

Mohawk Valley Country Editor

January 5,
2019

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FOR AS THE EARTH BRINGS FORTH ITS BUD, AS THE GARDEN CAUSES THE THINGS THAT ARE SOWN IN IT TO SPRING FORTH,
SO THE LORD GOD WILL CAUSE RIGHTEOUSNESS AND PRAISE TO SPRING FORTH BEFORE ALL THE NATIONS. ~ ISIAH 61:10

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25TH ANNIVERSARY

ONLY \$25 TO ANYONE WHO NEEDS HELP BUT HAS NEVER BEEN TO A CHIROPRACTOR BEFORE (Or Hasn't Been In A Long Time)

Dear Friend,

If you've ever thought about going to a chiropractor but you've hesitated because you weren't sure it was right for you, please read on.

My name is Dr. Darlene Euler.

To celebrate 25 years in practice we have agreed to "give away" (to anyone who asks for it) \$186 worth of our services for only \$25 - that's right, \$25.

In the 25 years since I opened my doors I've helped hundreds of people in the area feel better and live healthier, more productive lives through chiropractic care. And now, we'd like to introduce even more people to the many benefits our profession has to offer.

For instance, chiropractic care may be able to help you if you are suffering from any of the following conditions:

- Lower back pain • Sciatica-Pain Down Legs
- Neck Pain • Pain Down Arms
- Tingling or Numbness in Hands
- Migraine headaches • Muscle spasms, sprains & strains
- Constant fatigue; lack of energy • Pregnancy

And a whole host of other problems ranging from dizziness to ringing in the ear.

These symptoms can be caused whenever the vertebrae in your spine are out of alignment, because these "Misalignments" directly affect your nervous system.

Fortunately, if you are suffering from any of these problems, or similar affliction right now, they may be relieved or eliminated by proper chiropractic treatment (Commonly called adjustment). So if you have always wanted to "check out" chiropractic care and see what it can do for you, now is the best time to do so because...

For one month only, \$25 will get you all of the services we normally charge new patients \$190 for!

What does this offer include? Everything. Take a look at what you will receive...

- An in-depth consultation about your health and well-being
- A complete chiropractic spinal examination
- A full set of specialized X-rays to determine if a misalignment in your spine is causing your pain or symptoms (NOTE: Nobody gives these kinds of X-rays free, they would normally cost you at least \$500).
- An analysis of your X-rays and spinal exam results so we can see what needs to be done to help relieve your problem.
- Answers to all your most probing questions about chiropractic care and what it can do for you...

The appointment will not take long at all. And like I said, I normally charge \$190 for this (most of which just covers the full set of X-rays).

But now, as a part of this special offer, you can come in and find out for certain if you need chiropractic care and how it might help you eliminate the pain you are feeling.

Missouri in 1993 and has been in practice for 25 years. I have dedicated my practice to the use of the Thompson Technique which is a very gentle, low-force technique. This allows me to successfully deal with problem cases, structural rehabilitation, extremity problems, low back pain, neck pain, migraine headaches, etc. I have treated patients from 6 weeks old to 96 years old with much success.

Does Chiropractic Really Work?

Absolutely! Here are some findings from studies done by chiropractors and orthopedic surgeons.

Harvard Medical School Health Letter - Sept 1990

"Chiropractic treatment of low back pain, which affects 75 million Americans is superior to the standard regimen administered by medical doctors", a major British study has concluded. "Chiropractic almost certainly confers worthwhile long-term benefit in comparison with hospital outpatient management," said Dr. T.W. Meade, a British medical doctor who headed the study conducted at 11 hospitals and chiropractic clinics.

Federal Medical Study Endorses Chiropractic For Back Pain - US Agency For Health Care Federal Medical Study Policy and Research

December 8, 1994 - A panel of 23 doctors headed by Dr. Stanley Bigos, M.D., professor of Orthopedic Surgery, studied 3900 medical articles on low back pain. Their conclusions were that "chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine, back corsets and ultrasound." Surgery was beneficial in only 1 out of 100 cases!

Would you like even more proof that chiropractic works? Then listen to these comments from a few of our patients...

Patient Success Stories

SCIATIC PAIN

In February of 2011 I suddenly developed severe sciatic pain in my right leg. I was unable to stand up straight or walk without considerable pain. I could only dress myself with great difficulty. Getting in and out of the car left me in tears.

After a visit to urgent care I left with pain medication, muscle relaxants and instructions to see my primary care physician. My physician then ordered an MRI and referred me to a neurosurgeon. She also made an appointment for the pain management clinic. They couldn't see me until October!

The MRI showed spinal stenosis and a bulging disc. The neurosurgeon only offered surgery "when the pain got too bad" and physical therapy.

The physical therapist worked with me for one month, then said there was nothing more for him to do, we had gone as far as we could. I had experienced some improvement in my initial symptoms but I still had a long way to go.

In July I went for my dental check up and the hygienist noticed I had difficulty getting into the chair. She suggested I try Spraker Hill Chiropractic as she was a patient, and was very pleased with her care there.

It is now October and I am halfway through my treatment at Spraker Hill Chiropractic. For the first time my x-rays were explained to me and there was more caring and concern shown to me in my first appointment than I had received from all the other doctors I had seen since February!

I am off all of my pain meds. I can stand straight and tall, and for the most part I am pain free!

Spraker Hill Chiropractic is a blessing! Thank you Dr. Euler and wonderful staff!

Lynn K.

SEVERE SINUS HEADACHES

Before I was introduced to Dr. Darlene Euler in November 2007, I had been suffering from severe sinus headaches. I was in my second pregnancy in 1998 when I had developed sinus symptoms and had severe headaches every week. I could not think or see clearly. I was not able to get through the day without lying on the couch for hours at a time. My four children were missing out on parties/events. I was on antibiotics every month and they eventually did not work. I had been to every general practitioner, specialists, ENT's and had all tests done. Nothing seemed to work and no relief in sight. I lived in Mahopac, NY when I began seeking care for my symptoms. I have since moved back to Canajoharie, where I grew up, and helped drive my grandmother to Dr. Euler. She often said I should come and get adjusted. I just smiled and never thought about it anymore. My mother eventually started coming to Dr. Euler for back problems and spoke with her about me and my sinus problems. Dr. Euler told my mother that she could help me with my sinus problems as she has helped many other people with theirs. Well, eventually I gave in and from the very first week that I began treatment with Dr. Euler, I have been symptom free. I



Meet the Doctor

Before you come in, through, you will probably want to know a little bit about me. So let me tell you...
Dr. Euler graduated from Logan College of Chiropractic in Chesterfield,

Spraker Hill Chiropractic

77 Mohawk Street, Canajoharie, NY • 518-673-3876

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BOGGER - 3 year old male Pit Bull. Sweet, loves people and has lived with kids.



Lexi is a beautiful 67 pound spayed female Coonhound who is about 2 to 3 years old. She is a little shy at first, but once she warms up she is a complete mush! This sweetheart is good with some dogs.



JAKE is such a beautiful guy! He is a 3 to 4 year old neutered male brindle pit mix. HE LOVES to play ball. Jake loves people and is okay with some dogs. He needs a home with older kids.



