

Serving the Homes of the Mohawk Valley

Volume 5 • Number 17

First grader Emery Frew shows half of the pumpkin that she and her team worked on during Pumpkin Day in Ms Ehle's class at Canajoharie Elementary School. See page A20. Photo by Elizabeth A. Tomlin

> But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, "The Lord is great!". ~ Psalms 70:4



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Serving the Homes of the Mohawk Valley

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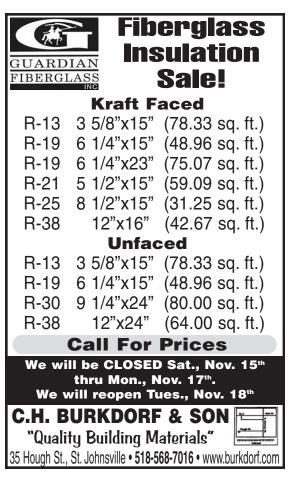
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November 8, 2014 Hello Again,

Stretching a statement of almost Irish fact or truth lathering it up with a coating of Irish humor is known as Irish Blarney.

What handle should we use to define most of our American, believe-it-if-you-can facts?

I could suggest baloney — an often-used word derived from bologna. But the Irish blood in my veins brings out a bit of colloquialism, which suggests bull-larney is more usable. At least it fits what politicians think we will believe.

Political promises and bragging claiming truth proves our American vocabulary should add a new and more descriptive word. Lets call it bullarney, with a little Irish Blarney and a pile of bull.

In our last Hello Again, we used an example of American Bullarney when we quoted Hillary Clinton, stating that "No one should believe jobs are created by industry and businesses." She was obviously implying that all jobs are not created by business rather by the government. In her case maybe we should drop the -larney out of our new word and call it what it is.



I do not know where the following came from. I merely wish I could take credit.

An airplane was about to crash. There were five passengers on board, but only four parachutes.

The first passenger said, "I am Kobe Bryant, the best NBA basketball player. The Lakers need me, I can't afford to die." So he took the first parachute and left the plane.

The second passenger, Hillary Clinton said, "I am the wife of the former U.S. President, a senator from New York and a potential future president. I am the smartest women in American history, so America's people don't want me to die." She took the second pack and jumped out of the plane.

The third passenger, John Kerry, said, "I'm a senator, and a decorated war hero from the Army of the United States of America. I am also my party's nominee for president." So he grabbed the pack next to him and jumped.

The fourth passenger, former President George W. Bush, said to the fifth passenger, a 10-year-old schoolgirl, "I have lived a full life, and served my county well. I will sacrifice my life and let you have the last parachute."

The girl said, "That's okay. There's a parachute left for you. America's smartest women took my schoolbag."

All of this bologna, baloney, balarney and bullarney coated with humor at Mrs. Clinton's expense leaves one disturbing thought.

Why would any U.S. Citizen such as the former governor of Arkansas, former U.S. President Bill Clinton, his wife Hillary who was the first lady of Arkansas and first lady of the U.S., a New York State senator, and U.S. Secretary of State, or even President Barack Obama want to change the United States into a socialist state? All three have gained social status, and personal wealth beyond the dreams of any person who could hope to dream, now they are openly gunning to create a socialist state changing the great United States from what it has always stood for: the envy of the working class throughout the entire world. continued on next page

It leaves me with the following question: what is wrong with them? Can they not see how wonderful they have it with our country as it is? Why do they want to change it? Do they see socialist Russia, China, or Cuba as a better place to live? It is possible their soul has a big empty spot with nothing or anyone to believe in. Is it possible they should have skipped some of the Harvard philosophy classes and studied with world and U.S. history teachers along with several credit hours of the Holy Bible? Maybe with that under their belts they could accept the truth.

If they feel bent on changing the United States, why not start with putting God back into his rightful place in our schools, government and society and bring our factory jobs back home. It certainly would be in the best interest of our country to stop believing the U.S. should be the police and military of the entire world.

"Why are you all smiles, Paddy?" asked Mike. "I believe I just sold the Bank of Ireland," he replied. "What are you going to do with all of that money, Paddy?" He answered, "I'm going over to America. A Yank told me the Brooklyn Bridge was up for sale and he wants all cash. If I can't buy the bridge, I think I am mentally suited to be governor of New York State or mayor of the Big Apple. They say — all it takes to win is a line of bullarney and a lot of money, and I've got both."

My two friends, Bob and Gene, were out on the Mohawk River fishing for a whole day and caught only one small bass. Bob grumbled, "That wee fish cost me over \$10 in gas." Gene answered, "You're lucky you didn't catch two."

My Aunt Phoebe asked Uncle Joe, "How do you want your egg this morning?" He answered, "Next to another one." Then she asked, "Do you want them on toast?" He answered, "No thank you — a plate will do just fine."

It's common knowledge around St. Johnsville that our chicken farmer friend has developed a special breed of full-sized brown hens that lay half-sized brown eggs and now is planning on multi-colored eggs for Easter. I wonder if we will be able to choose our colors.

It was about this time of year, maybe a little later, when Santa sent his reindeer keeper to say Rudolph's red nose had a short circuit or burned out electrical component. If he needed the use of my red Spyder, three-wheeled, bright red, motorcycle with its bright lights for Christmas Eve, could he borrow it? I was pleased that I could be of service, as I didn't want all the kids all over the world to be disappointed. However, when he brought it back two weeks later, its gas tank was empty. I wonder, did he burn up all of the gas or did his elves ram all over the North Pole with it? It's hard for me to think I cannot trust Santa. What would you do if he wanted your trike? Well — gas is cheaper this year.

Isn't it great, the Bible says God created man in his own image? I believe that includes our ability to think. Isn't it strange that some do not believe that God exists but behave as though Santa Claus and Rudolph, his red-nosed reindeer do? Well — each to his own as Mom always said when Paddy kissed the pig.

Election day is over. Now we can look forward to Thanksgiving. Our American Thanksgiving Day — would it have any meaning if we did not have our Heavenly Father to offer our thankful prayers to?

Fred Lee and the Lee Family



MAGIC MAZE \bullet - ROAST

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

Beef	Dry	Pig	Standing rib
Celebrity	Lamb	Pork loin	Top blade
Chuck	Nut	Pot	Wiener
Crown	Pan	Rump	

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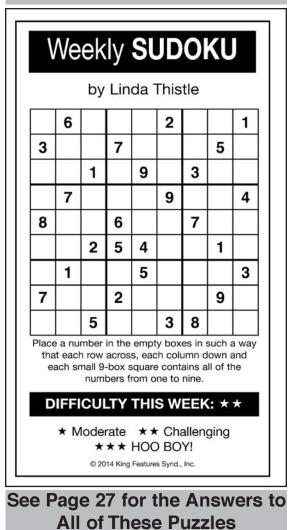
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ATTENTION TAXPAYERS OF THE TOWN OF PALATINE

It is not a secret anymore. Last week, the local newspapers finally printed articles regarding the Town Council's plan to build a new, very expensive (\$400,000.00 and possibly more) Town Hall in a remote location in the town - Stone Arabia - choosing to disregard the less ** ** expensive alternative of upgrading the existing building that would allow it to remain where it is.

