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April 20,  
2019

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## Fort Plain Free Library to host spring poetry workshop April 16 and 23

FORT PLAIN – Spring is in the air, and April is National Poetry Month. To celebrate both, the Fort Plain Free Library will host a spring poetry workshop on Tuesday, April 16 and Tuesday, April 23. Facilitated by

writer Joan Caska, each session will take place from 6 - 8:30 p.m. at the library.

Caska, who specializes in literary flash fiction and short stories, has a passion for experimental writing and literary criticism. She said, "This creative writing workshop will focus on nature and

the environment to spark ideas and invigorate your writing. Whether you're an experienced writer, you'd like to give poetry a first try or you're just excited about reading poetry, this fun, relaxed workshop is for you!"

During each session, participants will read and reflect on published works

and use artifacts, word play and brainstorming as springboards for creating new poems. A stretch of quiet time is included, along with an opportunity for sharing poems with the group, if desired.

Library Director Whitney Hubbard said this is the first of many educational programs planned for 2019. She said, "This is kicking off what will be a steady flow of writing workshops and clinics for the rest of the year."

A full-time writer from Palatine Bridge, NY, Caska said she enjoys helping others achieve their own writing goals through work online and in person, via local workshops and writing groups in Upstate New York. She said, "Take inspiration from the world awakening around us and tap into your own creative energy!"

There is no charge for the workshops, but advance registration is appreciated as seating is limited.

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



Joan Caska

# townofpalatine.org

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## What is the Last Supper?

Many important events took place during what's now known as Holy Week, which commemorates the final days of the earthly life of Jesus Christ.

The Last Supper was one of most important events to take place during the final week of Christ's life. Contradictions within the Gospels make it hard to say with absolute certainty when the Last Supper took place, but according to Catholic Online, Evangelists and critics generally agree that the Last Supper was held on a Thursday that was very likely the evening of preparation for Jewish celebration of Passover.

The Last Supper is depicted in the Gospels as the final meal Jesus shared with his 12 apostles before he was crucified. Christians believe that, during

the meal, Jesus predicted that his disciple Peter would deny knowing him three times before the following morning, while also predicting that another disciple present at the meal would ultimately betray him.

Many Christians also believe the Last Supper marked the institution of what is now the sacrament of the Eucharist. The Gospels of Mark, Matthew and Luke include accounts of the sharing of the bread and wine, though each account differs slightly. While the Gospel of John, which differs in various ways from those of Mark, Matthew and Luke, does not describe the bread and wine ritual, the Bread of Life Discourse (John 6:22-59) has been interpreted as Eucharistic.



## Moments in Time The History Channel

• On April 23, 1014, Brian Boru, the high king of Ireland, is assassinated by retreating Norsemen shortly after his Irish forces defeated them. A small group of fleeing Norsemen stumbled on Brian's tent, overcame his bodyguards and murdered the elderly king.

• On April 25, 1719, Daniel Defoe's "The Life and Strange Adventures of Robinson Crusoe," a fictional work about a shipwrecked sailor who spends 28 years on a deserted island, is published. It's based on the experiences of Alexander Selkirk, a Scottish sailor who spent four years on a small island off South America.

• On April 26, 1865, John Wilkes Booth is killed when Union soldiers track him to a Virginia farm 12 days after he assassinated President Abraham Lincoln. Killing Lincoln was part of a conspiracy to simultaneously kill the vice president and secretary of state, neither of which happened.

• On April 22, 1915, German forces shock Allied soldiers along the Western Front by firing more than 150 tons of lethal chlorine. The Germans were perhaps as shocked as the Allies by the devastating effects of the poison gas.

• On April 27, 1956, world heavyweight champion Rocky Marciano retires from boxing at age 31. He ended his career as the only heavyweight champ with a

perfect record, 49-0. Marciano had started boxing in the Army to get out of kitchen duty.

• On April 28, 1969, following the defeat of his proposals for constitutional reform, Charles de Gaulle resigns as president of France. He had first resigned in 1946, but was called back in 1958 when the Algerian War sent nearly a million Algerians into France.

• On April 24, 1996, the Pittsburgh Penguins beat the Washington Capitals, 3-2, in 139 minutes of game play, making it the fifth-longest match in NHL history. Playoff games aren't allowed to end in a tie.

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## Here's a quick overview of tax reform changes and where taxpayers can find more info

Major tax law changes affect every taxpayer filing a 2018 tax return this year. To help taxpayers understand these changes, the IRS created several resources that are available on IRS.gov.

Here's a quick overview of key changes on IRS.gov:

**Tax rates lowered.** Starting in 2018, tax rates are lower for most income brackets. The seven rates range from 10 percent to 37 percent.

• Check out this resource: Publication 5307, Tax Reform Basics for Individuals and Families (PDF)

**Standard deduction nearly doubled.** For 2018, the basic standard deduction is \$12,000 for singles, \$18,000 for heads of household and \$24,000 for married couples filing a joint tax return. Higher amounts apply to people who are blind or at least age 65. Along with other changes, this means that more

than half of those who itemized their deductions in tax year 2017 may instead take the higher standard deduction on their 2018 tax return.

• Check out this resource: Publication 501, Dependents, Standard Deduction and Filing Information (PDF)

**Various deductions limited or discontinued.** New limits apply to mortgage interest. Additionally, taxpayers can no longer deduct miscellaneous deductions for job-related costs and certain other expenses. The law also limits the state and local tax deduction to \$10,000, \$5,000 if married and filing a separate tax return.

• Check out this resource: Instructions for Schedule A, Form 1040 (PDF)

**Child Tax Credit doubled, and more people qualify.** The maximum credit is now \$2,000 for each qualifying child un-

der age 17. The income limit for getting the full credit increased to \$400,000 for joint filers and \$200,000 for other taxpayers.

• Check out this resource: Publication 972,

Child Tax Credit (PDF)  
**New credit for other dependents.** Taxpayers can claim a \$500 credit for each dependent who doesn't qualify for the Child Tax Credit. This includes older children and

qualifying relatives, such as a parent.

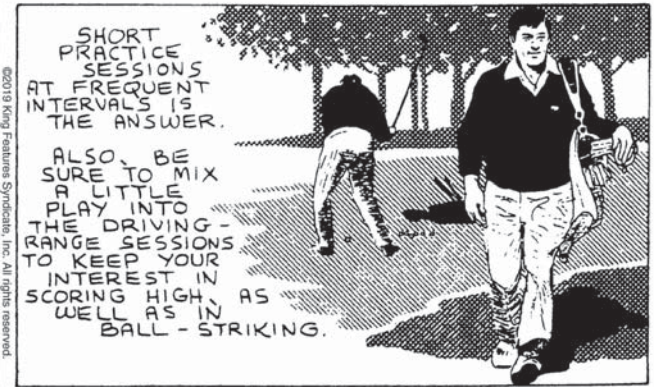
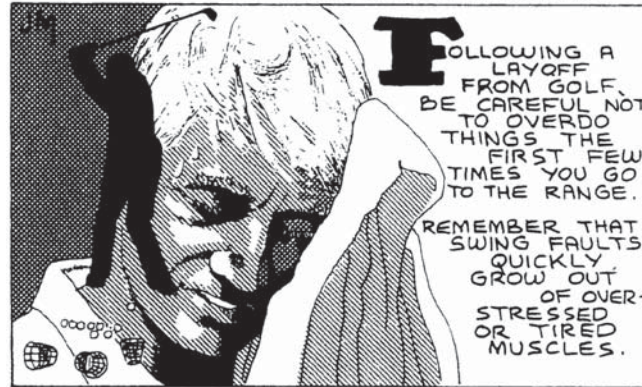
• Check out this resource: Tax reform

**Personal and dependency exemptions suspended.** This means that taxpayers filing a tax re-

turn can no longer claim an exemption for themselves, a spouse and dependents.

• Check out this resource: Publication 17, Your Federal Income Tax  
**Source: IRS.gov**

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David and Alberta White (Dave & Birdie) are long-standing residents of Fort Plain. They've raised their children in this small community and are devoted members of the Grandview Church. On February 12, 2019 the White family suffered from a devastating fire that destroyed their family home. This tragic event turned their lives upside down. As they are starting to recover emotionally, it is time to begin considering how to recover physically from this disaster. Please join us in supporting this family in their time of need.

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# WHY “NO” TO THE TOWN OF PALATINE “HUT”

A response to Supervisor William MacLauchlin’s manifesto as published in the Country Editor on March 23, 2019 to convert the former Pizza Hut building in Palatine Bridge to town offices.

It is not surprising that Supervisor MacLauchlin would think nothing was accomplished in the previous discussions about the future of the Town Hall. He was not involved in the discussions, he did not come to meetings, he published nothing, and therefore learned “nothing”.

In fact there was a trove of information and procedure that came out of those “discussions” if you were willing to learn including:

- 1.) There are rules and regulations pertaining to these activities
- 2.) There are multiple sources for guidance to walk you through these processes
- 3.) The rules and regulations have to be followed, and in the right order, or you face disqualification
- 4.) If a proposed project does not have a good, worthwhile foundation, it probably will not survive
- 5.) Following the rules helps to distinguish the weak spots in the plan before money is spent.
- 6.) If you do not know the history and where the fault lines are, you may well end up repeating mistakes of the past.
- 7.) Lastly, specifically for this discussion, despite all the calls for the inadequacy of the current town hall, the work still gets done and for the most part in a timely manner. Maybe there is a place for praise for that instead of all the energy going into, “They will do a better job if we put them in a new building”

## Subtopics: Kamin et al

- a.) If right of way is so easily done, why not someone before?
- b.) At one point the land and building were two separate parcels. Has that been resolved?
- c.) Why is it an advantage to Kamin to not have a viable business in that spot?
- d.) There is a repeated advancement that converting the Hut to a government building is an advantage to local businesses. Town government, with limited hours is not going to generate a significant increase in traffic.
- e.) Eminent domain can only be used if there is no other way to accomplish a goal.

## Subtopics cont.: The Sheriff

- a.) Yep, there’s a new sheriff in town. He is new enough that we really do not know his true goals other than it is a pretty good bet that he will want to expand his bureaucracy.
- b.) Sheriff station? I thought there was one in Nelliston. How did that work out?
- c.) Increase the road patrols? Do we really need more tickets written to “increase revenue?”
- d.) Local police, troopers and sheriff backup seem sufficient for a rural community.
- e.) Herkimer County has no road patrol.
- f.) No deputy in Palatine, his direction will still come from Fultonville and he will be in his car.

## Subtopics cont.: Building Renovations

- a.) What are the design costs and the actual renovation to turn a restaurant in to an office building? Mold abatement costs?
- b.) Who gets an office in the new digs? Everybody? Clerk and assessor, yep, and the code officer, the dog catcher, the historical person, and oh yeah certainly the supervisor...did I miss anybody?
- c.) Since the court location does not change, how does that make it more efficient?
- d.) A simple reconfiguration of the current building would give a larger court room than is being proposed in this manifesto.

## Subtopics cont.: The County Treasurer and local governing

- a.) The treasurer’s job is to get these kinds of tax delinquent properties back on the tax rolls. What is his incentive to transfer the Hut to Palatine?
- b.) Any decision he makes has to be approved by the legislature. Yes, they all want to get this property off their proverbial backs, but how does the treasurer get to call what properties he pulls out of the tax sale for other purposes?
- c.) If you do not want this to happen, contact your local legislator. Don’t know who this is? Not surprising! With the change to a legislative government, we do not see the people that go to Fonda at local meetings very much. Many do not know local issues.
- d.) The comment that this proposal may generate additional revenue. Folks, the only source of revenue for government is taxes and fees, and they only come from us.
- e.) In Palatine, only the minority council members of Chris and Hank are the ones interested in saving money. As a result of a complete lack of understanding as to what the previous council had left in the form of a budget for 2018, the Supervisor and his minions in the majority voted to raise taxes over 60% for 2019. Just think what they will do when they have two buildings and up to 300% more expenses to heat, cool, and take care of.
- f.) Please, also do not lose track of our county executive that is hell bent on consolidation. How does this fit into his goals?

## Subtopics cont.: A suggestion

Being critical without offering an alternative solution does not necessarily move us forward.

A simple reconfiguration of the present town hall to accommodate all issues.

- a.) The Town Clerk would remain in her current office.
- b.) The Tax Assessor would move into the current court room area.
- c.) The court room would move into the general assembly room area.
- d.) The judge’s bench would be located at the south end of the assembly room..
- e.) The former assessor’s office now becomes the judge’s chambers, with at least two egresses for his safety..
- f.) Remove former supervisor office partitions.
- g.) Set up a row of work stations on the north wall with phone, internet, and files for the code officer, dog catcher, and supervisor.
- h.) Guesstimated cost: \$10,000 ??

