# Mohawk Valley

# January 19,

# Country Editor Delivered Weekly by the U.S. Postal Service

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The Fifty Best Holds a Flavored Moonshine Tasting
New York, NY, (September 24, 2018) - The Fifty Best, rating the finest in wines and spirits, has for the first time turned its spotlight on flavored moonshine. *The Fifty Best* ecently hosted a flavored moonshine tasting, where contenders were evaluated for the distinguished "Best Flavored Moonshine" awards for 2018.

The Fifty Best is pleased to announce that DikinDurt Honey Buzz Moonshine was awarded a Silver n

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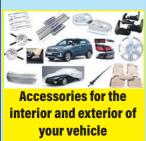
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loor and one full bath and one 1Ž2 bath. The property runs from Schultz Street to a driveway entrance off of Prospect Street. There is a large two car garage and a heated outbuilding that is used as ar art studio. A new roof, furnace and hot water heater were installed in the past year. Many new windows. Asking \$75,000



53 7 nicturesque acres. Stunning views in every direction! 43 acres of tillable land with

10 acres of hardwoods. House has an expansive wrap-around porch to enjoy the cool evenings and watch the sunsets and wildlife. Large 36x50 barn with a loft gives you endless amounts of storage. This property gives you so many options whether it be farming, gardening, or just enjoying the outdoors with the many trails throughout the



Street. FORT PLAIN: proof of funds/ ore-approval. No ren to own or holding the mortgage. Looking to downsize. low taxes. ower heat bill, this well-maintained 2 bedroom.1 1/2 bath

nome is worth a look. Look in documents for list of maintenance and repairs to the home. Home is move in ready, new windows, roof, generator switch kit and hook up, generator, new carpets and linoleum, furnace cleaned annually, new toilets, bathroom vanity upstairs new sewer pipe from entire house to curb, new hot air furnace and



252: 163 Waite Road, AMSTERDAM: Handyman special on a one acre lot with detached 2-car garage. Two bedrooms, one full bath. Property is sold as is. Cash only. Condition of septic is unknown, the cap has fallen in. Caution tape is around the septic, please use caution. A hold harmless agreement must be signed before entering the house due to the enclosed has detached from the house. Asking 298 601





297: 93 Montgomery Street, CANAJOHARIE: Great Investment Opportunity!!! 13% cap rate! This four-family house has its own large parking lot, a garage for storage and a large backyard. Owner furnishes water and sewer, oil and hot water. Yearly net operating income is \$18,000! Asking \$130,000



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



586: NEW LISTING!!! 11 Erie Blvd., CANAJOHARIE: Two-story, two family home located in downtown Canajoharie. Currently rented with off street parking in the back. Each unit is one bedroom and separate utilities. Asking \$49,000



612: 22 Porteus Street. LITTLE FALLS: Two-story home that's priced to sell and waiting for your new beginnings! Large home with 4 bedrooms. Located on a nice street. Front porch. Asking \$34.500



677: 640 Fords Bush Road, FORT PLAIN: Take a peek out of the front windows and vou'll be glad you took the time to see this well cared for farmhouse. The pastoral views go for

Road. CA-

NAJOHARIE:

Picturesque

wo-family

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Ames. It sits on a spacious

I.1 acre lot

and has a love

miles!!! The updated kitchen with granite counter and stainless appliances will tempt your inner chef. The home has four bedrooms and a full bath on the second floor. The deck right out back also has views of beautiful farmland so you'll enjoy relaxing and grilling this summer. Asking \$129,



801: 2977 County Hwy 31, CHERRY VALLEY: This home has a little bit of new and old. Original home dates back to 1890's wtth updates vinyl siding, newer kitchen, addition with handicapped bathroom, hardwood flooring, new er roof and on 2.3 acres

with lad 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



952: 0 State Highway 20, CARLISLE: Looking for a straight run commute into Schenectady or Albany with low taxes? This 6.5 acre building lo conveniently located 15 minutes to Cobleskill and 45 minutes to Albany could be where you build your new home. Coo perstown and Adirondack park are near by also. Asking \$29,999



959: 0 State Highway 5, **PALATINE:** Here's a diamond in the rough this wooded lot has a great private setting close to village and shopping on a main road. There's a beautiful stream, rock wall and old stone quarry. Bring your camper, park and listen to the water flowing by or build your dream home here. Owner financing available. Asking \$22,000

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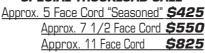
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# Valentine's Soirée to support Arts in Healthcare at Bassett Medical Center

Friends of Bassett Healthcare Network will hold its third annual Valentine's Soirée on Saturday evening, Feb. 9, from 6:30 - 11 p.m. at the Otesaga Resort Hotel in Cooperstown. This festive event will feature great food, wonderful beverages, music, dancing and a famous live auction. Help us to honor our special guests Flis and Andy Blum, who are being recognized for their commitment to Bassett Medical Center

and the arts.

Reservations are \$150 per person, and all proceeds will support Bassett Medical Center's Arts in Healthcare program, an evidence-based initiative that is designed to reduce stress and promote healing among patients, their families and providers through artistic engagement.

Don't forget the Best of Live raffle - you can purchase a raffle ticket for \$100 and pre-select any live auction item. The

winning ticket will be drawn before the live auction begins, and that one pre-selected item will be removed from the live auction line-up. You may view all items up for bid on the Friends' website at www.friendsofbassett.org . To purchase a ticket for Best of Live, visit the Friends office at 1 Atwell Rd., Cooperstown. call 607.547.3928 email friends.office@bassett.org.

Lead sponsor for the 2019 soirée is SEFCU and corporate sponsor is NYCM. Supporting sponsors are KPMG LLP, Mc-Carthy Building Companies Inc., the New York Susquehanna & Western Railway Corp., Preferred Mutual Insurance Co., the Table Rock Group at Morgan Stanley - Oneonta and Thuillez, Ford, Gold, Butler & Monroe LLP. Participating sponsors are Bank of Cooperstown, Care Logistics, Casella Resource Solutions, EPIC Landscapes Inc., Halliday Financial Group, Mirabito Energy Products, Northern Eagle Beverages Inc., O'Connor First, Attorneys-at-Law and StatStaff Professionals.

For soirée reservations, call Sheila LeMaster 607.547.4799 or make your reservation online through the Friends' website.

To accommodate guests of the soirée, the Otesaga Resort Hotel has a special rate for an overnight stay and breakfast. Call 800.348.6222 for more information.

### **Cervical Cancer** Awareness Month PSA

January is Cervical Health Awareness Month and an ideal time to learn what you can do to detect and prevent cervical cancer. This is an excellent time for women to talk to their healthcare provider about cervical cancer screening and prevention. Regular health visits and follow-up care can help women avoid cervical cancer. There usually aren't any symptoms of cervical cancer in its earliest, most treatable stage. It is important for women to get a Pap test (liquid pap smear) regularly. The Pap test can prevent cervical cancer or find it early. Routine cervical screening has been shown to greatly reduce both the number of new cervical cancers diagnosed each year and death from

Cervical cancer is almost always caused by persistent infection with the human papillomavirus (HPV), a common virus that can be spread from one person to another during sex. Women who are sexually active can reduce their risk for HPV infection by using latex condoms during sex and by reducing the number of sexual partners.