Lance - is a 2 to 4 year old neutered male American Bulldog. He is good with some dogs but needs a kitty and child free home.



Whiskey is a 12 to 14 year old Malamute. He loves people and older kids. Needs to be tested with other animals. He is about 79 pounds. This spry guy's age doesn't slow him down!



Jeremy - Is a 2 to 4 year old neutered male Tripod Brindle boy. Jeremy loves people and is great with most other dogs. He does need a kitty free home.



Shellie - Is a 4 to 5 year old spayed female shepherd (hound) mix? She is great with cats, good with some dogs but shy around new people.



Boris - 8 to 10 year old neutered male pit bull. Quiet home, older kids, dog selective.



Nick is a 4 to 5 month old DSH tuxedo. He loves other cats and is a huge cuddle and talker!

Wish List:

- Clay Kitty Litter
- Lumabone type chews



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Letter to the Editor

Once again the officers and members of Catholic Daughters Court Catherine Esther #1264 would like to extend a heartfelt THANK YOU to all of the people in the area communities who contributed items and money to the Holiday collection for veterans and deployed military. We wish to thank the NBT Bank in Fort Plain, Our Lady of Hope Church in Fort Plain and Lee's

Shops at Wagner's Square in Canajoharie for their cooperation in letting us place the collection boxes in their lobbies and vestibules. We'd also like to thank Arkell Hall Adult Home for joining us in collecting recommended items. In addition, we are extremely grateful for the publicity afforded us by the Courier-Standard, the Recorder, My Shopper, Country Editor and other area newspa-

pers. Because of the response from the communities, we sent seven boxes of toiletries, warm clothing, snacks and gift items to the Veterans' Administration Medical Center in Albany. The collection was picked up and taken to the VA by Lisa Bowman, a retired Air Force nurse who lives in Canajoharie and works at the Albany VA. The items were distributed to the

veterans and wounded warriors in their nursing home there before Christmas. We also received enough money in donations to purchase 29 holiday care packages for deployed soldiers from the Soldiers' Angels organization and also donated toward shipping costs to the deployed soldiers. This was a wonderful response from our little communities and we thank you all for

joining us in supporting our wounded military and veterans along with our deployed soldiers during the Christmas season. May God bless you for your generosity.
Marlene Nalli, Regent and Collection Coordinator
Court Catherine Esther #1264
Catholic Daughters of the Americas,
10 Hancock St., Fort Plain

A warm welcome to new neighbors

On this cold Stone Arabia morning, I look toward the east. I've been on this old Nellis farm for 70 years. There have been many changes in those years. There is a new Amish home a little east of Ernie and Emma's. You may remember back on September 6, 2011. Could it be so long ago when I wrote about Ernie and Emma's first light in the window? Now I see a new plume of smoke from the chimney of another Amish house. Oh, yes, there is another light to break the

evening darkness. Now it is a reminder that it is from the window of Mosie and Katie's first home together. In fact, those rays are from the kerosene lamp I gave them. A lamp that was handed down from my own family. That is a special double meaning to me. Now a special wish to my new Amish neighbors. May your hearts remain warm like your first home and give you long life and happiness.
Skip Barshied
Stone Arabia

Now Here's a Tip

by JoAnn Derson

- Putting up new calendars? Before you toss your old one, be sure to look through it for important anniversaries, and cut out and save any pictures or art that might be reusable for craft projects.
- Wrapping up your decorations is a snap with a visit to the recycling bin: egg cartons for ornaments, paper towel cores to wrap lights around and newspaper for tinsel or lengths of fake boughs.
- "Is your showerhead spraying in all directions? There may be a buildup of mineral deposits blocking some of the holes. Here's a good way to get that cleaned out, and it's no scrub, mostly. Fill a plastic baggie halfway with a vinegar and water solution. Lift it up and put the showerhead into the vinegar. Then secure the bag over the pipe tightly using tape or a hair elastic. Let it sit while you're at work or running errands. Then remove and run the shower normally." – R.E. in Oklahoma
- Do you use the clutter basket trick? As you clean your home, or just when tidying, carry a basket from room to room. Items that belong in another room go in the basket to be delivered to the right room along the way.
- "Make your own coffee creamer with this easy recipe: Combine 1 can of sweetened condensed milk with 2 cups of whole milk and 1/3 to 1/2 cup flavoring syrup, available in the coffee aisle of your grocery store. Add a teaspoon of vanilla or almond extract for additional flavor." – W.B. in New York

* Use dry flour or cornstarch on a microfiber cloth for stubborn grease on stainless steel. It absorbs and buffs.

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Wednesday, January 9, 2019

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Sponsored By: **St. Johnsville Chamber of Commerce**

Facilitated By: **Mark Kilmer, President/CEO**
Kevin McClary, Board Member
Fulton Montgomery Regional Chamber of Commerce
Dawn Lamphere, President STJCofC

This initial conversation is intended to be the first step among stakeholders to share ideas, concerns and possible solutions towards creating a community wide initiative of ongoing strategic planning. Our goal is to build consensus in an effort to move the community forward positively and productively while recognizing it will require extensive, active participation. All are welcome; you do not have to be a business owner or a member of the chamber to attend.

Comments and questions, which will be used as talking points for the discussion, may be emailed to chamberprez13452@yahoo.com or mailed to PO Box 144, St. Johnsville, NY 13452

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A Stone Arabia relic

Not long after I came to the Nellis Farm at Stone Arabia in August 1948, I first entered the building called the shop. The building was originally an ice house before the first electric refrigeration came to the farm. Now it was a place to go if something broke and you

needed a nut, bolt, nail or screw to do the repair. A vise and anvil were there also in case they were needed. An unusual cupboard was nailed to the north wall. It was 18 ¾ inches high by 30 ¾ inches wide and 8 ¾ inches deep. There were no doors on the cupboard. It was divided into 34 small pigeonholes, one

large drawer and one small drawer. The cupboard was well built of thin boards, some of which had been used before. Those were once part of an agricultural advertising sign reading "Champion Mowers and Reapers Sold by ____." It was the same type of sign found in the old England blacksmith shop a mile or so to the south. Those in the old cupboard probably came from the blacksmith and wagon shop near the upper corners. The cupboard was painted a green color now faded and alligatored.

At the time I first saw the cupboard it held small screws, parts and other things that de-

served a special place so they did not get lost. The question was, just what was the original use of this strange cupboard? The question was answered by my father-in-law Benjamin S. Nellis. He said it was the Stone Arabia Post Office. Little was thought about the Stone Arabia relic at the time. Years later, when I took the shop building down to build the new garage, I carefully saved the Stone Arabia Post Office. It was stored away for many more years before questions again arose regarding the old Post Office's important job in a time long ago. What path the Post Office took from active service

to a Stone Arabia workshop is unknown. It was discovered that the Post Office in Stone Arabia was opened on Oct. 27, 1830 and closed May 31, 1907. My father-in-law's mother was a member of the Schults family. A very important and influential family who may have owned the hotel or other building where present Stone Arabia Road crossed State Route 10. Helen Nellis and her great-nephew Joseph Van Heusen interviewed Manley Shults in 1995. He stated that he lived on that corner when he was a boy and until he went to high school. Manley was in his 80s when the interview took place. This

puts the Shults family near or in the building where the Post Office was located at the time it was closed. Earl Shults was my father-in-law's uncle. He owned the farm where the Post Office relic was later found until it was sold to the Nellis family just prior to the Depression. Thus the question of its removal and by whom is nearer answered. We have accurately follow the path of the old Post Office for the 60 years I have known about it and hopefully back to a time when it bulged with the mail for the residents of old Stone Arabia.