## Conclusions:

- A.) The level of part-time services provided by the town hall tenants does not rise to the level of needing a new or larger facility.
- B.) Converting the current town hall building to a court and sheriff facility, puts all the operational expense of that building squarely on the court, pushing that balance sheet closer to, if not into, negative numbers.
- C.) It may be time to consider eliminating the justice court rather than trying to enhance it.
- D.) In fact, this proposal may not be about new offices at all, but rather a blatant attempt to grow the court with more sheriffs, more tickets and “additional revenue.”
- E.) Lastly, be suspicious of a town supervisor that does not know New York State Town Law, apparently ignores the recommendations of the 2017 State audit, and unilaterally pushes his own agenda, with little or no public comment, that if enacted, the Town will have to live with for the next 30 to 40 years.

-Earl Spencer

# Ayres Animal Shelter

133 Hilltop Rd., Sprakers • 518-673-5670

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • [www.ayresanimalshelter.org](http://www.ayresanimalshelter.org)



**Paisley** is a female dilute tortie. She is a little shy at first, but warms up to be such a sweet loving kitty. Paisley loves other cats and is very playful!



**Zoey** is a 3 to 4 year old spayed female Boxer girl who weighs about 60 pounds now. Zoey needs a home with no small dogs or cats. She is dog selective but loves people! Zoe is great on car rides and loves adventures!



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



**Alley** is a 4 to 5 year old beagle/boxer mix. She loves people and is great with kids. Alley is good with most dogs and has lived with cats. She loves to play!



**Twinkie** is a 36 pound female Bluetick Coonhound. Good with some other dogs and loves people. She is about 2 to 3 years old. Twinkie will need to learn basic house manners, but being a sweetheart she already had down pat!



**Smokey** is a 4 year old neutered male, 64 pound cattle dog. Smokey is good with some dogs, but he needs to be cat tested and in a home with older kids if any. He loves to play!



**Lucy and Billi Jo** are 4 year old Shepherd and Shar Pei mixes. These two sisters love each other and have always been together - so we are really going to try to adopt them out together. These two love people. They will need to be helped with housebreaking, because they have always been outside dogs.



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



**Nikki** is a 5 year old spayed female pit bull girl who weighs about 70 pounds. Nikki loves people and is good with some dogs. She rides amazing in the car and is housebroken. Nikki is calm as can be and LOVES to cuddle/relax.

**Easter Bake Sale**  
**April 20th**  
**10am-2pm**  
 at Ayres  
 There Will Also Be Raffles!  
**BAKERS NEEDED!**

**Brooks Chicken and Ribs**  
**BBQ drive thru**  
 Fundraiser for the Ayres Memorial Animal Shelter  
 Hosted by and served at  
 Church of Good Shepherd  
 26 Moyer St., Canajoharie

**Wednesday**  
**April 24**  
**3:30pm**  
**till sold out**

1/2 Chicken only - \$8.00  
 Chicken dinner - \$10.00  
 Ribs only \$10.00 / Dinner - \$12.00  
 Dinner includes: meat, macaroni salad, applesauce, roll and cookie

Thank you to the following merchants who sponsor this page every week.

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<p><b>HERMAN A. PRIME</b>  <b>Oil Change \$24.95</b>                  Includes 10 Point Safety Check                  "Let us show you their credentials"                  18 River St. Fort Plain  <b>518-993-3555</b></p>	<p><b>Frank's Welding &amp; Fabrication</b>                  Est. Since 1978                  339 East Main Street                  Canajoharie, NY 13317                  518-673-2797                  Frank L. Snyder</p>	<p><b>Tim's GENERAL PHASES CONTRACTING</b>                  Snowplowing, Plumbing, Electric, Kitchen &amp; Bath, Remodeling, Masonry, Siding &amp; Windows, Minor Landscaping &amp; Small Backhoe Work, Additions, Furnace, Boiler &amp; Wood Stove Installations, Etc.                  "100' Rooter" Professional Drain Cleaning                  24 HOUR SERVICE                  Tim Lighthall                  518-993-2504 • 518-265-5848</p>	<p>"The Place Where Good Friends Meet"  <b>55 Diner</b>                  TAKE OUTS AVAILABLE • 518-993-5306</p>	<p><b>St. Johnsville</b>                  Rehabilitation &amp; Nursing Center, Inc.                  7 Timmerman Ave.,                  St. Johnsville, NY 13452  <b>518-568-5037</b></p>	<p><b>Mrs. M. LLC</b>                  LANDSCAPING &amp; SNOWPLOWING                  COMMERCIAL • RESIDENTIAL                  "Family owned &amp; operated for over 30 years"  <b>518-598-9116</b>                  Owner - Patty Mable                  Free Estimates - Fully Insured</p>	<p><b>Barrett's Transmission</b>                  GENERAL REPAIR                  Garry - Jason Barrett                  Owners                  148 Ripple Road                  Cherry Valley, NY                  13320                  Phone &amp; Fax 518-993-2002</p>	<p><b>PATRIOT FEDERAL BANK</b>                  211 Erie Blvd., Canajoharie • 518-673-4400</p>	
<p><b>Shear Delights</b>                  Trisha Mattice                  We Moved to                  6054 St. Hwy 5                  Palatine Bridge, NY 13428                  518-844-1173                  shear_delights@yahoo.com                  Appointments appreciated/Walk-ins welcome</p>	<p><b>New York Automotive Towing</b>                  St. Johnsville  <b>Brake Specials, Exhaust Specials, Oil Changes</b>  <b>518-568-2277</b>                  After Hours 518-921-9150</p>	<p><b>Wrath of Grapes</b>                  Over 12,000 Bottles of Wine to Choose From                  51 Hancock Street, Fort Plain, NY                  "Your Wine Superstore" 518-993-2624</p>	<p><b>McFee Memorials</b>                  EST. 1965                  OLD CRAFTSMANSHIP                  USING BI-TITE                  MONUMENTS • MARKERS                  CEMETERY LETTERING                  STONE CLEANING                  65 Hancock St., Fort Plain, NY 13339                  518-993-2259 • Stone-Cutter@juno.com</p>	<p><b>Richard Euler Real Estate</b>                  Licensed Real Estate Broker                  71 Mohawk Street,                  Canajoharie, NY                  Office: 518-673-3677                  Fax: 518-673-3477</p>	<p><b>Husqvarna</b>  <b>FOREST &amp; GARDEN EQUIPMENT</b>  <b>CHARLES D. STAHL</b>                  SALES &amp; SERVICE                  497 South Bush Road - Little Falls, NY 13365  <b>315-823-1982</b></p>	<p><b>Roosevelt's</b>                  COMPLETE AUTOMOTIVE &amp; COLLISION SERVICE CENTER                  210 Erie Blvd., Canajoharie  <b>518-673-3214</b></p>	<p><b>Dutchtown ACE Hardware</b>                  Look for the BIG RED BARN                  6133 St. Hwy 5 • 518-673-8200 • Fax 518-673-3490                  Hours: Mon-Sat 8AM-7PM • Sun 8AM-4PM                  info@dutchtownace.com</p>	
<p><b>Shults INSURANCE AGENCY</b>                  INTEGRITY • VALUE • SERVICE                  Call for insurance quote                  800-836-2885                  Fort Plain-Johnstown</p>	<p><b>YANMAR</b>  <b>Charles D. Stahl</b>                  SALES &amp; SERVICE                  697 Snells Bush Rd., Little Falls, NY 13365                  315-823-1982                  www.stahlsalesandservice.com</p>	<p><b>THE TIRE SHOP</b>                  ON THE FARM SERVICE                  Multi-Line Dealer • New • Used Tires                  Tire Repair • Custom Wheels                  CAR &amp; TRUCK ACCESSORIES                  155 Erie Blvd., Canajoharie, NY                  518-673-5399 • Mon-Sat 8-6</p>	<p><b>The Hearn Agency</b>                  JACKSLAND ASSOCIATES INC.  <b>INSURANCE SERVICE</b>                  Monday-Friday 8:30-4:30                  209 Erie Blvd. PO Box 329,                  Canajoharie, NY 13317                  Phone: 518-673-3263</p>	<p><b>SIG AUTOBODY</b>                  Specializing in Restorations                  Collisions to Full Paint                  Major to Minor Repairs                  4 South Division St. Scott Wolfkiet-Owner                  St. Johnsville, NY 13452 518-568-8088</p>	<p><b>MATTICE</b>                  In The Family 3 Generations                  YOUR INDOOR COMFORT CONTROLLER  <b>HEATING • PLUMBING • COOLING</b>                  Licensed Master Plumber                  Fully Insured - Free Estimates                  Residential &amp; Commercial                  Justin Mattice 518-441-0142                  6054 St. Hwy 5                  Palatine Bridge, NY matticeandsons@yahoo.com</p>	<p><b>To Advertise here Call</b>  <b>518-673-0100</b></p>		

## Now Here's a Tip

by JoAnn Derson

• "Soak a cotton ball in vinegar to apply to bruises. It speeds healing. Apply for an hour." — J., via e-mail

• "For our kids' art and schoolwork, we purchased a scrapbook for each grade. As the year progresses, we put the standout papers in the book, and add photos and jot down notes about friends and teachers. It not only makes a lovely keepsake, but you know when a drawing was done, and it makes it easy to limit what we keep." — R.W. in Indiana

• Taking a pill? Sip of water, pill, sip of water. It's easier to take even larger pills after a small sip of liquid.

• Secure small stuffed animals to a length of sturdy rope, then hang the rope from the ceiling or across a

wall like art. It gets them up off the floor during that period when kids want to keep them all but don't regularly play with them.

• Rinse your hands with lemon juice to remove berry stains. This also works on marker stains.

• You know how happy you feel when you get to the bottom of the bag of chips and find all the extra-flavor ones? How's this for a mind-blowing hack: Flip the bag over and open up from the bottom. The saturated chippies will be on the top.

• Denture tablets are great for cleaning tough stains in the toilet bowl. Just drop them in the bowl and let it sit overnight.

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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)**

**Apr 22, 29 and May 6.**

Plain, NY. Every last Thursday of each month 6:30 to 8 p.m. Contact: 518.993.4646.

Email [f@amesmuseum.com](mailto:f@amesmuseum.com).

**Apr 26-27**

**Rummage and Bake Sale.** Friday, April 26, 2-6 p.m. Rummage only. Saturday, April 27, 9 a.m.-1 p.m. Rummage and Sale. Trinity Lutheran Church, Stone Arabia, Rt. 10N, Palatine Bridge.

Kids to Park Day 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)

**May 18**

**Rummage Sale: April 26 -- 9 a.m.-3 p.m.** Fort Plain Senior Center, Canal Street, Fort Plain. **April 27 -- 9 a.m. - noon.** Same location.

**May 21**

**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)

**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)

**May 27**

**Morris J. Edwards American Legion Post 100th Anniversary.** Begins with a Memorial Day Parade at 9:30 a.m. Memorial Service at Soldiers and Sailors Park following the Parade. Dedication of the new Park follows the Memorial Service. The Dedication will take place at the American Legion on Main Street. Memorial bricks are still available for purchase. Visit [www.mjelegion-post168.org](http://www.mjelegion-post168.org). Email: [adj@mjelegion-post168.org](mailto:adj@mjelegion-post168.org). Call 518.332.1556.

**June 1**

**National Trails Day (Kayaking Tour).** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. 518.829.7516.

**June 6, 13, 20 and 27**

**Putman Porch Music.** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. Call 518.829.7516 or visit [www.nysparks.com](http://www.nysparks.com)

Love the Flaws whether yours or the great pieces at **Ragtime 39** Main Street, Fort Plain 3000 sq.ft. of some great flaws. Antiques, collectibles, mid-century. Thursday through Saturday 11ish to 5.

LOOKING for it? Selling it? Looking for work? Looking to hire... give us a call at 518-673-0111 to place your reader ad today.

Slightly Used 10x12 Cottage shed with Vinyl Siding, \$2,000. Yoder Quality Sheds. 315-858-0841

KOVAL'S Major Appliance Repair has over 30 years experience and is affordable. Call 315-867-9333

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Help us Celebrate Alice McEvan's 95th birthday. April 25, 2019. Cards, letters, or phone calls will make her day special.

KOVAL'S Major Appliance Repair knows customer satisfaction, affordable and prompt! 315-867-9333

HAVING PROBLEMS with your well or pump? Call The Water People - Provost Brothers! 518-868-2126

**HAVING A PARTY?** Did you know the Canajoharie Volunteer Fire Department rents the kitchen and banquet room. For your convenience we now have an elevator. 518-673-3812

**BOILING POT PHOTOGRAPHY 518-378-3279:** Baby, Graduation Photos, Weddings and more. Find us on Facebook

Business Op or Private Residence bed and breakfast for sale. Private owners apt for bed and breakfast, 42 Montgomery St., Cherry Valley, NY. 917-546-6758.

