

# Mohawk Valley Country Editor

March 2,  
2019

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4X4

JU9381T

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CC, TILT, CD



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JU9423

FULL POWER  
97K MILES



\$13,495

#### 2017 CHEVY EQUINOX LT AWD

JU9280TR

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



\$19,967

#### 2010 F-150 CREW XLT 4X4

JU9322

4.6 L  
66K MILES



\$18,495

#### 2013 FORD F-150 REG CAB XL

JU9360

60,556 MILES,  
AUTO, AC



\$13,987 OR \$229 PER MO#

#### 2008 FORD F-150 SUPER CAB

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JU9315

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## Country Preacher

by Pastor Dan West

### Experiencing God's power

Have you ever gone to an apple orchard in the fall to pick apples? When you get near the trees the apples look so good — and after all, you have been promised these apples. As you approach the trees, you notice that all the best apples are high up in the tops of the trees. Oh, you can reach some of the lower ones, but they are small, misshapen, oddly colored with scabs and worm holes in them — but they are apples. Also, you realize you didn't bring anything to put the apples into. You jump to get a few nice ones, but you are totally unprepared to get any quantity of the best ones. Now you know why the sign at the entrance said "Bring your own ladder and basket".

This scenario is similar to the one pictured in **Galatians 5: 22-26** for many people. **Galatians 5: 22-23** lists the characteristics of a luscious, nutritious fruit that is available to everyone. It has elements that we all need and crave, and are very pleasant. Even before we accept God's personal invitation to come and enjoy this fruit He is providing, we have a taste of some of it. Mankind was created in God's image and He sends His blessings — sunshine and rain — on all mankind. If the story ended here it would be like the previous apple-picking people getting only a few small, scarred apples.

But the illustration doesn't end here! The sign out front says:

"How to get the best and the most Fruit of the Spirit":

- Give yourself to Christ v. 24

- Consider your worldly, human nature to be dead v. 24
- Conduct your life as the Holy Spirit directs v. 25
- Do not seek credit or recognition for the things you do for the Lord v. 26

- Do not do or say things that irritate other people v. 26
- Do not have ill will or jealousy toward anyone v. 26

The sign concludes:

"When you obey all the instructions, you will experience and enjoy all of the Fruit of the Spirit!"

So you see Scripture presents two facts here: a) The Holy Spirit provides His wonderful, beautiful, bountiful, empowering fruit to those who come prepared, and 2) The work is not in picking the fruit, but in the preparation for picking it.

We can know all about the Fruit of the Spirit, we can know where it comes from and why, we can see it operating in other people's lives, we can sample it briefly in God's universal blessings, our very spirit craves the elements of it. But unless we prepare ourselves as these verses say, we will not experience the power of it. So our theme for this year, "Experience God's Power" is simply a short way of saying "be obedient to God as He says in verses 24-26, and you will be given what's listed in verses 22-23."

## Explaining the sweaters often seen on St. Patrick's Day

Spectators at St. Patrick's Day parades may notice that many parade participants seem to be wearing a similar style of wool sweater. Though it might seem so, such sweaters are not identical, and actually boast a rich and unique history that may even indicate the ancestry of the person wearing them.

Aran sweaters get their name from the islands where they originated. Off the west coast of Ireland and at the mouth of Galway Bay, the Aran Islands are among the most beautiful places in Ireland.

Natives of the Aran Islands were fishermen and farmers. As a result, they needed garments that were water repellant and could keep them warm while they spent time out in the Irish climate, which has long been marked by significant rainfall. In fact, according to the Aran Sweater Market, an Aran sweater can absorb 30 percent of its weight in water before feeling wet. In addition, the wool used to create Aran sweaters is breathable, drawing water vapor away from the skin and releasing it into the air. That allows those donning Aran sweaters, whether they're Irish fishermen or people marching in parades across the globe, to maintain healthy body temperatures no matter the weather.

But Aran sweaters are

much more than practical ways to keep warm in the Irish climate. In fact, Aran sweaters typically indicate much about the people wearing them and their ancestry. Aran sweaters feature complex stitching patterns that serve as reflections of the people who knit them and their families. Because people wore sweaters featuring patches associated with their clans, patterns were often used to identify bodies of fishermen who washed up on beaches after accidents at sea. The Aran Sweater Market on the Aran Islands contains an official register of these patterns, and visitors to Ireland often purchase sweaters after finding one they can connect to their ancestors.

Aran sweaters can be seen far and wide on St. Patrick's Day, and these sweaters often have great stories to tell.



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## Woodpecker damage? Try scare tactics, redirection

by Dean Fosdick, Associated Press

Woodpeckers, flickers and sapsuckers may be fun for birders to watch but they can be troublesome — pecking holes in dwellings, shredding feeders, enlarging cavities in trees, and driving you to distraction by drumming on wooden or metal surfaces.

“Woodpeckers can damage homes, especially those with cedar siding, or homes that are painted brown, making them look like a giant tree trunk,” said Clifford Shackelford, Texas Parks and Wildlife Department ornithologist. “These conditions also attract carpenter bees, which bore holes in order to lay their eggs.”

Woodpeckers hammer or peck on wood or metal for three reasons, Shackelford said. First is foraging or seeking food. Second is drumming, when a male during the extensive spring mating season lays claim to a territory by tapping on wood or metal. And third is excavating for a place to build a nest and rear young.

What's a harried homeowner to do?

“Since all species of woodpeckers are protected by state and local laws across the United States, lethal solutions or killing these birds is not an option,” Shackelford said in an email.

That leaves benign solutions. Several to consider:

- Woodpeckers need trees for shelter and food. Redirect them to different wooded locations. Place bird-feeders at distant sites, leave snags (dead branches or standing trees) on the property, build large nesting or roosting boxes, repair and cover damaged areas of the home or, if all else fails, try a pest control service.

- Frighten or scare. These bird-proofing options include displaying predator decoys, hanging reflective or colorful items, creating loud noises, or introducing odor or flavor repellents.

Predator-like decoys can lessen the degree of woodpecker damage but won't discourage the birds for long, said Marvin Reynolds, an area director for Colorado State University Extension.

“They can become used to owls, hawks or snakes in an area,” Reynolds said. “If the predator doesn't move, they will realize it's not a threat.”

Stuffing insulation into woodpecker-carved cavities also is a short-term stopgap since the birds simply will remove it, he said.

Pepper sprays are only a temporary fix and need to be re-applied after it rains or snows.

“Hanging an old CD or DVD that can spin in the wind seems a good deterrent,” Reynolds said. “Foil strips work the same way.”

The sun's reflection from a mirror also will scare birds, he said.

Here's what not to do:

- Don't trap, capture, injure or kill woodpeckers. Do not remove eggs from their nests.
- Refrain from using sticky substances that could be toxic or coat the birds' feathers. Those also could stain furniture and buildings.

- Do not use insecticides to try to eliminate woodpecker food sources. They have many adverse effects, including thinning already scarce pollinator populations.

It's not true that woodpeckers, flickers and sapsuckers kill trees, Shackelford said.

“It's guilt by association because woodpeckers are observed foraging on dead or dying trees that are swarming with hidden insects, namely beetle larvae under the bark or deep inside the wood, that serve as woodpecker food,” he said. “Actually, woodpeckers are beneficial because they can help keep numbers of these sorts of insects in check.”



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Longtime local Optometrist Dr. Craig Murcay has decided to retire. He opened his practice in 1979 and has been providing eye care services to the community and surrounding areas ever since. He feels fortunate to have had the opportunity to take care of multiple generations of families as well as making countless friends along the way.

Despite having a fulfilling career in St. Johnsville, finding the right person to turn his practice over to hasn't been easy. However, he recently met Dr. Matthew Wadas who practices in nearby Herkimer. Upon meeting, Dr. Murcay immediately knew he was leaving his patients in good hands and the two agreed to work together to make sure his patients aren't left without quality eye care.

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Dr. Wadas is a lifelong resident of the Mohawk Valley and is thrilled to be practicing in the community he loves. “I'm truly blessed” he says.

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## Scouts and spaghetti - Boy Scout Troop 81's Second Annual Spaghetti Dinner

by Rachael Takacs

On a very chilly evening in January, The Canajoharie Boy Scout Troop 81 hosted their second annual spaghetti dinner at the Moose Lodge in Canajoharie. The cold evening was soon forgotten as guests entered the doors of the Lodge. The Lodge was warm and bustling with activity, and the delicious smells of pasta and tomato sauce wafted through the air.

Greeting guests at the door were Troop 81 members, Kaleb Horning and Ethan Kilmartin. They were in the process of accepting pre-purchased dinner tickets, as well as selling tickets for a 50/50 raffle. According to Horning the money raised is to "help support us in our upcoming events like camping trips, summer camps, and other events."



Kaleb Horning (12th grade) and Ethan Kilmartin (8th grade) greeted guests at the door.

Also, on hand to meet guests and to assist the Troop 81 members, was Scoutmaster Kevin Alkinburgh. Alkinburgh has been Troop 81's Scoutmaster for four years, and before leading this troop, he led the Cub Scouts for eight years. He explained that the spaghetti dinner was a form of alternative fundraising and that he was very optimistic about the night to come.

Many other Scout Committee members were also on the scene working hard to make the night a successful one. Most of these workers were loving scout moms who have been assisting at scout events for years. These ladies included Tania Kilmartin and Shelly Alkinburgh who labored in the kitchen cooking pasta and sauce and Mary Douglass who served spaghetti to the hungry guests.

And according to the guests, all the hard work done by the Scout Committee paid off. Many guests claimed



(Left to right) Shelly Alkinburgh and Tania Kilmartin prepared dinner for the hungry guests.



(Left to right) Ann Marie Murphy and Ellen Hazzard served up salad and smiles.

that the dinner was deliciously satisfying.

One such guest was Susan Kilmartin who was accompanied by her husband Floyd. She expounded on how enjoyable the dinner was and how nice it is to be able to support the scouts saying, "We're very glad to support the scouts because it's such a good organization."



Scoutmaster Kevin Alkinburgh (far left) poses with Troop 81's attending boy scouts. Photos by Rachael Takacs

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## Wedding registry tips

Building a wedding registry is a task unlike any other couples may encounter during their lifetimes. Wedding registries are invaluable resources that provide engaged couples' loved ones with gift suggestions. In spite of that value, couples may find it daunting and even a little uncomfortable to build their wedding registries.

Building a wedding registry can feel like walking a tightrope. Couples likely won't want to ask for too much or for gifts that are too expensive, but a poorly built registry can be a major inconvenience for guests. The following tips can help couples build adequate registries that benefit them without asking too much of their guests.

- Register with more than one store. It's important to register with more than one store. Doing so makes things as convenient as possible for guests and increases the chances they will be able to shop at stores they're familiar with. Unless your guest list is predominantly local, try to register with at least one national chain so guests who live in different regions can shop for gifts in-person if they prefer to do so.

