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September 1
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The Old Main rocks Main Street



Music on Main Street once again provided an enjoyable evening for those who made their way to the Canajoharie High School for the concert. Free and open to the public, Music on Main Street strives to bring live musical entertainment to the area. The third concert this summer from Music on Main Street featured The Old Main from Utica. Hailed as a folk/rock Alt-Americana musicians, this group showed their versatility by playing

songs from “Arlene” to “Folsom Prison Blues” to “Freebird” and much more. The high-energy performance by Seth Becker, Mitch Eckler, Dusty Elmer, Nash Robb and Rick Gergen made for a great time. If you missed this one, visit www.bandsintown.com/a/926646 for their concert dates.

For more information on Music on Main Street, visit www.musiconmainstreetcanjo.com.

The Old Main have had a busy summer, recording a live album at Saranac Thursday in Utica and touring to Syracuse, Oneida and Plattsburgh. They played a free show as part of Music on Main Street in Canajoharie on Aug. 21.

Photos by Joan Kark-Wren



(L-R) Dusty Elmer on banjo, Nash Robb on the upright bass, Seth Becker on banjo and Mitch Eckler on drums are the folk rock band the Old Main.

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Help kids calm first-day-of-school jitters

The first day of school can be an exciting time, especially for children who have never before attended school. But even youngsters excited about the first day may also experience some jitters. Such nerves are normal, and parents can help kids calm those jitters in various ways.

- Talk about the first day as it approaches. A child's first day of school is a milestone, and parents may do various things to commemorate the occasion. The excitement leading up to the first day can spark kids' enthusiasm, but it also may lead to some anxiety about the unknown. Parents can quell those fears by discussing the first day as it approaches. Explain why the first day is so special, encouraging youngsters to share their feelings. If kids express fears about their first day, parents can explain they felt similarly on their first day of school but quickly adjusted.

- Let kids choose their own clothes. Parents may be tempted to buy special outfits for their children for the first day of school. But kids who are jittery about their first day may calm down if allowed to choose their own attire for the big day. A favorite T-shirt or outfit might be just the thing to comfort kids feeling a bit nervous about their first day of school.

- Get a head start on your morning routine. As summer winds down, begin acclimating children to the morning routine they can expect when the school year begins. One to two weeks before the first day of school, start waking children up when they will need to be up for school. Kids who are accustomed to the morning routine may be more calm on their first day of school because of their familiarity with their new schedule. Going cold turkey on the first day of school may make kids less enthusiastic about attending school.

- Attend school orientation events and plan some play dates in advance of the first day. Seeing familiar faces might make kids forget all about their jitters when they arrive at school on the first day. Inquire about school orientation events and attend as many of those sessions as possible. If encouraged to do so, take kids along so they can meet prospective classmates. Arrange for play dates with those classmates in advance of the first day so kids have a few recognizable faces their own age come the first day of school.

- Start the day off on the right foot. The night before the first day of school, make sure kids' outfits are clean, their supplies are packed and ready to go and their lunch is made. The less parents have to rush around on the morning of the first day of school, the calmer kids are likely to be.



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Commercial Printing
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Strange but True

by **Samantha Weaver**

It was American author, journalist and psychoanalysis researcher Judith Viorst who made the following sage observation: "Infatuation is when you think that he's as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Connors. Love is when you realize he's as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger and nothing like Robert Redford — but you'll take him anyway."

Records show that during the last seven months of Elvis Presley's life, he had 5,300 different medications prescribed for him.

Those who study such things say that Labor Day is Americans' third most favorite holiday, ranking only after Christmas/Hanukkah and Memorial Day. Also, a quarter of Americans are expected to travel out of town over the holiday weekend, with the most

popular destinations being New York City, Los Angeles, Las Vegas, Orlando and Chicago.

In the TV show "Charlie's Angels," it was a requirement that each of the stars had eight different outfits for each episode.

The country of South Africa has a grand total of 11 official languages.

Now that fall is approaching, here are a couple of interesting tidbits for parents: In the United States, the average K-12 student has \$688 in back-to-school expenses. For the average college student, that goes up to \$970.

You may be surprised to learn that the first Caesar salad was actually created in Tijuana, Mexico.

For reasons that aren't quite clear, in Sweden, it's illegal to train a seal to balance a ball on the tip of its nose.

Thought for the Day: "The most dangerous strategy is to jump a chasm in two leaps." — Benjamin Disraeli

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Demolition Derby results for Herkimer County Fair

The Herkimer County Fair hosted a demolition derby over two nights. There were 45 vehicles on Thursday night and 85 cars on Friday night. The Thursday night show included trucks and vans.

Thursday night's Best of Show for fair theme decoration was a tie between Richard Sterling of Ilion and Joe Pike Jr. of Utica. Friday night's Best of Show for Crowd's Choice Award went to Wendy Ingram of Herkimer. Judge's Choice was a tie between Dane Dittman from Frankfort and Jeff Fineout from Herkimer. The Bill Dennis Memorial Award for the Best Hits went to Richard Sterling of Ilion. The Petkovsek Memorial Trophy went to Liz Calder.

Thursday night's Heat 1 winner is Mike Sanders from South Carolina. Heat 2 winner is Jashal Bishal from

Mohawk. Heat 3 winner is Dane Dittman from Frankfort. Richard Sterling from Ilion won Heat 4. Heat 5 contained vans and Matthew Wolcott from Utica won the heat. Heat 6 was trucks and Carlos Santiago from Utica won. Sterling won Heat 7.

Friday's Heat 1 was a team heat and Steal Your Face Racing from Mohawk Valley won. They also won the Corey Pavlot Memorial. Heat 2 winner is Dennis Wood from Ilion; Christine Lopez of Mohawk won Heat 3. Dane Dittman from Frankfort won Heat 4 and Jeff Fineout from Herkimer won Heat 5. Heat 6 winner is Carl Schemier from Herkimer.

Thank you to the sponsors of this event: Vince's U-Pull-It, Todd Hight, the Dennis Family and the Petkovsek Family.



Carlos Santiago from Utica accepts his trophy for winning the truck heat with the Herkimer County Fair Princess Addison Hitchcock from Old Forge. In the announcers booth is the event announcer, Ben Simmons from Remsen, and the Demolition Derby Superintendent, Gerry Elthorp from Frankfort.

Children's Sports Challenge winners

The Herkimer County Fair Sports Challenge event is a free children's event. There are five groups defined by age range and ribbons and trophies are awarded. Stewart Shops sponsors the event.

This year there were 20 participants.

The 3-4 year old first place winner is Emily Thieme, 4, from Maine. Second place went to Dakota Leon, 3, of Herkimer and third place was a tie and went to Josh Jones, 2, of Herkimer and Kamryn Giulbanson, 2, of Ilion.

There were no 5-6 year old children participating this year.

The 7-9 year old group first place winner is Thomas Goodelle, 8, of New Hartford. Second place goes to Courtney Hitchcock, 9, from Old Forge. Lucas Humphreyville, 9, from Little Falls won third place.

The 10-12 year old group first place winner is Addison Hitchcock, 10, of Old Forge. Second place goes to Luis Reitz, 11, of Columbia Center. Third place was a tie and was awarded to Lo-

gan Humphreyville, 10, of Little Falls and Wayne Andrews, 11, of Waterville.

The 13-16 year old group first place winner is Raymond Savere, 13, of Ilion. Second place goes to Michael Conley, 14, from Herkimer. There were no other entries in this age group.

Wayne Johnson, superintendent of the children's events, was pleased with the participation from all the kids and the support from the fairgoers in cheering on the kids.



Addison Hitchcock, 10, Old Forge and Luis Reitz, 11, Columbia Center won the 10-12 year old competition.

Kiddie Firematics winners

Kiddie Firematics is a team water sport held at the Herkimer County Fair in which five children of mixed ages on a team run a timed event to place buckets of water in a central repository. The team with the lowest time wins. Stewart's Shops sponsors one event and M&T Bank sponsors the other.

The first event had 29 entries and the winning team included Addison Hitchcock, 10, and Courtney Hitchcock, 9, both of Old Forge, Isabella Burton, 9, of Little Falls and Wesson Spatto, 5, of Mohawk.

The second place team was Rosalie Russel, 5, and Bobby Burrel, 11, both of Little Falls, Hunter Dennis, 9, of Sauquoit

and Aliana Orchard, 5, of Herkimer.

The second event had 30 entries and the first place team included Noah Mander Mickle, 10, and Michael Mickle, 11, both of Richfield Springs, Sara McMicken, 6, of Binghamton, Aaliyah Johnson, 8, of Herkimer and Isaiah Santiago, 8, of Schuylers.

The second place winning team was Logan Nichols, 7, of Little Falls, Carmello Talarico, 6, of Utica, Emily Broat, 9, of Little Falls, Dani Raye Lewandroski of Sauquoit and Kilyiah Garner, 8, of Utica.

Congratulations to all the kids who had fun with the Kiddie Firematics group.



Wesson Spatto, 5, Mohawk, Courtney Hitchcock, 9, Old Forge, Aliana Orchard, 5, Herkimer, Hunter Dennis, 9, Sauquoit, Bobby Russel, 11, Little Falls, Roaslie Russel, 5, Little Falls, Isabella Burton, 9, Little Falls, Addison Hitchcock, 10, Old Forge.

Harvesting summer vegetables

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

Knowing when to harvest vegetables is just as important as knowing how to grow them. Some have a long time over which you can harvest, others must be harvested at just the proper stage of ripening. Harvest at the wrong time, and your vegetables may not ripen properly if too young, or be tough and bitter if too old. The best way to tell when to harvest is by the traits of each vegetable. Here are some specific clues.

There are three traits which indicate a cantaloupe is ready for harvest—the stem slips easily from the vine, the “netting” on the surface turns light tan, and the blossom end (opposite the stem) is soft (push gently with your thumb) and smells sweet.

Feel the tips of sweet corn ears. When they feel full through the husk they are ready for harvest. You’ll see dry silks. Open the top of the ear, peeling back the husks, and kernels should be filled out. Press a kernel with your fingernail, and it should have a milky sap. Use as soon as possible after harvest for the maximum sweetness.

Length of cucumber when mature will vary with variety, but generally they are one and one-half to two and a half inches across, and five to eight inches long. They are best harvested slightly immature when spines are soft and before the seeds become half sized.

Eggplant maturity and size varies with variety too. In general, harvest when

nearly full size and bright and shiny. When they turn a dull color, and seeds turn brown, they are overripe.

If you didn’t harvest onions for eating while they were still small, harvest when bulbs are one to one and a half inches across for boiling and pickling. Harvest them even larger, when tops fall over and the base of leaves (“necks”) shrivel, for storing and general cooking.

