking stored summer bulbs such as dahlias, taking cold-stored and potted spring bulbs out for forcing, checking houseplants for pests, and keeping birds fed.

#### Things you may not know about President Abraham Lincoln

Each February, Americans celebrate the birthdays of two of the more influential presidents in United States history. Presidents Day is ob-

served on or near the birthdate of America's first president, George Washington. However, Presidents Day also celebrates the life of Abraham Lincoln, the 16th President of the United States who was born on Feb. 12.

As millions of people prepare to celebrate the life of Abraham Lincoln, celebrants can consider the following interesting tidbits about this incredibly influential man, courtesy of Factslides, Constitution Daily and the History Channel.

- Lincoln practiced law, but he did not have a formal law degree. He only had about 18 months of schooling in the field of
- The president disliked being called "Abe." He preferred being called by his last name instead.
- · Lincoln was an accomplished wrestler as a young man. His wrestling proclivity helped secure him a place in the National Wrestling Hall of Fame.
- · Lincoln was born in Hodgenville, KY, becoming the first elected president to be born outside of the original 13 states.
- In addition to being a wrestler, a patent-holder and a president, Lincoln also was a licensed bartender. Before his presidency, he owned a business called the Berry and Lincoln General Store and Tavern in New Salem, IL.
- · Lincoln was an animal

lover and was not known to actively hunt or fish. He had a dog named "Fido" and a cat named "Tabby."

- Paving the way for future beard-lovers, Lincoln was the first president with a beard. An 11-year-old girl named Grace Bedell convinced Lincoln to grow his whiskers in exchange for her brothers' votes.
- John Wilkes Booth, Lincoln's assassin, was a famous actor who had a fan in Lincoln himself. The president actually was photographed with Booth during his second inauguration. Interest-

ingly enough, a few months before Booth assassinated Lincoln, the president's oldest son was saved from injury by John Wilkes Booth's brother on a train platform in New Jersey.

 Abraham Lincoln was supposed to attend Theater Ford's Ulysses S. Grant, but Grant cancelled at the last second.

The life of Abraham Lincoln is justifiably celebrated every year. But that life is perhaps even more interesting than many celebrants may



Stickelers Answer

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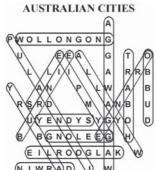
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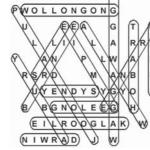
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GROOVE

## Puzzles4Kids







#### Weekly SUDOKU \_\_

Answer

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



### All things automotive

#### **Comfort Foods** Made Fast and Healthy

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Now that we are settled in for the winter, a pot of good soup will help to chase the chill away.

- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1 (14-ounce) can lowersodium fat-free chicken broth
- 1 (10-3/4-ounce) can Campbell's Healthy Request Cream of Mushroom Soup
- 1/2 cup shredded car-
- 1 (12-fluid-ounce) can evaporated fat-free milk
- 3 tablespoons all-purpose flour
- 3/4 cup shredded Kraft 2 Percent Milk Cheddar cheese
- 1/2 cup fat-free halfand-half
- 1 teaspoon dried parsley flakes

- 2 tablespoons chopped green onion
- 2 tablespoons fat-free Ranch Dressing
- 2/3 cup uncooked quick wild rice
- 1. In a large saucepan sprayed with butter-flavored cooking spray, brown meat. Stir in chicken broth, mushroom soup and carrots.
- 2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into meat mixture. Add Cheddar cheese, halfand-half, parsley flakes, green onion and Ranch dressing. Mix well to combine.
- 3. Lower heat. Simmer for 10 minutes, stirring occasionally. Stir in uncooked wild rice. Remove from heat, cover and let set for 5 minutes. Gently stir just before serving.
  - Each serving: 234

calories, 6g fat, 17g protein, 28g carbs, 580mg sodium, 373mg calcium, 1g fiber; Diabetic Exchanges: 2 Starch/Carb, 1 1/2 Meat; Carb Choic-

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ORIGINAL VALLEY PENNYSAVER

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