

Serving the Homes of the Mohawk Valley

Volume 4 • Number 33

The DH Robbins Jump Rope team includes (from left) front row, Allysa Baldwin, Kristin Sanders, Cadence Johnson and Jade Dygert, (Row 2) Asa Handy, Mason Snell, Sydney Eggleston, Kamden Battisti, Alexis Klock, (Row 3) Andrew Snell, Jacob Snell, Maria Battisti, Kaylee Jones, Shayna Straney, (Row 4) Coach Cool, Trenten Stevenson, Cayden Shaut, Travis LaFountain, Brian Battisti and Makayla Johnston. See more on page 8. Photo by Elizabeth A. Tomlin

Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" Matthew 22:37-39





ADULT: Friday Mar 21st, 630 pm. YOUTH (ages 4-15): Saturday, Mar 22nd, 12 Noon. To make it more fun we are doing things a little different. Adult shoot is "DArchery". Lets see how good you are at the dart game Cricket, but with an arrow! The kids will be shooting a game of "9 ball" with their bows! Please preregister. Adult: \$10, cash prizes awarded. Youth: \$5, prizes and everyone gets a certificate. The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010.

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Already consigned for our Country Antique Auction on Wednesday March 13th is up 10 GE Clocks, Gingerbread Clocks, Primitive Furniture, Early Church Pew, Butter Churns, Primitive Tools, Wheat Flails, Roll Top Desk, Early Trunks, Antique Meat Slicer, and much more still coming!!!!! JR'S Auction 56 Willett Street Fort Plain NY 518-993-4668 Consignments Wanted!! Bring Your Best!!

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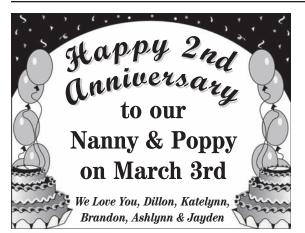
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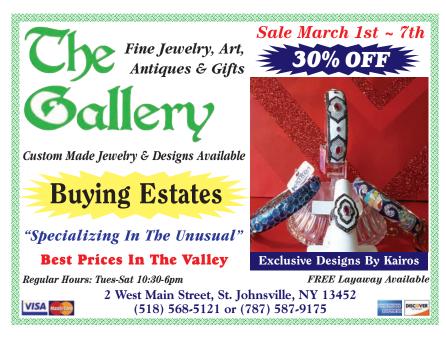
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D. H. Robbins Elementary School ~ Jumping for Hearts

by Elizabeth A. Tomlin

Celebrating the American Heart Association's 35th anniversary of 'Jump Rope For Heart' was a huge event for the students at D.H. Robbins Elementary School in St. Johnsville.

The children there have collected over \$2,700 in donations, with more pledges still coming in.

On Monday, Feb. 24, the Jump Rope Team, led by Coach Hillary Cool, put on a performance to remember and finalists from each grade took part in play-off competitions.

"I originally was introduced to the event when I was a teacher at Mayfield," said Cool. "When I was hired last year at St. Johnsville and realized they ran the program, too, I was excited to keep the program going!"

Cool said new activities were added to the program this year and more new events will be added each year to keep the program exciting.

The event is especially exciting for this year's new principal, Becky Marzeski, who has pledged to jump rope once for each dollar raised! This feat will be performed with the students watching and cheering her on.

"Students counted today while I jumped 700 times," said Marzeski. "I will be jumping the remaining number of times to match the dollar amount raised by our students during this week, and by Friday, I will have accomplished my promise to D.H. Robbins students!"

Cool believes it is important to teach children how to give to others and that this was a great opportunity to accomplish that.

"I am really proud of all the students at DHR," said Cool. "What these children have done for others is very encouraging to see. It leaves you with a feeling of hope."



Jump Rope team member Kristen Sanders was awarded with the "I Did My Part to Save a Heart" award for raising \$100 and also designing a heart with all of her donors names on it for her 100th day of school project.

Coach Cool says rope jumping is great exercise for the children — and working to build strong hearts and other muscles is what physi-



Trick jumper Brian Battisti practices for his stage performance, while Coach Cool American Alliance for and Mason Snell turn the rope and Kamden Battisti watches in the background. Health, Physical Education, Photos by Elizabeth A. Tomlin Recreation and Dance.

cal education is all about.