- Make a large list. Some couples are hesitant to make large wedding registries, feeling that doing so gives the impression that they're asking for too much. But large registries simply give guests more options to choose from. Many industry insiders advise registering for two to three gifts per guest. That

might seem like a lot, but guests will appreciate having all of those options.

- Don't hesitate to include expensive items on your registry. Couples also may be hesitant to include especially expensive items on their wedding registries. However, the couples' parents and other close relatives may be honored to purchase more expensive items, so couples should not feel embarrassed to include them on their lists. It's also important to note that many retailers, after couples' wedding days have come and gone, discount registry items that weren't purchased. So even if no one purchases the more expensive items, including them on a registry may significantly reduce their cost for couples who want to buy such items themselves after tying the knot.

- Vary the prices of items on the list. In addition to including more expensive items on the registry, make sure to include moderately priced and inexpensive items. This gives guests more options and ensures guests who might be spending a lot to travel to and from the wedding can still purchase gifts without digging too much deeper into their pockets.

- Periodically update the registries. Periodically update your registries to remove items you have already received and to add items if many of the less expensive ones have already been purchased. This also makes things more convenient for guests.

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**Mon. Mar. 4<sup>th</sup>** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Mon. Mar. 11<sup>th</sup>** – Normal Monday Sale & Monthly Heifer Sale

**Fri. March 15<sup>th</sup>** – Sale held on the Farm – Annville, PA. 11:30AM 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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**Fri. March 22<sup>nd</sup>** – sale held at the farm Cherry Valley, NY – 11AM. Graveland Farm – Matt & Dean Utter. Complete Dairy Dispersal. 150 Freestall milking age cows, 25 started heifer calves born since October. DHI 21582 3.8 822 3.2 683 SCC 200,000. 50 first lactation and 35 second lactation in this herd. GPS address: 599 County Highway 32A, Cherry Valley, NY.

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**Sat. April 6<sup>th</sup>** – Sale on the farm – Copake, NY. 10:00AM. Hill-Over Farm Complete Machinery & Equipment Auction and Barn Equipment.

**Sat. April 20<sup>th</sup>** – Annual Spring Consignment Machinery Sale – Held at our Facility

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## How builders can keep radon from entering a home

As the world has changed, so, too, have home buyers. The home buyers of today typically want homes that align with life in the 21st century. That means extra outlets for all of our devices and homes pre-wired for high speed internet access.

Housing starts, which refers to the number of new residential construction sites, reflect buyers' demand for newly built homes. According to the U.S. Census Bureau, there were slightly more than 1.2 million housing starts in September 2018, which marked a sizable increase from a year prior, when 1.158 million new residential constructions broke ground.

Though prospective buyers want a host of modern amenities, they also want something valued by homeowners since

the dawn of time: safety. Security systems can safeguard homeowners and their families from criminals, but homeowners also must ensure steps are taken to protect a home's inhabitants from naturally occurring threats, including radon.

Radon is a radioactive gas that is produced from the natural breakdown of the uranium found in most rocks and soil. According to the U.S. Environmental Protection Agency, exposure to



radon gas is the second-leading cause of lung cancer in the United States.

Because it's naturally occurring, radon can infiltrate any home. However, the EPA, working alongside state and federal geologists, has developed maps that predict the potential indoor radon levels for every county in the country. (Note: Radon can pose a health risk when breathed in through outdoor air, but such instances are unusual because radon is typically diluted in open air.) Each county has been assigned a zone depending on its potential radon threat, and those that pose the biggest threat are designated as Zone 1, while those with the lowest threat are Zone 3. Homeowners building their homes can contact their

state's radon office via [www.epa.gov](http://www.epa.gov) to determine which zone their property is in.

In addition to learning which radon zone they're in, homeowners building new homes can ask their builders to take the following measures so their homes' interiors are as resistant to radon as possible.

- Install a layer of clean gravel or aggregate beneath the slab or flooring system.

- Lay polyethylene sheeting on top of the gravel layer.

- Include a gas-tight venting pipe from the gravel level through the building to the roof.

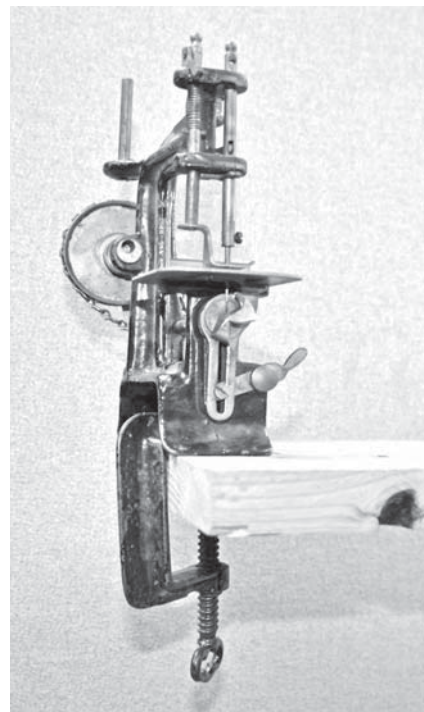
- Seal and caulk the foundation thoroughly.

Learn more about radon, including how to determine radon levels in your home, at [www.epa.gov](http://www.epa.gov).

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## Whatchamacallits



For children that are interested in learning the art of sewing, the usual place to start is with the most basic tools – a needle and a spool of thread. They would learn the delicate skill of threading the needle before embarking on their easiest cross stitch journey, gaining skill as they practiced and began creating more and more difficult projects.

Or, about a century ago, they could have played with this whatchamacallit, "The Little Comfort," a tiny, hand-powered sewing machine.

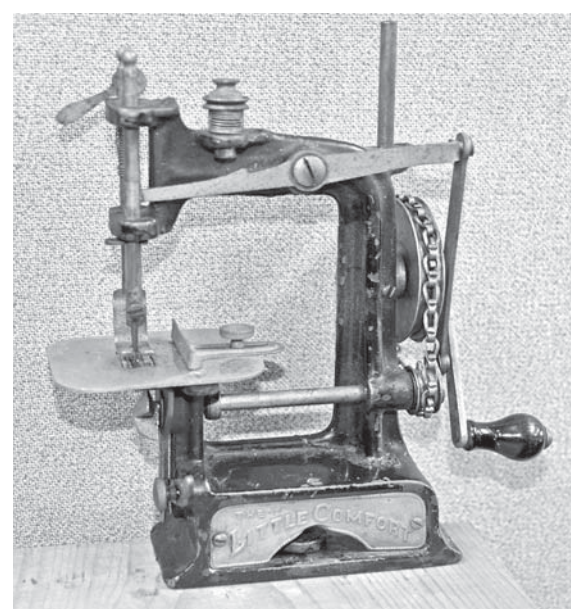
The Little Comfort was made by the Smith and Egge Manufacturing Company, based in Bridgeport, CT, and the cloth plate for the machine lists three patent dates: June 6, 1896, Jan. 26, 1897, and Oct. 19, 1897. The company released four different versions of the toy, starting in 1886. It features a looper system and automatic tension lifting after each stitch. The automatic tension

lifting comes from the raising of the lever screw.

Two of the versions of this small sewing tool feature variable-stitch regulators, which could illustrate that this toy, approximately eight inches in height, was not meant solely as a child's plaything.

The Little Comfort also has a vise built on to it, so it could be attached pretty much anywhere to be used. We have it on a piece of lumber here, but it more than likely would have been gripped to a table or desk edge.

By 1910, Smith and Egge had produced more than 50,000 of these small sewing machines – and an advertisement from that time notes they were selling them for \$4 a piece. The machines were often carried in the John Wannamaker store. They were also advertised as miniature



machines for adults, with those being sold by FAO Schwarz the only models being directly marketed to children.

**Do you have your own Whatchamacallit?**  
 Send a photo and short description to [cllewellyn@leepub.com](mailto:cllewellyn@leepub.com).



## How cash-out refinancing can turn into a costly mistake

(BPT) — After years of making regular mortgage payments, it feels good to watch your net worth make upward progress. That's especially true if your house is also gaining value. With a growing amount of equity comes peace of mind, knowing you have the option of tapping into it when you want.

Whether it's time for a new roof or you need to consolidate debt, you may see a traditional cash-out mortgage refinance as the ideal tool to access the money you need. However, if you're considering a cash-out refi, you may be unaware of some of the pitfalls, or you may not know about the alternative solutions that might work in your financial favor.

With a cash-out refi, homeowners can borrow against the equity in their home by taking out a new mortgage loan. This new loan includes the original loan balance and the additional amount borrowed against the equity.

"On the surface, a cash-out refi loan appears to be the better option because these tend to have better interest rates compared to other types of loans, especially credit cards and personal loans," says Wendy Harrington, chief marketing officer at Figure Technologies, a company that offers lending solutions to homeowners. "However, these can end up costing more than homeowners expect, and it's important to take time to understand what comes with the territory."

Harrington offers three things all homeowners need to consider before they opt for a cash-out refi loan:

- Interest rates are rising: After enjoying historical lows, mortgage interest rates have reached 5 percent, the highest in eight years, according to the Washington Post. With a cash-out refi, homeowners face trading their lower interest rate for a higher one.

- Less convenient than other loan products: The application and approval process for a cash-out is anything but efficient, thanks to time-consuming activities like property appraisals and in-person closings. In all, the loan process can take anywhere from 30-60 days.

- Additional fees: Borrowers often don't realize that cash-out refis come with closing fees for such things as appraisals, title searches and credit reports, adding another layer of cost to the loan.

A smarter solution that can potentially spare borrowers thousands in interest cost, according to Harrington, is a home equity loan. Instead of starting over with a new mortgage, you'd simply take out a separate loan against the equity in your property. This option lets you keep your mortgage interest rate.

To make things more clear, here's a comparison of how the two loans could affect a homeowner like you.

Let's say you took out a \$175,000 mortgage six years ago at 3.625 percent interest. After making monthly payments of \$798, your balance is \$153,365. Now you're looking to do some renovations and pay off some credit card debt, and you need to borrow \$75,000. With your home valued at \$300,000, there's more than enough equity.

With a cash-out re-fi loan, you'd "reset" your mortgage balance at \$228,365 with an interest rate of, say, 5.75 percent interest. That brings your monthly payment to \$1,333, but in 30 years, when the mortgage is paid off, total interest comes to \$287,225 (that's the interest you paid on your original mortgage and the interest you'll pay with the refinanced loan).

With a \$75,000 home equity loan, you may receive a higher rate, but it applies to a much smaller loan amount. If you secured a home equity loan at 9.0 percent APR, your monthly payment for your mortgage and equity loan combined would be slightly higher at \$1,559. However, the term of your equity loan is 15 years, and your mortgage is still on track to being paid off in 24 years. In all, your total interest payments come to \$174,238 (original mortgage plus home equity loan).

