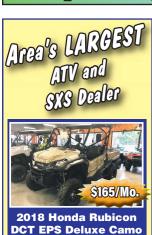


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Canajoharie Central School



NOTICE TO PARENTS OF KINDERGARTEN REGISTRATION

The Canajoharie Central School District will be conducting Kindergarten Screening and Registra-tion on Friday, May 11, 2018 and Saturday, May 12, 2018 for children enter-ing Kindergarten in September. It will take place at the East Hill Elemen-

New York State Education Law requires schools to screen every child entering Kindergarten in order to identify conditions which may effect his/her education. For a child to enter Kindergarten in September 2018, he or she must be at least five years old on or before December 1, 2018. Parents must bring to screening the child's birth certificate, an immu nization record signed by a doctor, proof of residency and completed entrance forms.

Parents of eligible students are requested to contact Mrs. Sherri Hodge at the East Hill Elementary School at 673-6310 to schedule an appointment.

of God For All Eternity

God's Word

Grandview Baptist Church

15 Washington Avenue Fort Plain, NY



Sunday School 10AM

Morning Service 11AM

Wed. 6:30PM

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Food Auction - Thursday May 3rd, 6:33pm at Kings Auctions, Burrows Rd., West Winfield, NY. 315-822-5221

SPRING FLING CRAFT/ VENDOR FAIR: May 12th, 9-3, Herkimer Co Fairgrounds. \$1 admission gets you \$1 coupon.

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Prayer & Bible Study

Henry Beekman Livingston, **Black Sheep of The Livingston Clan**

On Tuesday, May 8, at 6:30 p.m., the American Revolution Round Table: Hudson/Mohawk Valleys and Siena College's Mc-Cormick Center for the Study of the American Revolution are proud to present, "Henry Beekman Livingston, Black Sheep of The Livingston Clan" by Geoff Benton. This event will be held at Siena College, 515 Loudon Rd, Albany, NY 12211, in the Roger Bacon Building, Room 202, also known as Key Auditorium. Parking is free and please park in Lots L, F or G.

Henry Beekman Livingston was already well on his way to being the black sheep of the illustrious Livingston family before the Revolutionary War erupted. The war seemed to be his chance to make right, and he experienced a great deal of success on the battlefield eventually earning the rank of Colonel of the 4th New York Regiment. Unfortunately, personal problems led to his resignation from the army, a disastrous marriage and

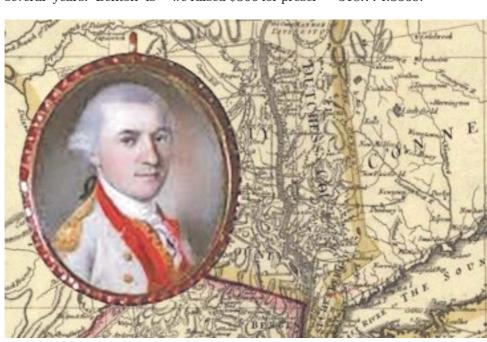
eventually complete isolation from his family.

Geoff Benton is a historian in Upstate New York. He received a master's degree in American History from SUNY Albany and has been researching the Revolutionary War in the Hudson River Valley for several years. Benton is

currently employed at a New York State Historic Site. In his free time, he enjoys visiting museums and historic sites with his family.

There is no admission fee, however a \$5 suggested donation is appreciated. During our last event, we raised \$300 for preser-

vation of the Saratoga Surrender Site and construction of a memorial park. Visit our website www.fortplainmuseum.co m/round-table for more information, including campus map, or email arrthudsonmohawkvalleys@gmail.com or call 518.774.5669.



On Tuesday, May 8, at 6:30 p.m., there will be a presention of "Henry Beekman Livingston, Black Sheep of The Livingston Clan" at Siena College in Albany, NY. Photo courtesy of Fort Plain Museum

"No Empty Chair" campaign underway

Every year thousands of high school students across New York State look forward to attending their prom and graduation ceremony. For parents, siblings, educators and the community, these memorable moments become tarnished when a child dies in a car crash.

The "No Empty Chair" campaign is a teen driving safety education and enforcement campaign, funded by the New York State Governor's Traffic Safety Committee, to raise awareness of highway dangers during prom and graduation season.

Each year, across our nation, teenage drivers are killed, injured or left with lifetime disabilities from motor vehicle crashes that are preventable. Please do your part to ensure that you are in your chair on graduation day and are able to safely enjoy this time with family

and friends. The end of the school year is about celebrations and making memories that will last a lifetime.

Montgomery County Public Health will join law enforcement across the state to raise awareness in the week long, multi-agency campaign which will run from Monday, April 23 through Friday, April 27, 2018.

In support of this campaign Montgomery County Public Health is distributing free posters and a flash drive to each Montgomery County High School.

Montgomery County Public Health encourages teens to make smart decisions about speeding, drinking, texting and other unsafe behaviors when behind the wheel.



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ORIGINAL VALLEY PENNYSAVER 6 • April 28, 2018

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

Monday, April 16th - Sold 319 head. Cull Ave. \$.53 Top Cow \$.86, Bulls/Steers \$.63 - \$.68, Bull calves top \$1.62, heifer calf top \$1.75, Dairy Feeders \$.39 - \$1.20, Feeder bulls \$.56 - \$1.34, Feeder Heifers \$.37 - \$1.31, Feeder Steers \$1.00 - \$1.37, Goats top \$165, Cull Sheep \$.80

Friday. April 27th - 11:00 AM sale held on the farm Cherry Valley, NY. Van-Acres LLC, Complete Registered Holstein Dispersal GPS: 2750 Cty Rt. 31, East Springfield, NY. Tremendous herd top to bottom well worth the trip!

Mon. April 30th - Normal Monday Sale & Special: Buckvale Farm Complete Registered & Grade Holsteins Milking Herd Dispersal- 70 Head sell. Jefferson, NY. Watch for more info.

Sat. May 5th - sale held on the farm Norwich, NY. Roweview Farm Complete Cattle & Machinery Dispersal. 85 Tiestall cows. Full line of Machinery - Harvest, Tillage & Barn Equip. Watch future ads for complete details.

Mon. May 7th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale. SPECIAL: Belle Hill Farm, Poland, NY - Complete Herd Dispersal. 170 Head of Dairy Cattle - 84 milking age, balance bred heifers & youngstock. This grazing herd consists of Holsteins, Jersey, Jersey Cross, Guernseys, Ayrshires Linebacks, Brown Swiss, Dutchbelts. Cows are ave. 50#, SCC 150,000 strictly Hay & Grain.

Friday, May 11th - 11:00AM sale to be held on the farm Ilion, NY. Wedgenock Farm Complete Dairy Dispersal. 210 Outstanding Freestal Cows & heifers. All Al sired & Bred. Cows are ave. 75#/day on 2X. Watch for more complete details

Mon. May 14th - Normal Monday Sale & Monthly Heifer Sale. Group of real nice open Holstein heifers ready to breed.

May, 21st - Normal Monday sale & Monthly Sheep, Lamb, Goat & Pig Sale Sat. July 14th - sale held on the farm Cazenovia, NY. Meadows Farm Complete Registered Waygu Beef Dispersal. We will be selling over 100+ Purebred cattle - Cows, Cow calf pairs, heifers, bulls & steers. Watch for more complete 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.

Directions: Hosking Sales LLC - 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

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LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL

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The Fort Plain Museum's American Revolution Mohawk Valley Conference

The Fort Plain Museum's American Revolution Mohawk Valley Conference is back for 2018 and registrations are now being accepted. Pre-registration is required. Signup immediately as last year was a near sell-out. The Conference is held on June 7-10. Most of the conference will be held at the Fulton-Montgomery Community College.

This year there are 11 Author/Historian Presentations and a Panel Discussion. Starting Thursday, June Michael E. Newton will present "Alexander Hamilton's Revolutionary War Service". On Friday, June 8, Russell Shorto

Earlville ESTATE SALE APRIL 27, 28, 29

10 AM - 5 PM

52 E Main St House and barn full, worth the drive to the country!

Antiques- great Earlville sign and other local items, farm table, grain bin, primitive game table, cast iron bench & chair, tools & much more in barn.

House- cupboard, blanket dressers, washchest. stands, quilts, antique & vintage clothes & hats, vintage to modern dolls. LG collection Anna Lee dolls, vintage to modern Christmas, huge collection of Dept 56, Radko. Santa's, clocks, jewelry, books, paper items, glasskitchenware, LG Chesterfield advertisement. way too much to list.

For pictures go to Craigslist Estatesales.net & Facebook

SALE BY VALLEY GIRLS

will present "Revolution Song: America's Founding Era in Six Remarkable Lives".