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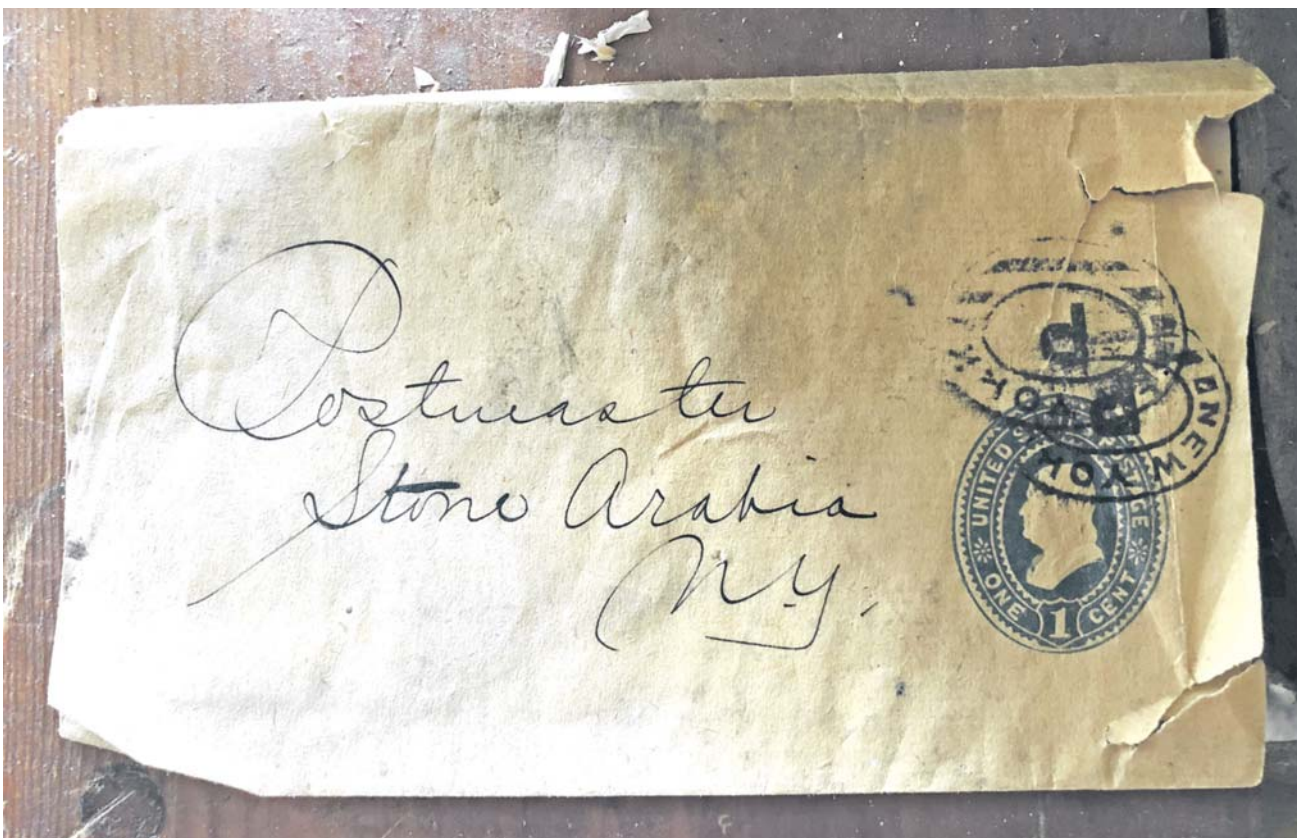
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The Kitchen Diva

by **Angela Shelf Medearis**
A healthy New Year to you!

Most Americans typically start each New Year determined to make changes in their lives for the better. For many of us, it means taking charge of our health and

creating a healthy eating plan. By the end of January, those good intentions have melted away and a flood of bad habits have returned. This New Year, you may want to make small changes in your eating plan and then persevere until those choices

become a healthy habit.

The basis for a healthy eating plan should be fruits and vegetables, whole grains, low-fat or fat-free milk products, lean meats, poultry, fish, and beans, lentils and other legumes. Some foods stand out as superstars with many nutrients to enhance health and prevent disease. Here are some smart food choices to make every day:

Yogurt – Low-fat or fat-free yogurt can serve as a snack or even as part of dessert. Yogurt has live cultures and good bacteria that may promote health, boost immunity and increase bone health. Some of the nutrients in yogurt include calcium and potassium, which are important for good bone health. Plus, yogurt contains protein, which helps you stay full longer. Top yogurt with blueber-

ries and walnuts for a nutritious snack or breakfast. Yogurt can also serve as the base for creamy dips, toppings or dressings.

Tomatoes – Fresh tomatoes may not be available year-round, but processed tomato products such as stewed tomatoes, tomato sauce and tomato juice can be found any time of year. The red color of tomatoes comes from lycopene, a phytochemical the body absorbs better from processed tomato products. Lycopene can help prevent prostate cancer and may improve bone health. Tomatoes also contain vitamins A and C, both of which are antioxidants. Add cherry tomatoes to a salad or eat them as a snack, or add a can of stewed tomatoes to chili.

Carrots – Bugs Bunny probably has great eyesight, thanks to the beta carotene that gives carrots their orange color. Beta carotene helps protect against some cancers and cardiovascular (heart) disease. In addition, carrots contain vitamin C, vitamin K, fiber and potassium. Add carrots to soups and salads or enjoy as a side dish.

Black beans – All beans can promote health, but black beans contain anthocyanidins, the same antioxidant in blueberries. Black beans contain soluble fiber, which can help lower cholesterol. Beans contain protein as well, making them a good substitution for other

protein foods that may be high in fat. Beans are also low in calories, low in fat and inexpensive. Mix black beans with corn and salsa for an easy side dish that is delicious and nutritious.

Sweet potatoes – Sweet potatoes are a rich source of fiber as well as containing a good array of vitamins and minerals including iron, calcium and selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in the antioxidant known as beta carotene, which converts to vitamin A once consumed.

This recipe for Spicy Sweet Potato and Black Bean Chili is an easy and delicious way to add several of these foods to your healthy-eating meal plan and enjoy the many health benefits from these nutritional all-stars!

Spicy Sweet Potato and Black Bean Chili

1 tablespoon plus 2 teaspoons extra-virgin olive oil

1 medium-large sweet potato, peeled and diced

1 large onion, diced

1 medium carrot, diced

1 tablespoon tomato paste

4 cloves garlic, minced

2 tablespoons chili powder

4 teaspoons ground cumin

1 teaspoon ground chipotle chili

1 teaspoon salt

1 1/2 teaspoon light

brown sugar

2 1/2 cups water

2 (15-ounce) cans black beans, rinsed

1 (14-ounce) can diced tomatoes with juice

4 teaspoons lime juice

3/4 cup chopped fresh cilantro

1/2 cup non-fat Greek yogurt

3/4 cup shredded Cheddar or Colby Jack cheese

1. Heat oil in a Dutch oven over medium-high heat. Add the sweet potato, onion and carrot; cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add tomato paste and cook for 1 minute. Add the garlic, chili powder, cumin, chipotle, salt and brown sugar; cook, stirring constantly, for 30 seconds.

