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STK# 17258A

2014 FORD EXPLORER LIMITED

4WD, ROOF, NAV, LOADED, 38K MILES

\$24,995

MANAGER'S SPECIAL



STK# 1845A

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AWD, ROOF, NAV, LOADED, 33K MILES

\$27,995



STK# P2893

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\$24,995



STK# P2892

2015 CHEVY SILVERADO LT

4WD, DOUBLE CAB, Z71, 21K MILES

\$29,995



STK# 1728A

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50K MILES

\$14,995



STK# P2894

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AWD, V6, 10K MILES, GM CERTIFIED

\$21,995



STK# 17157A

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36K MILES

\$9,995



STK# 17494A

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CREW CAB, 4WD, 30K MILES

\$25,995



STK# 17815A

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\$12,995



STK# P2868

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\$23,995



STK# 17636A

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Model
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HP589396

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HN767200

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Treiber Discount.....\$1,221

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SENTRA S



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Treiber Discount.....\$4,436

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Treiber Discount.....\$2,906

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Nissan Cust. Cash.....\$1,000
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Treiber Discount.....\$1,714

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Model#13317
HC278884

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Treiber Discount.....\$6,751
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MURANO SL AWD



Model#24417
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Nissan Cust. Cash.....\$3,000
Nissan Bonus Cash ..\$1,500
Treiber Discount.....\$3,566

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BARGAINS

<p>'14 ALTIMA</p> <p>Really clean, 89k mi, UC737</p> <p>\$9,990†</p> <p><i>Must Go!</i></p>	<p>'09 CHEVY MALIBU</p> <p>Well equipped, 76kmi, UC789</p> <p>\$7,990†</p> <p><i>Cheap Enough</i></p>
<p>'13 SENTRA SR</p> <p>Great commuter, 67k mi. UC820</p> <p>\$9,390†</p> <p><i>At this price you can't go wrong!</i></p>	<p>'15 KIA SOUL</p> <p>Very popular, 34k mi, UC790</p> <p>\$10,990†</p> <p><i>Only 34,000 miles.</i></p>
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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

2012 JEEP GRAND Cherokee Laredo 4x4, silver, 69k, V-6, Auto, AC, CD, alloys. 1 owner, clean CARFAX. Sale \$17,995. **John C Miller Inc.** (518)762-7124 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.

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2018 Fort Plain Little League Sign Ups

Tuesday, February 27th, 6-8pm
Thursday, March 1st, 6-8pm
Saturday, March 3rd, 9am-12pm
Monday, March 5th, 6-8pm
Wednesday, March 7th, 6-8pm

Registration will be held in the Harry Hoag Elementary Lobby
Registration Fee is \$50 for the first child, \$25 for each additional child due upon registration. Late Sign-Up Fee of \$10 per child after 3/15/2018



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Sun., Feb. 25th Breeder Sale ~ 11:33AM
Thur., March 1st Food Auction ~ 6:33PM
Sun., March 18th Fishing Auction ~ 1:33PM
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CANAJOHARIE, NY — The Palatine Settlement Society will hold its 13th Annual Antique Show inside the Great Hall at the Arkell Museum on Saturday, March 3, from 10 a.m. to 4 p.m. All proceeds will go directly to the restoration and continued preservation of the historic 1747 Nellis Tavern. Admission is \$5.

This show offers a range of quality antiques and collectibles from over two dozen friendly and knowledgeable dealers who will be exhibiting and selling items such as furniture, quilts, books, tools, postcards, paintings, toys, china, jewelry and more.

Also, if you have something you would like appraised, George Heigle will be offering verbal appraisals on antique items for the price of \$5 per item. There will be a



Antique Show to benefit Historic Nellis Tavern

selection of homemade sandwiches, soups and desserts available for purchase during the show.

The 1747 Nellis Tavern is one of the many Mohawk Valley historic treasures. It is located on Rt. 5 in St. Johnsville and features some of the best remaining examples of early American wall stenciling. The site is open every Sunday from 1 p.m. to 4 p.m., June through September or for special events.

To find out more about the Palatine Settlement Society and the historic Nellis Tavern, find us on Facebook or visit: www.palatinesettlementsociety.org

The Arkell Museum is located at 2 Erie Blvd., Canajoharie, NY 13317. Please contact Joan or Ray Draus at 518.842.6400 with any questions.

Good Housekeeping

Easy Pasta Bolognese

At its most basic, Bolognese means "meat sauce." Although some recipes call for hours of cook time, we've boiled it down to 40 minutes flat. The result? A rich tomato-based sauce spiked with heavy cream that's fantastic on any long pasta.

- 1 medium carrot
 - 1 clove garlic
 - 1 can whole plum tomatoes
 - 3 tablespoons olive oil
 - Kosher salt and pepper
 - 1 pound pasta
 - 1 stalk celery
 - 1 onion
 - 3/4 pound lean ground beef
 - 1/2 cup dry white wine
 - 1/4 cup heavy cream
 - 1/2 cup fresh flat-leaf parsley
 - 1 tablespoon chopped fresh oregano
1. Pulse the carrot and garlic in a food processor until the garlic is finely chopped. Add the tomatoes and their juices, 2 tablespoons oil and 1/4 teaspoon each salt and pepper, and pulse until finely chopped.
 2. Transfer the tomato mixture to a medium saucepan and simmer until thickened, 20 to 25 minutes.

3. Meanwhile, cook the pasta according to package directions. Drain and return to pot.

4. While the pasta is cooking, heat the remaining tablespoon of oil in a large skillet over medium heat. Add celery and onion, and cook, stirring occasionally, until tender, 6 to 8 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink, about 4 minutes. Add wine and bring to a simmer.

5. Stir the tomato sauce and cream into the meat mixture and simmer until thickened, about 3 minutes. Stir in the parsley and oregano. Toss the pasta with the sauce. Serves 6.

TIP: Make the sauce omitting cream and herbs. Refrigerate for up to 5 days or freeze for up to 3 months. If frozen, thaw overnight in refrigerator. Reheat in a saucepan over medium heat. Stir in cream and simmer for 3 minutes, then stir in herbs.

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

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JR's Auction

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

FOOD and GROCERY AUCTION FRIDAY NIGHT

FEB 23rd 6:00pm

HERKIMER
LOCATION

At the VFW 129 Mohawk Street Herkimer NY

Another Large Selection Of Meats, Cheese, Yogurt, Snacks, Frozen Items, Bacon, and more!! UP FOR AUCTION INCLUDES>> Schreibers White American Cheese, Munster Cheese, Cheese Sauce, Shredded Cheese, Pork Ribs, Pork Sausages, Pork Tenderloins, Pork Roasts, Wild Cod Fillets, Pollock Fillets, Tilapia Loins, Frozen Hash Browns, Breaded Fish Tenders, Breaded Shrimp, Breaded Fish Sticks, Chicken Nuggets, Chicken Strips, Boneless Hams, Cubed Hams, Pulled Pork, Ham Steaks, Cooked Ham, Hot Chicken Wings, Frozen Pizzas, Cream Cheese, Yellow American Cheese, Ketchup, Candy Bars, Frozen Cherry Pies, Trix Cereals, Toasted Oats, Special K Cereal, Frozen French Fries, Stuffed Nachos, Blueberry Yogurt, Vanilla Yogurt, Cranberry Drinks, Orange Juice, Citrus Punch, Cherry Limeade, Blueberry Lemonade, and much more still being ordered!!! Do Not Miss This Auction!!!!!! in Herkimer!!!!

FARM MACHINERY EQUIPMENT, RESTAURANT EQUIPMENT, LAWN & GARDEN WOODWORKING EQUIPMENT CONSIGNMENT AUCTION.

Sat February 24th 10:00am.

Troy Built Rototiller like new, Chipper with motor, Delta Model X5 Industrial Router, like new, Woodmaster Planer Molder Model W-718 heavy duty like new, General International 14 inch Band Saw model 90-170B like brand new, Jet 10 inch Super-saw Table Saw like new, General International 8 inch Joiner like new, Set of Turf Tractor Tires, Chain Saw, Hay Wagon, Weed Wacker, Lawn Tractor, 2 Snow Blowers working, & small shop clean out from Canajoharie, more coming Looking for complete Farm Equipment, Tractors, Trailers, Farm Trucks, Machinery. Equipment, Welding Equipment, Woodworking Equipment, Blacksmith Tools, Hand Tools, Chain Saws, and more!! CONSIGN EARLY FOR FREE ADVERTISING

Whatchamacallits

Just shy of two inches in diameter and one inch in depth, this Whatchamacallit is undoubtedly a small package. But it carries over a century of history and a variety of uses. This



week's Whatchamacallit is a pressed tin container that held Redding's Russia Salve, produced by Redding & Company in Boston, MA.

The company began in 1806 and produced more than just Redding's Russia Salve. The trademark for the product is listed for Sept. 3, 1878, with a re-register for Jan. 8, 1913.

According to a watermarked paper issued by the company, Redding's Russia Salve had an impressive range of uses. The salve could be applied for cuts, sprains, hives, burns, cold sores, pimples, bruises, hemorrhoids, eczema, fever blisters, mosquito bites, chapped hands, dandruff, tired, burning

or aching feet and more. The paper also explains how to use the salve for every situation.