I, along with others, do not think this is in the best interest of the taxpayers of the Town of Palatine nor is the Town Board being fiscally responsible.

I would like to hear your opinion on this matter. Please write or stop in and see me at:

363 Brower Rd., Palatine Bridge or call me at 518-673-5474.

THANK YOU, Paul Spencer



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Whatchamacallits

Many household tools have changed quite a bit over time due to the advancement of technology. But other items, like this week's chosen whatchamacallit, have stayed very much the same over the years. After all, if something works. whv change it?

This antique meat tenderizer is a little heavier than modern tools used for the same purpose. It comprises a long handle and five metal rings equipped with angled teeth. Each ring turns independently.

The rings can be removed one by one when the stopper holding them in place is manually loosened. This feature not only allowed for users to adjust the meat tenderizer to fit their desired results — it also eased the chore of cleaning the tool after each use.

----Have your own Whatchamacallit? Send picture and description to kgallagher@leepub.com or call Kelly at 518-673-0145.

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





Vol. 31 Issue: 3 November 2014

For photos and more information, please visit our website at www.fortplain.org

~Students of the Month: The Jr/Sr High School congratulates its September Students of the Month: Lizzy Cernik, Bryce Thibodeau, Charles Schermerhorn, Lexi Veitch, Zach Reese, and Aiden VanLoan. The Harry Hoag School also honored its September Students of the Month recently: Kiera St. Louis, Jayde TenEyck, Beonika Hernandez, Marionna Stephens, Sophia Rogers, and Josh Wilder.

~One Call Now: The district has contracted with Public School Notifications from One Call Now. This service is a calling system which allows the school to quickly communicate with families, teachers, and staff by the use of automated phone calls containing recorded messages from administration. District officials are currently in the enrollment and training phase, and the One Call Now service will soon be in use. To make sure that they are contacted with these important messages, families are being asked to take a moment to make sure that their emergency contact information on file at the school is up-to-date. Parents should call the main offices, or send a note in to school, whenever there is a change of telephone number for home, work or cell.

~Drama Club Auditions: The Canajoharie-Fort Plain Drama Club will hold auditions for the musical, "Guys and Dolls" on November 18th and 19th at 6:30 p.m. each night at the Canajoharie High School auditorium. The auditions are open to all students in 6th grade through 12th grade. The format will be the same both nights, and students need only attend one of the two sessions. They should be prepared to both sing and do a dramatic reading. "Guys and Dolls" will be performed in Canajoharie the last weekend in March.

~Nutrition & Wellness News:

1) Families are reminded that last year's eligibility for free/reduced school meals has now expired. Students are charged full price until a new application is received. Please contact the food service office at <u>lauri.broady@fortplain.org or 993-4000 #1003</u> if you are not sure if you need to re-apply or need another application sent.

2) The 5th Annual Community Health and Wellness Fair will be held this spring, on Saturday April 18th, at the East Hill Elementary/ Middle School. The planning committee is meeting now. Anyone interested in having a booth at this year's fair is encouraged to contact committee chairmen Lauri Broady or Mark Brody at: <u>lauri.broady@fortplain.org</u> or <u>mbro@frontiernet.net</u>

3) Reminder: The Fitness Center at the Jr/Sr High School is now open for the winter season. The center is open from 5:30-7:30 a.m. and 5:30-7:30 p.m. each day that school is in session. The cost is \$20/month. Contact 993-4000 #1000 or stop in to the district office at the Harry Hoag School to obtain a Fitness Center membership.

4) Although many tend to overeat at Thanksgiving time, your holiday feast can also provide you with a chance to use the Power of Prevention! Cranberries are high in vitamin C and fiber, have only 45 calories per cup, and are a powerful disease fighter, high in antioxidants. Sweet Potatoes, or yams....whichever you call them, these nutritious root vegetables contain high amounts of calcium, potassium, vitamin A and vitamin C. Dried pumpkin seeds make a great snack! They contain tons of essential minerals, are high in protein, and loaded with important fatty acids (omega-3 and omega-6). Finally, when adding a green vegetable to your menu, consider brussels sprouts. Along with being chocked-full of vitamins and minerals, they serve as a natural anti-inflammatory. Fill half that Thanksgiving plate with vegetables and you will be well on your way toward obtaining all of the disease fighting nutrients you need!

~From the Athletic Department:

1) Congratulations to the Girls Cross Country Team for earning a sectionals patch for 3rd place in the Class C schools division. The team finished 7th overall, out of 28 schools of all sizes participating. This year's sectional meet was held at the Saratoga Spa State Park on October 31st. Great job, team!

2) The Fall Sports Awards/Reception will be held on Wednesday, November 12th at 7:00 in the auditorium at the Jr/Sr High School.

3) Winter sports can begin practicing on Monday, November 10th. Each individual sport (coach) will hold their own parent meeting, during the month of November.

~New School Counseling Website: The Jr/Sr High School counseling department is pleased to announce a new webpage! Parents and students can go to fpschoolcounseling@wordpress.com to see all sorts of information. College-bound juniors and seniors can browse the "Featured College" section, find helpful financial aid information, learn about the college application process, see scholarship opportunities and more. Interested underclassman will find plenty of information about the Career & Tech programs at HFM BOCES, PSATs, SATs, high school scheduling and requirements, etc. The webpage is provided by the FPCS school counselors as a service to all local families. Stop in and take a look! There is also a link available at www.fort plain.org

~Sixth Graders Enter Poster Contest: The Association of Mathematics Teachers in New York State hosts an annual poster contest, open to all public, private or parochial students. The theme of this year's contest is "Dig into Math: Getting to the Core." Six of Donna Yerdon's sixth grade math students have entered their posters for consideration. The students came up with rough designs at home, and then used their lunchtimes to complete their poster ideas. "They worked diligently creating their works of art. I am extremely proud of them for taking on this task and using their creativity to design a poster that centered on the theme," Mrs. Yerdon said. The posters will be on display at the association's Annual Meeting in Syracuse from November 9th-11th. They will then be displayed at the Legislative Building in Albany, at the concourse level of the Empire State Plaza, in February. Winners in each grade classification will be decided at the Annual Meeting by the poster contest committee.

~Class of 2016: There will be a Brooks Chicken BBQ on Tuesday, November 25th from 3:00-6:00 p.m. at the True Value parking lot in Fort Plain. The prices are: \$6 for a half chicken, \$8 for ribs - when ordering in advance. Advance orders can be placed with Lisa VanValkenburgh or Joanne Kennedy at the school, and money is due by November 14th. The BBQ is sponsored by the Parents of the Class of 2016.