Bottom line: In this scenario, a home equity loan comes out as the better financial decision, because not only are you finished paying six years earlier, you would save \$112,987 in interest alone.

If you're looking to access the equity in your house to help you complete a home improvement project or consolidate your bills, taking time to know your options can potentially save you thousands of dollars. Figure has built a calculator to show how much you could save using a Home Equity Loan PLUS instead of a cash-out refi. Calculate your potential costs and savings at [Figure.com/cashout](http://Figure.com/cashout).

## To Your Good Health

by Keith Roach, M.D.

### No caffeine after 50?

**Dear Dr. Roach:** I recently heard that after age 50 you should not take in any caffeine. I do enjoy a cup of regular coffee with breakfast. Is this dangerous? — Anon.

**Answer:** The majority of people over 50 continue to drink and enjoy caffeine in coffee, tea and other drinks. At reasonable doses it is very safe, and previous studies showing links to cancers have been pretty thor-

oughly discredited. I am all in favor of maximizing enjoyment of life in ways that aren't harmful, and a cup of coffee in the morning is not harmful and is a big source of enjoyment to many.

As we age, many drugs (I'll consider caffeine a "drug" for this purpose) are metabolized more slowly by the body, so some people may find that the same "dose" affects them more. This may occasionally cause a problem with sleeping for

people who drink caffeine later in the day or at night, in which case the solution is to drink less or drink earlier.

Finally, age 50 seems pretty young, to me, to be concerned about changes in drug metabolism.

**Dear Dr. Roach:** We often are advised to get plenty of fruit in our diet. Is dried fruit (apricots, dates, figs, prunes) considered healthy? — N.M.G.

**Answer:** Most dried fruit is healthy; however,

there are two concerns: The first is that they have about the same amount of calories and sugar as whole fruit, and easily can be overeaten. The second is that you should beware of dried fruits with added sugars. Some dried fruits are preserved with sulfites. Sulfites, as I have mentioned, cause allergic symptoms in some people, but are tolerated by most.

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## Good Housekeeping

### Strawberry Sodas

*This tasty treat is ready in just 10 minutes.*

- 1 1/2 cups milk
- 1 package (10 ounces) frozen sliced strawberries, partially thawed
- 1 pint strawberry ice cream
- 1 (16-ounce) club soda or strawberry soft drink, chilled
1. In a covered blender container at high speed, blend milk and strawberries 15 seconds; pour into five 12-ounce glasses.

2. Add a scoop of strawberry ice cream to each; slowly add soda or soft drink to fill almost to the top. Serves 5.

\* Each serving: About 203 calories, 7g total fat (5g saturated), 26mg cholesterol, 77mg sodium, 32g total carbohydrate, 1g dietary fiber, 4g protein.

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# Good Housekeeping

## Easy Plum Crumble

The kids can get hands-on with this cinnamon-scented dessert recipe. Let them blend the crumble topping with their fingers until the mixture reaches the right consistency.

- 2 1/2 pounds plums, each pitted and cut into 8 wedges
- 1 tablespoon fresh lemon juice
- 1 tablespoon cornstarch
- 2/3 cup (packed) light brown sugar
- 1 cup old-fashioned oats, uncooked
- 1 1/2 cup all-purpose flour
- 1/2 teaspoon ground cinnamon

- 4 tablespoons butter or margarine
- 1. Heat oven to 400°F. In a shallow 2-quart glass or ceramic baking dish, toss plums with lemon juice. In a cup, mix cornstarch and 1/3 cup sugar; toss with plums until evenly coated.
- 2. In a medium bowl, mix remaining 1/3 cup sugar with oats, flour and cinnamon. With fingertips, blend in butter until mixture resembles coarse crumbs. Sprinkle oat topping over plum mixture.
- 3. Bake crumble 25 to 30 minutes or until plums are tender and topping is lightly browned. Cool on

wire rack 10 minutes to serve warm, or cool completely to serve later. Reheat if desired. Makes 6 servings.

\* Each serving: About 340 calories, 10g total fat (5g saturated), 22mg cholesterol, 95mg sodium, 63g total carbohydrate, 4g dietary fiber, 4g protein.

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Public Auction Saturday, March 9 at 11am Goats, sheep, cattle, ponies, rabbits, farm related merchandise. Consignments welcome. Adirondack Auction Sales & Lucky E Ranch, 3554 State Highway 30, Gloversville, NY 12078 Phone: 518-848-7040 or 518-774-8594

THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

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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](mailto:cfeditor@leepub.com)**

### Mar 1

**Bake Sale, Lasagna Dinner and Book Sale.** March 1 3-7 p.m. March 2 8 a.m.-noon. Fort Plain Reformed Church, 165 Canal Street, Fort Plain. Book Sale, Lasagna Dinner and Silent Auction on March 1. Book Sale and Silent Auction on March 2.

### Mar 2

**Benefit Antique Show.** 10 a.m. - 4 p.m. Arkell Museum, 2 Erie Boulevard, Canajoharie. 14th annual Antique Show & Sale by Palatine Settlement Society will be at Arkell Museum for the benefit of 1747 Nellis Tavern in St. Johnsville. \$5 admission. Joan Draus, show manager, may be reached by text or leave message at 518.894.7807.

### Mar 6

**Ash Wednesday Lenten Journey day.** Events all day from 7 a.m. until 6:30 p.m. Fort Plain Reformed Church, 165 Canal Street, Fort Plain. Full day of opportunities to start your Lenten Journey. Brief worship with imposition of ashes planned at both 7 a.m. and 6:30 p.m. Come sit, pray meditate as long as you wish all day. Imposition of ashes available all day. Other meditative opportunities.

### Mar 9

**Join the Mop & Bucket Company's Improv Theater Group** for a night of laughs as they interact with the audience. At the Canajoharie-Fort Plain Elks Lodge, Nelliston. Voted best Comedy Troupe in the Capital Region three years running. Tickets are \$25 before Feb. 25. \$35 thereafter. Includes: Cocktail Hour - 5:30-6:30 p.m. Dinner - 6:30 p.m. Show - 7:45 p.m. Contact: Steve Heiser 518.993.2111.

### Apr 23

**Friends Speaker & Meeting.** For more information, contact

Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### Apr 27

**Canal Clean Sweep.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### May 4

**I Love My Park.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### May 18

**Kids to Park Day.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### May 21

**Friends Speaker & Meeting.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### May 25

**Geocache Challenge Starts.** For more information, contact Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### June 1

**National Trails Day (Kayaking Tour).** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### June 6

**Putman Porch Music.** June 6 19. June 6, 13, 20 and 27. For more

### June 14-16

**Path Through History Weekend.** June 14-16. For more information, contact Schoharie Crossing State at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### June 26

**Friends Business Meeting.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### July 6-7

**Canal Days.** For more information, contact Schoharie Crossing State at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### Starts July 10

**Wildlife Wednesday.** Wildlife Wednesday. July 10, Aug. 7, Sept. 11. For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### July 16

**FMRRC Mule Haul.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).

### July 23

**Friends Business Meeting.** For more information, contact Schoharie Crossing State Historic Site at 518.829.7516 or [www.nysparks.com](http://www.nysparks.com).



## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Namesake furniture

Famous politicians, generous donors, entertainment and sports stars, and military heroes are honored by having their names on statues, buildings, bridges, streets, parks and even rooms. But famous furniture designers and architects are more often given lasting fame when a chair, desk or style is given their name. Some names used today are hundreds of years old.

There is the American Hitchcock chair, a painted wooden chair with a curved top, carved back slats and legs that are continuations of the back's up-rights. It was named for Lambert Hitchcock (1795-1852). Even older is Chippendale furniture, named for Thomas Chippendale (1718-1779), an English cabinetmaker who published a book that pictured his designs. Some collectors of early photographs buy daguerreotypes without knowing they are named for Louis Daguerre (1787-1851), who, in about 1839, invented the first photographic pictures.

A 20th-century reproduction of a Carlton House desk sold recently at a Cowan auction for \$660. The original desk looked like a table with a horse-shoe-shaped top section made to fit on top of the table. It was ordered by the Prince of Wales in about 1783 and designed by George Hepplewhite. The desk, named for a favored palace, was a gift for a member of the Prince's entourage living at Carlton House, a London palace that was demolished in 1825 after the Prince became King George IV. The building was replaced with Carlton House terrace. An early 19th-century Carlton House desk sells today for \$6,000 to \$10,000.

**Q:** I looked at many Hall teapots online and have been unable to find a teapot like mine. It's an Airflow, black with a gold spout, and what looks like a gold Chinese design. The number is 0450S, and it says it's 8-cup. Is this a knockoff?

**A:** From 1938 through 1941, the Hall China Company of East Liverpool, Ohio, produced whimsical teapots in unique shapes that are sought after by collectors today. The Airflow teapot was one of these. It was first released in 1940, and its round shape and swooping handle hint of the beginning of Atomic Age design. The Airflow, like other Hall teapots, was made in many colors and sold either plain or decorated. Some, like yours, had Hall's Standard Gold trim. In 1984, Hall reintroduced the Airflow and some other teapots. The reproduction teapots have the company's post-1969 square mark. Your 8-cup Airflow teapot looks like it is from the 1940s. It is worth about \$40.

### Current prices

- Pitcher, New Martinsville, Heart in Sand, water, gilt spout, 8 inches, \$10.
- Hood ornament, Ford, flying quail, 3 1/4 x 4 3/4 inches, \$240.
- Arita jar, lid, blue, scholars, immortals, landscape, reclining figure finial, white, Japan, 8 1/2 inches, \$380.
- WWI poster, Join, Army Air Service, bald eagle, mid-air strike, orange, c. 1917, 26 3/4 x 20 inches, \$1,110.

Tip: Never clean an iron cooking utensil with soap. Wipe it with paper towels, wash it in hot water with a plastic bristle brush, and dry well.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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The original Carlton House desk was ordered for an 18th-century building in London. This is a 20th-century copy that recently auctioned for \$660.

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## Donna's Day: Creative family fun

by Donna Erickson

### A boost of sunny fun for a wintry day

The length of daylight is starting to feel a wee bit longer, kites are flying here and there, but cloudy and cold, stormy day weather forecasts are a reminder that spring isn't quite in our grasp.

Here are some sunshine-themed ideas to boost your mood during remaining wintry, and sometimes gloomy days.

### Breakfast sunny-side up

On a large sheet of white paper, draw suns and happy faces all over the surface with a yellow marker or crayon. Use it for a place mat at breakfast. Fry eggs sunny-side up and serve in the middle of slices of toast. On a separate plate, enjoy the sunny taste of cut-out sections of a juicy grapefruit. Or, make tasty tropical smoothies in seconds with a combination of frozen mango and pineapple chunks, and fresh banana.

### Make a sunshine greeting

Your preschooler's handprints are the rays of the sun in this poster greeting to share with a grandparent, aunt or uncle.

In the center of a large sheet of heavy white construction paper, glue a round, 6-inch diameter piece of yellow paper for the sun (a small salad plate makes a handy pattern).

