

Mohawk Valley Country Editor

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February 9,
2019

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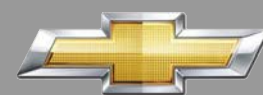
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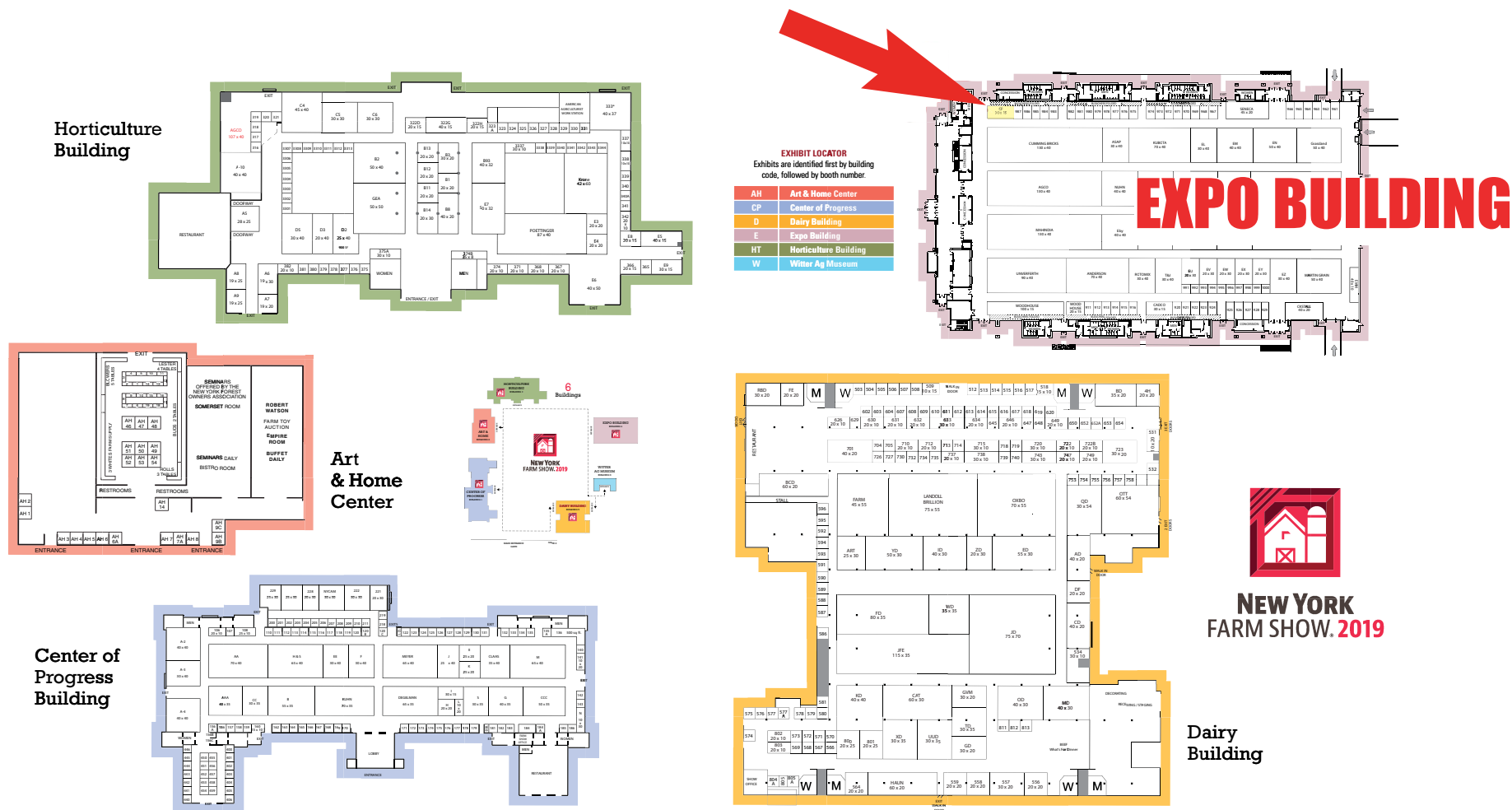
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Montgomery County SPCA awarded state matching grant for new shelter

Montgomery County SPCA (MCSPCA) announced on Jan. 28 that it has received \$500,000 from the State's Companion Animal Capital Fund. The MCSPCA will use the funds to build a new animal shelter. The MCSPCA is one of 13 organizations to receive grants during this funding round.

"This grant, no doubt, will allow us to move forward with the building. The construction should start August 2019. The cost for the new animal shelter is \$3.2 million. The MCSPCA building fund is at \$510,000 that has been raised in prior years through fundraising and donations," said Jan Zumbolo, president, MCSPCA. Special thanks to Gov. Cuomo, Assemblyman Santabarbara, Sen. Amedore and the Department of Agriculture and Markets for their part. Zumbolo noted

fundraising efforts for the new shelter will continue.

The new animal shelter will provide for more comfort for the shelter animals. The new building will make it possible to help more animals and pet owners in the community. The addition of a surgical unit will allow for the shelter animals to have medical care on site. Low cost spay/neuter clinics will be offered.

The MCSPCA is rolling out their capital campaign to raise the funds to build the new animal shelter this year. Visit www.mcspca.org for updates.

The \$5 million Companion Animal Capital Fund is an initiative proposed by the New York State Animal Protection Federation, the advocacy voice of New York's animal shelters. The funding the MCSPCA received was allocated in the 2018-19 state budget and

is part of the second round of the program's funding. The fund is administered and overseen by the New York State Department of Agriculture and Markets. It was championed by New York State Assemblywoman Deborah Glick (D-NYC) and State Sen. Phil Boyle (R-Suffolk County).

"The Companion Animal Capital Fund is the first state-funded program of its kind in the nation," said Libby Post, executive director of the federation. "Our goal is to create a permanent funding stream to assist shelters across New York improve their existing buildings or build new ones so that the quality of life for the dogs and cats in their care will be greatly improved. Better facilities equal more community support and more adoptions with their capital improvements. We see

this funding as essential to moving the state's animal shelters forward."

The federation, which has over 50 members across the state, estimates that more than 150,000 animals are brought to shelters throughout New York.