GET YOUR OUTDOOR EQUIPMENT READY for the spring clean up, call to schedule your service appointment today. **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

LET US HELP you get rid of your unwanted stuff. Place a reader ad today. Only \$4.00 for the first 14 words. Call 518-673-0111

CHECK OUT our April in store specials! Duracell 8pk AAA, or AA batteries \$6.99 4pk C, D, or 2pk 9V \$7.99 **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

STOP IN and check out our April in store specials! True Fuel 4 cycle engine oil, or 50:1 2 cycle engine oil \$5.99 quart **Behind Every Project is a True Value! 12 Willett St Fort Plain (518)993-3834**

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.

NEED YOUR APPLIANCE REPAIRED? Koval's has over 30 years experience and is affordable! Call (315)867-9333

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**Sewing Classes.** Budding sewing enthusiasts can learn how to make a simple, raglan-sleeved shirt during intermediate-level sewing classes at the Fort Plain Free Library, 19 Willett St. Workshops continue at the library each Monday through May 6, from 5:50-7:30 p.m. Call 518.993.4646 for more information about supplies or to sign up.

**April 22**

**Special interactive children's program, "The Most Magnificent SpRING".** 1 p.m. For children in grades kindergarten through 5th grade. Fort Plain Free Library, 19 Willett St. Free. Children 10 and under must be accompanied by an adult. For more call 518.993.4646.

**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)

**Creative Textile Fibers Group.** Fort Plain Free Library, 19 Willett St., Fort Plain. Each Thursday from 12:30 - 2:30 p.m. Free. Contact 518.993.4646.

**Apr 24**

**Trap Season Begins** Canajoharie Forest, Fish and Game Assn., Inc., 149 Fish and Game Club Road, Canajoharie, NY.

**Apr 25**

**Trivia Night Benefit for Haven of Hope** 7 p.m. Come join the fun with our trivia master Courtney Llewellyn. Teams of up to six can play. \$8/person or \$40 for a team of six. Prizes awarded to the top three teams. Call Joan Kark-Wren at 518.673.0141 for more information.

**Get Stuck on Stamps.** Fort Plain Free Library, 19 Willett St., Fort

**Canal Clean Sweep.** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. Call 518.829.7516 or visit [www.nysparks.com](http://www.nysparks.com)

**May 4**

**I Love My Park.** Schoharie Crossing State Historic Site, 129 Schoharie Street, Fort Hunter. Call 518.829.7516 or visit [www.nysparks.com](http://www.nysparks.com)

**May 5**

**ATA Shoot Events** 9 a.m. June 9 at 9 a.m. Canajoharie Forest, Fish and Game Assn., Inc., 149 Fish and Game Club Road, Canajoharie, NY. Applications available online. Call Dottie at 518.774.9165.

**May 10**

**Kindergarten Registration at Canajoharie Central School.** For students who will be five years old on or before Dec. 1, 2019. Parents of eligible children should contact Mrs. Sherri Hodge at East Hill Elementary School at 518.673.6310 to schedule an appointment.

**May 11**

**Ames Museum Mother's Day** 9 a.m. - 3 p.m. A free flower for all mothers. Call 518.673.5820. Visit [www.amesmuseum.weebly.com](http://www.amesmuseum.weebly.com).



## Explore the true meaning of Easter

Bunnies and baskets, chocolates and candies. It's that time of year when parents scramble to ensure their children wake up to a trove of treats, and families decide on who is serving the lamb dinner this year.

These are some of the familiar Easter traditions, but much more is involved with the holiday than egg hunts and brightly adorned bonnets. For the religious, it can be important to delve into the true meanings behind Easter and let those discoveries help shape celebrations.

Easter, above all, is a religious commemoration of the resurrection of Jesus Christ. It is the culmination of the holy period known as Lent, and it the most significant date on the Christian liturgical calendar.

Jesus Christ was the Son of God, who fulfilled the prophecies that he would give his own life for his people so they could enjoy eternal life after their own mortal bodies perished. Easter, from Jesus' very own words, marked a new covenant for the faithful.

According to scripture, Jesus was enjoying the Passover dinner when he sat down with his disciples. Understanding that this would be his last earthly meal and that someone close to him would betray him, he took bread and gave thanks to God for it. He broke the bread and said it was his body that should be given up so sins would be forgiven. He did a similar gesture with wine, indicating that it was his blood that should be shed as a sacrifice for all. Christ instructed the disciples to do the same ritual in the future in memory of him.

Jesus was subsequently betrayed and turned over to the authorities. He was sentenced to crucifixion and perished on the cross. His body was cleansed and placed in a tomb sealed by a stone. His followers were unaware of the miracle that would ensue in the days to come. On Easter Sunday, the tomb was discovered open and empty. Jesus had risen from the dead, providing irrefutable proof that he was the Son of God. In turn, Jesus fulfilled all he was born to do and preached.

Easter did not always symbolize Christ's resurrection when it was first celebrated. It was once a pagan ritual of renewal and birth. However, when early missionaries began spreading Christianity's message, the holiday — falling around the time of Christ's actual resurrection — was adopted to commemorate the religious miracle. Today it stands as a testament to ultimate sacrifice and the promise of eternal life for all who believe in him.



For the religious, it can be important to delve into the true meanings behind Easter and let those discoveries help shape celebrations.



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**315-866-5415**

**100 Protection Ave., Herkimer**

**Monday~ Thursday 9:30am - 5:30pm • Friday 9:30am- 7:00pm**

**Saturday 9:00am - 5:00pm • Sunday 11:00am - 5:00pm**



Friday, May 3rd at 6pm

**Eggleston's Consignment Auction**

2938 County Highway 31, East Springfield, NY

**Sales are 1st and 3rd Friday of Every Month**

Commission on Dairy Cattle 4%

Misc items and Small Animals 25%

Farm Equipment 8%

~ No Buyers Premium ~

**All Consignments are Welcome****Call Tom 315-982-4084**

From chocolates to marshmallows to caramel eggs to jelly beans, Easter is chockful of candy. And for those who think Easter is only child's play, guess again.

Americans spend up to \$2 billion on Easter candy each year, according to Sweet Services, an online candy retailer. The National Confectioner's Association says people in

the United States consume nearly seven billion pounds of candy during the year, and Easter is the second-most popular holiday (behind Halloween) for indulging a

sweet tooth.

Faith comes first for many Easter celebrants. But there's nothing wrong with enjoying some candy come Easter Sunday. Here's a look at the history behind some of the sweets the Easter Bunny might leave in your basket this year.

- **Chocolate eggs:** The first chocolate eggs were made in Europe in the early 19th century. Since then, they have become one of the most popular and recognizable treats associated with Easter. The chocolate egg is predated by edible Easter eggs made from sugar and pastry first designed in Germany. According to the "Guinness Book of World Records," the largest chocolate Easter egg ever made debuted in 2011. It was just over 34 feet high and weighed nearly 16,000 lbs.

- **Chocolate bunny:** The Easter Bunny also is a German incarnation. The seasonal bunny was introduced to America in the 18th century by German immigrants who believed in the "Osterhase," an egg-laying hare they believed was a sign of new life and prosperity. Germans also introduced the first edible chocolate bunnies. The NCA says 76 percent of people eat the ears on chocolate bunnies first.

- **Jelly beans:** People aren't quite sure where the jelly bean originated, but some think it was based on a soft, chewy Middle Eastern sweet called Turkish delight and the hard candy shell of Jordan almonds. William Shraft, a Boston-based confectioner, may have coined the phrase "jelly bean" when he urged people to send these sweets to Union soldiers fighting in the Civil War.

- **Peeps:** Peeps are owned and made by Just Born Inc., a Pennsylvania-based company started by Russian immigrants when they acquired the Rodda Candy Company in 1953. Just Born figured out a way to automate and streamline the process of making Peeps, and today they can produce 5.5 million per day.

## Sweet treats make Easter special

### \* SHORT NOTICE \*

## ON SITE PUBLIC FARM AUCTION

### FRIDAY, April 26th • 10:00am

#### 188 Tanners Rd Fort Plain NY 13339

**EQUIPMENT:** 70 HP power Cart with 3 set of outlets 540/1000 rpm shaft and weight adjustment, New Holland 630 Round Baler does baleage very well, good condition, Stuffer Wrapper for small square bales or round bales, New Holland 9' Bar Mower with Honda Motor, GR 350 Rake, with like new Honda Motor, 1100 Gallon Pit Manure Spreader tandem axle, Pequea Ground Drive Manure Spreader, Field Sprayer 100 gallon 26' Boom, 1 Row Corn Picker, 2 Row Cultivator, 3 Hay Wagons, 1 Fore Cart with Auto turn, 2- Fore Carts, Corn Grinder with JD Blower, John Deere 9' Disk, Pull Behind Cultimulcher Packer, Hydraulic Press, Feed Bins, Tandem Hitch Ropes and Pulleys, Steel Wheels, and more.

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**Auction for Amos & Betsy Fisher - by JR'S Auction 518-993-4668**

*Terms of Auction Cash Check Credit Card. 10% Buyers Premium on items under \$2000.00.*

*All Items must be paid on day of Auction & before leaving premises. Food Stand to benefit Hospital Bills. Baked Goods and more..*

## Mohawk Valley Produce Auction

840 Fordsbush Rd., Fort Plain, NY 13339

Office 518-568-3579

### CLOSED Good Friday, April 19<sup>th</sup>

### • OPENING •

### Tuesday, April 23<sup>rd</sup>-10:00 AM

### Sales Every Tues. & Fri. 10:00 AM

### Hay Auction Every Friday

### Groceries - 2<sup>nd</sup> Friday of Each Month

*We Look Forward to Your Participation This Upcoming Year*

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**Order Buyer Elam Kauffman Ph# 717-413-3816**

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

**Mon. April 8th** - Sold 350 head, Cull ave. \$.43 top cow \$.55, Bulls/Steers \$.80 - \$.90, Bull calves top \$1.10 beef calf top \$3.00, heifer calves top \$.35, Dairy Feeders \$.40 - \$.66, Feeder Steers \$1.09 - \$1.26.

**Sat. April 20th** - Annual Spring Consignment Machinery Sale - Held at our Facility. All ready consigned: JD 7800 4WD, 2000 Freightliner F180 w/H&S 22' rear unload box; Killbros 350 Gravity Wagon w/auger; Knight 3130 Reel Auggie mixer w/3' conveyor; Badger 120 Dump wagon; H&S 501 Forage Wagon; Gehl 970 Forage Wagon; JD 3970 Chopper w/ 2 hay heads, 2 corn heads; Valmetal 5500 Bale processor; JD MX 10 Rotary Mower - used 1 year; JD 6 row cultivator; 20.8.38 set tires - used; 1225 Case IH 6 row corn planter liquid Fert. Pop up Fert. Applicator/with monitor/variable rate - new in 2015 with 750 acres of use; Int. 1460 Combine 6 row corn head; NH FP 230 2 row corn head w/ kernel processor metal alert tandem wheels with hyd. Tongue; Int. 510 Grain Drill; E-Z Trail 3400 Gravity wagon 340 Bu.; E-Z Trail 5000 Gravity wagon 500 Bu.- both like new; Case IH 781 chopper w/corn & Hay head; Glen-coe soil saver chisel plow; 6 ton poly grain bin; TSC 3pt wood splitter; Shaver Hyd 8 post pounder; heavy duty gates & feeder panels; JD 7000 4 row corn planter; EZ trail 9x18 hay wagon; JD 8 pt. chisel plow; 55 KW Genpower Generator w/140KW surge like new; 8x8 Amish enclosed shed; plus small misc farm items. 2- 3 wheel Ferris Zero Turn Mowers & ¼ wheel zero turn - all in nice shape; Turf cat diesel front mower w/power steering hydrostatic. This is just a partial listing more calls everyday!

**Mon. April 22nd** - Normal Monday Sale & Monthly Organic Day. Special: Grassfed Organic Mixed herd consisting of 30 Milking age cows in all stages of lactation and 10 heifers all ages. Also 10 Organic Milking age cows from overstocked Dairy.

**Mon. April 29th** - Normal Monday Sale & Our Spring Beef Turnout Sale - Call now to advertise your group. We are doing a Monday sale because of our sale schedule. We will start taking animals in on Sat. the 27th anything that needs to be preg. Checked we would like to have here by Sunday 11AM. 15 Wagyu - F1's feeder cattle and 2 Reg. Wagyu bulls. 2 Maine-Anjou cows ready to breed, 1 yrld steer, 2 Angus feeders from one farm. Expecting a large number of beef breed feeders and brood cows.