Squeeze some bright yellow acrylic paint on a paper plate and dilute with a few drops of water. Stir.

Place your child's hand (palm down) in the paint and guide the painted hand to the white paper. With the palm near the center circle and fingers and thumb going outward to represent the rays of the sun, press lightly to create a handprint. Continue making six more handprints equidistant from each other around the "sun." Let dry.

Add details for a face on the sun with a dark marker, if you wish.

For a kind greeting, print "You Are My Sunshine!" or "I hope you have a Sunny Day!" on the bottom, along with your child's name.

### Happy flowers

Use acrylic paints or paint pens to draw a sun on the



Eva Holmlund, 5, adds details to a sunshine greeting featuring her "sunray" handprints.

outside of an empty, clear jar with the label removed. Let dry. Fill it with fresh, yellow daffodils, daisies or tulips from your market and tie a ribbon around the rim. Give it to your neighbors to make their day sunny, too.

### Follow the sun

At bedtime, check the weather online or in the newspaper to find out what time the sun will rise tomorrow.

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**Van Alstyne Homestead Society**  
42 MOYER STREET, CANAJOHARIE, NY

**7th Annual**  
**CHILI**  
**COOK OFF**

**SATURDAY MARCH 23<sup>RD</sup>**  
**1:00-4:00 pm**

**Over a dozen mouth watering chilis to taste and judge!**

Taste the best chili by our local celebrities from Ministers to mayors to principals. Judging will commence at 3:00 pm and prizes will be awarded for best traditional chili, most creative and fan favorite.

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Music and Ireland go hand in hand. Walk into a pub anywhere in Ireland and you're bound to encounter a local musician entertaining a crowd of fun-loving patrons. Perhaps that's why music is such an integral component of celebrations on St. Patrick's Day, a day to honor the patron saint of the Emerald Isle. Paddy's Day party hosts who want to provide a soundtrack worthy of this festive occasion can consider these tracks from some of Ireland's most beloved musicians.

1. "Whiskey in the Jar," The Dubliners with The Pogues: This song, which is believed to have been composed sometime during the 17th century, has been

performed by various musicians across multiple genres of music. The 1990 collaboration between The Dubliners and The Pogues is a fast-moving version of the song that's sure to get everyone bobbing their heads and tapping their toes.

2. "The Broad Majestic Shannon," The Pogues: This song, from the legendary Celtic punk band's 1988 album, was inspired by the River Shannon, the longest river in Ireland, and is sure to invite people to the dance floor with its opening notes. Lead singer Shane MacGowan, widely regarded as one of the most accomplished lyricists of his time, said the song is about an Irishman re-


turning to his home along the Shannon after many years spent in London. That gives the song a somewhat autobiographical tilt, as MacGowan himself spent time living in London and Ireland.

3. "Finnegan's Wake," The Dropkick Murphys: Another classic Irish ballad that traces its origins to before the 20th century, "Finnegan's Wake" is a comical tale of the supposed death of Tim Finnegan, a man who loved his liquor. When his friends host a wake in his honor and accidentally spill whiskey on his corpse, Finnegan miraculously awakes and joins in the celebration. This version of the song from the Boston-based Celtic punk rockers will have hosts and their guests bobbing their heads in between laughs.

4. "Drunken Lullabies," Flogging Molly: Though the band originated in Los Angeles, lead singer Dave King is a Dublin native and his Celtic punk band has a distinctly Irish sound. An acoustic version of the song is available on the band's 2006 live release "Whiskey on a Sunday," but the party-friendly original version is the eponymous track on the band's 2002 release. Great for a sing-along and destined to get some feet out on the dance floor, this song is a must for any Paddy's Day get-together.

5. "Danny Boy," Various artists: For the sentimental revelers, this song, set to an ancient Irish melody, is a must-hear on St. Patrick's Day. Interpretations of the song vary, with some suggesting it's a message from a parent to a





LPO is pleased to present

# What Do You Know?

## TRIVIA NIGHT


**Thursday, April 25 7 pm**  
**at the Canajoharie Moose Lodge,**  
**159 Erie Blvd., Canajoharie**  
*All proceeds to benefit Haven of Hope, Fonda, NY*

**Courtney Llewellyn, who competed on "Jeopardy!" in September 2018, will be the Trivia Master.**

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## 2019 rabies vaccination schedule

1. All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors.
  2. Every dog and cat needs two rabies vaccinations one year apart then one every three years.
  3. Bring proof of the pet's vaccination history to receive a three year certificate.
  4. Ferrets must be vaccinated every year.
  5. Dogs should be on a leash; cats and ferrets should be in a carrier or pillowcase.
  6. NO EXAMS WILL BE GIVEN. Help to move the clinic along.
  7. Owners are responsible to clean up after their animals; supplies are provided.
  8. A \$5 donation per pet is suggested to defray costs.
- The 2019 rabies vaccination schedule:**
- March 28, 5:30 - 7 p.m. at East Herkimer Fire Department, 193 Main Rd., East Herkimer
  - April 11, 5:30 - 7 p.m. at Ohio Community Rec. Center, 140 Nellis Rd., Ohio
  - May 2, 5:30 - 7 p.m. at Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville
  - May 18, 10 a.m. - noon at East Herkimer Fire Department, 193 Main Rd., East Herkimer
  - May 23, 5:30 - 7 p.m. at Old Forge Fire Department, 116 Fulton St., Old Forge
  - June 6, 5:30 - 7 p.m. at Middleville Fire Department, 41 North Main St., Middleville
  - June 19, 5:30 - 7 p.m. at Ilion-Frankfort VFW Pavilion, 4274 Acme Rd., Frankfort
  - July 11, 5:30 - 7 p.m. at Danube Town Garage, 438 Creek Rd., Little Falls
  - Aug. 28, 5:30 - 7 p.m. at Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center
  - Sept. 19, 5:30 - 7 p.m. at Cedarville Fire Department, 960 St. Rt. 51, Cedarville
  - Oct. 3, 5:30 - 7 p.m. at Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls
  - Nov. 2, 10 a.m. - noon at East Herkimer Fire Department, 193 Main Rd., East Herkimer
- To pre-register for a clinic call 315.867.1176. Pre-registration will end at the close of business the day before all clinics.



## Fort Plain Free Library hosts two groups

### Library hosts writers

FORT PLAIN – Each Thursday from 3 - 5 p.m. the Fort Plain Free Library hosts the Writers at Fort Plain. The creative writing group is made up of writers from varied writing backgrounds, genres, interests, goals and experience levels who work on memoirs, novels, short stories, poems and more.

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

### Library to host textile arts handicrafters

Knitters, crocheters, needleworkers, felters and other traditional textile arts handicrafters are invited to come to the Fort Plain Free Library Thursdays to take part in the weekly Creative Textile Fibers Group. From 12:30 - 2:30 p.m., 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 is open to the public.

Call 518.993.4646 for more information about either group. The Fort Plain Free Library is located at 19 Willett St.



# REAL ESTATE GUIDE

March 2019



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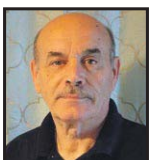
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014: 26 Center Street, **PALATINE BRIDGE**: This home has been totally remodeled from top to bottom, beautiful hardwood floors through-out. Large bedroom on first floor that could be made into two bedrooms or convert into a master bathroom. One full bath on 1st floor and one full bath on 2nd floor. Two bedrooms on 2nd floor. A nice space on the second floor that can be a family room or kids play area. Located on a dead end street with a decent size back yard for the kids to play. There is a new roof, new furnace and hot water heater, brand new kitchen with granite counter tops. The house has plenty of natural light. **Asking \$134,000**



051: 21 Highland PL, **CANAJOHARIE**: Welcome Home!!! Nice three bedroom, one bath home in Historic Canajoharie. Updated kitchen, wood floors, some new windows. Large back yard for the kids and pets. New Solar System!!! Some minor cosmetic repairs needed. **Asking \$64,900**



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



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



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



261: **NEW LISTING!!!** 1512 River Road, **FORT PLAIN**: Custom built ranch home with attached two stall garage and 5.5 acres of land. Home has been very well maintained and features a large kitchen with oak cabinets, a Knotty Pine sunroom, three large bedrooms and two full baths and one half bath. The basement has a finished area and a large canning cellar. There is a gigantic 28' x 56' construction garage that was previously used by an excavation company. There is a 16' lean-to built on the rear of the building. This property has a ton of potential!!! **Asking \$269,900**



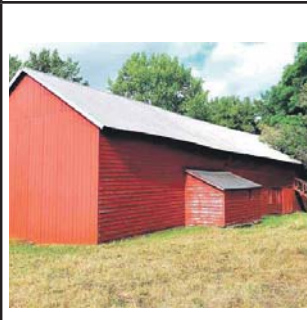
282: 5 Erie Blvd, **CANAJOHARIE**: Looking for a Business Opportunity? Commercial building located directly across the street from the Arkell Museum & Library. This framing business/retail store has been successful in the village of Canajoharie for 27 years. Take over this successful business or create your own vision in this space. Lower level has retail space, office areas and workshop space. Upstairs is currently being used as additional work space but could be a potential studio apartment. **Asking \$175,000**



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**



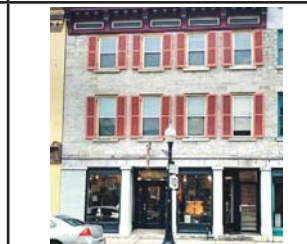
451: **NEW LISTING!!!** 494 Maple Hill Road, **CANAJOHARIE**: This spacious 3 bedroom, 2 full bath ranch house sits on 136 acres with the Canajoharie Creek running through the property. There are out buildings for plenty of storage. The land offers privacy and an abundance of wild life that you can enjoy all year. The porch offers a relaxing view of the Canajoharie Creek. **Asking \$359,000**



503: 0 State HWY 10, **PALATINE BRIDGE**: Total of two parcels. 21.59 acres. Large barn approximately 40x100. Property is treed and conveniently located to town. Many possibilities with this property. **Asking \$100,000**



529: 18 Center Street, **FORT PLAIN**: Five unit building with all except one has separate utilities. Studio apartment owner pays heat and electric. Off street parking. Gas heat. Two furnaces in the attic and two in the basement. **Asking \$127,000**



587: **NEW LISTING!!!** 39 Church Street, **CANAJOHARIE**: Well cared for commercial building with a total of 5 apartments and a large store front. Established antique store. Settlers Block is on the 1st floor, approximately 2,240 sq. ft. w/3 bathrooms. First floor is an open space and has 2 large display windows, 2nd floor is 3 apartments and 3rd floor is 2 apartments. Full basement w/plenty of storage. Updated furnace and electric entrance. Hardwood floors in all the apartments. This is a well-cared for building w/ endless possibilities. Plenty of off-street parking. **Asking \$259,000**



677: 640 Fords Bush Road, **FORT PLAIN**: Take a peek out of the front windows and you'll be glad you took the time to see this well cared for farmhouse. The pastoral views go for miles!!! The updated kitchen with granite 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 \$129,900**



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



690: 3252 State Route 80, **FORT PLAIN**: The original features still intact in this three bedroom, one bath home make it worth finishing. The solar system ensures low electric bills making this a great spot for a family. Proximity to Cooperstown offers a great potential for investment/rental. Cash Buyers Only. **Asking \$25,500**



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



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



MLS201910074: 5769 St Hwy 29, **EPHRATA**: Huge commercial building built well in the early 2000s. Great for storage units or auto repair shop or sales on small equipment, entertainment building, several options. Building was a store for 5 years but was too big of a building for this use because of heating and electrical. Could be cut in half for other uses. Rural area with several small hamlets around. Owner willing to lease as well. **Asking \$249,000**





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**NEW 2 FAMILY \$49,000**  
**76 Orchard St, Gloversville**



Cute, Move-In-Condition Home with hardwood floors throughout, each unit is 2 BDRMS, off street parking & annual taxes are only \$2,935. PRICED TO SELL QUICKLY. Easy to show, call us today!