The fund provides matching grants to municipal shelters and local shelters with municipal contract to offset the costs associated with capital projects such as renovating dog kennels, improving medical facilities or building more efficient shelters to reduce overall operational costs. Funds are also being used to construct, renovate, rehab or acquire buildings or equipment needed to house, treat, and care for sheltered dogs and cats. All grantees must have matching funds accessible when the grant is submitted.

Say "I love you" with music

Music can express many emotions, be a source of comfort and encouragement or simply induce a peaceful state of mind. For those looking to express their love for a special someone, songs with or without lyrics can help convey such feelings.

Music lovers may greatly appreciate songs chosen especially for them in honor of Valentine's Day. Therefore, as a heart-warming gift, curate a special selection of songs

that can be gifted to a loved one. Even though it's an inexpensive way to show you care, the meaning behind the gift can be profound. While "mix tapes" of the 1990s may have fallen out of favor, individuals who subscribe to streaming music services can do something similar by establishing custom playlists. Look to options such as Pandora, Amazon Music, and Spotify for inspiration.

For those who want to go a little

further, upload audio versions of several songs and create a YouTube video montage featuring meaningful photos.

When considering which songs to include, think about "Endless Love," which Billboard places in the No. 1 spot on its list of the top 50 love songs. This song remained at the top of the charts for nine weeks in 1981 and features the vocal talents of Lionel Richie and Diana Ross.

February is American Heart Month

Heart disease is America's leading cause of death. Heart disease affects both men and women, but women are more likely to die from a heart attack. The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on Dec. 30, 1963.

The first Friday of February has been designated by the awareness campaign Heart Truth as National Wear Red Day in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.

According to the National Heart, Lung and Blood Institute (NIH) in the U.S., coronary heart disease is

the "number one killer of women in the United States." The day, which was first observed in 2002, aims to bring national attention to this fact, and to raise awareness of women's heart health.

Montgomery County Public Health brought awareness to this disease by asking county employees and community members to participate in National Wear Red Day campaign on Friday, Feb. 1. The day is a great way to remind Americans to focus on their hearts. County employees had the opportunity to wear jeans to work on that day and make a \$5 donation towards the local Heart Association.

Together, we can build a culture of health where making the healthy choice is the easy choice.

2019 Healthcare Career Scholarship Hudson Mohawk AHEC Scholarship Program

Hudson Mohawk AHEC will be awarding up to 10 scholarships to high school seniors entering an approved healthcare-related program at a local community college and/or a certification program. Applicants must be graduating from a high school within the Hudson Mohawk AHEC region, which includes Albany, Essex, Fulton, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties. The previous year's recipients are also eligible to re-apply.

The application deadline is April 1. Download an application online at hmahec.org/programs/scholarships. For more information, contact Adrienne Cross at across@hmahec.org or 518.480.2432.

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Mon. Feb. 11th - Normal Monday Sale & Monthly Heifer Sale

Mon. Feb 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Feb 25th – Normal Monday Sale & Monthly Organic Day

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!

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Services with Rev. Chris Sarno

Rev. Chris Sarno is coming to our area. On Thursday, Feb. 21 at 10 a.m., Sarno will be at Faith, Hope and Love Christian Church, 50 E. Main St., Canajoharie (downstairs level of the Methodist Church). That evening at 7 p.m. Pastor Chris will minister at Higher Ground Bible College, 88 South Main St., Middleville.

Dynamic, passionate and funny, Pastor Chris teaches Biblical truths that will interest and enlighten you. People are often healed during his services. Curious? Come and see. Pastor Chris is committed to transforming lives around the world through faith in Jesus Christ. His unforgettable ministry style is marked with

compelling teaching followed by prayer time in which God's presence and power is evident.

Chris Sarno pastors Relevant Church in Daytona Beach, FL, ministers to homeless people and prisoners and has preached to thousands in India, South America and Africa. For more information, visit Chris-Sarnoministries.org . Pastor Chris is a high energy preacher of good news that will help people overcome everyday problems. All are welcome. Worship will include hymns and contemporary songs.

For more information or directions, call Pastor David Bowley at 518.673.5128.

Good Housekeeping

Meal-in-a-Bowl

Minestrone

The ideal antidote to a dreary day, this protein-packed soup is as tasty as it is nutritious, with broccoli, carrots, zucchini, green beans, tomatoes, cannellini beans and macaroni simmered in light chicken broth.

2 tablespoons olive oil

1 1/2 cup chopped onion

1 tablespoon minced garlic

4 cup water

1/4 cup water

1 can reduced-sodium fat-free chicken broth (1 3/4 cups)

1 cup small whole-wheat pasta (such as elbow macaroni)

1 medium carrot, cut in 4 pieces lengthwise and diced

1 can no-salt-added cannellini beans

8 ounces broccoli rabe, cut bite-size

1 medium zucchini, cut in half lengthwise and diced

4 ounces green beans

1 cup packed parsley leaves

2 tablespoons grated Parmesan

1 pound plum (Roma) tomatoes

1. Heat 1 teaspoon oil in a heavy 5- to 6-quart pot or Dutch oven over medium-high heat. Stir in onion; cover and cook 5 minutes or until golden, stirring occasionally. Add 2 teaspoons garlic; cook 30 seconds until fragrant.

2. Add 4 cups water and the broth; bring to a boil. Add pasta and carrot; boil 5 minutes. Reserve 3/4 cup of the cannellini beans; stir rest into pot along with broccoli rabe, zucchini and green beans. Return to a boil and boil 5 minutes or until pasta and vegetables are tender.

3. Meanwhile puree remaining beans, 5 teaspoons oil, 1 teaspoons garlic, 1/4 cup water, parsley and the cheese in a food processor or blender.

4. Remove from heat; stir tomatoes into soup. Stir in the parsley mixture or serve it alongside. Serves 4.

Tip: Broccoli rabe stems cook tender, meaning that unlike collards and kale, you don't need to pull the leaves off the stems. Cut off (and discard) the stems just below the string or wire tie binding them. Remove the tie, and hold on to the bunch as long as you can while you slice the stalks and leaves. Wash well before cooking. A bunch of broccoli rabe usually weighs around 1 pound.