The design for the product, printed on the watermarked paper and silk paper, appears on the cover of the tin. This design depicts an officer treating an injured soldier, with a horse, gun and part of a canon present. This mark was used to prove the product was from the company and not produced by a copycat.

The salve itself was composed of yellow wax, sweet oil and glycerine and the cost was ranged from 25 to 30 cents per container.



For more information on the look of the container, the watermarked paper or the packaging of the salve, visit <https://tinyurl.com/ya7qzxm4>.

Do you have your own Whatchamacallit?

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

ROOF TRUSSES – Common attic trusses for pole barns, garages & homes available at C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

FARM MACHINERY & Equipment Tool Auction Sat February 24th 10:00am.. Looking for complete Farm Equipment, Tractors, Trailers, Farm Trucks, Machinery. Equipment, Welding Equipment, Woodworking Equipment, Blacksmith Tools, Hand Tools, Chain Saws, and more!! If you have it for sale.. Let us know!! JR'S Auction 518-993-4668

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Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock
Monday, Feb. 12th – Sold 303 head. Cull Ave. \$.47 Top Cow \$.59, Bulls/Steers \$.70 - \$.76, Bull calves top \$2.20, heifer calf top \$.80, Dairy feeders \$.48 - \$.53, Dairy Milking age top \$1275, bred heifers top \$1075, open heifers top \$725.
Monday, Feb. 26th – Normal Monday Sale & Monthly Organic Day
Monday, Mar. 5th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale
Monday, Mar. 12th – Normal Monday Sale & Monthly Heifer Sale
Monday, Mar. 19 & Mar. 26th – Normal Monday Sales & Our Easter Sheep, Lamb, Goat & Small animal Sale- call today to advertise your group.
Sat. March 31st – New Berlin, NY. 11:30AM Spring Premier All Breed Sale. Accepting 100 consignments of Registered all Breed Dairy Cattle. Call today with your consignments.
Sat. April 14th – Alfred State College Spring Fling – sale held at Alfred College. Accepting consignments for this sale also – Registered all Breeds.
Sat. April 21st – New Berlin, NY. Annual Spring Consignment Spring Machinery Sale. Call today to have your equipment advertised!
Friday, April 27th – 11:00 AM sale held on the farm Cherry Valley, NY. Van-Acres LLC, Complete Registered Holstein Dispersal. 75 Milking age & 75 youngstock. Watch future ads for more details!
**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.
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Frosting-free cakes the latest trend

A new trend is taking hold both in North America and on the other side of the Atlantic Ocean. Cakes are being pared down so that frosting and fondant coverings are now nearly absent from the confections.

They're called "naked cakes," and these simplified desserts showcase the texture of the cakes and their fillings. According to culinary experts, the idea for the naked cake came from Christina Tosi, owner of Momofuku Milk Bar. It's an award-winning bakery with locations

across the United States and Canada. Now many other pastry chefs and bakers are hopping on the naked cake bandwagon, with the trend being highlighted by the likes of Martha Stewart and the respected wedding resource The Knot.

Just because these cakes may be short on exterior buttercream doesn't mean they fall flat on flavor or visual appeal. Cakes can be embellished with fresh blooms, gum paste-molded flowers, edible pearls and gems, fresh berries, and much

more. The Knot notes many naked cakes are garnished with flavors that are included in the cake, such as chocolate chips, crumbs, cookie dough, or candy sprinkles.

Couples who are stripping down their weddings to include more basics and natural effects may be drawn to these naked cakes. They're also an option for those who find frosting, buttercream and fondant too sweet for the palate. Naked cakes enable the interior flavors to really shine.

To Your Good Health

by **Keith Roach, M.D.**

COPD Is

Double-Whammy

Dear Dr. Roach: I have been told that I have COPD. The lung doctor said that he's pleased with my X-ray and will see me next year. My concern is whether this will get worse. I'm scared to death. I have difficulty catching my breath. I quit smoking about four years ago. I know I can't repair the damage that has been done, but is there anything I can do to keep this disease from getting worse? — T.C.

Answer: Chronic obstructive pulmonary disease in North America is due mostly to cigarette smoking, but cooking fires, asthma and other rare conditions also may predispose people to COPD. Lung function decreases with aging in all adults, but in people with COPD (a combination of emphysema and chronic bronchitis), the worsening of lung function over time is critical because of the loss of pulmonary reserve.

You already have done by far the most important thing you can do to prevent further damage: quit smoking. Avoiding other air pollutants (especially secondhand smoke) also may help. Regular physical activity seems to slow progression of COPD.

Treatment with inhaled steroids reduces airway inflammation and somewhat slows progression of the decline in lung function in COPD. Inhaled steroids also improve symptoms and reduce exacerbations. However, they do not have a significant effect on mortality.

X-rays are one way of following COPD, but

measuring lung function through pulmonary-function tests is a much better way of determining severity of disease. Your lung specialist can give you more-personalized information about your illness with those results.

Dear Dr. Roach: My question is, If a person eats a 2,000-calorie meal, how many calories, when digested, are absorbed by the body? I find it hard to believe that the body will absorb every single one of the 2,000 calories ingested. Please advise. — J.H.

Answer: Our bodies are very well adapted to extract energy out of the food we eat, but you are right that there is some energy left in food at the time it is excreted. Some chemical energy also is used by the bacteria in the gut. A little bit is lost in the urine. But in general, we absorb probably 90 percent of the chemical energy stored in food.

A few factors can affect that number. Food that is cooked or processed tends to have calories that are more easily accessible and more absorbable. This may be one reason that those who eat only raw foods tend to lose weight (another may be that they avoid highly calorie-dense foods). There also are medical conditions that prevent us from absorbing food properly (lactose intolerance and celiac disease are two of the more common of the many causes of malabsorption).

In summary, calorie counts are imprecise, but still useful for comparing one food with another.

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Calendar of events

Feb. 26

Senior Exercise Program. Feb. 26 and 28, 10 a.m.-10:30 a.m., Arkell Center, Canajoharie, NY. Monday, Wednesday and Fridays in February. Classes in the basement. Coffee after.

Feb. 26-March 2

OFA Meals of Montgomery. Feb. 26-March 2. 11:45 a.m., Arkell Center, Canajoharie, NY. OFA Meals of Montgomery — serves hot meals, \$3 donation for 60 and older. Call for reservations. 518.673.2000.

Feb. 27

Alzheimer's Caregiver Support Group Meeting. Feb. 27, 10 a.m.-11 a.m., Arkell Center, Canajoharie, NY.

Feb. 27

Beginner Tai Chi. Feb. 27, 10 a.m.-11 a.m., Arkell Center, Canajoharie, NY. 11:10 a.m. - 12:10 p.m. intermediate TAI CHI — both are sponsored by Montgomery County OFA, Earl O'Bryon, instructor. Donations accepted.

Feb. 27

Core Strength & Stability Class. Feb. 27, 9 a.m.-10 a.m., Arkell Center, Canajoharie, NY. Class in the basement. Donation \$5. Instructor Sharon Charles. The class

is cancelled on March 6 and 13.

Feb. 28

Chair yoga. Feb. 28, 2 p.m.-2:25 p.m., Arkell Center, Canajoharie, NY. Chair yoga in the Gallery. Gentle Yoga, in the basement, \$5 donation. Instructor Patty P.

March 3

13th Annual Antique Show. March 3, 10 a.m.-4 p.m., Arkell Museum, 2 Erie Blvd., Canajoharie, NY. Sponsored by Palatine Settlement Society. Admission is \$5. Contact Joan or Ray Draus at 518.842.6400.

March 3

Antique Show. March 3, 10 a.m.-4 p.m., Arkell Museum, Canajoharie, NY. The Palatine Settlement Society will hold its annual Antique Show & Sale for the benefit of restoring the 1747 Nellis Tavern of St. Johnsville, NY. The show will be held at the Arkell Museum in Canajoharie and features 25 dealers. An appraisal booth and light lunch will be available. Joan & Ray Draus, Show Managers, call 518-842-6400.

March 11

H.A.L.O. 10th Annual Chinese Auction. March 11, 11 a.m.-2 p.m. Herkimer VFW, 131 Mohawk Street, Herkimer, NY. Donations of Purina dry cat food, Friskies

canned food, and cat litter will be appreciated. Raffles. Refreshments. Chinese Auction. Benefit for the animal rescue group and their cat shelter, H.A.L.O. House based in Little Falls.

March 11

Ham Dinner. March 11, 12 p.m.-3 p.m., Our Lady Of Hope Catholic Church Hall, 115 Reid Street, Fort Plain, NY. Handicapped Accessible. Adults - \$10. Children aged 5 to 12 - \$7. Children under age 5 - free. Tickets sold after weekend liturgies and at the door. Tickets also available at the church office. Call Monday-Thursday 9 a.m. to 1 p.m. Take-outs will be available. 518.993.3822.