"Students here are not just great athletes," stated Marzeski. "They are helpful citizens in society! I want the world to know how proud I am of the students at D.H. Robbins Elementary School, they have surpassed their goal, which was to collect \$2,000 for The Heart Association!"

All monies raised go directly to the American Heart Association.

Jump Rope For Heart and Hoops For Heart are national education and fundraising events sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance.



Free Admission, Raffles & Refreshments will be sold **Donations of Purina Dry Cat** Food. Friskies Canned Cat Food & Litter Welcome!

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Jessica Mason Mar. 2nd Tina Galt - Mar. 2nd Ronald Morrison - Mar. 3rd Carol Peck - Mar. 3rd Heather Dudek - Mar. 4th Marie Mowrey - Mar. 4th Dick Waner - Mar. 5th Matt Schrell - Mar. 5th Chris Schrell - Mar. 5th Jon Schrell - Mar. 5th Jim Hoffman - Mar. 5th Julie Ruszkowski - Mar. 7th Grace Dillenbeck - Mar. 7th Marlene Nalli - Mar. 7th Keith Baker - Mar. 7th Shannon Hyney - Mar. 7th Eddie Fehring - Mar. 8th

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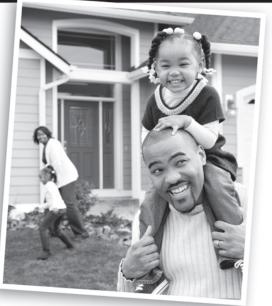
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Montgomery County Department of History and Archives staffing should remain in place

Dear Editor:

I have read with interest but not surprise of the proposal set forth by some of our new county legislators that would adversely affect our county historian archivist. For over 65 years, I have watched the Montgomery County Department of History and Archives and those who staffed it. All too often the history of our area has held a back seat, often purely because of politics.

It might be well if we remember that what went before us is much the same as the foundation of a structure. Without that foundation, the building is found to be weaker. The department has sometimes come close to being dissolved — something which would have been tragic to those whose ancestry comes back to this historic area. I have known well those who were county historians. All too often, as the winds of politics changed, so did those who held that position. Unfortunately many of us who were involved in historic preservation sat back and said very little or nothing.

I cannot say that any of the past appointees were bad people, but I believe I can say that some did not belong in that position. I do hope that our present historian, Kelly Yacobucci Farquhar, and the staff and volunteers are encouraged and allowed to retain their positions. They have done a superb job and I am sure will continue to do so if they receive the consideration they so justly deserve from the new legislation.

Sincerely, Willis "Skip" Barshied



Whatchamacallits

Rt. 20, Sloansville

GOULDS PUMPS

We have reached a consensus! This item was featured a few weeks ago and many of our readers recognized it as an antique ice chipper (sometimes called an ice pick.)

This four-pronged chipper was most likely used to break large ice blocks into smaller pieces. The ice would be used in everything from drinks to packaging frozen foods.

Modern ice chippers have prongs that are straight instead of curved, more resembling mini pitchforks. Many are just single pronged, like sharp letter openers.

Have your own

Whatchamacallit? Send picture and description to 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.

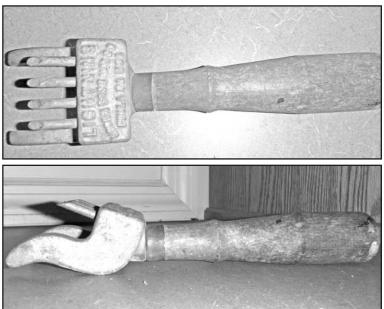
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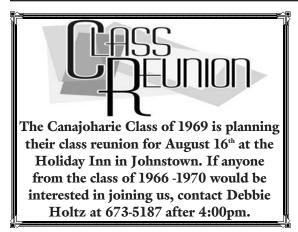
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WANTED: Antique hand crank meat slicers, Cider presses with or without grinders!! 518-673-4747



133 Hilltop Rd., Sprakers • 518-673-5670 Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



RAMSEY - 5 year old male Pit Bull, 57 lbs. Found on Hilltop Road, Sprakers in March 2010. Very handsome and extremely loving. Should be your only pet in adult home. Housebroken. Lively and playful



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



REX - 2 year old male Lab/Pit Bull mix, 63 lbs. Found on Lang Drive, Glen in July 2013. A big smiley guy. Knows "sit". OK with some dogs. Fine with kids.



