November 22, 2014



Serving the Homes of the Mohawk Valley

Volume 5 • Number 19



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Serving the Homes of the Mohawk Valley

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Hello Again,

Not paying attention can to lead to misunderstandings. Not understanding can lead to a series of confugalties – such as a knock-down-drag-out-face-slapping-fight and other times a result which was never planned expected or wanted. For example:

A young couple was married only a few months when the spizmerinktom wore off. Deeply concerned the young wife arranged for a counseling session. After a few minutes of honest openhearted conversation with the couple, the counselor grabbed the wife into his arms and presented her with a powerful passionate kiss. "See," he said to the husband, "you and your wife do not need professional counseling."

"That is what she needs. I suggest you do this at least three or four times every week - start with Monday, Wednesday, and Saturday." "I can do that," the startled husband said. "I will bring her here every Monday, and Wednesday night but on Saturdays I bowl."

I found it rather interesting that most of the political wannabe's during their political TV talks said, "If I win, I will push for equal pay for equal jobs."



That rates as one of the dumbest statements I've heard in a long time, but then it was political hype.

Does that mean if a company hires a new person, who they think with experience could maybe become qualified to handle his or her new position, equal to the person who has been employed there for 10-20 years who has proven valuable expertise gained through experience, should be paid the same?

Maybe it means to fill a position in the company the administrator has no choice but to cut the pay of several long time employees to make their wages equal. It certainly could not mean a company should over pay the new employee should it?

It has always been a source of interest why Florida and several other southern and western states have the necessary smarts to take financial advantage of natural attributes such as warm weather. New York State seems to be totally blind to our natural gift - power producing flowing water. New York has many flowing rivers suitable for hydroelectric plants. It appears we may be witnessing the great awakening. Albany Engineering Corp has proposed a plan to a federal agency to harvest power from the Mohawk River by installing barge based generators to provide electricity utilizing the free power provided by flowing water.

The proposal calls for two barge-based generators to be placed at each of the eight lock sites between Fort Plain and Scotia. The genius of this proposed plan is the generator carrying barges can be removed during the winter months, and the water movement is a free fuel and the water movement is always there, just like Niagara Falls.

So who is counting words? The Lord's Prayer contains 56 words. Lincoln's Gettysburg Address; 260. The Ten Commandments; 360. The Declaration of Independence; 3,000 - and a not-toolong ago statement by the Supreme Court; 4 words - "No praying in school." It appears if left with their usurped powers, they will hand down a 2 word rule - No God.

Thanksgiving holiday traditions are commonly traced back to 1621 Plymouth celebration feasts. These feasts were held by the Pilgrims and Puritans who emigrated from England and brought to America the tradition of Days of Fasting and Thanksgiving. Actually several days in New England were set aside to honor God in prayer showing appreciation for the bountiful harvest. American history proves that this country was founded with prayer and belief in a Heavenly Father.

Up until 1882 mostly church leaders offered Thanksgiving Day proclamations. During the late 1800's, church and state leaders joined in proclaiming Thanksgiving as a national season of Thanksgiving. As a Thanksgiving Day, the day of public Thanksgiving and prayer was to be observed by acknowledging with grateful hearts the many favors of almighty God.

Isn't it both sad and amusing that our beautiful, freedom-loving country is now falling into the hands of those who would drive the belief and mentioning of God out of our Government, including schools. It is obvious they prefer a Godless society. A society without the Ten Commandments and the love your neighbor principles of the Christian faith.

If by some strange miracle I could choose to go back to live in history or advance to the future, I would only pick the society who lives by the teachings of the Holy Bible. To me a Godless society would be living in a Hell on earth.

A little smidget of blarney can put a smile on any deadpan face. I thought about trading in or selling the little red Spyder to buy a new one. I told an interested lady buyer if she owned the bike she could be in Cooperstown in about 30 minutes. When I called her the next day she said, "No I'm not interested — I have no reason to go to Cooperstown in 30 minutes."

My next-door neighbor John is a very clever person. For Christmas last year he

convinced his wife that polyester is the generic name for mink.

Another friend of mine named Pete is in the business of buying and selling. He seems to be able to buy nearly anything and find a way to turn a profit. I understand he has entered an agreement with a local brown chicken farmer to buy all of his half-sized brown eggs. He has placed a sign on his building stating the following, "I buy and sell used anything, including brown eggs."

A Chinese auction and a 4-year-old boy set the stage for proof that love and kindness is still alive and in action today.