2. Add water and bring to a simmer. Cover, reduce heat to low to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes, stirring occasionally.

3. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in half of the cilantro. In a small bowl, mix the yogurt and remaining cilantro together. Sprinkle each serving with the cheese and a dollop of the cilantro yogurt. Serves 4.

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Whatchamacallits



Colonial pewter was comprised of copper, zinc, antimony, bismuth and occasionally lead. But the phrase "colonial pewter" is misleading, as colonialists were not allowed by the crown to create pewter. Instead, pewter products were imported from England and pewterers in the colonies were only allowed to repair (or occasionally smelt and reform) existing pewter. These whatchamacallits are a pewter tankard and spoon dating back to the 1800s.

Pewter was considered a luxury item during that time period, although it was still cheaper than silver. The possession of such pewter-made items were a sign of class and respectability, as it was difficult to come by due to the King's proclamation. Working as a pewterer in the colonies

molds needed to reform the pewter were made of brass or bronze.

This particular tankard would have been made with about four molds – body, bottom, handle and thumbpiece. It was also most likely created of a pewter called Britannia, made of tin, copper and antimony. Britannia pewter was more durable and made more thinly.

The presence of the engraving indicates that the tankard was created in 1825. The engraving, although hard to completely decipher, reads, "T. Blake, Crofs ____, Norfolk Square." This engraving is

Pewter utensils were more easily accessible as they were smaller and required less work to create than the tankard.

In the 1760s, over 300 tons of pewter were sent to the colonies annually. But after the American Revolution, Americans took control of making their own pewter.



Did you know?

Martin Luther King Jr. was a prolific figure in American history. King is readily known as an activist and extremely visible spokesperson for the civil rights movement in the 1950s and 1960s. King was a writer, minister and humanitarian who made a great impact in his tragically short life. While people know much about King, these few facts may come as a surprise.

- King's first name was originally Michael. It was changed to Martin after his father traveled to Germany and be-

came inspired by the Protestant Reformation leader Martin Luther. King Sr. changed his own name after this trip as well.

- King did not originally plan on becoming a minister. However, Benjamin E. Mays, the president of Morehouse College, which King attended, convinced him otherwise.

- At the time he earned the honor, King was the youngest person to be awarded the Nobel Peace Prize, which he earned in 1964. Malala Yousafzai

became the youngest Nobel laureate ever in 2014.

- There are more than 730 streets named after Martin Luther King, Jr. in the United States.

- King's "I Have a Dream" speech was not his first at the Lincoln Memorial in Washington, D.C. The great orator first appeared there in 1957 to speak about voting rights.

- It is believed that King's last speech foretold his death. In front of an audience at Mason Temple Church the

night before he was assassinated, King said, "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now ... And I've seen the promised land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land. So I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

top ten

Student Loan Burden*

1. New Hampshire
2. Pennsylvania
3. Connecticut
4. Delaware
5. Minnesota
6. Massachusetts
7. South Dakota
8. Maine
9. Alabama
10. Rhode Island

* highest average student loan debt

Source: GOBankingRates

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by Matilda Charles

New scam has you pay with gift card

If you get calls from people claiming to be from the utility company or an alleged family member, or even the Internal Revenue Service, and they try to scare you into making immediate payment, it's surely a scam.

One way to tell it's a scam is if they insist you pay with gift cards, likely a Google Play or iTunes card. This is a theft problem that has increased 270 percent since 2015.

It can be tempting ... especially if you're told you've won something

Senior News Line

and only need to send a gift card to cover postage. You might be told that you missed jury duty and can post your bail with a gift card instead of being arrested. Or you might be told that you can get certain medical supplies that Medicare won't pay for, or that you have a computer bug and they can fix it for you. There's no end to the scenarios these thieves can think up.

Even if you fall for the scam, once might not be enough. Once they know how to manipulate you, they'll come back again and again.

A note of warning: If you're in a store buying a gift card and the

clerk tells you it might be a scam, listen. They see this all the time and they're trying to help you. There are at least seven different gift card scams out there right now.

To learn more, go online to the Federal Trade Commission and see ftc.gov/giftcards. If you've paid for something with a gift card, let the FTC know. The FTC website has the phone numbers of many companies that issue gift cards, including Amazon, MoneyPak and Steam. Also go online to giftcards.com and read up on gift card scams.

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None of us knows what might happen even the next minute, yet still we go forward.
Because we trust. Because we have faith.

Paulo Coelho

Calendar of events

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

Jan 8

Blood Pressure Clinic. 11:15 a.m. - 12:15 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Home Health Care Partner's Corp. Co-sponsored by St. Mary's and Nathan Littauer Hospitals.

Canajoharie/Palatine Bridge Chamber of Commerce Meeting. 6 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Jan 9

Senior Citizens Pinochle Card Party. 12:30 - 4 p.m. Donation \$2. Prizes and refreshments. Looking to sub, call Terry 518.673.5635.

Jan 10

Canajoharie Senior Citizens Club Meeting. Jan 11 19. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Jan 14

Knit/Crochet with Carol Balfé. 6 - 8 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Jan 17

Water Color with Shanna Becker. Jan 17 19. 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a friend. \$10.

Jan 18

Bus Trip to Washington, DC. Right for Life March. Still have seats available. Call Courtney 518-774-8382.

Jan 19

Canajoharie Forest, Fish and Game Association Rabbit Hunt. Registration Jan. 18 5-8 p.m. See our ad for more information.

Jan 25

Gary Van Slyke brings "Winter Songs" to lift the winter blues. 10:30 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. New York.

Feb 8

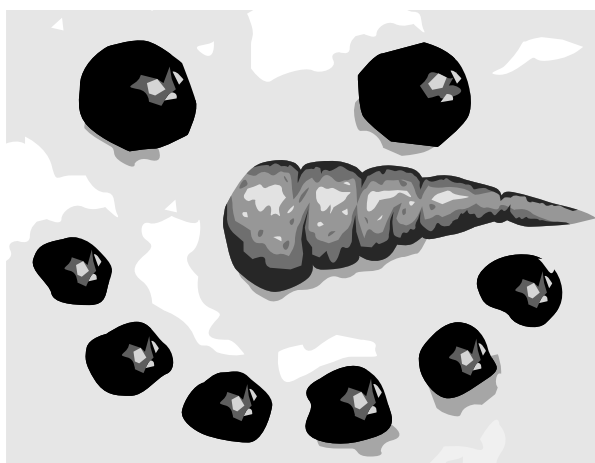
Alex Torres and the Latin Kings.

Feb 9

Canajoharie Forest, Fish and Game Association Coyote Hunt. Feb 9 19. Registration Feb. 8, 5-8 p.m.