Harvest hot peppers as you need them, the young and green ones being hotter in many cases than the mature and colored ones. Late in the season you can pull the whole plant, and dry peppers in a warm, well-ventilated space. On the other hand, harvest sweet peppers when the fruits are full and firm. You can leave them on the plant if you want them to turn colors, if this is the case for a particular selection (some stay green, others turn colors when fully mature). Even if a pepper will eventually turn colors, it can still be eaten while green with little difference in flavor, if any.

For new potatoes, harvest only a couple weeks after they bloom. For a main crop, harvest tubers when the tops have died down later in the season. Harvest when the soil is dry if possible, and dig carefully to avoid bruising (use a garden fork, not spade, to loosen the soil). Cure potatoes for about two weeks in a cool (45 to 60 degrees F), dark, and well-ventilated area. For sweet potatoes, harvest in fall before frosts and freezes. Handle them carefully to avoid bruising but, un-

like regular potatoes, cure them dry and warm (80 to 85 degrees F) for one week.

Summer squash should be harvested when young, tender, and a fingernail easily nicks the surface. Winter squash should be harvested when mature fruit is hard and can’t be scratched with a fingernail. Harvest winter squash before the first hard frost, with a sharp knife, and leaving an inch or so of stem attached. Without a stem, fruit will begin decay from the scar. Dry winter squash for 10 days to two weeks in a dry, warm area (75 to 85 degrees F). Harvest and treat pumpkins similar to winter squash.

The proper time to harvest tomatoes varies with variety, but in general is when a fruit is uniformly red (or colored in the case of yellow or other varieties), and the end is still firm and not soft. Ripe fruit should sink when placed in water. If late in the season and frosts are predicted, you can harvest green tomatoes. They will ripen fine in dark, and in fact light can delay ripening. Keep them warm (55 to 70 degrees F) until ripe, and you should be able to store them this

way for three to five weeks.

For all your vegetables, regular inspection every few days is the key to the best and longest harvest season. More tips can be found in articles from Cornell Cooperative Extension (gardening.cals.cornell.edu).



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ATTENTION TOWN OF PALATINE RESIDENTS WE NEED YOUR HELP

The Town of Palatine Planning Board,
along with members of the community,
are in the process of updating the
Town's Comprehensive Plan*

In the near future you will be receiving a **SURVEY** in the mail. Please take the time to fill it out and return it. There will be a self-addressed envelope enclosed. All Town of Palatine residents over the age of 18 are encouraged to complete the survey either online or by mail. Your input is very important and would be greatly appreciated.

The Survey is also available online at:
www.surveymonkey.com/r/townofpalatinecomprehensiveplansurvey
and at the Town Hall, 141 West Grand Street

*A **comprehensive plan**, also known as a general plan, master plan or land-use plan, is a document designed to guide the future actions of a community. It presents a vision for the future, with long-range goals and objectives for all activities that affect the local government.

Ayres Animal Shelter

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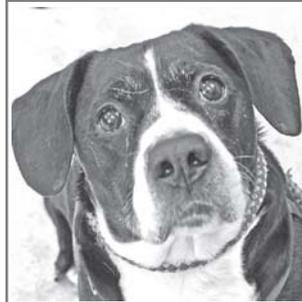
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LACEY - 5 - 7 year old female Anatolian Shepherd mix. Good with other dogs and with kids.



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SASSY - 1 year old gray and white female, very playful.



DESTINY - Beautiful 2 - 3 year old female tiger.



FLORA - Beautiful 3-4 year old white female.



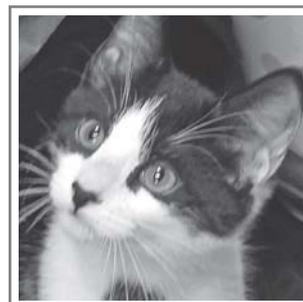
ELLE - One of two Barn Kittens, female Torties 3 months old.



EMMA - One of two Barn Kittens, female Torties 3 months old.



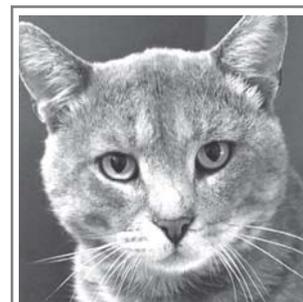
MONA - 2 1/2 month old tabby.



OTTO - Adorable 4 month old male black and white kitten. Playful.



ZENA - 2 month old black female with medium length hair. Very loving.



AXEL - Handsome 8 year old male gray cat.



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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.

WANTED COMPLETE CLEAN OUTS.. Old Houses, Old Barns, Complete Estates. Always looking for items to buy or consign to our Auction.. JR'S Auction 7403 St Hwy 5 St Johnsville NY Give us a call will travel to pick up!! 518-993-4668..

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

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Horse and Pony Auction Sat September 29th at JR'S Auction 518-993-4668 Already consigned are 12 Horses from West Winfield, including 7 Yr old Paint Mare broke to Ride, 4 yr old Buckskin mare, and 10 Morgans and crosses.. more info coming. Consign your horses early..

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

FIREPLACE VENTED, log display, 35hx39wx20d, used 1 year, \$1,000. Soft top for jeep wrangler 2013, \$300. tires good year wranglers, almost new, 245/65R/17, \$90 each. Call 518-265-9639. leave message.

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Live as if you were to die tomorrow. Learn as if you were to live forever.
- Mahatma Gandhi



Calendar of events

Sept 1-2

Canajoharie Library Used Book Sale. 12-5 p.m. 2 Erie Blvd, Canajoharie. Huge variety of books for all ages. Bargain prices. Many books - New to sale. All Day Sunday - Bag Sale Room \$1 per bag. Vintage and premium coffee table books. Hundreds of CDs and DVDs. Call 518.673.2314 or visit www.canajoharielibrary.org.

Sept 6

Brook's Chicken Barbeque. 3:30 - 6:30 p.m. Marshville Evangelical Church, Rt. 10 South, Marshville, NY. Take-out only. \$7 per half. Pre-paid tickets try to pick up by 5 p.m. New York. For more information call 518.673.2394.

Sept 6-7

Book & Bake Sale. Noon-7 p.m. both days. Frothingham Free Library, Fonda. There will be a large selection of gently used books and delicious homemade baked goods. For more information call 518.853.3016 or visit Frothingham Free Library on Facebook.

Sept 8

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

Sept 8-9

Fort Klock 46th Annual Craft Fair. Fort Klock is located at 7214 State Route 5, St. Johnsville. Spaces \$50 for the two days. For more information contact Joan Kark-Wren at 518-649-2531, find us on Facebook, <https://www.facebook.com/fortklockhistoricrestoration> or stop by the Fort Friday-Monday to pick up an application.

Sept 11

Valley Choralaires Rehearsals resume. 7 p.m. United Methodist Church, East Main St., Canajoharie.

Rehearsals are held every Tuesday. Anyone wishing to join this all-female chorus is welcome. Simply come to the first rehearsal and someone will help you. The first concert will be held Sunday, Oct. 7, at 2 p.m. at the the Stone Arabia Church.

Sept 13

Suicide Prevention Workshop. 1 p.m. St. Johnsville House of Bread, 14 Park Place (next to Kinney Drug Store).

Sept 15

Rabies Clinic. 9 a.m. - noon. Town of Amsterdam Highway Department. 283 Manny's Corners Road. Amsterdam. For more information call 518.853.3531.

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

Sept 29-30

Cycle Adirondacks Introduces Fall Harvester Bicycling Event. The two-day family friendly road cycling event will be based at Johnson Hall State Historic Site in Johnstown and feature the pastoral agricultural landscape and rich history of Fulton County and the southern Adirondacks. Registration, now open at CycleAdirondacks.com. New York. Registration, now open at CycleAdirondacks.com.

Interrupted Harvest (1778). The Mohawk Valley's Refugee crisis. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook!

Sept 30

Youth Pheasant Hunt (ages 12-15). 8 a.m. Canajoharie Forest, Fish and Game Association, Canajoharie. Registration call 518.441.1815 or 518.774.9165.

Sept 30

Living Gospel presentation of "Restored". Up State Chapel, 63 Cliff Street, Canajoharie. For information, vcall Pastor Ginny at 518.673.3440.

Oct 7

Veteran's Pheasant Hunt - Free. 8 a.m. Canajoharie Forest, Fish and Game Association, Canajoharie. Registration call 518.441.1815 or 518.774.9165.

Oct 12-13

Hunter Safety Course - Bow. Canajoharie Forest, Fish and Game Association, Canajoharie. Registration on DEC website. For more information, call 518.441.1815 or 518.774.9474.

Oct 13

Ames Museum Open to Visitors. 9 a.m. - 3 p.m. Contact: 518.673.5820, f@amesmesuem or www.amesmeseumweebly.com.

Rabies Clinic. Oct. 13 18. 9 a.m. - noon. Florida Town Highway Department. Fort Hunter Road. Minaville. For more information call 518.853.3531.

Oct 19-20

Hunter Safety Course - Gun. Canajoharie Forest, Fish and Game Association, Canajoharie. Registration of DEC website. For information call 518.441.1815 or 518.774.9474.

Oct 26-27

"Echoes in the Valley". Oct. 26-27 18. Candlelight tours, with interpretative vignettes incorporating all of Fort Klock's facilities. Reservations required. 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

Kovels: Antiques and Collecting

by Terry and Kim Kovel

Folk-art cupboard

Most Americans in the 17th and early 18th centuries had very small houses with no clothes closets and little storage space. Storage consisted of built-in corners, shelf units and chests, often located under eaves or stairs. Odd-shaped cupboards were made to fit into the space. They did not use the wall as part of the cabinet. A piece was made so it could be moved. Folk-art cupboards of all kinds made before Victorian times are popular with collectors. The most efficient cup-

board is made from square or rectangular sections. The simple panel door framed by four narrow boards is preferred. Even the sides are made from rectangular panels.

In 2016, Garth's Auctions of Ohio sold an "under-the-stairs" cupboard. It was made of pine and painted a mustard color finish. The three doors in the front are made with applied molding to match the panels on the side. The inside has a red wash. The color and condition made this cabinet a popular auction item. Even though there was no maker's identity, it

sold for \$1,140, several times estimate. An oddly shaped piece like this often sells for a low price.

Q: I have a 1969 Polaroid camera. Is it worth anything to a collector?

A: Polaroid was founded in 1937. The first Polaroid Land cameras were sold in 1948. They were named after Edwin Land, who invented the instant camera and demonstrated it in 1947. The name "Land" wasn't used on Polaroid cameras after Edwin Land retired in 1982. Film and batteries for old Polaroid cameras can be bought on Amazon and other sites. A Polaroid 350 model, which was made from 1969 to 1971, in perfect condition, sells online for about \$50 to \$75.