Females between the ages of 9 and 26 and their parents can talk to their doctor about the HPV vaccine. There are two vaccines that can be given to prevent HPV. One type can be given to both males and females and can prevent genital warts in addition to cervical cancer, anal, penile, vaginal, oropharyngeal and vulvar cancer. The other vaccine is given to females only to prevent cervical cancer.

In addition to HPV infection, there are other factors that increase a woman's risk of developing cervical cancer including:

- Not having regular liquid Pap tests
- Not following up with your healthcare provider if you had a Pap test result that is not normal
- Having HIV, the virus that causes AIDS, or another condition that makes it hard for your body to fight off health problems
- Smoking

It is important for women who have not had a liquid Pap test within the past five years to get screened, because six out of 10 cervical cancers occur in women who have never received a liquid Pap test or have not had one in the past five years. It also is important to continue getting a Pap test even if you think you are too old to have a child or are not having sex anymore.

There are many ways women can live a healthy lifestyle and help improve outcomes related to cancer. These include not smoking and avoiding secondhand smoke, making healthy food choices, getting regular physical activity, maintaining a healthy weight and getting recommended cancer screenings. The Fulton and Montgomery County Services Program Partnership provide access to cervical cancer screenings to uninsured women ages 40 and older. Call to register at 518.841.3726, visit tinyurl.com/yco8r5yk or call 1.866.442.CANCER (2262) for more information about the vaccine. For more information about cervical cancer, visit www.cdc.gov/cancer/cervical/index.htm .

### Wherever life plants you, bloom with grace

Palatine Nursing Home is actively seeking an experienced Director of Nursing for our Skilled Nursing Facility. If you are a career oriented professional looking for an opportunity to be part of our growing health care team, we would like to hear from you!

#### DUTIES: (include but not limited to)

- Supervises all nursing staff in the facility
- Development and implementation of nursing policy and procedure
  Overseeing the hiring and continued employment of nursing staff
  Ensuring there is adequate nursing staff, and that the staff's skills remain
- current
  Overseeing nursing employee conduct
- Being knowledgeable of incidents at the facility
- Assessing the health needs of each resident

#### REQUIREMENTS:

- Current New York state RN license required
- Previous DON or ADON experience preferred
- Minimum of 5 years of experience in long term care
- Minimum of 2 years of experience in long term can Minimum of 2 years of supervisory experience Evidence of strong supervision & leadership skills
- Ability to meet the physical demands of the job

Palatine Nursing Home is conveniently located only one half mile off exit 29 of the NYS Thruway. Visit us at 154 Lafayette Street, Palatine Bridge, NY 13428

#### ABOUT US:

Palatine Nursing Home has been a staple in the community for fifty years. Providing skilled nursing services since 1963, Palatine Nursing Home has been dedicated to providing the highest quality services to those in our care. Under new management, Palatine Nursing Home is striving to bring state of the art treatment techniques and services, enhancing the community focused approach we are known for. The Healthcare Professionals at Palatine Nursing Home pride themselves on providing individualized care with the goal of enriching each resident's social, cognitive, and physical well-being

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### To Your Good Health

by Keith Roach, M.D.
Vitamin E unlikely to
cause ill effects

Dear Dr. Roach: I'm a 47-year-old female in good overall health. About six months ago, I began to take several supplements, one of which was vitamin E (200 IU). I had no noticeable adverse reactions to any of the supplements. About 10 days ago, I started taking 400 IU of vitamin E. Right about the same time as this increase, I began having painful stomach cramps, diarrhea, nausea and tiredness. After a week of this, someone suggested that the vitamin E might

be the cause. I have stopped taking it and have even avoided foods high in vitamin E. Three days later I'm still having the diarrhea and other symptoms. If the vitamin E was the cause of the symptoms, shouldn't they have gone away by now? — K.B.

Answer: Vitamin E is a fat-soluble vitamin, so it is possible for levels to build up in the body if it's taken in high doses for long periods of time. However, toxic effects are unlikely at less than 1,500 IU daily, which is far higher than what you have been taking. Bleeding is one risk at high

doses, as is a theoretical deficiency of vitamin A and D.

I think it is far more likely that you happened to get a case of gastroenteritis — inflammation of the stomach/intestines, often caused by a virus. It's unlikely to be due to the vitamin E. However, since vitamin E supplementation hasn't been shown to improve any of the many conditions it has been studied for, I don't recommend that you continue to take it.

Go easy on eating for a few days after gastroenteritis: The time-tested BRAT diet (bananas, white rice, peeled apples and dry toast) is effective. You can get enough fluid through water or apple juice, along with some salt, like chicken or vegetable broth.

**Dear Dr. Roach:** I was told that due to the way our food is processed and grown, most people lack magnesium and should take a magnesium supplement. Should I? I read that one symptom of low magnesium can be constipation or irregularity. — C.B.

**Answer:** The prevalence of low magnesium depends on the population. About 2 percent of the general population has low magnesium levels, but

among people with diabetes, the rate is about 25 percent. In people who abuse alcohol, the prevalence may be as high as 30 to 80 percent. Some diuretics used for high blood pressure predispose a person to magnesium deficiency. High magnesium foods include leafy green vegetables, nuts, cereals and avocados.

The most common symptoms of severe low magnesium are loss of appetite and muscle tremors and weakness. Magnesium is necessary for potassium and calcium balance, so these can be deficient in cases of low magnesium. Since only a small amount

of body magnesium is in the blood, magnesium deficiency should be considered in people with unexplained low calcium and potassium.

Low magnesium is rare in nondiabetic people who eat a good diet. I don't recommend magnesium supplementation for low-risk people with no symptoms. Symptoms of low magnesium should be evaluated by a physician and not self-treated. Only those with diagnosed low magnesium should take a magnesium supplement.

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### Moments in Time ~ The History Channel

- On Jan. 18, 1882, A.A. Milne, creator of Winnie-the-Pooh, is born in England. In 1920, his only son, Christopher Robin, was born. In 1925, the family bought Cotchford Farm in Sussex. A nearby forest inspired the 100-Acre Wood where Winnie-the-Pooh's adventures would be set. "Winnie-the-Pooh" was published in 1926.
- On Jan. 17, 1916, professional and leading amateur golfers gather in New York City in a meeting that

will result in the founding of the Professional Golfers Association. The first annual PGA Championship took place in October. James "Long Jim" Barnes defeated Jock Hutchinson, taking home a silver trophy and \$500

• On Jan. 14, 1943, during World War II, Franklin Roosevelt becomes the first president to travel on official business by airplane. The secret and circuitous journey across the Atlantic began Jan. 11.

# Sock Hutchinson, taking home a silver trophy and \$500. On Jan. 14, 1943, during World War II, Franklin Personal the first president to travel on officers.

ed as the 35th president of the United States. At age 43, Kennedy was the youngest candidate ever elected to the presidency and the first Catholic president.

• On Jan. 15, 1972, Don McLean's "American Pie" hits No. 1 on the Billboard charts. The song references

• On Jan. 20, 1961, John F. Kennedy is inaugurat-

- hits No. 1 on the Billboard charts. The song references the 1959 plane crash that killed famous stars Buddy Holly, Ritchie Valens and J.P. "the Big Bopper" Richardson.
- On Jan. 16, 1991, President George H.W. Bush waits to see if Iraq will withdraw from Kuwait by a midnight deadline mandated by the United Nations, or if war will ensue. Just after midnight in the U.S. on Jan. 17, Bush gave the order for U.S. troops to lead an attack on Saddam Hussein's army.
- On Jan. 19, 2007, Beijing, China, gets its first drive-through McDonald's restaurant. The opening ceremony included traditional Chinese lion dancers and a Chinese Ronald McDonald. Kentucky Fried Chicken first opened in China in 1987.