Feb 19-22

Lifeguard Course. Applications now accepted for summer recreation jobs. The New York State Department of Environmental Conservation is offering a free waterfront lifeguard course Feb. 19-22, at the Lynch Literacy Academy in Amsterdam, NY. Class times to be determined. For more information, updates, or to pre-register, call 518.457.2500 ext. #1, e-mail DEC at Info.LifeGuard@dec.ny.gov, or visit the Employment Opportunities in Summer Recreation web page on DEC's website at <http://www.dec.ny.gov/press/press.html>



REAL ESTATE GUIDE

January 2019



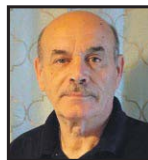
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060: 764 E. Lykers Road, **SPRAKERS**: This property is located on a triangular lot (1 acre), in the country on a fairly quiet road. The house needs to either be totally gutted or taken down. If you are looking for a location to build a small home in a semi-private area, then check out this location. The condition of the well and septic are unknown. The owner is motivated to sell, if you have any interest, make an offer and see where it goes. **Asking \$22,000**



217: 0 Otsquago Club Road, **FORT PLAIN**: Perfect for anyone who needs land and or a building for storage. The warehouse alone is 2,160 square feet. Platform dock 1,896 square feet. One cement block building for electric/heat and the 3rd metal shed for tools, storage, etc. Recently was used by a propane company and also used by a snow mobile club. **Asking \$49,999**



218: **NEW LISTING!!!** 63 Fowler Drive, **ST. JOHNSTVILLE**: Beautiful residential area in the Village of St. Johnsville. This split level home offers great space for kids, pets and entertaining. Country kitchen with a large window overlooking your backyard formal dining room and living room 1st floor with a family room and propane stove. Two full baths, three bedrooms, back deck, shed, above ground pool and total of two lots. **Asking \$159,999**



254: 48 Reed Street, **CANAJOHARIE**: This exquisite 1920's era Colonial is bursting with curb appeal and elegance. Featuring a lovely landscaped lot, stamped concrete walkways with patio and a large fenced in backyard. Step inside to enter this dream home and enjoy a spacious kitchen, hardwood floors, a cozy fireplace, and so much more. **Asking \$159,900**



298: 601 Latimer Hill Road, **CANAJOHARIE**: Picturesque two-family home nestled in the heart of Ames. It sits on a spacious 1.1 acre lot and has a lovely front porch that is waiting for you to sit and drink coffee on. This home is perfect for an owner-occupant who wants an investment opportunity but does not want to sacrifice charm or character. Each unit has two bedrooms and gorgeous hardwood floors. A must see!!! **Asking \$125,000**



302: **NEW LISTING!!!** 16 Hough Street, **ST. JOHNSTVILLE**: Two-story, 5 bedroom home located on a quiet street in St. Johnsville. Full bath and bedroom on 1st floor. Four bedrooms and a full bath on 2nd floor. Above ground pool with deck and detached garage **Asking \$63,900**



352: 180 State Highway 67, **AMSTERDAM: OWNERS ANXIOUS!!!** Great 3/1 house on 8.1 acres with a view! Commercial/Residential/Agricultural - Lots of options! Solar panels/wood stoves mean lower utility bills. Cozy kitchen/dining room with large add on family room with sliding glass doors in each room to multi-level deck and fenced inground pool (needs liner). One bedroom on first floor and one full bath. Two bedrooms on second floor. Beautifully landscaped back/front yard with paver sidewalk to front door. Etched glass in main front door and family room door. 25x30 Pole Barn and 19x28 Open front building a PLUS. Make an OFFER. **Asking \$259,000**



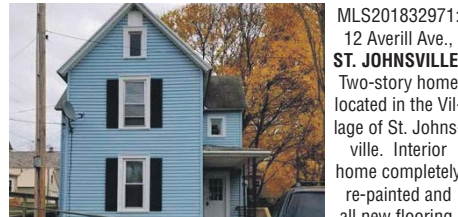
508: 48 Union Street, **FULTONVILLE**: Two-story home located on a nice street in Fultonville. Exterior is vinyl siding, paved driveway, and a great backyard—perfect for entertaining. Front and back porch. Features hardwood floors, eat-in kitchen and formal dining room. Interior photos next week. **Asking \$82,900**



800: 32 Clark Ave., **FORT PLAIN**: Well-maintained ranch - two bedrooms (11x15 and 10x10) (large closets), 1 1/2 baths. Large living room (16x22) has a large picture window and large closets. Kitchen is a gallery, opens into the dining area. The three season room has a natural gas stove and 3 sliding doors. Laundry room is off the kitchen which leads to the one car garage. A whole house attic fan cools the home in the summer and radiant electric heat in the ceiling for winter time. Great location with no homes across the street or behind! **Asking \$124,900**



801: 2977 County Hwy 31, **CHERRY VALLEY**: This home has a little bit of new and old. Original home dates back to 1890's with updates - vinyl siding, newer kitchen, addition with handicapped bathroom, hardwood flooring, newer roof and on 2.3 acres with 245' road frontage on two sides of road. Just off Route 20 close to Cooperstown, Otsego Lake and Canajoharie. Family or master bedroom with bath, dining room, living room, kitchen with open dining area/laundry and 3 bedrooms and one bathroom with shower. Two-story barn with upstairs. **Asking \$124,900**



MLS201832971: 12 Averill Ave., **ST. JOHNSTVILLE**: Two-story home located in the Village of St. Johnsville. Interior home completely re-painted and all new flooring. Dining room, living room and side porch. Three bedrooms and 1 1/2 baths. Walking distance to school and stores. Owner will pay additional 1% bonus to buyers agent, if, under contract within 60 days of listing OR 0.5% if under contract within 90 days of listing. **Asking \$54,900**



MLS201830839: 7 King Street, **LITTLE FALLS**: Two family home in a residential neighborhood. Walking distance of downtown and all shops/restaurants. **Asking \$35,000**

King Crossword

ACROSS

1 Lather
 5 Diner order, for short
 8 Unwanted email
 12 On
 13 Always, in verse
 14 Patriot Nathan
 15 Irrational suspiciousness
 17 Artillery
 18 Follow relentlessly
 19 1984 Tom Hanks movie
 21 Flightless bird
 22 Knoll
 23 Energy
 26 North Pole staffer
 28 Surveys
 31 Leading man?
 33 A mere hand-ful
 35 Cry
 36 Sweat outlets
 38 Sweet potato
 40 Meadow
 41 Commotions
 43 Actor Diesel
 45 Walk like a duck
 47 Bursts forth
 51 Satanic
 52 Pet bird, often
 54 Got up
 55 — -de-France

DOWN

1 Enervates
 2 Western state
 3 Nickelodeon's "Explorer"
 4 Card symbol
 5 Grendel's slayer
 6 Island souvenir
 7 Garbage
 8 Not deep
 9 Like some lines
 10 Charitable donations
 11 Netting
 16 City in Alaska
 20 4-Down, e.g.
 23 Tase
 24 Altar affirmative
 25 Eden
 27 "30 Rock" cast member
 29 Shelter
 30 Hot tub
 32 Busybody
 34 Fluctuated
 37 Scale member
 39 Actress Sorvino
 42 Old photo tint
 44 Microwaved, slangily
 45 Existed
 46 Acknowledge
 48 Lima's land
 49 Sawbucks
 50 Undo a dele
 53 — Baba

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Weekly SUDOKU

by Linda Thistle

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

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. Arm is moved. 2. Frame is different. 3. Hassock scallop is missing. 4. Clock is missing. 5. Clown is missing. 6. Remote control is missing.