A local Mohawk Valley 4-year-old grandson, while attending a Chinese auction with his grandparents, was given a handful of tickets to bid on anything he saw and wanted. He spotted a Transformer robot toy – and had to have it. He placed or spent his entire fist full of bid tickets into the Transformer robot kettle.

At the same time another young boy in a wheelchair saw, admired and wanted the robot. The two boys both hoped they could win. When the auction bidding was over, the four-year-old boy won the robot. An auctioneer staff member placed the robot in his lap. With that he — the four year old — carried the robot over to his new friend in the wheelchair and placed it on his lap.

May you and your loved ones enjoy a wonderful Happy God-Given Thanksgiving Day. I would like to picture you sitting around a dinner table covered with turkey and all the trimmings with heads bowed thanking our Heavenly Father for the great privilege we have to live in this great country. God bless you and attend church on Sunday.

Fred Lee and the Lee Family

P.S. The red bike is not for sale, it's still loaded with unused hand waves to its friends and neighbors.

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Raising turkeys at Glastenbury Farm

by Elizabeth A. Tomlin

Mike Cole of Glastenbury Farm hasn't always raised turkeys. They are a fairly new addition to his family's Canajoharie farm.

"We've been raising turkeys for 3 years," Cole said. "It just seemed like there was a market there for them and now people want to buy local so they know who they are getting their food from."

Cole buys the turkeys locally as hatchlings and raises them up to market as the Thanksgiving holiday approaches.

"We do very little advertising," Cole reports. "People find us through word of mouth."

Cole says this is a "very seasonal" market and the turkeys nearly always are sold out before Thanksgiving arrives. Cole raises up to 50 birds each year.

"It's not extremely profitable, but it is worth doing. People seem to want it and the market is there."

Cole describes the venture as "just another facet of the farm, another avenue to make income."

The turkeys, which are free range and also fed a high protein grain are sold after they are processed by a state



Mike Cole uses free range feeding and a high protein diet are in raising the birds.

certified processor, usually weighing between 15 and 20 pounds dressed. Cole says that although a few people still want 25 pound turkeys, most folks generally want

Photo by Elizabeth A. Tomlin them a little bit smaller.

The registered Jersey farm also raises chicken and pigs.

Some of their products are marketed through a farmers market in Northville, NY.

Adopt A Room donation



Veronica Hicks, President of the Palatine's Nursing Home Resident cess that we were afforded the Counsel, accompanied by the PNH Administrative Staff, had honor of ability to give back to these dedpresenting the proceeds raised from the Fall Festival to the "Adopt a icated volunteers by donating to Room" program.

On Sept. 26 the Palatine Nursing Home & Rehabilitation Center hosted it first annual "Fall Festival". As a long standing member of the community, the Palatine Nursing Home focused on "giving back". The Palatine Nursing Home family dedicated their fund raising activities to benefit the area sponsored "Adopt Room" program which assists local residents affected by the flooding.

The Palatine Nursing Home Family is also pleased to announce that with the support of the Canajoharie and St. Johnsville's Fire Departments our day was such a great suc-

the fire departments.

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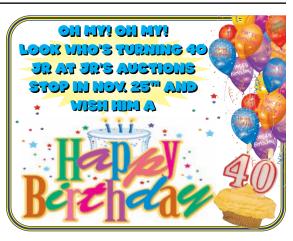
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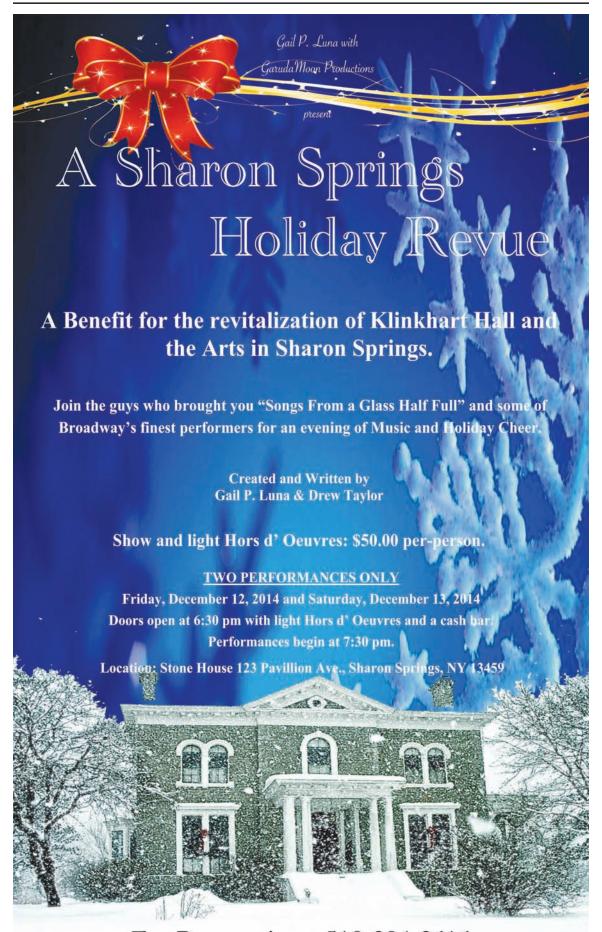
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36 Detail 37 Sea anemone. e.g. 38 "Jeopardy!"