SASHA - 9 1/2 - 10 year old female Rottweiler mix. Came to the shelter on November 20th because her owner was moving. Knows "sit" and gives her paw to "shake". Lively and friendly.



SPENCER - 5 1/2 year old male Pit Bull, 55 lbs. People friendly and loves to play with his toys. Older kids only. Not good with cats.

ECHO - 1-2 year old female Pit Bull mix, 45 lbs. Found on Route 5, St.

Friendly, high-energy and strong.

Good with some dogs, not cats. OK

in September

2011

Johnsville



JAX - 2-3 year old male Australian Kelpie mix. Found on Stone Arabia Road, Palatine in December 2013. Friendly, alert, lively. Housebroken.



KIDD - 1 - 1 1/2 year old male Pit Bull mix, 44 lbs. Found on Hickory Hill Road, Mohawk on October 8th. Friendly, outgoing, lively. Great with kids!









133 Hilltop Rd., Sprakers • **518-673-5670** Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



COMET - 1 year old brindle and white male Pit Bull mix. Found on Division St., Fort Plain in August. Love bug with a fabulous "Pittie" smile. OK with some dogs. Great with kids.



ELLA - 3 1/2 - 4 year old female Siamese mix. Came to the shelter on February 14th. Very lovely.

CHRYSLER

Find us on Facebook



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



PIPPA - 2 year old female Calico. Found in a box on a lawn on Hilltop Road, Sprakers in June 2013. Very lovely.

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phone calls, flowers, food, visits and gifts were all deeply appreciated and always brought a smile to my face. It was comforting to know there was always someone here to help with all the countless chores and errands. Thank you for taking such good care of me. Your thoughtfulness has helped to speed my recovery. May God Bless all of you as he has blessed me. With Love, Linda Duesler

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

WANTED: Bottles & cans. We count & sort to make your time short! Amy's Bottle & Can Return Center, 5 Mechanic Street, St. Johnsville, NY 518-775-0856

All tions. ages, all stages. The Sportsman's Den, 36 Canal St, Ft 518-993-1010. Plain. Indoor Archery Range: \$5 per hour, 6th visit FREE. LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS, etc.

FORD 150XL, '01, V6, auto, 61/2' box, \$1,000; Land for sale; '73 Silver Bullet. 315-823-9112

BAKED GOODS for St. Patrick's Day at Grandma's Kitchen, 80 Erie Blvd., Canajoharie 518-673-0195



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, Lot 6, Fort Plain, NY 13339. Serious buyers only. \$17,500/Firm. Owner Charles Leon cell 518-774-3068

FURNISHED ROOMS FOR RENT: Walking distance to downtown Canajoharie. Community kitchen, Cable TV, washer/dryer, off street parking, on-site management, newly renovated building, \$85.00 per week. Chris 518-227-7697

(518) 673-3011 ~ To Place Your Ad



Sale Items, Collectibles, Baked Goods, Tools, Hunting Items. and more!!! Call to reserve a space!!!! Don't Miss The Action!!!!!!

SHEETROCK: 1/2x4x8, 10, 12 and 14'. Also 1/2x4x8" moisture resistant and 5/8x8, 10 & 12' Fire Code. Joint compound, tape, drywall screws and primer available to complete the job. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

Willett Street Fort Plain NY 518-993-4668 Selling the Auction Way gets you the biggest bang for your buck!!

(518) 673-3011 ~ To Place Your Ad

FACTORY DIRECT Pricing on high quality red oak crown moulding and furniture grade rough or finished red oak lumber. Buryford Farms, Dolgeville, NY. Call direct to General Manager Frank Herringshaw 315-868-4842 or plant #315-429-9040

You name it we play it. Call 518-762-2982 for more information

Burpee and Bentley garden seeds are here, stop in to check our selection and great prices! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