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W	Y	Y	A	A	W	L	A	P
T								S
H								L
E								I
E								L
N								T
M								I
T	I	H	C	E	E	C	W	A

A TEETER-TOTTER TALE! Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the "W" in the upper left corner: "When the cat is away the mice will play."

A TOPSY-TURVY TEST! Professor Flunkum wants you to find two more words in the English language that will read the same when turned upside down as they do when right-side up.

TRY LIGHTING UP THESE WORDS! In this puzzle, all of the words get progressively longer, and they all start with LIT. Some hints are:

1. Turned on (given).
2. Two percent milk.
3. Very supple.
4. Type of test.
5. Exact meaning of.
6. Made a mess.

Answers: 1. Lit. 2. Lite. 3. Lite. 4. Litmus. 5. Litmus. 6. Littered.

Junior Whirl

by Charles Barry Townsend

THE PYRAMID OF WORD POWER



Illustrated by David Coulson

Can you harvest the right words from our "Garden of Knowledge"? Starting with the given word GARDENING at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, will spell out a new word. The following helpful hints are in ascending order, beginning with GARDENING.

1. Cultivating vegetables and flowers.
2. Provoking or making mad.
3. Almost there.
4. To get back again.
5. The staff of life.
6. To acquire.
7. To scold constantly.
8. Variant of ONE.
9. Blood type.

Answers: (from the bottom up): Gardening, angering, nearing, regain, gain, nag, an, A.

1. LIT
2. LIT_
3. LIT__
4. LIT___
5. LIT____
6. LIT_____



Fort Plain Free Library offers afterschool homework help

FORT PLAIN – Thanks to Fort Plain High School volunteers, the Fort Plain Free Library is able to offer free afterschool homework help to elementary and middle school students each Wednesday afternoon.

Members of the Fort Plain Class of 2018 will be on hand at the library from 3:30 - 4:30 p.m. to provide younger students with math and reading help. All of the seniors are providing the assistance as a community service. Current tutors include college-bound seniors Gulum Demir and Sherry Huang. Vol-

unteering earlier this semester was Kiarah Tamsett.

No appointment is necessary. For more information, call 518.993.4646. The Fort Plain Free Library is located at 19 Willett St., Fort Plain. Follow the library on Facebook for updates.



Fort Plain High School senior Gulum Demir will offer free afterschool help to students at the Fort Plain Free Library each Wednesday from 3:30 - 4:30 p.m.

Photos courtesy of Fort Plain Free Library



Fort Plain High School senior Sherry Huang will also offer free afterschool help to students each Wednesday.

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J.M. Barrie, Peter Pan



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Good Housekeeping

Bacon French Toast Bake

1 loaf challah or brioche bread, cut into 1/2-inch-thick slices (about 1 pound)
 6 large eggs
 2 cup half-and-half
 2 cup grated Gruyere cheese (about 8 ounces)
 1/4 cup plus 1 tablespoon maple syrup
 1/2 teaspoon ground cinnamon
 4 slices bacon, chopped

1. Leave bread slices spread out on rack or platter at room temperature at least 2 hours or until

slightly stale. Grease 3-quart baking dish.
 2. Arrange bread in prepared baking dish, slightly overlapping. In large bowl, whisk eggs, half-and-half, Gruyere, 1/4 cup maple syrup, cinnamon, and 1/2 teaspoon each salt and pepper until combined. Pour all over bread in baking dish. With hands, press down on bread to submerge. Cover baking dish with plastic wrap. Refrigerate at least 4 hours or up to 1 day.
 3. Heat oven to 375 F. Remove plastic. Sprinkle bacon all over top of

bread mixture. Bake 45 to 50 minutes or until golden brown and set.
 4. Drizzle with remaining 1 tablespoon maple syrup before serving. Serves 10.

* Each serving: About 410 calories, 23 g fat (10 g sat.), 18 g protein, 33 g carbs, 655 mg sodium.

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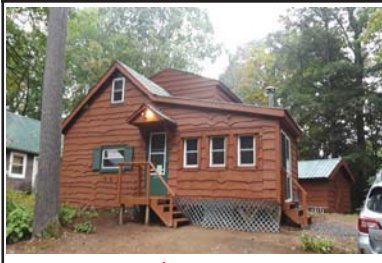
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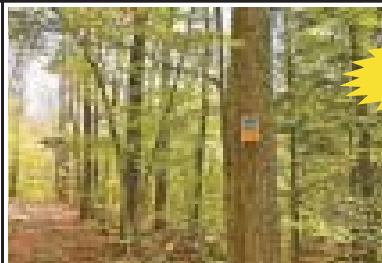
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<p>Solstice Corona Euro Top</p> <p>\$288</p> <p>Queen Set Was \$499</p> <table border="0"> <tr> <td>Was</td> <td>NOW</td> </tr> <tr> <td>Twin Set \$299</td> <td>\$198</td> </tr> <tr> <td>Full Set \$399</td> <td>\$248</td> </tr> </table>	Was	NOW	Twin Set \$299	\$198	Full Set \$399	\$248	<p>Symbol Sheridan Plush or Firm</p> <p>\$499</p> <p>Queen Set Was \$699</p> <table border="0"> <tr> <td>Was</td> <td>NOW</td> </tr> <tr> <td>Twin Set \$499</td> <td>\$379</td> </tr> <tr> <td>Full Set \$579</td> <td>\$479</td> </tr> <tr> <td>King Set \$949</td> <td>\$699</td> </tr> </table>	Was	NOW	Twin Set \$499	\$379	Full Set \$579	\$479	King Set \$949	\$699	<p>Oliver & James Westminster Euro Top</p> <p>\$599</p> <p>Queen Set Was \$799</p> <table border="0"> <tr> <td>Was</td> <td>NOW</td> </tr> <tr> <td>Twin Set \$599</td> <td>\$395</td> </tr> <tr> <td>Full Set \$699</td> <td>\$495</td> </tr> <tr> <td>King Set \$1599</td> <td>\$795</td> </tr> </table>	Was	NOW	Twin Set \$599	\$395	Full Set \$699	\$495	King Set \$1599	\$795
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Help kids stay active and off screens this winter

During the cold winter months, it can be challenging for kids to get the 60 minutes of active play they need every day. One way to help young people be active is to limit screen time. One way to help young people be active is to limit their screen time. Screen time includes TV and DVD viewing, video games, recreational computer use, internet surfing and other electronic devices. Young children who spend a lot of time watching TV or playing video and computer games are less likely to be physically active in later childhood. They are also likely to eat foods that are less healthy, such as soft drinks and fried foods, as well as more snacks, and may be more likely to become overweight.

There are different recommendations for daily screen time limits depending on the age of children and the quality of programs. Health experts recommend:

- For children younger than 18 months, avoid use of screen media other than video-chatting with relatives or friends.

- Parents of children 18 to 24 months of age who want to introduce screen media should choose

high-quality programs, such as the content offered by "Sesame Street" and PBS, and watch them with their children to help them understand what they're seeing.

