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ORIGINAL VALLEY PENNYSAVER 2 • July 7, 2018







Eat healthy at the fair

Fairs. carnivals, and rodeos roving amusement parks are popular summer attractions. Rides and raffles may attract the majority of revelers, but fairs and carnivals also are great places to enjoy mouthwatering food.

Fried dough, meats on sticks, pretzels, cotton candy, cheesesteaks, and aromas other through the air at carnivals. However, fairs have not always been so great for people watching their calories. And while fairs might not be diet-friendly, it's not impossible to adhere to one's diet while visiting the fair.

Fill up at home

Prior to heading out to the fair, be sure to eat a filling, healthy breakfast. This will provide ample nutrients and decrease the likelihood that you will overindulge in less healthy fare while at the carnival.

Foods that are comprised of protein and fiber can help you to feel fuller longer. Pack a snack that can provide a

boost of energy prior to indulging in any fair foods. Trail mix or a lowcalorie protein bar may be enough to tide you over until you leave the

Stay hydrated

The Academy of Nutrition and Dietetics says

drink (particularly when it is hot outside) as a first step to abating hunger symptoms, especially if you've recently eaten.

Choose healthy food vendors

Look for vendors that offer things like yogurt cups, roasted vegetables,



Fair foods are delicious but often high in calories. Smart choices can ensure dining at a fair does not derail your diet.

that mild dehydration lean meats, and fresh produces similar symptoms to hunger. If you feel hungry after eating. your body may only need fluids and not food. Therefore, reach for water or a hydrating sports

fruits. Kabobs that include lean meats that are low in calories can make a great carnival meal. Corn on the cob without gobs of butter also can be a filling snack. Smart dessert options include fruit smoothies, water ice, frozen yogurt, and even a candied apple, which may be rich in fiber. A small dose of cotton candy, which is just 100 calories per ounce, can offer a sweet fix while you avoid deep-fried concoctions. Keep in mind that cheese curds can set you back 650 calories and a funnel cake 720 calories, according to the YMCA. It can take several miles of traversing the fair to burn all those calories.

Watch portion sizes

If you splurge on a treat or two, consider sharing it with a friend or family member to cut the portion size. A single bite of a calorie-rich food can be enough to satisfy a crav-

Pay attention to beverages

Before you fill up on lemonade or visit the beer tent, remember some beverages contain lots of calories. Weigh your options carefully. You may need to skip that chocolate-covered banana.

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Seven wedding tricks to make the big day easier

Wedding planning is no small task. From sending out engagement announcements to gifting guests with take-home favors, a couple will pour over scores of details as they plan their weddings.

As if selecting a photographer or choosing the right passed appetizers isn't challenging enough, some unknown variables are sure to pop up on the big day as well. Couples can take their cues from others who have walked the aisle before them with these tricks of the trade, which may help couples' wedding days go smoothly.

1. Host everything at a single location. Couples who want to simplify their wedding day can select a site that can host the ceremony and reception and also house guests. The cost of such facilities may be more affordable than couples think, as transportation costs will be minimal and the venue may offer discounts on group packages.

2. Think about a day coordinator. Couples who cannot afford a wedding planner to handle all of the details often find that a day-of-service provider is within their budget. This person can handle all of the details of the wedding day so brides and grooms can fully immerse themselves in the festivities

3. Bring extra cash. Unexpected expenses may pop up. Couples may have to feed an extra member of the band or a guest who was able to get a babysitter at the last minute. Brides and grooms may want to offer a bigger tip than anticipated to the waitstaff or deejay who went above and beyond.

4. Learn how to bustle. Walking around with a free-flowing train all day can become tiring for brides. Brides should make sure that one person practices how to bustle the train and will step in to do so for the reception. Also, it may not be the height of fashion, but having a garbage bag on hand can keep the train clean during inclement weather, or if the bride has to trek across grass or soil for photo opportunities.

5. Give an outgoing person a job. Enlist a boisterous friend or family member to wrangle guests for photo opportunities. He or she can be the photographer's helper and give the happy couple one less thing to do.

6. Stock the bathroom. Some venues will have courtesy items for their guests, but couples also should bring their own necessities, such as breath mints, toothpaste, extra pantyhose, hairspray, lip gloss, and/or sanitary pads.

7. Be all smiles. Couples can't predict everything that will happen on their wedding day, but they can help create the mood. Smiling couples can make things better for everyone, even when zippers break or someone gets the chicken instead of the salmon.











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Commercial Printing

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Send all correspondence to:
PO Box 121, Palatine Bridge, NY 13428
Advertising email: jsnyder@leepub.com
Editorial email: jkarkwren@leepub.com
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- 1 (6-ounce) chocolate pie crust
- 2 cups (2 medium) bananas, sliced
- 1 (4-serving) package instant sugar-free vanilla pudding mix

2/3 cup instant nonfat dry milk

- 1 1/4 cups water
- 1/4 cup reduced-fat chunky peanut butter
- 3/4 cup lite whipped topping
- 1/4 cup (1 ounce) chopped dry-roasted peanuts
- 1 tablespoon mini chocolate chips
- 1. Place diced bananas in pie crust.
- 2. In a medium bowl, combine dry pudding mix and dry milk powder. Add water and peanut butter. Mix well using a wire whisk. Blend in 1/4 cup whipped topping.
- 3. Pour mixture evenly over bananas. Refrigerate for about 10 minutes.
- 4. Evenly spread remaining 1/2 cup Cool Whip Lite over pudding mixture. Sprinkle peanuts and chocolate chips evenly over top.
- 5. Refrigerate for at least 2 hours or until ready to serve. Cut into 8 servings.

TIP: To prevent bananas from turning brown, mix with 1 tablespoon lemon juice or sprinkle with Fruit Fresh

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6 • July 7, 2018 ORIGINAL VALLEY PENNYSAVER

Esperance Village and Fire Department Bicentennial Celebration slated July 14

The Village of Esperance, located on US Route 20 approximately 25 miles west of Albany, is celebrating the 200th Anniversary of its incorporation and formation of their fire department. The Bicentennial festivities begin with a pancake breakfast at the Methodist Church on Main Street served from 7-10 a.m. Church Street will be closed to all traffic and visitors may park for free at the designated parking field on Feuz Terrace. Regular and Handicapped Parking are marked with signage and are reachable by taking Charleston Street North from Main Street.

Along Church Street and at the Village Commons vendors will have food and crafts for sale, there will also be exhibitors from nonprofit groups such as the George Landis Arboretum, Schoharie River Center and the local chapter of the Audubon Society. The local Stewarts shop will be selling ice cream, Hannaford Supermarket will be providing free snacks and the Hopmeier-Evans-Gage Insurance Agency will be giving away fireman's hats to the kids. Beginning at noon the Esperance Post Office will have a special event cancellation that day and visitors can purchase pictorial envelopes and stamps to receive the commemorative cancellation designed from the original "Hope" logo used by William North to market the Village in 1806.

The Museum and Old Stone Presbyterian Church will be open with exhibits spotlighting 200 years of Esperance history. The first 100 visitors to the Esper-

ance Museum will receive a special bookmark featuring artistic renderings of the Village by former resident Roberta vonHahmann who has celebrated her 103rd birthday. In addition a limited number of free passes to the Old Stone Fort Museum for Sunday, July 15, will be available. Visitors who enter the Fort in Schoharie on Sunday will get to see the old Deluge #1, the first fire engine owned by the Village of Esperance and exhibited as the oldest fire engine in America.