Q: Could my silver clown pin with enamel decoration really be made by Tiffany & Co.? That is what it says on the back, and I saw a similar pin in an auction ad recently.

A: Yes. Tiffany & Co. made a series of pins as part of the Gene Moore Circus group about 1990. The juggling clown with polka-dot pants recently sold for \$976 at a New York auction. They have come down in price since 2000.

Current prices

- Needle threader, magnifier and spool holder, wooden base, magnifying glass on curved metal arm, 1916, 4 x 2 inches, \$50.

- Compass, Girl Scout,

silver plated nickel, round beveled glass top, US Gauge Co., c. 1935, 1 1/2 inches, \$95.

- Saltshaker, Wemyss, Plump Porker, figural pig, posie design, white with pink clover blooms, leaves, sleepy eyes, 3 x 5

inches, \$120.

- Pin and clip-on earrings, cherries jubilee, dangling cherries, red bakelite, green celluloid leaves, red chain, 1940s, 5 x 3 inches, \$230.

Tip: Some types of fumes can damage paper.

Don't store your collection near the kitchen, garage, barbecue pit or freshly painted areas.

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

(c) 2018 King Features Synd., Inc.



Folk-art furniture with the original paint sells for much more than a repainted, stripped or even unpainted piece. This cupboard with original yellow on the outside and red on the inside brought \$1,140 at auction, far more than the \$250 to \$400 estimate.

 **KING'S**
Sat., September 1st Consignment Auction ~ 6:33PM
Thurs., September 6th Food Auction ~ 6:33PM
Sat., September 8th Flea Market ~ 10-5PM
Sat., September 8th Consignment Auction ~ 6:33PM
Sun., September 9th Breeder Sale ~ 11:33AM
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Consignment Auction
 131 MOHAWK STREET HERKIMER NY at the VFW
FRIDAY NIGHT September 14th 6:00pm
 Taking Consignments Thursday Sept 13th and
 Friday till noon and by appt. Preview starts at 3:00pm
 Already Consigned is a 4 ft tall Concrete Jockey Boy Stature, Antique Wide Board
 Dovetailed Blanket Chest, Antique Furniture from an Estate in Mohawk, and much
 more still coming. Taking Consignments for Cupboards, Antiques, Furniture,
 Collectibles, Crocks, Jugs, Primitive Furniture and more..
Contact JR'S Auction for consignments 518-993-4668

Whatchamacallits

Shoemakers, also known as cobblers or cordwainers, produce footwear from leather, wood, rubber, plastic, jute or other plant material. There is no specific time period that can claim the start of the handicraft of shoemaking, but the most basic footwear were sandals in the Mediterranean and Far East regions, either tied or woven together. In colder regions, a "boot" made out of a single piece of hide tied with a thong was the go-to. Wooden shoes were developed in medieval Europe, advantageous for protecting workers' feet in muddy and damp conditions.

Leather shoes rose to popularity in the 1600s. A traditional shoemaker then would measure a customer's feet and cut out upper leathers for the required size. The parts would be stitched together before the sole was as-

sembled, made of soft leather for the inside and tougher leather for the outside. The insole would then be attached to a last, or a model of a foot often made of wood, which was used to form the shoe.

Over history more than 15 techniques of the art of sewing shoes have arisen. Some of these styles include pegged, welted, Norwegian, stitchdown, turnout, German sewn, moccasin, bolognese stitched and blake-stitched.

A shoe stitching machine was invented by American Lyman Blake in 1856 and perfected by 1864 which aided in the quicker production of shoes. By the end of the 1800s, however, the handicraft of shoemaking had become almost entirely mechanized - making mass-produced shoes easier to find and more affordable, but they often lacked the

uniqueness that a cobbler could produce.

This large shoe - which is about 24 inches long - would have served as a practice piece for a cobbler's apprentice as they learned the finer points of stitching and sewing together a leather shoe. The practice shoe was often placed prominently in a cobbler's window or suspended above the shop door after it was completed, as a form of advertising. (We have used Monty, a 10-month-old Corgi, for scale reference.)

Traditional shoemakers are still at work today, especially in poorer parts of the world. Modern machinery used by cobblers today include die cutting tools to cut the shapes and grommet machines to punch the

holes for lacing.

In other regions of the world, cobblers still have niche markets, more often in the repair business than in production.

Fun fact: the patron saint of shoemakers is Saint Crispin, who preached to the Gauls by day and made shoes by night in the 3rd century AD.



Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

Midvale Clinic's vets 'passionate to a fault'

by Courtney Llewellyn

NELLISTON – With four veterinarians offering a combined 74 years of experience, Midvale Veterinary Clinic on Route 5 in Nelliston has a breadth and depth of knowledge many in the area are fortunate to be able to use.

“Our mission is to provide quality and compassionate care to farm animals and pleasure and performance horses. We believe in promoting best husbandry practices for our clients, and feel education is important in helping our clients attain and maintain efficient and healthy operations,” Dr. Kris Harshman, owner of Midvale, said. “And if nothing else, I’d say we are passionate to a fault when it comes to the animals we care for.”

Harshman is joined by Dr. Lisa Tobler, Dr. Lucas DeFiores and Dr. Shelly Mackowski. They all work with dairy cows, which Harshman said makes up about 70 percent of their business and is the “first love” of every doctor. She noted that each vet has their area of expertise, though.

“We all do dairy herd health work, equine health, sheep herd work, but we have our specialties,” Harshman explained. “Shelly is our chicken doctor – and there are no other poultry-focused vets around here at her level. She also works a lot with small ruminants, which we’ve seen a big increase of over the last 10 years. Lisa grew up on a dairy and is our calf expert. Lucas loves working with horse reproduction. I’ve been working with dairy cows for 33 years.”

Because so much of their work is focused on farm animals, most of Midvale’s work involves travel. Harshman said the practice can take the vets up to 50 miles from their office, and they offer their services 24 hours a day, 365 days a year. They don’t just treat animals, however – they aim to educate those who own and care for them.

“We have to have good people skills because animals can’t talk. We want to help people and animals,” Harshman said. “It’s always, always, always about client education – teaching folks how to IV cows, how to take care of mastitis issues. It’s about



The four vets at Midvale have more than seven decades of experience to share. They plan on soon offering office hours at their Nelliston location to treat small animals.

Photo courtesy of Midvale Veterinary Clinic

finding simple solutions for common problems.”

One of the ways Midvale plans to solve issues is to start offering small animal office hours two times a week at their Nelliston office. Harshman noted doing dog and cat care is “always a work in progress, but if people call and say they have a sick kitten, we can help.”

She added that there are some very good small animal practices in the area, but that there’s always a need for good service for everyone. “We want to offer an alternative to people who need it,” she said.

And, in addition to continuing their work in the field and adding office hours, Midvale is in the process of designing a new website. Harshman said the new site will offer educational posts. “We want to use the new site to counter a lot of misinformation that is out there,” she explained.

To learn more about Midvale Veterinary Clinic, visit www.facebook.com/MidvaleVet/.

Horse and Pony Consignment Auction
Sat. September 29th 10:00am
 Already consigned are 12 Horses from West Winfield, including 7 yr old Paint Mare broke to ride, 4 yr old Bucksin Mare, and 10 Morgans and crosses...more info coming.
Consign your horses early...
JR's Auction 518-993-4668

1st Annual Mohawk Valley Machinery Consignment Sale
Sat. Sept 22, 2018 • 9:30 AM
1300 State Hwy 163, Fort Plain
Selling: Int 1566 w/duals, Allis Chalmers Two Twenty, Farmall H, Minneapolis Moline M5 w/Loader, 67 Ford Dump Truck, 72 GMC Dump, 80 GMC 1 Top Dump
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Go to Auctionzip.com #35160 for pictures
Terms: Cash or Check Refreshments Available
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AUCTIONS

Farm Machinery Consignment Auction
Sat. September 22nd 10:00am
 Already consigned is a John Deere 336 Hay Baler, New Holland 669 Haybine, New Holland 252 Hay Rake, Hay Basket hold 100 bales, Flat Bed Wagon, Forage Wagon and more still coming
7403 St Hwy 5 St Johnsville NY
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Flea Market at Kings
689 Burrows Rd. West Winfield, (315) 822-5221

SALE

Saturday, Sept. 8th 10am-5pm
****We will be adding a huge chinese auction for September sale!!**
 If you are interested in having a table for this event, please contact Tonya King 315-794-6005 or email kingswvtl@gmail.com for your application. Call for more details.

- Crafters
- Chinese Auction
- Farmers Produce
- Garage Sales
- Direct Sales Vendors
- Tailgaters- sell directly from the back of your truck.

➡ **Regular Saturday auction 6:33pm**
 ➡ **Kings Store will be open with great deals on mattresses, recliners, living rooms, gift items, and so much more!!!**

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

Mon. Aug. 20th - Sold 247 head. Cull Ave. \$.45 Top Cow \$.69, Bulls/Steers \$.60- \$.83, Bull calves top \$1.00, beef calf \$1.65, heifer calf top \$.95, Goats top \$240.00, Lambs 45#-60# \$1.45- \$1.80, 61# -90# \$1.70 - \$1.90, Sheep up to \$1.52, Dairy feeders \$.49 - \$.76.

Mon. Sept. 3rd - Normal Monday Sale and Monthly Fat Cow & Feeder Sale. Special: Buck-Rose Complete Reg. & Grade Holstein Dispersal. 70 head with 50 milking age and balance youngstock. DHI records, AI sired. SCC 179,000 ave. 50#/cow. Dairy starts at 1:00.

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. Show age calves & heifers in this group all by popular sires! RHA 18,185 4.4 753 3.3 592 SCC 170,000. Owners: Lewis & Trudy Tanner, Warren CT. 860-868-2120 cell: 860-685-0708. Watch for more complete details.

Mon. Sept. 10th - Normal Monday Sale monthly Heifer Sale

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.

Mon. Oct. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Mark Leonard Reg. & Grade Holstein Milking Herd Dispersal - Dairy sells at 1:00.

Fri. Oct. 26th - Fall Premier All Breed Sale - accepting 100 Registered Dairy Cattle All breeds. Call today with your quality consignments. Good cattle are still selling good our Spring Sale had a top of \$5100.

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A Caesar salad flavor for cauliflower.

