

February 15, 2014



THE Original Valley
Pennysaver
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Serving the Homes of the Mohawk Valley

Volume 4 • Number 31

Aubrey Hyney melts this snowman's heart with a hug.

Photo by B.J. Hyney



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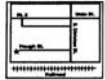
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Hello Again,

With tongue in cheek, I owe readers of Hello Again an apology. While writing the last Hello Again, I was so fired up about our president's bragging about how he would bypass Congress if he did not get his own way, I forgot to include a dose of Irish blarney. We all know truth makes the world turn while Irish blarney gives it a smile.

I re-read his statement as published in the Palm Beach Daily and came to the conclusion that he — our president — was already spreading more than enough for the both of us.

I hesitate to suggest any equality in our blarney as I can only hope to create a chuckle, grunt, or a laugh while his bull-larney can and is capable of creating havoc. Webster says havoc means "total destruction."

A little break and we will get back to the blarney chatter. I just saw a picture on the internet of a dear ole friend, Les St. John. I daren't say old as I am his senior, I am concerned as he was always a man of great faith and



trust. In the picture he is wearing both a belt and suspenders. When his faith was younger, his trust was stronger. He only used or needed a belt, a shorter one at that.

Let's get back on track or we will forget the blarney again. I'm sure you will believe every word so here goes:

When we were driving the motor home down through the eastern states to Florida, the cars and trucks on highways 88, 81 and 95 were traveling so fast their shadows could not keep up. One trucker said he had to pull over for 10 minutes and wait for his.

I knew he was telling the truth because our own shadow could catch up only when we were on an uphill grade.

We stopped at a Truck Stops of America to fill up the coach with diesel fuel. It drank over 100 gallons at \$4.26 per gallon. I realized I had to find a way to conserve fuel.

I'm still feeling a little porky about myself. After only a few minutes of quiet, careful thinking, I realized if we drove downhill during the remainder of the trip we would save plenty of fuel.

My wife and I decided that on the way home — heading north — we will drive only on roads that are running downhill. This does create a confugalty. When we are home in the Mohawk valley we talk about going down to Florida. Now that we are down in Florida and home is up north, how can we find enough roads running downhill to get home?

Here goes Paddy the Irishman — he is famous for saying "Maybe we shouldn't start from here."

Someone suggested that Hello Again should cover some issue of healthcare.

This brought up the subject of worms. It seems that a young preacher who minored in health issues when he was in college tried to include in his weekly Sunday sermons a bit covering some health issue.

One Sunday he placed three glass jars on a table near his pulpit. In one bottle he poured Irish whiskey. In the second he puffed it full of cigarette smoke, and in the third he poured it full of chocolate syrup. In the whiskey bottle he placed a healthy fishing worm. In the second jar he placed another live worm, and in the third another worm. During his sermon he stopped and removed the three worms. They were all dead. Intending to make a profound health statement, he asked, "What does this prove?"

Paddy, sitting near the back shouted, "It proves that if you drink Irish whiskey, smoke cigarettes, and enjoy chocolate, you will never be bothered with worms."

A friend passed along the following Woodrow Wilson quote. When read, understood and followed, it is worthy of being on the front page of every daily newspaper in this country.

Woodrow Wilson warned: "The history of liberty is a history of the limitations of governmental power, not the increase of it. When we resist, therefore, the concentration of power, we are resisting the process of death, because a concentration of power is what always precedes the destruction of liberty."

If you ever find yourself up in Coldbrook, NY please do me a favor. Take along a snow shovel and see if you can dig out Dottie Mae Weir. I believe she lives way back in the sticks and her only wintertime contact with the

world is by hooting with the hoot owls. Tell her we miss her colorful chatter.

Al Gore, a former vice president, claims the world is getting warmer. I wonder how many residents with heat bills in the Mohawk Valley would agree with him this winter. Twenty degrees below zero does not seem like a heat wave.

Sometimes I feel like Will Rogers. He said he did not have to dream up something foolish or funny to talk about – all he had to do was read and repeat the newspaper accounts of what was being said in Washington. Remember the famous clown that was always wearing big tears? I wonder if he listened to the Washington-created news every morning.

I'm confident that many of our Hello Again readers believe in prayer. Two of our friends in Florida, actually residents of New York State, are faced with a very serious problem. We ask for your prayers on their behalf — our Heavenly Father will know who you are praying for. Prayers do get answered — so please pray for them.

Happy trails until we meet again.

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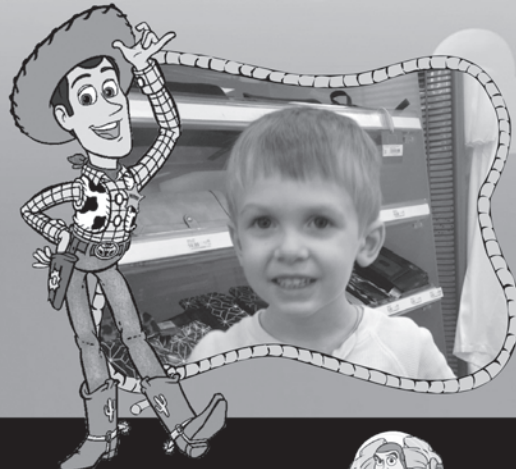
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We will be having our Annual Spring Auction on Saturday May 3rd and will be looking for consignments of; Farm Machinery, Tractors, Vintage Cars & Trucks, Trucks, Antique Farm Equipment, Antique Tools, Antique Horse Drawn Equipment, Lawn Mowers, Weed Eaters, Lawn Tractors, Woodworking Equipment, Garage Equipment, Chain Saws, and more!! JR'S Auction 518-993-4668

Gun and Sportsman Auction Wednesday February 19th 6:00pm Consignments wanted of Guns, Ammunition, Sportsman Items, Knives and more!! JR'S Auction 56 Willett Street Fort Plain NY 518-993-4668



VENDORS WANTED: For outdoor flea market and indoor craft market at Amish Country Commons. 518-993-3311

STONECRAFT: A manufactured stone veneer which delivers grace, charm, and a powerful feel of stone and offers distinctive irregular field-stone shapes and natural looking broken edges. Available at C.H. Burkdorf & Son, 35 Hough St., St. Johnsville, 568-7016

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February 27th & 28th
March 6th & 7th
from 5-6:30 pm

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\$45.00/child includes uniform
FIRST 100 KIDS GET FREE WATER BOTTLE
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Charles Murphy 332 2271

Sportsmen's Dinner

Sponsored by:
Cornerstone Baptist Church
Enjoying the Sportsmen's Life

Saturday,
March 1, 2014 • 6:00 PM
Sportsmen Dinner 6:00-7:15 PM
Venison, Buffalo, Turkey, Boar, Rabbit, Catfish, etc. with all the trimmings

Sportsmen Worship 7:15-8:15 PM
Speakers - Terry Bice & L.D. Maxson

Prizes 8:15-8:45 PM
(Seating is limited, please call for tickets)
Free tickets available, starting Feb. 10, 2014

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www.cornerstonebaptists.org • 518-673-3405

CLASS REUNION

The Canajoharie Class of 1969 is planning their class reunion for August 16th at the Holiday Inn in Johnstown. If anyone from the class of 1966 -1970 would be interested in joining us, contact Debbie Holtz at 673-5187 after 4:00pm.

Hand painted wine glasses for your wedding reception that can be monogrammed with the bride and groom's name and date of wedding in 24k gold by Tiny Shuster. The Gallery, 2 West Main Street, Saint Johnsville, NY 518-568-5121.

Will Buy Out your complete Estates, Antiques, Furniture, Barn Contents and more!! Or you can consign them to our Auctions and we will sell them and send you the check!! JR'S Auction 56 Willett Street Fort Plain NY 518-993-4668

Our seed starting supplies are starting to sprout! Peat pots, starting trays, seed starter and our seeds are here! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

50 Lb. LARD for \$74.00, Peruzzi's Meat Market, 69 Church Street, Canajoharie. 518-673-3382

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Ph 315-823-1100 / Mon-Fri 10-5, SAT 10-4 / MC VISA Discover

LOOK

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Trailer, in a park
Kitchen, two bedrooms, living room and one full bath. Has a pellet stove with lots of pellets. Two full tanks of kerosene. Has a brand new boiler, put in this year. Located at 110 Honey Hill Road, Fort Plain, NY 13339. Serious buyers only. \$17,500/Firm. Owner Charles Leon cell 518-774-3068

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FOR SALE: Aerohot 4 section waterless food warmer with sectional heat control, model #61, 236V, 3,000 watts, \$450/or best offer. Call 518-993-3432 between 8am-12pm

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LARSON Storm Doors. 32" & 36" x80" white in stock at \$137.85. **C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016**

2007 CHEVY Impala LT, red, 78k, V-6, auto, full power, SALE: \$10,995. **John C. Miller, Inc. 5 1 8 - 7 6 2 - 7 1 2 4 www.johncmiller.com**

FOR SALE: 1948 Ford 8N tractor with plow and attachments, \$3,000/OBO. Call 607-264-3680

Take Note!! JR'S Gun Auction is on Wednesday February 19th at 6:00pm 56 Willett Street Fort Plain NY We already have a very nice selection of Guns coming!! If you have Guns, Ammunition, Tools, Contractor Tools or Sports Related Items that you want to turn into cash bring them on down or call 518-993-4668

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Remington 870 20 Ga. 1-TC Encore 22 Rifle, 2-Swords Fishing Nets, Reels, 22 Ammunition and many more items are consigned for our Gun Auction on Wednesday February 19th 6:00pm JR'S Auction 56 Willett Street Fort Plain 518-993-4668

Old man winter is still here! We are still prepared with rock salt, ice melt, roof melter, shovels, roof rakes, and heaters and weatherstripping. Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

Attn. Dog Owners: Paca Gardens, 27 West Main St, Little Falls, NY has many sizes and colors of alpaca Dog Sweaters for smaller dogs. Alpaca is warmer than wool. 315-823-1100 M-F 10-5, Sat 10-4.