- For children ages 2 to 5 years, limit screen use to one hour per day of high-quality programs. Parents should watch programs with children to help them understand what they are seeing and apply it to the world around them.

- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of getting enough sleep, physical activity and other behaviors that are important to health.

So how do you get started with setting screen time limits? Here are some strategies that might work for your family:

- Set a Good Example: You need to be a good role model and limit your screen time to no more than two hours per day too. If your kids see you following your own rules, then they'll be more likely to do the same.

- Log Screen Time vs. Active Time: Start track-

ing how much time your family spends in front of a screen, including things like TV- and DVD-watching, playing video games and using the computer for something other than school or work. Then take a look at how much physical activity they get. That way you'll get a sense of what changes need to be made. If you search for "Screen Time Charts" there are many available online. You can find one at flesny.org .

- Make Screen Time = Active Time: When you do spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights. Challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during TV commercial breaks.

- Set Screen Time Limits: Create a house rule that limits screen time to two hours every day. More importantly, enforce the rule.

- Create Screen-free Bedrooms: Don't put a TV or computer in your child's bedroom. Kids who have TVs in their room tend to watch about 1.5 hours more TV a day than those that don't. Plus, it keeps them in their room instead of spending time

with the rest of the family.

- Make Meal Time Family Time: Turn off the TV during meals. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority and schedule family meals at least two to three times a week.

- Provide Other Options: Watching TV can become a habit, making it easy to forget what else is out there. Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby or learning a sport.

Once you limit screen time, this will free up time for active family time. Try these ideas for making family time active time:

- Find the best times to be active with your family. It might be after dinner or sometime on the weekend.

- Start small. Take a walk with your family, or do active chores together, like raking leaves or gardening.

- Start with what you know. Try dancing with your kids or playing ball together.

- Find free or low cost programs that help your family move more. Try the local recreation center, a local park or after school programs.

Limiting screen time for your family will free up time for you to get active together. What are you waiting for? It's time to go out and play!

For more ideas for limiting screen time and helping kids stay active this winter, visit flesny.org .

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Herkimer County Fair continues winning streak

The Herkimer County Fair Association won again at the International Association of Agricultural Fairs and Expos Convention in San Antonio, Texas. The fair won four first places in the categories of Agriculture Promotion and Competitive exhibits, as well as six seconds and thirds in the same areas as well. The fair also received a second place award for the Sponsorship category that can be shared with Stewart's Shops.

The Herkimer County Fair dates for this year's fair are Aug. 13 - 18, 2019 with the theme of "Magic is in the Air."



Holding the plaques is Pauline Bunce, secretary, and Gerry Elthorp, treasurer/manager of the Herkimer County Fair. Pictures used in the winning competitions were provided by Holly Hilts of Clayville.

Photo courtesy of Herkimer County Fair Association

Weekly SUDOKU — King Crossword —

Answer

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

Answers

Solution time: 25 mins.

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

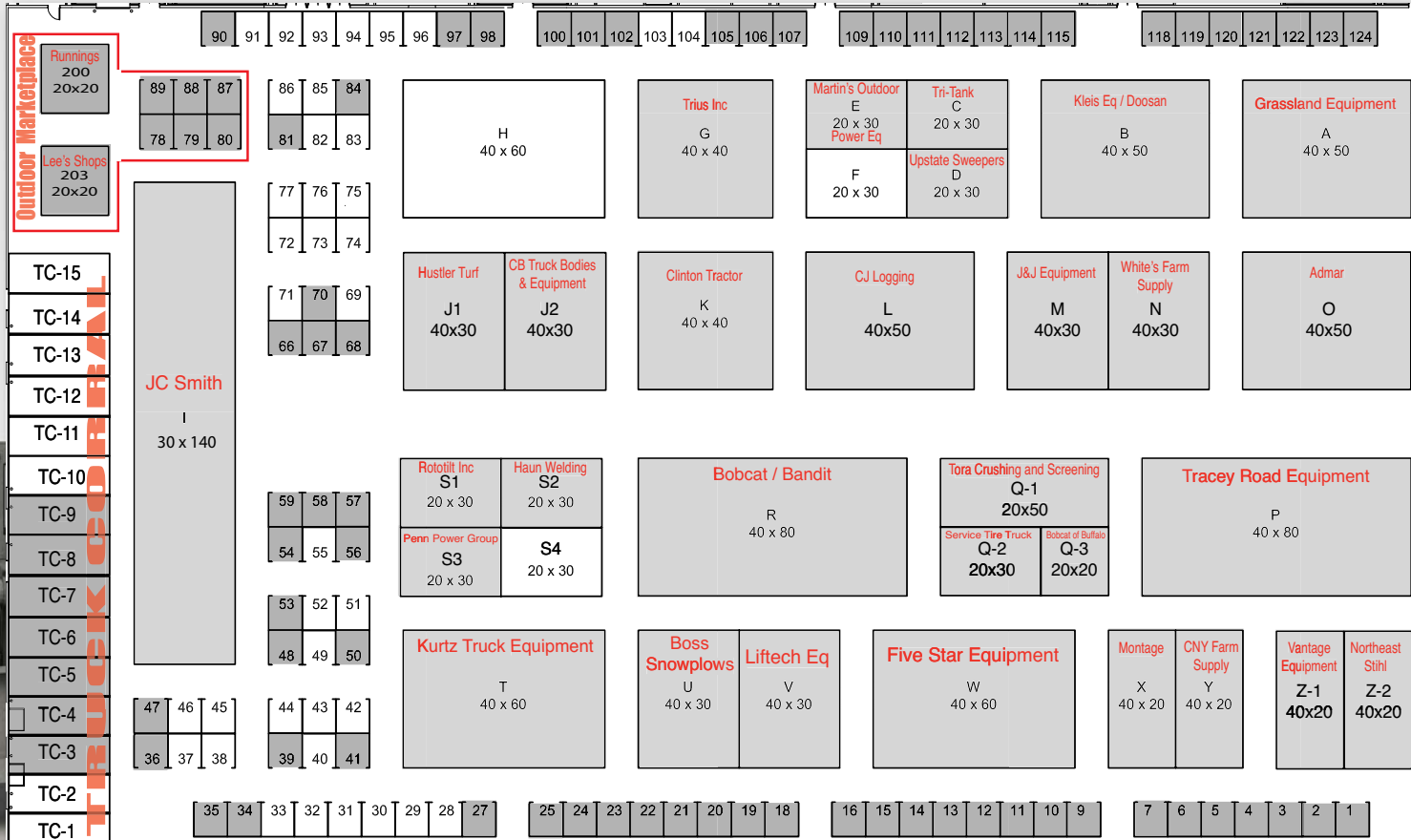
Just Like Cats & Dogs by Dave T. Phipps



"Each age has deemed the new-born year The fittest time for festal cheer."