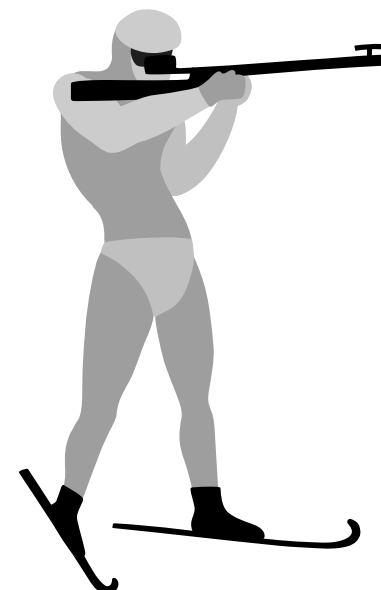
March 15

Agricultural Solutions Fair. March 15, 10 a.m.-2 p.m., SUNY Cobleskill, Bouck Hall, Cobleskill, NY. Putting Money & Resources Into Farmers' Hands. Connect with the agencies that can provide 1:1 assistance to farmers. Pre-register online or call Dr. Jason Evans at 518.255.5643.

May 19

Fort Klock Opening Day. May 19, 10 a.m.-4 p.m., Fort Klock, St. Johnsville, NY. 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. 518.568.7779.

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.







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Ham Dinner
Sunday, March 11, 2018
Noon to 3PM

at Our Lady of Hope
Catholic Church Hall
(Handicapped Accessible)
115 Reid Street, Fort Plain

Menu: Baked Ham w/Raisin Sauce,
Mashed Potatoes, Baked Beans, Coleslaw,
Rolls, Homemade Desserts and
Hot or Cold Beverages

Adults - \$10.00 • Children Aged 5 to 12: \$7.00
Children Under 5 - FREE

Tickets sold after Weekend Liturgies
& at the door

Tickets also available at the church office
Call 518-993-3822 Monday-Thursday 9AM-1PM

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BABY - 10 - 11 year old female Greyhound mix. Good with some dogs and cats. Adult home only. Very playful.



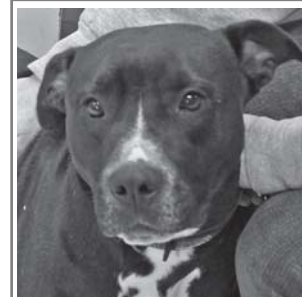
PAPO - 7 year old male Staffordshire Terrier mix. Not good with cats. Adult home only.



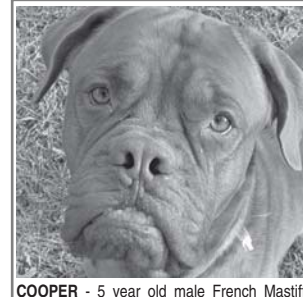
KANE - 1 year old male Pit Bull mix. Fine with dogs and cats. Friendly and playful.



MOOSE - 9 year old male Pit Bull mix. Fine with most dogs. Loves people.



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ZIVA - Lovely 2 - 3 year old female Dilute Tortie. Sweet and friendly.



PATCH - Sweet and shy 7 month old female, white with gray patches. Loves other cats. Playful.



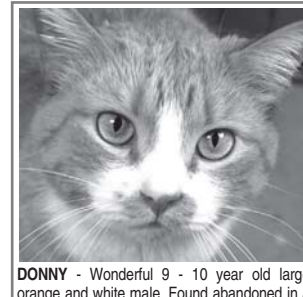
SAHARA - 6 month old female tiger. Rescued from a fire. Very sweet.



MACK - Adorable, playful 5 to 6 month old black male.



SNUGGLES - Beautiful, affectionate 13 - 14 year old male tiger. Good with cats and dogs.



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by **Angela Shelf Medearis**

Bowlful of comfort on a chilly day

Many kids dislike soft vegetables, the kind usually found in stew. If you're having trouble getting your children to eat stew, try this saucy beef recipe — adapted from the wonderful cookbook "Real Food for Healthy Kids: 200-Plus Easy, Wholesome Recipes" by Tracey Seaman and Tanya Wenman Steel. Tracey's teenage daughter

the microwave for 2 to 3 minutes until warm. Pour the sauce into a separate serving dish.

Sprinkle some shredded Parmesan cheese on a whole-wheat hamburger bun or hot-dog bun, or a sliced hoagie roll. Place the bread on a cookie sheet under a broiler or in a toaster oven until the cheese starts to melt. Pile the shredded beef on the bread and add a few dill pickles or slices of purple onion, if desired. You can serve the remaining

well and can last for up to six months. This saucy beef stew is a bowlful of comfort on a cold day, or it makes a hearty sandwich for supper on a warm one.

Saucy Beef Stew

If you're planning to prepare this stew in a slow cooker, follow steps one and two and then place the meat and the sauce in a crockpot, add the fresh or dried rosemary and thyme, cover and cook on low for 7 hours or until tender. Remove the sprigs of fresh

inch cubes

Kosher salt and freshly ground black pepper

3 extra-large onions, finely diced

5 garlic cloves, smashed and peeled

1/2 cup unbleached all-purpose flour

1 quart low-sodium beef broth

2 cups filtered water

2 tablespoons red wine vinegar

1 tablespoon tomato paste

2 sprigs each fresh rosemary and thyme (or 1 teaspoon each dried)

1. Heat 1 tablespoon of the oil in a 6-to 8-quart heavy Dutch oven over medium heat. Add a third of the beef, season lightly with salt and pepper, and cook, turning infrequently, until browned, about 8 minutes. Transfer to a plate and repeat with oil and the remaining beef and more salt in two batches.

2. Add the last tablespoon of oil, and the onions and garlic to the pot; cook, stirring occasionally, until softened, about 6 minutes. Sprinkle the flour on top and

cook, stirring constantly until thick and lightly browned, about 2 minutes. Whisk in the broth, water, vinegar and tomato paste. Bring mixture to a boil.

3. Return meat to the pan, add rosemary and thyme, and return to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer gently, stirring occasionally, for 1 1/2 hours.

4. Uncover pot and continue simmering for up to 30 minutes more, until the meat is nicely tender but still holds its shape. Remove the sprigs and season to taste before serving. Makes about 3 quarts.

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This saucy beef stew is a bowlful of comfort on a cold day

Photo courtesy Bob and Tanya Steel

ter said, "This is the only stew I really like, because it doesn't have any mushy vegetables. I like my carrots crisp."

This rendition is made without carrots or potatoes so you can serve it — with its thick, rich gravy — over a mash of potatoes and parsnips, or a mound of fluffy rice. Add a side dish of crisp vegetables, or a salad, and serve it with some hot, crusty French bread, and you've got a meal that will please the pickiest eater.

If you're fortunate enough to have leftovers, you can stretch out the servings and transform your stew into French Dip sandwiches. Shred any remaining cubes of stew beef and re-heat the meat and any leftover sauce in

sauce on the side for dipping, "au jus" style.

This recipe is perfect for a crockpot or for slow-cooking in a roasting pan in the oven. It also freezes

herbs (if used), and season to taste before serving.

1/4 cup extra-virgin olive oil

5 pounds lean beef chuck, cut into 1- to 2-



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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Washington Doll

While Valentine's Day is always Feb. 14, President's Day can be any one of seven dates, the third Monday in February closest to the 20th. In 1885 George Washington's birthday, Feb. 22, was made a national holiday. But in 1971, Congress decided that instead of celebrating the real birthdays of President Washington and President Abraham Lincoln (Feb. 12), there would be a Monday celebration for both. Why Monday? To give everyone a three-day weekend away from work. Feb. 20 was chosen because it was between the two real birthdays.

President Washington lived in the days before cameras, so he was remembered in designs for silhouettes, paintings, prints, medals, cameos, glass patterns, toys,

Staffordshire figures to keep on the mantel and even drapery fabrics. Most of the memorabilia was copied from the few famous paintings of the president, images that still are used. A President Washington doll made after 1880 looks like Washington in his presidential years. The doll is made of cloth with pressed and oil-painted features, and gray hair worn in a ponytail. His eyes are blue. The doll is dressed in a silk suit with a lace jabot and wears a tri-corn hat, black stockings and shoes with buckles. The costume is a familiar one.

The doll probably was not made for a young child, but as a part of the 1889 centennial celebration of Washington's inauguration. It was made by Martha Jenks Chase, who started making portrait dolls in her backyard about 1880. A 25-inch tall Chase Washing-

ton doll sold in 2016 at a Theriault's auction in Las Vegas for \$3,080.

Q: I'd like information about my great-grandmother's full set of beautiful dishes and serving bowls given to her as a wedding gift in 1876. They are marked "LS & S Carlsbad Austria."

A: This mark was used about 1895 to 1917 by Lewis Straus & Sons, importers located in New York City. Carlsbad was part of Austria until after World War I, when it became part of Czechoslovakia. Today the town is called Karlovy Vary and is part of the Czech Republic. Several factories in Austria, Bavaria and Germany used "Carlsbad" in their mark. Many pieces were exported to the United States in the late 1800s and early 1900s. Sets of china are hard to sell, but you can enjoy the dishes for their sentimental value.

Current prices

Fortune Telling Cards, tarot, gold edges, text and images, The Nile, US Playing Card Co., box, 52-card deck, c. 1900, 4 x 3 inches, \$145.