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

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Whatchamacallits

It's time for another whatchamacallit history lesson. First, let's look at the hearth. A hearth is a brick- or stone-lined fireplace (with or without an oven) which, in the past, was used for heating and originally was also used for cooking food. For centuries, the hearth was such an integral part of a home, usually its central and most important feature, that the concept has been generalized to refer to the home itself or a household (like in the terms "hearth and home" and "keep the home fires burning").

Cooking over open fires wasn't the only way to

make food for our ancestors – although the earliest ovens found in Central Europe date back to 29,000 BCE. Culinary historians believe the ancient Greeks were the ones to make major advances in baking, especially bread. Front-loaded bread ovens were developed there, and soon afterward baking developed as a trade and profession.

After medieval times, hearths were moved from the centers of halls to the side of a room and provided with a chimney. In fireplace design, the hearth is the part of the

fireplace where the fire burns, usually consisting of masonry at floor level or higher, underneath the fireplace mantel.

During the Middle Ages, instead of earth and ceramic ovens, Europeans used fireplaces in conjunction with large cauldrons. As we progressed, ovens underwent many changes, from wood to iron to coal to gas and even electric. Each design had its own motivation and purpose.

The wood-burning stoves saw improvement through the addition of fire chambers that allowed better containment

and release of smoke. The cast-iron stove was first used around the early 1700s, when they themselves underwent several variations.

All this information should help you figure out what this whatchamacallit is. This cast-iron utensil was used for removing pans from hearths or ovens in which baked goods were being made – most likely, something like a pie. The horseshoe-shaped piece toward the end is movable, and so it could be pressed up against the pan to ensure it didn't slip when it was being removed from the oven.

Do you have your own Whatchamacallit?
Send a photo and short description to cllewellyn@leepub.com.

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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 pittie 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.



April is a 5 to 6 year old spayed female black and white pittie mix. April is dog selective and would do best in a quiet home with no young children or cats. April loves going on adventures and is great in the car. She loves to play ball and sunbathe.



Yogi is a 3 to 4 year old pittie boy. He is a ball of energy. Yogi is about 60 pounds. He loves toys! Yogi would do best in a home with no young kids or cats. He needs to be tested with other dogs yet.



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.



This beautiful girl is **Snickers** - She is a 40 pound female Bluetick coonhound. Snickers is good with some other dogs and loves people. She is about 2 to 3 years old. Snickers will need to learn basic house manners, but being a sweetheart she already has down pat!



Poly's Kits - 4
1 orange and white male, 1 tiger male, 1 orange female & 1 grey female. 12 weeks old. FIV positive. Super sweet!

Wish List:

•Clay Kitty Litter

•Lumabone type chews



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Chocolate treat for a Valentine sweet

Restaurant reservations, red roses and sparkling jewelry all are par for the course on Valentine's Day. However, nothing may epitomize the holiday more than a decadent chocolate treat. When heart-shaped chocolate boxes are not enough, resourceful gifters can turn to homemade desserts to really capture the spirit of Valentine's Day.

This recipe for "Hot Cocoa Cookies," courtesy of King Arthur's Flour, marries the decadent taste of chocolate with the notion of a warm and soothing hot cocoa that's ideal for a chilly February day. Even though the premium cocoa mix is baked right into the recipe, don't hesitate to enjoy a steaming mug of cocoa on the side as the perfect complement to this rich and tasty cookie.

Hot Cocoa Cookies

Yield: 5 1/2 dozen cookies

Cookies:

8 tablespoons (1/2 cup) unsalted butter, at cool room temperature, 65 F to 68 F

1/2 cup King Arthur hot chocolate mix

1/3 cup light brown sugar

1 teaspoon baking powder

1/2 teaspoon salt

1 teaspoon espresso powder, optional, for enhanced flavor

1 large egg

1 teaspoon vanilla extract

1 1/4 cups King Arthur Unbleached All-Purpose Flour

1 1/2 cups mini chocolate chips

1/2 cup cocoa nibs, optional

Topping:

About 5 1/2 dozen Belcolade bittersweet disks, or

other high-quality chocolate wafer

Marshmallow fluff, cocoa nibs, or chopped nuts, for garnish

Preheat the oven to 375°F. Lightly grease two baking sheets, or line with parchment.

To make the cookies: Combine the butter, hot chocolate mix, brown sugar, baking powder, salt, and espresso powder in a mixing bowl. Beat until the mixture is smooth. Add the egg and vanilla, and beat until thoroughly combined.

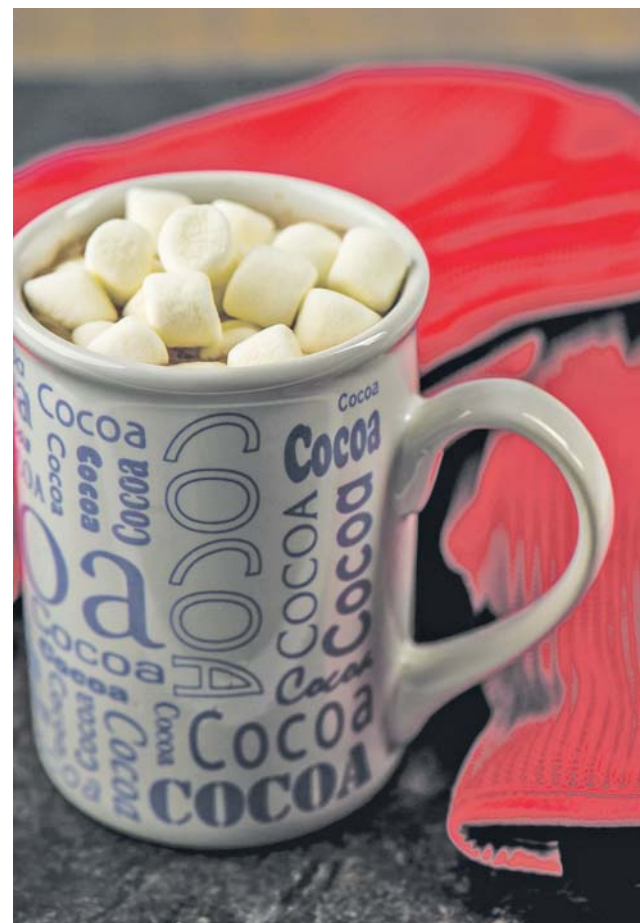
Weigh out your flour. Or measure it by gently spooning it into a cup, then sweeping off any excess. Add the flour to the cookie mixture, stirring to combine. Mix in the chips and cocoa nibs.