On Saturday/Sunday, June 9 and 10, there are the following presentations:

- Edward G. Lengel George Washington and the Burning of New York City, 1776
- Eric H. Schnitzer "Hessians" at the Battle of Bennington, 1777
- James L. Nelson Benedict Arnold's Navy: The Story of the Rag Tag Fleet that Lost the Battle of Valcour Island and Won the American Revo-
- Don N. Hagist Redcoats Along the Mohawk: British Soldiers in Western New York, 1777-1783
- Bruce M. Venter Benedict Arnold's Nemesis: Colonel John Brown's Fateful Journey to the Mohawk Valley
- Jennifer DeBruin Traitors, Spies & Heroes: Loyalist Espionage in the American Revolution

- Glenn F. Williams Sir William Johnson, the Iroquois Confederacy and Lord Dunmore's War
- John Buchanan Two Warriors: George Washington and Sir William Howe
- Wayne Lenig The Tryon County Committee of Safety

New this year, a Panel Discussion where presenters and the audience will discuss which side they would choose, Patriot or Lovalist?

On Thursday, June 7, there is a Bus Tour of the 1778 Battle & Raid Sites. The bus tour will feature the events of 1778; the Battle of Cobleskill, the Cherry Valley Massacre, Springfield, Andrustown, Adam Helmer's Run, Fort Herkimer and Fort Plain/Rensselaer. There is a lunch stop in Cooperstown.

New this year is a Genealogy Day, held on Friday, June 8. Guests can visit the Mohawk Country historic sites located

throughout Montgomery County. Sites will have presentations and/or historians on hand to discuss the families that fought on both sides during the American Revolution.

On the evening of Saturday, June 9, "An Evening with Washington and Madison" including an all new Fundraiser Dinner held at the Bridge Walk at the Perthshire. Join George Washington and James Madison, portrayed by Brian Hilton and Kyle Jenks, as they discuss their journeys to Upstate New York and other founding moments.

To register or for further information such as pricing, locations and more details, visit www.fortplainmuseum.com/conference, email info@fortplainmuseum.org or call 518.774.5669. This is the museum's yearly fundraiser with 100 percent of the proceeds going back into museum exhibits and upkeep. Your support is greatly appreciated.

Helping rescue a horse



When the first Amish families came to Stone Arabia in March 1986, the words 'horse power' came back from a generation before. Road horses and farm teams were again seen on our roads and

Years ago, I drove into the farm dooryard and of a new Amish friend, Andy. I noticed several Amish men and boys running in back of the barn. I had no idea what was happening or if I should invade the scene. But I ran back also. A large work horse had broken through a wooden planked ramp that led to the upper barn floor. There was no question that if the horse fell into the narrow deep opening below it would be doomed. The overhanging roof that protected the planks afforded a place to attach a pulley and rope to help raise the horse, if possible. A wide strap had been put around the horse and the rope attached.

The available man power was not enough. Andy asked if I thought my van would raise it. It was the horse's only chance so I decided to give it a try. The rope running over the pulley was high, making the rope run at a steep angle to where it was to be attached to the van. That would adversely affect the traction the van could have. The vehicle was light and at a disadvantage. Let's give it a try.

On the first pull the wheels spun and did nothing. Another try was necessary. For a moment, the van settled on the ground and there was enough power to somewhat raise the horse. It was just enough to help the horse get out of its predicament and walk away. Andy said that the horse had just had its second brush with disaster. Before coming here, it had been in a burning barn and badly singed before it could be rescued.

Things have changed since that day. Andy has moved away and a new barn and house now occupy the site. The horse has doubtless gone to a just reward but the fateful day it got a second chance remains in the mind of an aged resident of Stone Arabia.

Skip Barshied Stone Arabia



Painting donated to Mohawk Homestead

Current resident of The Mohawk Homestead, Trudy Blackwell, and her son David Blackwell, stand next to a painting Mr. Blackwell painted specifically for The Mohawk Homestead. Residents gathered on March 26 for an unveiling and were given an opportunity to put in suggestions to name the painting.

David explained how he got started

painting and how he felt the need to paint something for the residents and staff to enjoy. "I wanted to show The Mohawk Homestead how much I appreciate the love and care they give my Mother and to the other mom and dads who resident at the homestead".

For information, go online to www.mohawkhomestead.org.

Mohawk Valley Produce Auction

840 Fords Bush Rd., Fort Plain, NY 13339 - 518-568-3579

Opening Tuesday, April 24th - 10:00 AM

Tuesday, May 8th - Special Flower Auction Friday Night, May 11th - Flower Auction Sat., May 12th - Annual Mother's Day Auction **Hay & Grocery Auction Every Friday** Sales Every Tues. & Fri. 10:00 AM Fresh Strawberries Already Available

We Look Forward to your Participation this Upcoming Year

The Auction Committee

Benuel Fisher - Melvin Miller- Elam Kauffman - Mervin Byler - Eli Martin

RAFFLE TICKETS: 500- \$60, 1,000-\$75, 1,500-\$90, 2,000-\$100. Other quantities available. Call Lee Newspapers at 518-673-0101 or email commercialprint@lee pub.com

LOOKING FOR a new weed trimmer or chainsaw? We are the store to shop! Come in and take a look at our newly remodeled STIHL department. Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834

GOT COLD FEET because of Poor Circulation, Diabetes, Neuropathy or Renauds? Paca Gardens has Alpaca Diabetic/ 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.

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2014 CHRYSLER 200 Touring S, Red, 44K, V-6, Auto, Moonroof, Full Power, 1-Owner, Clean CARFAX. Sale: \$11,995. John C. Miller Inc. 518-762-7 1 2 4 . www.johncmiller.com

To Your Good Health

by Keith Roach, M.D.
What Could Cause
Voice to Change?
DEAR DR. ROACH:

Over the past year, my voice has become hoarse or raspy. I find that I often have to clear my throat while speaking. I've had a stomach endoscopy and a colonoscopy done, the results of which were noted as "normal." Nothing has changed in my life, such as climate, diet, clothing, furnishings, etc. I have never smoked.

I suspect it may be allergies, since antihistamines seem to help somewhat. Is this the best solution? — N.G.

ANSWER: Vocal changes can be the result of many common conditions. Voice changes lasting more than two or three weeks should be evaluated by an ENT doctor, since there are serious conditions that can manifest in voice changes. In particular, anyone with a history of smoking needs a prompt and thorough evaluation for voice changes, since the nerve to the vocal cord is commonly damaged by lung cancer. Fortunately, alternate diagnoses, such as chronic laryngitis and benign vocal fold lesions (such as polyps) are more common. Reflux disease can affect the vocal cords, which may be why you had the upper endoscopy.

Chronic sinusitis with postnasal drip is one cause of hoarseness that can be improved with antihistamines. However, I would not be comfortable treating this long-term with antihistamines without a more thorough evaluation than you have reported.

DEAR DR. ROACH: My wife works in the operating room of a local hospital. She came down with a Staph infection, and has been treated. Do only certain blood types catch a Staph infection? She is type A, and I am O positive. — R.S.

ANSWER: Staphylococcus aureus is a feared infection, and rightly so—it is an aggressive bacteria that is capable of going through tissue due to its digestive enzymes. Recently, resistance to multiple antibiotics has made it even more dangerous. Methicillin-resistant

Staph aureus (MRSA) is resistant to many antibiotics, even though we don't use the antibiotic methicillin anymore.

Anyone can be infected by Staph, and most of us will have a Staph infection at some point in our lives, such as a boil (furuncle) or abscess. Although I did read in a popular book that people with blood type A are more likely to get Staph infections, that seems to be myth, not science. Certainly, people of any blood type can get lifethreatening Staph infections. All kinds of Staph, including MRSA, can be transmitted via the hands, which is why hand washing is so important.

DEAR DR. ROACH: You recently mentioned that apples are high in sugar. I am a 74-year-old man with borderline diabetes and an A1c level of 5.7 percent. I have been eating an apple a day for a long time and worry that I might be making my diabetes worse. — L.T.

ANSWER: The best data I can find on this still show that whole fruit, such as apples, do not adversely affect blood-sugar control if eaten in reasonable quantities (i.e., up to four a day). An apple a day is still good advice. Please don't stay away from the doctor, though.

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<u>2 Day Annual Spring Consignment Benefit Auction!!</u>

The Community invites you all to the
Huge Spring Flower Auction at the Produce Auction Barn
840 FORDSBUSH RD., FORT PLAIN, NY 13339
Friday, May 11th = 4:30 to 8:00pm
Saturday, May 12th starts at 8:30am

Bring Your Appetite and Wallet, plenty of food prepard by the food committee

Join us starting Friday Evening and All Day Saturday as the local greenhouse growers present 100's of hanging baskets, Mother's Day planters, bedding and vegetable plants, Geraniums, and a select number of tropical plants including Braided Hibiscus, Mandavillas, Dipladenias and more!

Selling on Saturday: Machinery, Equipment, Heifers up to a hundred head, Small Animals, Carriages, Buggies, Sleighs, Lawn & Garden, Tools, Hand Tools, New Tools, Trees, Flowers, Shrubs, Hanging Baskets, Furniture, Crafts, Food, Groceries, and hundreds more items will be here to sell and for you to buy.