**Watch for 2019 Sales:**

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

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

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## PUBLIC AUCTION

### Tractors, Hay Equipment, Tillage Equipment Friday, May 3rd - 10:30 AM

Location: 437 Sandy Lane Rd., Little Falls, NY 13365

**TRACTORS:** International 684 gas tractor; Case IH Maxxum 5240A, 2851 hrs. **EQUIPMENT:** Kuhn tedder GF5202 THA, like new; Pottinger EuroTop 421A rake, like new; 2 bedding choppers; 3 pt. hitch scraper blade; Brillion Sure Stand SS10 seeder, 3pt. hitch, like new; Gehl 1085 forage chopper w/metal stop, good condition, forage blower Model 600; New Holland Model 489 haybine.

**HAY ELEVATORS:** 2 transport elevators; 1 skeleton elevator.

**BALERS:** Case IH RB 444, single owner, good condition; John Deere 348 sq. baler with #42 ejector; NH baler model 310, nice; BBM 7x4 bale shredder, skid steer mount, hyd. drive, like new.

**TILLAGE:** Case IH cushion gang transport disc; Kongskilde Vibro Master 3000 transport harrow, great condition; Unverferth Model 132 toolbar subsoiler, excellent condition; Allis Chalmers 1600 transport harrow; Case IH 3800 transport disc; International Model 420 3 bottom plow.

**HAY WAGONS:** Pequea 918 steel rack wagon; 6 wooden rack wagons; E-Z Trail metal rack wagon; 25 bales Brazilian green baler twine.

**FORAGE WAGONS:** Gehl with tandem gear; Dion with tandem gear; H&S with tandem gear.

**MISC:** AC-DC heavy duty welder; plastic feed cart; SS twin tubes; wooden firewood trailer; 3 pt. hitch wood splitter; 3 pt. hitch sickle bar mower; 1000 gal. Mueller milk tank w/cooling system; Mueller tank washer, good condition; Surge milk pump and milk jar; 4MR Gardner Denver vacuum pump; rubber cow mats; heavy duty Bush Hog Model 3800.



Lic # AU005568

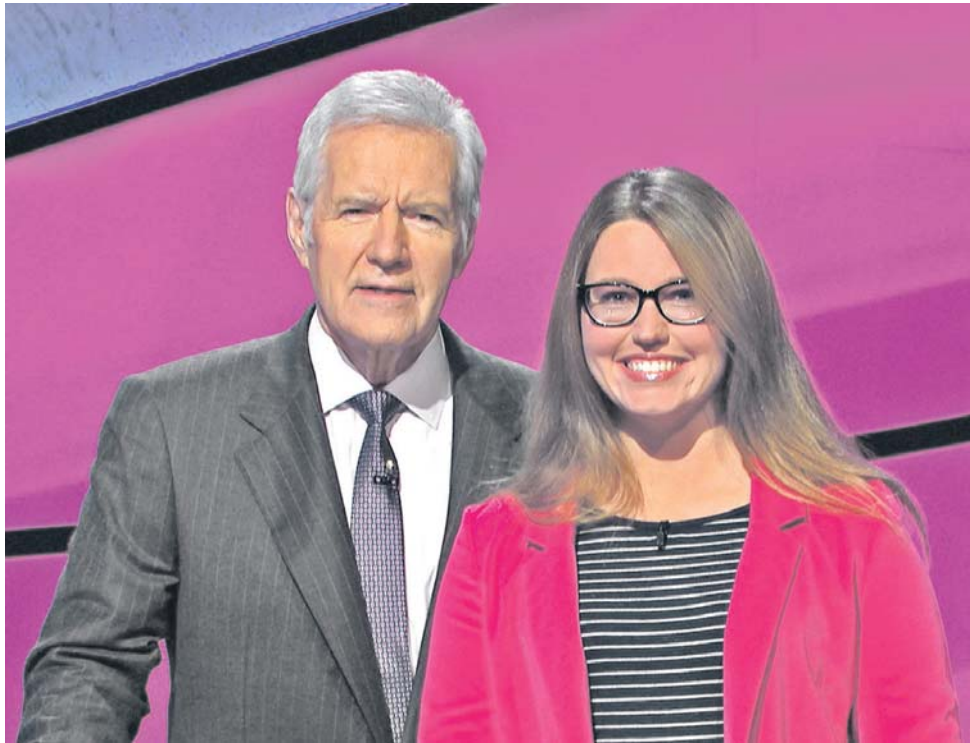
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## “Jeopardy!” alumna to host trivia night in Canajoharie



Courtney Llewellyn, with “Jeopardy!” host Alex Trebek, will be hosting the trivia fundraiser. Photo courtesy of Courtney Llewellyn

If you’re good at playing Trivial Pursuit or filling in crossword puzzles – or you just like to hang out with your friends and have a good time – then you are invited to participate in the upcoming “What Do You Know?” Trivia Night in Canajoharie on April 25.

The event will be led by trivia master Courtney Llewellyn, who appeared on the game show “Jeopardy!” on Sept. 25, 2018. A native of Millers Mills, NY, she’s also lived in Springfield, MA, and New Orleans, LA, and plans to bring her well-rounded knowledge challenge to those who would like to attend the trivia night.

The game will serve as a fundraiser for Haven of Hope in Fonda, a farm and residence providing transitional housing to homeless women in Fulton and Montgomery counties. Holistic living and work experience programs prepare women to work toward independent living and family unification. To participate in the trivia, the cost per individual is \$8, and teams of up to six cost only \$40. All funds raised will go to Haven of Hope.

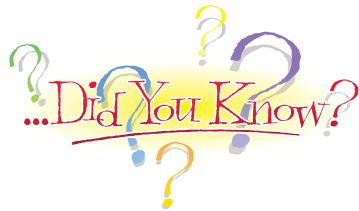
“Being able to help a great cause like Haven of Hope while also getting people together to realize they know more than they think they do is a win-win,” said Llewellyn. “It’s going to be a great night.”

Prizes will be awarded to the top three teams in the trivia challenge, and a Chinese auction and 50/50 raffle will also be taking place to raise funds.

And if all that is not incentive enough, the Canajoharie Moose Lodge at 205 Erie Blvd. will also be hosting a chicken barbecue that evening to

feed the hungry trivia teams.

The “What Do You Know?” Trivia Night is taking place Thursday, April 25 starting at 7 p.m. at the Canajoharie Moose Lodge. Teams are encouraged to arrive early to make sure they have seats for everyone on their teams!



Moving Sale: 128 Maple Tree Lane, St. Johnsville. April 26-27 Time: 9-4. Household items, furniture, dishes, etc. and many more items.

### 50<sup>th</sup> Annual Mohawk Valley Spring Machinery Consignment Sale

**Sat. April 27, 2019 • 9:30 AM**

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# South Minden Fire Dept. hosts homemade macaroni and cheese supper

by Rachael Takacs  
The South Minden Fire Department hosted its first ever Homemade Macaroni and Cheese Supper on April 6. The delicious meal included homemade macaroni and cheese, an optional side of ham, vegetables, applesauce, a dinner roll, dessert and a drink.

The smell of cooking macaroni greeted guests as they entered the firehouse. Fire Department member Steve Herron and his daughter Rylee met attendees at the entrance, offering all a chance to enter a 50/50 raffle and donate to the fire department.

"We're happy with the turnout so far!" stated Herron. He listed some of the many community activities the fire department is involved in, including gun raffles, running the concession stand at the Sprout Brook Auction, pancake breakfasts and suppers such as this one.

Inside the kitchen, many fire department

members were working hard to make the evening's meal a successful one. Two guests who were pleased with the meal were Bill and Deb Blanchard. "The food is excellent," Bill said. "If you wanted more, you could have more. If you walk away and you're still hungry, it's your fault!"

The next event the fire department will be hosting is the Easter Pancake Breakfast on April 20 from 8:30 - 10:30 a.m. This breakfast will be organized by the South Minden Fire Department Ladies Auxiliary and will include pancakes, sausage, eggs and more. The morning will also include an Easter basket raffle. Children ages four and younger have free entrance.

*Fire Department member Steve Herron and his daughter Rylee (13) greets guest as they walk in the door.*

*Photo by Rachael Takacs*



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## Fort Plain Free Library to host 'The Most Magnificent SpRING'

FORT PLAIN – The Fort Plain Free Library is gearing up for a special interactive children's program, "The Most Magnificent 'SpRING,'" during the upcoming school break.

On Monday, April 22 starting at 1 p.m., children in kindergarten through fifth grade are invited to come to the 19 Willett St. library for fun activities inspired by Andrea Beatty's "Rosie Revere, Engineer" and Ashley Spires' "The Most Magnificent Thing."

Common to both stories are zany inventions and the protagonists' sometimes flawed execution. Undaunted

by failure, the characters learn from their mistakes and take heart from their modest triumphs.

Activities during the program will include challenges to promote scientific thinking and creative problem solving. A healthy snack will also be available.

The program is free. Children 10 and under must be accompanied by an adult.

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

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## Stitch simple shirt during sewing classes

FORT PLAIN – Budding sewing enthusiasts can learn how to make a simple, raglan-sleeved shirt during intermediate-level sewing classes at the Fort Plain Free Library. The first class was held on April 15, but workshops continue at the library each Monday through May 6 from 5:50 - 7:30 p.m.

Retired Family and Consumer Sciences teacher Pamela Boynton will guide students as they pin the pattern on their own fabric and cut it out. Using the basic skills taught in the library's beginners' class earlier this year, participants will sew seams then learn how to use bias tape to finish off the neck on the "Chelsea-linen raglan tee," which is used with the permission of Fabric-Store.com.

For 25 years, Boynton taught middle and high school students at Little Falls and St. Johnsville school districts. Additionally, she formerly owned a business creating medieval costumes, and she had one season's experience sewing costumes at the Sterling Renaissance Festival.

There is no charge, but advance registration is requested. Call 518.993.4646 for more information about supplies or to sign up.

The Fort Plain Free Library is located at 19 Willett St. Follow the library on Facebook for updates.

## Hone your skills with the Writers at Fort Plain Thursdays

FORT PLAIN – If you enjoy writing and would like to hone your craft, the Writers at Fort Plain could be the group for you!

Each Thursday from 3 - 5 p.m., the Fort Plain Free Library hosts the creative writing group. Wordsmiths from varied writing backgrounds, genres, interests, goals and experience levels share their work in a fun

and non-threatening setting. In addition to memoirs, participants work on novels, short stories, poems and more.

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

Call 518.993.4646 or visit the library at 19 Willett St. for information.

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## Explaining your used car warranty options

Purchasing a previously owned vehicle requires a leap of faith. Even after relying on a test drive and a thorough inspection by a mechanic, it's impossible to know how the previous owner drove and maintained the vehicle and the wear and tear it may have endured. Drivers also cannot predict any issues that may crop up after signing a purchase contract. A certified pre-owned warranty from the dealership, an extended warranty or a different type of aftermarket warranty product can offer some peace of mind.

Navigating these warranties can take some savviness. Certified pre-owned warranties tend to be the smartest bet in the realm of used car warranties. This is because factory warranties are backing the product, and the vehicles that are given the CPO stamp have been properly vetted and are in great shape to be

insurable, according to IntelliChoice, a company that develops and distributes consumer automobile ownership data, ratings of vehicles based on their consumer value, leasing cost data, and Certified Pre-Owned Program analysis. Many car companies conduct small repairs to prepare a vehicle for CPO status, and cars are inspected thoroughly to ensure they are worthy of being backed by the factory warranty. This is a boon to buyers because they know they are likely getting a quality vehicle.

There are mixed reviews by automotive experts on other aftermarket warranties, often billed as "vehicle protection plans" and "service contracts." Some people believe they can save a lot of money. Others feel that they aren't redeemed enough to warrant the out-of-pocket cost, and that paying for repairs alone is

more cost-effective.

Autotrader, a vehicle value estimator and buying/selling tool, says that an extended warranty is rarely a good buy on a used car, but there are a few exceptions. If the car is notoriously unreliable (check J.D. Power reliability ratings), purchasing a warranty can be a smarter buy. Drivers should look for an exclusionary (bumper to bumper) warranty, which covers all items except for ones specifically excluded on a list. This type of warranty is more comprehensive, and there's less of a risk that a claim will be denied. Other warranties include powertrain warranties, which only cover the vehicle's most important and expensive components. A WRAP warranty also may be attractive, as it will extend coverage to the few items that may no longer be covered by the original manufacturer's warranty.



A certified pre-owned warranty from the dealership, an extended warranty or a different type of aftermarket warranty product can offer some peace of mind.

Buyers also can try to negotiate a warranty, if the car is not CPO, into the purchase price as an incentive for buying the

vehicle. Individuals can speak with the salesperson to find a deal — and coverage — that works for them.

Warranties are an option that may help buyers feel a little more secure in their purchases.