Drop the dough by teaspoonfuls onto the prepared baking sheets — a teaspoon cookie scoop works well here. Space the cookies at least two inches apart. Bake the cookies for 8 to 9 minutes, until the surface is set, but the cookies aren't quite fully baked.

Take the cookies out of the oven and press a chocolate disk into the center of each cookie. Return the cookies to the oven for 1 to 2 minutes longer, until the chocolate begins to turn shiny and softens. Remove the cookies from the oven once again, and sprinkle the melted chocolate disk with your garnish of choice.

Allow the cookies to cool right on the baking sheet until the chocolate disks are set. Store well-wrapped cookies at room temperature for a week or so; freeze for longer storage.

Tip: King Arthur hot chocolate mix is a proprietary blend of sugar, ground chocolate, dry milk, and cocoa powder. If you'd like to use a store-bought hot chocolate mix, try to find one with a similar list of ingredients.



These treats taste like hot chocolate.

Sentiments that the colors of roses are meant to convey

Roses are a popular gift on Valentine's Day. When accompanied by a box of chocolates, a bouquet of long-stemmed roses is sure to make a sweet-heart smile on Feb. 14.

Few people may know that the color of a rose is meant to convey a certain message. As a result, even the most head-over-heels-in-love man or woman may not be saying what they mean to say when giving roses. If that special someone has a favorite color of rose, then it might be wise to give that color regardless of what tradition suggests. But when sweethearts have no such preferences, it might be best to keep this guide, courtesy of ProFlowers®, in mind.

- Red: Red roses say "I love you." Red is symbolic of love, especially romantic love. Red also symbolizes beauty, courage and respect.

- Pink: Pink is a popular color on Valentine's Day, but sweethearts should know that pink roses say "Thank you," which makes them a better choice for friends than lovers.

- White: White roses say

"I am the one for you." White symbolizes true love, purity, innocence, reverence, humility, youthfulness, and charm.

- Yellow: Yellow roses say "We're friends and I care about you." Joy, gladness, friendship, delight, and remembrance are just a few of the sentiments yellow conveys.

- Yellow with red tip: Yellow roses may be best for friends, but yellow roses with red tips say "I'm falling in love with you."

- Orange/coral: Another awe-inspiring color, orange/coral roses say "I want you in my life." This color indicates desire, enthusiasm and fascination.

- Red and white together: A mixed bouquet of red and white roses says "We are a great match."

- Peach: Peach symbolizes intimacy, telling a lover, "Let's make this a memorable Valentine's Day."



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Good Housekeeping

Sweet and Spicy Salmon Burgers

Grated lime adds zing to the robust flavors in these salmon patties, which are made with red bell pepper, cilantro, fresh ginger, garlic and red curry paste, and served with a lime-flavored soy sauce.

Sauce:

1/4 cup lime juice (grate zest first)

1 tablespoon less-sodium soy sauce

1 tablespoon sugar

1/4 tablespoon crushed red pepper

Burgers:

1/2 red bell pepper

1/3 cup packed fresh cilantro

1 slice peeled ginger

1 clove garlic

2 teaspoons red curry paste (see Tip)

1 teaspoon grated lemon zest

1 teaspoon sugar

1 1/2 pound skinless salmon

1 tablespoon vegetable oil

1. Sauce: Mix ingredients in a small bowl. (You can do this first, or while fish is cooking.)

2. Burgers: Put bell pepper, cilantro, ginger, garlic, curry paste, lime zest and sugar in a food processor and pulse until blended. Add fish and pulse until just blended.

3. Shape level 1/4-cupfuls fish mixture into twelve 3-inch patties. (At this point, the fish burgers may be loosely covered and refrigerated for up to 4 hours.)

4. Heat oil in large non-stick skillet over medium-high heat. Add half the fish burgers and cook about 1 minute on each side, until just cooked through. Drain on paper towels. Cook remaining fish burgers. Serve with sauce. Serves 4.

Tip: You can find red

curry paste in the Asian foods or spice section of your market. Occasionally it contains shrimp paste, so be sure to check ingredients if you have a shellfish allergy. Refrigerate jar after opening.

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

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Fort Plain Free Library to serve up 'food for thought' at the Philo Cafe, Feb. 21

FORT PLAIN – During the long, dark days of winter, do you find yourself craving some hearty "food for thought"? Whet your appetite at the Fort Plain Free Library on Thursday, Feb. 21 as the library's Philo Café serves up a metaphorical buffet of topics for discussion.

According to Fort Plain

Free Library Director Whitney Hubbard, the Philo Café is a "respectful forum for people to share thoughts and ideas about topics determined by those in attendance."

A veritable feast, each casual gathering of the philosophically minded will take place at the Fort Plain Free Library on the

third Thursday of each month from 6:30 - 7:30 p.m. Sometimes there will even be real food.

There is no charge.

For more information or for hours of operation, call 518.993.4646. The Fort Plain Free Library is located at 19 Willett St. Follow the library on Facebook for updates.

Munson Williams Proctor Arts Institute visit

A visit from Munson Williams Proctor Arts Institute's Amy Francisco (Museum Educator for Docent and Tour Programs Museum Education) and two volunteers featured a presentation of a slideshow on art. They also did crafts of shapes and patterns with the residents of the Mohawk Homestead.



A visit from Munson Williams Proctor Arts Institute's Amy Francisco (Museum Educator for Docent and Tour Programs Museum Education), with two volunteers, presented a slideshow on art. They also did crafts of shapes and patterns with the residents of the Mohawk Homestead.

Photo courtesy of the Mohawk Homestead

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Chow Line: Prep and freeze food for later use in oven, slow cooker

When I get home from work some nights, I am exhausted and simply don't feel like cooking. Any tips on what I can do to still eat healthy those nights without having to go out to eat or spend a lot of time making a meal?

On a nonworkday, you could make several meals in advance and then store them in your freezer to defrost at a later date. On a day when you don't have the time or energy to make a full meal, you'll have access to quick, easy, nutritious, home-made meal options.