Already Consigned: A large load from Lancaster of Trees, Shrubs, Flowers, and Perennials, 100's of Hanging Baskets, 6 to 10 loads of Hay, Straw and Shavings, a load of goods from Chupp Wholesale includes Lifetime Tables, Makita Air Compressor, Camping Chairs, Office Chairs, Camp Grills, Garden Tools, BB Guns, Fishing Rods, Line Traps, Fireproof Safes, Saddle Racks, Wrenches, Horse Dewormer, Gate Latches, Brushes, Lead Ropes, Vet Wrap, Tack, Snaps and Links, Buckets, Feeders, Water Tubs & More!!!!!!

1 Jersey Family Cow, 6 skids groceries, 2 Amish Carriages, 1 carriage 5 year old like new, 1 short body 2 seated spring wagon, 1 Pioneer spring wagon 3 seats & torsion axle & steel wheels & disc brake.

Farm Equipment: Deutz 913 Tractor rebuilt 140HP, "New" Lancaster Manure Spreader, ELS Liquid Manure Spreader 675 gallon, Pioneer forecart, Iva Mfg field sprayer, Black Rock field sprayer w/foam markers.

A load of new tools from local Buel Road Repair includes Pressure Washers, Water Pump, Vanguard Engine, Chainsaws, Backpack Blowers, Weedeaters, Air Compressor skid unit, Engine Oil, Skid of Hydraulic Transmission Oil and more such items still coming.

Sheds: 10' x 12' Dog Kennel, 10' x 12' Cottage, 12' x 24' Garage, a load of poly outdoor furniture

A large load of Rustic Log Furniture, Pine Finished Crafts, Oak Furniture, etc.

Receiving Heifer consignments Saturday morning up to 8:00am, \$5.00 per head yardage fee. All Heifer Consignments information must be to Alvin Stoltzfus by May 1st Contact Alvin Stoltzfus 518-993-9926 to consign your heifers.

Receiving Consignments Wednesday, May 9, and Friday, May 11, from dawn to dusk.

NO CONSIGNMENTS THURSDAY, WE WILL BE CLOSED MAY 10. All items must be removed by Wednesday, May 16, 6:00PM. Items left after May 16 will be considered abandoned and ther will be disposed of. Contact any of the committee if you have questions:

JR 518-993-4668 • Alvin 518-993-9926 • Aaron 518-673-8040

Elmer 518-673-1073 • Mose 518-673-4459

Antiques & auctions... Going, going...yours!

49th Annual Mohawk Valley Machinery Consignment Auction

Sat. April 28, 2018 • 9:30 AM

1300 State Hwy 163, Fort Plain, NY

Selling: 2 Case 1070 Tractors, 1950 JD MT Tractor, AC 175 Tractor, AC 7000 Tractor, Belarus 805 w/ Loader, New Tires, ILL Imp, 10x16.5 Skid Steer 12x16.5 Skid Steer, Used Tractor and Car Tires, Case-Int 20' Disc, Massey 7 Shank Chisel, 5', 6', 8' Bush Hogs, Killbros 350 Fert Wagon, 12' Int Hyd Drive Haybine, Gehl Grinder Mixer, Hay Elevators, 48' JD, 40', 28', 24', 9' JD Haybine, NH256 Rake, Tedders, Wagons, Small Tools and Much, Much More!

Go to Auctionzip.com #35160 for pictures and more consignments.

Refreshments Available

Terms: Cash or Check, Photo ID

Armitstead Auctions •518-993-2290

KING'S

Thurs., May 3rd Food Auction ~ 6:33PM

Sat., May 5th Consignment Auction ~ 6:33PM

Sat., May 12th Consignment Auction ~ 6:33PM Sun.. May 13th Breeder Sale ~ 11:33AM

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

PUBLIC AUCTION

Excavating Equipment • Truck • Trailers • Tools WEDNESDAY, MAY 16TH - 9:30 AM

Location: 1201 St. Hwy. 163, Fort Plain, NY 13339
Large selection of **Dewalt & Milwaukee** tools; **Truck.Trailers RTV: Kubota Excavator; Dozer; Skidsteer; Packer Roller:Log Forwarder Skidder; Welders; Tools,**, **Tile pipe trailer**and much more.

WATCH NEXT WEEKS PAPER FOR COMPLETE LISTING AND SEE AUCTION ZIP

<u>isher</u>

SALE HELD FOR: E. STOLTZFUS EXCAVATING & MISC. CONSIGNMENT
HOT FOOD AVAILABLE DAY OF SALE

All announcements day of auction take precedents over advertisements.

518-993-2543 or 518-921-2016

NO BUYERS PREMIUM

Auction Zip #18971







Trap Season Begins Weekly Trap shooting begins on Fri., April 13th

Weekly Trap shooting begins on Fri., April 13th at 7pm and Wed., April 18th at 9am. Rounds of 25 for \$3 and Line shoots for \$2 with a \$3 dollar pay back. We are open to the public and are willing to shoot Doubles, Cincinnati's, Buddy Shoots. Our facility will be open so come on over and have a night (time) of fun and let's start breaking some clays.

ATA Shoot Events

April 29th at 9am and June 17th at 9am

ATA Memberships available at their web site or for applications/questions call Donna at 518-944-1172.

Canajoharie Forest,
Fish & Game Assn., Inc.
PO Box 117 ~ 149 Fish & Game Club Road
Canajoharie, NY 13317

Spring Turkey Hunt



\$20 Pre-registration at the Club House prior to Hunt

Wed., May 9th 9am-noon Fri., May 11th 4pm-8pm

Hunt from May 12th thru May 19th

Weigh-in each day at the Club House from noon-2pm!

60/40 cash prize pay out ~ 1] Heaviest Bird 40% 2] 2nd Heaviest Bird 20%

50/50 Drawing (Don't need to be present to win!)

Hunters must comply with all DEC regulations The decisions of judges are final

Information/Questions Call Hal Soutar 518-810-2118 ~ Joe Fasone 518-441-1815

> Canajoharie Forest, Fish & Game Assn., Inc.

PO Box 117 ~ 149 Fish & Game Club Road Canajoharie, NY 13317



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

2015 JEEP PATRIOT Latitude 4x4, Blue, 37k, 4 cyl., Auto., heated seats, remote start, clean CARFAX, Sale: \$16,650.John C. Miller Inc. (518)-762-7124. www.johncmiller.com

FOR SALE: 2017 square bales, non-organic, \$2/bale. 518-857-1411

8 FOOT TABLES & folding chairs for rent. Canajoharie Volunteer Fire Department 518-673-3812

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

TREE SERVICE: Unique Tree Service "Doc Davis" Pruning & removal, trimming, tree & stump removal, excavating, 70' bucket truck, fully insured. 40 years experience. 518-673-5604, cell 518-332-7808

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

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.

2014 FORD FOCUS SE, Silver, 65k, 4cyl Ecoboost, Auto, AC, CD. Alloys, clean CAR-FAX, Sale: \$9,495.

John C Miller Inc.
5 1 8 - 7 6 2 - 7 1 2 4 www.johncmiller.com

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ROUGH CUT PINE – 1" x 12" kiln dried in random lengths available. C. H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

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

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

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

MAY IN STORE SPE-CIAL! \$6.99 2cu.ft. Miracle Gro Garden Soil. Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834

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

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

RICK LYNCH General Contracting – All phases of construction, 40 years experience, fully insured and references available. 315-868-4453

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

FOR SALE: Certified organic, first cutting baleage, individually wrapped, \$25 per bale. 518-857-1411

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Blueberry dumplings

You will not believe that your microwave can make a great dish like this. But it can. Give it a try.

- 3 cups frozen unsweetened blueberries, thawed and undrained
 - 1/2 cup plus 2 tablespoons Splenda Granular
 - 3 tablespoons all-purpose flour
- 1 1/3 cups Bisquick Heart Smart Baking Mix
- 1/2 cup fat-free milk
- 1 teaspoon lemon juice
- 1 teaspoon ground cinnamon
- 1. In an 8-by-8-inch microwave-safe dish, combine blueberries, 1/2 cup Splenda and flour. Microwave on HIGH (100 percent power) for 5 to 6 minutes or until

mixture is thickened, stirring after 3 minutes.

- 2. Meanwhile, in a medium bowl, combine baking mix, milk and lemon juice. Drop by spoonful over hot blueberry mixture to form 6 dumplings. In a small bowl, combine remaining 2 tablespoons Splenda and cinnamon. Evenly sprinkle mixture over dumplings.
- or until dumplings are no longer doughy. Let set for 2 to 3 minutes. Divide into 6 servings.
- Each serving equals: 174 calories, 2g fat, 3g protein, 36g carbs, 319mg sodium, 52mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit; Carb Choices: 2 1/2.

(c) 2018 King Features Synd., Inc.Comfort Foods Made Fast and Healthy

Calendar of events

May 5

CHS All Class Reunion. Contact Nancy Hoak at 203.880.4166.

May 5

Ames Museum Open to Visitors. 9 a.m. - 3 p.m Ames Museum. Ames. Contact: 518-673-5820, f@ amesmesuem or www.amesmeseumweebly.com.