- 1 medium head iceberg lettuce, torn into bite-size pieces
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- 1 cup sliced red onion, chopped
- 1 cup Kraft fat-free mayonnaise
- 1/4 cup fat-free milk
- 1/2 teaspoon black pepper
- 1/3 cup Kraft Reduced Fat Parmesan Style Grated Topping

- 1/3 cup Oscar Mayer or Hormel Real Bacon Bits
- 1. Line the bottom of a large salad bowl with lettuce pieces. Top with cauliflower florets and onion.
- 2. In a small bowl, combine mayonnaise, milk and black

- pepper. Spread mayonnaise mixture evenly over top. Sprinkle with Parmesan cheese and bacon bits.
- 3. Cover and refrigerate overnight. Just before serving, toss salad to combine. Serves 12.

* Each serving equals: 57 calories, 1g fat, 3g protein, 9g carbs, 336mg sodium, 24mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1/2 Protein; Carb Choices: 1/2.

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2018 Foothills Friends of NRA Fundraising Banquet Thursday, September 27, 2018 at the Hales Mills Country Club

5:00 - 7:00 - Cash Bar, Games, Silent Auction • 7:00 - Dinner followed by Live Auction

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FNRA Banquet Dinner Ticket **\$35**

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For Reservations Send This Form & Check

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FNRA c/o Christopher Blanchard,
PO Box 1345, Gloversville, NY 12078

Questions?

Email: foothillsfnra@gmail.com

Or call: 518-221-4103

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REAL ESTATE GUIDE

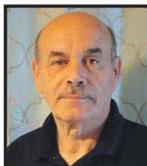
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052: **REDUCED PRICE!!!** 111 State Highway 80, **FORT PLAIN:** Don't judge the size of this home from the outside. There is plenty of space in this solid built home. This home is built on solid concrete piers in a full basement. There are three bedrooms on the first floor and the second is floor is finished, but is wide open. It makes a nice family/game room or can be converted to one or two additional bedrooms. **THIS HOME IS CERTIFIED NOT TO BE**

IN A FLOOD ZONE. There is a full bathroom on the first floor and a half bath in the basement. The attached garage with access to the basement provides space for an open deck off the back porch. **Asking \$85,000**



055: 154 Otsego Street, **CANAJOHARIE:** This home has been well cared for, new wood/laminate floors, new windows, new stove, many extras included. Great starter home for new family, easy to heat. Cozy screened in back porch overlooking small, but very nice backyard. Family room was used as a second bedroom, making it a possible three bedroom, one full bath home. **Asking \$79,000**



291: 161 Mohawk Drive, **AMSTERDAM:** This well-kept bungalow home must be seen to be appreciated. This home has a large first floor master bedroom, a full bath, a spacious and bright dining room with exposed beams that's great for entertaining and pristine carriage house cabinets in the kitchen. There are 2 bedrooms on the first floor and one on the 2nd floor. It sits on a beautiful 1.1 acre lot and has detached 2-car garage along with single car garage out back that is great for storage. Snowblower, John Deere riding lawnmower and air conditioners are all included. **Asking \$94,500**



293: 935 Elwood Road, **FORT PLAIN:** Updated country home has everything you have been looking for; perfect for entertaining! You have your own private bar, and large four car attached garage; plenty of space for your cars and toys. This is a 3 bedroom, 2 full bath home. The kitchen has bamboo wood floors

and a beautiful built-in high top table. The bar could easily be transitioned into a 4th bedroom. The huge yard gives you room to have chickens, a garden and still have room for pets and kids alike. **Asking \$139,000**



294: 3137 State Route 80, **FORT PLAIN:** Priced to sell!!! This Cape Cod style home has a large yard, an above ground pool with a deck, a new septic, hardwood floors, and so much more! Three bedroom and one full and one 1/2 bath home. Location is close to Owen D. Young School, and just 20 miles from Cooperstown. Easy to Show!!! **Asking \$59,000**



295: **NEW LISTING!!!** 174 Osborne Road, **ALBANY:** Convenient and desirable location!!! This charming bungalow style house has been completely renovated. This is a three bedroom and two full bath home. It features a new roof, stunning hardwood floors, stainless steel appliances, gorgeous granite countertops and so much more. The plumbing and electrical wiring are also new along with the furnace. Everything has been done for you and all you have to do is move in!!! **Asking \$249,900**



355: **NEW LISTING!!!** 59 Van Derveer Street, **AMSTERDAM:** A Family Investment Property on a corner lot. Recently purchased, but buyer with cash flow issues. A lot of progress has been made to date. There is duct work for forced hot air, however, there are no furnaces. Previous tenants heated with natural gas stoves. Four unit home with 4 rooms, two bedrooms and 1 full bath in each unit. **Asking \$36,000**



505: **NEW LISTING!!!** Large traditional home on 6.6 acres. Home needs work, but over 2,000 square feet to make your own. Large kitchen and living room. Wide plank flooring and an updated roof. Make an appointment today. **Asking \$38,000**



504: **NEW LISTING!!!** 143 Carlisle Road, **CANAJOHARIE:** Custom brick home located perfectly outside the village with 1.6 acres. Hardwood floors, 2 fireplaces, French doors, granite counter tops, and expansive back enclosed porch to entertain your guests. Home has 3 bedrooms and two full bathrooms on first floor and 2 bedrooms and one full bathroom on the second floor. Home is set up perfectly for an in-law apartment. Unfinished basement with a fireplace. Total of 3 heating sources. **Asking \$228,900**



506: **NEW LISTING!!!** 72 Walnut Street, **CANAJOHARIE:** 2-story, 3 bedroom home with 2 full baths, and many nice features. Hardwood floors, large kitchen, formal dining room with a tin ceiling. A master bedroom with a walk-in closet. Great front porch for morning coffee and a back deck for those evening barbecues. Laundry on 1st floor and a full walk up attic. **Asking \$110,000.**



678: 6143 Main Street, **NELLISTON:** One story Vanilla Shell. Commercial space would be ideal for office space and or retail space. Paved driveway and located on route 5. Additional buildings include 1 stall garage and a 1970 single wide trailer. 2.7 acres with 210 feet of road frontage. This is a great opportunity. **Asking \$144,900**



847: 210 Moyer Street, **CANAJOHARIE:** Great village home with many characteristics!!! Walking distance to schools, fenced in back yard, 3 bedrooms, 1 full bath 2nd floor, 1 half bath 1st floor, three season porch, hardwood flooring, 100 amp breakers, laundry room, new hot water heater and a fireplace. Two car detached garage. Sit in the back yard by the fire pit and listen to the gorge below. With some TLC this home would be a gorgeous home for entertaining. **MUST BE A FHA WITH 203 OR CONVENTIONAL LOAN. Asking \$69,900**



678: 6143 Main Street, **NELLISTON:** One story Vanilla Shell. Commercial space would be ideal for office space and or retail space. Paved driveway and located on route 5. Additional buildings include 1 stall garage and a 1970 single wide trailer. 2.7 acres with 210 feet of road frontage. This is a great opportunity. **Asking \$144,900**



689: 5908 Lafayette Street, **PALATINE BRIDGE:** Prestigious, bright and spacious three bedroom, 3 full and 1/2 bathroom Contemporary home. The large wrap-around deck can be used to entertain guests and take in a captivating 180 degree view of the Mohawk Valley. The setting is truly spectacular. Located close to exit 29 of the NYS Thruway, a short drive from the Southern Adirondacks and Saratoga. Featuring 2 fireplaces, a freshly painted interior, new flooring throughout, attached 2 car garage, finished basement w/bar, barn and 4.3 acres. **Asking \$249,000**

CHANGING ADDRESSES? TEN TIPS FOR BUSY BABY BOOMERS

(BPT) — For many Americans, moving households represents a fresh start and a chance to improve quality of life. Last year, some 39.4 million Americans changed residences, thanks in part to better affordability in the housing market.

That doesn't mean, however, that everyone's moving process was friction-free. The logistical coordination and the physical work involved with DIY packing and loading can be a major chore in the best of circumstances. And that's doubly true for baby boomers who are downsizing or moving to new communities, yet challenged by the physically grueling aspects of a DIY move.

Fortunately, forming a plan that troubleshoots the most common challenges can help enormously. Consider how these tips could keep your next move smooth and free of unnecessary stress.

1. **Protect your treasures:** Avoid the heartbreak of damaged belongings by stocking up on bubble wrap and other efficient packing materials. You also could optimize household items such as towels, blankets and coats.

2. **Stagger your packing:** Pack too early and you may need items you've stashed away; pack too late and you may be crunched for time. Start with non-essentials and out-of-season belongings a few weeks before moving day, sorting discards as you go. Save necessities for the last 48 hours.

3. **Label, label, label:** This may seem unnecessary while you're packing, but will save you time and frustration upon arrival when you're desperately looking for your essentials. It also allows you to immediately sort boxes by room and store items that are infrequently needed.

4. **Secure transportation early:** Instead of procrastinating and missing out on the truck you need, hop on your smartphone at least two weeks ahead to easily reserve a vehicle.

5. **Right-size your truck:** Rather than guessing what size moving vehicle you'll need, plan on about 150 cubic feet of truck space for each fully furnished room in your home. That means a move from an apartment might necessitate a 12-foot truck offering 450 cubic feet, while a move from a house might require a 26-foot truck offering 1,400 feet.

6. **Recruit help:** The packing and transporting may sound easy until you try to do it all yourself. This is the time to call in favors or perhaps pay some teens to help with the lifting and hauling.

7. **Pack your truck strategically:** Optimize your space by positioning your furniture and other large, heavy items in the back of your vehicle before proceeding with lighter items. That optimizes the vehicle's power and allows you to fit smaller items into smaller spaces.

8. **Follow ergonomics:** The last thing you need is to injure your back through haphazard movement during the loading process. Stretch beforehand, avoid twisting your torso as you load and remember to lift with your legs by crouching rather than bending from the waist.

9. **Strategize your route:** Map out the way ahead of time, review weather forecasts, avoid rush hour and leave yourself plenty of time for breaks, refueling and unloading.

10. **Drive like a pro:** Many people are unfamiliar with the difference between driving a car and a big truck. Read all instructions provided and understand how to drive differently to remain safe (and legal).

Regardless of your age, a DIY moving process can be efficient and pain-free when you organize the details ahead of time. For more suggestions visit PenskeTruckRental.com.



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REAL ESTATE GUIDE

October 2018 Issue

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NEW LISTING \$97,500 9 Fifth Ave., Gloversville



2 Beautiful Homes for 1 great price! Live in one & Rent the other or move your in-laws in close by. Rental income now is \$1,700 a month. Main house 4 BDRMS, 2.5 baths, new roof, windows, furnace & electrical. Secondary home located in the back is a 2 BDRM 2 full bath home with all new mechanicals! Both homes are meticulously kept & super nice. Taxes are only \$3,516 for both. Call Carol Paciolla, NYS Licensed Real Estate Associate Broker, Cell (518) 332-3279 to view.