Freezing meals in advance can be helpful anytime you need a ready-to-go meal or when you take a meal to someone in need, said Shannon Carter, an Ohio State University Extension educator with The Ohio State University College of Food, Agricultural, and Environmental Sciences.

"Freezer meals can save you time by prepping all the ingredients ahead of time, and then only taking minutes to put in the oven or slow cooker after they are thawed," she said. "Freezer meals can also save you money because you can purchase ingredients when they are on sale to enjoy them later."

One way to get started is to plan both the amount and the kinds of meals you want to make in advance and freeze, Carter said in a recent blog post.

"Once you have an idea of what you want to prepare, you can make the entire meal and freeze it, precook a portion of the recipe to freeze, or assemble ingredients to freeze and cook later," she said.

Here are some other tips from Carter:

- Use the U.S. Department of Agriculture's MyPlate as a guide for your menu. Plan a variety of low-fat proteins and dairy along with plenty of vegetables, fruits, and whole grains.

- Consider avoiding ingredients that don't freeze well, such as mayonnaise and lettuce.

- Gather ahead of time

all the ingredients and containers for freezing. Freezer bags or cartons work well. Label the bags or containers with a permanent marker before filling. Label with the name of the recipe, date, and instructions for cooking.

- Lay freezer bags flat in the freezer so they are easier to thaw. Consider placing the freezer bags on a pan or baking sheet until frozen and then stacking them in the freezer, or stand the bags vertically once frozen.

- Foods kept at zero degrees Fahrenheit are safe indefinitely, although quality might deteriorate after 3-6 months.

- The safest way to thaw frozen foods is in the refrigerator. A gallon-sized bag of food will usually thaw in the refrigerator in about 24 hours.

- You can also defrost frozen foods in the microwave and then cook them immediately.

- When using a slow cooker, completely thaw the food before placing it into the slow cooker. This ensures that the food does not enter the "danger zone," a range of temperatures between 40 and 140 degrees Fahrenheit at which bacteria grows most rapidly.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.



Fowler added to speaker line-up at George Washington's Birthday Symposium

The Fort Plain Museum will present the first ever George Washington's Birthday Symposium on Saturday, Feb. 16. Pre-registration is recommended. Another renowned historian/author has been added to the list of speakers who will present on Washing-

ton. The new speaker and his topic is William M. Fowler Jr. - "George Washington and the Newburgh Conspiracy."

This event will be held at Fulton-Montgomery Community College, located at 2805 NY-67, Johnstown, NY 12095. The event starts at 8:15 a.m. and

will end at 3:30 p.m. To register, send an email to fortplainmuseum@yahoo.com with your name, phone number, email address, city and state. A check can be made out to and sent to the Fort Plain Museum, Attn: GW BDAY, P.O. Box 324, Fort Plain, NY 13339. We also accept

credit cards by phone at 518.774.5669 (if no an-

swer, leave a message for a call back). Visit our web-

site, www.fortplainmuseum.com, for details.

Now Here's a Tip

by JoAnn Derson

• If you are reattaching a button to shorts or pants, try using dental floss, the unwaxed kind. It's much stronger and can hold the button better than regular thread. Use a marker to darken it if the color is an issue.

• Make sure you clean your hairbrush weekly, especially if you use a lot of styling products. If it is solid, you could stick it in the dishwasher, or simply use shampoo to clean it while you shower, and then rinse well.

• "I keep a lint roller in the drawer of my TV table, and I use it to pick up stray pet hairs along the back of the couch where my kitty sleeps. I vacuum weekly, but she's a long-haired cat, and this just keeps it tidy in between. It's easy, too." — A.F. in Pennsylvania

• "To help get tangles out of thin, delicate chains, simply sprinkle talc powder on the knotted portion. It won't damage the metal at all — on the contrary, it acts as a lubricant to release the tight knots, making it easier to pull them apart. When you're done, just rinse the chain and dry carefully. Also, necklaces store better when they are hung up." — R.E. in Nebraska

• "If you have a bunch of picture frames that don't match or ones that are nicked or have small cosmetic damage, just paint them. Choose a matching color for all, and you'll have a collection!" -- T.L. in Florida

• Here's a quick fix to buff streaks out of a mirror or window: Use a coffee filter.

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Thanks to Bill & Sue Oevering, Anne & Bruce Clouthier, Jr., Nancy Bramer Handy, Fire Department for the baskets.

Thanks to the committee members for all their hard work putting this together. Special thanks to Jerry & Sandy Ward for all your hard work making & cooking the food.
Thanks to our department members for coming to help.

Canajoharie Volunteer Fire Department
75 Erie Blvd., Canajoharie, NY

Mohawk Fire Department hosts 12th Annual Pancake Breakfast



Women's Auxiliary member Kimberly Sargalis and Fire Chief Stan Mitchell greeting guests at the door.

Photos by Rachael Takacs

by Rachael Takacs

The Town of Mohawk Fire Department was bursting with activity as it hosted its 12th annual Pancake Breakfast in January. Guests were lining up eagerly to purchase and taste the fantastic array of delicious breakfast foods available. This smorgasbord included French toast, pancakes, apple sauce, scrambled eggs, sausage, freshly-cut ham, and sausage gravy.

Fire chief Stan Mitchell greeted guests at the door to accept entrance fees with the help of his assistant Kimberly Sargalis, a

member of the Women's Auxiliary. The Auxiliary's function, according to Sargalis, is to provide support and aid to the fire department whenever the need arises. Sargalis and Mitchell also displayed brochures concerning the department and how to join, as well as an ongoing 50/50 gun raffle. Mitchell expressed that this was the third year the fire department has held a gun raffle. Although the gun raffle is not a specific part of the pancake breakfast, all the money collected from both events will go to benefit the Town of Mo-

hawk Fire Department.

Meanwhile, sweating away at the griddle was long-time Mohawk Fire Department member Tony Bruno. Affectionately referred to as "Flipper" by his friends, Bruno had spent the entire morning thus far flipping pancakes. When asked how the day was going so far, Bruno said, "It's been pretty busy. I can fit 24

MOHAWK 13



Gloria Bruno serves up scrambled eggs with a smile.