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# 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 19

Jan 25

Canajoharie Forest, Fish and Game Association Rabbit Hunt. Jan 19. Registration Jan. 18. 5-8 p.m. See our ad for more information.

#### Jan 24 and 31

**Creative Textile Fibers Group meetings.** Thursdays in January between 12:30 and 2:30 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Contact: 518.993.4646.

**Writers' Group.** Each Thursday from 3 - 5 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Contact 518.993.4646.

#### Jan 29

**Paper-crafting Workshop.** Fort Plain Free Library, 19 Willett St., Fort Plain, NY. Call 518.993.4646.

**Get Stuck on Stamps.** Thursday, Jan. 29 and every last Thursday of each month from 6:30 to 8 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Contact: 518.993.4646.

**Meals of Montgomery Lunch.** 11:45 a.m. Meal to include BBQ ribs, red potatoes, corn, wheat bread and mandarin oranges. Directly following at 12:30 p.m. - Mark Fowler Performs "Sing The Winter Blues Away"! RSVP 518.673.4408.

Gary Van Slyke performance CANCELLED. 10:30 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

#### Feb 5

Toddler-preschool story time to launch at library. The Fort Plain Free Library is announces the February launch of its 2019 toddler-preschool story times. The start-up program by library educators will be held Tuesday, Feb. 5 and will take place on the first and third Tuesdays of each month from 11 to 11:30 a.m. The program is free, however seating is limited. Advance registration is suggested. For more information, please call 518.993.4646. The Fort Plain Free Library is located at 19 Willett St., Fort Plain.

#### Feb 8

**Alex Torres and the Latin Kings.** 7–10 p.m. Amsterdam Elks Lodge 101, 8 Fourth Avenue, Amster-

dam. Band plays from 7-10 p.m. Doors open at 5:30 p.m. World Famous Latin Band. Cash Bar. Free Munchies. Food for purchase. \$10 at the door admission. For more information call Michelle Egelston at 518.339.2260.

#### Feb 9

Valentine's Soirée. 6:30 - 11 p.m. Otesaga Resort Hotel in Cooperstown. Reservations are \$150 per person, and all proceeds will support Bassett Medical Center's Arts in Health Care program, an evidence-based initiative that is designed to reduce stress and promote healing among patients, their families and providers through artistic engagement. For soirée reservations, call Sheila LeMaster at 607.547.4799 or make your reservation online through the Friends' website at www.friendsofbassett. org.

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

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

# Fort Plain Free Library hosts writers' group

FORT PLAIN – Writers of all experience levels, styles and genres are invited to gather in the local history room of the Fort Plain Free Library each Thursday from 3 - 5 p.m. for the Writers at Fort Plain.

The creative writing group is made up of authors from varied writing backgrounds, interests and objectives. In addition to exercises, participants share their work on memoirs, novels, short stories, poems and more.

It is facilitated by published writer Joan Caska and features constructive feedback in a friendly, fun and supportive setting. The forum is free and open to the public.

Call 518.993.4646 or visit the library at 19 Willett St. for more information or a copy of the group's Winter 2018 compilation, "Our Type of Story."

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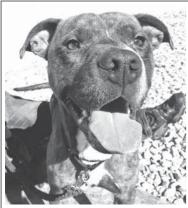
JAKE is such a beatiful guy! He is a 3 to 4 year old neutered male brindle pitty mix. HE LOVES to play ball. Jake loves people and is okay with some dogs. He needs a home with older kids.



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.

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MOHAWK VALLEY COUNTRY EDITOR



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## Getting things in order

When you are on the wrong side of 80 years, or as my Amish friend Emanuel reminded me, "After all, you're almost 90 years old," it is time to organize things. With some of us who have not fallen into the trap of being a collector it may be simple. Maybe now is my day. It is raining and freezing on this late December Sunday. Should I look at TV, write a story or sort through a lifetime of accumulation? Well. I can dig through a pile or

two. I pick up objects, some cherished for well over a half century. I'll make two new piles, one labeled in my mind "Keep" and the other "Get Rid Of." As each item passes through these old hands, it is put on one or the other. The piles grow larger. Finally it is time to give it up for today. One last touch of these discards for old time's sake. That one, I've had it too long or an ancestor (Lord knows who) left it when he or she departed from

the earth. I can't give that up. So it goes over to the "Keep" pile.

The process continues until all that is left on the "Get Rid Of" pile is that pair of old socks. You know, those with the small hole in the heel or the large hole in the toe. It has only taken three hours to get this part of my earthly treasures in order. I have had fun writing this side of "Getting things in order." It is now time to snap back to reality. There are those special things, sometimes a few and sometimes

many, that have value as family treasures that help us to return to long gone days or that do have monetary value. Are there family members friends who would treasure them? Contact them now and pass to them what they want NOW. If there are museums or libraries who would preserve them into the future, do it NOW. You probably will be advised to throw it away. Last words to that - throw it away HELL.

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# Six home trends to consider

Home design and real estate trends come and go, but once in awhile certain concepts exhibit considerable staying power. Staying abreast of what's hot and what's not can be a bit overwhelming. This list breaks down some of the trends that have made a splash and figure to be around for some time.

- 1. Open concept spaces: Watch the DIY Network or HGTV and you'll quickly understand that open floor plans remain highly coveted. Many modern, newly built homes have a large multi-purpose area that blurs the borders of the kitchen, dining area and family room. These homes make it easy to entertain and keep an eye on youngsters.
- 2. Patterned fabrics and upholstery: Solids will always have their place in home decor, but patterned furnishings are making a name for themselves as well. Today's homeowners are not afraid to experiment with geometric and floral patterns alongside neutral colors to showcase their personalities, advises the real estate industry resource The Lighter Side of Real Estate.
- 3. Farmhouse chic: Many people want the ambiance of a rustic, antique farmhouse even if they live miles away from the country. Reclaimed wood on the walls, exposed beams, eclectic accessories, and a big wood table in the dining room are hallmarks of farmhouse style. This is a fun design trend that can be personalized for cozy appeal.
- 4. Hidden appliances: Making appliances disappear into the background is a growing trend. This is achieved with products that blend in with or are hidden behind cabinetry.
- 5. Row homes: Popularized in the 19th century and then again in the 1960s and 1980s, townhouses are making another comeback. Townhomes made up about 12.4 percent of all new construction in the single-family home market last year, according to data from the U.S. Census Bureau. According to a Realtor.com® survey released in October 2017, townhouses were the most popular form of housing after single-family homes. They were especially popular among millennial buyers, about one-third of whom planned to purchase a townhouse in 2017.
- 6. Multigenerational homes: Buyers between the ages of 53 and 62 are increasingly looking at homes that can accommodate children older than 18, with a room or apartment available to care for an aging parent, states the National Association of REALTORS®.

Home trends continue to evolve, and some trends have exhibited more staying power than others.

Little by little, day by day, what is meant for you will find its way



10 • January 19, 2019

MOHAWK VALLEY COUNTRY EDITOR

# Gray is here to stay in home designs

Decorating a home in neutral tones has long been recommended as a way to sell a home quickly. But the color gray also provides a blank canvas for homeowners who have no intention of putting their homes on the market

anytime soon.