JR'S Auction has Auctions every Tuesday Night including, Furniture, Tools, Antiques, Collectibles, New Items and much more!! 56 Willett Street Fort Plain NY 518-993-4668

SUNNYCREST Orchards is open Saturdays from 9am to noon (January and February) for pellets and coal. 7869 State Rt 10, Sharon Springs. 518-284-2256

Fort Plain LITTLE LEAGUE REGISTRATION

Thurs., February 27, 2014 6-8pm

Sat., March 1, 2014 9-noon

Tues., March 4, 2014 6-8 pm

All sign ups will be in the Harry Hoag Elementary School Lobby

Parents Night Wed. March 26th 6pm HS Gym

All players must reside in the Fort Plain School District boundaries or have a waiver from their home district.

Levels - Tee Ball Ages 4-6, Farm League (coaches pitch) 7-8
Minors (players pitch) 9-10, Majors ages 11-12 as of May 1st
Girls Softball ages 9-12 as of January 1st

Registration fee - \$50 first child
\$20 each additional child

VOLUNTEERS FOR COACHES AND CONSESSIONS ARE NEEDED!!!

Any questions contact Richard Kennedy @ 993-2572

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

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

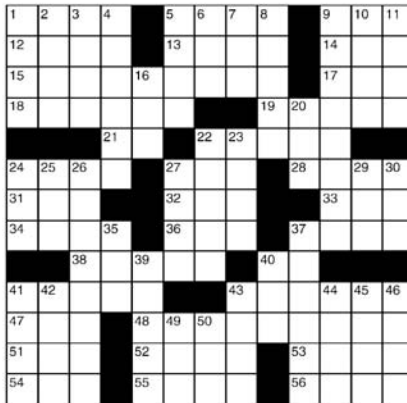
- | | | | |
|----------|-----------|-----------|-----------|
| Blinds | Hammock | Paintings | Tapestry |
| Chimes | Mirror | Pendulum | Trapeze |
| Curtains | Necklace | Posters | Wallpaper |
| Drapes | Ornaments | Swing | |

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King Crossword

ACROSS

- 1 Labyrinth choice
- 5 Skillets
- 9 Half a dance?
- 12 Lotion additive
- 13 Fraternal baseball surname
- 14 Attila, e.g.
- 15 Unknown people
- 17 Pismire
- 18 Evening affair
- 19 Depend (on)
- 21 "And this should matter to me ... why?"
- 22 Object
- 24 "National Treasure" star
- 27 Chart format
- 28 Superman's alias
- 31 Melody
- 32 Corroded
- 33 "Go, team!"
- 34 Let the cat out of the bag
- 36 Badly
- 37 Pale
- 38 Aristocratic
- 40 Ego counter-part
- 41 Queenly
- 43 Small beard
- 47 Have bills



- 48 Puts on the line
- 51 "— the ramparts ..."
- 52 About half the children
- 53 Tiger Woods' ex
- 54 "— Dalloway"
- 55 Trade
- 56 Logical
- DOWN**
- 1 Quarter-back's throw
- 2 Choir member
- 3 Actress
- 4 Last car?
- 5 Senate
- 6 Hearty brew
- 7 Neither mate
- 8 Some Japanese fare
- 9 They make alterations
- 10 Suspended
- 11 Initial stake
- 16 Ultramodernist
- 20 Squid squirt
- 22 Marquee datum
- 23 Command to Rover
- 24 "Cash —"
- 25 Have something
- 26 Farmers
- 27 Bucket
- 29 "Unh-unh"
- 30 Your
- 35 Feathery accessory
- 37 Saws
- 39 Consecrate
- 40 Charged bit
- 41 Leeway
- 42 Basin accessory
- 43 React in horror
- 44 Anatomical tissue
- 45 Ireland
- 46 Slave to crosswords?
- 49 Without delay
- 50 "CSI" evidence

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Wishing Well®

8	2	3	2	5	4	7	6	7	2	6	2	8
L	K	A	N	A	F	B	A	E	O	N	W	A
2	4	5	2	3	6	4	3	4	3	2	3	6
Y	L	P	O	N	I	O	E	W	W	U	B	N
4	6	5	4	5	4	8	2	3	5	3	6	5
I	C	E	N	R	G	S	R	E	F	G	R	E
4	5	6	5	2	5	6	8	6	5	6	2	5
W	C	E	T	S	U	A	T	S	N	E	E	I
7	4	3	8	5	4	3	4	2	4	6	3	5
K	I	I	I	O	T	N	H	L	L	I	N	N
6	2	6	4	3	4	8	6	3	6	8	3	8
N	F	T	O	I	V	N	H	N	E	G	G	L
6	4	8	6	8	6	8	6	7	6	7	6	7
F	E	O	A	V	M	E	I	I	L	N	Y	D

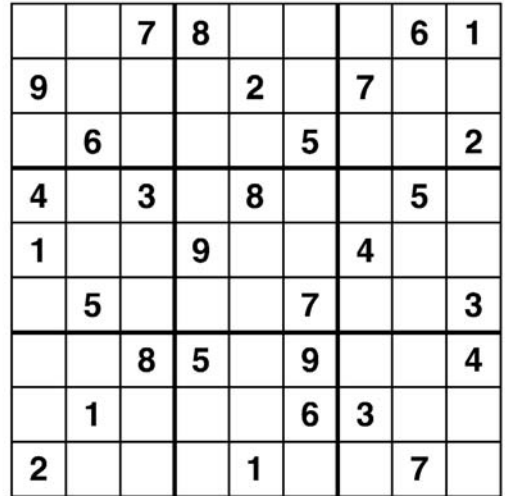
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message, the letters under the checked figures give you.

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Don't worry if you make a mistake! You can print another at www.pennysaver.com!

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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See Page 18 for the Answers to All of These Puzzles

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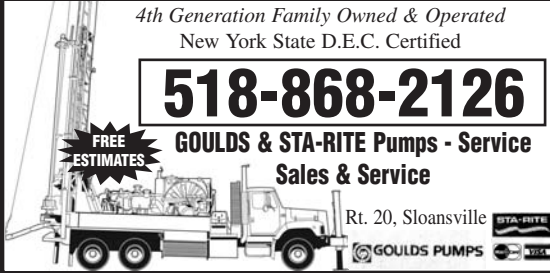
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DAY CARE has opening for one child between 8 weeks and up. Nelliston 518-993-2124

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Saturday March 8th 11:00am Consignments, Box Lots, Furniture, Tools and General Household Items!! Bring your Box Lots and turn them into CASH!! This is one Auction where there should be something for everyone!! JR'S Auction 56 Willett Street Fort Plain NY 518-993-4668 Consignments Wanted!!

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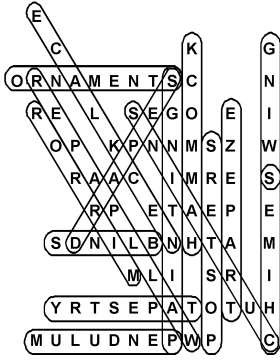
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Sunday Bible School.....10:00 am
Sunday Morning Worship.....11:00 am
Wednesday Prayer & Bible Study....6:30 pm

PASTOR DAN WEST

Answers to this week's puzzles

JUST HANGING AROUND



Bargain of the Month!
Digital Carbon Monoxide Alarm with 7year life- now just \$24.99
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'95 POLARIS INDY 600 snowmobile, runs & looks good, \$750; (4) 205-60R16 Cooper tires, like new, \$200. Best offers. 315-866-9131

CHECK OUT OUR produce at really low prices, Peruzzi's Meat Market, 69 Church Street, Canajoharie. 518-673-3382

Early country pieces some in old red paint. THE GALLERY, 2 West Main Street, Saint Johnsville, NY. 518-568-5121 or thegallery2west@gmail.com Lay-a-way available.

WANTED TO BUY: Nice used modular/house trailer. I will move it myself. Call 518-470-7396 or 518-568-2416

Wanted antique hand crank meat slicers, and primitive butter churns 518-673-4747

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— **King Crossword** —
 Answers
 Solution time: 25 mins.

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

— **Weekly SUDOKU** —
 Answer

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

Whatchamacallits

Is it an ice scraper? A gardening tool? Something else? We're not sure!

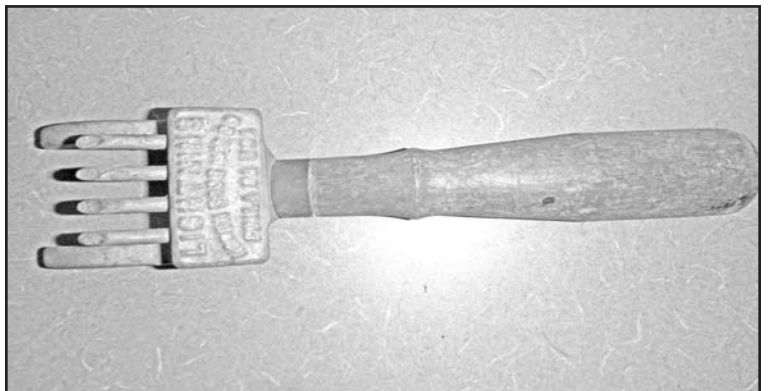
The tool has the following words on it: "Lightning North Bros Mfg. Co., Phila, PA USA."