Bronze doorknocker, Abraham Lincoln, profile, slavery abolished speech text, round, ring striker, 1915, 3 1/2 x 3 inches, \$300.

Powder jar, orange milk glass with purple iris, hinged lid with brass band, interior beveled mirror, Wave Crest, 1800s, 4 x 6 inches, \$500.

Tip: When polishing the metal hardware on old chests of drawers, slide a piece of stiff paper under the brass plate. This will protect the wood near the brass.

For more collecting news, tips and resources, visit www.Kovels.com

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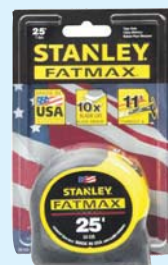
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This 1880s George Washington doll is made of painted cloth. The face and clothing are familiar, and he really did have blue eyes. It recently sold for \$3,080.

The health benefits of singing a tune

A person need not be auditioning for the next season of "American Idol" or "The Voice" to start belting out a favorite tune. According to the singing advocacy group Chorus America, more than 32 million American adults sing regularly in groups nationwide. Millions of children enjoy music education as part of their school curriculum as well.

Although many people may restrict their singing to the shower or when no one is around to hear them, there are some surprising health benefits of singing frequently — and encouraging others to do so as well.

Singing and stress

Scientists say that singing can have a calming but energizing effect

on people. Singing can help tame stress but also lift the spirits. Singing is a natural antidepressant. According to information published in Time magazine, singing may release endorphins associated with feelings of pleasure as well as stimulate the release of oxytocin, a hormone that is found to alleviate anxiety and stress. Prevention magazine notes that choir singers, who often report feeling happy and free of significant anxiety, may notice their moods improving when they start to sing.

Singing and immune system function

Singing can be a form of exercise that works the lungs and other parts of the body required to project one's voice. Singing

may lead to a stronger diaphragm and stimulation of circulation due to the greater amount of oxygen needed to carry a tune.

Research conducted at the University of Frankfurt found that professional choir members who had their blood tested before and after an hour-long rehearsal displayed a greater amount of antibodies called immunoglobulin A after the rehearsal. These increases were not found in the choir members who simply listened to music. In the study, titled "Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity in cancer patients and carers," researchers found higher levels of cytokines present in the blood of those who sung for an

hour in a choir, and lower levels of the stress hormone cortisol.

Singing and snoring

Singing may help alleviate snoring. A 2008 study published in the journal Sleep Breath found that the prevalence and severity of snoring among semiprofessional singers and nonsingers indicated that singers scored lower on the snoring scale. Singing strengthens muscles in the airway that can help reduce snoring. Furthermore, the breathing required to sustain a song may help improve lung function and reduce symptoms of mild asthma.

Singing and memory

Singing may help improve mental alertness by delivering more oxygenated blood to the brain. For those with dementia, singing can improve concentration and memory recollection. The Alzheimer's Society has a "Singing for the Brain" program to help people with dementia maintain their memories.

Singing and social connections

Singing with a group can reduce loneliness by bringing together like-minded people engaged in the same activity. Websites like ChoirPlace.com can help people find choir groups near them.

Singing can boost confidence, improve mental function, help with immune response, and be a form of cardiovascular exercise.



There are some surprising health benefits of singing frequently.

Good Housekeeping

Spicy Garlic-Chili Oil with Pasta

A trip to your pantry is all you need to whip up this Italian staple that's as basic as can be — with just four ingredients — but alight with flavor. Once plated, jazz it up with grated Parmesan if you like.

- 1 pound pasta
- 1/4 cup olive oil
- 6 cloves garlic
- 1 red chili

1. Cook pasta according to package directions. Drain pasta and return it to the pot.

2. Meanwhile, heat the oil in a large skillet over medium-low heat. Add the garlic and cook, stirring occasionally, until beginning to turn golden brown, 3 to 4 minutes. Add the chili and cook, stirring, until the garlic is golden brown and the chili is just tender, 1 minute more. Toss with the pasta. Serves 6.

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

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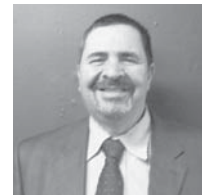
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Care RNs recently participated in Skin and Wound Management training in an effort to stay current in standards of care. The training course, paid for by VHS, began on Monday, Jan. 29 at Valley Residential Services and will end on Friday, Feb. 2.

This world-class wound care education is being facilitated by clinical wound care instructor, Bill Richlen, of the Wound Care Education Institute, (WCEI), Plainfield, IL. Richlen is a licensed physical therapist with years of experience in advanced wound care consultations and staff education. His experience in diverse settings, such as long-term care rehab management, skilled rehabilitation and outpatient and home health, enhance his role as a clinical instructor.

tices to keep clinicians legally defensible at bedside. Additionally, the Skin and Wound Management Course is designed to provide participants with best practices in wound care and the science behind healing wounds. Upon completion, VHS healthcare employees can pursue Board certification proctored by National Association of Wound Care and Ostomy, (NAWCO), which is held onsite at WCEI.

This opportunity is just one of Valley Health Services' initiatives to provide professional development activities for staff in an effort to better serve our residential population with equal emphasis on mind, body and spirit.

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Now Here's a Tip

by JoAnn Derson

- Another nominee for removing antiperspirant stains: meat tenderizer. D.L. of Michigan writes: "Moisten the armpit area and then drag it through some meat tenderizer. Work it in, let it sit for five minutes or so, then launder in the hottest possible water."
 - "Activity points are now a prerequisite in our house for allowance. Chores are still a part of the equation, but we are trying to instill how important it is to MOVE. I figure if my employer can incentivize me by lowering health-care costs if I use my Fitbit or participate in 5ks, I can 'pay' my kids to be active." — Y.R. in North Carolina
 - White porcelain sinks are so beautiful in a country kitchen — but boy do those food stains just pop! No sweat, though. Just sprinkle liberally and scrub with baking soda, and then spray on a little hydrogen peroxide. Rub and rinse.
 - Sources say that if you are having a hard time keeping your eating in check, the key is to plan ahead. At the beginning of the week, make a list of exactly what you plan to have each day for breakfast, lunch and dinner, as well as snacks. Then prep that food. Less decision-making midweek means less opportunity to make poor decisions. Good luck!
 - "My three kids (and their friends) were always losing, bending or otherwise ruining my good flatware. So, I bought a bunch of cheap stuff, a bucket to fit it in and I put it on the counter. It all goes in there together, and you know what? It's no big deal. We just grab what we need and get on with our lives. I still have the good stuff, and it's what we use on special occasions." — T.Y. in Illinois
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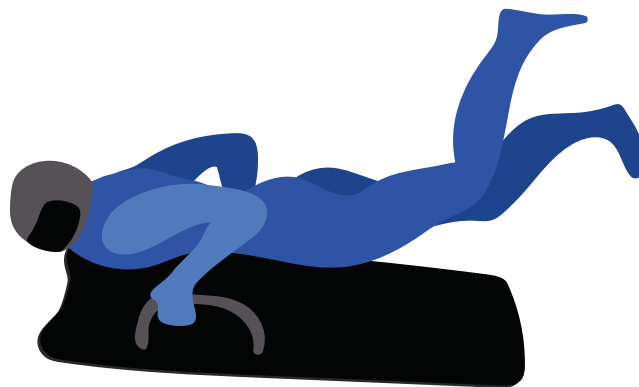
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Worship Service - 10:30am
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& All the Time God is Good

Fonda Fultonville United Methodist Church
11 Montgomery St., Fultonville
Pastor Nancy Pullen • 853-3311
Sunday Morning Worship 9:15-10:15,
Sunday School 9:15-10:30, Coffee
Fellowship Following Service
Our Mission-To Actively Follow Christ
and To Inspire Others To Accompany Us.

Lassellsville United Methodist Church
State Hwy. 29
Pastor Robert A. Lindsay
Worship: Sunday 9:30am
Sunday School to start soon

Reformed Church of Sprakers
112 Sprakers Hill Rd
Rev. Nancy Ryan
Worship ~ 9AM
All Welcome!!!