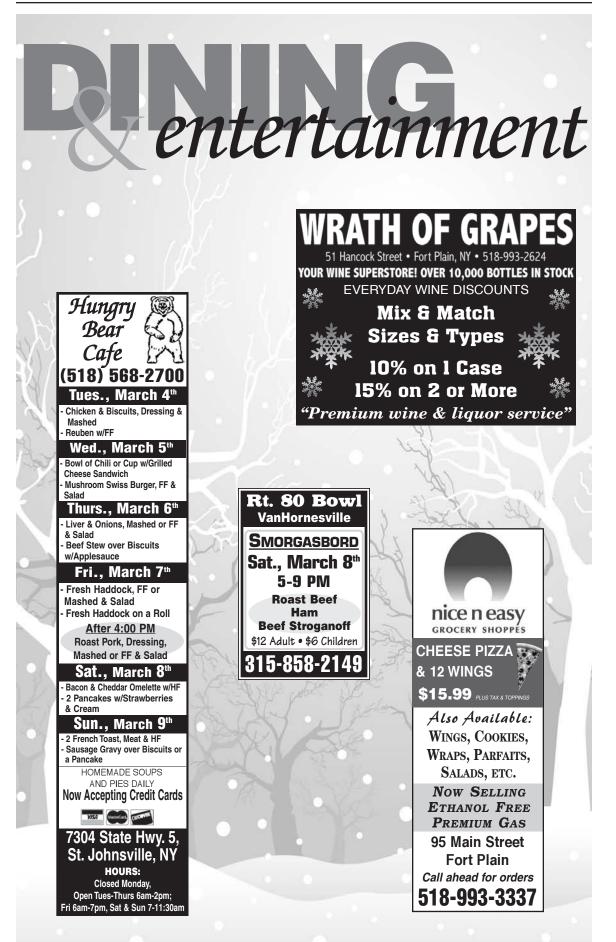
March Bargain of the Month! Stanley 10gal. 4 HP wet/Dry Vac just \$39.97 Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain NY 993-3834

FURNITURE: Gently used and affordable. Lydia's Golden Treasures. Wed.-Sat. open at 10:00am. 18 Canal St., Fort Plain, NY (518)951-4476

2006 CADILLAC DTS, silver, 69k, V-8, auto, heated leather, loaded American Luxury!! SALE: \$12,995. John C. Miller, Inc. 518-762-7124 www.iohncmiller.com

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Calendar of Events

ORIGINAL VALLEY PENNYSAVER

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

MAR 1

2nd Annual Chili Cookoff

Van Alstyne Homestead Society (Fort Rensselaer 42 Moyer St., Club), Canajoharie, NY. 12-4 pm. For further information call 518-673-4186. **MAR 1-31**

Arkell Center News and **Events for March** Arkell Center, Canajoharie, NY. Arkell Center Programs to all Area Seniors during March are as follows:

Mondays-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 Arkell's am noon. 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 March 5 through April 9. 8 am to noon. AARP Tax Aide, Lucius Gotti Jr. will be available for appointments. Call 673-2943 to schedule an apt.

Wednesday: 3-4 DM. Gentle Yoga with instructor Patty Pietrowicz

SPECIAL EVENTS

March 5, 12, 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.

March 6: 6:30 pm. Guest speaker Warren Greene, past photographer for the Conservation Magazine will give a presentation to the Garden Club. Open to the public and refreshments will be served.

March 4: 10 am - noon. Alzheimers presents "The

Church Directory Call 518-673-3011 To Place Church Listings or Fax Listings to 518-673-2381 **Cherry Valley** Christian Church of **Charleston Four Corners** PO Box 896 Assembly of God 1380 E. Lykers Rd., Sprakers Richfield Springs, NY 13439 518-922-9088 Pastor Brett Popp 37 Alden St., Cherry Valley, Rev. Mark Ioset 607-264-3306 Sunday School (adult & children) 10am, Pastor David Carpenter, Jr.

Sundays 9:30am

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

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

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

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

Worship 11am, Sunday Eve. Prayer 6:30pm, Thurs. Eve. of Encouragement 6:30pm ww.christianchurchcharlestonfourcorners.o

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

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

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

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

Church of Christ Uniting 315-858-1553 Service: Sunday 9:15am Church School: Sunday 10:30am

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

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

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

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

Ames - Sprout Brook UMC

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

Pastor Jeff Rauhauser Sunday Service 9:30am

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

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

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

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 Home of Victory Christian Academy

Glen Reformed Church State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message

Calendar of Events

Caregiver" Savvv at Arkell Center.

March 10: 11 am. Gary Van Slyke entertains us with a St. Paddy's musical variety of history & lure.

March 8: 9 am - noon. OFA Outreach with HIICAP & Legal Svs Coord., Meeghan Lyons and Wrap & Heap Coord. Kelly Casler. They will be available to work individually with seniors to help answer questions and/or provide additional information regarding the above topics.

March 17: Noon. OFA Meals of Montgomery

Program is providing a St. Patrick's Day luncheon which includes Corn Beef & Cabbage, Red Potatoes, Carrots, Rye Bread and Leprechaun Surprise Dessert. Come and join us call to register at 673-2000.