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MOHAWK from 12 — [pancakes] on here [the griddle], and I have filled it up at least 20 times!” At that point in time, 70 pounds of pancake batter

had been used! Also working hard was Women’s Auxiliary member Gloria Bruno. She was serving the many hungry mouths in the hall. She was very

pleased with the turnout and exclaimed that the day was going quite smoothly considering how many guests had arrived. And many happy and satisfied guests

agreed. Even newcomers were pleased. But nobody could have been more pleased than Stan Mitchell. He stated that, “Right now, this will probably be the busiest

January we’ve had — well over 450 people. Usually, it’s around 400.” The next Town of Mohawk Fire Department Pancake Breakfast will take place on Feb. 10. For

more information on upcoming Mohawk Fire Department events and other fire department news, please visit their website at www.townofmohawk-fire.com.



Town of Mohawk Fire Department member Andy Griffith pours orange juice for the thirsty guests.



Mohawk Fire Department member Tony Bruno flips pancakes in the busy kitchen.



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



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---	--	--	--	---



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by Sam Mazzotta

Dear Paw's Corner: I have two cats — one very fat, and the other way too thin. “Star,” my fat cat, was adopted a year before “Comet,” my skinny cat. You can probably guess that Star is the confident one, and in fact he bullies Comet a bit. And skinny little Comet is very shy — he won’t let anyone except me pet him, and hides when anyone comes to visit. The trouble is, Comet is not gaining weight. I think Star is stealing his food, but Comet won’t eat

Next, bring Comet into a separate room from Star and see if he will eat if you are sitting next to him. A friend of mine who was experiencing a similar problem with her cats did this and had a lot of success.

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- On Feb. 15, 1903, the first Teddy bear goes on sale. Toy-store owner and

- On Feb. 12, 1938, Judy Blume, popular young-adult author, is born in Elizabeth, NJ. Blume's books, which realistically address such topics as bullying, divorce, friendships and family, gained legions of young fans; however, their content frequently led them to be

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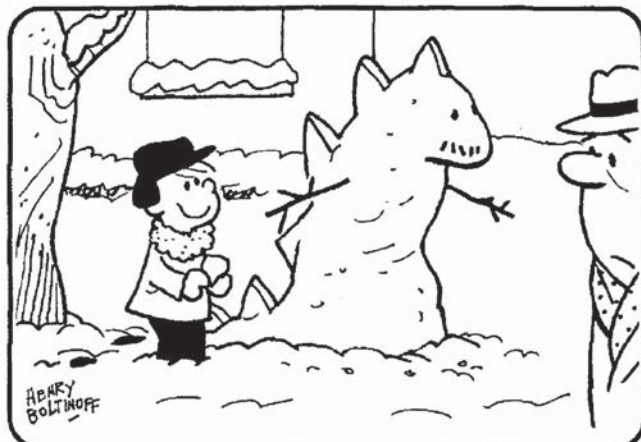
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Palatine Settlement Society 14th annual Antique Show & Sale. 10 a.m - 4 p.m. The show will be held at the Arkell Museum, 2 Erie Blvd., Canajoharie. Features 25 dealers. An appraisal booth and light lunch will be available. \$5 suggested admission. Benefit of restoring the 1747 Nellis Tavern of St. Johnsville, NY. Text or leave message for Joan Drais, Show Manager 518.894.7807.

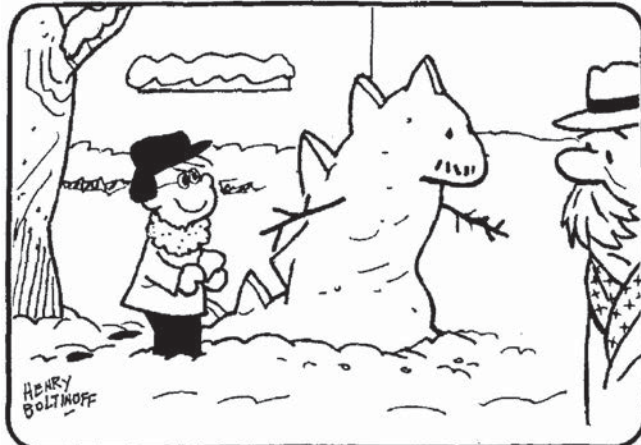
Calendar of events

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

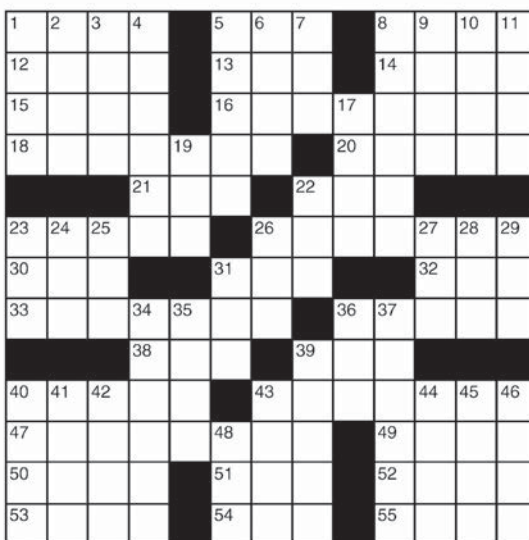


Differences: 1. Window is missing. 2. Man has mustache. 3. Boy is wearing glasses. 4. Snow creature is shorter. 5. Man's scarf is different. 6. Creature's "arm" has more branches.