NEW LISTING \$104,900 505 N. Market St., Johnstown



Newly & completely remodeled 3BDRM, 2 full bath home w/1 car garage & nice yard. Granite countertops, tiled showers, stainless steel appliances & new roof.

NEW LISTING \$54,900 4 Washington St., Johnstown



With a little paint & TLC this could be a great home for someone. Very spacious 3BDRM, 1 full bath home w/fenced yard & off street parking. Priced to Sell.

REDUCED \$239,000 152 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.

NEW LISTING \$149,000 49 South Main Street, Fultonville



This is a GORGEOUS 5 BDRM, 2.5 Bath home with tons of character, beautiful wood floors & wood-work throughout. Off Street Parking & in-law apt. set up if needed

REDUCED \$219,000 112 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. To view call Katie-Anne Isabella, NYS Licensed RE Salesperson, Cell 518-866-1089

NEW LISTING \$114,900 24 Cady St., Johnstown



GREAT INVESTMENT - 3 Family home w/lots of off-street parking, large yard, only 0.4 miles to Knox Field & low taxes at only \$2,084 annually. Call Katie-Anne Isabella, Licensed Real Estate Salesperson Cell (518) 866-1089 for more info.

NEW LISTING \$399,000 171 Zarcarco Rd., Town of Glen



137 +/- ACRE Farm with a BEYOND BEAUTIFUL VIEW & some nice large barns & outbuildings. Lots of Rd. Frontage if you wanted to subdivide.

NEW LISTING \$125,000 18 Phillips St, Amsterdam



Super spacious 3 OR 4 BDRM home with 1.5 baths, off street parking, fenced in yard, above ground pool with screened in pool house to relax in. Tons of home for the Price!

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



Only an 8 yr old custom built 3 Bdrm, 2.5 bath home that has just over 1,500 sq. ft., Master BDRM & Master Bath on 1st floor, wood-working fireplace, large dry basement, large back yard, shed, 2 car garage, public water, sewer & Central A/C.

NEW LISTING \$39,900 38 Walnut St., Gloversville



Nice 3 BDRM home on a Corner Lot, newer furnace & hot water tank, 1 full bath, small yard & car port. Home is sold "As Is".

NEW 2 FAMILY \$84,900 8 Cayadutta Street, Fonda



This is a CUTE 2 family home that features 2 BDRMS for each unit, separate gas & utilities. Huge kitchens with marble flooring and marble countertops & extra outbuilding/1 car garage. GREAT INVESTMENT OR OWNER OCCUPIED HOME!

REDUCED \$114,000 280 Cty Hwy 140, Ephratah



PRICED TO SELL, 3BDRM, 2 full bath Ranch w/2 car garage, full dry basement w/ finished space, annual taxes only \$3,687, located in a nice country setting, 1 mile from Saltsman's Hotel.

NEW LISTING \$89,900 23 Alexander St, Gloversville



Super cute well maintained 3 BDRM, 1.5 bath with lots of charming wood work within the home, 2 car garage with lots of storage space, small yard & patio area to enjoy.

REDUCED \$199,000 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.

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KATIE-ANNE ISABELLA
 NYS Licensed Real Estate Salesperson
 Cell: (518) 866-1089 • Email: Realestatekate518@gmail.com

2018 REMODELING TRENDS THAT BOOST YOUR HOME'S VALUE

(BPT) — A strong housing market is giving homeowners the confidence to invest in remodeling. In fact, homeowner spending on improvements and repairs will approach \$340 billion in 2018, an increase of 7.5 percent from estimated 2017 spending, according to the Leading Indicator of Remodeling Activity (LIRA) from the Joint Center for Housing Studies of Harvard University.

Remodeling can add value to your home while also making it more livable, but not all remodeling projects are created equal. While the choice to remodel is individual, there are many studies that show some projects return more on your investment than others. Fortunately, some of 2018's leading remodeling trends also have great ROI.

Trend 1: Bathroom additions

Adding a bathroom can add comfort and convenience for current homeowners, plus catch the eye of potential buyers. A bathroom addition recoups about 60 percent of the cost, according to Remodeling magazine's 2018 Cost vs. Value report.

A top trend in 2018 is adding bathrooms to unique spaces, meaning not letting existing plumbing limit your options. This might include adding a small powder room on the main floor or adding a full bathroom to the basement where there is no current drainage.

Homeowners can get the valuable bathroom addition they want without cutting concrete or undermining the structural integrity of the home by opting for above-floor

plumbing features such as a macerating toilet and drain pumps from Saniflo.

These compact systems can fit into a closet, beneath a stairway or even be built into the wall. When the project is complete, it will look like any conventional bathroom, but above-ground plumbing options make it possible to put a bathroom virtually anywhere — even in the garage or outside. Learn more at www.saniflo.com.

Trend 2: Home exterior updates

You never get a second chance to make a first impression, and this is true for houses as well. With this in mind, homeowners are focusing their efforts on the house exterior in 2018.

Some exterior remodeling projects can be costly and time-consuming, such as replacing siding and windows or redoing landscaping. To get a big visual bang for your buck with great ROI, consider replacing your garage door. The average garage door replacement job cost is \$3,470, according to the Cost vs. Value report, plus it has a whopping 98 percent cost recouped at resale.

Want to take exterior upgrades one step further? Consider replacing your existing entry door with a new steel option that matches your new garage door. Your house's fa-

cade will be completely refreshed, plus that door recoups 91 percent of the cost.

Trend 3: Smart home upgrades

You have a smartphone, smart watch and smart TV; it only makes sense that you also want to bring the convenience of technology into your remodeling projects with a smart home.

Smart homes have been trending for some time, but in 2018 this trend could reach a tipping point thanks to wider availability and more affordable options. What used to cost thousands may now only cost hundreds, and you might be surprised how many DIY options you can now find at your local home improvement store.

Some of the most popular technological enhancements for the home include smart lighting controls that save energy and let you customize lighting in every room of your home. Smart door locks and security systems are also valuable additions.

If you're looking for an affordable way to enter into the smart home market, consider a smart thermostat or smart smoke detector. Technology is bound to make your home more comfortable and safe while boosting the bottom line come sale time.

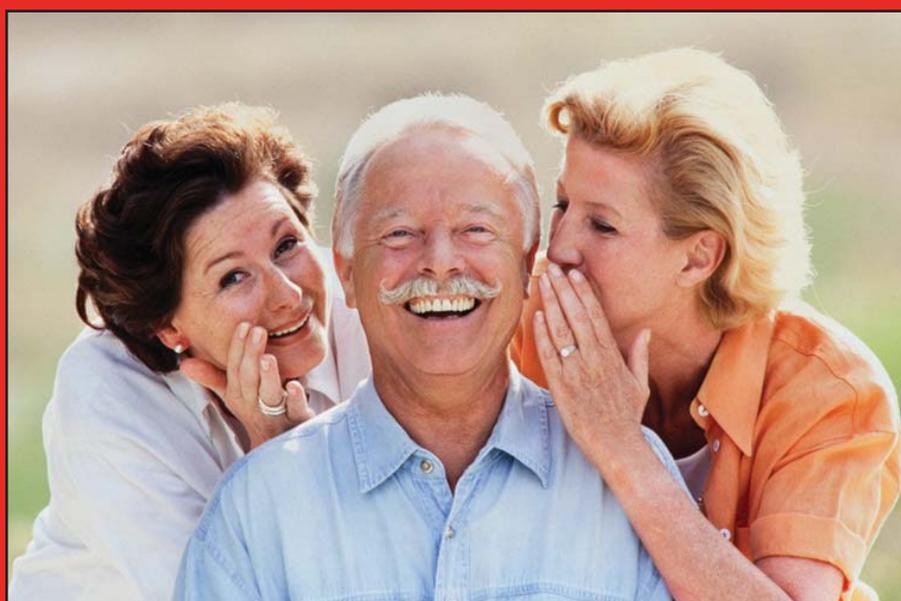
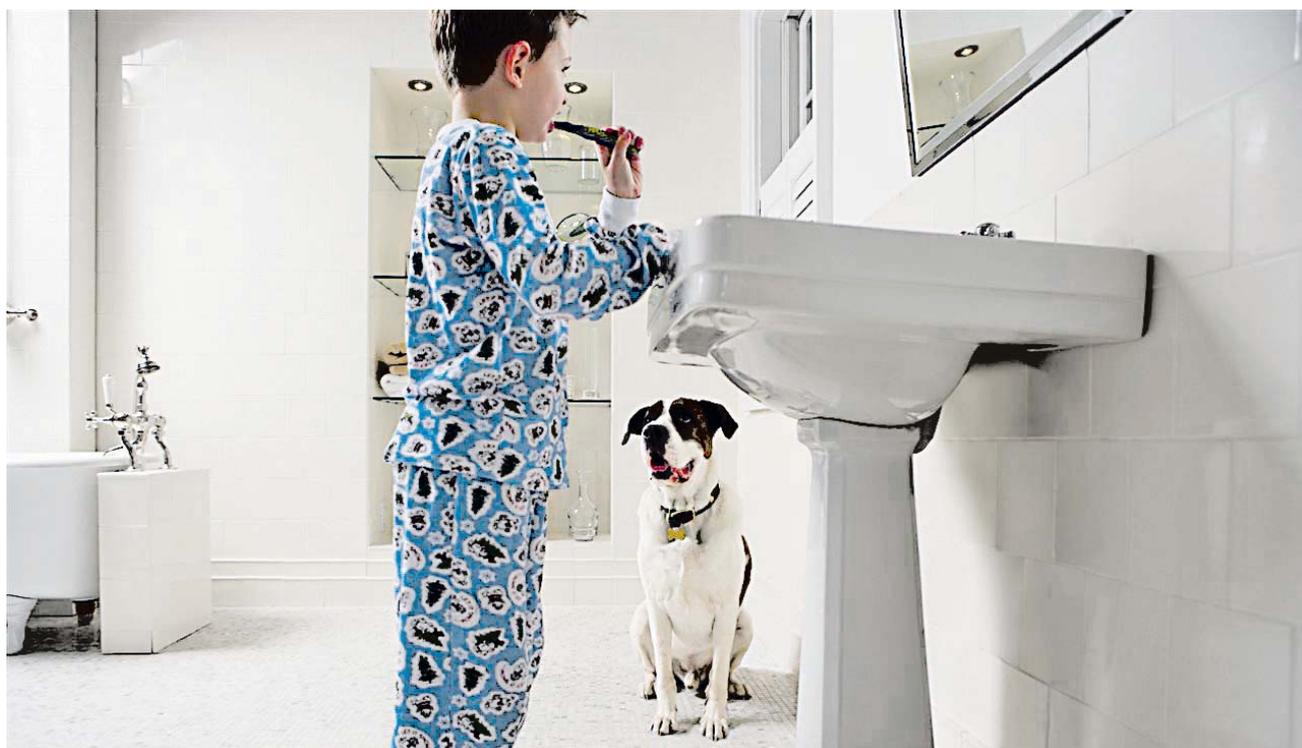
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MaryEllen Charles,
 NYS Licensed RE Broker/Owner
 Cell: 518-705-5616

Daniel MacIvor NYS Licensed Real Estate Salesman
 Cell: 518-831-1717



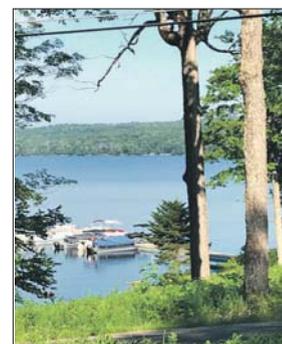
28 Acres! Pond! Barn! Borders State Land! \$285,000

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



Classy Peck Lake House \$299,900

You'll be impressed! Enjoy abundant lake views from this immaculate 5 bedroom, 2 bath, year round home overlooking Sunrise Bay. Nothing to do but move in & enjoy summer at the lake!