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## Create colorful Easter eggs

Beautifully colored Easter eggs are a beloved holiday tradition. In many cultures, eggs represent new life, fertility and rebirth. For Christians, the Easter egg is symbolic of the resurrection, or the eternal life, of Jesus Christ. The practice of coloring eggs and offering them as decorative items is embraced during both secular and religious Easter celebrations.

Many fond memories and traditions are tied to Easter egg coloring, and some people may have their preferential kits or practices to achieve beautiful eggs. But embracing some new tips and tricks can produce

beautiful eggs and make this beloved tradition even more fun.

- Begin with firm, hard-boiled eggs. Bring a pot of water to a rolling boil. Then use a large spoon to gently lower the eggs into the water. Lower the heat to maintain a simmer and boil for just about 12 minutes. Transfer the eggs to a bowl with ice cold water and let them cool. Allow the eggs to cool completely before coloring.

- Lay out newspaper or an old tablecloth to soak up any spills. Spills are inevitable, so don't let them spoil the fun. In addition, empty egg cartons make ideal drying racks, so do not discard them.

- Make patterns or other designs on the eggs. Use a white crayon to draw on the egg directly. The dye will not stick to the wax. Or use string, rubber bands, tape, stickers, or other items to create your pattern. Dip the egg and then remove the materials afterward to reveal the design.

- Swirl a few drops of food coloring into shaving cream on a flat surface. Roll the eggs into the mixture, let dry, and then gently clean to remove the excess shaving cream. The result is a marbled effect.

- Recognize that you don't have to "dye" eggs at all. Use a sponge to dab on a design. Strips of tissue paper can be adhered to the egg with glue or shellac. Children may enjoy submerging the egg in glue and then coating it in glitter.

The potential to create creative Easter eggs is limitless. Embracing new strategies can set this year's eggs apart.

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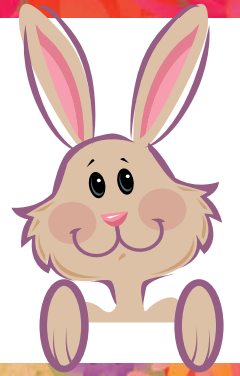
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## Pre-Owned Deal of the Week



## 2016 Toyota Corolla LE

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P2014	2018	Ford	Escape SE	35k	\$19,990	<b>\$289</b>	19250A	2016	Honda	CRV Touring	17k	\$25,990	<b>\$396</b>
19178A	2018	Mitsubishi	Outlander ES	19k	\$19,990	<b>\$289</b>	19266A	2016	Chevy	Trax LT AWD	50k	\$14,990	<b>\$208</b>
P2031	2018	Toyota	Tacoma Dbl. SR5	30k	\$30,990	<b>\$466</b>	P2042	2016	Toyota	Camry SE Roof, Nav.	35k	\$18,490	<b>\$273</b>
P2023	2018	Jeep	Wrangler Unlimited	25k	\$32,990	<b>\$498</b>	P19353A	2015	Toyota	Tacoma Acc. Cab 4WD	26k	\$24,990	<b>\$370</b>
P2017	2017	Hyundai	Elantra GT	38k	\$13,990	<b>\$193</b>	19159A	2015	Toyota	Rav4 XLE AWD	50k	\$18,989	<b>\$282</b>
P2015	2017	Ford	Focus SE	36k	\$12,980	<b>\$141</b>	P1963A	2015	Toyota	Corolla S Plus	55k	\$12,990	<b>\$177</b>
P2025	2017	Dodge	Grand Caravan GT	38k	\$19,990	<b>\$289</b>	18902A	2015	Jeep	Cherokee LTD AWD-loaded	23k	\$22,990	<b>\$347</b>
19178A	2017	Nissan	Titan SL Crew	12k	\$36,990	<b>\$579</b>	181107A	2015	Honda	CRV EX	84k	\$16,580	<b>\$233</b>
P2032	2017	Toyota	Highlander LTD	26k	\$34,990	<b>\$535</b>	19259A	2015	Mazda	CX5 Touring	82k	\$14,499	<b>\$201</b>
P2040	2017	Toyota	Tundra Dbl Cab	18k	\$29,990	<b>\$479</b>	P2030	2015	Toyota	Avalon XLE	26k	\$20,990	<b>\$305</b>
19340A	2018	Hyundai	Santa Fe Sport	21k	\$18,990	<b>\$281</b>	181048A	2015	GMC	Sierra Ext. Cab SLE	34k	\$28,990	<b>\$448</b>
181098A	2016	Acura	ILX Prem.	33k	\$18,950	<b>\$281</b>	19353A	2015	Toyota	Tacoma Acc Cab 4WD	26k	\$24,990	<b>\$370</b>
19225A	2016	Toyota	4 Runner SR5 4WD Navi	56k	\$28,980	<b>\$448</b>	18999B	2014	Ram	1500 Big Horn	53k	\$25,990	<b>\$396</b>
P2021	2016	Toyota	Rav4 XLE Hybrid	35k	\$23,990	<b>\$354</b>	19328A	2014	Nissan	Rogue S	62k	\$14,990	<b>\$208</b>
P1996	2016	Toyota	Rav4 LE AWD	36k	\$19,990	<b>\$298</b>	181113A	2013	Toyota	Prius Persona	59k	\$13,990	<b>\$193</b>
P1958	2016	Toyota	4Runner SR5	38k	\$29,990	<b>\$464</b>	19239A	2013	Nissan	Quest	54k	\$11,990	<b>\$161</b>
P2010	2016	Toyota	RAV4 XLE	37k	\$21,990	<b>\$321</b>	P2029	2013	Toyota	Corolla 4 Dr.	52k	\$10,990	<b>\$144</b>
P2003	2016	Toyota	Corolla S	44k	\$15,990	<b>\$225</b>	181006B	2011	Honda	Civic LX	73k	\$9,490	<b>\$124</b>
P1971A	2016	Jeep	Cherokee Latitude	50k	\$19,990	<b>\$289</b>	19264B	2011	Jeep	Patriot Sport	71k	\$9,990	<b>\$132</b>
P1988	2016	Toyota	Sienna XLE Prem. AWD Cert.	30k	\$29,980	<b>\$479</b>	P2045	2010	Toyota	Highlander XLE	27k	\$31,990	<b>\$482</b>
P2028	2016	Hyundai	Tucson Sport	43k	\$18,499	<b>\$274</b>							

\*Model Year 2010 and Newer - 72 mos. @ 4.99%, 2009 and Older 60 mos. @ 6.99%. \$1999 Down. Must be Credit Qualified. Taxes & Fees Extra.

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## Food and fellowship – St. John’s Reformed Church hosts annual spaghetti supper

by Rachael Takacs

The delicious smells of tomato sauce and meatballs wafted throughout the street as the St. John’s Reformed Church in St. Johnsville hosted their annual Spaghetti and Meatballs Supper. The meal was prepared by many loving and hard-working hands and has been an ongoing tradition for many years.

Upon entering the church that evening, the

sounds of laughter and fellowship could be heard as members of the church and volunteers worked together to make the night a success.

Greeting guests at the door was Fred Case and his wife Linda. Fred is a deacon at St. John’s Reformed Church. He said, “This is an annual event. It’s a fundraiser for the church and it’s going quite well today!”

Spearheading the event

was Tom Flander, another deacon at St. John’s Reformed Church. Satisfied with the outcome of the supper, Flander went spoke of the known history of the event. Although no one is entirely sure when it began, Flander explained, “This is probably our fifth one. Last year we did chicken and biscuits; this year we went back to the spaghetti.”

Also in attendance was Pastor Mark Mares, a pas-



Pastoral Fellow Mark Mares prepares takeout salads for the supper.

Photo by Rachael Takacs

# EASTER @ CORNERSTONE

### SCHEDULE OF EVENTS

Friday April 19th—Good Friday Service 7pm

Sunday April 21st

9:30 Early Service with Communion

10:15 Easter Breakfast (FREE to ALL)

11:00 Easter Morning Worship

We would love to have you and your family join our family as we celebrate the resurrection of our Savior Jesus Christ!

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He is

RISEN



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toral fellow for youth and young adults within the Canajoharie Reformed Church, Sprakers Reformed Church, St. John’s

Reformed Church and the Reformed Church of Fort Plain. Volunteering that evening, he was thrilled to see church members and friends working so diligently side by side. “It’s been really great to see everybody coming together and working together!” he said.

Attendees could choose to dine in at the Reformed Church or take their food home as take-out. Dining at the Reformed Church that night was Father Rafal Dadello, the administrator of the Holy Spirit Polish National Catholic

Church in Little Falls. He was happy to be in attendance that evening, stating, “Everything is very delicious. And I’m very proud of these guys and what they’re doing here.”

St. John’s Reformed Church hosts church services every Sunday at 10:30 a.m. They also host Sunday School as well as Community Prayer Walks and Bible Studies. For more information on upcoming events or church happenings, visit their Facebook page at facebook.com/stjohnsreformedchurch.

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## The Kitchen Diva

by Angela Shelf Medearis

Step up your grilled cheese game

I love a grilled cheese sandwich for breakfast... and lunch, and dinner, and snacks. Okay, I love grilled cheese sandwiches anytime of the day! I'm not the only one who adores a little cheesy goodness from time to time. Grilled cheese sandwiches are one of the top comfort foods in the United States.

Research provided by some food historians states that cooked bread and cheese is an ancient food that has been enjoyed across many cultures, and is found from ancient Roman texts to the more recent French croque monsieur sandwich. Originally, this cheese and bread combo was made as an open-faced sandwich.

The modern version of the grilled cheese sandwich originated in the United States in the 1920s. James L. Kraft, of Kraft Cheese fame, invented and patented the cheese pasteurizing process. This prevented Kraft cheeses from spoiling when transported long distances across America.

If you've ever used the expression "the best thing since sliced bread," thank Otto Frederick Rohwedder of Davenport, Iowa. Rohwedder invented the first single loaf bread-slicing machine, but the prototype he built in 1912 was destroyed in a fire. It wasn't until 1928 that Rohwedder had a bread slicing machine that made distributing white bread easy and affordable. With the availability of processed cheese and sliced white bread, the American-style grilled cheese sandwich gained popularity!

The beauty of grilled cheese sandwiches is the abili-

ty to mix and match cheeses, bread and seasonings according to taste. Adding sauteed vegetables or condiments enhances the flavor of the cheeses.

Using hearty breads like country white bread, ciabatta, multi-grain, pullman, pumpernickel, potato and sourdough will take your grilled cheese game to a new level! I have a few recipes to help you step up your grilled cheese game!

### Grilled Cheese Sandwich

*Spreading mayonnaise on the bread and using melted butter to cook the sandwich adds flavor and a crispy texture. Go traditional or try the variations below for a delicious, grilled cheese twist!*

2 slices (1/2 inch-thick) Pullman or other white bread per sandwich

2 tablespoons mayonnaise per sandwich

1 tablespoon unsalted butter per sandwich

2 ounces (about 4 slices) thinly sliced American or Cheddar cheese, or combination of both per sandwich

1/8 teaspoon pepper, per sandwich, optional

1. Place bread on a cutting board and spread mayonnaise over top side of each slice.

2. Place a small skillet (nonstick or cast-iron) over medium heat. Add in 1/2 tablespoon of butter. When the butter is melted, place 1 slice of bread, mayonnaise side down, in skillet; top with cheese or filling of your choice (see below); season with pepper, optional.

3. Top with second slice of bread, mayonnaise side up. When underside is golden brown, about 3 to 4 minutes, turn sandwich and add remaining butter to skillet. Press down gently on sandwich for even browning and to help melt cheese. Cook, 1 to 2 minutes until second side is golden brown and cheese is melted.

### Stepped-Up Grilled Cheese

Spicy Diner Grilled Cheese Sandwich: Mix 2 tablespoons mayonnaise with 1/4 teaspoon Sriracha. Spread mayonnaise over top side of each slice. Prepare



Grilled cheese sandwiches are one of the top comfort foods in the United States.

Photo by Depositphotos

for cooking according to instructions above.

Southwestern Grilled Cheese Sandwich: 2 slices white bread with 1 slice Monterey jack, 1 slice Pepper Jack cheese, 1 slice Cheddar cheese, 4 to 6 pickled jalapeno slices. Prepare for cooking according to instructions above.

Grilled Cheese With Pesto: Spread pesto on 1 slice white bread. Top with 1 slice each provolone and mozzarella. Top with another slice of bread. Prepare for cooking according to instructions above.

Grilled Cheese With Roasted Tomato: Toss 4 halved plum tomatoes with 1 tablespoon olive oil, and thyme, salt and pepper to taste. Roast at 350 F for 1 hour; mash. Spread 2 slices sourdough bread with one-quarter of the tomato mixture and sandwich with 2 slices cheddar. (Use the remaining tomato mixture for more sandwiches.) Cook, following recipe instructions above.