ACROSS

- 1 Soybean paste
- 5 Young fellow
- 8 In the thick of
- 12 Pastoral poem
- 13 Hockey surface
- 14 Start over
- 15 Tear
- 16 Some inoculations
- 18 Left the premises
- 20 Grown-up nit
- 21 Petrol
- 22 Jan. and Feb.
- 23 Building wing
- 26 Battery brand
- 30 Golf prop
- 31 Whammy
- 32 Equal (Pref.)
- 33 Combat-zone helicopter
- 36 Connection
- 38 Express
- 39 Peruke
- 40 Accumulate
- 43 Empty spaces
- 47 Time away from work
- 49 Largest of the seven
- 50 TV trophy
- 51 Conk out
- 52 Trawler equipment
- 53 Actor Roger
- 54 Peculiar

King Crossword



DOWN

- 1 Nuclear missile acronym
- 2 Concept
- 3 Harmonization
- 4 Senescence
- 5 A cat has nine —
- 6 Mil. sch.
- 7 Nov. follower
- 8 Melodious
- 9 List of options
- 10 Mid-March date
- 11 Medicinal amount
- 17 Satiating
- 19 Levy
- 22 Baer or Schmeling of boxing
- 23 \$ dispenser
- 24 Born
- 25 Homer's neighbor
- 26 Fun 'n' games
- 27 Compete
- 28 "— was saying, ..."
- 29 Anti
- 31 Dinner for Dobbin
- 34 English compositions
- 35 Expansive
- 36 Twitch
- 37 Galapagos lizard
- 39 Subsidized
- 40 State
- 41 Jerry Herman heroine
- 42 Pinnacle
- 43 Null and —
- 44 Secondhand
- 45 Teeny bit
- 46 Back talk
- 48 Altar affirmative

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Weekly SUDOKU

by Linda Thistle



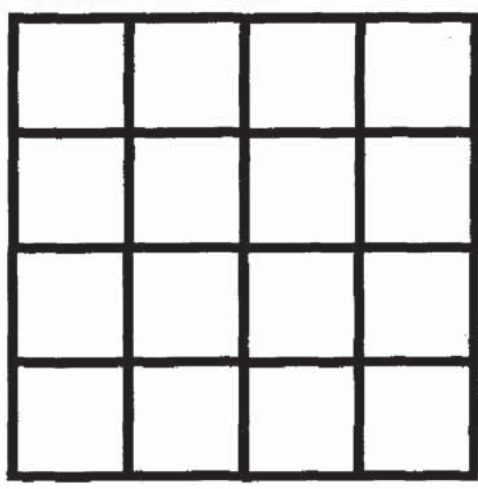
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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OPTICALS



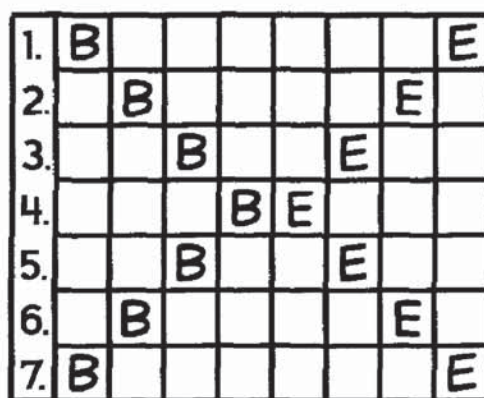
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HOW MANY SQUARES are there in the above drawing? (There are four different sized squares in the picture.).

Answer: 30 squares

Junior Whirl

by Charles Barry Townsend



TO BE, OR NOT TO BE, THAT IS THE PUZZLE!

Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITION:

1. To move dirt.
2. A type of voter.
3. Owing no one.
4. Found in gyms.
5. Crusty ocean dwellers.
6. Having gained possession of.
7. Between a bass and a tenor.

ANAGRAMS:

- zebu + doll
- teen + base
- bets + sled
- sell + barb
- robs + lets
- dine + boat
- trio + bane

Answers: 1. Bulldoze. 2. Absentee. 3. Debtless. 4. Barbell. 5. Lobsters. 6. Obtained. 7. Baritone.

THE UNHAPPY BALLADEER!

What is he singing about?

I WENT TO THE WOODS AND I FOUND IT.
AFTER I FOUND IT I LOOKED FOR IT.
THE MORE I LOOKED FOR IT THE LESS I LIKED IT,
SO I BROUGHT IT HOME IN MY HAND
BECAUSE I COULDN'T FIND IT.

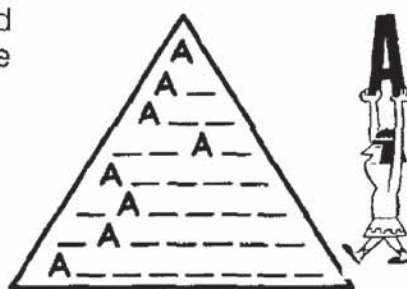


Answer: A silver in his hand.

THE 'A' PYRAMID! As you move down the word pyramid shown, each word contains the same letters as the word above it, plus a new letter. We give you all the A's. Here are some hints from the top down:

1. First letter (given).
2. Present; attending.
3. Loves picnics.
4. A small biter.
5. Pro ballplayers have one.
6. An attracting object.
7. An article of clothing.
8. A heated debate.

Answers: A, at, ant, gnat, agent, magnet, garment, argument.



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Shoveling tips

Winter is upon us, and with winter comes winter activities. Shoveling snow is one major winter activity in many parts of the United States. Although many consider shoveling a form of exercise – 15 minutes counts as moderate physical activity – you can increase your risk of an injury. Taking a few precautions while you are shoveling can help prevent unnecessary pain and suffering.

- If you have a history of heart problems or are inactive, talk to your doctor. There is an increase in the number of fatal heart attacks among shovelers.
- Warm up and stretch before you get started.
- Drink plenty of water to keep yourself hydrated.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push, don't lift. It's easier on your back and uses less energy than lifting.
- Pick the right shovel for you. Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Dress the part. Dress in layers; if you work up a sweat, you'll be able to remove some of those layers. Wear a hat and gloves to protect your extremities, wrap on a scarf and wear wool socks and waterproof boots to protect your body from the cold temperature.
- If your body is telling you to stop, listen to it. Stop if you feel pain or start seeing heart attack warning signs: chest pain; shoulder, neck or arm pain; dizziness, fainting, sweating or nausea; and/or shortness of breath. Get medical help immediately.

Properly pack a car emergency kit

After home and work, the next most common place people spend their time is in their vehicles. The AAA Foundation for Traffic Safety says the average American spends 17,600 minutes driving each year. Because they spend so much time behind the wheel, drivers need to be prepared for breakdowns. Packing an emergency kit in the car can help people make the best of such situations.

A car emergency kit can help drivers get back on the road promptly. Without such kits, drivers may be stranded for hours after a breakdown. Emergency kits also come in handy during weather-related events that can sideline cars until roads become passable. Getting caught in a vehicle during a snowstorm and failing to have the proper gear can be a life-threatening scenario under extreme conditions.