~Second Grade Parent Reminder: All parents of 2nd grade students were given information about the Nutrition Detectives Home Study project. The project asks families to track their buying habits for a few key grocery store staples, to see if nutrition education has an impact on the purchasing choices that families make. Those participating earn up to \$40 in free gift cards from Price Chopper. Families are reminded to turn in their responses ASAP. If the information has been lost, they can contact <u>ida.baker@bassett.org</u> or Mrs. Broady at the Harry Hoag School for a new packet or with any questions.

Class of 2015: Al and Linda Wainwright have been hosting classic car shows throughout the area for over a decade. Last fall, the couple asked the Class of 2015 advisors Melanie Pombrio and Sue Summerfield if they would like to team up to help the class with its fundraising. Students from the class have assisted at several of the Wainwright's functions over the past year, and Al & Linda recently presented the Class of 2015 with a check for \$1000! Class advisors, class officers, student council representatives, and members of the senior class were on hand to receive this very generous donation. The class has decided to use the donation to purchase "senior sweatshirts" for the class members. They cannot thank Al and Linda enough for their wonderful support!

Elementary Student Council: After a rigorous campaign week - which featured posters, signs, campaign promises, speeches, and announcements - the fourth through sixth grade students voted and a new Student Council was duly elected. Serving the students of the Harry Hoag School this year will be... President: Sarah Paradiso, Vice President: Evan Crouse, Treasurer: Seth Wintermute, Secretary: Zavia Allen. Filling out the council are the grade level representatives. Those representatives are......6th Grade: Molli Bates, Jenna Conley, Rachel Zuppardi, 5th Grade: Keagan Ford, Michael Harris, William Cochran, 4th Grade: Anthony Paradiso, Ryleigh Hart, Madissin Brownell. Congratulations to all of these students and thanks to all those who ran for office.

First Reading Night a Success: Thanks to a \$2,000 Early Literacy Grant from Target, the elementary school will continue the "Learning to Live/Living to Learn" Family Reading Nights that began last year. The first of four planned reading nights centered on the theme of "Getting Along." The library staff modeled behavior that parents can use to engage children at home while reading together. Families also received tips and examples of ways to help enhance student social skills and emotional intelligence. The evening included a craft activity for families to do together, and everyone enjoyed a healthy snack prepared by Mrs. Burton and some of her Home & Careers students. The first Family Reading Night of the year was a total success, with 29 families in attendance. Plans are already underway for the next session.

Parent/Teacher Conferences: The Harry Hoag School will hold parent/teacher conferences on Tuesday, November 18th and Wednesday, November 19th. Parents will be contacted by the teacher to schedule a conference time slot. In order to accomodate these sessions, elementary students will be dismissed early, at 12:40 p.m. each of those two days. Lunch will be served prior to dismissal.

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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.

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Canajoharie first graders investigate pumpkins on Pumpkin Day

by Elizabeth A. Tomlin

First graders in Ms. Michelle Ehle's class at Canajoharie Elementary School learned that there's more to pumpkins than jack-olanterns when they celebrated Pumpkin Day for this autumn season.

"Everything we do today has to do with learning about pumpkins," said Ehle. "We've done some reading already about growing pumpkins."

Measuring, weighing, cutting pumpkins open and examining the external and internal parts, including the stem, rind, pulp, fibrous strands and seeds were all part of Pumpkin Day activities.

Groups of children broke up into teams of four and each team had their own pumpkin to work with. They began by counting the ribs, or lines, on each pumpkin with their team.

"I want to investigate the inside!" stated Traeh Compton. So, after weighing, each pumpkin was cut open.

Separating the seeds from the pulp and then counting seeds into groups of 10 was a big hit with the youngsters. And while some children found the slimy pulp was fun to work with, others were more comfortable wearing gloves while handling it.

Remarkably, Ehle stated that even though the sizes of the pumpkins varied from three pounds to 10 pounds, each contained



Gavin Mabie selects cups to use in counting pumpkin seeds during Pumpkin Day in Ms. Ehle's class at Canajoharie Elementary School.



Classroom aide, Mrs. Terranova, watches as Ms. Ehle teaches Emery Frew, Jack Rose, Maxwell Erhardt and Traeh Compton how to weigh their team's pumpkin.

Photos by Elizabeth A. Tomlin approximately the same number of seeds.

"We collected 3,198 seeds!" reported Ehle. "The children loved all the parts of our day, but I have to say that the actual opening of the pumpkin seemed to impress them the most! It is not often we cut pumpkins completely open to investigate."

According to pumpkin history, Native Americans dried strips of pumpkin to weave into mats and ate pumpkin strips roasted on open fires. It is said that pumpkin pie was originated by colonists, when they cut the tops off pumpkins, removed seeds and pulp, filled the shell with spices, milk and honey and then baked it in hot ashes.

All of this has evolved into pumpkin donuts, which the first graders enjoyed after lunch.



Michael Dinehart, Jr., Maddie Hayes, Katelyn Prentice and Dean Ginnow examine the pulp and seeds from their team's pumpkin.





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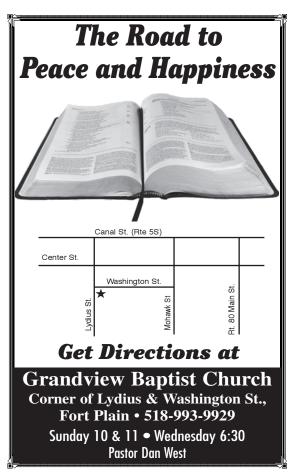
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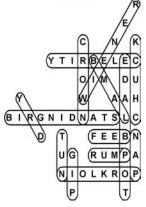
Weekly SUDOKU _____

Answer

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

Answers to this week's puzzles

- ROAST



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The family of William Schaffer wishes to extend their gratitude to all who sent cards, flowers, money, food and phone calls, Rev. Zachary Labagh of St. John's-St. Mark's Lutheran Church, The Ladies of WELCA at the church, our dear friends, Donna, Taya, and Linda who helped at the reception, and Chris Hanley, Director of Houghtaling & Smith Funeral Home.

Many thanks from Shirley, Kim and Steve



Collecting

by Larry Cox Delftware

Q: I have inherited three pieces of Delftware that I understand were made in Holland about 200 years ago. What can you tell me about this type of pottery? — Joan, Norman, OK

A: Delftware is distinctive because of its soft, red-clay body and tin-enamel glaze. The first pieces originated in the region around Delft, Holland. The unusual color came from adding tin ash to lead glaze. During the 17th and 18th centuries, English potters were copying this technique resulting in designs that were unique to the British

craftsmen. Later pieces were made for the souvenir trade and these are not to be confused with the more scarce earlier examples. Prices vary depending on age and quality of the piece. I recently spotted a blue and white Delftware plate from the 18th century in a shop priced for \$375.