Beige and white have long been go-to colors for neutral living spaces. But many interior decorators now look to gray as the neutral color of choice.

Design experts advise that gray has a broad

range. Gray can include everything from silver to charcoal to a dusty cloud. According to the trendsetters at Glidden Paints, gray coordinates well with other colors. Plus, the neutral appeal of gray boasts a timeless quality.

Gray is not a clear-cut color that's simply a 50-50 blend of white and black. Gray has subtle nuances that can lean toward blues, greens, taupes, and more depending on the lighting and surrounding furnishings. That means that homeowners who are ready to replace their furniture or accessories need not necessarily repaint if they've previously decorated in shades of gray.

Individuals need only replace small items to produce a big effect in rooms where gray is dominant. Because gray is so neutral, it works with soft, calming colors in various pastels, but equally as well with bright reds, yellow and oranges, according to Scott Bodenner, a Brooklyn-based textile designer.

Gray also is a predominant color in natural stones used throughout homes in entryways, bathrooms and kitchens. It can make design sense to maintain continuity throughout by dabbling in gray elsewhere.

Designers have shown how gray does not have to be cold, industrial or gloomy. It can be sophisticated in just about any room of the house. More designers are now leaning toward warmer variations of gray, such as taupes and blends dubbed "greige," that are beautiful but not as stark as pure gray.

Designers have shown how gray does not have to be cold, industrial or gloomy.



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### **Senior News Line**

#### by Matilda Charles

#### Study: Puzzles, games don't boost brain

After being told for years that doing daily crossword puzzles or other types of brain stretchers would help maintain our cognitive abilities, researchers now say it isn't so.

Specifically, researchers at the University of Aberdeen in Scotland wanted to look at whether "intellectual engagement" can help to offset age-related cognitive decline.

Their conclusion was that late-life ability was based on early life ability and engagement along the way. In other words, the more intellectual ability we start with, the more likely we are to engage in mental activities throughout our lives, so we have a higher "starting point." However, intellectual engagement doesn't help maintain cognitive ability later in life, it just lets mental decline start later.

Assuming they're wrong in their conclusions (after all, there were only some 500 study participants), there are any number of ways to maintain our cognitive abilities. Here are two ideas:

• Take a daily newspaper. While the cost of a paper

# Creative Textile Fibers Group

FORT PLAIN – Do you like to knit or crochet? Do you enjoy the traditional arts of felting, beading or needlecrafting? If so, you are invited to the Fort Plain Free Library Thursdays in January between 12:30 and 2:30 p.m. to take part in the weekly Creative Textile Fibers

Group. Each week, participants meet in a casual setting where they share tips, ideas and patterns, or they work on their own fiber-based projects.

The free, drop-in gathering at the 19 Willett St. library is open to the public. Call 518.993.4646 for information.

# Paper-crafting workshop set for Jan. 29

FORT PLAIN – Paper-crafter Patty Murray will return to the Fort Plain Free Library on Tuesday, Jan. 29 to conduct a card-making workshop for adults from 6 - 8 p.m. that evening. The class, which involves the piecing together of pre-cut and stamped materials, will be held in the local history room of the 19 Willett St. facility.

Advance registration and a \$5 registration fee, refundable the night of the event, are required as seating is limited.

To register or for more information, visit the 19 Willett St. library or call 518.993.4646. Follow the Fort Plain Free Library on Facebook.



has gone up over the years, you can often get an electronic version for only one-third the price. With a tablet or iPad, you can sign on every day, and best of all, with a swipe of the fingers you can increase the size of the text.

• Consider buying one of those page-per-day calendars that can sit right on the kitchen table. Over breakfast you peel off the new date and have a fresh puzzle to work on while you eat. Check Amazon for a wide variety of puzzle types and put "puzzle calendar 2019" in the search box. Click on each one for a sample. Choose from brain games, crossword, Sudoku, Wheel of Fortune and more. If you have a bookstore near you, it will likely have these too.

I think we can prove those researchers wrong.

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12 • January 19, 2019 MOHAWK VALLEY COUNTRY EDITOR

## Help your server with good behavior

Dining out opens doors to new cuisines and gives people some time off from preparing meals at home.

The National Restaurant Association says that the restaurant industry brings in around \$800 billion in sales each year, providing jobs for 14.7 million people. In fact, restaurant workers make up 10 percent of the American workforce.



Line cooks, bussers and servers work hard, and many do so for low pay. According to the employment salary comparison source Glassdoor, restaurant servers typically earn an average of \$21,000 per year. The job-search site Indeed says some servers earn \$10.70 per hour, and most rely on tips to make ends meet. When dining out, diners should prioritize etiquette and friendliness, which can make restaurant staff feel respected and appreciated.

• Make reservations. If possible, or if it's a requirement on busy nights, take the time to make a reservation. Reservations help establishments ensure they will have enough staff on hand to meet customers' needs, which can lead to better service. Show up on time or

even a few minutes early.

- Put your phone on silent. Just because someone can reach you at all hours of the day doesn't mean you should always answer a call or text. Staring at the screen or talking on a call is not only rude, it also can delay table service, which may cause a trickle-down effect that affects others' dining experiences.
- Don't make a scene. If you find a foreign object in your food or need your steak cooked to a different temperature, signal the server and handle the situation discreetly. He or she has no control over the quality of the food or how long it takes to prepare it.
- Know when to leave the kids home. Children should be taught proper restaurant etiquette, but not at the expense of other diners or the restaurant

staff. Inquire if a restaurant is family-friendly before booking a table. Start the kids in familyfriendly places and gradually move up to fine dining as they prove themselves capable. If a child has a meltdown, go outside or get the food to go.

• Tip accordingly. It is customary in many North American restaurants for diners to offer a gratuity to their servers and other staff. It is in poor taste to withhold a tip, even if service was not up to par. If service is subpar, it's still proper etiquette to leave a tip and then voice any concerns with the manager before leaving the restaurant or the next day. Even if a waiter or waitress is not up to snuff, tips may be pooled and are typically shared with bussers or even kitchen staff.

### The dos and don'ts of restaurant proposals

Marriage proposals inside restaurants are popular ways to pop the question. Many couples find proposing over a candlelit meal is a romantic way to get engaged, providing a perfect setting to begin a life together.

Even though restaurant proposals have been popularized by television sitcoms and movies on the big screen, those taking this route should do some homework before sitting down to eat. As with all components of wedding planning, it's essential to get the proposal right to create lasting, positive memories.

DO choose a place with the right ambience. If you do not have a favorite restaurant in mind, go online and do some research for picturesque or romantic establishments. Many online reviews now include images, which can help you find the right setting.

DO make a reservation. An engagement should not be left to chance. Call ahead and speak with a manager and mention that you will be orchestrating a proposal. Find out if the

restaurant will help you make it extra special. Some may decorate your table with favorite flowers or provide a specific champagne once the proposal has been accepted.

DON'T propose at the beginning of the meal. Set the scene with conversation and start to eniov as much of the food as possi-

ble. Take time to enjoy the service, food and beverages. Some appetizers and a little wine in your stomach can ease pre-proposal jitters as well.

DON'T forget the ring. The ring is its own spectacle, but there are ways to present it in an even more glorious light. Plan ahead so that the ring is tied to an exquisite tea cup brought out during dessert service. Or, if you're worried about putting the ring in the hands of others, bring along a hand-painted  $\bar{p}$ late that asks "Will You Marry Me?" The wait staff can cover the question with the entreé or a dessert. As your partner eats, the message will become clear.