**NEW 2 FAMILY \$69,000**  
**304 Prospect St, Johnstown**



This is a Very Nice & Fully Rented home that produces OVER \$14,000 yearly. Each unit is 2 BDRMS, Off Street Parking & home is located across the street from a park. Annual taxes are only \$2,188. Welcome investors or looking for an owner occupied rental?

**NEW LISTING \$44,000**  
**101 South Judson St, Gloversville**



This is a super buy for someone. It is Spacious, Adorable & a MOVE-IN-CONDITION 3 BDRM home. Easy to show, so call Katie-Anne Isabella, NYS Licensed RE Salesperson on her cell at (518) 866-1089 to view.

**\$53,000 - 2 FAMILY HOME**  
**196 Bleecker St, Gloversville**



Spacious 2 family home. 1 unit has 4 BDRMS and the 2nd unit has 3 BDRMS. It has 2 driveways that offers a lot of off street parking. You can pay off this house in less than 3 years. Call Katie-Anne Isabella, NYS Licensed Real Estate Salesperson cell (518) 866-1089 to view

**NEW 6 UNIT & COMMERCIAL GARAGE**  
**- INVESTMENT PROPERTY \$345,000**  
**389 McKay Rd, Perth**



Fully Rented, Plenty of Parking Space, 5 acres if you're looking to expand & Super RARE opportunity found in the Town of Perth. Rents could pay for itself in 5 to 6 years. Call Gretchen Salvione, NYS Licensed RE Salesperson today on her cell (518) 848-1843 for more details.

**REDUCED \$95,000**  
**505 N. Market St., Johnstown**



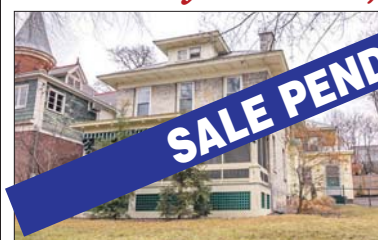
Newly & completely remodeled 3BDRM, 2 full bath home w/1 car garage & nice yard. Granite countertops, tiled showers, stainless steel appliances & new roof. Annual taxes \$2,700.

**NEW LISTING \$189,000**  
**1761 Hickory Hill Rd., Fonda**



Come take a look at this very SPACIOUS 4 Bedroom, 2 full bath home w/2 car garage, located in the Town of Mohawk & Fonda-Fultonville School District. BEAUTIFUL VIEW, covered screened in back porch, carriage house kitchen, wood floors throughout & full basement.

**NEW LISTING \$149,000**  
**121 Guy Park Ave., Amsterdam**



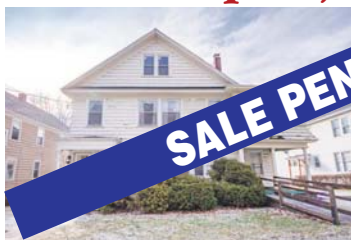
Great location, large & beautiful home. Kind 5 BDRM home constructed of limestone. Brand New Kitchen with SS Appliances, 1st floor laundry, fireplace in living room, 1 Full Bath with 2 Half Baths. AN ABSOLUTE MUST SEE!

**REDUCED \$139,000**  
**49 South Main Street, Fultonville**



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

**NEW 2 FAMILY LISTING \$99,900**  
**46 Phillips St., Amsterdam**



Home has 3 BDRMS, hardwood floors throughout. 2 Car Garage, a lot of off street parking, Upper unit is leased & lower unit will be available to move into. Call Katie-Anne Isabella NYS Licensed RE Salesperson cell (518) 866-1089 to view.

**3 FAMILY HOME \$99,000**  
**24 Cady St., Johnstown**



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

**REDUCED \$375,000**  
**171 Zarcarco Rd., Town of Glen**



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

**\$69,500**  
**68 Prospect St., Canajoharie**



Looking for affordability? We have it here with this 4 BDRM, 2 Full Bath home, 1 car garage, back yard & annual taxes are only \$2,760 a yr with No exemptions. Natural Gas Furnace is only 5 yrs old.

**COMMERCIAL \$114,900**  
**32 Main St, Fultonville**



Amazing opportunity for someone to have great storefront space & a number of apartments. Back in 1878 The Starin Hotel & Opera House was called The Jewel of The Village. We need someone handy & a cash buyer to give us a New Jewel of The Village! SO MUCH OPPORTUNITY HERE!

**REDUCED \$110,000**  
**280 Cty Hwy 140, Ephratah**



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

**Commercial/Mixed Use/Residential**  
**\$85,000 • 13 Main St, Fultonville**



Amazing Building with Stunning Construction. Currently set up with an Apartment option & open Congregation Area. Opportunities are endless at this price. 4 designated off street parking spaces & room to make more if desired.

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

**GRETCHEN SALVIONE**

NYS Licensed Real Estate Salesperson  
 Cell: (518) 848-1843 • Email: Gretchenmovesyou@gmail.com



# ADK REALTY



**518-835-ADKS (2357)**  
**www.ADKSrealty.com**  
 Email: mel@adksrealty.com  
 2144 State Hwy. 10,  
 Caroga Lake, NY 12032



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

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



### Lasslesville Farm \$154,900

Country Living with Room to Roam inside and out! 7.5 Surveyed Acres with woods, river, open pasture. A Big Barn, Lean-to and water side cabin to Enjoy the beautiful land. Many updates to this Oversized 4+ Bedroom 1.5 BA Colonial. Wide plank floors, formal dining, Big living rm w/ woodstove. Main floor bedroom & bath. New furnace & Water system. This is a nice property! Get Pre-approved and come see!



### Lake House on West Caroga Lake \$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!



### Caroga Lake ACREAGE \$159,000

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



### Peck Lake Year Round Home \$238,000

Nestled in the woods this home is a short walk to the lake access. 3BR/1.5BA, Open living area. Fantastic Kitchen, Finished Basement. Enjoy life at the lake!



### TOWN OF JOHNSTOWN \$163,000

Beautiful light and bright Custom 4BR/2BA 1 owner home! Very well thought out home with Open floor plan for easy living, fantastic kitchen. 2nd Floor Master w/Private patio and Huge bath. Attached garage, laundry room, sun room, den. Zoned for Home office! Almost 2 acres provides privacy. Town of Johnstown low taxes!



### 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.



### WATERFRONT YEAR ROUND HOME! \$209,900

What a deal! 85 FT. waterfront, Same owners for 65Yrs! It's your turn to make yours! 4BR/1BA, Laundry, Hardwood up. Big living room, Den opens to private porch 2 Car garage. Lots of perennials, Drilled well, modern septic, FHA furnace plus Propane fireplace in the den. Dock stays. You can enjoy YEAR ROUND!!



### West Caroga Lake Access! \$89,900

Updated 2BR/1BA cottage w/deeded lake access Modern conveniences ready for you! Some work being finished so you can relax!



### Country living! New Turnpike Rd, Ephratah \$32,000

2BR/1BA Mobile on 2.6 acres, Johnstown Schools! Drilled well, septic, Town of Ephratah. Cash Offers Wanted!



### 72+ Acres, Oppenheim \$79,900

72 Acres Borders State Land and Snowmobile trails VERY Private. Trails thru the woods.

## ADIRONDACK LAND!

**8.5 Acres BUILD HERE- Wells- \$35,500**

**8.5 Acres BUILD HERE- Caroga- \$42,000**

**38 Acres HUNTING LAND Bleecker- \$28,000**

**250 Acres w/Waterfront Great Sacandaga! \$450,000**

**BUILD! HIKE! HUNT! Call for Details!**



### Gloversville \$117,000

Entertain here!! Formal Dining room, New kitchen & Baths Gleaming hardwood floors, 3BR's 1.5 BA on quiet street. HUGE Fenced Backyard!



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

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



### 31 NORTH ST GLOVERSVILLE \$42,000

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



### Peck Lake Building Lot \$30,000

High and dry, just steps from the deeded lake access. Build here and be part of this quieter lake community.



### Vacant Lot Caroga Lake \$16,000

2-lots almost 1 acre. Each 100ft x 180ft deep. Cleared, with driveway. Wooded borders. Once had a structure, Old well, concrete septic tank. Bring all offers!