Q: I have a metal bootjack in a beetle design. I am enclosing a picture for you and hope you can tell me more about it. I purchased it at a flea market in Albuquerque. – Jimmy, Rio Rancho, NM

A: After examining your picture, I am convinced that you pur-

WEEKLY SALES EVERY MONDAY **HOSKING SALES**

Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1 PM Dairy, followed by feeders, sheep, lamb, goats, pigs. Calves start at 5 PM followed by cull beef. Call for more info and note all times are approximate. Our volume is increasing weekly - join your neighbors & send your livestock our way!

- Monday, Nov. 3rd sale cull ave. \$.89, top cow \$1.11, Bulls/Steers \$.96 -\$1.09, bull calves top \$4.00, heifer calves top \$3.70, Dairy feeders \$.62 -\$1.23, Feeder Bulls \$.84 - \$2.21, Feeder heifers \$.70 - \$1.97, Feeder Steers \$.80 - \$1.34. Dairy: Ed Maynard Grade Dairy Milking age top \$2300, Bred heifers top \$1800, Open heifers top \$1000, young calves top \$570.
- Monday, Nov. 10th Normal Monday Sale & Monthly Heifer Sale. A load of short bred & springing heifers. 13 good Al sired heifers from Greene, Cty. 3 nice Registered Milking Ayrshires from one farm. Special: Weinland Farm, Hobart, NY is reducing his Beef Herd, sends 30 Hereford Brood cows due in the Spring some with calves at their side.
- Friday, Nov. 14th 11:00 AM. PREMIER ALL BREED SALE 175 HEAD OF REG-ISTERED DAIRY CATTLE OF ALL BREEDS. Breeds represented - Holsteins, Brown Swiss, Jersey, Guernsey, Ayrshire & Shorthorn. The barn will be full with a lot of milk, deep pedigree heifers, show prospects!! As always something for everyone - one of the best line ups ever! A sale not to miss!
- Monday, Nov. 17th Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

Monday, Nov. 24th - Normal Monday Sale.

THURSDAY, NOVEMBER 27TH - THE HOSKING FAMILY & SALE BARN CREW WOULD LIKE TO WISH EVERYONE A HAPPY THANKSGIVING !!

Sat., Dec. 13th - 11:30 AM Holiday Production Sale - All Breeds. Consignments already coming in - call today with your consignments to get into advertising.

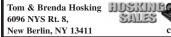
LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL.

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

Directions: Hosking Sales 6096 NYS Rte. 8, 30 miles South of Utica & 6 miles north of New Berlin, NY.

www.hoskingsales.com Call today with your consignments.

211122



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

chased a reproduction. Bootjacks have always been a popular tool for the removal of boots. By placing the heel of the boot in a U-shaped opening, the boot can more easily slip off the foot. Although older bootjacks are collectible and often can

sell for \$100 and more, your reproduction is probably worth only about \$15 or \$20. The tipoff is that your bootjack is made from aluminum; the older ones generally are cast iron. and occasionally wood. (c) 2014 King Features Synd., Inc.



Sat., Nov. 15th Consignment Auction ~ 6:33pm Fri., Nov. 21st Christmas Auction ~ 6:33pm Sat., Nov. 22nd Consignment Auction ~ 6:33pm Sun., Nov. 23rd Breeder Sale ~ 11:33am

Burrows Rd., West Winfield, NY • (315) 822-5221 WE ACCEPT CASH - CREDIT CARDS - DEBIT CARDS

REAL ESTATE & CONTENTS ▖▖▌【♠

RESTAURANT EQUIPMENT LIQUIDATION SAT. NOV. 15TH @ 10:00 A.M. • PRE. 9:00 A.M. 115 CHERRY VALLEY RD., CANAJOHARIE, NY

Formerly known as the Sprout Brook Store

PROPERTY: 2 story, store/restaurant w/ apartment above (2 bedrooms, 1 bath, washer dryer hookup), lot size 58x181, 2560 sq ft., Cherry Valley-Springfield School District, Ostego County, 20x60 barn, 10x32 canopy w/ slab,

ISTING: Bakers Pride Dble Door Pizza Oven, Pizza Pans & Screens, 2- American Range Gas Deep Fryers, Rest Mtg Import L & G Counter Top Grill, S.S. Counter, French Fry Cutter, Ansel System w/hood 10x4 ft., Waring Pro Waffle Maker, Triple Bay S.S. Sink, True 2 Door Sliding Glass Cooler, Whirlpool Elec. Stove, 2- Whirlpool Refrigerators, Several S.S. Pots & Pans, Butcher Block 2 Door S.S. Storage Rolling Cart, Blakeslee Mod CC20 Mixer, 2- 3x3 ft. Tables, 20 Black Stacking Chairs, 5 Booths, 4- White Shelves, Propane Wall Heater, Casio CE-T100 Cash Register, Bunn CW Series 3 Pot Coffee Maker, Pastry Warmer, GE Spacemaker II Microwave, S.S. Deli Cooler, Prep Table On Wheels, S.S. Cart On Wheels, & Much More.

REAL ESTATE BROKER JOHN L. SUBIK

Sales Agent Brenda Hart for more info & viewing: (518) 773-2247. 10% buyers premium. Please visit our website for full listing & photos @ www.countylineauctions.com

SALE BY COUNTY LINE AUCTIONS: Auctioneer Jack Belknap

13% Buyers Premium w/ 3% Discount For Cash Or Check. REFRESHMENTS AVAILABLE. WE ACCEPT ALL MAJOR CREDIT CARDS.

SELL

IT!

The

Auction

Wav!



Antique Consignment Auction

Tuesday, November 11th • 5:00 PM

Antiques!! Tools!! Furniture!! Consignments!!

6" Craftsman Joiner, Router with stand, Radial Arm Saw, 2-Steel Shop Tables, Kerosene Heater, Small Garden Trailer, Metal Cabinet, Furniture, Antiques, and much more!!

Wanted to buy Antique Hand Crank Meat Slicer and Anvils!! Receiving times for consignments is Monday, Wednesday and Fridays from 8:00am to 5:00pm, Closed Thursdays and Saturdays!!

Attention our Gun Auction is Canceled until further notice!! Call 518-993-4668 for details!!

Continuing With The On Site Furniture and Antique Auction Friday Night, November 21st at the Old Barn Antiques, St. Rt. 5, Little Falls, NY

ATTENTION: we will also be receiving consignments for this Auction.

Consignments will include Antiques, Furniture, Collectables, and Tools!! Also George still has lots of items that will be sold over the Auction block!! Bring it on if you have items you want to sell, this is another location for people to buy your product!! Call JR at 518-993-4668 for details!! Call for receiving hours at The Barn!!