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

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

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: * *

★ Moderate ★★ Challenging ★ ★ ★ HOO BOY!

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See Page 24 for the Answers to All of These Puzzles



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Call 518-673-3011 To Place Your Ad KUBOTA ZD21 diesel zero turn mower. hydraulic 60" cut deck, 525 hours, extra rear tires, beautiful condition, \$7,000. Come try it out (before snow) 518-281-5134 or 518-281-3357

The Bridge Street Bakery & Café is making homemade Pizza every Mon & Tues from 3-7 pm! Stop in and give us a try. Call ahead or stop in. (518)568-8023. 10 Saint Bridge Street, Johnsville, NY.

TOWN OF EPHRATAH ZONING BOARD MEETING

STOP watching Monday night football and attend the next zoning board meeting. While you were absent the zoning board agreed to zone s sections of Ephratah <u>Commercial</u>. Several properties including snowmobile trails will be eliminated or unpassable due to commercial construction in the near future. This will severely impact our quality of life as we know it. This urbanization of Ephratah will affect the value of your home and real property and of course an increase in taxes.

Don't wait for the public hearing it will be too late, you only get a few minutes to state your case and they won't be listening. Remember your fighting corporations that could care less about the financial impact on your family.

Contact your local councilmen and stop the corporate takeover. Those who are in favor or oppose the plan please come and be heard, exercise your freedom of speech.

Meeting: Monday, Nov. 24th @ 6PM in the town hall Best to all of you

LOLLIPOP SNOW FLAKES, Tis the time to be Jolly by Golly! Come on in with a grin. Ester's is for shopping where the elves can begin. It's time for Santa's helpers, So come on in! Ester's Budget Shop, 188 Canal St., Fort Plain, NY., 518-258-4286. Tues-Sat 10-5pm.

The First 14 Words of Your Line Ad in the

The Original Valley Pennysaver Cost Only \$400

518-673-0100

BALEAGE FOR SALE: Alfalfa mix, timothy & clover mix. 315-822-3194



To say simply **THANK YOU** would be truly an injustice to my heartfelt appreciation and humbleness to family, friends and all the other wonderful people offering birthday wishes at my recent reception. 90 years is a great accomplishment full of precious memories, and my beautiful children honored me greatly by arranging this celebration. I appreciate you all for your fond wishes and blessings in my honor.

~ Owen R. Dievendorf

PHOTO PACKAGE only \$20.00: (2) 8x10 (8) 5x7's and 36 wallets or (4) 8x10's, (4) 5x7's and 36 wallets or mix and match. YES ONLY \$20.00 Beautiful professional quality prints from our digital press on quality photo paper. We also can print up to 13x19 prints for \$5.00 Call Beth at Lee Publications 518-673-0101 email bsnyder@leepub.com. Please note we will not reproduce any professional photos without written consent of the photographer.

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reptiles, birds, etc., and
all supplies for habitats
and aquariums. Located
in Fort Plain next to The
Sportsman's Den.
36 Canal St.,
5 1 8 - 9 9 3 - 1 0 1 0 .
www.facebook.com/dn
dspetsupplies.com.



ATV TRAILERS by Bosski Industries first automatic "Dump Assist" trailers GVWR 800lbs.+ 1600lbs. models available. Come check them out at North Creek Auto 315-866-3698



TIME TO GET OUT + COME DOWN to see what treasures can be found. Ester's Budget Shop, 188 Canal St., Fort Plain, NY., 518-258-4286. Tues-Sat 10-5pm.

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CHURCH PEWS: 11'. You pick up. Middleville,NY. \$250 each OBO. 315-891-3300

GREG BENNETT, Dean Guitars. Authorized dealer. Imagineering Drum & Guitar shop. 601 Dise Rd., Little Falls. 315-823-1603



Re: Moving Palatine Town Offices to Stone Arabia

The Palatine Town Council has not offered one good reason to build and move the Town Offices to Stone Arabia.

What we do hear is a constant bashing of the present building, and the disallowance of any common sense approaches to upgrading the current structure.