**Check the Web www.adksrealty.com • 518-835-2357**



<p>(51) 75 Walnut St. <b>Canajoharie:</b> Wood floors in the LR, DR and Den. New vinyl plank floors in the Kitchen and updated Bath New Pex water lines. Newly sided in 2017. The Kitchen is spacious with a snack counter and room for a table. Laundry off kitchen and plenty of room to put a 2nd Bath. Rear enclosed porch. The back yard w/ privacy fence. Paver brick patio and vinyl shed. This home is move in ready. <b>\$109,000</b></p>	<p>(901) 2 Witter St. <b>Fort Plain, NY:</b> 2 BR ranch home with Open kitchen / LR. Appliances included (dishwasher never used). Laundry room with front load washer and dryer. Includes outside generator which automatically comes on when power goes out. Shed 8x12 Carport and nice covered front porch with wheelchair ramp accessibility. Partially hedged yard and some fencing. <b>ONLY \$78,900</b></p>	<p>(703) <b>CANAJOHARIE DOWNTOWN STOREFRONT AND 2 APARTMENTS!!</b> Walking distance to (I-90) thruway, restaurants and local shops. This is on the same block as "Christmas Corner". A short distance to the Marina on the historic Mohawk River. <b>NOW ONLY \$45,900</b></p>	<p>(45) 100 W Eighth Ave. <b>Gloversville:</b> Affordable investment! 2 family in the city of Gloversville is priced to move. First floor is currently rented to long term tenant. They have been there approximately 10 years. It has 3 BR's, LR, Kitchen and Bath. 2nd floor is vacant and under construction. The furnace, roof and both hot water heaters were updated 2006. Out of area owner asking <b>\$35,200</b></p>
	<p><b>Richard Euler Realty is a proud member of the NY State Multiple Listing Service. The NY State MLS is the largest MLS in New York, covering all 62 counties and the 5 Boroughs. The NY State MLS sends your listing directly to Zillow, Trulia, Realtor.com, Homes.com, HomeFinder.com and more. With International Syndication, the NY State MLS gets your listing on several sites around the world in 24 different languages. Your listing will have the exposure it needs.</b></p>		
<p>(706) 65 Lafayette Stt. <b>Palatine Bridge:</b> 3 BR / 2 Bath home newly renovated in 2017. Renovations include two new bathrooms, a beautifully upgraded kitchen with stainless steel appliances, refinished hardwood floors throughout, replacement vinyl windows, new furnace, hot water heater, water supply systems, and refinished driveway. House is move-in ready! <b>\$129,995</b></p>			<p>(804) 28 E Main St. <b>Nelliston:</b> Fully rented 3 unit has a 3 BR / 2 Bath apartment on the first floor and 2 - (2) BR apartment on the second floor. Separate utilities. Off street parking. Plenty of storage in the Attic and full basement. Concrete patio area in back yard. Laundry on premises. <b>NOW \$99,900</b></p>

## Richard Euler

### Real Estate

Licensed Real Estate Broker

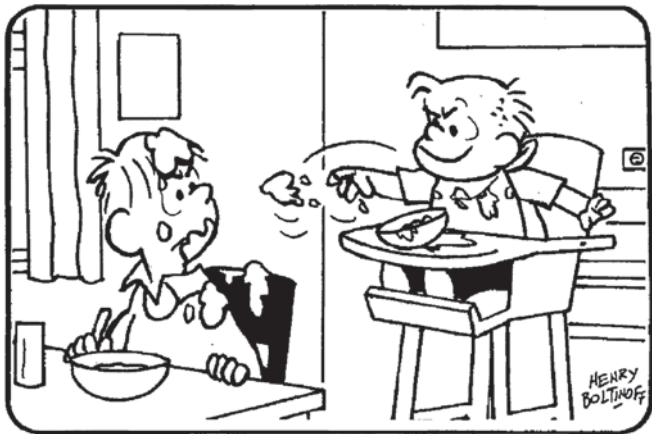
**518-673-3677**

proud member  
**NY STATE MLS**

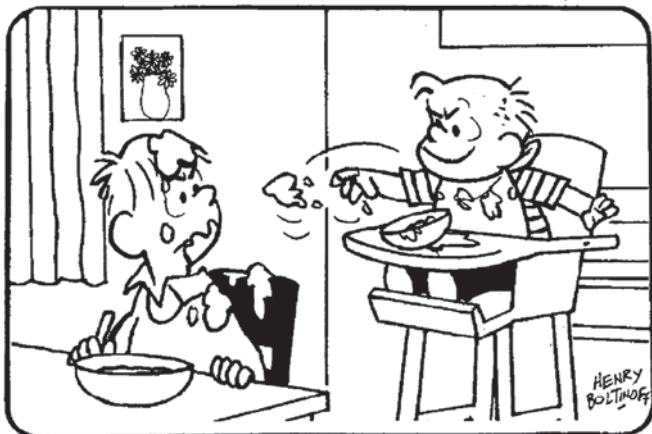
71 Mohawk Street,  
Canajoharie, NY 13317  
**richardeulerrealty.com**



**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Baby's shirt has stripes. 2. Picture is different. 3. Curtain covers window. 4. Boy's bowl is larger. 5. Wall outlet is missing. 6. Boy's glass is missing.

**Weekly SUDOKU**

by Linda Thistle

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

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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**King Crossword**

**ACROSS**

1 Beavers' structure  
4 Second letter  
8 Wild and crazy  
12 Indivisible  
13 Mideast airline  
14 Sheltered  
15 Gin, e.g.  
17 Grad rags?  
18 First murderer  
19 Iron  
20 Suitor  
22 Paddock parent  
24 Long-running Broadway musical  
25 Pheasant or grouse  
29 Fuss  
30 Dental filling  
31 Ultramodern (Pref.)  
32 Backyard attraction  
34 Somewhere out there  
35 Feedbag fodder  
36 Surprise big-time  
37 Engine  
40 Unwanted email  
41 On in years  
42 Morning garb  
46 Entreaty  
47 "Super-food"

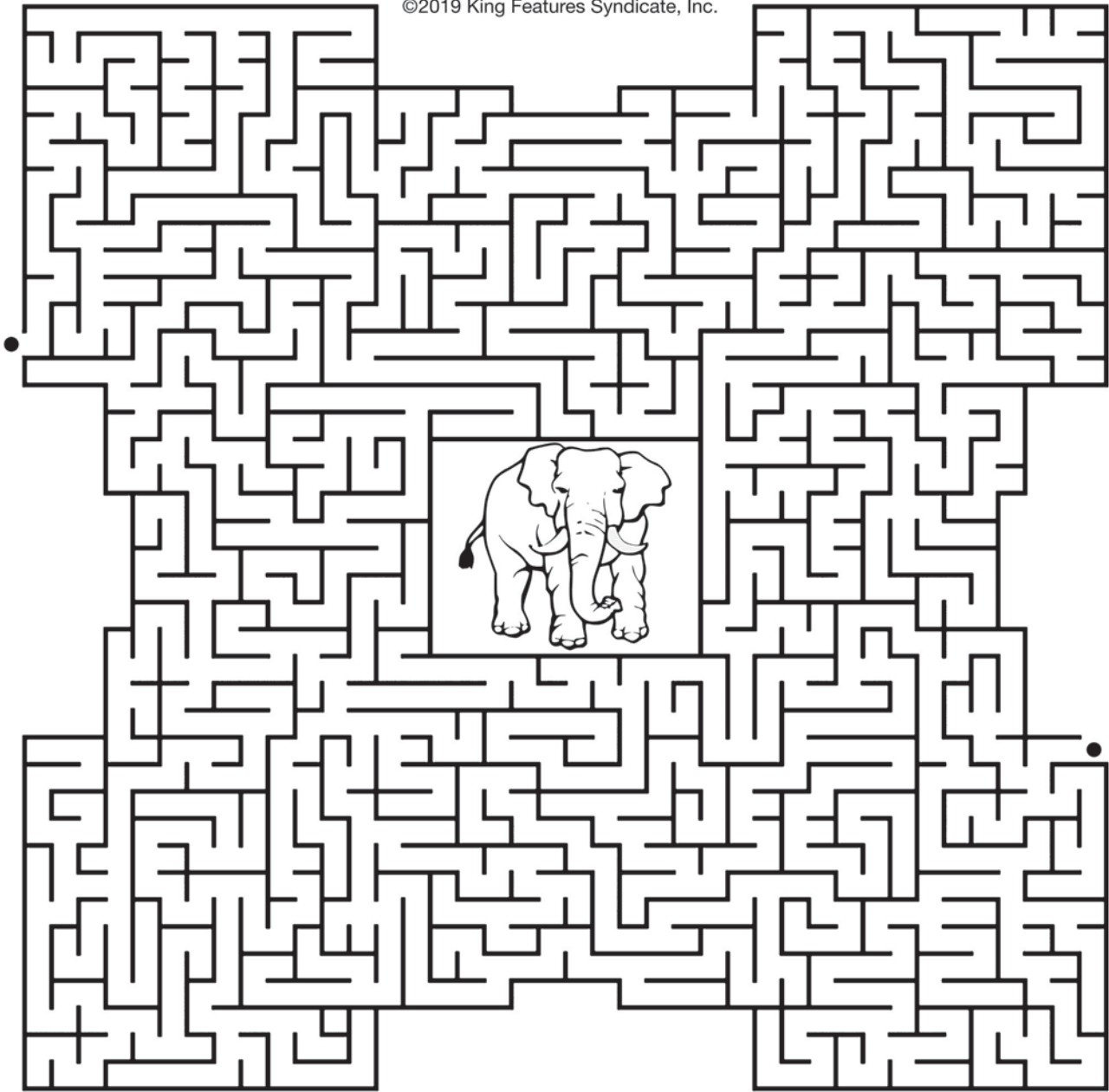
**DOWN**

1 "What's up, —?"  
2 Literary collection  
3 16th-century cartographer  
4 Start  
5 Verve  
6 Highland hat  
7 Brewery prod-  
8 Capital of Croatia  
9 Shaving cream additive  
10 Information  
11 Longings  
16 Speaker's spot  
19 Quarry  
20 Wound cover  
21 Gully  
22 Soda shop orders  
23 Asian nurse  
25 Summertime pest  
26 Notorious  
27 Caboose's place  
28 Collegian quarters  
30 Construction piece  
33 Gizmo  
34 Winged  
36 Garden intruder  
37 3-Down's creations  
38 Leering look  
39 Adolescent  
40 Luminary  
42 "Humbug!"  
43 Expert  
44 Lingerie item  
45 Conclusion

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**Mega Maze**

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**LAFF - A - DAY**



"I need a larger refrigerator because my family — meaning him — keeps getting bigger."

**STICKELERS** [sic]  
by Terry Stickels

Cherie's niece's father's daughter's aunt could be Cherie.

True or false?