The Esperance Old Stone Presbyterian Church will have a display of local Bibles with stories about their owners covering over 200 years of local family history. The Esperance Schoolhouse Museum and Chapel Library will have a special display on the Esperance Fire Department covering its 200-year history. In the Gus La Monica carriage barn visitors can view some of the old firefighting equipment along with agricultural equipment used or made locally. There will also be the popular "What is it?" display where you can test your antique identification skills. There will be games for children including a bounce house, balloon artist, and games run by Hannaford.

The parade will form at 11 a.m. west of the Village on Route 20 and will start off at noon. Besides a large number of Fire Departments, floats, horses and antique cars the parade will feature the Albany City Pipe Band and the Rensselaer Yankee Doodle Marching Band. The Grand Marshalls are: Ramona Feuz, the oldest resident of the Village, active member of the Community and Booster of the Bicentennial Celebration; Former Fire Chief Charles "Tinker" Stanton, who has over 60 years of active membership in the Fire Department; and Former Mayor Lawrence Rockwell, whose term of office was one of the longest in the state.

After the parade the celebration returns to the Village Commons on Church Street where the Esperance Band will be performing before the opening ceremonies at 1:15 p.m. featuring flag ceremonies by the Boy Scouts and various speakers. At 2 p.m. the Schoharie Valley Singers will be performing at the Gazebo followed by a Bicentennial Cake prepared and served by Hannaford. At 3 p.m. parade trophies will be awarded. Firematics will follow with trophies awarded for the winning fire departments at 4 p.m. At 5 p.m. a series of bands will be performing, beginning with the group Flashback at the new Fire House. A half hour fireworks display will kick off at 9:30 p.m. from Feuz Terrace. Guests are invited to dance the night away at the firehouse.



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Whatchamacallits

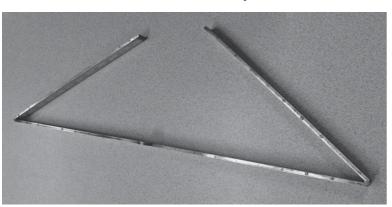
This Whatchamacallit is the Stanley no. 94, 4 foot, 4-fold carriage maker ruler. This ruler is the largest Stanley has made and is a rare find for antique collectors.

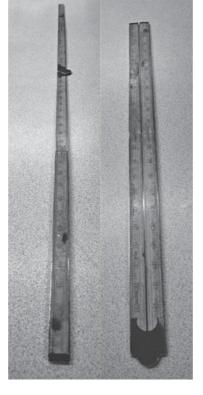
Stanley Hand Tools was founded in 1843 by Frederick T. Stanley in New Britain, CT. The purpose for this company at the time was to make bolt and door hardware, but it soon branched

out to making a wide variety of products.

In 1857, Henry Stanley founded the Stanley Rule and Level Company which was later merged with Stanley Works in 1920. Henry Stanley and Frederick T. Stanley were cousins and Stanley Works operated solely as the hand tool division.

During the turn of the 20^{th} century, automobiles were





not as common as carriages and carts. Many people made a solid living off of building carriages for years, but the use of rulers and other hand tools became essential in the effort. That was when the company produced their no. 94 ruler.

This ruler is made up of four one-foot long pieces that are hinged together. When fully extended, the ruler is four feet in length and when it is fully collapsed, it is one foot in length. There are several thin metal prongs sticking out from the side of the ruler which

is used to keep the hinges from breaking when the ruler is folded down. Many of these rulers that still exist are



lacking one or more of these prongs, making this aspect the best way to assess value of the ruler.

Good Housekeeping

Grilled strawberry shortcake skewers

This fun, fresh and festive recipe for Grilled Strawberry Shortcake Skewers with Blueberry Glaze is the ultimate summer dessert that everyone will love!

For the skewers:

1 pound cake, thawed if frozen

32 strawberries (2 pounds), hulled

2 tablespoons corn oil

2 tablespoons honey

For the cream:

1 cup whipping cream

2 tablespoons granulated sugar

Zest of 1/2 lemon

For the glaze:

1 1/2 cups powdered sugar

1 tablespoon whipping cream

1/2 teaspoon fresh lemon juice

1/4 cup blueberries, thawed if frozen For the skewers:

- 1. Prepare grill for direct cooking over medium-low heat.
- 2. Slice pound cake into slices, then cut each slice into cubes. In a small bowl combine the corn oil and honey until well-combined.
- 3. Thread cake cubes and strawberries through skewers until they're all gone. If using wooden skewers, be sure to soak them in water for at least 1 hour before using. Lightly brush oil and honey mixture all over the skewers.
- 4. Grill skewers for about 2 minutes per side, or un-

til the cake is toasted and golden, and the strawberries are slightly softened.

For the cream:

Beat the cream, sugar and zest in a bowl with an electric mixer until soft peaks form. Cover and chill until ready to use.

For the glaze:

In the pitcher of a blender, combine all of the glaze ingredients. Blend on high until everything is well-combined and smooth. Drizzle over the skewers before serving alongside the cream. Makes 8 servings.

Recipe courtesy of Handle the Heat.

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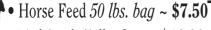
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Calendar of events

July 7

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

July 10

Rabies Clinic. 6:30 – 7:30 p.m. St. Johnsville Town Barn. 7431 Route 5. St. Johnsville. New York. For more information call 518.853.3531.

July 11

The Oldies Show Band Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

July 14

Esperance Village and Fire Department Bicentennial Celebration. 7 a.m. - 9:30 p.m. Events throughout the village all day. New York.

Free Clothing Giveaway. 9 - 11 a.m. Valley Alliance Church. One mile east of the Nelliston traffic light. Doors open at 8:45 a.m. Refreshments will be provided.

July 18

Wednesdays at Fort Klock. 6:30 p.m. Wade Wells, Historic Site Manager Johnson Hall, will discuss the 18th Century Funeral and mourning practices. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

July 18

Double Image Band Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

July 19 or Aug. 2

Becoming Ancestors: Collecting, Preserving and Sharing Family Stories. July 19, 26 and Aug. 2 or Aug. 15, 22, 29. The afternoon dates are July 19, 26 and Aug. 2 and 9 from 1 - 3:30 p.m. The evening session is scheduled for Aug. 15, 22, 29 and Sept. 5 from 6:30 -

8 p.m. Participants have the option of registering for either Thursday afternoons or Wednesday evenings. St. Johnsville Community House, 16 Washington Street. Sponsored by Margaret Reaney Memorial Library. Registration is required. Please call 518.568.7822.

July 23 and Aug. 22

Brookwood Point History & Garden Tours this summer. 6 p.m. Brookwood Point Garden. Cooperstown. NY. To RSVP or for more information about Otsego Land Trust, email OLT's Communications and Outreach Manager Becky Talbot at becky@otsegolandtrust. org or call 607.547.2236.

July 25

Third Annual Car Show. 3 - 7 p.m. Parkside Drive-In, St. Johnsville. Presented by St. Johnsville Chamber of Commerce. If interested in putting in a car or a truck, contact: Carmen Licari at 518.727.6024 or Dawn Lamphere: 518.332.6956.