March 25: 11:15 am -12:15 pm. Blood Pres-sure Clinic. Home Health Corp. Care Partner's (Co-Sponsored by St. Mary's & Nathan Littauer Hospital). Home Health Care Partners Corp. also provides health and wellness information.

March 25: 9:30 am. Join

Seniors," bring a dish to share.

March 26: Noon. OFA Meals of Montgomery is providing a birthday luncheon for all March birthdays which includes: Cheesy Chicken & Rice Casserole, Seasoned Veg. Blend & Warm Spice Birthday Cake. Call 673-2000 for reservations.

1:30 pm. 28: March OFA's Tracy Hojohn will have a presentation on Nutrition. Snacks provided.

MEETINGS

March 14 & 28: 1 pm. Canajoharie Senior Citizens Meeting MAR 8

Antique Show

Arkell Museum, 2 Erie Blvd., Canajoharie, NY.

10 am - 4 pm. 25 Dealus for "Breakfast with Church Directory Call 518-673-3011 To Place Church Listings

or Fax Listings to 518-673-2381

32 Montgomery St., Cherry Valley 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday 11:00am Holy Communion/sermon Joy Fellowship

Grace Episcopal Church

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

National Kateri Tekakwitha Shrine and Indian Museum 3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627 518-853-3646 Weekly Masses: Sat. 4:30pm. Sun. 10:30am friars@katerishrine.com www.katerishrine.com

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

Reformed Church of Sprakers 112 Sprakers Hill Rd Mark Tiffany, Preaching Elder Worship ~ 10AM



Lassellseville United Methodist Church State Hwy. 29

Pastor Robert A. Lindsay Worship: Sunday 9:30am Sunday School to start soon

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

Randall **Christian Church** NY Rte. 5S Sunday Service 10am **Pastors** Winston Hallett & Carl Hawver

Richfield Springs Bible Church 19 Church St Richfield Springs, NY 13439 *Rev. David Tosi* 315-858-0564 315-858-0504 Sunday School (all ages) 10am Worship Service 11am & 7pm Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org

Guiding Light Fellowship Rose of Sharon Church of God 122 Moyer St. Canajoharie, NY 518-284-3307 **Pastor Fred Jones** Tuesday 7pm

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"

Oppenheim United Methodist Church Route 29 Rev. Jack Ford 315-429-7381 313-429-7361 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30pm Wednesdays beginning in Oct., Sunday School 9:00am beginning September 18th

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

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

ers. Admission is \$4 or a combination ticket for \$7 will also include admission to the museum exhibits. Appraisal booth with a charge of \$5 for 2 items. Light lunch available. Fundraising for the restoration of the 1747 Nellis Tavern in St. Johnsville. Call Donna Reston at 518-843-1601 for more information.

Free Clothing Giveaway

Valley Alliance Church, State Hwy. 5, east of Nel-liston, NY. 9-11 am. Doors open at 8:45 am. Refreshments provided. MAR 9

America: Our Musical **Heritage Concert**

United Presbyterian Church, 25 Church St., Amsterdam, NY. 3 pm.

Grace Christian Church 20 Center St., St. Johnsville, NY 13452 Rev. Harry J. Teuchert

315-866-8626 Sunday School 9:30am Worship 11:00am

Holy Family Parish

Little Falls, NY 315-823-3410

Saturday 4pm

Sunday 10:30am

Marshville **Evangelical Church** Route 10 South

Rev. David Bowley Worship Sunday 9am

Our Lady of Hope

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

Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339 518-993-4302 • 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

Rose of Sharon Church of God 1485 Rt 20, Sharon Springs 518-284-3307 Pastor Fred Jones Sunday Morring Service 11am, Evening Service 7pm; Royal Rangers Sat. 6:30pm The Rose of Sharon where sin is called sin and where the full Bible is preached



Presented by the Mohawk Valley Chorus. Tickets are \$12, general admission; \$9 for senior citizens and students and free to all children 12 and under when accompanied bv an adult. They may be purchased at the door on March 9 or in advance from any chorus memher

Pasta Dinner

St. Pauls Universalist Church, Little Falls, NY. 4:30-7 pm. Adults \$7, Children 6-12 \$4, under 5 is free. Takeouts available on the day of the

Rev. Zach Labagh

Sunday Worship 9am, Sunday School 10am, (No services in July, meet at St. John's St.