Do you have any answers or insights? We'd love to hear from you! Email or call Emily at the info below.

~~~

Have your own Whatchamacallit? Send picture and description to [eenger@leepub.com](mailto:eenger@leepub.com) or call Emily at 518-673-0145.

Visit our Facebook page each week to see if you can figure out what the upcoming Whatchamacallit is!



# Presidents Day

Labor disgraces  
no man; unfortunately,  
you occasionally find  
men who disgrace labor.

~Ulysses S. Grant

I bet after  
seeing us,  
George  
Washington  
would sue us  
for calling him  
"father."

~Will Rogers

If men  
were angels,  
no  
government  
would be  
necessary.

~James  
Madison

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Expires  
2/28/14

When you get to the end of your rope,  
tie a knot and hang on.

~Franklin D. Roosevelt

We cannot do  
everything  
at once,  
but we can  
do something  
at once.

~Calvin Coolidge

The most  
valuable of all  
talents is that  
of never using  
two words  
when one  
will do.

~Thomas  
Jefferson

**BOWS! 2014 Models are in!! New colors, new styles, great prices, come on in and try on out, we have on that will fit you. Youth to Adult, Man, Woman, we have it all!** Tree Stands, Blinds, Bows, Crossbows, Arrows, Broadheads, Scents, Lures, and more! The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010. **LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS, etc.**

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## Happy Birthday!

Kayla King - Feb. 16th

Amiah Valdez - Feb. 16th

Elizabeth Mead - Feb. 16th

Brandon King - Feb. 16th

Samantha King - Feb. 18th

Tyler Davis - Feb 18th

Rob Harrison - Feb. 18th

Brenda VanSchaick - Feb 18th

Henry Smith - Feb. 19th

Diana Crossman - Feb. 20th

Alice Lake - Feb. 22nd

**If you want to list a birthday please call 518-673-3237**

# Mohawk Valley Ag LLC



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**ARCHERY Lessons.** Wednesdays at 6PM. Call for registration or questions. All ages, all stages. Stop by or call The Sportsman's Den, 36 Canal St, Fort Plain 518-993-1010. **LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS, etc.**

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**The woman just ahead of you at the supermarket checkout has all the delectable groceries you didn't even know they carried.**

~Mignon McLaughlin

# This is a hammer

by **Samantha Mazzotta**  
**Painting in winter can be tricky**

**Q:** Can I paint rooms during the wintertime? My friend says it's impossible to do because the weather is too cold. What do you say? — Jeanine H., via email

**A:** It's not impossible, but in colder climates it certainly can be more difficult. The main reason is that rooms need to be well-ventilated when painting; otherwise the room is hazardous to be in. It'll need to continue to be ventilated while it's drying, in order to keep humidity down, which means the windows will be wide open in the middle of winter.

In more-temperate regions, painting in winter really isn't a problem. Not only can you ventilate a room without getting frozen out of the house, but the paint cures more evenly. In below-freezing temperatures, a latex-based paint may not dry as evenly or cure as well.

But painters do interior work in cold weather all the time. How do they do it without sealing off the room from the rest of the house? You could take a few hints from them.

Professional painters often use a reverse-air system. Rigged into one of the windows, it pulls air from the room to the outside of the house

at a constant rate, so that fumes don't seep into the rest of the house — and the room being painted stays at a comfortable temperature.

Even without



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such a system, you can paint a room by setting up a fan in the window pointing outward, and keeping your heating system registers open in the room. Wear a respirator mask when painting to avoid breathing in fumes, and keep children out.

If you need to add more than one coat or the paint seems to be

taking longer than usual to dry, consider bringing in a dehumidifier to remove more moisture from the air and speed drying.

**HOME TIP:** To keep paintbrushes from drying out while you take a long break, place a sandwich baggie over the bristles.

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# Ayres Animal Shelter

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

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



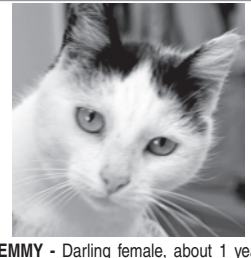
**BUBBLES** - 6 month old gray and white female. Found with 2 other kittens in a culvert pipe on February 8th.



**BUTTONS** - 4 month old black and white female. Found with 2 other kittens in a culvert pipe on February 8th.



**KAT** - 6 month old gray tiger female. Found with 2 other kittens in a culvert pipe on February 8th.



**EMMY** - Darling female, about 1 year old. Found on Goodrich Ave., Fort Plain on February 4th. She's leukemia positive. Contact the shelter for information.



**NORMAN** - 2-3 year old white and grey male. Found in a driveway on 3rd Ave., Canajoharie. Came to the shelter on January 20th.



**TOBEY** - 3 year old black and white male. Found abandoned on East Hill, Canajoharie on January 18th.



**IRVING** - Longhaired white 3-5 year old male. Found on Hilltop Road, Sprakers in March 2013. Not good with other cats. Adult home only.



**ZORRO** - 8 year old black male. Found on Stone Arabia Road, Fort Plain in December 2012. Very talkative! Good with most cats, not dogs.

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# Ayres Animal Shelter

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**PIPPA** - Lovely 2 year old female calico. Found in a box on a lawn on Hilltop Road, Sprakers in June 2013.



**TYSON** - 3 year old male Pit Bull, 64 lbs. Loves car rides, swimming and treats. Should be your only pet in an adult home.



**CRUZ** - Handsome 1-2 year old white male Pit Bull, 55 lbs. Found on Garfield St., Fonda in November 2012. Fine with kids. Not good with cats. Housebroken.



**THUNDER** - 4 year old male Pit Bull mix, 52 lbs. Found in Canajoharie in August 2012. Knows "sit" and loves chest or belly rubs! Not good with other dogs or with kids.



**MONTANA** - 3 year old male Pit Bull mix, 46 lbs. Found on Old Fort Plain Road, Canajoharie in October 2012. Not good with cats. Fine with older kids.



**GUNNER** - Male Beagle/Akita mix, about 12 years old. Came to the shelter because his owner was moving. Sweet and friendly dog.



**NOEL** - Beautiful black and white adult female Akita. Found on Church St., Argusville. Knows "sit" and "lie down" and gives paw to shake. Good on leash.



**RUGBY** - "To claim" 1 1/2 - 2 year old male Australian Shepherd mix, 42 lbs. Came to the shelter February 4th. High energy, enthusiastic delight!



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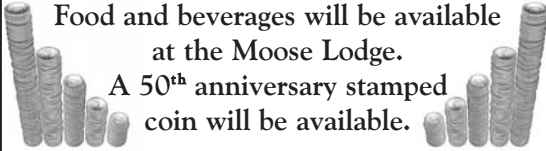
# DINING & entertainment

## Our 50th Year

The Otsquago Coin Association's Annual Coin Show will be held on Sunday, February 23, 2014 at the Canajoharie Moose Lodge on Route 5S/Erie Boulevard in Canajoharie, NY from 10:00-3:00.

Food and beverages will be available at the Moose Lodge.

A 50th anniversary stamped coin will be available.



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### Tues., Feb. 18<sup>th</sup>

- ◆ Meatloaf w/Potato & Veg.
- ◆ Chicken Tenders Cold Plate

### Wed., Feb. 19<sup>th</sup>

- ◆ ALL YOU CAN EAT SPAGHETTI 3-7 PM
- ◆ BBQ Beef w/Fries
- ◆ Spaghetti w/Meatballs, Hot Sausage and/or Toss Salad

### Thurs., Feb. 20<sup>th</sup>

- ◆ Chicken-N-Biscuits w/Veg
- ◆ Western Burger w/Fries

### Fri., Feb. 21<sup>st</sup>

- ◆ Fresh Haddock Dinner, (Fried or Baked) w/Potato & Veg
- ◆ Mac-N-Cheese w/Veg
- ◆ New England Clam Chowder

### Sat., Feb. 22<sup>nd</sup>

- ◆ Fried Scallops w/Potato & Veg
- ◆ Prime Rib w/Potato & Veg 3-7 PM

### Sun., Feb. 23<sup>rd</sup>

- ◆ Steak & Cheese Omelette w/Homefries

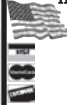
Breakfast Only • Closed at 12:30 pm

Homemade Soups & Desserts

Hours: Mon.-Sat. 7 AM-7 PM

Sun. 7 AM-12:30 PM

12 Hancock St.,  
Fort Plain



# DINING & entertainment

## Grandma's Kitchen

80 Erie Blvd.,  
Canajoharie, NY 13317  
518-673-0195

~ Specials ~

### Sunday

- Breakfast Burrito
- Homemade Corned Beef Hash

### Monday

- Ham & Cheese Scrambler w/choice of bagel or english muffin, homefries & drink  
LUNCH
- Hot Roast Beef Sandwich w/mashed potatoes & drink
- BLT w/side & drink

### Tuesday

- 3 Egg Omelette w/choice of meat & cheese, homefries & drink  
LUNCH
- Buffalo Chicken Wrap w/FF or sweet potato fries & drink

### Wednesday

- 2 Pancakes or 2 French Toast w/choice of meat & drink  
LUNCH
- Hot Turkey Sandwich w/FF, gravy & drink

### Thursday

- Bacon, Swiss, Mushroom Omelette w/bagel or english muffin, homefries & drink  
LUNCH
- Cheeseburger or Hamburger Deluxe w/FF & drink
- 2 Hot Dogs w/meat sauce or sauerkraut & drink

### Friday

- Sausage Gravy & Biscuits w/homefries & drink  
LUNCH
- Fish Platter or Sandwich w/homemade mac & cheese & drink

### Saturday

- Garbage Omelette w/homefries, toast & drink
- Homemade Corned Beef Hash  
LUNCH
- Any Wrap w/FF & drink

## Hungry Bear Cafe

(518) 568-2700

Fri., Feb. 14<sup>th</sup>

### Happy Valentine's Day

- Fresh Haddock, FF or Mashed & Salad
- Fresh Haddock on a Roll

After 4:00 PM

Also Serving Baked Ham, Mashed or FF & Salad

Tues., Feb. 18<sup>th</sup>

- Chicken & Biscuits, Dressing & Mashed
- Mushroom Swiss Burger, FF & Salad

Wed., Feb. 19<sup>th</sup>

- Bowl of Chili w/ Grilled Cheese
- Western Egg Sandwich w/Cup of Soup

Thurs., Feb. 20<sup>th</sup>

- Ham & Scalloped Potatoes w/Applesauce
- Liver & Onions, Mashed or FF & Salad

Fri., Feb. 21<sup>st</sup>

- Fresh Haddock, FF or Mashed & Salad
- Fresh Haddock on a Roll

After 4:00 PM

Roast Turkey, Dressing, Mashed & Salad

Sat., Feb. 22<sup>nd</sup>

- Western Omelette w/Homefries

Sun., Feb. 23<sup>rd</sup>

- 2 Blueberry Pancakes, Choice of Meat

HOMEMADE SOUPS & PIES DAILY

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7304 State Hwy. 5,  
St. Johnsville, NY

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Closed Monday,

Open Tues-Thurs 6am-2pm;

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"Premium wine & liquor service"



nice n easy  
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WINGS, COOKIES,  
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Hrs: Mon.-Thu. 10-8 • Fri. 10-4 • Sat. 10-12