May 17

Free — EPA Lead Trainings. 7:45 a.m. - 4:30 p.m Montgomery County Public Health. New York. Participants must pre-register. Class size is limited to 24 participants. Please register online: https://tinyurl. com/y7kgo9xb For more information contact Montgomery County Public Health at 518.853.3531 (M-F) 8:30 a.m. - 4 p.m. Visit our web site at: https://tinyurl.com/

May 19-20

Spaghetti & Meatball Dinner. HC Benefit Club. Fundraiser for the Ephratah Rural Cemetery. \$8 -12 to Adult; 5-11 \$5.50; under 5- Free. Take Outs Available. Raffles and Bake Sale. Tickets sold by Cemetery Trustee Members and at the door 538 Crum Creek Rd,. St. Johnsville,. NY.

May 7

May 8

American Revolution Round Ta-"Henry Beekman Livingston, Black Sheep of The Livingston Clan" by Geoff Benton. 6:30 p.m Siena College. Visit our website: http://www.fortplainmuseum.com/round-table for more information or email: arrthudsonmohawkvalleys@gmail.com or call: 518.774.5669 515 Loudon Road. Albany. Visit our website: http:// www.fortplainmuseum.com/ round-table for more information or email: arrthudsonmohawkvalleys@ gmail.com or call: 518.774.5669

May 12

30th Annual Towpath Trail Run. Towpath Trail. St. Johnsville. For more information, contact St. Johnsville Chamber of Commerce, PO Box 144, St. Johnsville, NY 13452

Fort Klock Opening Day. 10 a.m 4 p.m Fort Klock. 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!. www.fortklockrestoration.org. St. Johnsville. New

June 3

York. 518-568-7779.

The Valley Choralaires' Spring Concert. United Methodist Church. East Main Street. Canajoharie. Contact Dorothy Morrison at 518.673.2167

June 3

Rhubarb Festival. 11 a.m. - 4 p.m 1747 Nellis Tavern historic site. 7355 NYS Rt. 5 (east). St. Johnsville. For more information, contact Mary at 315.866.2619.

June 7-10

The Fort Plain Museum's American Revolution Mohawk Val-Conference. Most of the conference will be held at the Fulton-Montgomery Community College To register or for further information, please visit http://www. fortplainmuseum.com/conference or email info@fortplainmuseum. org or call 518.774.5669 To register or for further information, please visit http://www.fortplainmuseum.com/conference or email info@fortplainmuseum.org or call 518.774.5669

3. Cover and microwave on HIGH for 4 to 5 minutes

June 9

Friendship Craft Festival. 9 a.m. 3 p.m Church Of Christ Uniting. Spring Park on Scenic U.S. Route 20 Richfield Springs. For event info e-mail friendshipcraftfestival@ yahoo.com. For festival details go to www.rschurchofchristuniting.com.

June 16

Ames Museum Open to Visitors. Jun 16 18. 9 a.m. - 3 p.m Ames Musem. Ames. Contact: 518-673-5820, f@amesmesuem or www. amesmeseumweebly.com.

Sept. 15

Ames Museum Summers End **Festival.** 9 a.m. - 3 p.m Contact: 518-673-5820, f@amesmesuem or www.amesmeseumweebly.com.

Oct. 13

Ames Museum Open to Visitors. Oct 13 18. 9 a.m. - 3 p.m Contact: 518-673-5820, f@amesmesuem or www.amesmeseumweebly.com.

Nov. 3

Ames Museum Open to Visitors. Ames Museum Open to Visitors. Nov 3 18. 9 a.m. - 3 p.m Contact: 518-673-5820, f@amesmesuem or www.amesmeseumweebly.com.

Dec. 5

Christmas Tree Lighting. 6:30 p.m The Village of Ames will have a tree lighting in front of the Ames Museum New York, Contact: 518-673-5820, f@amesmesuem or www. amesmeseumweebly.com.

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

2011 DODGE NITRO HEAT 4x4, DK. Blue, 78K, V-6, Auto, Moonroof, Alloys, Clean CAR-FAX. Sale: \$11,995. John C. Miller Inc. 518-762-7124. www.johncmiller.com

ATTENTION HIKERS! Paca Gardens has the ideal mid-calf sock for hikers. Cushioned from top to bottom for less fatigue. Many styles and colors to choose from. Alpaca is odor resistant and wicks away moisture better than any other natural fiber. 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.

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

MAY BARGAIN of the Month! 2Pk 16.7lb Kingfoed Charcoal \$12.99 **Behind Every** Project is a True Value! 12 Willett St Fort Plain (518)993-3834

2014 DODGE CHARG-ER SE, Dk Blue, 37K, V-6, Auto, AC, CD, Alloys, Clean CARFAX. Sale: \$15,995. John C. Miller Inc. 518-762-2 4 - 1 www.johncmiller.com

2010 FORD ESCAPE XLS 4x4, black, 70k, 4cyl., Auto, AC, Alloys, New Tires, 1-owner, clean CARFAX. Sale: \$9,750. John C. Miller 518-762-7124. www.johncmiller.com

FOOTHILL CLEANING SERV-ICE: Residential, commercial, bi-weekly, one time or monthly. Fully insured. Contact Vicki Lee 518-883-8057

HELP WANTED: Handyman, minor carpentry, electric, yard work, odds & ends. 518-844-9032

SHEETROCK ON SALE! - 1/2" x 4'x8', 10', 12' and 14'. Also ½ x 4 x 8' moisture resistant and 5/8" x 4'x8'. 10'. & 12' fire code. Joint compound, tape, drywall screws and primer available to complete the job. - C.H. BÜRK-DORF & SON, 35 Hough St., St. Johnsville 518-568-7016

3 BEDROOM APART-**MENT FOR RENT:**

50A Walnut Street, Canajoharie. \$800 per month, plus utilities. Off-street parking. Call 518-673-5895 leave message.

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

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DONUTS, **FRESH** every Friday, glazed and filled, 242 Groff Road, Palatine Bridge. Starting May 4th until Black Friday.

We want to hear from you!

Send your comments & suggestions to the

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Palatine Bridge, NY 13428 OR email jsnyder@leepub.com

ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is THURSDAY 5pm prior to edition date. Call Peg 518-673-0111

by Pastor Dan West

James chapter one,

verses 26 and 27 ad-

dress what the Apostle

James refers to as "true

religion." In verse 26

James writes, under the

guidance of the Holy Spir-

it, that if someone seems

to be religious but is not

careful in what he says,

he is lying to himself and

James goes on to de-

scribe examples of pure

religion. In reverse order,

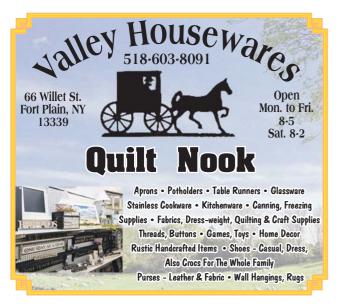
he says keeping oneself

his religion is empty.











Country Preacher

unspotted from the world is an important part of true religion. This means not allowing anything in this world to pull us away from being like the Lord Himself. Since the Lord is completely without sin, this is impossible to do without His intervention. He also says helping those in need such as widows and orphans is pure religion. These are important things to do, but we see clearly in Scripture that doing these things will not

get anyone into Heaven!
Religion isn't the way to get your heart right with the Lord. Religion is one way to please God once we have come to Him for cleansing from sin, beginning an eternal relationship with Him.
In **Ephesians 2:8, 9** the

In **Ephesians 2:8, 9** the apostle Paul writes that it is "by [God's] grace that we are saved [from the penalty of sin] through faith; not of yourselves, it is a gift of God – not of works [anything we can

do] lest anyone could boast." (Brackets added for clarification) In **verse 10** he writes that we are saved to do good things, not as a result of doing good things.

Do you want a relationship with the Creator of the universe? Paul says in **Romans 10:13** to call out to Him like a drowning person calls out to be saved by a lifeguard. If you haven't, you are drowning in sin and you need Him to save you.









Senior News Line

by Matilda Charles

What will you do this summer?

Step One around here, the minute the snow starts to melt, is to grab the latest newsletter from the senior center and see what trips are planned. They"re always low in cost, to a great location and someone else drives the bus. Some trips include a tour guide at the other end, with lunch planned at a wonderful place with a view out the windows. If your senior center has trips like this, be sure to sign up early. Spaces will go fast.

Here are some more ideas to stay busy this summer:

- Talk to friends and neighbors about daily walking, either early in the morning or after supper. Look for indoor walking spots if your area doesn"t have sidewalks. Make plans to go on a picnic or head to the ice-cream store after your walks.
- Does your local gym or YMCA offer Silver Sneakers classes? Those workouts are geared to seniors, and your Medicare Advantage plan may pay for it. Go to www.SilverSneakers.com and look up plans offered for your state.
- Search online for weekly farmers markets nearby. Chances are they"ll accept EBT/SNAP benefits, if you have those.
- Once summer is really here, you"ll need some indoor activities. Ask around about book clubs, art classes, senior swimming, weekly matinees followed by lunch, indoor flea markets, painting scenery for the theater, a yoga class, learning bridge or canasta, a ballroom dance class... there are so many indoor options.
- Go online to www.redhatsociety.com and see if there is a chapter in your area. Their goal having fun! While wearing red and purple!