Cajun Muffuletta Grilled Cheese Sandwich: To 2 slices country white bread place 2 slices provolone and 1 tablespoon deli olive salad between the cheese, and season with 1/8 teaspoon Cajun seasoning. Cook, following recipe instructions above.

French-Style Grilled Cheese Sandwich: Spread 2 slices sourdough bread with Dijon mustard and brie (remove the rind), and add some caramelized onions. Cook, following recipe instructions above.

Spanish-Style Grilled Cheese Sandwich: Spread the bread with fig jam. Build the sandwich by placing 1/4 cup grated Manchego cheese and 1 tablespoon sliced green olives between 2 slices white bread. Cook, following recipe instructions above.

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## Fire up the smoker for Easter dinner this year

For much of the country, Easter Sunday typically falls during a time of year when the weather outside is still pretty chilly. But this year Easter falls on the third Sunday in April, increasing the chances that temperatures will be more spring-like and less reminiscent of winter.

Warmer temperatures on Easter Sunday means hosts tasked with cooking Easter dinner might be able to expand their culinary horizons and avoid the stove. Though they might not have considered it before, hosts might want to fire up their smokers to give their families something delicious and different to dine on this Easter Sunday. If the weather takes an unexpected turn for the worse, electric smokers can typically be used indoors, but check the manufacturer's instructions to confirm that.

Big meals are part and parcel for Easter Sunday, this recipe for "Pork Loin Roast with Hot Pepper Jelly Glaze" from Karen Putman and Judith Fertig's "Championship BBQ Secrets for Real Smoked Food" (Robert Rose) is a great way to take advantage of warmer Easter weather while still ensuring everyone has a full belly by the end of the meal.

### Pork Loin Roast with Hot Pepper Jelly Glaze

Serves 4 to 6

- 1 boneless pork loin roast (about 2 lbs.)
- 4 cups apple juice
- 1/2 cup Brown Sugar Rib Rub (see below)
- 1 cup hot pepper jelly
- Additional apple juice for spraying

1. Rinse pork under cold running water and pat dry. Place in a large sealable plastic bag and pour in apple juice. Seal bag and refrigerate for at least 8 hours and up to 12 hours.

2. Remove pork from marinade and pat dry. Discard marinade. Sprinkle dry rub over the surface of the meat, coating evenly. Set aside.

3. Prepare a fire in your smoker.

4. Meanwhile, in a small saucepan, melt hot pepper jelly over medium-low heat. Keep warm

by the smoker.

5. Place pork directly on the smoker rack, add wood to the coals and close the lid. Smoke at 225°F to 250°F, spraying with apple juice every 30 minutes, for 2 hours. Brush with hot pepper jelly, close the lid and smoke, spraying with apple juice every 30 minutes, for 1 to 1 1/2 hours, or until a meat thermometer inserted in

the thickest part of the pork registers 160°F for medium, or until desired doneness. Let rest for 15 minutes before slicing.

### Brown Sugar Rib Rub

Makes about 3 1/2 cups

2 cups packed dark brown sugar or granulated maple sugar

1/2 cup fine kosher or sea salt

1/4 cup sweet Hungarian paprika

1/4 cup chili powder  
1/4 cup ground lemon pepper

1/4 cup granulated garlic

1 tablespoon freshly ground black pepper

1 teaspoon dried basil  
1 teaspoon dried thyme

In a medium bowl, combine brown sugar, salt, paprika, chili powder, lemon pepper, garlic, black pepper, basil, and thyme.

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**Notice of Annual Meeting**

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Anyone wishing to attend is welcome.

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\*\*All horses must have a current coggins within 1 yr.  
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To be eligible for Pre-Kindergarten, students must be four years old on or before December 1, 2019. If you are interested in our program you can obtain a registration packet in our guidance office between the hours of 7:30 and 4:00.

Any question about the program can be addressed by contacting the elementary school principal, Nicole Knapp, or our guidance secretary, Krystal Utter, at (607) 264-3265 ext. 507.  
We would like to have all info. returned by June 5th

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Friday, April 26th • 1-6PM  
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Sat., April 27 • 9AM-1PM  
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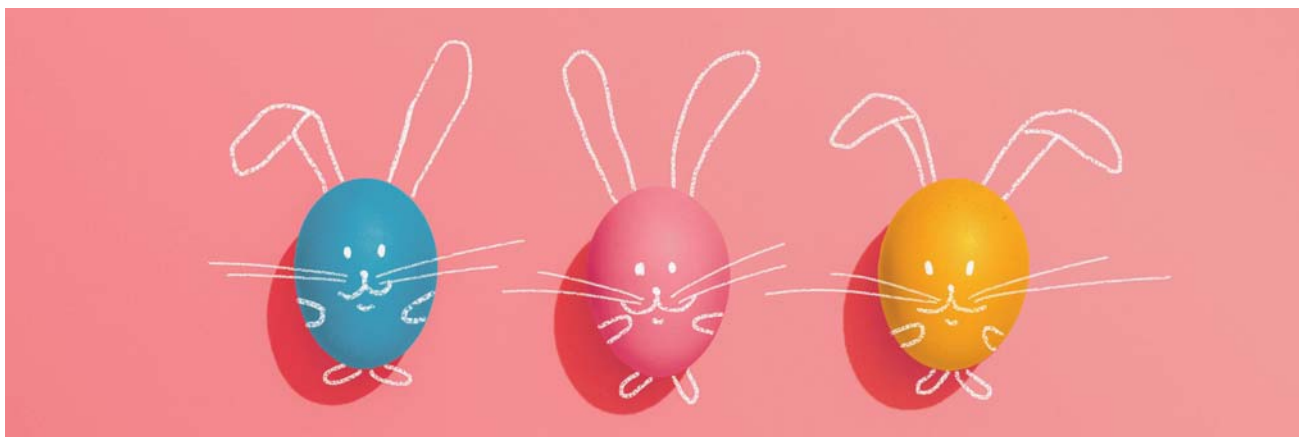
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4pm-?

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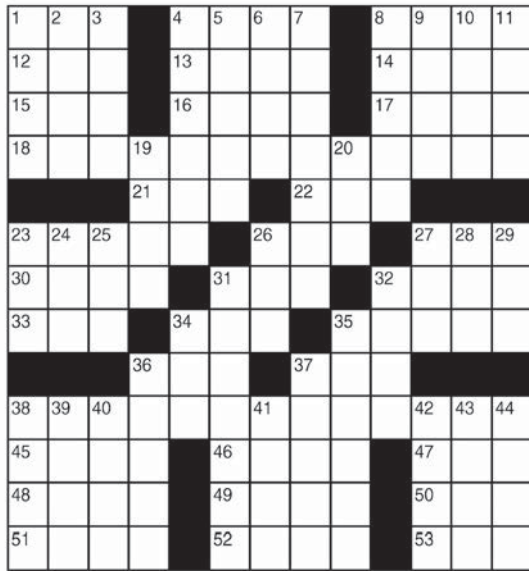
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# King Crossword

**ACROSS**

- 1 Recipe meas.
- 4 Lapidary's supply
- 8 Help a hood
- 12 Weeding tool
- 13 Laugh-a-minute
- 14 Pianist Peter
- 15 "— Town"
- 16 Taj Mahal city
- 17 Right on the map?
- 18 Including the latest info
- 21 Household member
- 22 Welcome sight?
- 23 Certain card
- 26 Chaps
- 27 Praise in verse
- 30 Author Wister
- 31 Prickly plant part
- 32 Old woman's home?
- 33 Longing
- 34 Predicament
- 35 Grandfather, for one
- 36 "Oh yeah? — who?"
- 37 Prompt
- 38 Suspensefully timed out
- 45 Medicinal plant
- 46 Rembrandt works

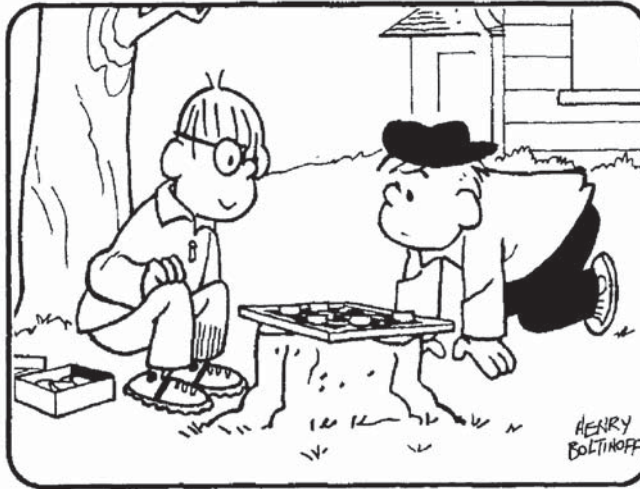


- 47 Canine
- 48 New Balance competitor
- 49 Entanglement
- 50 Trail behind
- 51 Busy one
- 52 Cruising
- 53 Type measures
- DOWN**
- 1 Grand
- 2 First course, often
- 3 Saucy
- 4 Tool used on cheese
- 5 Two cubed
- 6 Extra
- 7 Speak haltingly
- 8 Concerning
- 9 Suitor
- 10 Formerly, formerly
- 11 Pledge-drive gift
- 19 Admitting clients
- 20 Author
- 23 Bliss
- 24 Have bills
- 25 Barbie's friend
- 26 Silent
- 27 Discoverer's cry
- 28 Dopey pal?
- 29 "A mouse!"
- 31 Rocket launcher
- 32 Passel
- 34 Lustrous black
- 35 Hill that's steep on one side
- 36 Villainous look
- 37 Actress
- 38 "Phooey!"
- 39 Hodgepodge
- 40 Heard reveille
- 41 Supermarket stack
- 42 Between jobs
- 43 Wander
- 44 Early birds?

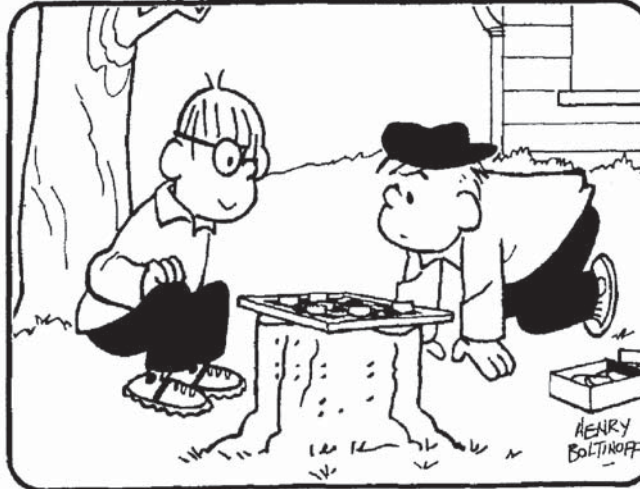
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# HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Boy's pants are black. 2. Box has been moved. 3. Garage is gone. 4. Shirt zipper is missing. 5. Tree stump is taller. 6. Boy's left arm can't be seen.

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# Weekly SUDOKU

by Linda Thistle

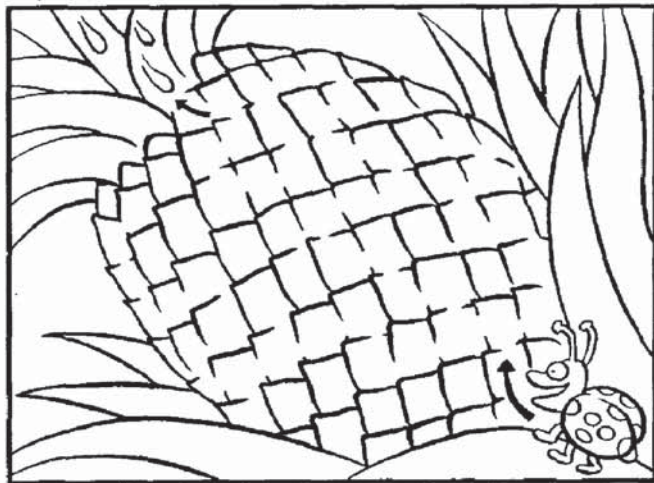
4	7	5				8
		3		1	7	
8			2			6
	6			4	3	5
7		2				9
	9		1	6		
		7	6		5	
3		8		7		4
	4		9			2

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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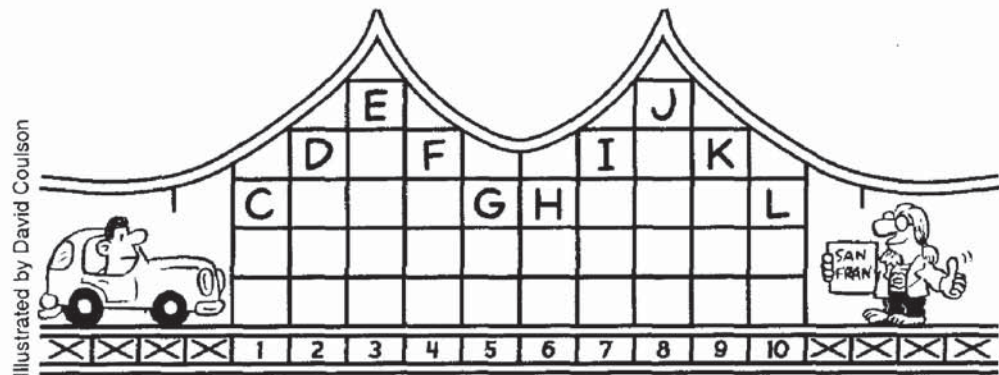


**A JUICY JOURNEY!** Can you help this little bug find his way across the mazy surface of this sticky pineapple to the nectar oozing from the stem?