On Site Public Farm Auction Saturday, November 22nd • 10:00am 1489 Kringsbush Rd., St. Johnsville, NY

Sleighs, Buggies, International Tractor, Farm Machinery, Antiques, Shop Tools, 3-Horses!!

Antique Buggies and Sleighs:

Doctors Buggy with top in good condition, One Seater Sleigh with Top, Courting Buggy in excellent condition painted green, 2 Seater Buck Sleigh in great condition painted red, 2 Seater Buck Sleigh with 3rd seat, Buggy Wheels, Sulky Cart, Buckboard Running Gear, Buckboard Wheels, Buggy Wheels, Sleigh Runners Sleigh Bells, Early Buggy Lights, 8 Saddles, Horse Harness, Lots of Tack, Saddle Pads and more!!

Farm Machinery:

International 504 Tractor with loader, Ford N Tractor in good condition, New Holland Baler with Kicker, New Holland Rake, Hay Wagon, 3 Hay Elevators, Round Hay Bale Feeder, John Deere 105 Lawn Tractor with mower deck in excellent condition, Log Splitter, Honda 4 Wheeler 4x4, Plow Blade for 4 Wheeler, Truck Camper,

Shop Tools:

Stihl MS290 Chain Saw, Husqvarna 61 Chain Saw, Stihl Gas Hedge Trimmer, Delta Table Saw, Miter Saw, Metal Cut Off Saw, Stack On Tool Boxes, Air Compressor, Toro Push Mower, Stihl Weed eater, Work Cabinets, Work Tables, Electric Hand Tools, Saws, Table Vise, Redi Kerosene Heater, Extension Ladders, Step Ladders, Scroll Saw, 50 plus packs of brand new Timberline Shingles, Rolls of Roofing Paper, Piles of Lumber, Scrap, Tin, Pipes, Nice 8' x 6' Chicken Coop!!

Antiques and Household;

4 Door Oak Refrigerator, Pot Belly Stove, Cream Separator, 8' Church Pew, Cider Press, Crocks, Jugs, Victrola, Large 4 Door Cupboard, Apple Baskets, Leaded Glass Windows, Wooden Pulleys, Enamel Tin Ware, Milk Cans, Early Bottles, Early Farm Table, Drop Leaf Table, Piano, Wood Boxes, Early Chairs, Wooden Barrels, Chest Freezer, Nice Bedroom Suite with Queen Size Bed with Mattress and Box Spring, and more!! Go to auctionzip.com for pictures.

Terms of Auction are Cash Check or Credit Card. 10% Buyer's Premium, 13% Buyer's Premium if paying with a Credit Card. All items must be paid on day of Auction and before leaving premises. You are responsible for your items immediately after you buy them.

Public Construction Liquidation Auction Saturday, December 13th • 10:00am 2008 7'x14' Enclosed Trailer, Construction Tools, and Shop Contents of Mohawk Renovations 229 Nestle Rd., Canajoharie, NY Watch for List and Pictures!!





Duct facts

(NAPSA) — Be warned: Dirt, allergens and pollutants may be lurking in the cleanest home, hidden away where you can't see them-but you can get help getting rid of them.

Why

The mold, fungi, bacteria and dust clogging your home's heating, ventilation and air-conditioning (HVAC) system can affect your family's health.

When

Frequency of cleaning depends on whether there are pets or smokers in the house, there's been water damage or remodeling done or anyone has allergies

or asthma. **How**

The most effective way to clean air ducts and ventilation systems is to have a professional contractor place the system under negative pressure, through the use of a specialized, powerful vacuum.

Who

Ask if the contractor you're considering is a member of the National Air Duct Cleaners Association (NADCA). These have a Code of Ethics and follow NADCA Standard.

Where

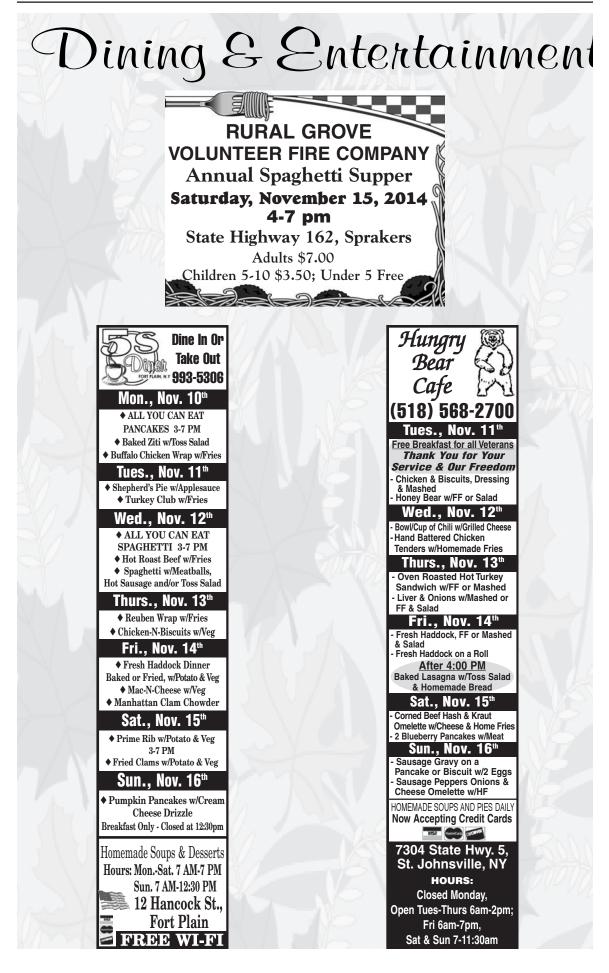
Find a nearby association member at www.nadca.com.

nationalgrid REBATES GOING GREEN!

Paying Too Much For Oil? Let Us Help You Convert from Oil to Gas! CALL US TODAY FOR FREE ESTIMATE!

MATTICE & SONS, LLC 518-441-0142 PLUMBING - COOLING - HEATING PALATINE BRIDGE, NY

Dining & Entertainment WRATH OF GRAP 51 Hancock Street • Fort Plain, New York YOUR WINE SUPERSTORE! OVER 12,000 BOTTLES IN STOCK Free Harvest Wine and **Cheese Tasting** Friday, Nov. 21st, 5:30-8:30pm Come check out our selection of holiday gift items 8-993-262 nice n easy **GROCERY SHOPPES** CHEESE PIZZA 🐻 **& 12 WINGS** \$17.99 PLUS TAX & TOPPINGS L 🔵 LELELELELE Also Available: **Tri-County** WINGS, COOKIES, Girl Scout WRAPS, PARFAITS, SALADS, ETC. Fashion Now Selling ETHANOL FREE Show **PREMIUM GAS** 95 Main Street Friday, Fort Plain Call ahead for orders November 14 518-993-3337 **6PM Canajoharie High School** Ice Cream Social **Following Event** Tickets Only \$3.00 Pre-Sale Tickets Available at Linda's Consignment Shop. Canal St., Fort Plain **Come Support The Girl Scouts!** XXXXXX 🛛 XXXXXXXX



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 events to Lee Publications 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

NOV 1-30

Arkell Center Events for November

Arkell Center, Canajoharie, NY. Arkell Center Programs for ALL AREA Seniors during November are as follows:

• Monday-Friday: 11:45 am. The OFA Meals of Montgomery Program

Date

serves hot meals, suggested \$3 donation for 60 and older. Call 673-2000 for reservations.