# TAX TIME



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**Tax Service**  
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 536 East Main Street  
 Little Falls, NY 13365  
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[www.vanmeterllc.com](http://www.vanmeterllc.com)

## Family Fundamentals: Know how long you need to store tax records

**Q:** *I'm starting to collect the documents I need to file taxes this year, and I noticed we still have tax records for the past decade in our files. How long do we need to keep them?*

**A:** Officially, the Internal Revenue Service has three years to audit federal income tax returns, but there are exceptions. The agency gives itself six years after a return was filed to audit in unusual cases — for example, if additional income comes to light, and the amount is more than 25 percent of the income shown on the return. In addition, if the IRS determines a return was false or fraudulent, an audit can occur at any time — there is no time limit.

Even as you purge your old files, you might want to keep some of the records that you have with your tax returns. For example, you may want to hang onto your W-2 forms, which show your annual income and the taxes withheld from your paycheck. These could be important at some point, such as when you file for Social Security or other benefits, in case there's some type of discrepancy about your work history.

In addition, if you've kept records pertaining to buying or refinancing property or making

major home improvements with your taxes, pull those before you start shredding. They could be useful if you sell your property in the future and need to establish capital gains or losses.

While you're going through that file cabinet, you might want to go on the attack on other paperwork you may no longer need. Ohio State University Extension has a fact sheet, "Household Record-keeping Tips" (online at <http://ohioline.osu.edu> — click on "Home" and scroll down, or search for fact sheet MM-08-02). It offers guidance on keeping financial and other types of family records, such as:

- Records that are not easily replaceable, such as military service records, Social Security cards, birth and marriage certificates, property titles, and household inventories. These should be kept someplace safe — in a home safe (fire-, water- and burglar-proof), for example, or in a safety deposit box.

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



# Antiques & Auctions



## KING'S

Sat., February 22nd Consignment Auction ~ 6:33pm

Sun., February 23rd Breeder Sale ~ 11:33am

Sat., March 1st Consignment Auction ~ 6:33pm

Thurs., March 6th Food Auction ~ 6:33pm

Sun., March 9th Breeder Sale ~ 11:33am

Burrows Rd., West Winfield, NY • (315) 822-5221

WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

## HOSKING SALES

Weekly Sales Every Monday starting at 11:30 with Misc. & small animals, 1:00 Dairy. We start calves at 5PM cull beef follows. Call for more info and sale times. Our Volume is increasing weekly - join your neighbors & send your livestock this way!

**Monday, Feb. 10th** sale - cull ave. .71 Top cow \$.95, bulls/steers \$.81 - \$1.08, bull calves top \$2.00, heifer calves \$1.45, Dairy feeders \$.25 - \$.93, feeder heifer \$1.17, Dairy Milking age cows up to \$2000, bred heifers top \$1575.

**Monday, Feb. 17th** - Monthly Sheep, Lamb, Goat & Pig Sale. Special group of 7 Certified Organic Pygmy goats - All does born May 2010 - July 2010.

**Saturday, Mar. 29th** - held at the sale barn. 11:00 AM - Spring Premier All Breeds Sale! Accepting the first 150 consignments of Registered Cattle of all breeds. Not the change of date and get your consignments in as the advertising is earlier. Early consignments from Gaije Farms, Wisner Farms, Oakfield Corners, OCEC, Locust-Vale Farm, Crest Valley Farm, Sco-Li Farm, Posthaven, Echo Farm, Cedar-Lane plus more.

**Saturday, April 12th - 1:00 PM** - SPRING TURNOUT BEEF SALE - **FEATURING THE ENDLESS TRAILS FARM** Grass Fed Angus-Cross Breeding herd. 60 Brood Cows all due to calve to Devon Herd Sires from late April to Mid June! Accepting quality consignments for this special sale! Call with your groups to get into the advertising!

**Saturday, April 19th - 9:30 AM** on Plants & Shrubs & small items. Annual Spring Machinery Consignment Sale & Shrub and Plant sale. Call today with your consignments to meet the ads. Watch future ads for more details.

**LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL.**

\*\* 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.**

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

[www.hoskingsales.com](http://www.hoskingsales.com) Call today with your consignments.

Tom & Brenda Hosking  
6096 NYS Rt. 8  
New Berlin, NY 13411



607-699-3637  
or 607-847-8800  
cell: 607-972-1770 or 1771

**SELL IT!**

## JR's Auction

56 Willett St., Fort Plain, NY 13339  
(518) 993-4668

**The Auction Way!**

### Antiques, Consignments, Collectables, Tools and Furniture Auction!!

Tuesday, February 18th • 5:00am - Will again have a large selection of Antiques, Furniture, Tools, Consignments, & more and 100's of unique items here that will be Auctioned off!!!!

### Gun and Sportsman Auction Wednesday, February 19th • 6:00pm

Consignments wanted of Guns, Ammunition, Sportsman Items, Knives and more!!  
Already Consigned are 1-TC Encore, 1-Remington 870 20 Ga. (nice gun), 1-Haminton #27 22 Rifle, 1-NEF Model SB2 Mag 10 Ga, 1-Ithaca Model 37 Featherlite 20 Ga., 1-Marlin XT22 22 Mag, 1-Remington 1100 Trap Gun 12 Ga., 2-Winchester Model 12 16 ga. (1940's Gun), 1-Rossi Model 62SA 22 Pump, 1-Remington 30-06, 1-CVA Black Powder, 1-12 ga. Single Shot, 1-22 Rifle with scope, 2 Swords, and more guns still coming, and lots of ammunition!!

### Antiques, Consignments, Collectables, Tools and Furniture Auction!!

Tuesday, February 25th • 5:00am - Will again have a large selection of Antiques, Furniture, Tools, Consignments, & more and 100's of unique items here that will be Auctioned off!!!!

### Antiques, Collectables, Tools and Furniture Auction!!

Thursday, February 27th • 6:00am

**ATTENTION Antique and Collectable Auction!! We will be receiving consignments of Tools, Antiques, Furniture and more!!!!!!!!!! Bring your items!!**

Tuesday, March 5th • 5:00am

Saturday, March 8th • 11:00am

Tuesday, March 11th • 5:00pm

Thursday, March 13th • 6:00pm

Tuesday, March 18th • 5:00pm

Wednesday, March 19th • 6:00pm

Saturday, March 22rd • 11:00am

Antiques, Consignments, Collectables, Tools and Furniture Auction!!

Antiques, Consignments, Box Lots, Furniture, Tools and more!!

Antiques, Collectables, Furniture, Tools, and more!!

Country Primitive Antique Auction!!

Antiques, Consignments, Collectables, Furniture, Tools, and more!!

**GUNS, AMMUNITION, SPORTING, AND TOOLS!!**

Tools, Furniture, Consignments, Antiques and more!!

**As always if you bring your items we will turn them into CASH for you!! Antiques & Consignments Wanted for our every Tuesday night Auction!!**

**The On Site Auction season is coming!! We do on Farm Auctions, Machinery, Business Liquidation's, Complete Estates, Livestock, and more!! Sign up now!! The more advertising we can do for you the better!! We provide a complete Auction service for you!! JR'S Auction, 518-993-4668**

# Call in your Reader Ad



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For as little as  
\$4.00  
per week!!!

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Give us a Call...  
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Selling it?  
Looking for work?  
Looking to hire?  
We can get it done!***



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RING SO WE CAN  
RETURN THE FAVOR!!**

Call the Original Valley Pennysaver to place your  
Reader Ad 518-673-3011

**CANAJOHARIE OFFICE - STORE - RESTAURANT**  
 2 SPACES FOR RENT - 29 CHURCH STREET  
 Large 16'x70' but can reduce size if needed. Will do  
 some building to suit .....\$395  
 Modern Office - Formally Lawyers. New Laminate  
 Floors & Ceilings. 2 rooms 16x18 & 16x12 ...\$350  
**518-673-5938** - No Answer in 3 hrs **518-365-2976**

**HOME FOR SALE**



**Village of  
 Canajoharie**

2 bedrooms, new roof, new gas boiler, new hot water heater.  
 Walking distance to schools. Great neighborhood.  
 One car garage. Upstairs can be expanded  
 for more bedrooms. \$65,000

**518-378-3279**

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 ESTATE**

**APARTMENT FOR RENT IN ST JOHNSVILLE**

**3 Bedroom Downstairs Apartment**  
 Washer/Dryer Hookups. Off Street parking.  
 No pets. You pay utilities.  
**\$475 per month plus Security Deposit**  
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 or Email [shoot3rs@yahoo.com](mailto:shoot3rs@yahoo.com)

**CANAJOHARIE APARTMENTS**  
**52 Maple Ave.**  
**2 BEDROOM APARTMENT**  
 Beautiful - Modern  
 AC, Dishwasher, Range, Refrigerator  
 Superior Service  
**Rent \$760 Month**  
**Includes Heat & Hot Water**  
*First Month's Rent Free*  
 with Year Lease and Security Deposit  
**Call 518-673-8500**

**What is an escrow account?  
 Do I need one?**

Established by your lender, an escrow account is a place to set aside a portion of your monthly mortgage payment to cover annual charges for homeowner's insurance, mortgage insurance (if applicable), and property taxes. Escrow accounts are a

good idea because they assure money will always be available for these payments. If you use an escrow account to pay property tax or homeowner's insurance, make sure you are not penalized for late payments since it is the lender's responsibility to make those payments.

**Source: HUD.gov**

**How many homes  
 should I consider  
 before choosing  
 one?**

There isn't a set number of houses you should see before you decide. Visit as many as it takes to find the one you want. On aver-

age, homebuyers see 15 houses before choosing one. Just be sure to communicate often with your real estate agent about everything you're looking for. It will help avoid wasting your time.

**Source: HUD.gov**

**How can I find out  
 about community  
 resources?**

Contact the local chamber of commerce for promotional literature or talk to your real estate agent about welcome kits, maps, and other informa-

You may also want to visit the local library.

It can be an excellent source for information on local events and resources, and the librarians will probably be able to answer many of the questions you have.

# Did You Know???

The ant can lift 50 times its own weight, can pull 30 times its own weight and always falls over on its right side when intoxicated.