Wednesdays at Fort Klock. Kevin Richard-Morrow, Captain of the Mabee Farm Bateaux "DeSager", will discuss the Mohawk River's role in18th century commerce. For more information visit www.fortk-lockhistoric.org, call 518.568.7779 or find us on Facebook!.

Dan Duggan and Peggy Lynn Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Stone Soup Concert. July 27 18. . For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

Aug. 1

Jamie Notarthomas Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Aug. 7

Rabies Clinic. 6:30 - 7:30 p.m. Palatine Town Barn. 817 Stone Arabia Rd. Fort Plain. For more information call 518.853.3531.

Aug. 7-9

Young Pioneers Program. For more information visit www.fortk-lockhistoric.org, call 518.568.7779 or find us on Facebook!.

Aug. 8

Small Town Big Band Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Aug. 11

Rabies Clinic. 9 a.m. - noon. Rural Grove Fire Department. 1192 Rt. 162. Rural Grove. For more information call 518.853.3531.

Ames Academy School Reunion. 9 a.m. - 3 p.m. All welcome to help the students celebrate. Check Facebook for schedule of events or contact f@amesmuseum.

Aug. 15

Wednesdays at Fort Klock. Paul Supley will discuss drinking chocolate in the 18th Century, Sample his chocolate preparations. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!.

Old Tyme Fiddlers Concert. 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

Aug. 18

"Celebration of the Spirit" concert. Noon-5 p.m. Arc Park. 420 E. German Street. Herkimer. For more information visit: www.archerkimer.org or call 315.574.7000.

Aug. 22

Wednesdays at Fort Klock. Aug. 22 18. Fort Klock Historic Restoration founding member Skip Barshied will review lighting through the ages. For more information visit www.fortklockhistoric. org, call 518.568.7779 or find us on Facebook.

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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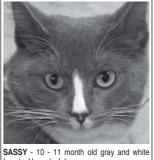


EDDIE - Sweet 8 year old gray and white male











16th Annual Ayres Memorial Animal Shelter Golf Tournament • Saturday, July 14 The Canajoharie Golf & Country Club, 154 Golf Club Road, Canajoharie

\$57.00 per person (CGCC member) • \$75.00 per person (non-member) 4 Player Scramble fee includes: 18 holes of golf & cart. Tournament fee, donation to shelter, lunch after tournament, coffee, juice,

donuts and fruit at registration (7:00am to 7:30am) • Tee Time 8:00AM Putting & Chipping Contests (sponsored by Richard Euler Realty) 1st Place \$50 - 2nd Place \$25 in each contest Also Closest to the pin & Closest to the line - Door Prize, 50/50 and raffle tickets sold, winners picked during lunch For More Information or to register, please contact The Canajoharie Golf & Country Club • 518-673-8183 Thank You For Your Continued Support To Our Shelter Dogs

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Friday, July 13th













Clean out the medicine cabinet

Cleaning takes on an entirely new meaning when getting rid of expired or unsafe medicines. Even though people may be quick to toss out expired foods or even clean closets of ill-fitting clothing, few individuals exercise such diligence with their medicine cabinets.

The U.S. Food and Drug Administration says the medicine expiration date is critical when determining if a product is safe to use and will work as intended. Medications past their expiration date may not be as strong as intended, and even their chemical composition may change, making them risky to keep around. Furthermore, keeping too many medications in a home — particularly pain prescriptions — can lead to misuse and abuse, as the U.S. Drug Enforcement Administration says that rates of prescription drug abuse in the United States have risen considerably in recent years.

Some old medications, such as children's cough and cold products, may no longer be recommended for certain ages. Having such medications in the house could prove harmful.

Taking inventory and cleaning out medicine cabinets frees up space and creates a safe home environment.

• Toss away any expired products, whether they are



Checking medications and removing expired products from the house can prevent accidents.

A day without sunshine is like, you know, night. - Steve Martin prescription or over-the-counter medicines. The best way to do so is to bring the medication to a pharmacy for disposal rather than throwing it in the garbage or flushing medicines down the toilet.

- Discard any unmarked containers or pill foils that are not in their original packaging.
- Test any medical devices, such as a nebulizer, blood pressure monitor and glucose testing equipment to ensure they are in working order.
- Replenish commonly used items, such as fever reducers or headache medicines. Make sure there is a

supply of bandages and first aid equipment on hand at all times.

• Relocate medical supplies to an area that isn't high in humidity, as steam from showers can speed up the expiration of medication. Storing medicines in the refrigerator won't help, as that is a high-humidity area, too

Checking medications and removing expired products from the house can prevent accidents related to medications and ensure that all medicines in the house are as effective as possible.



Co-Ed Volleyball Tournament

SATURDAY: AUGUST 11th

8:30^{am} Check in • 8:45^{am} Captains Meeting POOL play starts at 9^{am}

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MLS







Linda Oord 315-542-5039

Real Estate Agent Frank Stagliano 315-868-0051



Real Estate Agent 518-332-4615



Real Estate Agent 518-441-4744

046: 389 Dingman Road, FORT

PLAIN: This property is as close to

perfect as you can get. 360 degree

panoramic view, 43 acres gently

sloping tillable land with 10 acres of

erty: Farming, Vegetable Gardens,

snowmobiling, dirt bikes, hunting,

star gazing, sunrises and sunsets.

cross country skiing, fruit trees, use

your imagination. Solar farm, QUIET

36 X 50 Utility Barn with 2nd floor loft

area. The home is very cozy with a

view from every window, a complete wrap around porch, outdoor hot tub,

small greenhouse, four bedrooms and

282: 5 Erie Blvd, CANAJOHARIE:

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ing located directly across the

street from the Arkell Museum &

Library. This framing business/

retail store has been successful

in the village of Canajoharie for

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level has retail space, office areas

and workshop space. Upstairs is

currently being used as additional

work snace but could be a poten

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Robert Buck

Krutz Properties is #1 per Capital District MLS for property SOLD in Montgomery County!



014: 26 Center Street, PALATINE remodeled from top to bottom. beautiful hardwood floors throughout. Large bedroom on first floor that could be made into two bedrooms or convert into a master bathroom. Two bedrooms on 2nd floor. A nice space on the second floor that can he a family room or kids play area. Located on a dead end street with a decent size back vard for the kids to play. There is a new roof, new furnace and hot water heater, brand new kitchen with granite counter tops The house has plenty of natural light Asking \$134,000

















Asking \$175,000 677: PRICE REDUCED!!! 640 Fords Rush Road FORT PLAIN: Take a peek out of the front windows and you'll be glad you took the time to see this well cared for farmhouse. The pastoral views go for miles!!! The updated kitchen with granite iter and stainless app will tempt your inner chef. The home has four bedrooms and a full bath on the second floor. The deck right out back also has views of beautiful farmland so you'll enjoy relaxing and grilling

this summer.
Asking \$129,900

950: 952 Old

Sharon Road

CANAJOHARIE:

minutes from

- BRING ALL



054: NEW LISTING!!! 370 Dygert Road, PALATINE BRIDGE: A great four bedroom 3 ½ bathroom home with a great view!!! This beautiful home has cathedral ceilings and second floor balcony overlooking the living room with all windows on first floor overlooking the valley. There is a full length deck looking out over the ponds. Large 60 x 40 pole barn. The basement is partially finished with full bath and double doors to the outside. The property has road frontage on Dygert St. and off Groff Road. 16.2 acres. Handicapped accessible doors and bathrooms, needs ramp 1 step up from garage. Asking \$325,000