Mark's Lutheran Church in Canaioharie) Communion on the first & third Sundays dinner. Call 315-823-2284 **MAR 15**

AARP Driving Class St. Johnsville Community Center, 16 Washington St., St Johnsville NY. 8:30 am - 3 pm. Only checks can be accepted (\$20 for AARP members, \$25 for non-members. Checks should be made payable to AARP and will be collected at class time. For more info please call M. Weiner at 315-823-2423.

MAR 16 Ham Dinner

Catholic church, 115 Reid St., Fort Plain, NY. Noon - 4 pm. \$8 advanced sale, \$9 at the door, children 5-12 \$4, under 5 is free. For tickets or information call 518-993-3822 or Rebecca Carter at 518-332-2270.

Spaghetti Dinner & Chinese Auction Herkimer VFW,129 Mohawk St., Herkimer, NY. 4 pm until gone. APR 1, MAY 12 AUG 12 & OCT 4

MAR 22

Defensive Driving Course

Arkell Center, Canajoharie, NY. 9 am - 3 pm. \$20/person. Bring a bag lunch, or weekday class-

Pastor Dave Prahst

Sunday School (all ages) 9:15am, Sunday Worship 10:30am, Wed. Praise & Prayer 7pm, Fri. Youth Group 7pm (7-12th grade)

Meals of Montgomery luncheon. Call 518-673-2000 1 day prior to class. Individuals will qualify for a NY State point & insurance reduction certificate. No testing required. Contact Joan Cimino, 518-673-4408. MAY 3



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. On Internet at www.cambridge saddleclub.org

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

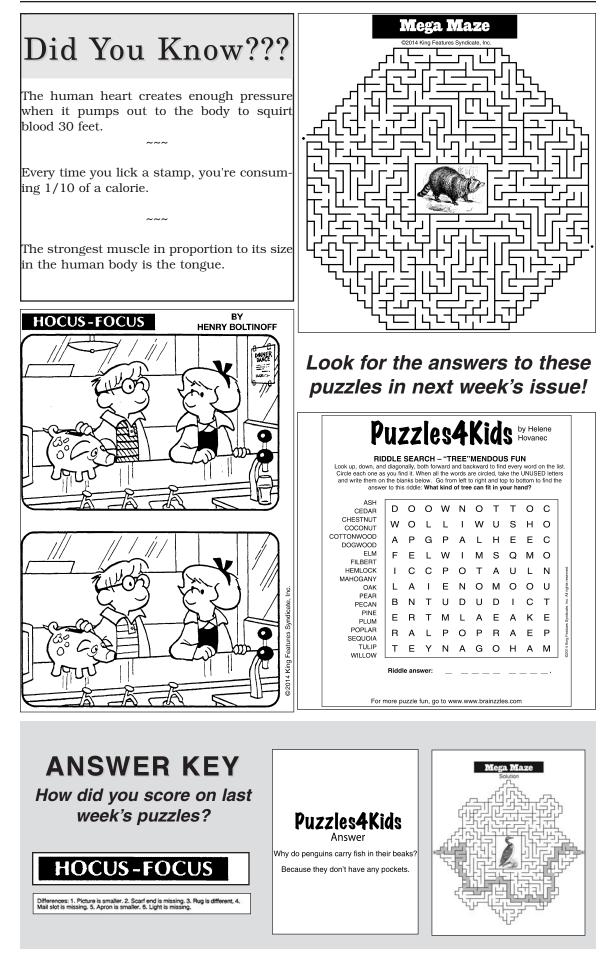
St. Paul's Lutheran Church 32 W. Main St., St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30am, Tues. Bible Bungee-Jumping 7pm, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith & Vision

Stratford United Methodist Church Route 29A 315-429-9085 Rev. Lvnn R. Lockwood Worship 9am

The Time for **Truth Ministries** PO Box 351 Amsterdam, NY 12010 Phone 518-843-2121 Cell 518-774-8558

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





80 Acre Farm For Sale in Sprakers NY with Large 2 Story 5 Bedroom Farm House, Hardwood Flooring, Nice Kitchen, Dining Room, Living Room, 3 Full Baths, Open Stairway, Built in Cabinets, 2 Car Garage, Swimming Pool, Pond, Chicken House, 2 Story Cow Stable, Milk House, Bulk Tank, Attached Horse Stable with 5 Stalls, lots of pasture for horses, approximately 30-40 acres wooded Excellent Frontage, Road will make a great dairy, produce, or hobby farm!! Close to the Amish Community and only 5 to 10 miles from Canajoharie and Fort Plain!! For Sale by Owner Call JR'S Auction 518-993-4668 for more details and listing sheet!!