~~~~

Humans are the only primates that don't have pigment in the palms of their hands.

~~~~

The average person falls asleep in seven minutes.

## HOCUS-FOCUS

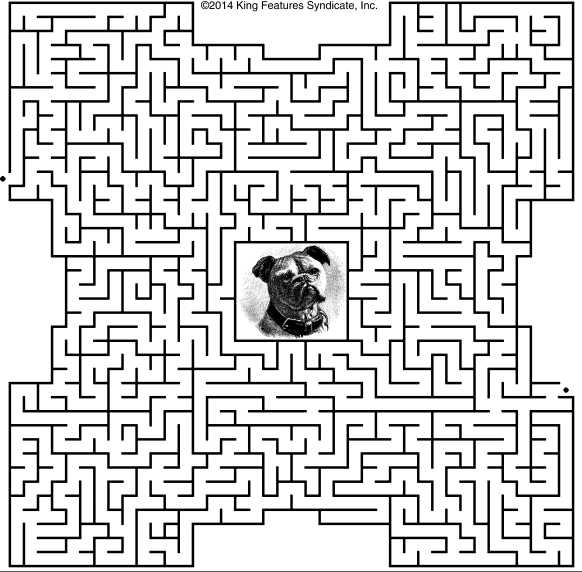
BY HENRY BOLTIHOFF



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## Mega Maze

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*Look for the answers to these puzzles in next week's issue!*

# Puzzles4Kids

by Helene Hovanec

## WORD FUN

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

**WHY DID THE COOKIE GO TO THE DOCTOR?**

- |        |     |       |        |     |       |
|--------|-----|-------|--------|-----|-------|
| WRITHE | ___ | THREW | BRACED | ___ | BREAD |
| TABLET | ___ | BLEAT | CRATER | ___ | REACT |
|        |     |       | INFUSE | ___ | FINES |
| FLAMES | ___ | MALES | CAMELS | ___ | SCALE |
| ELBOWS | ___ | BOWLS | EMBARK | ___ | BAKER |
| CALLED | ___ | DECAL | SANELY | ___ | LEANS |
| TROWEL | ___ | LOWER |        |     |       |

For more puzzle fun, go to [www.brainzles.com](http://www.brainzles.com)

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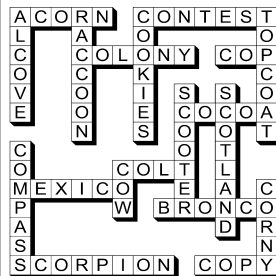
# ANSWER KEY

*How did you score on last week's puzzles?*

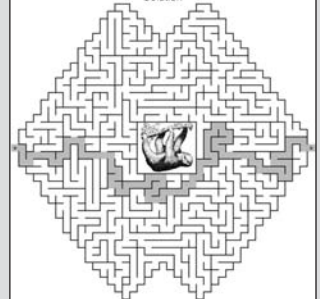
## HOCUS-FOCUS

Differences: 1. Eartlap is missing. 2. Bow is smaller. 3. Loudspeaker is missing. 4. Book is missing. 5. Push-button cord is shorter. 6. Jar is missing.

## Puzzles4Kids Answer



## Mega Maze Solution





# Seven winter safety tips for seniors

During the winter months ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illness — especially for seniors.

1. Avoid slipping on ice. Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Takes shoes off as soon as you get indoors because often snow and ice attach the soles and can become slippery.

2. Dress for warmth. Cold temperatures can lead to frostbite and hypothermia. Dress in layers, wear warm socks, a heavy coat, hat, gloves and scarf. Cover all exposed skin. Use a scarf to cover your mouth to protect your lungs.

3. Fight wintertime depression. Many seniors have less contact with others during cold months. This can breed loneliness and isolation. Have family check in on seniors as often as possible. Even a short phone call can make a big difference.

4. Check the car. Get your car serviced. Check things like the oil, tires, battery and wipers. Make sure your AAA membership is up-to-date in case of emergencies.

5. Prepare for power outages. Winter storms can lead to power outages. Make sure you have easy access to flashlights, a battery powered radio, blankets, and non-perishable food that can be eaten cold.

6. Eat a varied diet. Because people spend more time indoors and eat a smaller variety of foods nutritional deficits especially Vitamin D deficiency can be a problem. Eat foods that are fortified with Vitamin D, such as milk, grains and seafood like tuna and salmon.

7. Prevent carbon monoxide poisoning. Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. To ensure safety check the batteries in your carbon monoxide detector or buy an updated one if needed.

Don't be afraid to ask for help if you need it! Hire someone to clear your property of snow/ice. Arrange for transportation to the store or appointments. Reach out for help if you need assistance!

This information was provided by Care.com. If you have any questions please contact NYConnects/Office for The Aging at 315-867-1415.

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Name (Print): \_\_\_\_\_

Street: \_\_\_\_\_ County: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Payment Method: Check/Money Order American Express Discover Visa MC

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on Credit Card (print): \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

**Ph: 518-673-3011 OR 800-218-5586 • Fax: 518-673-2381 • Email: [dcountryman@leepub.com](mailto:dcountryman@leepub.com)**

**Mail: The Original Pennysaver, PO Box 121, Palatine Bridge, NY 13428**

# Calendar of Events

## ORIGINAL VALLEY PENNSAVER

**NOTE: Calendar entries must arrive at the Original Valley Pennsaver's office by the Tuesday prior to our publication date for them to be included in the calendar of events. Send events to Lee Publications c/o The Original Valley Pennsaver, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or Kathleen Lee at [kkelly@leepub.com](mailto:kkelly@leepub.com)**

### FEB 1-28

**Arkell Center News and Events for February**  
Arkell Center, Canajoharie, NY. Arkell Center Programs to all Area Seniors during February

are as follows:  
Mondays - Fridays: 12 Noon meals are provided by OFA - Meals of Montgomery Program. Reservations are required by noon of the previous day. Call 518-673-2000 or Mon-

days - Fridays: Noon meals are provided by OFA - Meals of Montgomery program. Reservations required by noon of the previous day. Call 518-843-2300. (Suggested donation is \$3 for those 60 years of age or older).

**Mondays - Fridays:** 10 - noon. Arkell's Indoor Walking Program has begun. Seniors invited.  
**Mon, Wed & Fri:** 10-10:30 pm. Arkell Center Senior Exercise Program is in the basement. Stop for coffee after.

**Tax-Aid Services:** Starting Feb. 12 through April 9, 8:30 am to noon. AARP Tax Aide, Lucius Gotti Jr. will be available for appointments. Call 673-2943 to schedule an apt.

**Wednesday:** 3-4pm, Gentle Yoga with instructor Patty Pietrowicz.

### SPECIAL EVENTS

**Feb. 19 & 26:** 12:30 to 4 pm. Senior Citizens Public Pinochle Card Party, donation - \$2, prizes & refreshments. If you would like to sub call Terry-673-5635.

**Feb. 18 & 25 & March 4 & 11:** 10 am - noon. Alzheimers presents "The Savvy Caregiver" at Arkell Center. Call to register-518-867-4999, ext. 200 or e-mail [tgarmley@alz.org](mailto:tgarmley@alz.org). This replaces the monthly Caregiver Meeting until further notice.

**Feb. 25:** 11:15 am -12:15 pm. Blood Pressure Clinic. Home Health Care Partners Corp. (Co-Sponsored by St. Mary's & Nathan Littauer Hospital). In addition to conducting the blood pressure clinic the Home Health Care Partners Corp. also provides health

# Church Directory

**Call 518-673-3011 To Place Church Listings or Fax Listings to 518-673-2381**

## Ames - Sprout Brook UMC

613 Latimer Hill Rd.  
Ames, NY 13317  
518-673-2265

*Pastor Jeff Rauhauer*  
Sunday Service 9:30am

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

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

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

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

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

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

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

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

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

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

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

**Everlasting Joy Believers Fellowship**  
66 Hancock St., (Rte. 5S)  
Fort Plain, NY 13339  
315-858-2112  
*Pastor Carolee Coye*  
Sunday Service 10am

**Faith, Hope and Love Christian Fellowship**  
18 W. Grand St., Palatine Bridge  
518-673-5128  
*Rev. David W. Bowley*  
[fhlc@frontiernet.net](mailto:fhlc@frontiernet.net)  
Sundays 11:30am,  
For other service times please call

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

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

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

**Fort Plain United Methodist Church**  
39 Center St., Fort Plain  
*Rev. Alan Griffith*  
Church Office 518-993-3863  
Parsonage 518-993-3645  
Office Hrs Tues & Thurs. 10am-4pm  
ALL WELCOME,  
Worship Service 11am

**Freysbush United Methodist Church**  
Freysbush Rd., Fort Plain  
518-993-3645  
*Rev. Alan Griffith, officiating*  
Worship 9am,  
Sunday School 10am ALL ARE WELCOME  
coffee hour to follow service

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

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

# Calendar of Events

and wellness information.

**Feb. 26:** Noon. OFA Meals of Montgomery Program is providing a Birthday luncheon for all February birthdays which includes: Roast Chicken w/Gravy, Herb Stuffing, Squash, Wheat Bread & Birthday Cake. Call 673-2000 for reservations.

**Feb. 27:** 9:30 am. Join us for "Breakfast with Seniors," bring a dish to share. All are Welcome

## MEETINGS

**Feb. 21:** 1 pm. Canajoharie Senior Citizens Meeting.

## FEB 19

**Healing Service**  
Valley Alliance Church,

on State Highway 5 east of Nelliston. 7 pm.

## FEB 19 & 20

**Rev. Chris Sarno is coming to Canajoharie!**  
Feb. 19 at 7 pm at Valley Alliance, Route 5, Nelliston and Thursday, Feb. 20 at 7 pm at the United Methodist Church, 50 E. Main St. Canajoharie. For more information or directions, call the Bowley's at 518-673-5128.

## FEB 22

**Race Your Matchbox**  
Century Club, 130 Guy Park Ave., Amsterdam, NY. 2-5 pm. Pedal car racing, make your air-

plane fly, sail a boat, blow a train whistle. \$5 admission. For more information call Kim at 518-853-4733.

## Used Book Sale

Fort Plain Reformed Church, 165 Canal St., Fort Plain, NY. 8 am - 2 pm. Proceeds go to Stop Hunger Now Mission.