• Mondays-Fridays: 10-12 noon. Arkell's Indoor Walking Program will continue. Seniors invited.

• Mon, Wed & Fri: 10-10:30 am. Arkell Center



Senior Exercise Program is in the basement. Coffee after.

• Nov. 12, 19: 2:30-3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement.

• Nov. 13: 1-3 pm. Second Time Around Band practice. Come and enjoy listening to the music.

SPECIAL EVENTS • Nov. 12, 19: 12:30-4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry-673-5635.

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

MEETINGS

• Nov. 21: 1 pm. Canajo-

November 8th, 2014 • A35

• Nov. 25: 10-11 am. Alzheimer's/Dementia Caregiver Support Group meeting at Arkell Center.

NOV 1-30

Fort Plain Senior Center Events for November

Fort Plain Senior Citizens Center, Fort Plain, NY. Open every weekday from 8 am to noon. Mondays from 8 am to 3 pm. • **Monday:** Arts and Crafts - Bring your own supplies and join our group for painting and other craft activities. Monday afternoon Bingo starts at 12:30 with light refreshments provided. There is a fee of \$2 Bingo.

• **Tuesday:** Play cards Pitch or Pinochle with our regular card players or start your own group. The Quilters gather every 2nd & 4th Tuesday to

2009 KIA Spectra LX silver, 4DSD, FWD, very good condition, 2 new radial snows, extra tires, no frills, 115k miles, AC, CD, AM/FM, 4 cyl auto, great on gas. \$4,000





CABIN RENTALS Rent by Week \$225 2-Bedroom \$300 3-Bedroom

222-222-2222



Stop By The Office So We Can Take Your Photo or Email it to dcountryman@leepub.com

2	Weeks	Starting	Issue	Date	(Saturday	Date)	1

MAILING ADDRESS:					
CITY:			ST.	ATE:	ZIP:
PHONE:					
Name (Print):					
Name (Print): Street:				_ State:	Zip:
Street:	County:	City:			
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	County:Cell #: rr American Express	City:E E Discover Exp.	mail Address Visa Date:	s: MC	

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

quilt. Bring your own quilting supplies.

• Wednesday: General activities, come in and read, watch TV, play cards or just visit with friends. Art Journaling Classes from 9-11 am. Call Steve at 518-993-4737 for more information on these classes.

• **Thursday:** Bingo and Lunch! Bingo 9-10:45 am with lunch following at 11 am. There is a fee of \$2 Bingo and \$3 for lunch.

Friday: General Activi-

ties. Contact Maggie Ahrens, 518-993-3432. **NOV 8**

Chicken & Biscuit Dinner

Newport Methodist Church. 4-7 pm. All Veterans dine for free. **NOV 11**

Antique & Flea Market Herkimer V.F.W. Post 4915, Mohawk St., Herkimer. \$1 admission. Collectibles, jewelry, coins, old & new items & more.

NOV 12

Veterans Day Program and Breakfast

Cherry Valley-Springfield Central School District. 8:30 am. RSVP by Nov. 5 at 264-9332 or e-mail tryan@cvscs.org

NOV 14 "Noises Off"

Stables, 13 Remington Ave, Ilion, behind Remington Arms.

• 8 pm. Nov. 14, 15, 21, & 22

• 2 pm. Nov. 16 & 23 Tickets are available at

Call in your Reader Ad TODAY... 518-673-30 Pick it up... For as little as per week!!! Give us a Call... Looking for it? Selling it? Looking for work? Looking to hire? We can get it done! MAKE OUR PHONE RING SO WE CAN FAVOR!! Call the Original Valley Pennysaver to place your

Reader Ad 518-673-3011

the door, \$8 students and \$12 adults.

NOV 15 Free Clothing

Giveaway

Valley Alliance Church, State Highway 5 east of Nelliston, NY. Saturday from 9-11 am. Doors open at 8:45 am. Refreshments will be provided.

Rural Grove Volunteer Fire Co. Annual Spaghetti Supper

State Hwy. 162, Sprakers, NY. 4-7 pm. Adults \$7, Children 5-10 \$3.50, under 5 free.

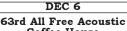
NOV 20

Ham & Fritter Supper St. John's Lutheran Church, 774 State Hwy. 163, Freysbush (4 1-2 miles S. of Fort Plain) 4:30-7 pm. Eat in or take out. \$9 adults, 12-5 yrs. old \$4.50, under 5 free.

Senior Citizen Dinner Cherry Valley-Springfield Central School Cafeteria. 3-6 pm. Call Laura Carson at 518-264-9332 ext. 501, by Nov. 14, if you plan to attend.

NOV 22

Holiday Pet Picture and Food Pantry Drive Canajoharie Moose Lodge #853, 159 Erie Blvd., Canajoharie, NY. For more information call Faye Bunk at 823-0239 or Alecia Lofstrom at 332-5876.



Coffee House Fultonville Methodist Church, Montgomery St., Fultonville, NY. 6:30-10 pm. A no alcohol event and is open to all types of music as long as NO vulgarity, doesn't offend anybody and acoustic instruments only, poetry, magic etc.

DEC 7

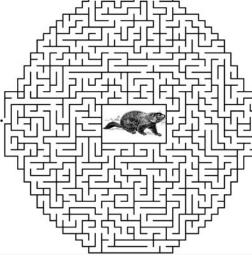
St. Nicholas Day Fort Klock, St. Johnsville, NY. 12-3:30 pm. Contact Fort Klock Historic Restoration, 518-568-7779. On Internet at fortklockres toration.org



greater distance, she finished first. Since Becky maintained this average over a course per second for the respective distances. race in 5 seconds. Both averaged 1/20 of the seconds; Becky covered the last 5/20 of the Abby covered the last 4/20 of the race in 4 Becky won.

on this week's puzzles?

ANSWER KEY How did you score



SPELLBINDER	
CORE 10 points for using all the etters in the word below to form wo complete words: RHAPSODY	
THEN score 2 points each for all words of four letters or more found among the letters.	
Try to score at least 50 points. '/sod 'pieu :ewosowa elgissori	

Mega Maze

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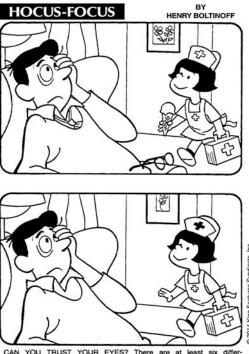


Riddle Answer:	
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I am falling for you.