COMMON PINE: Excellent for trim boards; Also 1"x6" tongue & groove and 1"x12" rough cut. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville. 518-568-7016

APPLES & CIDER for sale! Saturday's & Sunday's 10am to 4pm. Pavlus Orchards, 270 Hickory Hill Rd., Fort Plain, NY 13339. 518-993-2643

2007 MERCEDES C280 AWD, silver, 75k, V-6, leather, auto, moonroof, SALE: \$13,995 Loaded!! John C. Miller, Inc. 518-762-7124 www.johncmiller.com

Gun Auction Wednesday March 19th 6:00pm Guns, Ammunition, Tools, and more!! Consignments Wanted!! Bring them on now is the time!! Sell Now!!

TRUCK OR CAR FOR HIRE: \$1.00/mile, \$8.00/hour sitting time. Tow dolly option. 315-360-6259, 315-360-1284.

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

FORD Ranger, 1999 auto, 6cyl., 4L., 4x4, red, ext. cab, \$1,000/Firm. Needs work, but was driven daily. Call or text 518-322-8219

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2003 MERCURY Grand Marquis LS, blue, 102K, auto, leather, loaded. SALE: \$6,495. John C. Miller, Inc. 518-762-7124 www.johncmiller.com

2009 CHEVY Aveo LT, red, 53k, 4cyl., auto, AC, SALE: CD, \$9,495. John C. Miller, Inc., 518-762-7124 www.johncmiller.com

PRESSURE TREATED LUMBER & PLYWOOD available at C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

The STIHL spring line up has arrived! Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

2006 KIA Spectra, blue, 85k, 4cyl., auto, AC, CD, full power, great on gas!! SALE: \$6,995. John C. Miller, Inc. 518-762-7124 www.johncmiller.com

What a great deal! 12 pk Alpo canned dog food \$8.99 Fort Plain True Value and Just Ask Rental 12 Willett St Fort Plain 993-3834

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

APARTMENT For Rent Canajoharie residential, upstairs one bedroom, \$560/month. Security/references required. No pets. 518-673-2034

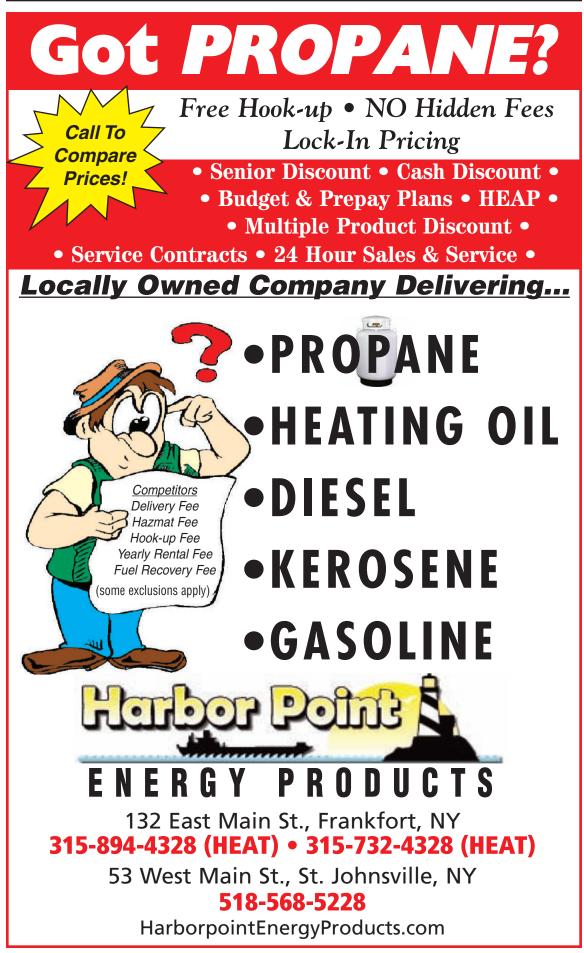
PONTIAC G-6 2009 Sedan, silver, 54k, 4cyl., auto, full power. SALE: \$11,995. John C. Miller, Inc. 518-762-7124 www.johncmiller.com

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





A32 • March 1, 2014





Dining out still possible even if you're on a diet

Dining out at a restaurant is a treat for many people, while for others it's a way of life. On-thego professionals often find that dining out is simply more convenient than cooking at home. However, large portion sizes and dishes that tend to contain a lot of sodium and fat can make dining out less healthy than eating at home, which is a concern for those men and women who want to shed a few pounds.