351: 41 Third Ave, GLOVERSVILLE: Quain 3/2 two family home in the village Great front porch for relaxing on both levels. Big back yard (double lot) with fence. Huge 3 car garage with upstairs storage. Bonus basement room. Lots of atural light. Pellet stov does not stay. Askina \$75.000



687: 130 Short Road SHARON SPRINGS: The dream kitchen and open iving and dining space will welcome you home the moment you arrive. This is a four bedroom, two full bath home. You'll notice the care that has been placed in undating and maintaining every room here. The large outdoor living space has been transformed into a park-like setting. Asking \$209,000



952: 0 Route 20 CARLISLE: A unique 6.5 acre building lot locat ed in Carlisle, NY Conveniently located only 45 minutes from Albany or the Adirondack Park, 30 minutes to Historic Coooperstown Asking \$35,000







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28 Acres! Pond! Barn! \$289.000

Pasture & gorgeous 3 bdrm, 2 bath home w/family room & den, too many features to list. Professiona landscaping with 4 types of berries, fruit trees and lots of perennials! Nothing to do but move in!



West Caroga Lake

65x400Ft. Lot. Wonderful 2BR + loft, open interior, open living room, eat in kitchen. Modern septic. Sandy waterfront.



East Caroga Lake \$329,000 Enjoy these lake and Mt Views from this East Caroga

Lake Property! New Kitchen with Washer/Dryer overlooking 120ft of Sandy Waterfront!



Peck Lake

Lake access from this oversized 4BR, 1.5 bath year round home! Double lot, peaceful Peck Lake

Reduced \$258,000



Keyser Lake! Motor Friendly! \$178,000

You can move into this immaculate, furnished, 3BR/1.5BA next to new lake house! Relax on the upper & lower decks over looking the waterfront.



East Caroga Lake Reduced \$69,000

Don't judge by the cover. Room 3 BR/BA on double lot. Walk to deeded lake access. Plenty of room, Relax on front porch or patio. Come enjoy sumer at the lake. 2205 St. Highway 10.



Bleeker Mt. \$158.000

Super neat and clean 3 bdrm, 1 bath with hardwood down. Big living room & den with pellet stove. New furnace, granite counter kitchen, attached 2 car garage, Gardens, patio, back porch. Move in ready



East Caroga Lake Gem! \$219,000

New! 3 bedroom, 1 bath HUGE private lot on the peaceful channel where you can watch the loons and bald eagle!



Caroga Lake ACREAGE \$172,000

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Lasslesville Gentleman's Farm \$163,000

7.6 acres, Fields, woods & year round creek, lovely restored Colonial that goes on and on! 3+ BR, 1.5BA, wood firs, formal dining & living rms, office.



Fonda Schools \$89,000

3 bedroom, 2 bath Dbl wide immaculate home! Laminate floors thru out, appliances stay, above ground pool and big shed for toys. 3 miles to Fonda!



Bleecker! \$90,000

80 acres!! Off the grid cabin with wood stove! Drilled well! Plenty of privacy and trails through the acreage. Get away from it all. Start a Hunting Club!!



Huge Farm! Charleston! \$300,000

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86 West Street, Gloversville

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NINETY PERCENT OF HOMES HAVE HARD WATER: WHAT ARE THE EFFECTS?

(BPT) — Hard water, which contains high levels of calcium and magnesium, can be found in nearly 90 percent of American homes. These minerals cause scaling, a buildup that clogs water-lines and plumbing forcing appliances to work harder and operate less efficiently. The scale may also harbor bacteria. The only way to truly remove the hard and soft scale from household water systems is with salt-based water softeners.

The benefits of salt-based water softening are significant. Hard water scaling can cause your showerhead to lose up to 75 percent of its flow rate in 18 months. Hard water also interacts negatively with soap, reducing its cleaning power. Soft water is up to 12 times more effective at cleaning dishes than increasing the amount of detergent used.

According to the Water Quality Research Foundation for washing machines, the most important factor in removing stains from clothing was water softness. Reduction of water hardness was up to 100 times more effective at stain removal than increasing the detergent dose or washing with hotter water. In fact, soft water can reduce soap use by as much as half. Hard water can also reduce the efficiency of water heaters and increase electricity costs by as much as 48 percent, according to the Battelle Memorial Institute.

Hard water scaling can also affect your health. The piping used in home plumbing, whether copper or PVC, has very smooth interior surfaces that don't permit bacteria to settle and grow. However, hard water results in scale formation on the interior surfaces of those pipes, providing a perfect home for bacteria.

Researchers at the School of Sustainable Engineering at Arizona State University found bacteria may grow in pipes filled with hard scale and soft scale at the same rate. This is important because some forms of water conditioning produce this soft scale. The solution is to remove hard and soft scale in the pipes with a salt-based water softener.

Hard water you use to wash your fresh fruits and vegetables may contain more bacteria, and the problem isn't only in the kitchen. When you take a hot shower, the steam you are inhaling can also contain the same microbial contamination that is in the rest of your plumbing, exposing

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you to bacteria such as Legionella, which can cause Legionnaire's disease.

A salt-based water softener is the most functional and cost-effective means of removing hardness minerals. It is a tool to improve health and lower maintenance costs for home appliances like dishwashers and washing machine. It also reduces the need for detergents and high-water temperatures, leading to a smaller household carbon footprint.



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ARE COMMON MYTHS HOLDING YOU BACK FROM BUYING A HOME?

(StatePoint) — Aspirations of home ownership is strong for America's families, yet findings from the fifth annual America at Home survey from NeighborWorks America indicate several perceived barriers to homeownership among the majority of consumers.

Findings from the survey, which consisted of 1,000 U.S. adults and 500 millennials include many misconceptions about what it takes to buy a home:

- The average millennial mistakenly thinks the minimum required down payment is 21.6 percent.
- Approximately 73 percent of all consumers and 62 percent of millennials said they were not aware of or are unsure about down payment assistance programs in their communities for middle-income homebuyers.
- · Seventy percent of adults feel they don't have enough money saved for a down payment.

Experts believe that confusion about down payment requirements and lack of awareness about assistance programs are holding back many people from pursuing homeownership. "Before deciding if owning a home is right for you, take time to understand your down payment options, and separate myths from facts," says Freddie Mac Vice President, Danny Gardner.

For example, the average down payment among first-time homebuyers in 2016 was just 6 percent and, for repeat buyers, just 14 percent. What's more, mortgage options, such as Freddie Mac's Home Possible Mortgages, make it possible for qualified borrowers to put down as little as 3 percent.

If your down payment is less than 20 percent with a conven-

tional loan, you'll have to pay private mortgage insurance, an added insurance policy that protects the lender if you are unable to pay your mortgage. However, mortgage rates — despite their rise in recent years — remain at historic lows, providing you with a significant advantage.

There are also millions of dollars available for down payment assistance. A great place to start is right where you live. Many state, county, and city governments provide financial assistance for people in their communities who are well qualified and ready for homeownership.

process, free tools and resources are available at myhome.freddiemac.com.