St. Joseph's Roman Catholic Church
31 North Helmer Ave., Dolgeville
315-429-8338
Sunday Mass is 8:30am

Trinity Lutheran Church
5430 St. Hwy. 10,
Palatine Bridge
518-673-2224
Rev. Zach Labagh
Sunday Worship 9am, Sunday School 10am,
(No services in July, meet at St. John's St.
Mark's Lutheran Church in Canajoharie).
Communion on the first & third Sundays

Cornerstone Baptist Church
7274 St. Hwy. 10, Ames
518-673-3405
Sunday School 10am, Adults & Children
Morning Worship 11am, Youth Ministry
5:45pm, Evening Worship 6pm,
Wed. Bible Study & Prayer Meeting 7pm,
Awana Club 6:15-8:15pm

Fordsbush Bible Church
131 Clark Rd., Fort Plain
518-568-7606
Pastor Joe Miller
Sunday School 10am, Morning Service
11am, Eve. Service 6pm, Wed. Service
6:45pm, Thurs. Visitation 6pm
www.fordsbushbiblechurch.com
Home of Victory Christian Academy

Lighthouse Baptist Church
1524 St. Rt. 29A, PO Box 114
Stratford, NY 13470-0114
315-429-8854
Pastor Martin Smith
Sunday Morning Worship 10:30am, Wed.
Eve. Prayer Meeting 6:00pm, 2nd & 4th
Sunday Dinner following Morning Service
with Afternoon Service following dinner
"Old-Fashioned Bible Preaching"

Richfield Springs Bible Church
19 Church St
Richfield Springs, NY 13439
Rev. David Tosi
315-858-0564
Sunday School (all ages) 10am
Worship Service 11am & 7pm
Wednesday - Prayer & Praise
Call for info on various Youth Ministries
www.richfieldspringsbiblechurch.org

St. Mary's Episcopal Church
7690 Rt. 80, Springfield Center
315-858-4016
Fr. Kyle Grennen, Priest-in-Charge
Sunday Eucharist, 9:30am
Coffee - Fellowship follows service
Holy Days - as announced

United Methodist Church of Canajoharie
50 E. Main St.
518-673-2717
Jesus says - "Come Unto Me" Join us
Special Music Ministry, Beautiful
Surroundings, Friendly People
Sunday Service 10:30am - Email:
umc673@frontiernet.net
Communion Last Sunday of the Month

Currytown Reformed Church
829 St. Hwy. 162, Sprakers
518-922-8422
Rev. Donald Hoaglander
Visiting Pastor Jane Hubschmitt
518-705-2201
Sunday School 9:15am
Worship Service 10:00am

Fort Plain United Methodist Church
39 Center St., Fort Plain
Audie Miller,
Lay Supply Pastor
Church Office 518-993-3863
Kitchen 518-993-3464
ALL WELCOME, Worship Service 11am

Marshville Evangelical Church
Route 10 South
Rev. David Bowley
Worship Sunday 9am

River of Jubilee Church
5057 State Highway 5 S
Sprakers, NY 12166
Pastor: Gail Adamoschek
Pastor: Steve Adamoschek
518-322-1427 / 518-224-4455
Sunday Service 10:00am
Children's Church Available
Other Learning Opportunities Available
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St. Paul's Lutheran Church
36 Lydius St., Fort Plain, NY 13339
518-993-2040
Pastor Jonathan Litzner
405-250-8395
Sunday School 9:45-10:45am
Bible Study & Coffee Hour Sunday 10:10-10:45am
Church Service 11am

Valley Alliance Church
85 E. Main St., Nelliston
518-993-3458
Pastor Dave Prahst
Sunday School (all ages) 9:15am,
Sunday Worship 10:30am,
Wed. Praise & Prayer 7pm,
Fri. Youth Group 7pm (7-12th grade)

Dolgeville Christian Fellowship
3 Elm St., Dolgeville, NY 13329
315-429-9142
Dr. Marvin Isum, Pastor
Worship Sunday 10:30am
Midweek Fellowship Tuesday 7pm
www.dolgevillechristianfellowship.org

Freysbush United Methodist Church
Freysbush Rd., Fort Plain
518-842-1357
Rev. Cindy Leonard, Officiating
Worship 9am,
Sunday School 10am ALL ARE WELCOME
coffee hour to follow service

National Kateri Tekakwitha Shrine and Indian Museum
3636 St. Hwy. 5, PO Box 627
Fonda, NY 12068-0627
518-853-3646
Weekly Masses: Sat. 4:30pm, Sun. 10:30am
friars@katerishrine.com www.katerishrine.com

Sacred Heart Catholic Church
111 3rd Ave., Tribes Hill
518-829-7301
Mass Saturday
4:00pm

St. Paul's Lutheran Church
32 W. Main St.,
St. Johnsville, NY (next to NBT Bank)
518-568-3007 Church
518-568-2405 Parsonage
Rev. David Johnson
Sunday Worship 10:30am,
Tues. Bible Bungee-Jumping 7pm,
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Victorious Life Church RMI Fellowship
104 Main St. & 431 St. Hwy. 80
Fort Plain, NY
518-993-3102
Sunday School 9am,
Morning Worship 10:30am,
Youth Group 5pm,
Evening Worship 7-8pm

Dolgeville United Methodist Church
21 N. Helmer Ave., Dolgeville
Rev. Jack Ford
315-429-7381
Worship 11:00am
Sunday School @ 9:30am beginning
September 18th
Bible Study - Wednesdays @ 12:30pm

Fultonville Reformed Church
Corner of 5S & 30
Pastor Jane Hubschmitt
Sunday School 10AM
Family Worship 10:30AM

New Hope Christian Fellowship
32 Spencer St., Dolgeville, NY 13329
Pastor Pat Andreoli
315-429-3630
NewHopeChristianFellowship.net
Sunday School 9:30AM
Worship Service 10:30AM

Saint Cecilia Church
26 Broadway, Fonda
518-853-4195
Sunday Worship
9:00am

St. Paul's Universalist Church
565 Albany St., Little Falls
315-823-2284
Service Sunday 10am
Coffee hour following service.
Our Church is a home to inquisitive,
spiritual free thinkers with diverse
religious beliefs. All are welcome.

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Call 518-673-0129
or email
jsnyder@leepub.com

Emmanuel Episcopal Church
588-594 Albany St., Little Falls, NY
315-823-1323
Sunday Mass 10am
Coffee Hour following Sunday Mass
Sunday School & Youth Group
Tuesday 10am Mass & Bible Study
Friday 10am-2pm Thrift Shop

Glen Reformed Church
State Hwy 161 in the
Hamlet of Glen
4 miles South of Fultonville
glenreformed@nycap.rr.com
Sunday Worship at 9. Sunday School
immediately following Children's Message

Oppenheim United Methodist Church
Route 29
Rev. Jack Ford
315-429-7381
Worship 9:30 Sundays,
Totally Awesome God-TAG time 6:30pm
Wednesdays beginning in Oct., Sunday
School 9:00am beginning September 18th

Salisbury Center United Methodist Church
2545 St Rt 29, PO Box 104
Salisbury Center, NY 13454
315-429-9085
Rev. Lynn R. Lockwood

St. Thomas the Apostle Catholic Community
1 Church St., Cherry Valley
607-264-3779
Masses Sunday
8:30am & 11am

Comfort Foods Made Fast and Healthy

by **Healthy Exchanges**

Greek Pasta Salad

Did you put a main dish in the crockpot for dinner tonight and need something special to serve with it? Try this salad alongside any main dish, and you'll have a wonderful, complete meal.

- 4 cups purchased torn mixed salad greens
- 1 cup shredded carrots
- 1 cup thinly sliced unpeeled cucumbers
- 1/4 cup chopped ripe olives
- 1/2 cup crumbled feta cheese
- 1 1/2 cups cooked rotini pasta, rinsed and drained

3/4 cup Kraft Fat-Free Italian Dressing
In a large bowl, combine salad greens, carrots, cucumbers and olives. Stir in feta cheese and rotini pasta. Add Italian dressing. Mix well to coat. Serve at once. Makes 4 (1 1/2 cup) servings.

TIP: Usually 1 full cup uncooked rotini pasta cooks to about 1 1/2 cups.

* Each serving equals: 186 calories, 6g fat, 7g protein, 26g carbs, 855mg sodium, 131mg calcium, 3g fiber; Diabetic Exchanges: 2 Vegetables, 1 Starch, 1/2 Meat, 1/2 Fat; Carb Choices: 2.

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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.

GUN AUCTION Wednesday Feb 21st 6:00pm Looking for consignments.. will be having NEW & USED GUNS.. CALL EARLY for free advertising.. JR'S Auction 518-993-4668

EVERY TUESDAY Night JR'S Auction has a consignment Auction.. WE sell furniture, tools, antiques household complete estates, old barn clean outs and more.. If you have items you want to sell bring them on down.. 7403 ST Hwy 5 St Johnsville NY 518-993-4668

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

GOT COLD FEET BECAUSE 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.