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# Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

**A WORD BRIDGE!**

The bridge above contains 10 supporting words. We give you the first letter of each word plus plenty of hints.

- 1. An unprincipled man.
- 2. A pointed missile.
- 3. An artist would use one.
- 4. A western card game.
- 5. What a musician looks for.
- 6. An actor who overacts.
- 7. A stork-like wading bird.
- 8. A short space of time.
- 9. Found under a ship.
- 10. To throw something in a high arc.

Answers: 1. Cad. 2. Dart. 3. Easel. 4. Faro. 5. Gig. 6. Ham. 7. Ibis. 8. Jiffy. 9. Keel. 10. Lob.

**ODD MAN OUT!** To the right is a list of five words. Can you figure out which word doesn't belong on the list?

- 1. STONE
- 2. STENO
- 3. FREIGHTER
- 4. ABRASIVE
- 5. DRIFTWOOD

Answer: Abrasive. The other words all contain a "number word" within themselves. (1. One. 2. Ten. 3. Eight. 5. Two.)

**LINK-UPS!** Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word in the right.

- 1. BET ICE
- 2. TAPE GET
- 3. COW RAYS
- 4. CORN RED
- 5. MID EARS
- 6. END LED

Answers: 1. Betrays. 2. Tapered. 3. Cowed. 4. Cornice. 5. Midget. 6. Endears.

## Potential culprits behind thinning grass

Thick grass is often a hallmark of a healthy lawn. If grass begins to thin, homeowners may feel as though all the time and effort they spent tending to their lawns was for naught.

Thinning grass can be caused by any number of things. And while it might take a little effort to address, thinning grass can be treated if homeowners correctly identify that cause of the problem.

### Leaf spot

The Center for Agriculture, Food and the Environment at the University of Massachusetts Amherst notes that leaf spot diseases affect both cool- and warm-season turfgrasses. Various fungi can cause leaf spot. Symptoms and the timing of the appearance of leaf spot will vary depending on which fungi is causing the problem. For example, *bipolaris sorokiniana*, which affects grasses in warm, wet summer months, produces small spots that are dark purple to black. *Drechslera poae* is another fungi that causes leaf spot, and it also produces dark purple to black spots. However, it tends to appear in the spring when the weather is cool and moist. Understanding the different fungi and when they typically strike can help homeowners identify what is causing their grass to thin. In such situations, professional landscapers can be invaluable resources as well.

### Stripe smut

The University of Maryland Extension notes that stripe smut primarily poses a threat to Kentucky bluegrass that is older than three years. Pale green streaks that run parallel to the veins in the leaves and leaf sheaths are symptomatic of stripe smut, which tends to be noticed in spring and fall, when weather is cool. As the disease progresses, stripes turn black or a sil-

very gray, causing the leaf blade to shred and curl. After the blades have shred, they turn brown and die. The grass thins because stripe smut makes it vulnerable to problems like drought.

### Ascochyta leaf blight

Lawns suffering from ascochyta leaf blight will become straw-colored. According to the lawn care and pesticide experts at Ortho®, when a lawn is affected by ascochyta leaf blight, its healthy grass blades will be mixed in with diseased grass blades. Most prevalent in the spring, this disease can affect grass at any time during the growing season. That's because the ascochyta fungi invade leaf blades through wounds, such as those that can result from mowing. Ortho notes that dull lawn mowers can contribute to the disease, which might disappear on its own and can even return after it's seemingly been cured.

## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Easy Banana Bread

*I don't know about you, but I do think you can EVER have too many banana bread recipes! This one is about as easy as they get.*

1/2 cup fat-free sour cream

Sugar substitute to equal 1/2 cup, suitable for baking

1 cup mashed ripe bananas

1 egg or equivalent in egg substitute

1 teaspoon vanilla extract

1 1/2 cups reduced-fat biscuit baking mix

1/4 cup chopped walnuts

1. Heat oven to 350°F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray. In a large bowl, combine sour cream, sugar substitute, mashed bananas, egg and vanilla extract. Add baking mix and walnuts. Mix well to combine.

2. Spread batter into prepared loaf pan. Bake for 50 to 60 minutes or until a toothpick inserted in center comes out clean. Place pan on a wire rack and let set for 5 minutes. Remove bread from pan and continue cooling on wire rack. Cut into 8 thick slices. Serves 8. Freezes well.

\* Each serving equals: 148 calories, 4g fat, 4g protein, 24g carb., 290mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat.

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## Whatchamacallits

Not all boot jacks can be as ornate as the one we shared a few weeks ago, but that's just fine. They are first and foremost tools, and something that gets the job done doesn't necessarily have to be pretty.

A boot jack (also known as a boot

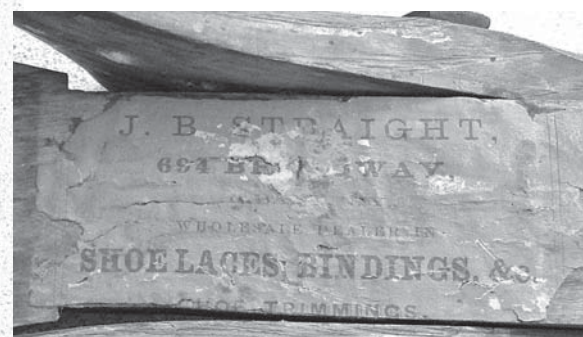
pull) usually has a U-shaped mouth that grips the heel of a boot, and a flat area to which weight can be applied. The person using it places the heel of their boot in the mouth of the jack, stands on the back of the device with the other foot and pulls

their foot free of the front boot. Then you repeat the process for the other boot.

The boot jack has several advantages over the removal of boots by hand. By allowing the wearer to pull their foot straight up and out of the boot, and by using their full body weight to hold the boot in place, far greater leverage and a much more secure grip are

possible than what can be achieved with hands alone. Plus it can help keep your hands clean of whatever muck may be on your boots.

This wooden model features a hinge so that it may lay or hang flat when not in use. The sticker on it suggests it was sold by a business called J.B. Straight, formerly found at 694 Broadway in Albany, NY – in the capital city's warehouse district. It appears the business dealt in many things shoe-related, as the sticker reads "Wholesale Dealer in Shoelaces, Bindings, &c. Shoe Trimmings..." and more. Unfortunately, I didn't find much information about J.B. Straight while doing my research.



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

# To Your Good Health

by Keith Roach, M.D.

## Medication doesn't stop vertigo's spinning

**Dear Dr. Roach:** I have a terrible case of vertigo. I'm not sure what causes it or what I can do to prevent it from happening to me again. I was given two medications, promethazine for nausea and meclizine for vertigo, but still the problem persists. Can you offer some kind of help? — J.G.

**Answer:** Vertigo is the sensation of movement when not moving. Although it is classically described as a spinning sensation, some people feel as if they or the world is moving in other ways.

There are many causes of vertigo, but we generally break them down into two groups: peripheral causes, from the vestibular nerve, which connects your brain with the organ of balance in the inner ear; and central causes, from the brain itself. Peripheral causes are much more common and generally are labelled "benign," even though they can be quite severe. Central causes are most commonly attributed to vestibular migraine and poor blood flow to the brainstem.

Only a careful exam and, occasionally, more sophisticated tests can reveal the underlying cause of the vertigo. The most common cause is benign paroxysmal positional vertigo, and I suspect that is what you were being treated for, having received a nonspecific treatment for vertigo. Although it is commonplace, I disagree with this treatment if it is used for more than a day or two, and then only in people whose symptoms are severe.

Most people get relief from an office treatment called the Epley maneuver. They can continue at home with other

exercises. I would suggest that you ask your doctor about these procedures, and if he or she isn't familiar with them, it might be wise to consult with an expert. In any event, vertigo is a symptom that can arise from several distinct medical conditions. You should find out what your diagnosis is.

**Dear Dr. Roach:** I would like your opinion of taking a vitamin B complex capsule. A friend recommended it, but the dose of one to two capsules a day makes my urine turn bright-yellow. The daily values are from 3,000 to 8,000 percent, and that seems pretty high to me. I don't enjoy taking it, because it smells and tastes unpleasant, but I'm mostly concerned about getting too much of a "good" thing. -- R.W.

**Answer:** Here's the good news: B vitamins are necessary, and your body is able to get rid of any excess. In fact, the yellow color of your urine is exactly that, your body spilling off the B vitamins you don't need. There are a few medical conditions that benefit from B vitamins.

Here's the not-so-good news: You almost certainly don't need so much, and most people don't benefit from taking vitamins at all. A healthy diet with lots of fruits and vegetables gives you most of the B vitamins your body needs. (Vitamin B-12, by contrast, is found only in animal products, which is why vegans require supplementary B-12.) If you choose to keep taking a vitamin just for general health, I would change to a brand that has lower doses and isn't unpleasant to take.

I don't recommend stopping megadose multivitamins suddenly. This is particularly important for vitamin C, where symptoms of deficiency can show up

temporarily in people who suddenly stop high doses.

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## Buyers' guide to financing a vehicle

The price of the average car continues to rise. Analysts at Edmunds estimate the average transaction price of a new vehicle now hovers at roughly \$36,000. Few people can walk into a car dealership and pay such a price in cash, which means that savvy shoppers need to familiarize themselves with the financing process in order to get their dream rides.

In addition to finding the perfect car or truck, buyers must spend time researching the ideal way to pay for it. Car loans are key to the car-buying process. Too often shoppers wait until they're in the negotiating seat at the dealership before they even know what they can spend, and this can be a mistake. A poor financing deal hurts buyers over the long run and may lead to defaulting on the loan and dealing with the credit fallout that default-

ing produces.

Vehicle financing is a step-by-step process that should begin long before consumers even pick out a car.

- Examine your spending and saving. Start by looking at your finances and establish a budget. How much cash do you have on hand for a down payment? Also, how much can you comfortably devote to a new car payment and requisite auto insurance? You can use automotive loan calculators to get a rough idea of what a particular car will cost you in terms of monthly payments.

- Know your credit standing. Great credit will give you financing leverage. Understand your credit score and which factors may be bringing it down. Resolve any issues well before you apply for financing so a bad score will not hurt you.

- Visit lenders. The fi-

ancing deal offered by the dealership might not be the best price possible. You can get preapproved/prequalified for an auto loan the same way you do for a home mortgage at banks and credit unions. This helps you secure the best interest rate possible. It also provides negotiating power. A preapproval letter puts you in the position as a stronger "cash buyer," states the financial resource NerdWallet.

- Set a firm buying price. Preapprovals and working with a third-party lender gives you a specific amount of money you know you can borrow. Use this as a tool to keep the negotiated price low because you cannot exceed your preapproved amount. It also may be a way to push dealership finance managers to contact their own captive lenders to try to beat the rate offered by your existing lender.



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Answer

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

Answers

Solution time: 24 mins.

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

## Americanisms



"No Taxes. Let's just tip the government 15 percent if they do a good job."  
— Pat Paulsen

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"Now we know why he went on that hunger strike."

# Good Housekeeping

## Peanut Butter and Jam Bars

Kids and adults will gobble up these peanutty shortbread bars. Just remember to serve them with milk!

- 1 cup butter (no substitutions), softened
- 1 cup sugar
- 1/2 cup creamy peanut butter
- 1 large egg

3 cups all-purpose flour  
1 cup salted dry roasted peanuts, coarsely chopped

1 cup grape or strawberry jam

1. Heat oven to 350°F. Grease 13-by-9-inch metal baking pan. Line pan with foil; grease foil.

2. In large bowl, with mixer at low speed, beat butter and sugar until

mixed, occasionally scraping bowl with rubber spatula. Increase speed to high; beat until light and fluffy. Reduce speed to low; beat in peanut butter, then egg until well-combined, occasionally scraping bowl. Beat in flour just until evenly moistened (dough will be crumbly). Beat in peanuts.