To help demystify down payments and the home buying

Don't let misconceptions hold you back from pursuing homeownership. Check out the facts to learn how much home you can afford



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(58) 19 Arnold Ln. Nelliston: 3 BR ranch style home on dead

end lane. LR has hardwood floors and a fireplace. The kitchen

has cooktop, built in oven and the laundry hook up. Sunny and

spacious back yard for the garden. New front deck. Single car

attached garage. Natural gas heat. NOW \$55,900



(804) 28 E Main St. Nelliston: Fully rented 3 unit has a 3 BR / 2 Bath apartment on the first floor and 2 - (2) BR apartment or the second floor. Separate utilities. Off street parking. Plenty of storage in the Attic and full basement. Concrete patio area in back yard. Laundry on premises. **\$109,900**



(276) 4506 St Hwy 5, **Fonda:** This is a newly constructed home which needs to be finished is situated on 39.62 Acres. It has a BR. Bath and functional galley kitchen in Butler's pantry attached garage has 4 spaces with overhead doors.



(56) 1123 River Rd. Fort Plain: This 4 BR home is situated on 61.7 acres. First floor BR and Bath, LR, DR, Kitchen and 2 nclosed porches. Mature landscaping with many perennials and 2 orchards. There's a couple of outbuildings and a nice two car



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Listed At \$389,000 109 Windswept Drive E, Amsterdam



SUPERIOR BUILT, 5 BDRMs, 4.5 Baths, 2 fireplaces, office/bonus room above the garage, HUGE walk out basement, HUGE 2 car garage, beautiful back yard, a grill built into the kitchen so you can grill all year long, CENTRAL AC. This true 1/2 Million Dollar Home is PRICED TO SELL!

REDUCED \$229,000 246 Loonenbergh Tpk, Cobleskill



Impeccably kept 3BDRM, 2.5 bath home that is only 4 yrs old & situated on 8.5+/- acres WITH A GORGEOUS VIEW, full basement, 1 car garage, shed & chicken coop & only mins to the Village of Cobleskill.

REDUCED \$210,000 1761 Hickory Hill Rd, Fonda



This 4 BDRM, 2 full bath home comes with a STELLAR VIEW! You can see endless miles of the beautiful valley. Home features all wood flooring, carriage house kitchen, family room, new screened in back porch, CENTRAL AC, large dry basement, 2 car garage & 2.8+/- acres.

\$69,900 3137 St. Rte. 80, Fort Plain



Cute 3 BDRM, 1.5 bath home & 1,500 sq. ft. of living space w/2 car garage. Sale can include furnishings. Taxes are about \$2,166 annually. Call Carol Paciolla, NYS Licensed RE Associate Broker Cell (518) 332-3279 to view.

NEW LISTING \$245,000 152 State Highway 161, Town of Florida



THIS IS A GREAT
12 yr old,
3BDRM, 2 full
bath ranch, finished basement,
extra storage
bldg & 1.6+/acres in the
Town of Florida.

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BEAUTIFUL 4 BDRM, 1.5 bath Victorian home with gorgeous hardwood floors, 2 car garage, deck, HUGE front porch, small above ground pool, newer roof, new high efficiency furnace & water heater.

REDUCED \$249,900 112 Hys Rd, Caroga Lake



This is a 3 BDRM Lake Home situated on West Caroga Lake with 50+/- feet of lake frontage & access directly to your own dock. New 2 car garage w/unfinished bonus room above.

o view call Katie-Anne Isabella, NYS Licensed RE Salesperson, Cell 518-866-1089

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Only \$235,000 114 Joann Way, Town of Florida



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NEW LISTING \$225,000 142 Newkirk Rd., Caroga



Cute & cozy year round or seasonal home w/furnace & central AC, that has a ton of water frontage & access, dock & combined 22.48+/- acres. 1500 sq. ft. of living space, taxes only \$3,551 annually & very private at the shoreline as you can only see 2 other homes.

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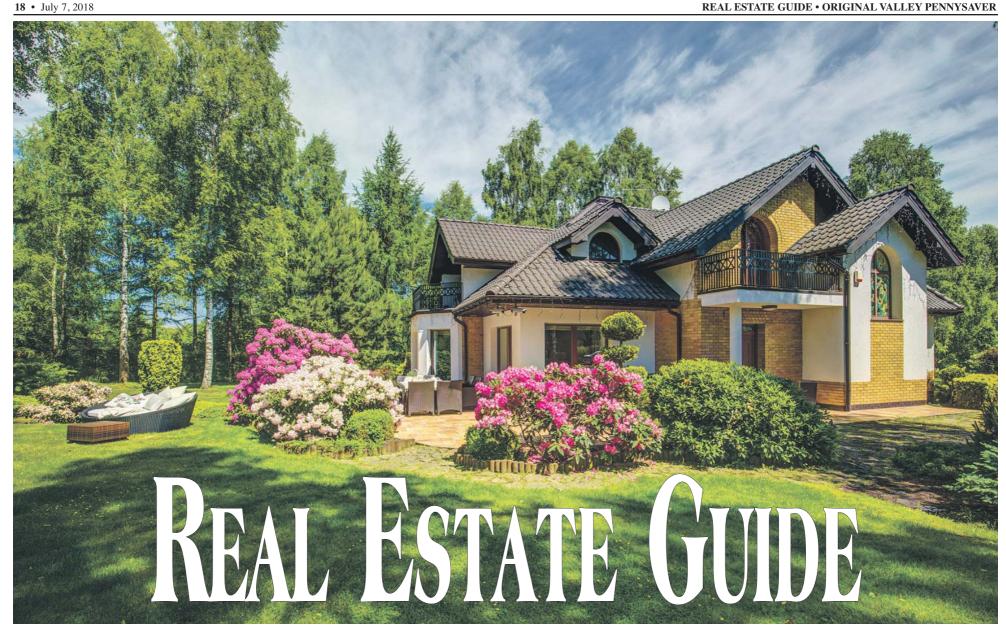
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Serving the Homes of the Mohawk Valley

Safety an important component of hiking

Hiking is a popular and accessible outdoor activity. According to the American Hiking Society, since the National Trail System was established under President Lyndon Johnson in 1965, the mileage of trails on federal lands has increased almost three-fold, from 88,000 to more than 193,000 in 2015. During that same time period, mileage of trails on state lands has increased from 15,000 to 42,500. And all those trails aren't going to waste, as the Outdoor Industry Association notes that more than 34 million people went hiking in 2013. Hiking is a great way to enjoy the great outdoors, but veteran and novice hikers must emphasize safety when traversing the trails.

• Bring adequate supplies. Even hikers going on relatively brief hikes should pack supplies so they're safe. Pack supplies such as a compass, a map of the trails you'll be traversing, some basic first aid materials (band-aids, gauze, an antibiotic ointment such as Neosporin®, etc.), extra water, and extra food. Such

supplies may be precautionary, but they're potentially invaluable if hikers get lost or suffer an injury during their hikes.

• Hike only in daylight hours. Hiking during the day allows hikers to take in nature at its sun-soaked best while reducing their risk of getting lost. In addition, park rangers and employees may not be working or accessible overnight. And depending on where hikers are hiking, trails may be home to nocturnal animals that may be startled by and aggressive toward men, women and children walking through their domains. When hiking, be sure to turn back at a time of day that ensures you can return to your vehicle in daylight.