Summer gear is starting to appear on store shelves. Stock up on sunscreen and hats, and grab a new water bottle while you"re there. And maybe a red hat?

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Roger's Colossus: A symbol of change?

by Terry Berkson

Roger and Vaughn operate the only small commercial poultry farm situated along the Route 20 corridor between Albany and Syracuse, NY. It is one of few remaining egg-laying operations in the state. At one time there were 15 small farms like theirs within a 15-mile radius.

Now, the average setup consists of about 300,000 birds, which makes Vaughn's flock of poultry look rather paltry. Nevertheless, this small operation, despite Diane's help, requires Roger, a soon to be octogenarian, to put in a 70-hour week caring for his hens and delivering their bounty to stores and restaurants within 25 miles of the farm. Their eggs are also sold retail and wholesale out of a small shop in close proximity to the coops.

It is ironic that with every detail about the Vaughn's 2,000 chicken operation painting a diminutive picture, colossal egg should be laid by one of their Rhode Island Reds. The gigantic brown weighed in at 5 1/4 ounces, which was more than twice the weight of an extra-large which averages egg, about 2 1/4 ounces. It was 3 and 1/32 of an inch long and had a girth of eight inches. The ovate giant couldn't even fit on their antique egg grader.

Since 1964, when Roger and Diane came to live and work on his family's farm, 82 million eggs have sold directly or gone out for delivery. Roger said. "This was the biggest egg the farm has ever produced." thinks he knew which hen dropped the football. "She was always laying larger eggs," he said. Without a time consuming inspection, there was no way of knowing for sure.

For Roger, coming home followed a degree in Poultry Science from Cornell University and later an army stint during the Viet Nam era as company commander at Fort Hamilton in Brooklyn, NY. (It is too difficult for this writer to resist mentioning the coincidence of his being discharged from the army at Fort Hamilton during that time).

Roger and Diane eventually took command of

what was originally called Vaughn's Hatchery from his parents who had been there since 1932. The change from a hatchery to an egg-producing farm took place back in the late 50s when the market for hatched chicks dried up almost overnight. Roger thinks that the age of specialization was responsible for the change. The pace of dairy farming had stepped up so much that to have chickens for home use was considered an unnecessary distraction. Back when Sidney and Katherine, Roger's parents, were running the place, a spring order of 50 hatchlings each was the norm from surrounding farms.

Now, according to Roger, 75 percent of the eggs consumed in New York State are shipped in from out west where grain is cheaper or from tax advantaged states like Pennsylvania. The reasoning is that, 'the

price of eggs is very competitive, so why bother raising your own?

The answer may be organic. People are paying more than triple for eggs that can be labeled organic. Free Range Charlie, an egg aficionado from Brooklyn, touts, "Egg cartons containing an assortment of naturally colored eggs — green, blue, brown, orange, pink - from naturally fed, free range chickens has great appeal. Voila! You have organic eggs at designer prices!" But for many, the quality of the egg in regards to the color of the shell remains debatable. Also, washing eggs, as the Vaughns do, removes a water-soluble protective coat which then requires refrigeration. In many other countries, unwashed and unrefrigerated eggs are put on the market.

Maybe Roger's Colossus celebrates a relatively new and expanding age of

specialization and the growth in popularity of backyard chickens in light of the specialty egg business. Of course for most people, a good fresh egg is all that matters.

Meanwhile when the big egg was on display in a storefront in downtown Richfield Springs, bets were on concerning the possibility of it being a "triple yolker."

> Farmer Roger Vaughn holds the egg in comparison to a normal extra large.

Photo courtesy of Terry Berkson



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6:30pm Wednesday Devotional and Prayer Time (with AWANA Clubs @ 6:15pm)



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Namual Percentage Yield, **Money Market Savings:** Rate current as of March 1, 2018 and may change at any time. Minimum to open \$25,000. You must maintain an average daily balance of \$25,000 to earn the disclosed APY. The initial interest rate of 1.49% and 50% APY is effective on the day of account opening and remains in effect for 6 months. On the 6 month anniversary date, the account il revert to the variable rates, tiers and applicable Service charges in effect for a Money Market Savings account at that time that are sted on our website at www.kinderhookbank.com. Fees may 'Feduce earnings. There offer and may not be combined with any retrate promotions. Free gift when you open any new account will supomatically renew into a 1-Year Certificate of Deposit term at the current rate posted on rwebsite at www.kinderhookbank.com in effect at that time. Penalty will be imposed for early withdrawal. Fees may reduce earnings. It was the work of the arm of the combined with any other rate promotions. Free gift when you open any new account while supplies the first of the promotion. Raffle drawing boxes, available in all branches. No purchase necessary. Must be 18 years old to register. Information: Raffle drawing boxes, available in all branches. No purchase necessary. Must be 18 years old to register. Information: Raffle drawing boxes, available in all branches.

New Banana Tea

Enjoy a slice for dessert

Bread

or to start your day off

right — it also makes a

great snack. For a whole-

grain variation, substi-

tute 1/2 cup whole-

wheat flour for 1/2 cup of

• 1 3/4 cups all-pur-

• 1 teaspoon baking

• 1/2 teaspoon baking

the all-purpose flour.

• 1/2 cup sugar

pose flour

powder

Pickle Hill Greenhouse

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Good Housekeeping

- 1/2 teaspoon salt
- 1 cup (about 3 small) bananas, mashed, very ripe
- 1/3 cup fruit-based fat replacement or unsweetened applesauce
- 2 large egg whites
- 1 large egg
- 1/4 cup pecans, chopped
- 1. Heat oven to 350 F. Spray 9-by-5-inch metal loaf pan with nonstick cooking spray.
- 2. In large bowl, combine flour, sugar, baking

powder, baking soda and salt.

- 3. In medium bowl, with fork, mix mashed bananas, fruit-based fat replacement, egg whites and egg.
- 4. Stir banana mixture into flour mixture just until moistened. Spoon batter into loaf pan, sprinkle with chopped pecans.
- 5. Bake 40-45 minutes, until toothpick inserted in center of loaf comes out clean with just a few moist crumbs attached. Cool loaf in pan on wire rack 10 minutes. Remove loaf from pan, cool com-

pletely on wire rack.

Note: Fruit-based fat replacements are sold in the baking section of some supermarkets and health-food stores.

• Each slice: About 110 calories, 2g total fat (0g saturated), 3g protein, 22g carbohydrate, 13mg cholesterol, 140mg sodium.

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Paw's Corner

by Samantha Mazzotta Pets and Neighbors: Don't Get Personal

DEAR PAW'S CORNER: I'm in charge of writing the monthly newsletter for our neighborhood association. This month, I want to publish a warning to one of the homeowners who regularly lets their dogs run off leash and into the streets. However,

the head of the association made me take out the article ahead of publication. Why? It's a safety issue. — Concerned HOA officer in Georgia

DEAR CONCERNED: While you're right about letting dogs run loose in the street being a safety issue, calling the offender out by name in the neighborhood newsletter is not the way to go. It sounds like the head of the association didn't explain all the reasons why it's a bad idea.

For one thing, singling out a neighbor by name — even if that person is the only one letting their dogs run off leash — can have legal ramifications for the association. That can get expensive. Even if things don't get that heated, that neighbor probably knows that you write the newsletter, and you could become the target of their ire.

Talk to the association head face-to-face or by email and ask what can be done to address this issue. Chances are, the neighbor has already been notified by the association. Another option is for the association head or the directors to remind everyone at the regular meeting, without singling anyone out. Or, a notice can be put in the newsletter that also does not single out any residents — one that reminds everyone of the association rules or any relevant city ordinances.

I know you want to act more quickly, but you're working as part of a group of neighbors. So work with them to address this problem.

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HFM Ag PTECH FFA hosts District V Contests

by Kristiana Cowan, FFA Reporter

On Sunday, March 4, the HFM Ag PTECH Chapter of FFA and the Mohawk Valley FFA Chapter hosted the District V Contests. Along with the hosting chapters, there were 11 other New York chapters that had members competing in district contests. Those other chapters include DeRuyter, Fonda-Fultonville, Madison, Stockbridge Valley, Hamilton, Vernon-Verona-Sherrill, Mohawk Valley, Cazenovia, Adirondack, Mt. Markham and Waterville FFA chapters.

At the District V FFA Contests student members competed in several leadership development events, including Prepared Public Speaking, Extemporaneous Speaking, Creed Speaking, People in Agriculture, Agriculture Issues Forum, Conduct of a Chapter meeting, Parliamentary Procedure and Employment Skills.