3. Reserve 2 cups dough. Press remaining dough evenly onto bottom of pan. Spread jam over dough in pan. With hand, press reserved dough into large chunks (about 3/4-inch) and sprinkle over jam, leaving spaces between chunks; do not pat down.

4. Bake 45 to 50 minutes, until golden. Cool

completely in pan on wire rack.

5. When cool, transfer with foil to cutting board. Cut lengthwise into three strips, then cut each strip crosswise into eight bars. Yields 12 (2 bar) servings.

\* Each serving: 260 calories, 14g total fat (6g saturated), 31mg cholesterol, 165mg sodium, 31g total carbohydrate, 1g dietary fiber, 5g protein.

For thousands of triple-tested recipes, visit our website at [www.good-housekeeping.com/recipefinder/](http://www.good-housekeeping.com/recipefinder/).

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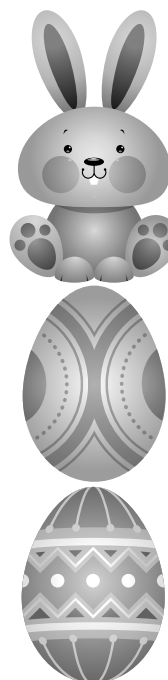
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## Keep tires road-worthy for safer driving

Making driving safer can come down to ensuring that the vehicle is in good working order — starting from the ground up.

The National Highway Traffic Safety Administration warns that an average of 200 people die each year in tire-related crashes. In 2016, 733 people across the United States lost their lives in accidents in which tire malfunction was a contributing factor. Roughly 70 percent of single vehicle accidents are tire-related. Taking tire maintenance seriously can greatly reduce the chances of blowouts, accidents and fatalities.

### Maintain the right pressure

Caring for tires not only improves safety, but also it extends the life of the tires, saving drivers money as a result. Michelin Tires says that simply checking the tires' inflation pressure can make a significant difference in how long tires last. For example, a tire that is consistently 20 percent under-inflated may see its life expectancy reduced by 20 percent.

Tires that are not properly inflated also can have a high rolling resistance. In such instance, the engine must expend more effort to move the vehicle — thus eating up fuel.

Pressure should be checked at ambient temperature before driving, states AAA. The recommended inflation pressure can be found in the driver's manual or on the tire.

### Check tire tread

Tires rely on good tread depth to maintain traction and shed water during wet conditions. AAA recommends checking tread with a visual inspection and with the "quarter test." Insert a quarter into a tread groove with the top of Washington's head facing down. If the top of his head is not visible, the tires have

at least 4/32" of tread and are acceptable for continued use. If the top of Washington's head shows, tires need to be replaced.

### Learn about tire aging

Check the owner's manual for specific recommendations concerning replacing the spare tire for the vehicle. Some manufacturers state after six years, while others say 10 years is the maximum service life for tires. While most tire centers will use newly manufactured tires when replacing tires, you can double check the age of any tire by looking at the sidewall for the tire identification number

(TIN), offers NHTSA. The last four digits are the week and year of manufacture.

### Keep up on maintenance

Wheel alignment, tire rotation and tire balanc-

ing are all key to minimizing wear and extending the life and safety of tires. Each vehicle has specific recommendations, and drivers should consult their manuals to find those specifics.

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MLS201912318: 25 2nd Street, **GLOVERSVILLE**: New Paint in this Single Family home with 3 bedrooms and 2 full baths on quiet street in Gloversville. Nice backyard and full side and front porches. Downstairs front room could be bedroom to make this a 4 bedroom home. Outside needs some paint and TLC, but is otherwise ready to move into. For right price owner will give concession for replacing or cleaning carpets at closing. **SELLER MOTIVATED - BRING OFFERS!!! Asking \$32,500**



**NEW LISTING!!!** MLS201916250: 6965 State Highway 5S, **FORT PLAIN**: Are you looking to downsize or for your first starter home? This one bedroom, 1 bath home is located on 3.4 acres of land. There is room to add additional bedrooms and/or a family room. A new chimney has been installed along with a new well pump. The septic has been pumped in the past year (approx.). **Asking \$79,000**



MLS201723505 - 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**



MLS201603763 - 014: 26 Center Street, **PALATINE BRIDGE**: This home has been totally remodeled from top to bottom, beautiful hardwood floors throughout. 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**



**NEW LISTING!!!** MLS201916044 - 335 Riceville Road, **GLOVERSVILLE**: This beautiful home has much to offer. It has a huge garage and workshop. (Commercial & Residential zoning) The huge deck overlooks a tranquil backyard with a fire pit and a view of a stream that runs behind the property. The property gets even better when you enter the house. It features a downstairs bedroom and full bath, upstairs you have another bedroom and a gigantic master bedroom with a walk-in closet and spacious master bathroom. You don't want to miss out on this!!! **Asking \$195,500**



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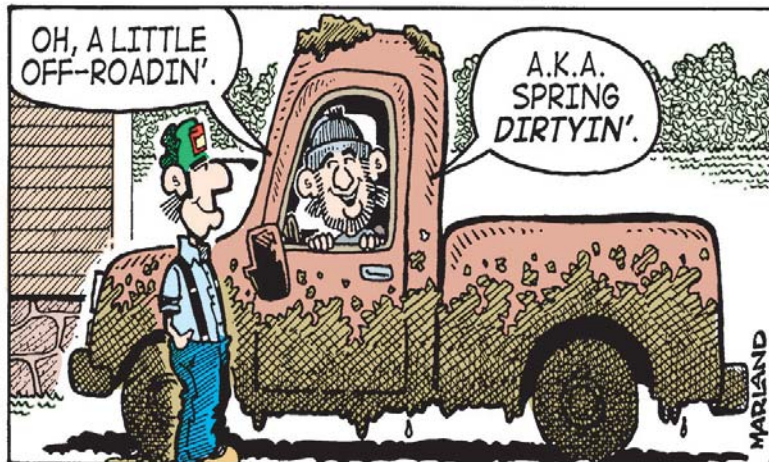
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**ONE FAMILY HOUSE** for sale in Herkimer 327 Dewey Ave. 3 bedrooms, 1.5 bath, garage with a car port, extra storage in and out, very large lot, recently redone, ready to move into. Qualified buyers only, \$93,500 315-868-2921

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**APARTMENT 54** Walnut Street, Canajoharie, \$700.00 per month plus utilities. Available March 1st. Call: 518-673-5895

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April 26-28; 9 a.m.-5 p.m.; Streeter Rd. Fonda, NY; Multi family and estate items. Household goods, kitchen chairs, stereo, filing cabinet, wardrobe, Franklin Mint unicorns, Henriot Quimper dishes, Soaky toys, costume jewelry, cookbooks, tent, linens, holiday items much, much more.

**DOES YOUR APPLIANCE NEED REPAIR?** Need prompt service that's affordable? Call KOVAL's Major Appliance Repair. (315)867-9333

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**HOME HEALTH AIDE:** Fort Plain, Part time, Sundays 12 hour days 518-857-5215 leave message.

## Let's call 41F6

If you call that number you will not get an answer. The reason is we cannot return to the

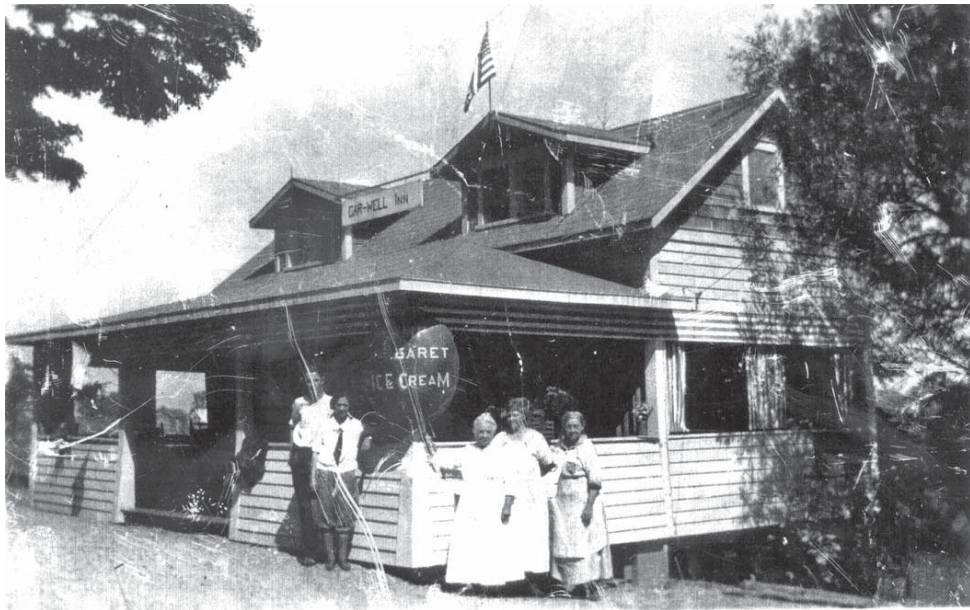
1920s. If you could you would reach the Garwell Inn at Marshville. It was operated by my mother

Margaret Garlock (later Barshied) and her family. It was a favorite stop for fried chicken and home-

made ice cream. In fact, the ice cream is what prompted me to write this story about a small family inn that ceased to be before I was born in 1930.

Do you see the photo of a strange tool? When I was a boy I lived in the building that had been the inn. I asked Grandpa Ben Garlock what the strange tool was. It was used to break up cakes of ice small enough to be used in the large ice cream freezers. I had kept it as a family keepsake. My Amish friend Emanuel asked what it was for. When I told him he said, "We can use that." Now it is used again to break up ice to cool Amish milk. "What goes around comes around."

**Skip Barshied  
April 2019**



### LUNCH MENU

#### SOUPS

Vegetable.....	15
Tomato.....	15

#### SANDWICHES

Ham.....	15
Peanut Butter.....	15
Sardine.....	20
Cheese.....	15
Western Egg.....	20
Egg and Olive.....	15
Lettuce with Dressing.....	15
Tomato and Lettuce.....	20
Roast Beef.....	20
Roast Pork.....	20
Chicken Salad.....	25
Club.....	50

#### SALADS

Potato.....	25
Chicken.....	50
Tuna Fish.....	50
Shrimp.....	50
Lobster.....	60
Vegetable.....	30

#### BEVERAGES

Tea.....	10
Coffee.....	10
Hot Chocolate.....	10
Hot Malted Milk.....	15
Plain Milk.....	10
Butter Milk.....	05

Pies per cut.....	10
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*This sea turtle shell was once the sign in front of my Great-Grandfather Garlock's Saloon at Fort Plain. It was repainted circa 1920 and used at the Garwell Inn at Marshville. It was run by my mother and her family at the place between the creek and woods along Route 10, where I later lived.*



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FAST!! HOT COLOR!!  
AND WELL MAINTAINED  
ONLY 15,647 MILES  
**\$26,995**

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JR9482

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40,133 MILES



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TOW PKG. MUST  
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CONDITION  
79,925 MILES



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**2017 FORD EXPLORER XLT**  
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16,000 MILES!!  
REAR VIEW  
CAMERA,  
3RD ROW!!



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**2014 NISSAN ROGUE S AWD**  
JU9472

BACKUP CAMERA,  
ALL POWER EQUIP,  
BLUETOOTH  
32,225 MILES



**\$16,995**

**2015 CHRYSLER TOWN AND COUNTRY TOURING**  
JU952T

41,797 MILES  
POWER SLIDERS,  
HEATED LEATHER



**\$18,595**

**2016 NISSAN FRONTIER CREW CAB SV**  
JU9501T

19,685 MILES,  
EQUIPPED WITH  
ALL POWER, REAR  
VIEW MONITOR  
AND MORE!!



**\$23,995**

**2018 MITSUBISHI OUTLANDER SPORT 4X4**  
JR9479T

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CAMERA, VERY  
SHARP LOOKING  
17,019 MILES



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JU9499

LOADED W/ NAV,  
PANORAMIC  
MOONROOF,  
HEATED LEATHER  
AND MORE!!



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JU9503

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CAMERA,  
GAS SIPPER  
22,422 MILES



**\$13,995**

\*\* MUST BE 720 FICO

# \$5K DOWN

**2019 FORD FIESTA SE**  
JN9254



2 to choose from

AUTO, ALL POWER EQUIPMENT,  
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**\$139/MO\***

\*39 MO/10,500 MILES PER YEAR. \$5,000 DOWN INCLUDES TAXES AND 1ST PAYMENT. SECURITY DEPOSIT WAIVED. MUST QUALIFY FOR TIER 0-1 CREDIT WITH FORD MCC. EXPIRES 4-30-19.

**2019 FORD EXPLORER XLT**  
JN9232



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**2019 F-150 XL SUPER CAB**  
JN9311



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CHROME APPEARANCE AND MORE  
**\$306/MO\***

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