DO expect a scene. Proposing marriage in a restaurant is bound to cause a big reaction tears included. If you're not comfortable with public displays, you may want to reconsider popping the question in such a public setting.

DO consider a weeknight. Restaurants are less busy on weeknights than weekends, so you can expect a more intimate setting Monday through Thursday than you might find Friday through Sunday.



ALL YOU CAN EAT

**PANCAKE** 

SUNDAY

**January 20** 

February 17

March 17

Children Under 5: FREE

CLIP & SAVE







Johnstown Reformed Church 351 N. Perry St., Johnstown, NY Chicken 'N Biscuit Supper Saturday. **January 19, 2019** 4:30-7:00pm DONATION: Adults \$12 . Children 6-12 \$6 Take Outs Available

For Deliveries Call - 762-7869 **\*** 

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Winter Hours: Open now through February 28th, Wed-Sunday 10-5 A year round gift shop featuring room after room of gifts for all reasons and home decor for all seasons!



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- 3 Our children's department is full of winter time indoor activities puzzles, books, work books, coloring books, games and more!
- 4 We have a great selection of newborn gift items for that special little bundle and new parent in you life!
- 5 We have food products jams, jellies, salsa, drink mixes, dip mixes and more!
- 6 We are a Charlie Bear Retailer
- 7 We can make up gift baskets and candy baskets for you. Just give us a budget!
- 8 Due to popular demand, we are opening the Tinsel Tea Room! A spot for you to take a break from you shopping adventure and sit, have a cup of tea or coffee and maybe a sweet nibble! Plans are under way! It will be open this spring, watch for details!

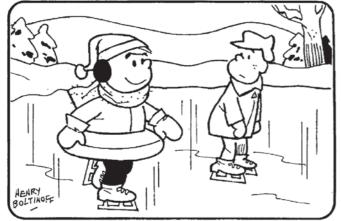


Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare Something for everyone & every budget!

New WINTER Hours Effective FOR MONTHS OF JANUARY AND FEBRUARY OPEN WED-SUN 10-5, CLOSED MON & TUES

#### **HOCUS-FOCUS**

BY HENRY BOLTINOFF

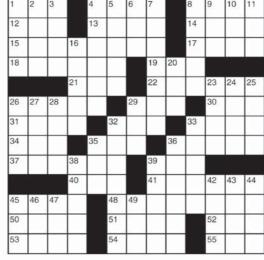


Find at least six differences in details between panels



5. Tree is added on right. 6. Boy's left arm is hidden. 3. Girl's hair is different. 4. Background hills are missing. Differences: 1. Snowman is added. 2. Boy's hat is black.

# King Crossword



- 50 Help hoods 51 Unctuous
- be" 31 Unoriginal
- one 32 Pickle container
- Thick chunk 34 Grant opponent

ACROSS Ref Present

Jeans-maker Strauss 12 Seek damag-13 Dunkable treat

14 Mosque big-

15 Jogged untogged 17 Baby feeding

18 Standing

19 Parched 21 Started

22 Let slip

29 Marry 30 Part of "to

26 Reservation residence

- Plague 36 Coffer 37 Duration
- 39 Bill's partner 40 Scooted
- Turmoil 45 Gujarat gar-
- ment 48 Vigor

- 8 Tripoli's land Aussie bird "Holy cow!"
- 53 Uppercase 54 Untouchable
- Eliot 55 Agent

#### **DOWN**

- 1 Cold War initials
- Silent 3 Culprit, for short
- Small beard Annoyed
- Retainer 6
- Little kid
  - © 2019 King Features Synd., Inc

part

29 Grow bigger

- 32 Lincoln suc-
- 10 Alt. spelling 35 Sch. org. 11 Mischievous tyke
- 16 Świss mathematician dish
- 20 Scarlet 23 Hardy cabbage 43 Flight compo-24 Historic times
- 25 "Pay later" aftermath 45 Pouch
- 26 Lofty 27 Duel tool
- 28 Hammerhead 47 Agt. 49 Dead heat

# cessor

- 36 Rabbits 38 Southern side
- 39 Ringlets 42 Early birds?
- nent 44 Yon folks
- 46 Counselors
- grp.

# Weekly **SUDOKU**

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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# PUZZ es4kids by Helene Hovanec

# **WORD FUN**

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

### WHAT DO YOU CALL INSECTS THAT DON'T SPEAK CLEARLY?

**HOMERS** SHORE SAUCER SCARE ALMOST **ALTOS BASTER** RATES RECALL **CLEAR VETOES** STOVE

**SALTS** BLASTS

DRIVE DERIVE

RECEDE CREED

**GASPED** PAGED

are two seasonal diversions that can ease the bite of any winter. One is the January thaw.

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There

- Hal Borland

The other

is the

seed

catalogues.

## Get the best mortgage financing deal

Few people are able to walk into a home, like what they see and then pay for a house in cash. In the vast majority of home purchases, mortgages make the dream of home ownership a reality.

Getting a mortgage requires research and some preparation on the part of borrowers if they hope to get the friendliest terms possible.

Homes are substantial, decades-long investments, so it's smart to shop around to find the best rates and lenders available. These tips can make the process of applying and getting a mortgage go smoothly, and may even help borrowers save some money.

- Learn your credit score. Your credit score will be a factor in determining just how much bargaining power you have for lower interest rates on mortgage loans, according to the financial resource NerdWallet. The higher the credit score, the better. Well before shopping for a mortgage, manage your debt, paying it off if possible, and fix any black marks or mistakes on your credit report.
- Investigate various lenders. The Federal Trade Commission says to get information from various sources, whether they are commercial banks, mortgage companies, credit unions, or thrift institutions. Each is likely to quote different rates and prices, and the amount they're willing to lend you may vary as well. Investigating various lenders can help you rest easy knowing you got the best rate for you. Lenders may charge additional fees that can drive up the overall costs associated with getting a mortgage. Compare these fees as well so

# Stamp lovers group to meet Jan. 31

FORT PLAIN – "Get Stuck on Stamps" at the Fort Plain Free Library on Thursday, Jan. 31, as people who think stamps are beautiful and interesting gather to share their common interests. Stamp lovers of all ages and experience levels are invited to take part in the casual monthly get-to-

gether.

The free, drop-in group meets at the 19 Willett St. library on the last Thursday of each month from 6:30 - 8 p.m. It is facilitated by stamp collector and American Philatelic Society member Keith Seeber and is open to the public.

Call 518.993.4646 for more information.

LOST: Female Calico cat near the old bus garage on W. Grand St., Palatine Bridge. Answers to Gabby; she is not an outdoor cat. If seen, please call 518-630-1639.

you can be sure you get the best deal.

- Consider a mortgage broker. Mortgage brokers will serve as the middle person in the transaction. A broker's access to several different lenders can translate into a greater array of loan products and terms from which to choose.
- Learn about rates. Become informed of the rate trends in your area. Lower rates translate into significant savings amounts per month and over the life of the loan. Rate may be fixed, though some are adjustable-rate mortgages (also called a variable or floating rate). Each has its advantages and disadvantages, and a financial consultant can discuss what might be in your best interest.
- Discuss points with your financial advisor and lender. Some lenders allow you to pay points in advance, which will lower the interest rate. Get points quoted in dollar amounts so they'll be easier to compare. If you're unfamiliar with points, discuss the concept with your financial advisor.