Lassellville 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 flrs, formal dining & living rms, office.



Year Round Waterfront Home! W. Caroga \$325,000

Waterfront and 2 back lots included. 1BR/1BA - open interior, sunroom overlooks lake! Full basement. EVERYTHING Included! 4 Wheeler and Jet Ski. Make Offer.



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.



Shore Peck Leck \$259,000

3BR/1.5BA Open beamed ceiling in living room w/fireplace, full basement, 2 car garage, short walk to lake access!



West Caroga Lake \$249,900

65x400ft. Lot. Wonderful 2BR + loft, open interior, open living room, eat in kitchen. Modern septic. Sandy waterfront.



Bleecker! \$75,500

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!!



New! \$118,000

Lakeview Beach Association just steps away from this darling 3 season cottage! 2BR/1BA plus more room for guests on the front porch or in the living room! 2 lots included provide plenty of privacy! Neat and clean and WELL Maintained!



Caroga Lake ACREAGE \$172,000

25 Acres WATERFRONT on the Outlet. APA says OK to Build!! Beautiful wooded Lot you can design your dream home!



S. Shore East Caroga Lake \$44,000

8.5 Surveyed acres, wooded parcel with 100ft. of road frontage. Town and APA OK TO BUILD.



\$165,000

Private Town of Johnstown

Low taxes, move into this 1 owner home! 3BR/1BA down and beautiful master suite with full bath, closets and private balcony. Lots of storage, attached garage, above ground pool! Come SEE!



2205 St. Hwy 10 \$110,000

3BR 1Bath w/washer/dryer! Full basement, easy to add furnace for year round living! 210ft of Road Frontage 100ft Deep Lot! Plenty of privacy in the back. Drilled well, modern septic!



86 West St, Gloversville \$42,000

2 Family, fully rented for easy investment! Big barn, tenants pay extra \$5 for use! Lots of updates. Come see!



INVESTORS! LOOK HERE!

31 NORTH ST GLOVERSVILLE \$42,000
 Making \$\$\$ 2 family w/garage. Renters want to stay!!



11 E. State St., Gloversville \$49,000

2 Bedroom, 1 Bath each unit. Big corner lot with lawns to play. With some TLC, this could be a money maker!

Investors & Multi-Families

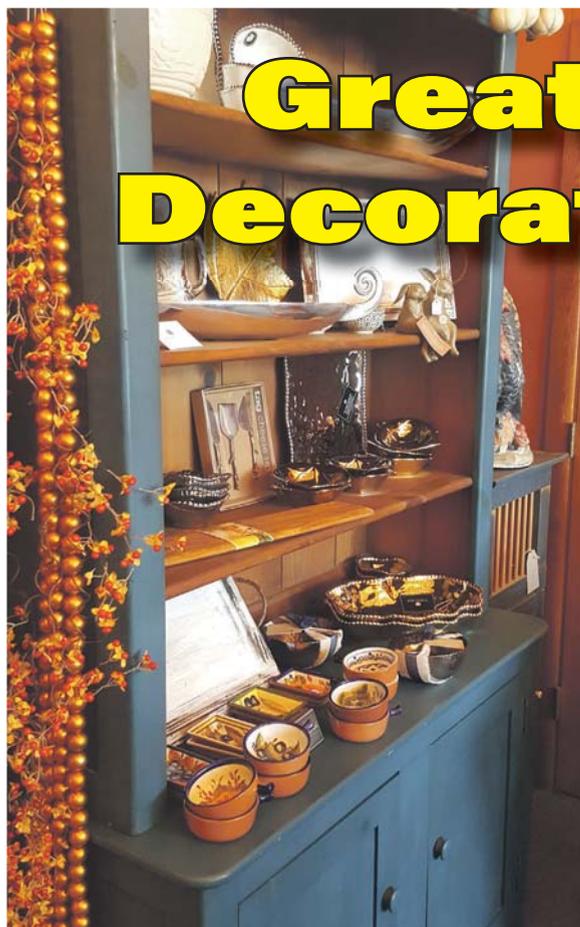
Check the Web www.adksrealty.com
Call Mel to Sell! 518-835-2357

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HALLOWEEN IS HERE

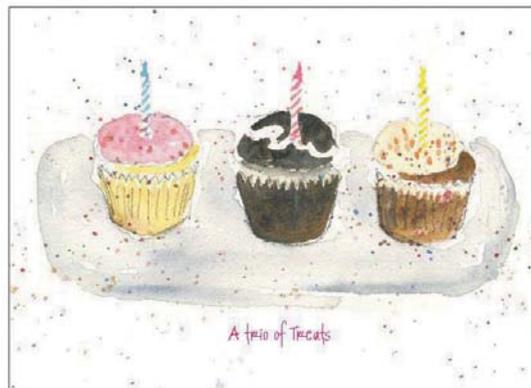
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Kinderhook Bank Corp. reports results for first six months of 2018

KINDERHOOK – Kinderhook Bank Corp. (“KBC”) (OTCQB:NUBK), the holding company for the National Union Bank of Kinderhook announced results for the six months ending June 30, 2018.

Net income available to common shareholders was \$2.3 million, or \$1.72 (diluted) per common share, for the six months ending June 30, 2018 compared with \$700,000, or \$1.00 (diluted) per common share, for the six months ending June 30, 2017.

Results for the first six months of 2018 included an after-tax gain on loan sales of \$275,000 or \$0.18 per share (diluted) as well as an after-tax loss on sale of securities of \$124,000 or \$0.08 per share (diluted). Results for the first six months of 2017 included an after-tax charge of \$322,000 or \$0.30 per share (diluted) of one-time merger and transactions costs related to the bank’s acquisition of Patriot Federal Bank which was completed on Nov. 10, 2017.

Total assets on June 30, 2018 were \$637 million compared to \$464 million on June 30, 2017. Net loans grew at an annualized 8 percent rate for the first six months of 2018. KBC and Bank President and Chief Executive Officer John A. Balli stated, “I am very pleased that net income per common share (diluted) for the first six months of 2018 was greater than the same period for any previous year. We continue to experience strong growth and increases in our loans and deposits.” Balli continued, “Our remarkable team of talented bankers looks forward to serving our many new customers.”

In operation since 1853, and celebrating 165 years serving the community, Kinderhook Bank’s main office is located in Kinderhook with branches in Albany, Amsterdam, Canajoharie, Chatham, Delmar, East Greenbush, Greenport, Johnstown, Latham and Valatie.

*I did then what I knew how to do.
Now that I know better, I do better.
– Maya Angelou*

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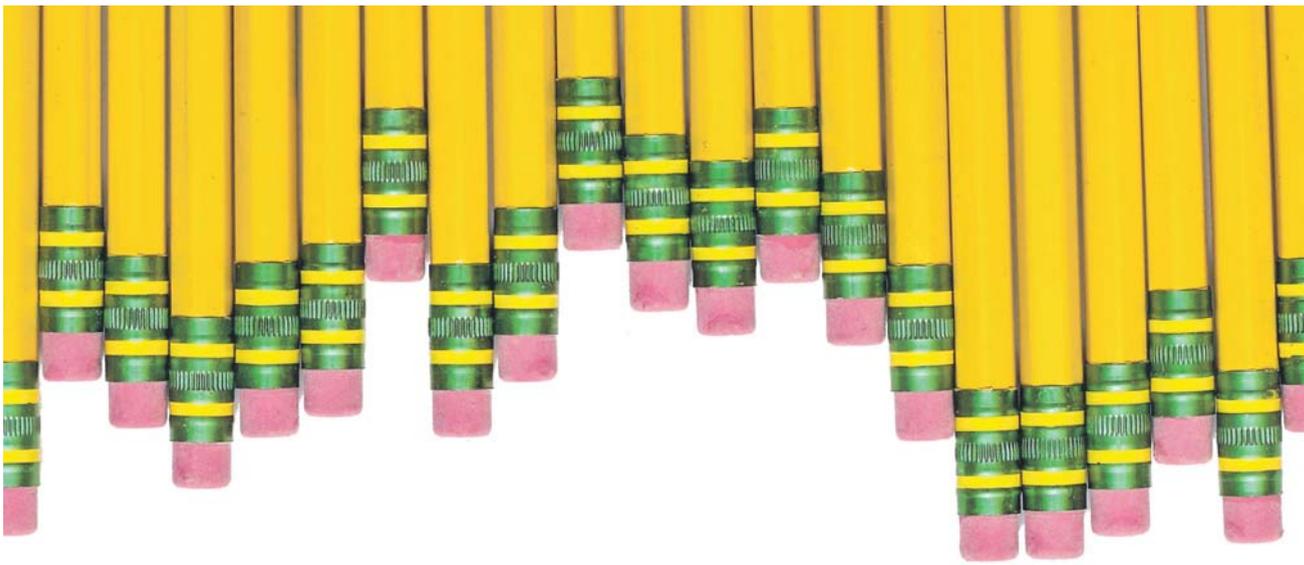
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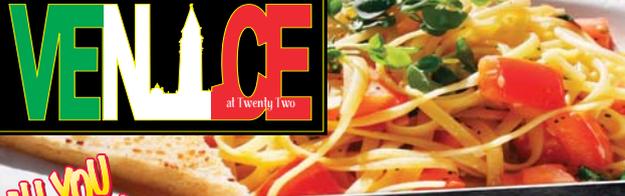
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Church Directory



Ames - Sprout Brook UMC
613 Latimer Hill Rd.
Ames, NY 13317
518-673-3495
Pastor Jan Markle
Sunday Service 9:30am

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

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

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

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

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

Bethesda Fellowship
34 S. Division St.
St. Johnsville, NY 13452
518-568-2678
Summer Schedule
Sunday Worship 10:00am
Wed. Worship and Prayer 6:00pm

Ephratah Reformed Church
140 Co. Hwy. 140, Ephratah, NY
To live and share Jesus Christ both locally and globally. Everyday. Everywhere. Everyone.
Pastor Jeff Hindriter
Sunday School for all ages
10am September-June
Sunday Morning Worship 11am
Prayer & Praise Thursdays 7pm

Grace Christian Church
20 Center St.,
St. Johnsville, NY 13452
Rev. Harry J. Teuchert
315-866-8626
Sunday School 9:30am
Worship 11:00am

Our Lady of Hope R.C. Church
115 Reid St., Fort Plain, NY 13339
Parish Office 518-993-3822
ourladyofhope@frontier.com
Mass Schedule: Saturday, 4pm;
Sunday, 8:30am & 11am;
Confessions: Sat. 3 & by appointment
Please call parish office for Holy Day schedule

Seeker's Fellowship
14 Park Place
St. Johnsville, NY 13452
518-568-7700
Pastor Mike Yezierski
Sunday Worship 6pm, Tues. Prayer 7pm,
Bible Study 7pm (Wed., Thurs. & Fri.)
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.