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# Church Directory



## Ames - Sprout Brook UMC

613 Latimer Hill Rd.  
Ames, NY 13317  
518-673-3495

**Pastor Jan Markle**  
Sunday Service 9:30am

## Bethesda Fellowship

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

## Cherry Valley Assembly of God

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

## Christian Church of Charleston Four Corners

1380 E. Lykers Rd., Sprakers  
518-922-9088  
**Pastor Brett Popp**  
Sunday School (adult & children) 10am,  
Worship 11am,  
Sunday Eve. Prayer 6:30pm,  
Thurs. Eve. of Encouragement 6:30pm  
[www.christianchurchcharlestonfourcorners.org](http://www.christianchurchcharlestonfourcorners.org)

## Church of Christ Uniting

PO Box 896  
Richfield Springs, NY 13439  
**Rev. Mark Ioset**  
315-858-1553  
Service: Sunday 9:15am  
Church School: Sunday 10:30am

## Church of the Nazarene

3316 State Route 29 W  
Johnstown, NY 12095  
Offices: 518-762-2982  
Cell: 857-523-8417  
**Pastor, Rev. Mark Fowler**  
Sunday Morning Service 11:00am  
Sunday School for All Ages 10:00am

## Community Bible Church

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

## Cornerstone Baptist Church

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

## Currytown Reformed Church

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

## Dolgeville Christian Fellowship

3 Elm St., Dolgeville, NY 13329  
315-429-9142  
**Dr. Marvin Isum, Pastor**  
Worship Sunday 10:30am  
Midweek Fellowship Tuesday 7pm  
[www.dolgevillechristianfellowship.org](http://www.dolgevillechristianfellowship.org)

## Dolgeville United Methodist Church

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

## Emmanuel Episcopal Church

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

## Ephratah Reformed Church

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

## Episcopal Church of the Good Shepherd

26 Moyer St., Canajoharie  
518-673-3440  
Holy Communion Sundays at 9:30am  
Fellowship Time to Follow  
Call for Holy Day services  
**The Rev. Virginia L Ogden, Rector**  
[churchgood@frontier.com](mailto:churchgood@frontier.com)

## Everlasting Joy Believers Fellowship

14 Park Place  
(in with Seekers Fellowship)  
St. Johnsville, NY 13452  
315-858-2112  
**Pastor Carolee Coye**  
Sunday Service 10am

## Faith, Hope and Love Church

**Rev. David W. Bowley, Pastor**  
Saturdays, 5 pm  
at the  
United Methodist Church Lower Level  
50 E. Main St, Canajoharie  
call 518-673-5128 or see facebook "Faith,  
Hope and Love Christian Church" and our  
website <http://faithhopeandlovechurch.com>

## First Baptist Church

Springfield Center, NY  
**Rev. - Gary Tyler**  
Sunday School 10:00am  
Morning Worship 11:00am  
Sunday night Worship 6:00pm  
Wed. night Bible Study 7:00pm  
Free meal & music every  
2nd Sat. of the month 4-7pm

## Fonda Fultonville United Methodist Church

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

## Fordsbush Bible Church

131 Clark Rd., Fort Plain  
518-568-7606  
**Pastor Joe Miller**  
Sunday School 10am, Morning Service  
11am, Eve. Service 6pm, Wed. Service  
6:45pm, Thurs. Visitation 6pm  
[www.fordsbushbiblechurch.com](http://www.fordsbushbiblechurch.com)  
Home of Victory Christian Academy

## Fort Plain United Methodist Church

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

## Freysbush United Methodist Church

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

## Fultonville Reformed Church

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

## Glen Reformed Church

State Hwy 161 in the  
Hamlet of Glen  
4 miles South of Fultonville  
[glenreformed@nycap.rr.com](mailto:glenreformed@nycap.rr.com)  
Sunday Worship at 9. Sunday School  
immediately following Children's Message

## Grace Christian Church

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

## Grace Episcopal Church

24 Montgomery St., Cherry Valley  
315-585-4016  
**Fr. Kyle Grennen, Rector**  
Sunday School 11:00am  
Holy Communion/sermon 11:00am  
Active Youth Group - call for detail

## Grandview Baptist Church

15 Washington St., Fort Plain  
518-993-9929  
**Pastor Dan West**  
Sunday School 10am  
Morning Service 11am  
Bible Study & Prayer Meeting,  
Wednesday 6:30pm

## Holy Family Parish

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

## Joy Fellowship

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

## Lassellseville United Methodist Church

State Hwy. 29  
**Pastor Robert A. Lindsay**  
Worship: Sunday 9:30am  
Sunday School to start soon

## Lighthouse Baptist Church

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

## Marshville Evangelical Church

Route 10 South  
**Rev. David Bowley**  
Worship Sunday 9am

## National Kateri Tekakwitha Shrine and Indian Museum

3636 St. Hwy. 5, PO Box 627  
Fonda, NY 12068-0627  
518-853-3646  
Weekly Masses: Sat. 4:30pm, Sun. 10:30am  
friars@katerishrine.com [www.katerishrine.com](http://www.katerishrine.com)

## New Hope Christian Fellowship

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

## Oppenheim United Methodist Church

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

## Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 13339  
Parish Office 518-993-3822  
[ourladyofhope@frontier.com](mailto:ourladyofhope@frontier.com)  
Mass Schedule: Saturday, 4pm;  
Sunday, 8:30am & 11am;  
Confessions: Sat. 3 & by appointment  
**Please call parish office for Holy Day schedule**

## Paines Hollow United Methodist Church

Intersection of 167 & 168, Paines Hollow  
**Pastor Peg Donaghy**  
518-568-7604  
Sunday Worship 9:30AM  
Fellowship Hour to Follow

## Randall Christian Community Church

NY Rte. 5S  
Sunday Service 10:30am  
**Worship Leader**  
**Darlene Spaulding**

## Reformed Church of Canajoharie

15-19 Front St., Canajoharie  
518-673-2816  
**Rev. Matt Draffen**  
Sunday 9am Christian Education  
9:20 Choir Practice  
10am Worship Nursery provided  
Fellowship hour follows worship

## Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339  
518-993-4302 • [fortplainrca@yahoo.com](mailto:fortplainrca@yahoo.com)  
**Rev. Nancy E. Ryan**  
Worship 10:30am,  
AA meetings Mon. & Tues. 7pm,  
Second Thurs. Prayerspace 6am to 6pm

## Reformed Church of Sprakers

112 Sprakers Hill Rd  
**Rev. Nancy Ryan**  
Worship ~ 9AM  
**All Welcome!!!**

## Richfield Springs Bible Church

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

## River of Jubilee Church

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

## Sacred Heart Catholic Church

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

## Saint Cecilia Church

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

## Salisbury Center United Methodist Church

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

## Seeker's Fellowship

14 Park Place  
St. Johnsville, NY 13452  
518-568-7700  
**Pastor Mike Yezierski**  
Sunday Worship 6pm, Tues. Prayer 7pm,  
Bible Study 7pm (Wed., Thurs. & Fri.)  
We teach the fullness of God's Word,  
a life of holiness for the believer,  
and salvation for all who trust  
in Christ's sacrifice.

## St. John's Lutheran Church

774 St. Hwy. 163, Fort Plain, NY  
518-705-7552  
**Rev. David A. Johnson, Ph.D.**  
Sunday Worship 9:00am, Sunday School 10:00am,  
Ladies Aid W.E.L.C.A. Handicapped Accessible

## St. John's Reformed Church

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

## St. John's & St. Mark's Lutheran Church

143 Church St., Canajoharie  
518-673-2224  
**Pastor Zach Labagh**  
Sunday Worship 11am,  
Christian Ed. 9:45am  
[stjstm@frontiernet.net](mailto:stjstm@frontiernet.net)

## St. Johnsville Methodist Church

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

## St. Joseph's Roman Catholic Church

31 North Helmer Ave., Dolgeville  
315-429-8338  
Sunday Mass is 8:30am

## St. Mary's Episcopal Church

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

## St. Paul's Lutheran Church

36 Lydius St., Fort Plain, NY 13339  
518-993-2040  
**Pastor Jonathan Litzner**  
405-250-8395  
Sunday School 9:45-10:45am  
Bible Study & Coffee Hour Sunday 10-10:45am  
Church Service 11am

## St. Paul's Lutheran Church

32 W. Main St.,  
St. Johnsville, NY (next to NBT Bank)  
518-568-3007 Church  
518-568-2405 Parsonage  
**Rev. David Johnson**  
Sunday Worship 10:30am,  
Tues. Bible Bungee-Jumping 7pm,  
"Bible Study" that actually makes sense!  
A Vibrant, Welcoming Community of Faith & Vision

## St. Paul's Universalist Church

565 Albany St., Little Falls  
315-823-2284  
Service Sunday 10am  
Coffee hour following service.  
Our Church is a home to inquisitive,  
spiritual free thinkers with diverse  
religious beliefs. All are welcome.

## St. Thomas the Apostle Catholic Community

1 Church St., Cherry Valley  
607-264-3779  
Masses Sunday  
8:30am & 11am

## Stratford United Methodist Church

Route 29A  
315-429-9085  
**Rev. Lynn R. Lockwood**  
Worship 9am

## The Christian Church of Rural Grove

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

## The Holy Spirit Polish National Catholic Church

618 E. Gansvoort St.  
Little Falls, NY  
315-823-0793  
**Father Rafal Dadelo**  
Mass at 11am on Sunday [www.holy-spiritncc.org](http://www.holy-spiritncc.org)

## The House of Zion, Inc.

580 Dillenbeck Road,  
Palatine Bridge  
518-577-3069  
**Pastors Richard & Denise Allen**  
Saturday Morning  
Worship Service 11:30am  
Listen to UMT on live radio 97.5FM  
the 1st Sunday of every month 3pm-4pm

## The Time for Truth Ministries

PO Box 351  
Amsterdam, NY 12010  
Phone 518-843-2121  
Cell 518-774-8558

## Trinity Lutheran Church

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

## United Methodist Church of Canajoharie

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

## Valley Alliance Church

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

## Victorious Life Church RMI Fellowship

104 Main St. & 431 St. Hwy. 80  
Fort Plain, NY  
518-993-3102  
Sunday School 9am,  
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How to improve circulation

The human body is a complex, efficient machine. One highly important component of that machine is the circulatory system, which sends blood, oxygen and nutrients throughout the body.

In perfectly healthy bodies, blood, oxygen and nutrients circulate throughout the body without issue. However, several conditions, including obesity and diabetes, can contribute to poor circulation, which is not a standalone condition but rather a byproduct of another serious health issue.

According to the health information site Healthline, when the circulatory system is not working at optimal capacity, people may experience tingling, numbness and throbbing or stinging pain in the limbs. Pain and muscle cramps also may result from poor circulation, the symptoms of which vary depending on the causes. For example, someone whose circulation issues

are a result of peripheral artery disease may experience different symptoms than someone whose circulation has been compromised by diabetes.

Because issues affecting the circulatory system are complex, it's important for men and women to learn how to address such issues if they suspect their systems have been compromised.

- Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to address the issue on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing



People can help themselves by taking various steps to improve their circulation.

their poor circulation.

- If necessary, lose weight and keep it off.

Obesity is one of the conditions that can contribute to poor circulation. So many people who are diagnosed with poor circulation may be advised to lose weight and keep the weight off once it's been lost. A 2009 study published in the International Journal of Cardiology found that losing weight helped obese women improve their circulation. A healthy diet that includes fish like salmon that is

high in omega-3 fatty acids, which have been shown to improve circulation, can help people lose weight and maintain healthy weights going forward.

- Consider yoga. A 2014 review of an assortment of peer-reviewed studies found that yoga can have a positive impact on risk factors for cardiovascular disease. A low-impact exercise, yoga can compress and decompress veins, potentially improv-

ing circulation. It takes time to master yoga positions, but even beginners who cannot fully perform poses during a yoga regimen can benefit from doing the exercises to the best of their abilities.

Poor circulation is a byproduct of various conditions. Once a condition has been diagnosed, patients can help themselves by taking various steps to improve their circulation.