But dining out does not have to be done at the expense of your waistline. The following are a few ways dieters can still enjoy their favorite restaurants without having to worry about their weight.

• Order foods that are broiled, boiled or roasted. Foods that are broiled, boiled or roasted tend to be healthier than foods cooked in other ways. When ordering your meal, ask that oils be used sparingly if not removed completely. When foods look somewhat greasy, dab them with a napkin in the same manner you might dab the

Mohawk Valley

Real Estate LLC

nes Farms and Lar

• Don't fill up before your meal arrives. Once you have been seated, skip the unending bread basket, forgoing this free appetizer altogether or asking for raw vegetables instead. When fellow diners order potentially fattening appetizers, ask to have a side salad with low-fat dressing on the side instead.

• Leave a little behind on your plate. Restaurant portions can be substantial, so don't feel as if you need to finish your entire meal. You can always ask the waiter to pack up what you have left behind, or, when ordering, ask if the restaurant offers smaller portions at lower prices.

• Skip the dips and dressings. Many condiments can add unwanted calories to a meal, making even a healthy entree a calorie-laden meal that's best avoided. For example, a salad covered in creamy Caesar salad dressing can take away from the overall nutritive value of the salad. Don't be afraid to ask for sub-

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three bedrooms each.

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AMSTERDAM

Spacious 3BR,

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and landscaped yard

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ADIRONDACKS!

Beautiful log home

features open con-

cept design, lofted

bedroom, all natural

LEPPER RD.

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to have dressings put on the side so if you must indulge you can do so without going overboard.

• Eat in the hours leading up to your dinner. Low-fat snacks eaten throughout the day will reduce the likelihood that dinner table. Drink a tall glass of water and enjoy some low-calorie fruit so you won't be famished once you arrive at the restaurant.

• Avoid buffet-style restaurants. Many people cannot help but overeat rants, where the size of a typical spread can make it hard for dieters to stay disciplined. If you must eat at a buffet-style restaurant, choose healthy fare like salad and steamed vegetables.

• Look for a low-calorie menu. Many restaurants now supplement their existing menus with a menu of low-calorie fare for those customers who want to eat out but want to do so without abandoning their diets. When visiting a restaurant, stick to ordering from the low-calorie section of the menu. The food will likely be just as delicious, though not as dense or as large.

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Using a cell phone, texting and drinking alcoholic beverages are all activities that can lead to fines or arrest if done while in a moving vehicle. But in some areas, it is already illegal or may soon be, to smoke in a vehicle if in the presence of children.

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Since 2006, several communities across North America have implemented laws to prevent smoking in cars when children are present, and campaigns for smoke-free car laws are poised to continue.

The public has become increasingly aware that there is no safe level of exposure to secondhand smoke. Secondhand smoke, also known as environmental tobacco smoke, includes the smoke that a smoker exhales and the smoke that comes from burning tobacco products. Thousands of toxic chemicals are present in secondhand smoke, including formaldehyde, lead, butane, cyanide, and carmonoxide. These bon

dangerous chemicals can be inhaled and tend to linger in the air for hours or longer. Smoke residue also clings to a smoker's body and hair and can even surface inside of a home or vehicle, according to The Mayo Clinic.

Asthma, heart disease and cancer may result from contact with secondhand smoke. When someone smokes within the small enclosed space of a car, passengers are exposed to air that is many times more toxic than what the EPA considers hazardous air quality, even if a window is down. What's more, the particulates of tobacco smoke that are absorbed in the upholstery

off-gas back into the air even after many days have passed, exposing riders to toxins well beyond when someone smoked in the car.

March 1, 2014 • B3

The developing bodies of children and their small stature put youngsters at risk for greater complications from cigarette smoke, although any passenger is at risk.

Laws vary depending on location and typically apply to children ages 16 and under. Smokers are urged to quit smoking for their health and the health of others. But those who continue to smoke should refrain from smoking when inside a vehicle, especially when children are present.







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