Instead, the reasons given for moving to Stone Arabia include, "We already own the land," and "We have drilled a well."

It's as if there is something noble about the blind perpetuation of a bad idea regardless of the cost, feasibility, or lack of rationale!

~ Earl Spencer

P.O. Box 68, Nelliston, NY 13410

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REGENCY

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TIRES FOR SALE- Two 185/70R 14's Cooper Weather Master Winter Tires, \$80.00 and two 235/70R16's, \$100.00. Call (518)993-2496. ANTIQUE AUCTION every Tuesday night at 5:00pm at JR'S Auctions 56 Willett Street, Fort Plain, NY. 518-993-4668. If you have Antiques and primitives that you want to sell now is the time!! Clean out your attics, barns, corners and sheds!! Bring them down and we will turn them into CASH for you!!!



PITTSBURGH PAINT - Interior paint and primer in one product - save money and time. You work too hard to paint with anything else. It was also featured in the November issue of Better Homes and Gardens magazine. C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

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518-673-0100Deadline Every Thursday at Noon

ROOMS FOR RENT. \$85 per week, includes utilities and cable tv. Walking distance to downtown Canajoharie. Onsite Management and off street parking. Newly remodeled. Chris 518-227-7697.



Whatchamacallits

This week's whatchamacallit is what is known in the United States as a fascine knife.

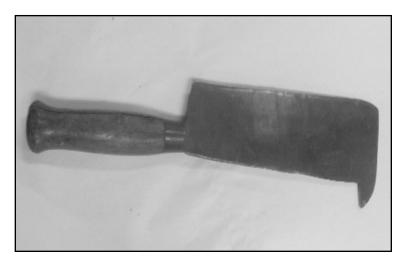
In order to understand a fascine knife, one must first understand what a fascine is. Fascines are bundles of sticks — often from willow, chestnut or hazel trees — used to support the sides of earthen structures, or for building a sturdy, more easily navigable path across wet or rocky terrain. Fascines are cut down with the fascine knife, which resembles a combination of a knife and an axe.

In the past, fascines were frequently used by soldiers to strengthen trenches in wartime. Although they vary widely in design, fascine knives are typically steel blades on strong wooden handles. In Europe, fascine knives are known by a wide variety of other names, such as billhook.

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.



CLIP & SEND



PO Box 121, Palatine Bridge, NY 13428 • Ph: 518-673-3011 OR 800-218-5586

\$4.00/14 words \$.10 each additional/WEEK

Deadline Thursday Noon - Fill Out This Form OR Call Us To Place Your Reader Ad

READER AD FORM Today's Date ____ # of Weeks to Run _____ Starting Issue Date (Saturday Date) COPY: (First 14 words \$4.00, each additional word add 10¢ each) (TELEPHONE NUMBERS = ONE WORD) Name (Print): Farm/Company Name: Street: County: City: State: Zip: Phone #: Fax #: Cell #: Email Address: Payment Method: ☐ Check/Money Order ☐ American Express ☐ Discover ☐ Visa ☐ MC Name on Credit Card (print): Today's Date: Signature: Amount Paid:

Ph: 518-673-3011 or 800-218-5586 • Fax: 518-673-2381 • Email: classified@leepub.com

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

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Closed Thanksgiving Day. No baked goods that week.

only doughnuts Sat. morning \$7.50 dozen or 75¢ each

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Many packages available to suit your needs!

THANKSGIVING RESERVATIONS 12PM - 2PM Per Plate \$18, Family Style for 4 \$95 includes Pie

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LOST CAT

on Main Street in Mini Park Johnstown.

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FISHING FISHING FISHING!! Live Bait, Rods, Reels, Tackle, Nets, etc. The Sportsman's Den, 36 Canal St, Ft Plain, 518-993-1010. LIVE BAIT, TACKLE, ARCHERY, AMMUNITION, PET, SPORTS, etc.

TILLMAN LLC Trailer, model DT6814 manufactured in 2010, full ramps, barn door tailgate. Used only 8 times, \$6,000.518-281-5134 or 518-281-3357

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



FOR SALE 2003 Chevy Pickup Truck 155,000 miles, runs good, great work truck. \$3,200. 518-673-2474. FRIDAY Nov 21st, MID-NIGHT MADNESS!! *SALES, RAFFLES, FREEBIES* Open until midnight! Fish, Gerbils, Hamsters, Birds, Mice, Rats, and more! At D&D's Pet Supplies, located at 36 Canal St, Fort Plain, next to The Sportsman's Den. 518-993-1010 or www.facebook.com/dnds petsupplies

all 800-836-2888 to place your classified a

ROXUL INSULATION - the better insulation for an energy efficient, quiet & safe home. Fire resistant, water repellent and made from stone. For more information call C.H. Burkdorf & Son, 35 Hough St., St. Johnsville 518-568-7016

Something to sell in The Original Valley Pennysaver? **Call 518-673-3011**



Christmas Open House!