The vast majority of homeowners secured a mortgage to purchase their homes. Learning about the mortgage process can help new buyers navigate these sometimes tricky financial waters.



Sat., January 19th Consignment Auction ~ 6:33PM Sat., January 26th Consignment Auction ~ 6:33PM Sun., January 27th Breeder Sale ~ 11:33AM Sat., February 2nd Consignment Auction ~ 6:33PM Thurs., February 7th Food Auction ~ 6:33PM

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Ph# 717-413-3816

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Shop and Farm Clean Outs..Business Close Outs.. Old Trunks, Singer Sewing Machines, Cast Iron Flower Pots, Cast Iron Lawn Furniture, Old Pottery, Old Tools, Old Oil Can Cans, Old Tin & Metal Signs, Railroad Lanterns, Sleighs, Surreys, Buggy's, Blacksmith Anvils, Hay Wagons, Old Bottles, Old Car Parts, Wooden Bowls, Antique Kitchen Utensils, Old Rolling Pins!!

Accepting Consignments Mondays, Wednesdays and Fridays!! Bring your Complete Estates, Antiques, Collectibles or your complete collection!!!! At last now is the time!!

WE ALSO DO ON-SITE AUCTIONS! Don't Miss Out....

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

Mon. Jan. 7th - Sold 234 head. Cull Ave. \$.38 Top Cow \$.63, Bulls/ Steers \$.34 - \$.54, Bull calves top \$.50, heifer calf top \$ .25, beef heifer calf \$.80.

**Mon. Jan. 21st** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Jan. 28th - Normal Monday Sale & Monthly Organic Day Mon. Feb. 4th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Watch for 2019 Sales:

Fri. March 15th - Sale held on the Farm - Annville, PA. 11:00AM Valley River Holsteins Milking Herd & Bred Heifer Dispersal. 75 Head of Registered Holsteins DHI RHA 24,302 4.1 933 3.1 745 BAA 109.9. Retirement Dispersal you don't want to miss!

Fri. March 22nd – Reserved for Complete Herd Dispersal on the farm. Sat. March 30th – Spring Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

Sat. April 6th – Sale on the farm – Copake, NY. 10:00AM. Hill-Over Farm Complete Machinery & Equipment Auction and Barn Equipment. Sat. April 20th – Annual Spring Consignment Machinery Sale – Held at our Facility

Sat. Oct. 26th – Fall Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

\*\*Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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

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HUSKING SALES ILL

607-847-8800 cell: 607-972-1770 or 1771 Dan Hosking: 607-972-8773

# Whatchamacallits

The first known instance of sewer drains can be found in the ruins of Babylonia, as far back as 4000 BCE. The pipes then were made of clay but today are made from a variety of matierials, from metal to PVC. However, clay pipes are still possible to come



across during home renovations. This week's whatchamacallits are terra

cotta sewer pipes.

During ancient times, terra cotta pipes were shaped from clay and then dried in the sun. The invention of the kiln made it easier to create these pipes. Terra cotta pipes were popular due to their ability to withstand time, but they are susceptible to being broken by roots or by earthquakes.

To join the pipes together, a male end would be placed into a female

end and then mortar would be packed around it to make it as leak-proof as terra cotta could be.

This horseshoe pipe seems to be newer out of the pair seen here, as it still retains the red-orange color typical of terra cotta.

However, the circular pipe is developing a darker color. This is common, as the process of water and earth being absorbed can stain the pipe. It is a ground rule that the darker the clay pipe is, the older it is.



MOHAWK VALLEY COUNTRY EDITOR 16 • January 19, 2019

### The Choralaires at Christmas

#### by Rachael Takacs

In December, the United Methodist Church of Canajoharie hosted the Valley Choralaires as they performed their 45th annual Christmas concert.

sanctuary was The packed, and all in attendance were eager to listen and relax from the hustle and the bustle of the holiday season.

The song lineup includ-

ed Christmas favorites such as "What Child Is This?", "A Marshmallow World", and "Have Yourself a Merry Little Christmas"; as well as some new songs such as "My

DAMIN FARM

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518-568-2643 Open 7 Days a Week 9am-6pm Wish For You This Christmas", "When Love Came Down", and "Christmas Grace".

Also included were solos performed by three very talented members of the Choralaires. This included Linda Klump, Judy Sinner, and Jeannette Kling. Also included was a carol sing, which included audience participation.

Alison Wallace, the Choralaires director, lead the audience in a few traditional Christmas carols. Accompanying her was the Choralaires pianist, Janet Shuster.

In conclusion of the concert, Wallace was sure to thank the United Methodist Church of Canajoharie for hosting



Soloist Jeannette Kling serenades the audience with "Have Yourself a Merry Little Christmas".



Canajoharie Forest, Fish & Game Assoc., Inc. 49 Fish & Game Club Road

Registration \$20 prior to hunt: Fri., Feb. 8th • 5pm-8pm • Sat., Feb. 9th •6am-8am

Hunt: Sat., Feb. 9th - 8am-4pm Weigh-in: Must be back to club by 4pm!

60/40 Cash Prize Payout ~ 1) Heaviest Male

2) Heaviest Female

**Gun Raffe • Item Raffle • 50/50 Drawing** 

Kitchen Open from 8am day of hunt. Hunters must comply with all DEC Regulations.

The Decisions of the Judges are final.

**Information & Questions:** Joe Bennett 518-265-3604 or Joe Fasone 518-441-1815

### **WE PAY CASH!**

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#### Answer

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

# Weekly SUDOKU — — King Crossword — **Answers**

#### Solution time: 27 mins.

| U | М | Р |   | G | 1 | F | Т |   | $_{L}$ | Е | ٧ | 1 |
|---|---|---|---|---|---|---|---|---|--------|---|---|---|
| S | U | Е |   | 0 | R | Е | 0 |   | 1      | М | Α | М |
| S | Т | R | Е | Α | K | Ε | D |   | В      | U | R | Р |
| R | Е | Р | U | Т | Е |   | D | R | Υ      |   |   |   |
|   |   |   | L | Е | D |   | L | Е | Α      | Κ | Е | D |
| Т | Е | Р | Е | Е |   | W | Е | D |        | Α | R | Е |
| Α | Р | Е | R |   | J | Α | R |   | S      | L | Α | В |
| L | Е | Е |   | Р | 0 | Χ |   | С | Н      | Е | S | Т |
| L | Е | Ν | G | Т | Н |   | С | 0 | 0      |   |   |   |
|   |   |   | R | Α | Ν |   | U | Ν | R      | Е | S | Т |
| S | Α | R | 1 |   | S | Т | R | Е | Ν      | G | Т | Н |
| Α | В | Ε | Т |   | 0 | 1 | L | Υ |        | G | Е | Е |
| С | Α | Р | S |   | Ν | Е | S | S |        | S | Р | Υ |

| S | U | Е |   | 0 | R | Е | 0 |   | 1 | М | Α | М |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | Т | R | Е | Α | K | Ε | D |   | В | U | R | Р |
| R | Е | Р | U | Т | Е |   | D | R | Υ |   |   |   |
|   |   |   | L | Е | D |   | L | Е | Α | K | Е | D |
| Т | Е | Р | Е | Е |   | W | Е | D |   | Α | R | Е |
| Α | Р | Ε | R |   | J | Α | R |   | S | L | Α | В |
| L | Е | Е |   | Р | 0 | Χ |   | С | Н | Е | S | Т |
| L | Е | Ν | G | Т | Н |   | С | 0 | 0 |   |   |   |
| 3 |   |   | R | Α | Ν |   | U | Ν | R | Е | S | Т |
| S | Α | R | 1 |   | S | Т | R | Е | Ν | G | Т | Н |
| Α | В | Е | Т |   | 0 | 1 | L | Υ |   | G | Е | Е |
| С | Α | Р | S |   | N | Е | S | S |   | S | Р | Υ |