## FEB 25

## Valley Chorales Concert Rehearsals

Canajoharie Reformed Church, Front St., Canajoharie, NY. 7 pm. Anyone wishing to join is welcome. Contact Dorothy Morrison, 518-673-2167.

## APR 1, MAY 12, AUG 12 & OCT 4

## Defensive Driving Course

Arkell Center, Canajoharie, NY. 9 am - 3 pm.

## MAY 3

## (RAIN DATE MAY 4)

**1st Annual Open House**  
Cambridge Saddle Club 5 Fish Hatchery Rd., Cambridge, NY. A variety of demonstrations, membership sign up booth, food & tack vendors. Contact Linda Laveway, 518-466-6635 or e-mail [cambridgesaddleclub@hotmail.com](mailto:cambridgesaddleclub@hotmail.com). On Internet at [www.cambridge-saddleclub.org](http://www.cambridge-saddleclub.org)

# Church Directory

**Call 518-673-3011 To Place Church Listings or Fax Listings to 518-673-2381**

## Grace Episcopal Church

32 Montgomery St., Cherry Valley  
315-858-4016

*Fr. Kyle Grennen, Priest-in-Charge*  
Sunday 11:00am Holy Communion/sermon

## Grandview Baptist Church

15 Washington St., Fort Plain  
518-993-9929

### Pastor Dan West

Sunday School 10am  
Morning Service 11am  
Bible Study & Prayer Meeting,  
Wednesday 6:30pm

## Guiding Light Fellowship Rose of Sharon Church of God

122 Moyer St.  
Canajoharie, NY  
518-284-3307

### Pastor Fred Jones

Tuesday 7pm

## Grace Christian Church

20 Center St.,  
St. Johnsville, NY 13452

### Rev. Harry J. Teuchert

315-866-8626

Sunday School 9:30am  
Worship 11:00am

## Joy Fellowship

296 Co. Hwy. 119  
St. Johnsville, NY 13452  
518-568-3217

**William Hayes Pastor**  
**Joyce Loughran Assistant Pastor**  
Sunday School 9am, Morning Worship 9:30am  
Wednesday Evening Worship 6:30pm

## Lassellville United Methodist Church

State Hwy. 29

### Pastor Robert A. Lindsay

Worship: Sunday 9:30am  
Sunday School to start soon

## Lighthouse Baptist Church

1524 St. Rt. 29A, PO Box 114  
Stratford, NY 13470-0114  
315-429-8854

### Pastor Martin Smith

Sunday Morning Worship 10:30am; Wed.  
Eve. Prayer Meeting 6:00pm; 2nd & 4th  
Sunday Dinner following Morning Service  
with Afternoon Service following dinner  
"Old-Fashioned Bible Preaching"

## Holy Family Parish

Little Falls, NY

315-823-3410

Saturday 4pm

Sunday 10:30am

## Marshallville Evangelical Church

Route 10 South

### Rev. David Bowley

Worship Sunday 9am

## National Kateri Tekakwitha Shrine and Indian Museum

3636 St. Hwy. 5, PO Box 627  
Fonda, NY 12068-0627

518-853-3646  
Weekly Masses: Sat. 4:30pm, Sun. 10:30am  
[frsars@katerishrine.com](mailto:frsars@katerishrine.com)  
[www.katerishrine.com](http://www.katerishrine.com)

## New Hope Christian Fellowship

32 Spencer St., Dolgeville, NY 13329

### Pastor Pat Andreoli

315-429-3630

NewHopeChristianFellowship.net  
Sunday School 9:30AM  
Worship Service 10:30AM

## Oppenheim United Methodist Church

Route 29

### Rev. Jack Ford

315-429-7381

Worship 9:30 Sundays,  
Totally Awesome God-TAG time 6:30pm  
Wednesdays beginning in Oct., Sunday  
School 9:00am beginning September 18th

## Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 13339  
Parish Office 518-993-3822

[ourladyofhope@frontier.com](mailto:ourladyofhope@frontier.com)

### Pastor: Father Dennis Murphy

Mass Schedule: Saturday, 4pm; Sunday,  
8:30am & 11am; Mon.-Thurs. 8:30am.  
Confessions: Sat. 3 & by appointment  
Please call parish office for Holy Day schedule

## Paines Hollow United Methodist Church

Intersection of 167 & 168, Paines Hollow

### Pastor Peg Donaghy

518-568-7604

Sunday Worship 9:30AM  
Fellowship Hour to Follow

## Randall Christian Church

NY Rte. 5S

Sunday Service 10am

### Pastors

Winston Hallett & Carl Hawver

## Reformed Church of Canajoharie

15-19 Front St., Canajoharie

518-673-2816

### Rev. Miriam Barnes

Worship 10am, Nursery Provided,  
Christian Education  
for children & adults 9am

## Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339

518-993-4302 • [fortplainrca@yahoo.com](mailto:fortplainrca@yahoo.com)

### Rev. Nancy E. Ryan

Sunday Worship 10:30am,  
AA meetings on Tues. 7pm,  
Home of Manna House Meals, A  
Community Meal Program-Sat. Noon-1:30pm

## Reformed Church of Sprakers

112 Sprakers Hill Rd

**Mark Tiffany, Preaching Elder**

Worship ~ 10AM

## Richfield Springs Bible Church

19 Church St  
Richfield Springs, NY 13439

### Rev. David Tosi

315-858-0564

Sunday School (all ages) 10am  
Worship Service 11am & 7pm  
Wednesday - Prayer & Praise  
Call for info on various Youth Ministries  
[www.richfieldspringsbiblechurch.org](http://www.richfieldspringsbiblechurch.org)

## River of Jubilee Church

5057 State Highway 5 S  
Sprakers, NY 12166

### Pastor: Gail Adamoschek

Pastor: Steve Adamoschek

518-322-1427 / 518-224-4455

Sunday Service 10:00am  
Children's Church Available  
Other Learning Opportunities Available  
Visit us on Facebook

# Church Directory

**Call 518-673-3011 To Place Church Listings  
or Fax Listings to 518-673-2381**

## Seeker's Fellowship

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

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

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

## St. John's Lutheran Church

774 St. Hwy. 163, Freysbush, NY  
518-421-1027  
Sunday Worship 9:30am, Sunday School 10:30am,  
You are invited... Ladies Aid W.E.L.C.A. Meets 1st  
Sat. of every month. For Fellowship in Christ's Service.  
Handicapped Accessible

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

## St. John's Reformed Church

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

## St. Johnsville Methodist Church

7 East Main St.,  
St. Johnsville, NY 13452  
*Rev. Harry J. Teuchert*  
518-568-7983 • 315-866-8626  
Worship Sunday 3pm

## St. Joseph's Roman Catholic Church

31 North Helmer Ave., Dolgeville  
315-429-8338  
*Father Quy N. Vo*  
Sunday Mass is 10:30am,  
Daily Mass Mon. & Wed. 8am

## St. Mary's Episcopal Church

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

## St. Paul's Lutheran Church

32 W. Main St.,  
St. Johnsville, NY (next to NBT Bank)  
518-568-3007 Church  
518-568-2405 Parsonage  
*Rev. David Johnson*  
Sunday Worship 10:30am,  
Tues. Bible Bungee-Jumping 7pm,  
"Bible Study" that actually makes sense!  
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## St. Paul's Lutheran Church

36 Lydius St.,  
Fort Plain, NY 13339  
518-993-2040  
Sunday School 9:45-10:45am  
Church Service 11am

## St. Paul's Universalist Church

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

## St. Thomas the Apostle Catholic Community

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

## Stratford United Methodist Church

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

## The Christian Church of Rural Grove

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

## The Holy Spirit Polish National Catholic Church

618 E. Gansvoort St.  
Little Falls, NY  
315-823-0793  
*Father Rafal Dadelo*  
Mass at 11am on Sunday  
www.holyspiritncc.org

## The House of Zion, Inc.

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

## The Time for Truth Ministries

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

## Trinity Lutheran Church

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

## United Methodist Church of Canajoharie

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

## Valley Alliance Church

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

## Victorious Life Church RMI Fellowship

104 Main St. & 431 St. Hwy. 80  
Fort Plain, NY  
518-993-3102  
Sunday School 9am,  
Morning Worship 10:30am,  
Youth Group 5pm,  
Evening Worship 7-8pm



## Winter

by Elizabeth Lipiec Zerbst

That snowman sure looks happy  
Standing outside by the tree,  
But this freezing winter weather  
Feels way too cold to me.

The sound of popcorn popping  
Is really more my style,  
And the buttery smell that fills the house  
Always makes me smile.

And something really soothing  
That is sure to cheer me up,  
Is the sweet taste of hot cocoa  
From my favorite cup.

*Elizabeth, known to her friends and family as Betty, grew up on a dairy farm in the town of Danube. Betty and her husband Fred now live on their hobby farm in the town of Stratford. You can check out her books at [www.elizabethzerbst.com](http://www.elizabethzerbst.com).*



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Your car just wants a little love in the form of an oil change, tune-up and basic service. A little extra care now can lead to happily ever after with your car for many years to come, says the Car Care Council.

“If you want to add more years to the relationship between you and your car, give it some extra TLC this Valentine’s Day,” said Rich White, executive director, Car Care Council. “There’s no debating the value of preventive maintenance to keep your car running efficiently. By showing your car a little love now, you’ll avoid the heart-break and unexpected expense of car trouble down the road.”

The Car Care Council recommends treating your vehicle to a little extra attention for with these easy steps.

- Schedule a tune-up annually to optimize your car’s performance. A well-tuned engine delivers the best balance of power and fuel economy, and produces the lowest level of emissions.