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

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


HELP WANTED: Truck Driver w/ CDL Full/Part time Local Deliveries. Apply in person. Logan Farms, 338 Nellis Rd., Fort Plain, NY 13339

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

FOR RENT: 3 bedroom country house in St. Johnsville, heat & electric included. 518-568-2643



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Name (Print): _____

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Street: _____ County: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Fax #: _____ Cell #: _____

Email Address: _____

Payment Method: Check/Money Order American Express Discover Visa MC

Card #: _____ Exp. Date: _____ MM/YY

Name on Credit Card (print): _____

Signature: _____ Today's Date: _____

Amount Paid: _____

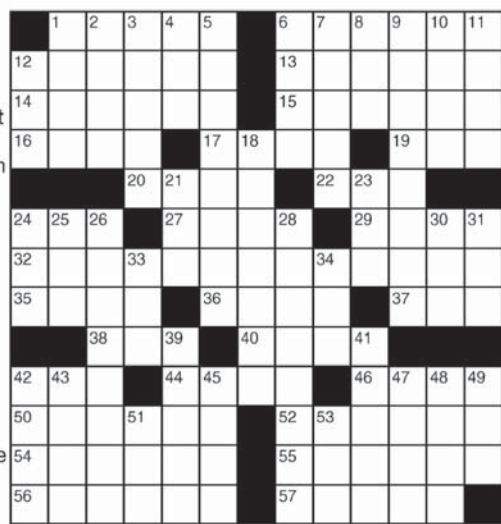
Ph: 518-673-0111 or 800-218-5586 • Fax: 518-673-2381 • Email: classified@leepub.com

Mail: The Original Valley Pennysaver, PO Box 121, Palatine Bridge, NY 13428

King Crossword

ACROSS

- 1 Tiny bits
- 6 "I, Robot" writer
- 12 Catch in a net
- 13 Household
- 14 Treeless Asian plain
- 15 Bach piece
- 16 Corn recipe
- 17 Experts
- 19 Ultramodern
- 20 Reverberate
- 22 Kiwi's extinct cousin
- 24 — Khan
- 27 Get better
- 29 "Two and a Half Men" role
- 32 Arguably, best-known line from Shakespeare
- 35 Still
- 36 Peacenic
- 37 Performance
- 38 Blushing
- 40 Iodine source
- 42 Pitch
- 44 Spud's buds
- 46 Scored 100 on
- 50 Hard to find
- 52 Guarantee
- 54 Yearly
- 55 Tradition, perhaps
- 56 Forward a story



DOWN

- 1 Grooving on
- 2 Portent
- 3 Reservation residence
- 4 Nile slitherer
- 5 One often seen with a crook?
- 6 Bullets etc.
- 7 Quake
- 8 Hostel
- 9 Hawaiian volcano
- 10 Curved molding
- 11 Kill a bill
- 12 Sixth sense
- 18 Virginia city
- 21 Comedian
- 23 Margaret
- 24 Noshed
- 25 Head of st.
- 26 Straying
- 28 Smitten, maybe unrequitedly
- 30 Jimmy Kimmel's
- 31 Lepidopterist's prop
- 33 Away from WSW
- 34 — Aviv
- 39 Sticker
- 41 Old hat
- 42 Despot
- 43 Dermatology subject
- 45 Holler
- 47 Adorable
- 48 Cupid's alias
- 49 Rep.'s rival
- 51 Regret
- 53 Sister

MAGIC MAZE

WORDS FOUND IN "PRESIDENTS DAY"

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

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

- Airspeed
- Endear
- Party
- Presides
- Desire
- Esprit
- Pedestrians
- Pride
- Destined
- Ideas
- Pens
- Steady
- Destiny
- Parent
- Persist

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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: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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Amber Waves



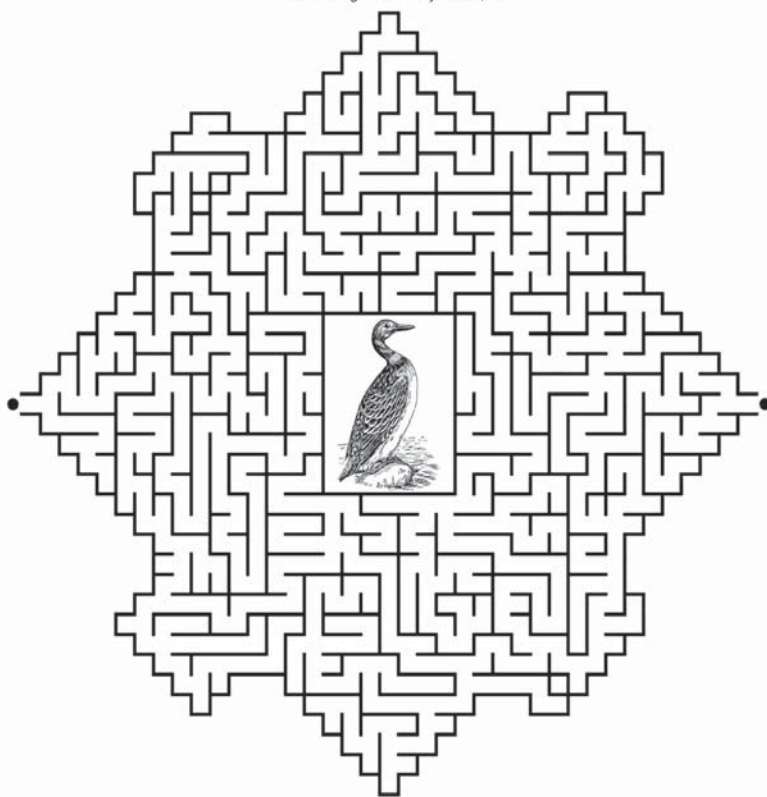
by Dave T. Phipps

Just Like Cats & Dogs



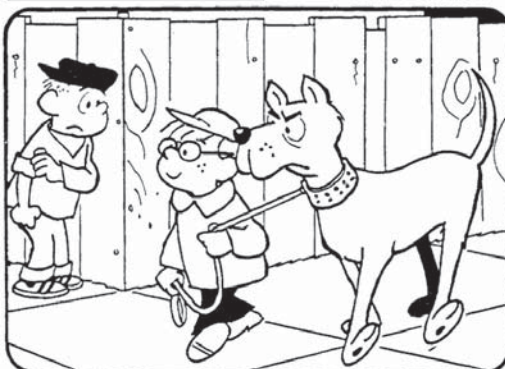
Mega Maze

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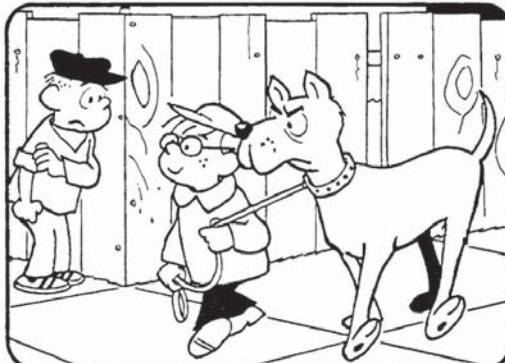


HOCUS-FOCUS

BY HENRY BOLTINOFF



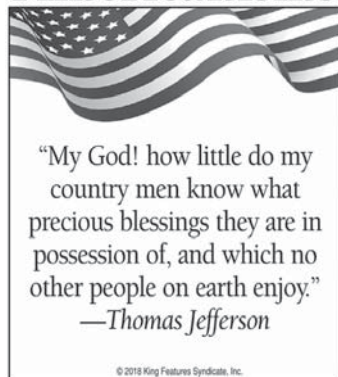
Find at least six differences in details between panels.



Differences: 1. Cap is reversed; 2. Cuffs are missing; 3. Leash is shorter; 4. Collar is different; 5. Fence board is missing; 6. Tail is shorter.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmall.com

Americanisms



"My God! how little do my country men know what precious blessings they are in possession of, and which no other people on earth enjoy."
 —Thomas Jefferson

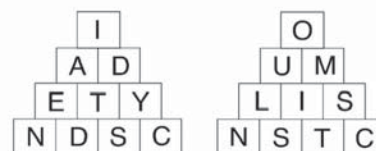
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LAFF-A-DAY



STICKELERS

Below is a double pyramid of two 10-letter scrambled words. Put together, these two words form a common phrase known to all.



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Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH - NICE!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What do you call a nice vegetable?**

CHARMING	A	S	D	A	B	T	O	N	Y	E
CIVIL	S	W	D	U	C	K	Y	P	X	N
DECENT	C	W	K	E	A	E	P	C	T	C
DUCKY	H	D	E	Y	P	A	E	I	E	H
ENCHANTING	A	E	E	L	H	L	O	V	T	A
EXCELLENT	R	C	N	L	L	C	T	I	I	N
FINE	M	E	A	E	T	T	A	L	L	T
GENTLE	I	N	N	F	I	N	E	E	O	I
GOOD	N	T	N	A	S	A	E	L	P	N
GRAND	G	O	O	D	N	A	R	G	O	G
HAPPY										
KEEN										
NOT BAD										
OKAY										
PEACHY										
PLEASANT										
POLITE										
SWELL										

Riddle answer: _____

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Putting the dollar sign in perspective

In the world of finance, I suppose that the dollar sign is essential. Sometimes I wonder just how essential it is. It is not the sign itself that is in question but the dollar it stands for. When it is tax time, the stock market news is bad or dozens of other events crop up we all must consider the dollar. However, there are some things in my life that the dollar cannot buy.

There is no time to count your blessings like when the years count up and you are sick and house bound and alone. I can only list a few that are special. The faithfulness of true friends who stick with you through thick and thin — in sickness or health — would head the list. Who call to be sure you are doing better. A friend who plows your driveway so you can get out in an emergency. Those who make sure you have the

right food. Those who transport you when you are not quite up to it.

A thank you to whom picks up my mail when I'm not up to going out. Thank you for a special visit from middle age Amish neighbors who trudge through deep snow to call on you. Also to those who made a special effort to visit me in the hospital because they really cared about an aged friend.

I'm sure the reader can add to my list from their own daily life. Remember, to have a friend you have to be one. It is an honor and a privilege. The dollar cannot be used as a cure-all and it will not pay for the love of friends.