Each contest has its own purpose for developing leadership. In Prepared Public Speaking, members create six to eight minute speeches on a current issue in agriculture and answer questions from the judges. The Extemporaneous Speaking Contest involves students choosing from provided topics and then given 30 minutes to create a six-minute speech. Creed speaking is when members memorize the FFA Creed, written by E.M Tiffany, and recite the creed to judges. The People in Agriculture Contest is designed for students to learn about careers in the agricultural industry and present their research. Students competing in the Agriculture Issues forum present a current issue in agriculture to a public audience. The Conduct of a Chapter meeting is designed for junior high FFA members to conduct a meeting as they would in their own chapters. Parliamentary Procedure is designed for senior high members to take a written test, set up a meeting room and conduct a meeting using appropriate parliamentary procedures. Lastly, in the Employment Skills contest, students create and submit cover letters and resumes. During the contest, each student fills out a job application, have a phone interview, a personal interview and conclude with writing a thankyou note.

The HFM Ag PTECH and Mohawk Valley FFA chapters would like to thank all the judges, volunteers and supporters who helped make the day run smoothly. On behalf of the hosting chapters, all members who competed in contests did an outstanding job in each contest in which they competed.

The Sub-State competitions were held March 17 at Carthage with 15 Ag PTECH FFA members competing. Moving onto the state competitions in May will be Grace Yennard in Senior People in Agriculture and Agriculture Issues Forum team made up of Madison Blood, Maddison Kilmartin, Jeb Brundage, Ethan Harding and Kristen Quist.





Back Row (L-R) Ethan Harding, Jacob Douglas, Mekhi Pettit, Zackary ReidMiddle Row (L-R) Grace Yennard, Tyler Henderrson, Kristen Quist, Alexandra Burns, Maddison KilmartinFront Row (L-R) Jeb Brundage, Makenzie Merendo, Michelle Joyce, Jenna Finch, Madison Blood, Noah Kocjan.

Photo courtesy of HFM Ag PTECH





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Symbol Shelton 2-Sided Firm

64

Queen Set Was \$749 Was NOW

\$649 \$699 King Set

Oliver & James Manchester Euro Top or St. James Firm

Oueen Set Was \$999 Was

NOW \$549 Twin Set Full Set King Set

Symbol Unite Renew Gel Memory Hybrid w/ Memory Coil

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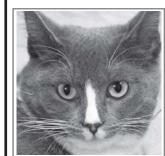


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OREO - 7 year old white and black female, 25 lbs. Very loving and cuddly.





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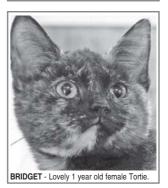


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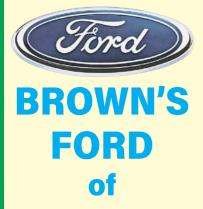
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King Crossword

ACROSS

- Bandleader
- 4 Equitable
- 8 Frizzy hairdo 12 Hockey sur-
- 13 Andy's pal
- 14 Circulate
- 15 Historic time
- 16 Twist 18 "Aida" com-
- poser
- 20 Expert
- 21 Food
- 24 Poolroom supply
- 28 Bring together 32 Hammer or
- sickle 33 Inseparable
- 34 Casino machines
- 36 "Kitchy- -!"
- 37 Young female
- 39 Remorseful 41 Milkmaid's
- place 43 Analgesic ta
- get long way 46 Fortunetellers' reading mat-
- ter? 50 Recite a verb's forms
- 55 Verily
- 56 Notion 57 Brockovich"
- 58 Uncooked

- Kyser face

 - 60 Transmit 61 Type measures
 - DOWN
 - Ukraine's capital
 - Farm mea-Once around
 - the sun Salon treat-
 - ments 5 I love, to Livy 6 Charged bit
 - Answer an
 - 8 Showing
 - 9 Winter bug
 - buoyancy
- invite

- 10 Deteriorate 11 Have bills 17 Sphere
- 19 Dict. info
- 22 Body powder 23 Urban hangout
- Norse god 26 Swag
- gin fizz 28 Gear teeth 29 Not procrasti-
- nating 30 Pianist Peter
- 31 Sicilian spouter
- 38 Blockage of a

- 40 Genetic let-
- 42 "Skip to My 45 Quite some
- time
- 48 Intend 49 Cutting imple-
- ments
- verse
- 35 Grad stu-54 Can matter
- 25 Mischievous 47 Muse's instrument
 - 50 "EI -"
 - 51 Praise in
 - 52 Born
 - dent's income

HOCUS-FOCUS



BY

HENRY BOLTINOFF

Find at least six differences in details between panels.



4. Can is smaller. 5. Picture is different. 6. Ruffle is different. Differences: 1. Pencil is missing. 2. Bunny is missing. 3. Shirt is different.

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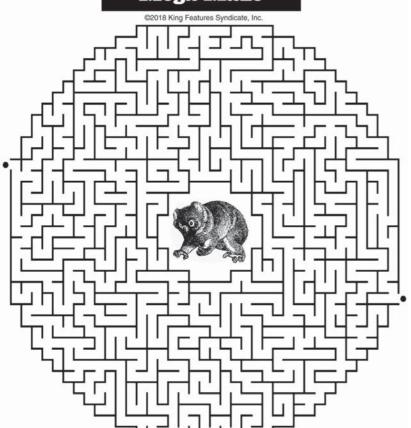


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Weekly **SUDOKU**

by Linda Thistle

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

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: ♦ ♦ 4

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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MAGIC MAZE

ANAGRAMS OF **COUNTRIES**

NKHDAXUQENKHEBY GRAYM(ENGLANDER)V SPMJHEOEUBYVTQO LIGDBLYWMTRLPMK IFDBAYWLGKUESQO MKINFDNAILRNRBZ XWAUISEIBARASUQ ONLJNAHTAINPDOP F D C I A Y H Y W R V D S T S Q P A N L K I C H E F L E E C B P Z Y W V U S R S A O Q R P

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

Rabies

Serial

Red nail

Dark men Old pan Analog Englander Pains Gray men Panel Big mule Laity Pure Chain

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Here's an alphametic that contains only six numbers ...

> Let A = 9TALL L = 5TALL + TALE LIES

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Americanisms



"If we do not save the environment, then whatever we do in civil rights will be of no meaning, because then we will have the equality of extinction." —James L. Farmer, Jr.

LAFF-A-DAY



"Maybe this would be a good time to ask them for a loan."

ORIGINAL VALLEY PENNYSAVER

Van Alstyne Homestead 6th Annual Chili Cook-Off

by Elizabeth A. Tomlin

History marches on and at the Van Alstyne Homestead's 6th annual Chili Cook-Off, held April 7, history and traditions were noted with museum tours and birthday celebrations.

"The over-a-century, grand ballroom was filled with appetizing aromas and many a visitor danced to the wonderful music by the Jan Cronkhite Trio," remarked Van Alstyne Homestead Historian Rita Pineyro.

Local historian and author Willis (Skip)
Barshied said he reunited with "numerous people" at the event that he had not seen in a while.

"I think it was good chili in a good historic place," commented Barshied.

Johnstown resident Bonnie VanWie, Barneveld resident Cathy Mancini Yax and Canajoharie resident Karen Wright have celebrated their birthdays at the event for all six years and say it's become a tradition.

"This event brings together members of the Van Alstyne Homestead and local chefs for a delicious chili tasting event," said Pineyro. "The local and business community always help us with our fundraisers and the chili cook-off is no exception."

Businesses donating chili included the Ayres House of Fort Plain.

"Their Southwestern chicken chili won the John Buck Fan Favorite Award," reported Pineyro. Van Alstyne Homestead board members donating chili included: BOD President, Fritz Traudt, with a venison chili; Vice-President Shirley Manzer, with a vegetarian chili; and Trustee Mark Brody, with a vegetarian black bean and mushroom chili.

Participating community members included East Hill Elementary School Principal Stacey Ward, whose fruit and nut dessert chili won Most Original Chili.

Canajoharie Village Safety Code Inspector Clifton Dorrough donated a chicken chili and a ground chuck chili, winning Most Traditional Chili.

Canajoharie Chief of Police Brian McFadden donated bacon chili. Dessert was donated by Victoria's Bakery of Fort Plain.

Four large fundraisers — the Chili Cook-Off, a June Picnic, October Soup Tasting and a Holiday Pancake Breakfast the second Saturday in December — are scheduled each year to offset costs incurred in maintenance, allowing the historical homestead to remain open.

"We also have historical events throughout the summer season," said Pineyro. "As this circa 1729 homestead is run by a volunteer society, we rely on fundraisers and our summer season — Memorial Day to Labor Day — to help see us through on a yearly basis."

Artwork and historical

artifacts in the museum are available for viewing during the summer season and during scheduled events.

"The Van Alstyne Homestead would like to thank all of the participants who donated their time and amazing cooking skills that made this event possible," said Pineyro. "We would also like to thank all of the visitors that came from near and far to make this rescheduled event a success. Also, a big thank you to the chili judges that traveled from Oneida, New York and Chittenango, New York.'

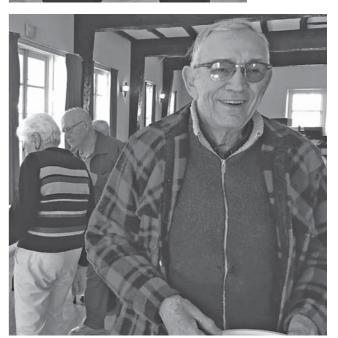
Follow The Van Alstyne Homestead on Facebook or call 518.673.4186 for more information.