It is always wise to plan for the worst and hope for the best. The Department of Motor Vehicles and the Department of Homeland Security note that these key items should always be included in a car emergency kit.

- durable bags or crates to store supplies
- complete first aid kit

- small fire extinguisher
- jumper cables
- rain ponchos
- plastic tarp
- flashlights and extra batteries
- bottled water
- small cache of nonperishable foods
- wrench and pliers
- local maps
- rags
- duct tape
- multipurpose tool
- ice scraper
- automotive fluids
- blankets/warm clothing
- cat litter for slick roads
- tire-changing equipment
- spare tire
- road flares or caution reflectors
- empty, refillable gas canister
- cash for gas
- phone charger cable

Being prepared can make a difference when vehicles are sidelined. In addition to an emergency kit, cars and trucks should be regularly maintained to prevent breakdowns. This includes ensuring all fluids are at proper levels, filters are changed, batteries are in good working order, and tires are inflated correctly. Investing in a roadside assistance service also can help get drivers back on the road quickly.

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Answer

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

King Crossword

Answers

Solution time: 21 mins.

M	I	S	O		L	A	D		A	M	I	D
I	D	Y	L		I	C	E		R	E	D	O
R	E	N	D		V	A	C	C	I	N	E	S
V	A	C	A	T	E	D			L	O	U	S
			G	A	S			M	O	S		
A	N	N	E	X			R	A	Y	O	V	A
T	E	E				H	E	X			I	S
M	E	D	E	V	A	C			T	I	E	I
			S	A	Y				W	I	G	
A	M	A	S	S			V	A	C	U	U	M
V	A	C	A	T	I	O	N			A	S	I
E	M	M	Y			D	I	E		N	E	T
R	E	E	S			O	D	D		A	D	E

Americanisms

“It always amazes me that spectators want to coach, coaches want to officiate, and officials just want to watch the game.”
— Lou Holtz

Just Like Cats & Dogs by Dave T. Phipps

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Cold, painful fingers can mean a serious disease

(NAPSI) — “Zombie Hands.” That’s what can happen to an estimated 5 to 10 percent of the population when temperatures start to fall.

In a typical case of Raynaud’s phenomenon, also known as Raynaud’s disease or syndrome, sufferers experience numbness and pain in their fingers, toes and other extremities. Fingers turn white, blue or red as the small blood vessels go into spasm within minutes of exposure to cold or stress, and they appear to be “dead” as blood flow is constricted.

Named for the French physician Maurice Raynaud, who first recognized the condition in 1862, it causes an interruption of blood flow to the fingers, toes, nose or ears. There may be associated tingling, swelling or painful throbbing. The attacks may last from minutes to hours. In severe cases, the area may develop ulcerations and infections, which can lead to gangrene.

Raynaud’s can occur as a “primary” disease – that is, with no associated disorder – or as a “secondary” condition related to other diseases, such as scleroderma, lupus and rheumatoid arthritis.

“Ninety percent of Raynaud’s sufferers don’t seek treatment and too many physicians pay short shrift to those who do,” said Lynn Wunderman, founder and chair of the Raynaud’s Association. “Treatment is important because some

sufferers may have an underlying condition such as systemic scleroderma or lupus. Awareness of such a problem may allow for earlier medical intervention.” Simple blood tests can rule out the presence of antibodies associated with diseases that have Raynaud’s as a component.

What’s being done

To help, the Raynaud’s Association, a 501(c)(3) nonprofit health organization, launched a new and assertive campaign, “Don’t Turn a Cold Shoulder to Painful Fingers,” to urge those with the disorder – and their doctors – not to dismiss the pain that Raynaud’s sufferers endure, or the lifestyle adjustments they make to minimize exposure to cold or stress.

Although there is no known cure as yet, treatment options such as calcium channel blocker drugs have been clinically proven to alleviate symptoms by opening up the blood vessels so blood circulates more freely.

How to lend a warm helping hand

You can support the Raynaud’s Association with a tax-deductible donation. Contributions help fund member mailings, the website, awareness-building efforts and thousands of educational materials distributed each year to sufferers.

For further facts, visit www.raynauds.org.

K

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Town of Johnstown \$163,000

Private Retreat! Beautiful One Owner home sited on 1.76 acres. 4BR, 2 BA-Gorgeous Master Suite, Open Floor Plan. Big kitchen, sunroom to relax after swimming in the pool.

ADIRONDACK LAND!

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Mountain Lake \$145,000

Lots of updates to this seasonal waterfront cottage on peaceful Mountain Lake. Several lots makes up the offering. 2 BR/1 BA open living and dining with room for extra guests.



West Caroga Waterfront! \$298,000

South Shore Rd. 2BR/1BA. Open great room, large lake front sun room. Neat rock features and lakeside patio & dock. 2C garage, extra storage. This owner lived here year round! 2 Back lots included!



Peck Lake \$238,000

Enjoy this Private location nestled into the woods with lake access just down the street! Entertaining is easy here, Fantastic Kitchen! 3BR/2BA. Full finished basement. 2 Car Garage Come Enjoy Sportsman's paradise!



Lake House on East Caroga Lake \$209,900

Year Round Waterfront 4BR/1BA!! 2 Car Garage Move in ready! Very Spacious thru-out, tons of storage. Living room and Family Room. Overlooking Peaceful waterfront on East Caroga Lake!



\$89,900

West Caroga Lake Access! Updated 2BR/1BA cottage w/deeded lake access Modern conveniences ready for you! Some work Being finished so you can Relax!



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Peck Lake Building Lot \$30,000

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SOLD

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



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Country living! New Turnpike Rd, Ephratah \$35,000

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CITY HOUSES! INVESTORS



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PRICE REDUCED

INVESTORS! 86 West Street, Gloversville \$42,000

Making money! 2 Family fully rented ready for you to make money! Big Barn can earn more \$\$\$



PRICE REDUCED

31 NORTH ST GLOVERSVILLE \$42,000

Investors! 2 Units with a Garage! Fully rented and making \$\$



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JN9396TR

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JN9212

48,699 MILES,
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CC, TILT, CD



\$10,987 OR \$189 PER MO.

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JN9362TR

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PL, CC



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JN9381T

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JN9340T

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JN9360

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JN9315

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