- Change the oil and filter per the owner’s manual. Periodic oil and filter changes keep your engine clean on the

inside.

- Check the tire pressure monthly, including the spare. Your car’s tires affect its ride, handling, traction and safety.

- Have the alignment checked annually. Potholes and other road conditions, as well as normal wear, can take their toll on your car’s steering and suspension. A wheel alignment reduces tire wear, improves fuel economy and handling, and increases driving enjoyment and safety.

- Inspect the windshield wipers and lights on the car. Lights and wipers play a major role in safe driving, and they are normal wear items that need periodic replacement.

The Car Care Council’s free custom service schedule helps make vehicle ownership more enjoyable, economical and convenient.

The Car Care Council is the source of information for the “Be Car Care Aware” consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council’s Car Care Guide or for more information, visit [www.carcare.org](http://www.carcare.org).

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**11 in-stock!**

Stk# F6370 - MSRP \$28,195 before discount, \$2,261 due at signing which includes \$1,999 cash or trade equity. Security deposit waived, acquisition fee included. DMV fees, title and sales tax extra. 36mo./10.5k miles a year, .15¢ a mile thereafter, \$1150 Ford Lease Cash applied based on selling price of \$27,500. For qualified buyers, must lease thru Ford Red Carpet Lease. Offer ends 2/28/2014.

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518-673-2820



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Patricia Edick  
518-673-2820



Real Estate Agent  
Barbara Krutz  
518-673-2820



Real Estate Agent  
Jamie Lawrence  
518-694-2176



Assoc. Real Estate Broker  
Milt Krutz  
518-673-2820



Real Estate Agent  
Shane Buddles  
Farm Specialist  
518-937-0564



Real Estate Agent  
Gary "Dart" Jones  
518-568-3113



Real Estate Agent  
Robert Buck  
518-698-3004

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202:  
**ST. JOHNSTVILLE:**  
Well cared for Colonial Style home w/ many updates. Sliding glass doors from the family room lead to a beautiful backyard w/ inground pool & deck. Working kit, FDR, FLR, & 4 bedrooms.  
**Asking \$123,900**



203:  
**T/O MINDEN:**  
Located on a country road w/ a nice yard. 2-family home w/ a beautiful lg yard. Downstairs apt is spacious w/ many updates.  
**Asking \$95,000**



511: **FORT PLAIN:**  
Beautiful brick home w/ many detailed features. Walk through the front doors & walk onto hardwood floors throughout the home. Marble fireplace, French doors, theater room, formal DR & eat-in kit. 5 bdrms & 2 baths.  
**Asking \$134,700**



513:  
**CANAJOHARIE:**  
4 unit apartment building fully occupied. Zoned mixed commercial use. Off street parking. Many updates include windows, roof and electric entrance.  
**Asking \$98,500**



515:  
**JOHNSTOWN SCHOOL:**  
2-story home situated on 6 acres of land. Treed yard, pond & large front porch. 5 bdrms, formal DR, LR and attached garage with shop.  
**Asking \$119,900**



517:  
**PALATINE AREA:** Beautiful setting comes with this home. Enjoy your view of the creek from your sunken LR w/ hardwood floors & cozy fireplace. Enclosed sunroom, open kitchen, LR & dining area. Att/Det garage, barn and so much more.  
**Asking \$159,500**



521:  
**COUNTRY STORE/ RESTAURANT:** Seats approx. 40. Restaurant includes lots of equipment. 2nd floor apartment. Recently reduced! Reasonably priced!  
**Call for details.**



524:  
**NICE FARM PROPERTY**  
w/ pasture, woods, horse trails and hay fields. 30x76 barn w/ horse stalls, workshop and chicken coop. 1880s home w/ wood floors, updated kit, LR w/ a cozy woodstove, dining area, den and back screened-in porch. 52 acres.  
**Asking \$265,000**



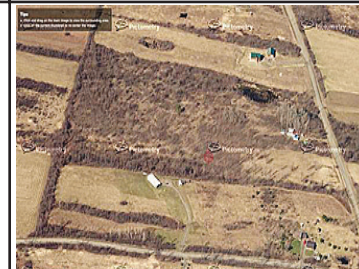
525:  
**TOWN OF MINDEN.**  
10 acres located on a nice private road. Originally 2 parcels. Nice parcel to build.  
**Asking \$24,900**



520: **PALATINE BRIDGE:**  
American Bungalow Home. Beautiful hardwood floors throughout the home. Living room w/ a wood burning fireplace. Formal dining room, den and eat-in kitchen. Attic easily could be converted into additional bedroom. Rec. Room in basement. Back enclosed porch. Total 2 lots. Circular paved driveway.  
**Asking \$89,000**



161: **ST. JOHNSTVILLE:**  
Home is well maintained, in very good condition and located on a dead-end street with double lot. It has a small front screened in porch, a large deck in the back with a small pavilion attached to the deck. Nice shed out back of the pavilion and a large 3-car detached garage.  
**Asking \$89,000**



164:  
**CANAJOHARIE:**  
6.3 acres of level, sloping, rolling, cleared and wooded land with a great view of the Cherry Valley Mountains!!!  
**Asking \$22,000**



802:  
**SHARON SPRINGS:**  
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## Fun facts about February

February is the shortest month of the year, but many people have no idea why that is. February is the only month to have fewer than 30 days, but there is no scientific reason behind that distinction, though there have been various changes to the calendar throughout the centuries, and eventually February became what it is today.

The Romans developed a 10 month calendar that began with the Spring equinox in March and ended in December. There is belief that what is now February was overlooked when this calendar was created, as winter weather had little to do with the harvest in the northern hemisphere, where Rome is located. Romans essentially considered the winter a period of time with no dis-

tinctive months.

When the second king of Rome, Numa Pompilius, took to the throne in 713 BC, he had plans to make the calendar more accurate by synchronizing it with the actual lunar year, which is roughly 354 days long. Thus, two new months, January and February, were added to the end of the calendar. Both January and February had 28 days.

At the time, even numbers were considered bad luck, and these months were not looked upon favorably by the king. So he decided to make changes once more and added a day to January to make it 29 days long. February was left untouched, remaining an "unlucky" month and one devoted to honoring the dead and performing rites of purification, as the word February comes from

februare, which means "to purify." February remained the last month of the year for roughly 200 years until the calendar was reevaluated and February was re-assigned as the second month, with January being the start of the new year.

This new 355-day calendar simply could not stay in sync with the seasons because it did not account for the amount of time it takes the Earth to orbit the sun. Therefore, an extra "month" of 27 days was added after Feb. 23 each year to play catch-up. Sometimes this extra month was overlooked or not scheduled in time, continuing the calendar conundrum.

Julius Caesar was responsible for tackling calendar problems further when he was in power. He wished to make the calendar solar-based, like the

one Egyptians used, instead of the older lunar-based calendar. This led to the creation of the Julian calendar. Ten days were added to the calendar year in various months, and February was increased every four years (leap year) to 29 days to coordinate the calendar year to the solar cycle of roughly 365.2425 days.

February remains the shortest month of the year. Through the years there has been no widespread attempt to reorganize the calendar once more to even out the months and give extra time to February. As a result of the shorter number of days, February has some unique attributes. In common years, February can pass without a single full moon. The next time this will happen is in 2018. Once every six

years, February is the only month that has four, full seven-day weeks.

February starts on the same day of the week as March and November in common years, and on the same day of the week as August on leap years. February ends on the same day of the week as October every year. In leap years, it is the only month that begins and ends on the same weekday.

People born on a leap year technically celebrate their birthday only once every four years, but most observe it on the 28th. Celebrities born on February 29 include Tony Robbins, Antonio Sabato, Jr., Mervyn Warren, and Dennis Farina.

Despite its status as the shortest month, February is packed with many events, including Valentine's Day and Ground-

hog's Day. Americans celebrate the birth of two presidents in February, as well as Black History Month. Mexicans celebrate Flag Day in February, while residents of St. Lucia celebrate their Independence Day. February is also a time for families, especially in Canada, where Family Day is celebrated on the third Monday of the month in many provinces.

February is also an important month for sports fans, as two teams will face each other in the Super Bowl on the first Sunday of February.

No one really knows for certain why February was relegated to the shortest month. However, with so much trivia and special events surrounding the month, it is still a special time of year.