• Let loved ones know your plans. All hikers, but especially those hiking alone, should let loved ones know they're going hiking and exactly where they plan to hike. This can make it easier for park rangers or rescue teams to find you if you get lost. In addition to letting others know your plans, leave a note in the glove compartment of your vehicle ex-

plaining where you plan to hike.

• Know the forecast. Weather can change at the drop of a hat, so before heading out, hikers should check the

local forecast and make any necessary adjustments to stay safe. Be sure to include a rain jacket, sunscreen, ballcap, and warm clothing among your supplies to account for unexpected inclement weather. Shorten hiking excursions if storms are in the forecast.

• Stay within your abilities. Some people may consider hiking a leisure activity, but many trails can be physically challenging. Hikers should stay within their capabilities and steer clear of trails they do not feel like they can traverse safely.

Stop by the park's visitor's center prior to beginning a hike so you can get a list of trails and identify which ones are best suited to your abilities.







R.F.D. by Mike Marland

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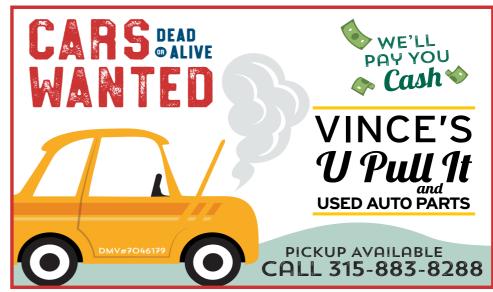
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Country Chuckles by Jonny Hawkins



"Oh, boy - this is too good."





20 • July 7, 2018





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I refuse to answer that question on the grounds that I don't know the answer.
- Douglas Adams





Safety measures for teen drivers

Young adults gain independence through a series of milestones throughout their youth. But few such milestones are more anxiously anticipated than the day when teenagers earn their drivers' licenses.

For teenagers, drivers' licenses mean the difference between being at the mercy of adults for transportation and being able to set off on their own. Even though a license to drive indicates a teen has passed the written and road tests necessary to drive without adults present, newly minted licensed drivers may still not be ready to drive without supervision. In fact, statistics indicate that teenagers may benefit from a little extra instruction and guidance before they're given the keys to the family car.

The U.S. Centers for Disease Control and Prevention say that motor vehicle crashes are the leading cause of death among American teens. According to State Farm, young Canadians represent only 13 percent of the licensed driving population, but account for approximately 20 percent of the motor vehicle-related deaths and injuries across the country. The highest perdriver and per-distance fatality rates are found among drivers between the ages of 16 and 19. According to Geico, one in five 16-year-old drivers has an accident in their first year of driving.

Teenagers who want to drive and stay safe on the road can employ these safety tips.

• Keep an open attitude. Consider increasing road time under the instruction of an adult and learn from their guidance. Ask for help if there is a driving skill you haven't mastered, such as merging onto a busy highway or parallel parking.

- Limit other teen passengers. The CDC says the presence of teen passengers increases unsupervised teen drivers' crash risk. Until you are secure behind the wheel, avoid the temptation to give a bunch of friends a ride
- Stick to daylight driving. Geico says the risk of a fatal crash is three times greater at night for every mile driven. Reduced visibility and reaction time can contribute to crashes. Gain ample experience driving during daytime hours and make sure you are completely comfortable behind the wheel before setting out at night.
- Practice in all conditions. Safe driving involves making smart decisions even when driving conditions are poor. With an adult in the passenger seat, practice driving in inclement weather, only venturing out in such conditions on your own when you feel ready to do so.
- Turn your phone off. Smartphones put all motorists at risk of accident. In the time it takes drivers to look at incoming texts, they may have driven several hundred feet without their eyes on the road. Make it a policy to turn smartphones off while driving.
- Slow down. Speed is a common factor in automotive crashes involving teens. Follow posted speed limits at all times.
- Drive unimpaired. Do not take drugs or consume alcohol or other substances that impair your ability to drive.



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Paw's Corner

by Sam Mazzotta

Is doggie door a safe escape?

Dear Paw's Corner: The article about not leaving pets outside for too long because of coyotes is silly. There's an easy solution: Just install a dog door! They work great. My dog comes and goes at liberty, and I've never had any other creatures follow her inside. -Robert D., via email

Dear Robert: That is one solution, so long as you're confident that your dog will be able to quickly run inside if a threat appears. Some dogs absolutely refuse to use a doggie door, which is annoying for owners who don't need to monitor their dog's every move (because they have a strong fence, and don't live in an area that a coyote family has claimed as its hunting

However, in areas where coyotes have been spotted or where there have been reports of them taking small pets, owners really should be outside with their pet, especially small- to medium-sized dogs, as well as cats. Coyotes are far less likely to show themselves when a human is present.

Some folks may wonder what all the to-do is about coyotes. In the Northeast, they have increased in numbers and are frequently sighted in suburban neighborhoods. In other areas, the nuisance animal

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Terms are Cash Check or Credit Card. No buyers premium on horses or ponies!! watch next ads for more info..All Horses and Ponies must have current Coggins Test Papers...

Public Benefit **Consignment Auction** Saturday July 14th 9:00am

New Tool Consignment Auction at 7M Supply 1130 Clinton Rd Fort Plain NY (in conjunction with the Mid July Community Days) Large selection of Cordless Tools, Hand Power Tools, Dewalt Batteries and Tools, Lubricants, Tack, Tables, Swim & Camping Supplies, Pet Supplies, Canning Supplies, Groceries, Candy

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may be a black bear or a cougar. In many cases, colonies of feral cats are a risk because they may attack housecats, potentially exposing them to rabies, FIV or feline leukemia.

Additionally, all pets that regularly go outside - either accompanied or through a doggie door - need to be vaccinated and have any required municipal license and ID tags. A microchip implant also is a good idea, just in case they escape the yard.

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Whenever I feel the need to exercise, I lie dowη until it goes away. - Paul Terry



Sat., July 7th Consignment Auction ~ 6:33PM Sun., July 8th Breeder Sale ~ 11:33AM Sat., July 14th Consignment Auction ~ 6:33PM Sat., July 21st Consignment Auction ~ 6:33PM Sun., July 22nd Breeder Sale ~ 11:33AM

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Mon. June 25th - Sold 337 head. Cull Ave. \$.54 Top Cow \$.68, Organic cull ave. \$.71 top cow \$.78, Bulls/Steers \$.54 - \$.77, Bull calves top \$1.20, heifer calf top \$1.75, Dairy milking age top \$1310, bred heifers top \$1100, open heifers top \$870. **Mon. July 9th** - Normal Monday Sale and Monthly Heifer Sale

Special: J&E Weissmann Farm Registered & Grade Holstein Milking Herd Dispersal. RHA 22995 3.5 810 3.0 696. This family farm was established in the 1860 after loosing their milk market the decision was made to Disperse the milking herd. Quality has never been an issue as they won the 2017 Dairy One Quality Milk Award with 135,000 SCC ave. Well known sires used Bigtime, Atwood, Day, Guthrie, Phoenix, Aftershock to mention a few. The Dairy will start at 1:00. Owners: Jim & Evelyn - Weissmann Callicoon Center, NY.