SUCKELER

November 8th, 2014 • A37



CAN YOU TRUST YOUR EYES? There are at least six ences in drawing details between top and bottom panels quickly can you find them? Check answers with those differ Six How below.

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CLOUDS	N	1	к	P	м	U	P	т	т	s
COCOA	0	E	L	C	L	м	н	U	1	Y
HAYSTACK	1.2	-		100	-			100	1.11	S
HOLIDAYS	C	N	0	G	А	Α	N	R	C	A
LEAF PILE MAIZE	E	R	F	1	N	т	0	к	0	D
PINE CONE	N	R	z	к	s	Y	S	E	C	1
PUMPKIN RAKE	1	E	F	E	s	м	A	Y	0	L
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Two friends decided to have a foot race. Each accelerated at a uniform rate from a standing start. Abby covered the last 1/5 distance in 4 seconds. Becky covered the last 1/4 distance in 5 seconds. Who won? ©2014 King Features Syndi

DIFFERENCES: 1. The is missing. 2. Sheeve is shorter, 3. Glasse 4. Picture is different, 5. Cone is missing. 8. Cap is different. Buissim are c

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THE ORIGINAL VALLEY PENNYSAVER

1

Stove.

APARTMENT For Rent

St Johnsville, 2 bedroom Second Floor,

Washer Hook Up, Off Street Parking, Utilities Not Included. \$475 Plus Security Deposit.

Call 518-848-1586 Please Leave Message

CANAJOHARIE APARTMENTS 52 Maple Ave.

Refrigerator,

NO DOGS!



3 Bedrooms, 1.5 baths, 1300 sq. ft. New windows, newer electric breaker box, 50 gal. hot water tank 2 years old. Forced hot air, oil furnace in excellent condition, serviced yearly. Renovated kitchen & upstairs bathroom. Total all taxes without star reduction \$1200. Currently rented \$600 per month. Move in ready or keep current tenant. More interior pics on forsalebyowner.com ad #22636253.....\$43,000



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. **Asking \$57,900**

8-378-32





An open recall can help a used-car buyer

(NAPSA) — Bad news can sometimes be good particularly news when it involves an open recall on your car.

An open recall is when a manufacturer identifies a problem with a particular model and agrees to fix it at little or no cost to the owner or potential buyer.

Recalls can affect a

car's performance, safetv and resale value. You're doing vourself and others on the road a favor by having them fixed.

Open recalls can be an excellent opportunity to help ensure the purchase of a wellperforming car. However, problems arise when neither



Taking car.

buyer nor seller knows an open recall exists. It's

ad- estimated vantage of an that 3.5 open recall million offer can help vehicles to maintain with open the value of a recalls were for

sale online in 2013. out recalls cars at

Fortunately. you now can easily find about open or other reported problems by shopping for used www. carfax.com. Every car has a free Carfax Report to help you find the right car with the right history.





email: sales@outdoor-motor-sports.com

Tackling home improvement projects with kids in tow can be challenging. But if kids are old enough, moms and dads can enlist their youngsters' help when working on projects around the house. Not only can adults keep closer tabs on kids' activities, but involving kids in home projects also lets parents instill important and practical lessons at the same time.

When asked to pitch in on home projects, young kids may feel proud they can lend a hand with such a "grown-up" task. With the right instruction, children of all ages can get involved with fixup projects and learn new skills in the process.

• Include children from the start. When beginning a project, parents can make their kids a part of the design and planning process, welcoming the input of younger members of the family, especially if renovations will impact spaces they use directly. Draft a list of supplies and ask questions of the kids regarding what supplies they think will have to go into completing the project.

• Shop as a family. Although it may slow you down, take children along to the home improvement store so you can purchase supplies together. Let youngsters help you as you choose materials for the project. This way they can see how the raw materials will turn into the finished renovation.

Emphasize safety. Children should understand that tools serve a distinct purpose and that they are not toys. Identify and explain the dangerous pieces of equipment and instruct children that they should not touch or turn on tools without an adult nearby. Go over the proper ways to handle the tools and explain the purposes of each device. Make sure everyone is wearing safety equipment, including eye protection, gloves and ear protection, while handing the tools.

• Demonstrate and then let kids try. Children will not have the skills to perform more intricate tasks, but older kids can hammer some nails, mix paint or even cut wood with supervision. Assign tasks based on the child's age. For example, a preteen may be able to saw wood, while a kindergartener can hand over nails and tools. Illustrate the correct way to get things done and then have children mirror your actions.

• Attempt an easy project first. Painting a room,

building a planter box, or another less complicated project can help parents gauge their kids' abilities. Involving children in

home improvement projects can teach then new skills, give them a greater appreciation of the work that goes into maintaining a house, instill a sense of pride in youngsters, and provide a great chance for kids and their parents to spend quality together.



Shopping for a Medicare Advantage Plan?

QUESTIONS TO ASK	With MVP Health Care	
Can you keep going to your FAVORITE PHARMACY?	YES	
Does the coverage INCLUDE ALL THE HOSPITALS in your area?	YES	
Do you pay a SET AMOUNT FOR MEDICAL SERVICES, like a \$60 copay for an MRI, instead of an unknown amount, like a percentage?	YES	
Can you see a specialist WITHOUT A REFERRAL?	YES	
Is there an option to choose a plan with DENTAL COVERAGE?	YES	

Join us to ask, learn and understand at a free informational meeting:

Date	Place	Time
11/11	Windmill Diner-Amsterdam	10:00 am
11/11	Holiday Inn-Johnstown	2:00 pm
11/25	Windmill Diner-Amsterdam	10:00 am
11/25	Holiday Inn-Johnstown	2:00 pm

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-888-280-6205.



1-888-280-6205

Monday-Friday, 8 am-5 pm ET MVP's Medicare Customer Care Center: 1-800-665-7924 Call 7 days a week, 8 am-8 pm TTY: 1-800-662-1220



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The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2014. MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Y0051_2418 Accepted CD

50'

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\$18.000

(123)

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(190)

PALATINE:

3BR'S

2 BATHS.

\$55,000

(128)

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Don't fear the check engine light

Although the check engine light may look scary lit up on the dashboard, there is nothing to fear. A glowing check engine light doesn't mean you have to immediately pull the car to the side of the road, but it does mean you should get the car checked out as soon as possible, says the Car Care Council.

"Motorists should not get spooked when the check engine light comes on," said Rich White, executive director, Car Care Council. "When illuminated, the check engine light usually means that a vehicle system, such as the ignition, fuel injection or emission control, is not operating properly."