# Puzzles4Kids Just Like Cats & Dogs

Answer

| HOMERS        | М | SHORE        |
|---------------|---|--------------|
| SAUCER        | U | SCARE        |
| ALMOST        | M | <b>ALTOS</b> |
| BASTER        | В | <b>RATES</b> |
| RECALL        | L | CLEAR        |
| <b>VETOES</b> | Ε | STOVE        |
|               |   |              |
| BLASTS        | В | SALTS        |
| DERIVE        | E | DRIVE        |
| RECEDE        | Ε | CREED        |
| GASPED        | S | PAGED        |



the Choralaires and for allowing the group to practice there every week. She also thanked the audience, Shuster for her incredible piano skills, and the Choralaires themselves for being dedicated and passionate about singing. Wallace is very pleased with the Choir and hopes it continues for a long time to come. "This group of women give their all for their love of music. They are dedicated to supporting the arts and keeping them alive in our community. I am so proud of their accomplishments and lucky to a part of them."



Photos by Rachael Takacs

Director Alison Wallace and pianist Janet Shuster, pose post-concert with the Choralaires.

Alison Wallace addresses the audience to introduce each

MOHAWK VALLEY COUNTRY EDITOR

# Don't Miss Our Annual Horse Owners Buyers Guide!

Mane Stream and Mane Stream Mid-Atlantic Region!

# Deadline is Friday, January 25th

Take Advantage of Coverage From Maine to North Carolina! Your listing will appear in the March 2019 Issue and be placed on the Mane Stream website for the entire year!



# **2019 HORSE OWNERS BUYERS GUIDE**

The March 2019 Issue of Mane Stream will feature a Horse Owners Buyers Guide section. Please check as many categories below as apply to your company for the \$25 listing. If you wish to have your company logo appear in black & white above your listing, an additional fee of \$50 will be charged. Add 2nd zone listing for \$20, logo \$45. Your logo can be emailed to tkrieger@leepub.com. This form must be completed and returned by 1/25/19. Questions? Call Tina Krieger at 800-218-5586, ext. 108 or 518-673-0108.

| Listing to appear in: Mane Stream Mane Stre                                | am Mid-Atlantic.  |
|--|---|
| Check If Using Logo Your logo  | will appear with your listing in black and  |
| white (prin  | nt) & color with the online version.  |
| Company Name:  |   |
| Contact Person:  |   |
| Address:   |   |
| Phone: Fax:  |   |
| Website:   |   |
| E-Mail:  |   |
| Description (40 words or less):  |   |
|  |   |
|  |   |
| -  |   |
|  |   |
| □ Abuse / Humane Organizations • CATEGORIES •                              | ☐ Gifts   |
| ☐ Art / Photography ☐ Associations and Clubs                               | <ul> <li>☐ Healthcare</li> <li>☐ Health / Veterinary Services / Farriers</li> </ul> |
| Associations and clubs   | ☐ Horse Camps   |
| □ B&B  | ☐ Instructions  |
| □ Boarding Farms   | □ Miscellaneous   |
| ☐ Breeding Farms ☐ Buidings / Barns and Arenas / Footing                   | ☐ Real Estate / Realtors ☐ Sales / Leasing / Appraisals                             |
| ☐ Catalogs   | ☐ Services / Specialized (Legal / Insurance / Farm Sitting / Personal Training)     |
| ☐ Clothing   | ☐ Show / Events / Clinics   |
| ☐ Construction-Barn Building   | □ Showing   |
| ☐ Disciplines ☐ Education / Educational Materials / 4H / Pony Clubs        | ☐ Stable & Farm Equipment ☐ Stallion Service  |
| ☐ Equipment / General (Stable / Jumps / Driving, etc.)                     | ☐ Summer Programs   |
| ☐ Farm Services  | ☐ Tack / Saddlery / Harness / Supplies  |
| ☐ Feed / Hay / Bedding   | ☐ Therapeutic Riding Programs   |
| ☐ Fencing ☐ Fun With Horses (Travel / Trail Riding / Carriage Rides, etc.) | ☐ Trail Riding ☐ Training   |
| 2. a.i   | ☐ Transportation / Trailers / Trucks  |
| L  | vg (1 ath February) o ₹ 1-107 (27 94 100 (2010) 1787 + 412 (3 440 ) 440 (1          |

Return by Fax to 518-673-2381 or mail to

Country Folks Mane Stream, PO Box 121, Palatine Bridge, NY 13428

If you do not wish to receive any faxes from us, check here  $\Box$  and fax back to 518-673-3245

MOHAWK VALLEY COUNTRY EDITOR 18 • January 19, 2019

### Christmas at the Upstate Chapel



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2016 Chevy Cruze LS Blue, 39,000 Miles

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#### by Rachael Takacs

The Upstate Chapel in Canajoharie celebrated its 8th Annual Christmas Concert in December. The Chapel was packed with guests, eager to hear the festive selections. These selections were chosen by

many well-loved perform-

ers within the surround-

ing communities, as well

as Eric Stroud, owner of

addition, Stroud led the audience in several singalongs, including "White Christmas", "O Come All Ye Faithful", and "The Christmas Song".

Also performing that evening were the likes of Our Lady of Hope Choir,

on Wednesdays.

The Upstate Chapel offers many events throughout the year, all of which are free and open to the public. However, free-will offerings are appreciated. The donations are used to promote and encourage



Our Lady of Hope Choir graced the audience with their beautiful harmonizing voices.

provided a unique and

Crua. Liaison Plaisantes, and Janet Shuster. All performers

the Chapel and worldfestive program for all to renowned scientist. Eric enjoy. Stroud, an avid organist performed many lively and hauntingly beautiful pieces including "Parade of the Wooden Soldiers", "Veni Emmanuel", and "Hark the Glad Sound". In

Sue

In conclusion to the concert, Stroud thanked the performers for providing the evening entertainment and thanked the audience for coming. He also thanked New Beginnings Bible Church for maintaining the Chapel and the grounds. Larry Hinkle, a long-time member of the church, then presented Stroud and his wife Jean with a beautiful gift basket. He thanked them for the kindness they have shown the church over the years, including allowing the church to use the Chapel for Adult Sunday School on Sunday mornings and Evening Service



the musical arts in Canajoharie and the surrounding areas. For more information about upcoming

events and the history of the Upstate Chapel, please visit their website at: upstatechapel.com



Liasons Plaisantes performing some early Christmas season medleys.

Photos by Rachael Takacs





Larry Hinkle (center) presents Eric and Jean Stroud with a gift basket containing some hol-

# **NEW YEAR... NEW OUTLOOK...** NEW CAR...















# **Pre-Owned Deal** of the Week



# **2015 TOYOTA RAV4 LE**

Stk#P1899, 37k mi.