Van Alstyne
Homestead
Historian Rita
Pineyro and
Chili Judge
Kassandra
Gustin of
Chittenango
posed for an
impromptu
photo.



Bonnie VanWie of Johnstown, Cathy Mancini Yax of Barneveld and Karen Wright of Canajoharie have celebrated their birthdays at the chili cook-off for six years and say it has become a tradition.



Local historian and author Willis (Skip) Barshied enjoyed history and chili at the event. Photos courtesy of Van Alstyne Homestead

Whatchamacallits



This Whatchamacallit is obviously a bowl. However, the story behind this particular collection is quite intriguing.

to release them through the sale of their flour—the items were placed in the bag with the product as a special "prize inside".

The face depicted on the bowl is the representation of Ish-Tak-Ha-Ba, or Chief Sleepy Eye. He lived from 1780 to 1860. He was a friend to expansionists and assisted in keeping Americans safe as they moved out West. In 1890, the owner of the Old Sleepy Eye Flour Mill, A. C. VonHagen, located the remains of Chief Sleepy Eye and buried him in Sleepy Eye, MN under a monument dedicated to the chief

The bowl and a variety of other promotional items were released by the flour mill. The company decided the sale of their flour the items were placed in the bag with the product as a special "prize inside". The problem with this is the fact that a customer buying 50 pounds of flour wasn't actually buying 50 pounds of flour. They were buying the item and whatever flour was left in the bag, which weighed a total of 50 pounds. The United States Government stepped in and put a stop to that.

But the promotional items continued, even after the flour mill went out of business in 1921. The Weir Pottery Company in Monmouth, IL originally made the blue and gray pottery. In 1906, Weir Pottery Company merged with West-



ern Stoneware Company, continuing the production.

This pottery is Flemish Stoneware and original items are worth quite a lot. The piece is really popular and boasts a collector's club, which can be viewed at https://tinyurl.com/ydc4ojno.

Do you have your own Whatchamacallit?

King Crossword —

Solution time: 25 mins.

K	Α	Υ		F	Α	1	R		Α	F	R	0
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٧	Ε	R	D	1			Р	R	0			
			Е	Α	Т	S		В	Α	L	L	S
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0	Ν	Е		S	L	0	T	S		K	0	0
G	1	R	L		С	0	Ν	Т	R	1	Т	Ε
S	Т	0	0	L		Р	Α	1	Ν			
			G	0	Α			Р	Α	L	М	S
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1	D	Е	Α		Ε	R	1	Ν		R	Α	W
D	Е	Е	M		S	Е	N	D		E	N	S



Weekly SUDOKU —

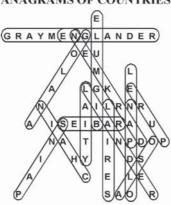
Answer

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

Stickelers Answer

Q	A = 9
1955	E = 7
1955	I = 8
	L = 5
+ 1957	S = 6
5876	T = 1

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Nice home located in Historic Sharon Spa, NY. This is a very active community with plenty of things to do for everyone. You are within walking

distance of the school, post office, library and more. This home has retained much of its original charm with oak floors and woodwork/molding through the home. It has two bedrooms and one full bath. It also has a fantastic backyard for kids to play and family barbecues. This is a good starter family home with opportunities to expand into a second floor. This is an easy commute to surrounding communities. Asking \$90,000



026: 0 Salt-Springville Road, **FORT PLAIN**: OWNER WILL SPLIT PARCELS!!! This is a two parcel lot with separate deeds. Swiss: 273089 SBL: 91.-3-1 and SBL: 91.-3-2. A great place to build a home. Nice quiet country road. Within easy travel distance to Cooperstown, Cherry Valley, Sharon Springs, Canajoharie and Fort Plain. Get away from the city for peace and quiet with plenty of activity in the surrounding areas. This is an ideal location to build your new home or to have a small farm. This is a very serene and peaceful location. **Asking \$32,000**



525: 183 Main Street, **FORT PLAIN**: Large duplex with center hall. Separate utilities and off street parking. Square footage is approximately 2,776. Property needs a little TLC, but the price is RIGHT!!! **Asking \$19,900**



676: 3409 State
Route 80,
FORT PLAIN: The
renovations of this
beautiful farmhouse
include, but don't
stop with the new
kitchen, bathrooms,
wiring, windows and
refinished hardwood
floors. Features
include a horse barn

with two renovated stalls, hay storage and acres of grazing. The views are outstanding and the old orchard setting is fabulous. The property is fronted by the Qtsquago Creek which is annually stocked with trout by the NYS DEC. Must see to appreciate all of the details the current craftsman/owner has added to this

charming home. Asking \$159,900

Real estate... New beginnings

Canajoharie Fire Department receives \$250 check from Kinderhook Bank



John Snyder, Treasurer, Canajoharie Fire Department, receives a \$250 check from Carl Marucci, Business Development Officer, Kinderhook Bank, to help defray the costs of the Fire Department Installation Banquet.

Photo courtesy of John Snyder

Good Housekeeping

Sweet and Tangy Glazed Salmon

The sweet tang of citrus and the bite of hot pepper jelly are what make this salmon dish so uniquely flavorful. Serve with Orange-Almond Rice.

- 1 cup long-grain white rice
- 1/2 cup sliced almonds
- 2 navel oranges
- 1/2 cup hot pepper jelly
- 4 salmon steaks or skinless pieces salmon fillet
- Kosher salt and pepper
- 1/4 cup chopped fresh flat-leaf pars-
- 1. Heat oven to 400 F. Cook the rice according to package directions.
- 2. Meanwhile, spread the almonds on a rimmed baking sheet and roast until light golden brown, 4 to 6 minutes; transfer to a bowl. Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil.
- 3. Squeeze the juice from half an orange into a small bowl (you should have

- 2 tablespoons juice). Add the jelly and whisk to combine. Place the salmon on the baking sheet, season with 1/2 teaspoon each salt and pepper, and broil for 5 minutes. Spoon half the jelly mixture over the salmon and broil until the salmon is opaque throughout, 2 to 5 minutes more.
- 4. Cut away the peel and pith of the remaining 1 1/2 oranges. Cut the oranges into 1/2-inch pieces. Fold the oranges, almonds and parsley into the rice. Serve with the salmon and the remaining jelly mixture. Makes 4 servings

Tip: Try this tangy jelly glaze on flank steak, chicken breasts or pork chops. Or use it as the sauce in your next stir-fry.

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

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Ames - Sprout Brook UMC

613 Latimer Hill Rd. Ames, NY 13317 518-673-3495

Pastor Jan Markle Sunday Service 9:30am

Cherry Valley Assembly of God

37 Alden St., Cherry Valley, 607-264-3306

Pastor David Carpenter, Jr. Sundays 9:30am

Christian Church of Charleston Four Corners 1380 E. Lykers Rd., Sprakers 518-022-0088 Pastor Brett Popp

iday School (adult & children) 10an Worship 11am, Sunday Eve. Prayer 6:30pm, urs. Eve. of Encouragement 6:30pn

Church of Christ Uniting PO Box 896

Richfield Springs, NY 13439 Rev. Mark Ioset

315-858-1553 Service: Sunday 9:15am Church School: Sunday 10:30am

Church of the Nazarene

3316 State Route 29 W Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11:00am Sunday School for All Ages 10:00am

Community Bible Church

rner of Cliff & Walnut Streets Canaioharie NY 13317 (518) 993-1016

Pastor Wally Braemer / - Adult Sunday School Class -Worship Service - 10:30am God is Good All the Time & All the Time God is Good

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. Biblie Study & Prayer Meeting 7pm, Awana Club 6:15-8:15pm

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

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

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

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

Church Directory

Ephratah Reformed Church 140 Co. Hwy. 140, Ephratah, NY live and share Jesus Christ both locally and globa

Pastor Jeff Hindrliter
Sunday School for all ages Sunday School for all ages 10am September-June Sunday Morning Worship 11am Prayer & Praise Thursdays 7pm

Episcopal Church of the Good Shepherd

26 Moyer St., Canajoharie 518-673-3440

Holy Communion Sundays at 9:30an
Fellowship Time to Follow
Call for Holy Day services

The Rev. Virginia L Ogden, Rector

Everlasting Joy Believers Fellowship

66 Hancock St., (Rte. 5S) Fort Plain, NY 13339 315-858-2112 Pastor Carolee Cove Sunday Service 10am

Faith, Hope and Love

Church
Rev. David W. Bowley, Pastor
Saturdays, 5 pm
at the
United Methodist Church Lower Level
50 E. Main St, Canajoharie
call 518-673-5128 or see facebook "Faith,
Hope and Love Christian Church" and our
website http://faithhopeandlovechurch.com

First Baptist Church

Springfield Center, NY Rev. - Gary Tyler
Sunday School 10:00am
Morning Worship 11:00am
Sunday night Worship 6:00pm
Wed. night Bible Study 7:00pm
Free meal & music every 2nd Sat. of the month 4-7pm

Fonda Fultonville United Methodist Church

1 Montgomery St., Fultonville Pastor Nancy Pullen • 853-3311 Pastor Numey Futter • 037-3311 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.