— King Crossword —

Answers

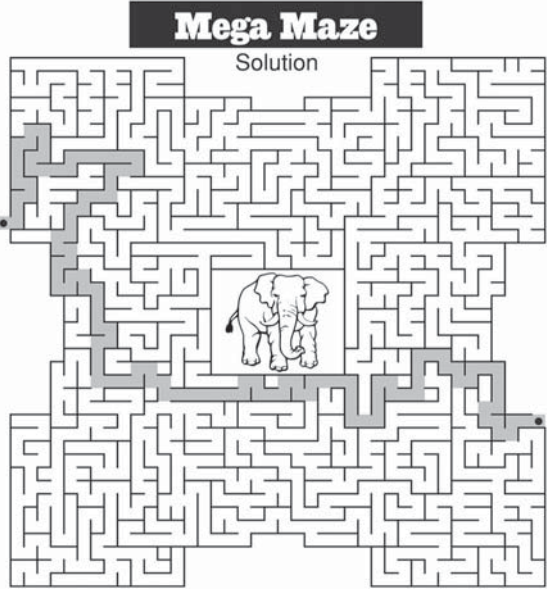
Weekly SUDOKU

— Answer —

Solution time: 27 mins.

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

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



Stickelers Answer  
The answer is true.

Strange but True

by Samantha Weaver

- It was French-German physician, philosopher and humanitarian Albert Schweitzer who made the following sage observation: "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."
- You might be surprised to learn that famed lover and heartbreaker Casanova eventually became a librarian.
- In parts of Illinois, it was once illegal to put a cake in a cookie jar.
- If you've ever yelled out a warning in panic — "Stop!," "Run!," "Don't!" — you've used a monepic sentence; that is, one that is complete with just a single word. Of course, at the time you probably weren't concerned about the grammatical nature of your utterance.
- If you're like the hypothetical average person, your mouth will create 10,000 gallons of saliva over the course

of your lifetime.

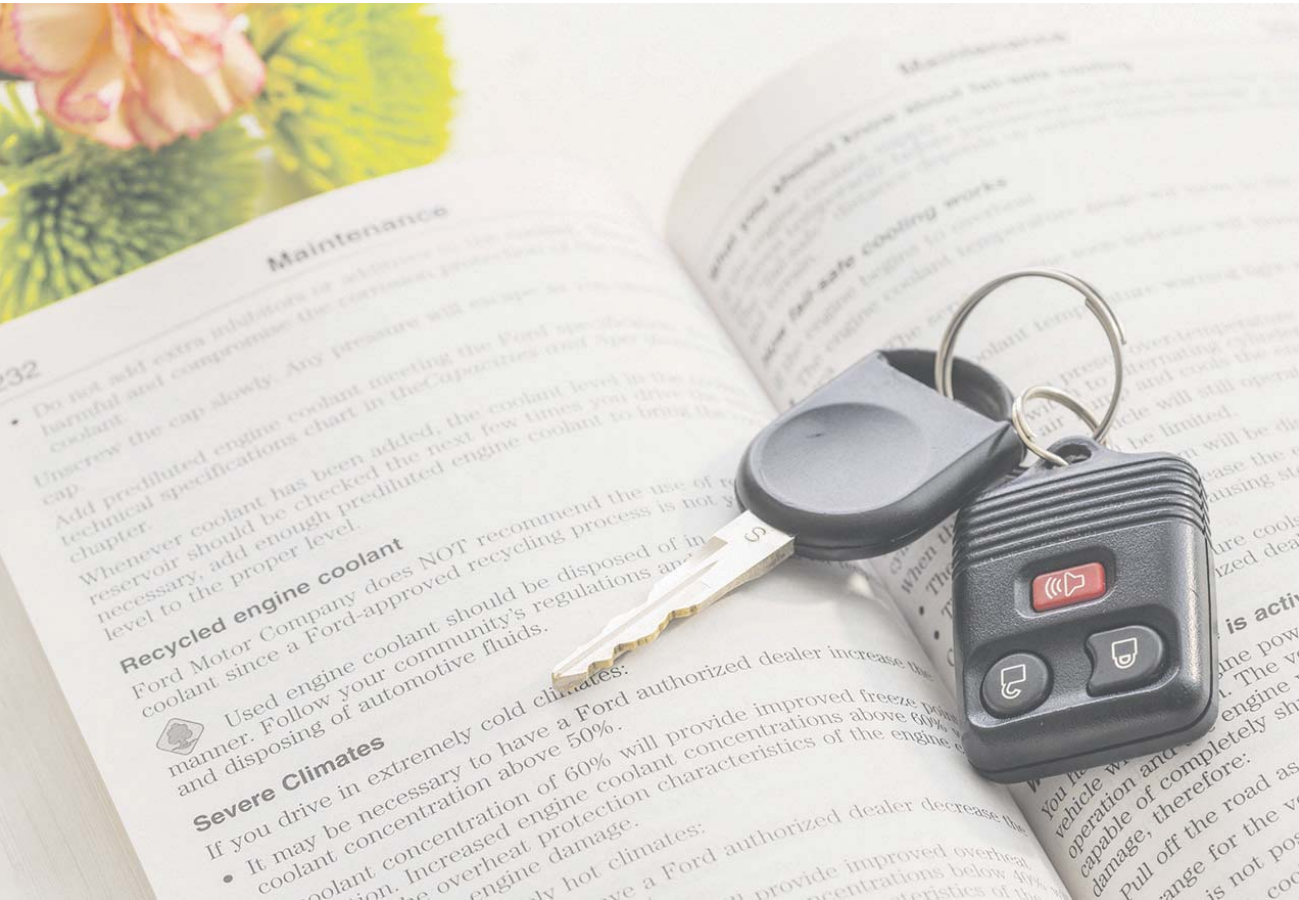
- It's been reported that the country's first pizza parlor was in New York City — naturally. It opened in 1885, but barely got by. In 1895, it was sold for a mere \$200 — small change even in those times.
- The bearded vulture is the only known animal whose diet is made up almost exclusively of bone.
- It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that just 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.

Thought for the Day: "It is no measure of health to be well adjusted to a profoundly sick society." — Jiddu Krishnamurti

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How to reduce vehicle maintenance costs



A vehicle owner's manual is a great resource .

Major repairs to a vehicle can be expensive. When unanticipated repairs are necessary, drivers' budgets can be thrown out of whack, potentially causing a domino effect that compromises their ability to pay their bills on time.

Whether your vehicle is brand new, a few years old or reaching milestones on its odometer with every mile driven, there are ways to care for the vehicle so you aren't caught off guard by costly repairs down the road.

• Read your owner's manual. A vehicle owner's manual is a great resource that can help drivers keep their cars and trucks running strong for

years. Every vehicle, whether it's purchased brand new from a dealership or preowned from a preowned dealer or private citizen, should come with an owner's manual. Don't worry if you purchased a preowned vehicle from a private citizen who lost the manual, as many manufacturers have manuals available for free on their websites. Print manuals may cost some money. Drivers may be able to find their manuals elsewhere online. Once you have the manual in hand or on your computer, visit the maintenance section to familiarize yourself with the manufacturer's recommended maintenance guidelines.

Adhering to those guidelines is a great way to keep your car running strong for years on end, and it might just save you from the hassle of sudden expensive repairs.

• Protect the engine. The engine is arguably the most expensive part of your vehicle to replace, so protecting it should be a priority. Routine oil changes and oil filter replacements is a great way to protect the engine. Manufacturer guidelines vary in regard to oil change and oil filter replacement intervals, but such recommendations can be found in your manual.

• Hone your DIY skills. Drivers also can save

money on maintenance by doing some of their

own minor vehicle repairs. YouTube is home to many DIY tutorials that can teach drivers how to change their own oil and replace the filters on their vehicles. Routine repairs are relatively easy, and many tutorials can walk you through them step-by-step. Depending on how much you drive, learning to do your own minor vehicle repairs may save you hundreds of dollars per year.

• Perform routine inspections. Older vehicles may or may not alert drivers via noises or leaks that they're in need of re-

pair. Routine inspections of hoses, brakes and tires, which should always be properly inflated, can let drivers know if their vehicles are experiencing problems before those problems grow and become something costly.

Vehicle maintenance costs tend to be most expensive when drivers ignore routine maintenance or miss signs that their cars and trucks might be struggling. By adhering to manufacturer maintenance guidelines and paying attention to their vehicles, drivers can reduce the cost of keeping their cars on the road.

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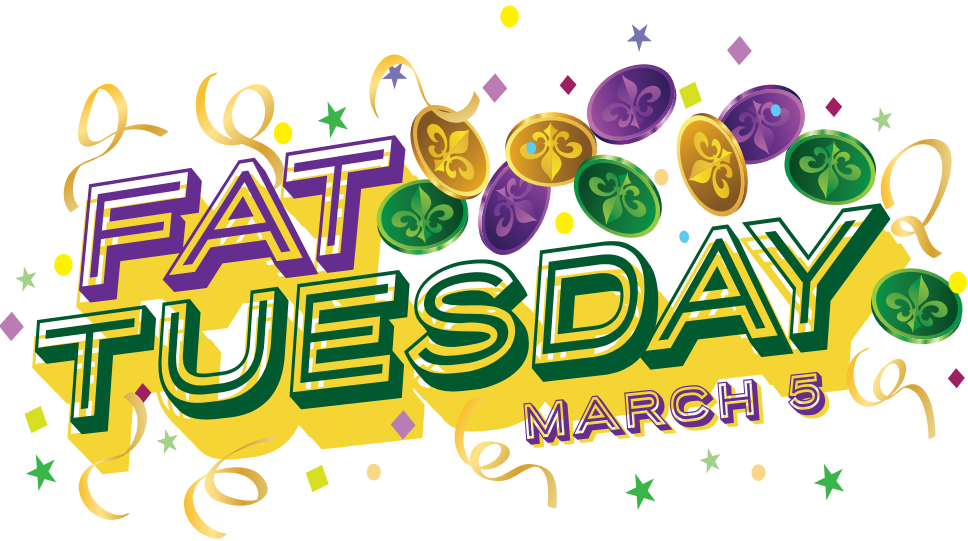
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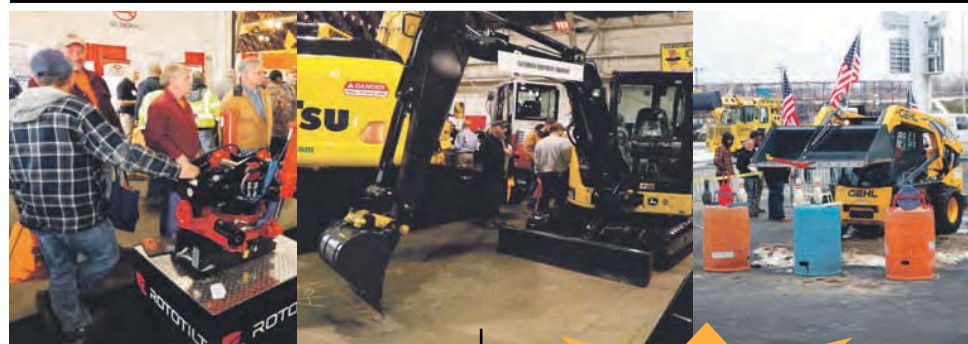


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