Stratford United Methodist Church
Route 29A
315-429-9085
Rev. Lynn R. Lockwood
Worship 9am

Cherry Valley Assembly of God
37 Alden St., Cherry Valley,
607-264-3306
Pastor David Carpenter, Jr.
Sundays 9:30am

Episcopal Church of the Good Shepherd
26 Moyer St., Canajoharie
518-673-3440
Holy Communion Sundays at 9:30am
Fellowship Time to Follow
Call for Holy Day services
The Rev. Virginia L Ogen, Rector
churchgood@frontier.com

Grace Episcopal Church
32 Montgomery St., Cherry Valley
315-858-4016
Fr. Kyle Grennen, Rector
Sunday School 11:00am
Holy Communion/sermon 11:00am

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

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 10:00am,
Ladies Aid W.E.L.C.A. Handicapped Accessible

The Christian Church of Rural Grove
170 Rural Grove Rd., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff
pastorjosh@ruralgrovechurch.org
Sunday School (all ages) 9:45am,
Morning Service 11am, Eve. Service 6pm,
Wed.-Family Night 7pm,
"Where Bible Teaching is Fundamental"

Christian Church of Charleston Four Corners
1380 E. Lykers Rd., Sprakers
518-922-9088
Pastor Brett Popp
Sunday School (adult & children) 10am,
Worship 11am,
Sunday Eve. Prayer 6:30pm,
Thurs. Eve. of Encouragement 6:30pm
www.christianchurchcharlestonfourcorners.org

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

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

Randall Christian Community Church
NY Rte. 5S
Sunday Service 10:30am
Worship Leader Darlene Spaulding

St. John's Reformed Church
68 W. Main St., St. Johnsville
518-568-7396
Faithfully Following Jesus Christ
Sunday Worship 10:30am

The Holy Spirit Polish National Catholic Church
618 E. Gansvoort St.
Little Falls, NY
315-823-0793
Father Rafal Dadello
Mass at 11am on Sunday www.holy-spiritpncc.org

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

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>

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

Reformed Church of Canajoharie
15-19 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

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.net

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

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

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

Joy Fellowship
296 Co. Hwy. 119
St. Johnsville, NY 13452
518-568-3217
William Hayes Pastor
Joyce Loughran Assistant Pastor
Sunday School 9am, Morning Worship 9:30am
Wednesday Evening Worship 6:30pm

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,
Second Thurs. Prayerspace 6am to 6pm

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

The Time for Truth Ministries
PO Box 351
Amsterdam, NY 12010
Phone 518-843-2121
Cell 518-774-8558

Community Bible Church
Corner of Cliff & Walnut Streets
Canajoharie, NY 13317
(518) 993-1016
Pastor Wally Braemer
Sunday - Adult Sunday School Class - 9:15am
Worship Service - 10:30am
God is Good All the Time & All the Time God is Good

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

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

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

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

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

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

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

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

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

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

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

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

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

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

River of Jubilee Church
5057 State Highway 5 S
Sprakers, NY 12166
Pastor: Gail Adamoschek
Pastor: Steve Adamoschek
518-322-1427 / 518-224-4455
Sunday Service 10:00am
Children's Church Available
Other Learning Opportunities Available
Visit us on Facebook

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 10-10:45am
Church Service 11am

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

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

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

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

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

St. Paul's Lutheran Church
32 W. Main St.,
St. Johnsville, NY (next to NBT Bank)
518-568-3007 Church
518-568-2405 Parsonage
Rev. David Johnson
Sunday School 9am,
Tues. Bible Bungee-Jumping 7pm,
"Bible Study" that actually makes sense!
A Vibrant, Welcoming Community of Faith & Vision

Victorious Life Church RMI Fellowship
104 Main St. & 431 St. Hwy. 80
Fort Plain, NY
518-993-3102
Sunday School 10:30am,
Morning Worship 10:30am,
Youth Group 5pm,
Evening Worship 7-8pm

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

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

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

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

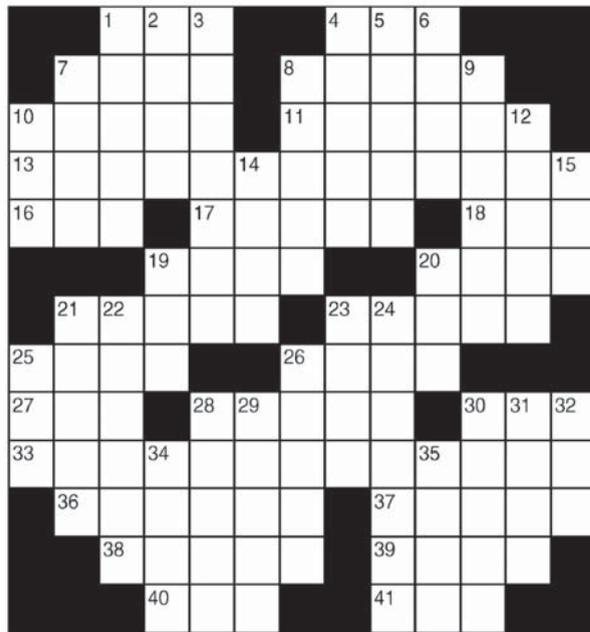
St. Paul's Universalist Church
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King Crossword

ACROSS

- 1 — -relief
- 4 "Conan" network
- 7 Easter flower
- 8 Baby's ailment
- 10 Traffic cone
- 11 Moon mission name
- 13 Shakespeare's best-known query
- 16 "I'll take that as —"
- 17 Carolers' tunes
- 18 Vast expanse
- 19 Coloring agents
- 20 For fear that
- 21 Corporations
- 23 Paperhanger's need
- 25 Scrawny
- 26 Dull sound of impact
- 27 Performance
- 28 Show smug satisfaction
- 30 Pi follower
- 33 TLC makeover series
- 36 Abrade
- 37 Film
- 38 Shocking weapon
- 39 State
- 40 High deg.

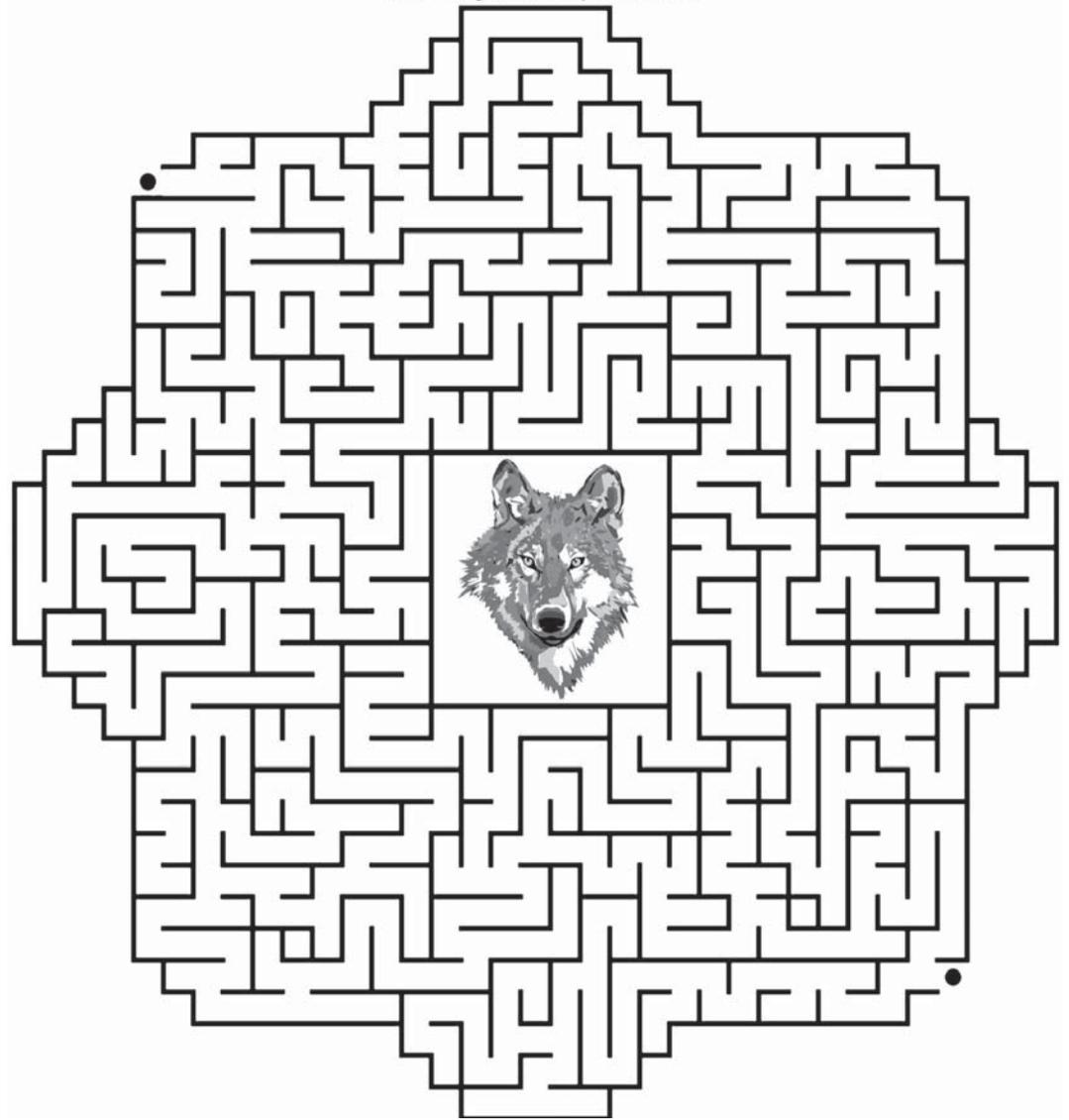


- 41 Aviv lead-in candy
 - 9 Storage area hip-hop parlance
 - 10 Bake sale org. 24 Self-service diner
 - 25 Pussy foot?
 - 26 Carrier
 - 28 Grind the teeth
 - 29 Ran easily
 - 30 Make merry
 - 31 Barber's concern
 - 32 Raw rock
 - 34 Snare
 - 35 Worked on a loom
- DOWN**
- 1 "The Hobbit" hero
 - 2 Lotion additive
 - 3 Thesaurus entry
 - 4 "Fiddler on the Roof" star
 - 5 Rorschach pictures
 - 6 Riverbed deposit
 - 7 Rhone city
 - 8 Christmas
 - 9 Storage area
 - 10 Bake sale org.
 - 12 Not just plump
 - 14 Shad delicacies
 - 15 Chow down
 - 19 Parched
 - 20 "Acid"
 - 21 Botanist for whom a reddish-purple flower is named
 - 22 Unbroken
 - 23 Excellent, in