Mon. July 16th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. July 23rd - Normal Monday Sale & Monthly Organic Day

Mon. July 30th - Normal Monday Sale

Wed. Aug. 8th - Langdon New Hampshire. Morrill Farm Reg. & Grade Milking Herd Dispersal - 300 head sell with 100 R&W - many more RC and 100 milking in their 1st lactation. Super herd of Freestall cows. Mgrs: Northeast Kingdom Sales & Raymond LeBlanc. Assisting as Ringman - call with your bids.

Fri. Sept. 7th - 11:30 AM sale held at the sale barn. Nutmeg Acres

Complete Registered Brown Swiss & Holstein Dispersal. Selling 80 head - 60 Swiss 20 Holsteins. 45 milking age balance youngstock. Showage calves & heifers in this group all by popular sires! Owners: Lewis & Trudy Tanner, Warren CT. 860-868-2120 cell: 860-685-0708. Watch for more complete details.

Sat. Sept. 22nd - Sale to be held at Sale barn - New Berlin, NY. 12:00 PM E.S.T. Empire State Farms Complete Final Chapter Complete Fullblood Wagyu Dispersal. Approx. 100 lots sell including: Young & Mature cows, Bred & Open Heifers, herd sire prospects, preg. Recipients, cow calf pairs, embryos & semen. Watch for more complete details.

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King Crossword

ACROSS

- Hollywood's Photoshopping? (Abbr.)
- \$ dispenser
- Cheek by -
- Pilgrimage to Mecca
- 13 "How come?"
- 14 Overwhelms 15 Earthenware
- pot 16 Neither part-
- ner
- 17 Require
- 18 Westerns star John
- 20 Language of Pakistan
- 22 Grecian vessel
- 24 Red suit
- republic
- 32 Zagreb resident
- 33 Computer brand
- Youngster 36 Christmas
- 37 Salvers
- 39 Topic
- 41 Blew hard
- 43 Greet the villain
- 44 Thing 46 Prank
- 50 Celebrity
- 53 Unopened
- flower
- 55 Noble title 56 Congers, e.g.

- 28 Former Soviet 57 Unfriendly 58 Old portico
 - 59 Ridge caused by a blow
 - 60 With 61-Across, finis
 - 61 See 60-Across

DOWN

- 1 Food, slangily 2 Festive
- anything
- 4 Plant bristle 5 Command-
- ment starter
- 6 Gift from the wise men

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7 She's Betty in

- "Mad Men" 8 Have bills
- 9 Tiny 10 "Acid"

60

- 12 New Year's Day 19 Mess up
- 21 Calendar abbr.
- 23 Almond or pecan
- 25 Libertine 3 Without doing 26 Body powder
 - 27 Proofreading directive 28 Dog owner's
 - chore 29 Beige
 - 30 Symbol on

MAGIC MAZE ● LONELY

PEBYWTHROLJNGEB YWURDENOORAMPNK IGDPRESIDENTEBZ XVSMQELOCMKECIG ECIAYWWOUSDQATP NTRESEDOPULJPHH FECE(LIGHTHOUSE)A YXVGMVUISETQOMP NANMKJLHFERRLOC CIBZYODNALSIOOX

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

SVUTSOPTUOTRFNO

Desert Fire tower Hermit

Lighthouse Marooned Mid-ocean North Pole

Outpost President Single

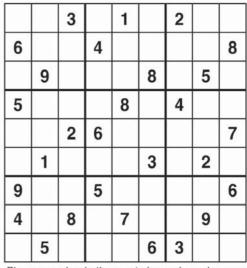
Solitude

Solo Space The moon

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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



HOCUS-FOCUS

HENRY BOLTINOFF

Canada's flag

"Help!"

28-Down

neckpiece

42 Subtraction

from an

account

Donovan

Golf prop

52 Everybody

54 Coloring

agent

45 Lots

48 Press

Actor

49 Dressed

50 Stitch

51

35 Place for

38 Prepared

40 Feathery



Find at least six differences in details between panels.



suit is different. 4. Shovel is missing. 5. Bird is missing. 6. Hat is moved. Differences: 1. Horse is missing. 2. Watering can is missing. 3. Bathing

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3. Sunday, because all the rest are weak (week) days. 4. On the outside. 5. Make the trousers and vest first. Answers: 1. A skating pond. 2. A dandy lion (dandellon).

FIND THE "MAGIC" NUMBER! What number can you add to each figure in our math expression to

square" each figure, giving the correct expression: 9 + 16 = 25. Answer: Place a "2" above and to the right of each figure. This will

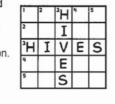
HERE'S A "HONEY" OF A PUZZLE! At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

 Looking very pale. 3. Hives (given)

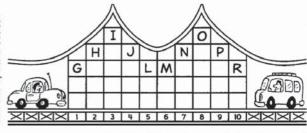
5. What hives are.

make the statement correct?

- 4. To single out.
- 2. To look with favor upon.
- Answers: 1. Ashen, 2. Smile, 3. Hives, 4. Elect, 5. Nests.



A WORD BRIDGE!



The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

- 1. A long, narrow fish.
- A metal fastener.
- 3. Found on computer screens.
- 4. Jazz musicians' talk.
- 5. Record of ship's progress.
- 6. A boy's best friend.
- 7. A colorful sign.
- 8. Often referred to as golden.
- 9. Eastern pocket bread.
- 10. Slang for wonderful

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THE DENTAL OFFICE OF ROBERT W. KEBA, located at 25 East Main Street, St. Johnsville, NY, phone # 518-568-2441 is closing on 7/1/2018 due to retirement. Thank you for your patronage. It has been our pleasure to serve your dental needs.

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Cycle Adirondacks introduces Fall Harvester Bicycling Event Two-day tour features the agricultural landscape and rich history of Fulton County

JOHNSTOWN — Cycle Adirondacks will cap its 2018 bicycling season with a brand new fall event, the Harvester, slated for Sept. 29-30 in Fulton County. The two-day family friendly road cycling event will be based at Johnson Hall State Historic Site in Johnstown and feature the pastoral agricultural land-scape and rich history of Fulton County and the southern Adirondacks.

Registration, now open at CycleAdirondacks.com, includes fully marked and supported cycling routes for all abilities levels, meals, route snacks and entertainment, not to mention unique stops at historic sites and farms in picturesque Fulton County during peak fall foliage.

"Fulton County is abundant with a rich history and scenic beauty along with an active cycling population. Partnering with Cycle Adirondacks to host this new event was the best way to showcase all three," stated Gina DaBiere-Gibbs, Director of Tourism for the Fulton Montgomery Regional Cham-

ber of Commerce. "Recreationally, Fulton County offers the FJ&G Rail Trail, mountain biking trails, a triathlon and a cycling club. Cycle Adirondacks has visited Fulton County in the past with their weeklong tour as well. That event was very well received with cyclists and our local communities. We wanted to build off of these successes and create an event to highlight our historic sites, agriculture, scenic beauty, and benefit our local businesses."

Additionally, partial proceeds from the event will benefit the Fulton Montgomery Regional Chamber of Commerce's Scholarship Program, which was established in 1986 to provide financial assistance and incentives for students interested in pursuing a course of college study.

"The Chamber gives out scholarships annually to eligible high school seniors graduating from a Fulton or Montgomery County high school or applicants who have previously graduated from a Fulton or Montgomery County high school. We receive between 60 and 80 applications per year from all over the region and have awarded over \$120,000 in scholarship funds to Fulton and Montgomery County high school seniors," added DaBiere-Gibbs.