## Exercise beneficial for dementia

Exercise may benefit older people with dementia by improving their cognitive functioning and ability to carry out everyday activities, according to a new systematic review published in *The Cochrane Library*. However, the authors of the review did not see any clear effect of exercise on depression in older people with dementia and say that more evidence is needed to understand how exercise could reduce the burden on family caregivers and health systems.

Due to people living longer, rates of dementia are expected to rise sharply in the coming decades. Dementia af-

fects the brain in different ways and is associated with effects on memory and personality. It is thought that exercise might be useful in treating dementia or slowing its progression, through improvements in the ability to carry out everyday tasks and positive effects on mental processes such as memory and attention, collectively described as cognitive functioning. Exercise may therefore indirectly benefit family caregivers and the healthcare system by reducing some of the burden of dementia.

The study updates a Cochrane review carried out in 2008, when only

four trials on the effects of exercise in older people with dementia were available. In the updated review, data from eight trials involving 329 people showed that exercise could improve cognitive functioning. Data from six studies involving 289 people showed that exercise could improve the ability of older people with dementia to carry out daily activities, such as walking short distances or getting up from a chair.

"In our previous review, we were unable to draw any conclusions about the effectiveness of exercise in older people with dementia, due to a shortage of appropriate

trials," said researcher, Dorothy Forbes, an Associate Professor of Nursing who works at the University of Alberta in Edmonton, Alberta. "Following this new review, we are now able to conclude that there is promising evidence for exercise programs improving cognition and the ability to carry out daily activities. However, we do still need to be cautious about how we interpret these findings."

The researchers remain cautious because there were substantial

differences among the results of individual trials. In addition, they did not find enough evidence to determine whether exercise improved challenging behaviors or depression in older people with dementia. They were unable to come to any conclusions regarding quality of life, or benefits for family caregivers and health systems, because there was not enough evidence.

However, the researchers suggest that if more evidence becomes available in future, it

may help to address the question of whether exercise can help people with dementia remain at home for longer. "Clearly, further research is needed to be able to develop best practice guidelines to enable healthcare providers to advise people with dementia living at home or in institutions," said Forbes. "We also need to understand what level and intensity of exercise is beneficial for someone with dementia."

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## Staying safe on frozen lakes

Anglers, skaters and outdoor enthusiasts often take to the great outdoors when lakes and other bodies of water freeze. But even after days of below-freezing temperatures, lakes may not be solid, increasing the risk that revelers will fall through the ice, possibly resulting in drowning or hypothermia. As a result, it is imperative that safety precautions be taken when spending time on frozen lakes.

Though it can be fun to skate or fish on a frozen lake, ice is never safe and it's always in one's best interest to treat ice with caution. Ice strength depends on various factors, including daily temperature, water depth, water chemistry, currents, and distribution of the load on the ice. It is impossible to judge the thickness of the ice by appearance alone. Your best bet is to proceed with cau-

tion and follow these tips for survival.

- Be prepared for any scenario. Prepare for the possibility of a plunge. Carry a long metal or

you are unsure about. The bar also can be used as a walking stick. Carry safety spikes to provide traction if you fall through and need to

ice. Also, never venture out alone. Always go with a partner or alert someone to your whereabouts.

- Always wear a life jacket. Life jackets act as



metal-tipped wood pole, called a spud bar, which can be used to test the strength of areas of ice

climb up onto the ice. • Avoid crossing frozen bodies of water in a single file, as it may stress the

flotation devices until you can get to safety.

- Do not take a vehicle onto the ice. A car or light

truck needs 8 to 12 inches of clear ice to be safe.

- Be aware of cracks or fissures in the ice. Be extremely cautious crossing ice near river mouths, points of land, islands, and springs. Currents can cause ice to be thinner in these areas.

- Carry a safety line. Such lines can be thrown to someone who has fallen through the ice. This may be the best method of pulling someone to safety.

- Remain calm if you fall through the ice. Avoid thrashing, which can use up energy and body heat. Try to keep your head and face above the water. The body will react to the plunge by going into "cold shock," a condition characterized by hyperventilation, involuntary gasping and internal responses including hypertension (high blood pressure) and changes in pulse

rate. You do have time to get out. Many people can last two to five minutes in cold water before strength and coordination are compromised.

Try to normalize your breathing to ensure you get enough oxygen to react and get to safety. Concentrate on breathing slowly and steadily. Kick your feet and pull yourself out of the water at the strongest edge of the ice. Try to roll up onto the ice, staying flat to distribute your body weight. Roll yourself away from the hole into which you fell and remain on your hands and knees until you crawl several feet away. Only then should you stand up and walk to safety to get dry and warm.

Spending time on a frozen lake can be fun, but it's also risky. Knowing how to react in an emergency situation may just save a life.

## Tuxedo purchasing pointers

Gentlemen getting ready to tie the knot will have to make certain wardrobe choices so they look their best on their

big days. Although many grooms-to-be rent tuxedos on their wedding days, it may be more cost-effective to pur-

chase a tuxedo. Tuxedos are the ultimate formal wear for men. Worn at formal gatherings like proms,

weddings and lavish parties, tuxedos have undergone several style changes over the years. Men interested in looking polished will find no option makes that impression more convincingly than the right tuxedo.

Men frequently called upon to attend formal events may find purchasing a tuxedo is a wise investment. There are several advantages to owning a tux rather than renting one time and again. Tuxedos typically cost around \$1,000, whereas renting tuxedos can be \$200 or more each time, making it advantageous for men who frequently don tuxedos to purchase their own rather than rent.

Another advantage to owning a tuxedo is the opportunity to wear a tux that is custom-made and tailored just for you. Instead of a rental that will merely be stitched temporarily to fit your measurements, a tuxedo you purchase will be tailored specifically to your body, increasing comfort and making you look better as well.

Men who buy their own tuxedos also can choose the style, fabric, color, buttons, acces-

sories, and type of lapels on the jacket. A tuxedo store may have more styles available for sale than for rent. If you desire something that fits your personality and your physique perfectly, buying your own tuxedo may be your best bet.

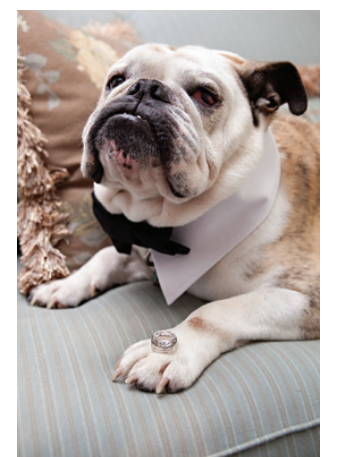
Men worried about purchasing a tuxedo only to see their waistlines increase or decrease should keep in mind that many tuxedo shops offer free tailoring for as long as you own the tuxedo.

When purchasing a tuxedo, men should choose classic styles and colors so they can enjoy the tux for years to come. Opt for a slim-fitting white shirt underneath that won't billow out when jackets are removed. Men who want to break from tradition can opt for a shirt that is a pale blue or light gray to wear under the jacket. This is still an understated look, but one with a hint of creativity.

A classic, black bow tie is an ideal match when purchasing a more classic tuxedo. The bow tie is back in a big way, and men who want to spice things up can purchase more traditional neckties

for those occasions when they don't want to wear bow ties.

Tuxedos come with different lapel styles, and it's important to know the differences. Today's most popular style is the notch lapel, wherein a triangular indentation is cut where the lapel joins the collar. This lapel mimics the shape of a classic suit. A peak lapel is the quintessential classic, featuring a broad, V-shaped lapel that points up and out just below the collar line. A shawl lapel is a smooth, rounded edge lapel. The shawl lapel reached the height of its popularity in the 1950s, but it can still look good today.





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