\$15,500 • \$219



| Stk#    | Year | Make   | Model                       | Mile     | s Price    | Mo. Pymt.      | Stk#         | Year     | Make      | Model                            | Miles    | s Price Mo | . Pymt. |
|---------|------|--------|-----------------------------|----------|------------|----------------|--------------|----------|-----------|----------------------------------|----------|------------|---------|
| R114    | 2018 | Toyota | Camry XSE                   | 6K       | \$26,990   | \$414          | 19049A       | 2015     | Kia       | Sorrento LX AWD                  | 33K      | \$17,990   | \$264   |
| 181006A | 2018 | Toyota | C-HR XLE                    | 15K      | \$20,850   | \$312          | 18985B       | 2015     | Toyota    | Camry SE                         | 47K      | \$15,990   | \$231   |
| 18822B  | 2017 | Toyota | Rav4 SE                     | 31K      | \$25,990   | \$397          | 18888A       | 2015     | Jeep      | Wrangler Unlimited Sport         | 59K      | \$26,860   | \$412   |
| P1963   | 2016 | Toyota | Tacoma DBL SPT              | 21K      | \$32,990   | \$513          | 18875C       | 2015     | Jeep      | Cherokee Lattitude AWD           | 21k      | \$19,990   | \$298   |
| P1958   | 2016 | Toyota | 4Runner SR5                 | 38K      | \$30,990   | \$480          | P1910        | 2015     | Nissan    | Murano AWD                       | 24k      | \$19,990   | \$323   |
| P1947   | 2016 | Toyota | Prius Two Eco               | 37K      | \$18,990   | \$281          | P1955        | 2014     | Chevy     | Silverado 1500 LTZ DBL           | 49K      | \$27,960   | \$430   |
| P1911   | 2016 | Toyota | Tacoma ACC Cab TRD          | 22K      | \$28,940   | \$446          | 19077A       | 2014     | Toyota    | 4Runner Premium                  | 68K      | \$27,990   | \$430   |
| 181041A | 2016 | Ford   | Fusion SE                   | 51K      | \$15,990   | \$231          | 18939A       | 2014     | Ram       | 1500 Big Horn                    | 74K      | \$21,840   | \$328   |
| 18983A  | 2016 | Toyota | Tacoma Acc Cab TRD          | 50K      | \$26,930   | \$425          | 18878A       | 2014     | Chevy     | Silverado LT Z71                 | 73k      | \$26,995   | \$414   |
| 181098A | 2016 | Acura  | ILX Prem                    | 33k      | \$17,990   | \$265          | 18402A       | 2014     | Kia       | Soul                             | 57K      | \$8,630    | \$109   |
| P1962   | 2015 | Toyota | Rav4 XLE                    | 36K      | \$19,990   | \$298          | 18926A       | 2013     | Ram       | 1500 Reg Cab 4WD                 | 78K      | \$17,960   | \$264   |
| P1959   | 2015 | Toyota | Rav4 LE                     | 44K      | \$18,990   | \$281          | 18717A       | 2013     | Toyota    | Toyota Rav4 Ltd. AWD             | 54k      | \$18,490   | \$273   |
| P1922   | 2015 | Toyota | Camry SE                    | 35K      | \$17,650   | \$259          | P1954        | 2011     | Toyota    | Camry                            | 75K      | \$9,995    | \$132   |
| P1905A  | 2015 | GMC    | Sierra 1500 Denali          | 41K      | \$39,990   | \$629          | 181045A      | 2011     | Ford      | Ranger Reg Cab 2WD               | 60K      | \$11990    | \$165   |
| 19102A  | 2015 | Toyota | Venza XLE AWD               | 39K      | \$23,990   | \$374          | P1964A       | 2011     | Buick     | Lacrosse CX                      | 48k      | \$11,990   | \$165   |
|         |      | *Mode  | Year 2010 and Newer - 72 mo | s. @ 4.9 | 9%, 2009 a | nd Older 60 mc | os. @ 6.99%. | \$1999 D | own. Must | be Credit Qualified. Taxes & Fee | es Extra | 1.         |         |

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LEASE

**SPECIALS** 

**SUPER** 

SAVINGS

#### 2018 FORD ECOSPORT S 4X4



LEASE FOR \$189/MO\* **FOR 36 MONTHS** LEASE PRICE \$17,195

\*10,500 MILES PER YEAR. SECURITY DEPOSIT WAIVED \$999 DOWN + 1ST PAYMENT, TAXES, FEES/DMV \$395 DISPOSITION FEE AT LEASE END. LEASE EXPIRES 1-31-19

## 2018 FORD F-150 SUPER CREW XL 4X4



LEASE FOR \$379/MO\* **FOR 36 MONTHS** 

**LEASE PRICE \$43.488** - \$4000 REBATES

\*10,500 MILES PER YEAR. SECURITY DEPOSIT WAIVED \$999 DOWN + 1ST PAYMENT, TAXES, FEES/DMV \$395 DISPOSITION FEE AT LEASE END. LEASE EXPIRES 1-31-19.

#### **2018 FORD FUSION SE**



\$27.405 -6,417 DISCOUNT\*\* \$20,988

#### **2018 FORD EXPLORER XLT**

**4X4** 



\$41,830 -\$7,442 DISCOUNT\*\* \$34,388

### **2018 FORD FOCUS ST**



\$27,040 -\$852 DISCOUNT -\$4,500 REBATES

#### 2018 FORD F-150 **SUPER CAB XLT**

\$48,165 -\$2,500 PACKAGE **DISCOUNT SAVINGS** 

-\$3.077 DISCOUNT -\$5,300 REBATES

\$37,288

\* INCLUDES ALL REBATES AND INCENTIVES

# e-Uwned

Home of the Inspection

# **2015 FORD FOCUS SE**





\$13,787 OR \$229 PER MO.

### **2016 LINCOLN MKZ AWD**





SEATS, LEATHER \$20,987 OR \$349 PER MO.



**2014 FORD FOCUS** 

CC, TILT, CD \$10,987 OR \$189 PER MO.

#### **2013 FORD TAURUS SEL**





LEATHER \$13,987 OR \$239 PER MO

**2015 JEEP GRAND CHEROKEE** 

#### **2017 FORD FIESTA SE**

AUTO AC PW PL CD



SAVE UP TO

\$10,877

#### **2017 CHEVY EQUINOX LT AWD**



FEIE

rucks

29,438 MILES, AUTO, AC, PW, PL, CC, TILT, CD



#### **2014 FORD ESCAPE TITANIUM** ΔWD



113,064 MILES AUTO, AC, PW, PL, CC. TILT. CD.



\$12,987 OR \$239 PER MO

#### 2017 KIA SORRENTO LX AWD 7



PL, CC, TILT, CD \$19,887

**4X4** 





AUTO, AC, PW, PL CC, TILT, CD

# **2016 FORD ESCAPE SE AWD**

\$17,987 OR \$289 PER MO.

#### **2010 CHEVY SILVERADO REG CAB 4X4**





2013 FORD F-150 SUPER CAB **XLT 4X4** 

82,253 Miles Auto, AC, PW, PL CC Tilt, CD



### 2013 FORD F-150 REG CAB XL

60 556 MILES AUTO, AC



### 2008 FORD F-150 SUPER CAB

**FX44X4** 106.712 MILES AUTO AC PW PL CC TILT CD

\$13,787

**2014 NISSAN FRONTIER SV** CREW CAB 4X4 🚎 38.689 MILES

AUTO, AC, PW, PL, CC,



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