Thank you
Skip Barshied

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Paw's Corner

by Sam Mazzotta

Water dog isn't a fan of snow

Dear Paw's Corner: Do different types of dogs handle cold weather differently? My big Lab mix "Gertie" hates going out in the cold, even though she's a good-sized dog (maybe a little too much, if you know what I mean). A few days ago on a morning walk in near-zero degree temperatures, we met two of Gertie's neighborhood buddies, both small dogs. They were having a great time with their owner, romping around in the snow, while Gertie was whimpering the whole time we were out. How can I get her to deal with the cold better? — Paul in Burlington, MA

Dear Paul: Even though bigger dogs tend to do better in cold weather, every pup is an individual and has its own preferences. Gertie is clearly not a fan of cold weather, while her neighbors love being out in it and playing in the snow.

That said, she shouldn't just stay inside all the time, and you're not taking her outside for very long.

Try placing Gertie in a doggie sweater and booties anytime the temperature drops below 40°F. Take her for the usual walk — no more and no less — and give her lots of praise before and after going outside. She may do much better with the sweater, even if she doesn't really need it.

If Gertie still doesn't handle cold weather well, minimize her time in it. She still needs to get in some active time or she'll gain more weight. Maybe she'd have fun spending a day or two each week at a doggie daycare that includes lots of time running and playing with other dogs in a common space.

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Have you heard?

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The plane truth

There was a time before we became a wasteful throw-away society that craftsmen treasured their tools. Often we find those tools marked as the property of long ago owners. I want to tell the readers about two 19th century carpenters and the planes they once owned. Years ago the writer of these lines found a large quantity of documents in an old summer kitchen building on the north bounds of the town of Palatine. They had once belonged to Lawrence Marcellus, a man I had never heard of. He turned out to have been the Justice of the Peace of the town of Palatine from the 1840s to the 1880s when he died. You say what did they amount to? The answer was a lot if you were studying your family history. On those yellowed paged were family marriages that appeared nowhere else.

In addition to those records there were many other 19th century documents. A great portion of them pertained to Marcellus' position as boss carpenter when the old courthouse in Fonda was built in 1836-37. Those records tell the story of the erection of the now well-known old courthouse. Marcellus worked in a day and age before you could go to the local lumberyard and purchase moldings. Instead you carried a huge chest of tools from job to job. Separate wooden planes were used to make the moldings you needed right on the job. Shortly after I purchased the Marcellus papers I bought his tools also. The plane illustrated is stamped in small letters 'Marcellus'. It also bears the name Scorvill, signifying it was made by Lyman Scorvill of Johnstown, NY, in the 1830s. An original bill of sale from Scorvill to Marcellus is here illustrated.

Information about the owner of the second plane is not so easily found. The owners name, Z. C. Neahr, appears on the plane along with its maker H. Howland + Co. N.Y. who probably produced it in the 1870s. The important part of the story is about Neahr and his life. He was born in Palatine on Dec. 9, 1830. Zachariah Neahr lived his entire life in Palatine and Canajoharie. He was a carpenter by trade and an auctioneer by profession. Then the Civil War came and in 1864 he joined Company K of the 142nd Regiment of the NY Volunteers. His military record states that he received the Congressional Medal of Honor for his bravery at the assault on Fort Fisher, NC, Jan. 15, 1865.

Neahr was one of only two to receive the Medal of Honor during the Civil War from Canajoharie. The other was Frank Shubert of the 43rd NY Volunteers.

Neahr returned from the Civil War. He was chaplain of the Farrel Post of GAR Veterans of the Civil War in Canajoharie. He taught Sunday School at the Methodist church of Canajoharie, apparently a very religious man. Neahr continued to build buildings and buy and sell real estate. In politics he was a Democrat sometimes serving as overseer of the poor. He was also a member of the Masonic Order. He was married and had two children who survived him when he passed away July 21, 1903.

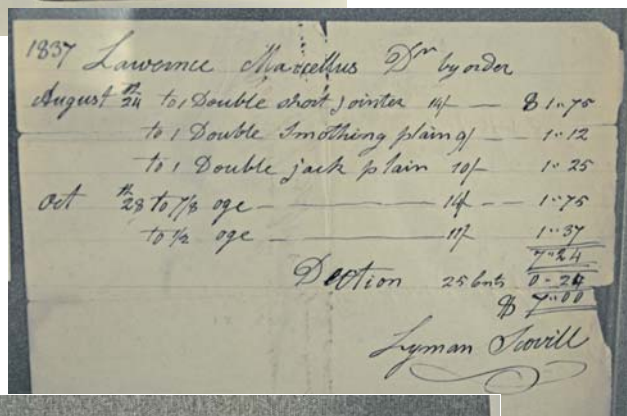
Now this plane may be the only personal effect known to have belonged to Zachariah Neahr. The question remains as to how this plane found its way to the old William Garlock Farm near Marshville, NY.

**Skip Barshied
Stone Arabia**



This plane belonged to Lyman Scorvill before being sold to Lawrence Marcellus. Both of their names were marked in the wood to indicate ownership.

The original bill of sale from Lyman Scorvill to Lawrence Marcellus for one double short jointer, one double smoothing plane and one double jack plane.



Two wood planes belonging to Lawrence Marcellus and Z. C. Neahr.

King Crossword

Answers

Solution time: 24 mins.

I	O	T	A	S	A	S	I	M	O	V		
E	N	M	E	S	H	M	E	N	A	G	E	
S	T	E	P	P	E	M	I	N	U	E	T	
P	O	N	E	P	R	O	S	N	E	O		
	E	C	H	O		M	O	A				
A	G	A	H	E	A	L	A	L	A	N		
T	O	B	E	O	R	N	O	T	T	O	B	E
E	V	E	N		D	O	V	E		A	C	T
	R	E	D		K	E	L	P				
T	A	R		E		E	S		A	C	E	D
S	C	A	R	C	E		I	N	S	U	R	E
A	N	N	A	L		C	U	S	T	O	M	
R	E	T	E	L		K	N	E	E	S		

Mega Maze

Solution

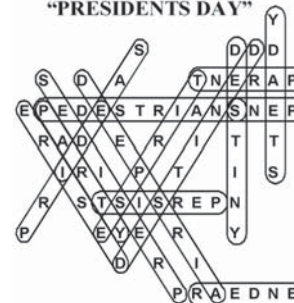


Weekly SUDOKU

Answer

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

WORDS FOUND IN "PRESIDENTS DAY"



March comes in like a lion and out like a lamb.

Puzzles4Kids

Answer

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

Riddle Answer:
A sweet potato.



Stickelers Answer
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043: 7642 State Highway 29, **DOLGEVILLE:** This home has many new updates, 2 acres, metal roof 3 yrs. old, new pump and pressure tank, new water softener, new 40 gallon hot water heater, new 1000 gallon septic system. Home has 4 bedrooms and one full bath. Heated insulated barn w/electric. New washer and dryer and pellet stove. Barn roof newly recoated. Many new windows. New back deck with new solar lighted umbrella. This property is worth the time to stop and take a look. **Asking \$65,000**



258: 181 Mohawk Street, **CANAJOHARIE:** Small living? Looking to simplify your life? Do you want to reduce your utility bills? Or stop renting? 760 square feet of living space! Outside a small yard, which makes it easy and enjoyable with a deck and patio. Home has been completely re-done. Updated roof, wiring, walls, bathroom and kitchen. Second floor features your bedroom with a full bath, a walk-in closet and sliding glass doors and a balcony. **Asking \$47,500**