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

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

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

Fultonville Reformed Church

Corner of 5S & 30 Pastor Jane Hubschmitt

Sunday School 10AM Family Worship 10:30AM

Glen Reformed Church

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

Grace Christian Church

20 Center St., St. Johnsville, NY 13452 Rev. Harry J. Teuchert 315-866-8626

Sunday School 9:30am Worship 11:00am

Grace Episcopal Church

32 Montgomery St., Cherry Valley 315-858-4016

Fr. Kyle Grennen, Rector Sunday School 11:00am Holy Communion/sermon 11:00am

Grandview Baptist Church

15 Washington St., Fort Plain 518-993-9929

Pastor Dan West

Sunday School 10am Morning Service 11am
Bible Study & Prayer Meeting Wednesday 6:30pm

Holy Family Parish

Little Falls, NY 315-823-3410 Saturday 4pm Sunday 10:30am

Joy Fellowship

296 Co. Hwy. 119 St. Johnsville, NY 13452 518-568-3217

William Hayes Pastor Jovce Loughran Assistant Pastor nday School 9am, Morning Worship 9:30ar Wednesday Evening Worship 6:30pm

Lassellseville United **Methodist Church**

State Hwy. 29

Pastor Robert A. Lindsay Worship: Sunday 9:30am Sunday School to start soon

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 Atternoon Service following dinner
"Old-Fashioned Bible Preaching"

Marshville **Evangelical Church**

Route 10 South

Rev. David Bowley

Worship Sunday 9am

National Kateri Tekakwitha Shrine and Indian Museum

3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646

New Hope Christian Fellowship

32 Spencer St., Dolgeville, NY 13329 Pastor Pat Andreoli 315-429-3630 wHopeChristianFellowship.r Sunday School 9:30AM Worship Service 10:30AM

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 18t

Our Lady of Hope

R.C. Church

115 Reid St., Fort Plain, NY 13339
Parish Office 518-993-3822
ourladvofhope@frontier.com ourladyofhope@frontier.com
Pastor: Father Jim Davis Mass Schedule: Saturday, 4pm; Sunday, 8:30am & 11am; Confessions: Sat. 3 & by appointment lease call parish office for Holy Day schedu

Paines Hollow United Methodist Church

Intersection of 167 & 168, Paines Hollow Pastor Peg Donaghy 518-568-7604 Sunday Worship 9:30AM Fellowship Hour to Follow

Randall **Christian Church**

NY Rte. 5S Sunday Service 10am **Pastors** Winston Hallett & Carl Hawver

Reformed Church of Canajoharie

-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen Sunday 9am Christian Education 9:20 Choir Practice 10am Worship Nursery provided Fellowship hour follows worship

Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339 518-993-4302 • fortplainrca@yahoo.com

Rev. Nancy E. Ryan Worship 10:30am,
AA meetings Mon. & Tues. 7pm,
cond Thurs. Prayerspace 6am to

Reformed Church of Sprakers

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

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
all for info on various Youth Ministries
www.richfieldspringsbiblechurch.org

River of Jubilee Church

51 State Highway 5 Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Stave Adamoschek
518-322-1427 / 518-224-4455
Sunday Service 10:00am
Children's Church Available
Other Learning Opportunities Available
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Sacred Heart Catholic Church

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

Saint Cecilia Church

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

Salisbury Center **United Methodist Church** 2545 St Rt 29, PO Box 104

Salisbury Center, NY 13454 315-429-9085 Rev. Lynn R. Lockwood

St. Johnsville, NY 13452 518-568-7700 Pastor Mike Yezierski unday Worship 6pm, Tues, Prayer 7pi Bible Study 7pm (Wed., Thurs, & Frl.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.

St. John's Lutheran Church

774 St. Hwy. 163, Fort Plain, NY 518-705-7552

Rev. David A. Johnson, Ph.D. Sunday Worship 9:00am, Sunday School 10:00an Ladies Aid W.E.L.C.A. Handicapped Accessible

St. John's **Reformed Church**

68 W. Main St., St. Johnsville 518-568-7396

Faithfully Following Jesus Chris Sunday Worship 10:30am

St. John's & St. Mark's **Lutheran Church**

143 Church St., Canajoharie 518-673-2224 Pastor Zach Labagh

Sunday Worship 11am Christian Ed. 9:45am stjstm@frontiernet.ne

St. Johnsville **Methodist Church**

7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3pm

St. Joseph's Roman Câtholic Church

31 North Helmer Ave., Dolgeville 315-429-8338 Sunday Mass is 8:30am

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

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 10-10:45an Church Service 11am

St. Paul's Lutheran Church

St. Paul'S Lutneran 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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St. Paul's **Universalist Church** 565 Albany St., Little Falls

315-823-2284
Service Sunday 10am
Coffee hour following service.
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St. Thomas the Apostle **Catholic Community**

8:30am & 11am

1 Church St., Cherry Valley 607-264-3779 Masses Sunday

Stratford United Methodist Church

Route 29A 315-429-9085

Rev. Lynn R. Lockwood Worship 9am

The Christian Church

of Rural Grove
170 Rural Grove Ad., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff
pastoriosh@nuralerrovechurch ore

pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45am, Moming Service 11am, Eve. Service 6pm Wed.-Family Night 7pm, "Where Bible Teaching is Fundamental"

The Holy Spirit Polish National Catholic Church

618 E. Gansvoort St. Little Falls, NY 315-823-0793

Father Rafal Dadello ss at 11am on Sunday www.holy spiritpncc.org

The House of Zion, Inc.

580 Dillenbeck Road, Palatine Bridge 518-577-3069

Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30am Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3pm-4pm

The Time for **Truth Ministries**

PO Box 351

Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558

Trinity Lutheran Church 5430 St. Hwy. 10,

Palatine Bridge 518-673-2224 Rev. Zach Labagh unday Worship 9am, Sunday School 10am (No services in July, meet at St. John's St. Mark's Lutheran Church in Canajoharie).

United Methodist Church of Canajoharie

50 E. Main Št. 50 E. Marin St. 518-673-2717 esus says - "Come Unto Me" Join us-Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30am - Email: umc673@frontiernet.net

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)

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

To Place or Update **Church Listings** Call 518-673-0129 or email jsnyder@leepub.com



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Multiple sclerosis awareness

An estimated 2.3 million people live with MS worldwide. These numbers can only be estimated — in the absence of formally reported data because MS disease activity can occur without a person being aware of it and symptoms may be completely invisible.

What is multiple sclerosis?

Multiple sclerosis is an unpredictable, often disabling, disease of the central nervous system, which interrupts the flow of information within the brain and between the brain and body. The disease is thought to be triggered in a genetically susceptible individual by a combination of one or more environmental factors. Although MS is thought by some scientists to be an autoimmune disease, others disagree because the specific target of the immune attack in MS has not yet been identified For this reason, MS is referred to as an immune-mediated disease

Who gets MS?

Anyone may develop MS but there are some patterns. Two to three times more women than men have been diagnosed with MS. Most people are diagnosed between the ages of 20 and 50, although MS can occur in young children and significantly older adults. Studies suggest that genetic factors may make certain individuals more susceptible than others, but there is no evidence that MS is directly inherited. MS occurs in most ethnic groups, including African-Americans, Hispanics/Latinos, but is more common in Caucasians of northern Euro-

What are the typical symptoms of MS? MS can cause extreme

fatigue, impaired vision, problems with balance and walking, numbness or pain and other sensory changes, bladder and bowel symptoms. tremors, problems with memory and concentration, mood changes and more. Symptoms of MS are unpredictable; they can vary from person to person, and from time to time in the same person. For example: One person may experience abnormal fatigue and episodes of numbness and tingling. while another could experience loss of balance and muscle coordination making walking difficult. Still another could experience slurred speech, tremors, stiffness and bladder problems. These

problems may be permanent or may come and go. Major symptoms sometimes disappear completely and the person regains lost function. In severe MS, people have permanent symptoms that might include partial or complete paralysis and difficulties with vision, cognition, speech and bowel and bladder func-

Can MS be cured?

Not yet. There are now FDA-approved medications that have been shown to "modify" or slow down the underlying course of MS. In addition, many therapeutic and technological advances are helping people manage symptoms. Advances in treating and understanding MS are made every year, and progress in research to find a cure is very encouraging.

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Early and ongoing treatment with an FDAapproved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at nationalMSsociety.org 1.800.344.4867 (1-800-FIGHT-MS).

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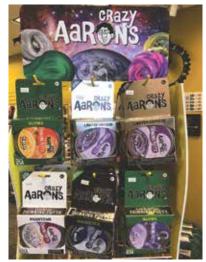






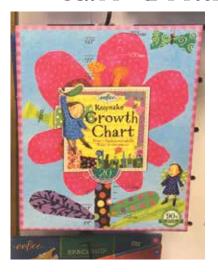
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