Some common malfunctions that can cause the check engine light to illuminate include a faulty oxygen sensor,



mass air flow sensor, or spark plugs and wires. If the light flashes, the condition is more critical and must be checked immediately to prevent severe damage, which may include catalytic converter damage.

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"Even if the vehicle appears to be running normally, ignoring the warning light could result in more costly repairs," continued White. "At the very least, the light could be alerting you to an engine problem that is negatively impacting fuel economy and costing you money."

When scheduling service, make sure the repair shop that examines your vehicle has professional technicians who are trained and certified in OBDII diagnosis and repair. The technician will connect your vehicle's computer system to a diagnostic scan tool, which will provide trouble codes indicating why the check engine light was activated. While the diagnostic tool is connected, the technician can analyze data streams such as the idle speed, throttle response, engine temperature, fuel system pressure, manifold vacuum, exhaust emission levels and many other key indicators. Once the problem is identified and the repair is made, the car's computer is reset to initiate the computer's release process.

To learn more about taking the scare out of an illuminated check engine light, visit www.carcare.org, view the council's Car Care Minute and order a free copy of the newly updated Car Care Guide at www.carcare.org/car-care-guide.



Have food allergies? Top tips for dining out

(BPT) — An estimated 15 million people in the United States, including one in 13 children, suffer from food allergies, according to Food Allergy Research and Education (FARE). A wide range of reactions to food allergens can provide a unique set of challenges when dining out and even cooking at home. How can someone with food allergies still enjoy foods safely while away?

Culinary professionals from The Art Institutes system of schools provide tips for navigating menus:

Dining out

"One of the most important things for people with food allergies is to be vocal about those food allergies," says chef Jennifer Brooks-Stadler of The Illinois Institute of Art - Chicago. She says to make your allergies known, not only because of substitutions but also to ensure your meal hasn't been prepared using cookware and utensils that have come in contact with the food you are allergic to.

"Ten or more yeas ago, the restaurant industry wasn't very receptive to food allergies, intolerances and menu item substitutions. Today, this is not the case," says chef Andrew Dole of The Art Institute of Colorado. "The consumer is in the driver's seat when it comes to ordering meal alterations."

To make dining experiences easier, Dole recommends looking up the menu or calling ahead to ask questions. Diners should also keep in mind that if they make special requests, they should allow for extra cooking time.

Dole also advises having a few go-to restaurants where you can get a meal without a hassle. "This doesn't mean that trying out new restaurants is out of the question, but at peak meal times or on busy nights of the week, it doesn't hurt to go with what one knows," he says.



To be safe when dining out be vocal about any food allergies.

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How to give back to veterans

M embers of the military serve their country proudly, often sacrificing the luxuries of home and time spent with their families to do so. When veterans return home from training or deployment, many people want to show how much they appreciate the sacrifices made by the men and women of the military, but don't know the best way to share that appreciation.

Donations to a veterans' charity is one measure of support the public can offer. Many charities work to serve the needs of veterans. The Wounded Warrior Project provides rehabilitation, counseling and activities for veterans who were wounded during service, while Homes for Our Troops remodels homes or builds them for troops who were injured and need their homes remodeled as a result of their injuries. The USO provides a variety of services for veterans and can always use donations or volunteers.

Another way to help veterans is to assist with their pets. Some dogs and cats get left behind when troops are deployed or forced to move. Volunteering to foster a pet until a soldier

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M.W. Roosevelts & Son 210 Erie Blvd., Canajoharie, NY 13317 518-673-3214 military service dogs can be injured or traumatized during battle. Working dogs can be rehabilitated or adopted upon returning home. According to the organization Veterans, Inc., veterans are more at risk of becoming homeless than those who do not serve in the military. Some causes of homelessness include lack of education and transferable skills after returning from military life. Physical and mental health issues can make finding work challenging. Some veterans may cope with trauma resulting from their deployment by leaning on drugs and alcohol, and that can interfere with their ability to get and/or keep jobs. Individuals can help veterans by opening their homes to friends and family members who may need a temporary place to stay. Encourage veterans to embrace job training programs or seek therapy if necessary.

Providing support to military personnel both past and present can mean a world of difference. Correspond with veterans through mail, email or text messages. Operation American Soldier establishes connections between civilians and troops so that all soldiers receive daily mail, whether it's a care package or letter of thanks.

Other simple ways people can give back to troops is to personally thank them for serving their country. Share time with veterans and ask to spend time listening to their stories and experiences.

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Prevent colds and flu before they start

Though the holiday season is a joyous time of vear. it's also one when many people succumb to cold and flu. Spending so much time indoors in close proximity to others can increase a person's susceptibility to flu and cold, so it's no surprise that the holiday season, when many people spend lots of time celebrating indoors with family and friends. marks the unofficial start to cold and flu season.

Despite what Mom might have told you about going out into the cold with a wet head or leaving home without wearing a coat, such actions do not increase your risk for cold and flu. But being cooped up indoors, where germs from others who are sick can fester, can increase that risk.

Cold weather also can be a factor, but not for the reason you think. According to a 2007 study

from researchers at Mount Sinai School of Medicine, the influenza virus is more stable and can stay in the air longer when the air is cold and dry. Dr. Peter Palese, a flu researcher who is professor and chairman of the school's microbiology department. examined guinea pigs infected with the flu virus to determine the connection between the flu and cold weather. Dr. Palese varied the air temperature and humidity in the guinea pigs' environment and determined that flu transmission was best at 41°F, while the prevalence of transmission declined as the temperature rose. By the time temperatures reached 86°F, the virus was not transmitted at all. Low humidity also helped transmit the virus, and high humidity stopped the spread. Flu viruses spread through the air in water droplets expelled from sick individuals' noses and mouths. High humidity may cause these droplets to fall to the ground before they can infect someone else.

Colds are largely transmitted through surface contact with the virus or direct contact with a sick individual. The cold virus is then contracted on the hands and typically transferred to the nose, eves or mouth through inadvertent touching of these areas. Spending time indoors in close quarters with other people, which is more common in the winter. can facilitate the spread of colds as well as the flu virus.

There are many ways to reduce your risk of contracting a cold or the flu virus this winter. Perhaps no preventive measure is

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more effective than getting a flu shot. In addition, wash your hands frequently to prevent the spread of germs, and disinfect remote controls, computer keyboards, tablets, mobile phones, and other items that are handled by multiple people on any given day. In addition, spend as much time outdoors as possible so you can escape potentially contaminated indoor air.

If you come down with the flu, increase the humidity in your home by running the shower with the door open, using a recreational aquarium or boiling pots of water. Maintain a warm indoor temperature to reduce the likelihood that the flu virus will spread.

Other ways to reduce your risk for cold and flu include:

• maintaining a healthy

• getting several minutes of sunlight per day • exercising regularly