All cycling routes will start and finish at historic Johnson Hall. In between, guests will experience calm rural roads offering an up-close look at the beautifully diverse landscape of the Mohawk Valley and southern Adirondacks, all while visiting with those who work the land, preserve the history and call this special place home.

"Connecting people with place is a key component of any Cycle Adirondacks bicycle tour," said Cycle Adirondacks' Matt VanSlyke. "We strive to provide an experience that's authentic and unique. Our guests travel far and wide to explore the world on their bicycles and it's our mission to show them why Upstate New York is the finest place to ride."

Harvester registration will include light breakfast options both Saturday and Sunday morning at Johnson Hall featuring fresh fruit, bagels with local cream cheese, assorted local and homemade baked goods as well as coffee, tea, juices and water from Black Tie Catering.

Following the Saturday ride, the event goes big with a finish line BBQ at Johnson Hall complete with pulled pork, bone-in smoked chicken, pasta salads, fresh strawberry salad, grilled herb vegetables, assorted desserts, coffee, tea and other assorted beverages. The BBQ will also feature local craft beers, ciders and live entertainment from the Insolent Willies from 1-4 p.m.

And best of all, the finish line BBQ and entertainment is a community event open to all which flows perfectly into the annual Bacon Jam set for later that afternoon in downtown Gloversville.

Event lodging for those visiting from out of town is widely available within a short distance from Johnson Hall. Complete event details and event registration is available now at CycleAdiron-dacks.com/Harvester.

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 - · Canjo 4's Sand Slam Co-Ed Volleyball Tournament

Saturday, August 11th 9am Watch for details

- · Community Auction
- September 22, watch for details
- Golf Outing, Dinner & Silent Auction
 Sept. 7, 2018- watch for details
 - · Shop Small Saturday
 - Saturday, Nov. 24, 2018

 Elyop Night Out

· Elves Night Out Friday, Dec. 7, 2018

Pay on-line or email info@canajohariepalatinechamber.com for an application

www.canajohariepalatinechamber.com

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The reason I talk to myself is because I'm the only one whose answers I accept. - George Carlin

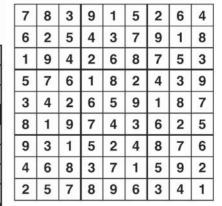
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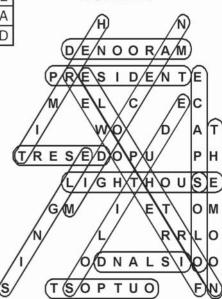
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Weekly SUDOKU _

Answer



LONELY



Should pets eat a grain-free diet?

When touring pet food aisles at the pet store or the supermarket, pet owners may become overwhelmed by the options at their disposal. Many pet owners choose to replicate their own diets when choosing foods for their pets, and a popular trend is to avoid grain when selecting pet foods. However, selecting the best diet for pets means weighing all the benefits against the possible negatives. Much of the time it comes down to pet owner preference.

Why grain-free?

Proponents of feeding dogs and cats grain-free diets involves the support of the "natural" diet of these animals, or what their wild counterparts would be eating before dogs were domesticated. According to Dr. Karen Becker, a holistic veterinarian and contributor to Healthy Pets by Mercola, the natural diets of canines contain almost no carbohydrates or grains. The primary sources of carbs would be the grasses, fruits and vegetables found in the stomachs of prey animals.

Other proponents of grain-free diets say that, while dogs and cats may have evolved from wild animals to domesticated pets, their digestive systems have remained relatively unchanged. Dogs in particular have little natural digestive support to metabolize complex carbohydrates and grains. Grains and other carbohydrate sources may lead to excessive gas, loose stools,

skin irritations, blood sugar fluctuations, insulin resistance, and other health problems.

Are grains okay?

The other side of the argument is equally compelling. Vet-supported resource PetMD says that most pets do not need grain-free diets. Dogs possess several genes that have been modified through evolution to allow them to easily digest carbohydrates, according to the research "The genomic signature of dog domestication reveals adaptation to a starch-rich diet," by Erik Ax-

Another reason to avoid grain - food allergies may not be so simple, either. When dogs and foods were assessed for allergic reactions in a review of 278 cases, beef and dairy were the most common allergens found as culprits, and not the grains. Corn, which is one of the most common carbs found in dog food, was rarely the allergen offender, only showing up in seven cases

Kibble that contains grains can be less expensive than other types of pet food, making it a more affordable option for pet owners.

Feeding pets grains or choosing a grain-free diet is largely up to the pet owner as long as the dog or cat does not have a specific allergy to grain or gluten.

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

Village of Canajoharie

is seeking applicants for the position of Superintendent of the Department of Public Works/Water Plant. Candidates must demonstrate the ability of managing the department's full time union employees. Experience preferred and the ability to prepare an annual operating budget and develop a five-year capital program a plus. Applicant must be familiar with the operations of various machinery, equipment and repairs and possess computer skills. Candidates must have knowledge of water plant and distribution systems and at least a 2A water license. The Superintendent should possess people skills, management abilities, be a problem solver and develop an understanding of the community. Salary commiserate with education and work history and will include excellent fringe benefits. If interested please send resume with cover letter and three professional references to:

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- 4 teaspoons (grated) fresh ginger, peeled
- 2 teaspoons (grated) fresh lemon peel
- 3/4 teaspoon salt
- 2 cloves garlic, crushed with garlic press
- 4 racks (about 1 pound each) pork baby back ribs 2 cups BBQ sauce
- 1. Heat oven to 350°F. In cup, mix ginger, lemon peel, salt and garlic until combined. Rub ginger mixture all over ribs.
- 2. Place ribs in a large (15 1/2-by-11 1/2-inch) roasting pan, overlapping slightly. Pour 2 cups boiling water into roasting pan. Cover pan tightly with foil. Steam ribs 1 hour.
- 3. Carefully remove foil from roasting pan (escaping steam is very hot). Remove ribs from roasting pan, discard water. Ribs may be grilled immediately, or refrigerated up to 2 days before grilling.
- 4. Place ribs, meat side up, on grill over medium heat, cook 5 minutes, turning once. Turn ribs over, brush with some BBQ sauce and grill 5 minutes. Turn ribs over again, brush with more BBQ sauce, and grill 5 minutes longer.
- 5. Cut racks into 2-rib portions, serve with remaining sauce. Makes 6 servings.
- * Each serving: About 490 calories, 34g total fat (12g saturated), 17g carbohydrate, 28g protein, 77mg cholesterol, 655mg sodium.

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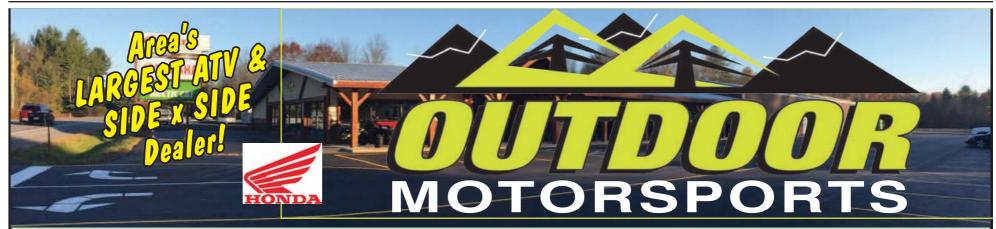


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