- Sir Walter Scott

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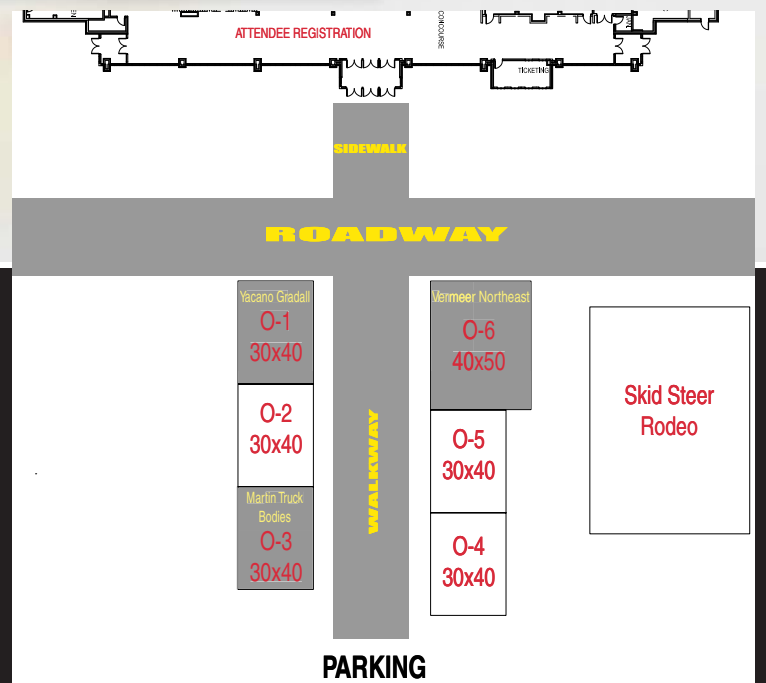
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Senior News Line

by Matilda Charles

Short on resolutions? Try these on for size

What are you going to do in 2019? Do you have a list of resolutions all ready to go?

Making a resolution to go to the gym every Monday, Wednesday and Friday is all well and good, and sometimes we keep those types of vows. Mostly we don't. Resolu-

tions that we're most likely to keep involve doing things for others.

If you're more comfortable taking small bites, rather than committing to doing something for a whole year, try making one resolution for every month or season of the year.

Sign up to be a financial assistant to someone who needs help writing checks and managing bills. You'll

need a background check, but knowing another senior needs to get his or her bills paid will keep you on track.

Join a community crew that does free repairs to the homes of other seniors. Can you paint a wall? Put clear plastic on windows to keep out cold drafts? Organize volunteers? Anything you can do will be appreciated.

Start a vegetable garden in the spring, perhaps in a plot in a community space, and give the bounty to the food bank. Go every few days to water and weed. Knowing that the plants need care will keep you motivated.

Volunteer over the summer to deliver books to people who can't get out, or shelve books at the library. Be an usher or sell

tickets at the theater group. Your whole community will thank you.

Be a relief delivery driver for Meals on Wheels or deliver pharmacy prescriptions. You might be the only person the recipient sees all day.

Do you see the pattern here? You're more likely to keep your resolutions if they involve helping other people. The bonus

is that doing things for others increases your own wellbeing.

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DEC offers free waterfront lifeguard course

Applications now accepted for summer recreation jobs

The New York State Department of Environmental Conservation (DEC) recently announced that the agency is offering a free waterfront lifeguard course Feb. 19 - 22 at the Lynch Literacy Academy in Amsterdam. Class times are to be determined. DEC encourages New Yorkers looking for seasonal summer employment and who enjoy the outdoors to learn more about this and other summer recreation opportunities.

Individuals 16 years of age and older interested in lifeguarding positions at DEC facilities this summer may register. Candidates who complete the course

will be considered for employment. The course includes certification in all required waterfront lifeguarding skills, cardiopulmonary resuscitation (CPR) for the professional rescuer, and first aid.

A prerequisite fitness test will be given the morning of Feb. 19. Candidates must successfully complete each component to continue with the course:

All applicants must meet agency medical and vision (20/70 or better) requirements and will be required to complete the following physical tests:

- A 550 yard (22 lengths) continuous swim (front crawl or

breaststroke only)

- Treading water for two minutes using legs only

- Swim 20 yards, surface dive to retrieve a 10-pound brick, return to surface and swim on the back returning to the starting point

- Exit the water without using a ladder or steps

- Swim five yards, submerge and retrieve three dive rings placed five yards apart in four to seven feet of water, resurface and continue to swim another five yards to complete the skill sequence

Immediately following the course, candidates who pass will be given the opportunity to take

the DEC qualifying procedure. Only individuals that pass the qualifying procedure can be employed as DEC lifeguards.

Seasonal lifeguard positions are available at DEC campgrounds throughout the Adirondack and Catskill parks this summer. Most facilities offer free housing.

For more information, updates or to pre-register, call 518.457.2500 ext. 1, e-mail DEC at Info.LifeGuard@dec.ny.gov or visit the Employment Opportunities in Summer Recreation webpage on DEC's website at www.dec.ny.gov/press/press.html.

To Your Good Health

by Keith Roach, M.D.

Forget bottled water, tap water is better

Dear Dr. Roach: Bottled and purified water sales have increased over the years. I often see advertisements showing filters attached to faucets that "take out all impurities." My parents had a water softener, and my father, professionally involved in weight-bearing physical activity, experienced demineralization of his skeleton and a broken hip. It has been suggested that the water softener took minerals, including calcium, out of the water that my parents used to cook and drink.

I drink tap water, but is a large percentage of the U.S. population headed for demineralization and malnutrition because they drink only "purified water"? - C.D.

Answer: Most water softeners work by exchanging sodium for the "hard"

minerals, especially magnesium and calcium, present in most tap water, to greater or lesser extent. If the water in your area is naturally very hard, then a significant amount of sodium may be added, and calcium and magnesium removed.

However, this is very rarely a problem, and almost certainly had nothing to do with why your father had a hip fracture. We get our minerals mostly from food, not from water. The major risk factors for osteoporosis in men are smoking, alcohol, low testosterone levels and low vitamin D, although there are many other causes.

I don't recommend bottled water or water purifiers because in most of the United States and Canada, the water quality is excellent. Bottled water is 1,000 times more expensive than tap water where I live. I have been

to places where the tap water doesn't taste so good, in which case I would recommend a filter over bottled water.

Dear Dr. Roach: Could you please discuss the use of Propecia for female hair loss? I am a female in my late 50s, and I have suffered from hair loss for many years. After numerous blood tests, a biopsy and exams, my dermatologist determined that I have androgenic alopecia. I have been on Aldactone, and have used minoxidil for quite a while, with minimal results, if any.

For the past eight months, I have been taking Propecia, 2.5 mg daily. My hair doesn't seem any better or worse, but I worry about its side effects. Can you please give me your opinion on the use of Propecia by women? Do the benefits outweigh the risks? - R.M.


Answer: Male pattern

hair loss will occur in up to 80 percent of men and 40 percent of women, with age being the primary risk factor. Hair loss can affect self-image and self-esteem significantly, probably even more in women than in men. Diagnosis usually is made by appearance, but a biopsy is sometimes necessary to rule out less-common causes.

Finasteride (Propecia) is a blocker of dihydrotestosterone, and although it frequently is used in men, is not approved for use in women. It should not be used by women who could become pregnant. Women (and men) should not donate blood while taking finasteride. However, it is sometimes used "off-label," and one study showed that although it did not cause regeneration of hair, it did slow further loss. Side effects of weight gain, loss of li-

bido, depression and fatigue are listed as possible. I have no personal experience of women using this medication.

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