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Mega Maze

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Weekly SUDOKU

by Linda Thistle

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

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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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

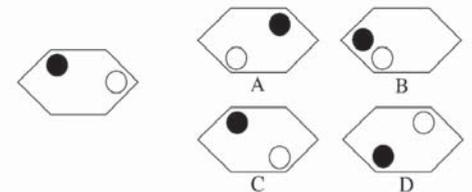


Differences: 1. Picture is missing. 2. Skirt is different. 3. Card is different. 4. Neckline is missing. 5. Card sign is missing. 6. Envelope is missing.

STICKELERS ^(sic)

by Terry Stickels

If the black ball in the figure below moves clockwise one vertex on each move, and the white ball moves two vertices counterclockwise on each move, where will each be after five moves?



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Americanisms



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—Ray Charles

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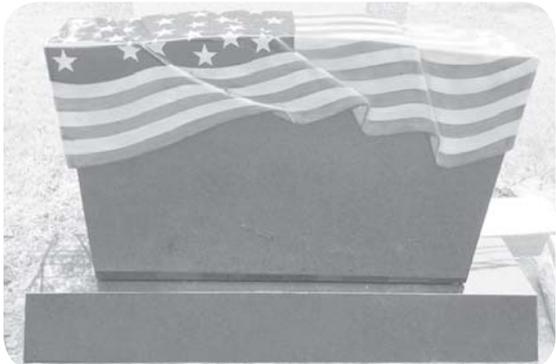
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Paw's Corner

by **Sam Mazzotta**

Fat cat brought to tears by diet

Dear Paw's Corner: Help! My 6-year-old cat, "Misti," has a serious weight problem, and the veterinarian said she needs to drop several pounds. The vet told me to feed her less, but Misti cries constantly around feeding time and won't let up until I put more food into her bowl. What else can I do? Are there weight-loss supplements for cats? — Helen T., via email

Dear Helen: Helping your cat lose weight can be a struggle, but we all know that getting Misti down to a healthier weight will improve her quality of life.

There are several supplements and cat foods formulated specifically for cats that say they help with

weight control. One supplement, L-Carnitine, may be helpful, but consult Misti's vet first for the proper amount to give her.

A calorie-restricted diet is the most effective way for Misti to lose weight. However, according to veterinarian and clinical researcher Dr. Mark E. Peterson, reducing calories alone isn't effective. You must increase the amount of protein that Misti gets and reduce the amount of carbohydrates. The way to do this is to replace part of her dry food with real meat (plain chicken, steamed and cooled, for example). A high-quality canned food also may help increase protein, but read the labels very carefully.

To make the diet easier on both of you, prepare Misti's food a few days ahead, separating each day's fresh and dry food into separate containers. Dole out her meals twice a day. Save a little each time and when she cries for more food, place that small amount into her bowl. That trick, plus the increased protein, will help satiate Misti as she adjusts to the new diet.

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Mega Maze Solution

Stickelers Answer
The answer is **Figure B.**

King Crossword Answers
Solution time: 25 mins.

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

Weekly SUDOKU Answer

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

Just Like Cats & Dogs by Dave T. Phipps

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Electro-Metrics thinks and acts locally and globally

by Courtney Llewellyn

JOHNSTOWN – In the past, when a business was looking to expand, it would focus on reaching out across the state, the country or the world. What does a company do when it already has a global market, though?

At Electro-Metrics, on Enterprise Road in Johnstown, the company thinks locally.

Founded in 1963, Electro-Metrics has historically designed, produced and integrated antennas, sensors and systems for broadband radio frequency (RF) communications and testing. One of their first expansion projects was to create their own machine shop for precision machining, fabrication and welding.

President and COO Paul Sikora, who has been with Electro-Metrics for 40 years, explained that at the beginning, about 90 percent of the company's business was with RF equipment, but a lot of the old items are no longer relevant.

"We're looking to diversify away from only corporate work and open our plant up to the public," Sikora said.

Terry Prentice, manager of quality assurance for the

company, added, "We have had this new side of our business up and running for a few months. We thought 'Why have all this equipment if we can't use it to its full potential?'"

That potential expands as far as a person's imagination can go when it comes to creating something for themselves or their own businesses. In addition to having a lot of specialized equipment to handle a lot of different projects, Sikora explained that the creative pipeline has been greatly accelerated to help people achieve their goals.

"There is no more long-term testing. We have computational models that can illustrate every outcome," he said. "The old process meant coming up with ideas, then searching through catalogs, then ordering separate parts, sometimes having a customer waiting two to three years for a full unit. Today, from concept to completion, it takes maybe a month. The whole industry has changed in that regard."

Using Electro-Metrics' water jet and other machining tools, everything from artistic touches to

specialized machine parts can be crafted. "We do walk-in work, and recently we welded a historic bell for a local Rotary Club," Prentice said. "We work with all kinds of materials, even doing plate glass etching. The glass stuff was kind of surprising – it's so detailed."

With large scale electronics manufacturing, there are strict controls and procedures for customers; with smaller projects, Electro-Metrics doesn't necessarily have such stringent controls, Prentice said. "Our customers can work with us and control the process and that makes us more competitive," he said.

He added that the company is always working on improving its infrastructure with new equipment, and that it is working with local colleges to develop a more technical, regionally-based workforce.

Working with Electro-Metrics has another bonus for local partners: Prentice said the company has great relationships with its suppliers. If customers need

secondary services, the company can connect them, and the same goes with its materials suppliers. Prentice added that Electro-Metrics does keep an extensive inventory on hand as well.

As far the future goes, Sikora said the company works with a five-year business plan, but they modify their path as they go if it's necessary.

"We still build antennas

and their housings, and our corporate partners are still a steady business, but we are adapting to the changing market," he said. "We're a global company but our local community is here. We're willing to show we're going out there to the people."

Those interested in working with Electro-Metrics can contact them at 518.762.2600 or at www.electro-metrics.com.

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5. playboy
6. mercedes
7. cocacola
8. snickers
9. corvette
10. skittles



Source: Virginia Tech/Dashlane

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Back-to-school ice breakers to ease first day fears

Parents and educators can sometimes underestimate children's anxiety over the dawn of a new school year. Many students feel nervous when wondering if their teach-

ers will be nice or if they will make new friends. These worries may be compounded by the return to routine and the end of an enjoyable period of rest and relaxation.

In 2015, CNN polled campers at a summer day camp outside New York City. The campers were elementary school students who were asked about what they were most nerv-

ous about for the return to school. Homework, tests, competition, greater expectations, grades, and making new friends topped the list of fears.

To help students transition to the classroom with fewer worries, teachers and parents may want to initiate ice breakers and other stress-reducing interactions. Here are some ideas.

Buddy up

Many schools will give out classroom assignments a few days before the first day of school. Parents can investigate

who is in their child's homeroom and initiate contact with the parents of one or more of those students. Collectively, parents can make a buddy plan for students to arrive to school together and enter the classroom as a team. Coordinate clothing colors or have students wear another unifying symbol. This may allay fears and make the first day of school more fun.

School selfie

Students can craft "school selfies" on a piece of paper using a smartphone image template.

This selfie illustration will give the class key facts about each student and present an interesting, creative and enjoyable way for students to get to know one another.

Student word search

Word searches are entertaining and educational tools that can be put to use in the classroom. Parents or teachers can create word searches featuring the first names of all the students in the class. Children often enjoy searching for their own names, and then they can help others, opening up lines of communication.

Word searches also can be customized for any subject. Therefore, if student names aren't desired, the theme can be classroom items or school terms.

Personal introductions

Students may worry about teachers mispronouncing their names or using a full name instead of a nickname. Rather than a traditional roll call, teachers can encourage students to introduce themselves to classmates, using their preferential name and including a brief synopsis of their interests and what makes them unique.

Teachers also can initiate other ice-breakers by giving students a sheet with various questions, which students then have to complete by asking around among the other students. For example, "Who has a pet fish?" or "Find someone who has blue eyes." The first day of school can be difficult for some children. Fun activities and some extra effort from parents and teachers can make the return to the classroom less stressful.




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King Brothers and Smooth Shave

Some 60 years ago I drew the milk from the Nellis farms to the Canajoharie Creamery each morning. I often encountered Simon King, who came in from their farm near Wintergreen Park. Once I was introduced to another brother who had a farm in the west. Edward King I only knew each other because of his wife's interest in history. I found there was another brother, John Lawrence King, by a chance event. A few years ago there was a yard sale at the place where Ed King once resided. My search of a small outbuilding revealed a stack of several bushels of correspondence belonging to John Lawrence King. He seemed to have been an ingenious but somewhat eccentric person. Carefully composed copies of letters to famous people were there. The answers as usual were from "special assistant to..." or "We will bring the matter to the attention of..." You know most of us have gotten such replies.

There was a large quantity of involved charts of how John Lawrence



King's life would be ruled by the stars. I passed most of the papers on to an interested friend. However, there was a small number there of considerable interest to me. They all pertained to John Lawrence King's pet project, the King Oscillator Razor. The main feature of these razors was the vibrating effect the blade gained when the small wheels turned by contact with the face.

John Lawrence King was born in Canajoharie

on April 17, 1891 and died in Chicago on February 17, 1971. At the time of his death he was survived by six brothers. His time as an inventor, reformer, lecturer and would-be politician was ended, but occasionally an example of John Lawrence King's oscillator razor comes to light to remind us that a Canajoharie native tried to help his fellow man get a smoother shave.

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