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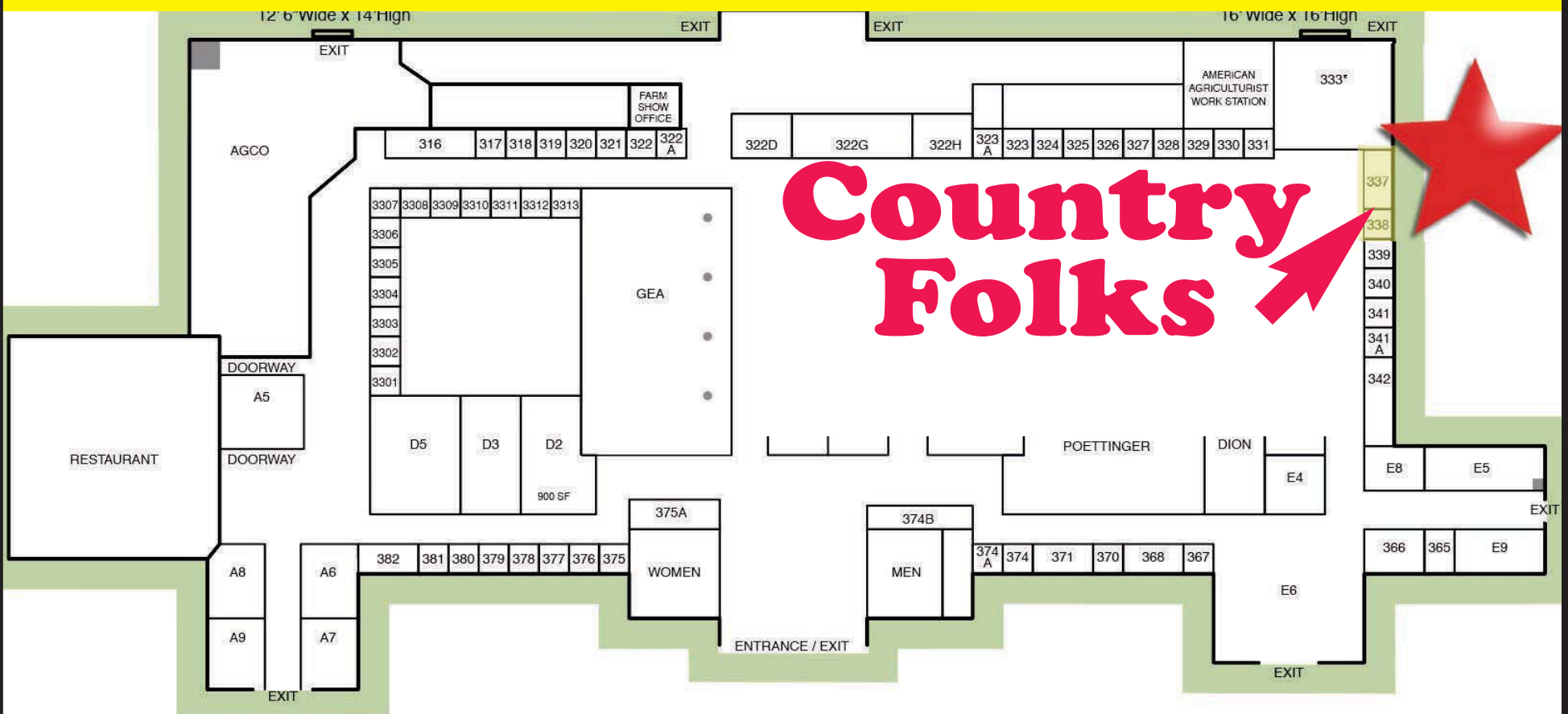
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All things automotive

Drivers' re-education on flat-tire fixing

(BPT) — The hardships of navigating winter roads aren't made any easier when facing a flat tire. In fact, for many Americans, fixing a flat remains a mystery. According to a survey from AAA, nearly 20 percent of U.S. drivers don't know how to change a flat tire. This is compounded by research saying there are 220 million flat tires annually — and each driver will experience up to five flat tires in their lifetime.

Before hitting the road, study up on these flat-tire-fixing hacks and build up the confidence to complete this all-American road test:

Be spared: Knowing how to change a flat is all for naught if a spare tire is not along for the ride. Spares are usually hidden under the carpet in the trunk area, but they aren't always included in newer vehicles (allowing manufacturers to make lighter, more fuel-efficient vehicles). When purchasing a new vehi-

cle, ask the dealer about the inclusion of a spare.

Flatlining signs: It's fairly easy to spot a flat tire — it's usually accompanied by a loud noise or rubber flapping. The vehicle will feel like it is being pulled toward the side of the flat tire, and it will feel as if the vehicle can no longer accelerate. When in doubt, activate hazard lights and move the vehicle safely out of traffic, ideally on a flat area with enough space on the side of the road. Once in a safe spot, remember to practice high visibility: Wear a reflective vest and position reflective emergency warning triangles to alert motorists - both of these items should be added to your roadside toolkit.

Hit the road, Jack: Having the right tools on board is critical, of course, and that's where a jack comes in. A Strongway Jack is a compact, strong and reliable partner in replacing the bum tire and raising

up the vehicle. Remember, the jack is only used to get the vehicle off the ground, not to hold the vehicle in place — that's where the jack stands come in to ensure a safe and sustained lift. Refer to the owner's manual for the proper placement of the jack and the stands, which is typically the sturdiest part of the vehicle.

Rider's block: A common, and dangerous, error when changing a tire is not using blocks to prevent the wheels from rolling once the vehicle is raised. A tire-changing tool pack should include bricks or wooden wedges to be placed behind the wheels at the end of the vehicle that isn't being raised.

Get loose: Once the jack has been cranked up, and the wheel is slightly off the ground, it's time to remove the hubcap and then call for another key tool, a tire iron, to loosen the lug nuts and then pull off the flat tire. Be careful not to strip the lug nuts.

On the road again: With the flat tire off, line up the spare tire's holes with the wheel bolts and push on, hand-screwing the lug nuts back on. Then, lower the jack a touch so the wheel is in slight contact with the ground. Use the tire iron to further secure the lug nuts in a "star-like" pattern: After tightening the first lug nut, tighten the one that is diagonally across from it and continue in that pattern. This will prevent the wheel from wobbling.

In an age of mobile phones and easy connection to roadside assistance, the knowledge of addressing a flat tire has gone out the window — or the sunroof. But, motorists should know — and practice — the basics of changing a flat to ensure they are prepared for the dreaded pop.

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Five cold-weather hacks for winter driving

(BPT) — As drivers take on Old Man Winter, having a few tricks up your sleeve can be a big help in keeping your cool on the road. Here are five hacks for battling the elements and staying safe on the roads.

Got stuck?

Snow problem!

Hazardous winter weather requires that drivers take additional precautions. According to the latest Hankook Tire Gauge Index, 72 percent of drivers indicated they would not want to drive in icy conditions. Further, 84 percent of Americans recognize the dangers of black ice, the most dangerous weather condition for driving.

If you find yourself stuck in the snow and ice, apply a bag of cat litter or sand under your wheels to provide much-needed traction to get out of a snowy situation. As an added bonus, the additional weight over the rear axle (especially for trucks and rear-wheel-drive cars) will further add traction. Floor mats can also come in handy. Place them under your tires in the direction you're looking to travel. The mats create a mini runway of traction for your vehicle.

Here comes the sun

When the snow starts to pile on the driveway, nearly a quarter of Americans (24 percent) rely on someone else to dig their vehicles out of the snow, according to the Gauge Index. In fact, 18 percent simply wait for the snow to melt! To help with the backbreaking chore, park your vehicle overnight facing east. The rising sun can help melt the snow before you even get out of bed.

Raid the pantry

By using some items commonly found in your

pantry, you can make your morning routines that much easier. For example, fit resealable freezer bags over your side-view mirrors to help prevent ice from forming. Other household items like cooking spray can also help melt ice. Spray it on your mirrors, let it sit for a few minutes, then wipe off the ice. You also can apply the spray to the rubber seals of your door on particularly cold nights. This will help keep your door from freezing shut or damaging the rubber seals if you force open the door.

Right tools for the job

When the going gets rough, it's important to make sure your car is well equipped for the conditions you're driving in. As temperatures drop, so can your tire pressure, decreasing about one psi for every 10-degree drop in temperature. If your car was built after 2000, you likely have a Tire Pressure Monitor System that will alert you when pressure drops below the manufacturer's recommended levels for your vehicle. It's also important to be able to identify the TPMS symbol, as the Hankook Gauge Index found that 1 in 3 (35 percent) Americans do not know what the warning symbol means.

With 13 percent of drivers unsure of what category tire is on their car, understanding the differ-



ence in how a snow tire performs in relation to its summer and all-season relatives can go a long way in terms of safety and performance. For enhanced traction in low-grip situations, tire chains can be very useful, but as indicated in the Gauge Index, 65 percent of drivers are unsure how to install them. Be sure to practice once or

twice at home before venturing out on wintry roads. And when you have chains on your tires, drive slowly — generally no more than 30 mph.

Always carry a spare ... pair of socks!

Packing emergency clothes in your trunk is always a great idea should you find yourself stranded and in need of extra warmth. Interest-

ingly, your socks may be your most versatile piece of clothing, and drivers can benefit from carrying an extra pair in the glove compartment. When expecting snow, simply lift your windshield wipers off the glass and place a sock over each blade to help keep snow off the blades and ice from forming. Additionally, when socks are put over your

shoes (yes, that's right) they can provide an added level of traction when walking on ice.

Hopefully, some of these tricks can help if you find yourself locked in a battle with the elements this season. Have a favorite winter hack we missed? Let us know at Hankook USA on Facebook or Twitter with the #WinterHack tag!

All things automotive

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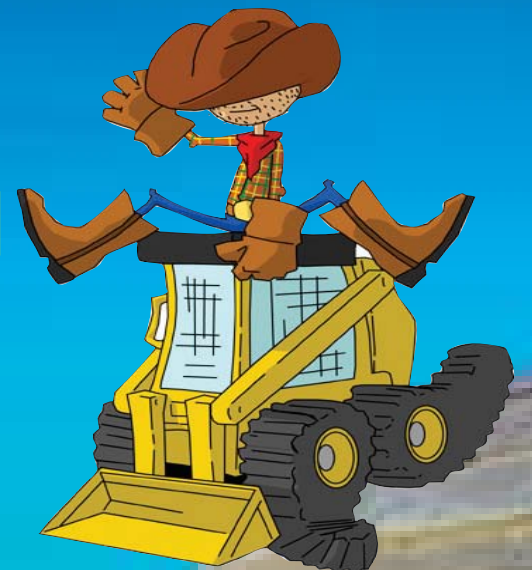
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