Ayres Animal Shelter
133 Hilltop Rd Sprakers NY 12166



Dec. 6th: 12 pm -4:30 pm Come out for:

- Pictures with SANTA (for kids and pets)
- Wreaths/Kissing Balls
 - Raffles
 - Refreshments

Come out and see our wonderful animals. It's a fun day and a great way to get ready for the holiday season! *Call us at 673-5670 with any questions!*



Ayres Animal Shelter

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

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



TECKEL - 8-9 year old male longhaired Dachshund. Came to the shelter on November 14, 2014. He'd be ok with older kids and is "tolerant" of cats! Crate trained.



TEUTONIC - 8-9 year old brown male Dachshund. Came to the shelter on November 14, 2014. He's crate trained and is good with cats.



PORSCHA - Female Lab mix, about 3 years old. Found at Ann and E. Main Sts., St. Johnsville on November 4th. Very sweet, a real doll!



GRACIE - Female Pit Bull mix, about 2 years old. Seen running loose since mid-February. Finally rescued on June 20th. She knows "sit, shake and lie down." Good with some dogs.



SIRI - 1-2 year old female Husky mix. Found on Stone Arabia Road, Mohawk on September 3rd. Wonderful smile and loves belly rubs! Good with other dogs and kids. Housebroken.



KEITH - Adult male Coonhound, Found on Hickory Hill Road, Palatine on August 28th. Friendly and high-energy. Not good with cats.



ECHO - 3-4 year old female Pit Bull mix 45 lbs. Found on Route 5S. St. Johnsville in September 2011. Friendly, high-energy and strong. Good with some dogs, not cats. OK with older kids.



THUNDER - 6 year old male Pit Bull mix, 52 lbs. Found in Canajoharie in August 2012. Knows "sit" and loves chest or belly rubs! Not good with other dogs or with kids. Housebroken.



Thanksgiving Pie Sale

Wednesday, November 26th • 9AM till sold out Fort Plain True Value and Big Lots - Palatine Bridge BAKERS NEEDED. Call Dale at 518-673-5114

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



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Ayres Animal Shelter

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Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



MILLIE - 1-2 year old female Pit Bull. Found on Cannon Road, Town of Root on August 6th. She's a black and white



LORI - 7-9 year old female Beagle mix. Found on Paris Road, Town of Minden on June 18th. Very sweet and loving. Fine with dogs, cats, kids.



SLEEPY - Handsome 3-4 year old white (with brown) male Coonhound. Found on Route 5S east of Randall. Came to the shelter on September 12th.



MARIE - Lovely female Calico, 10 to 12 weeks old. Found on Frederick St., Canajoharie on November 13th.



FIDDLER - Handsome 4-5 year old tiger and white male. Came to the shelter on September 19th, Fiddler has FELV. the feline leukemia virus.



SID - 5 month old tiger and white male kitten. Came to the shelter in October.



TROOPER - 5 month old male tiger kitten. Came to the shelter in October.

CHARLES D. STAHL

START RIGHT, START HERE.

12 Willett Street, Fort Plain, NY

| **對B**@SS



MARIO - 5 month old male white and tiger kitten. Came to the shelter in



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

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King Crossword — Answers

Solution time: 21 mins.

G	U	L	L		L	Α	G		M	1	S	S
Α	R	Е	Α		Α	1	R		1	D	Е	Α
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Α	S	Р	Е	Ν		Α	В	L	Ε			
G	Ε	Α	R		G	L	Α	М	R	0	C	K
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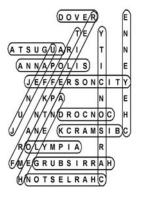
Answers to this week's puzzles

Weekly SUDOKU -

SMALLEST U.S. CAPITAL CITIES

	An	SW	er
1			-

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



I would like to take this opportunity to correct a statement made in last weeks editorial. As the "other candidate" I would like to set the record straight that I have always been in favor of a new Palatine Town Hall exactly where it is now going to be built. Our old town hall is disgusting and for far too long Palatine employees have had to work under the worst of conditions and endangering the lives of our town justices. The two brothers, in my opinion have stone walled this project for far too long and have cost us residents a higher construction cost to build this facility. If it had been built 5 years earlier it is my estimation it would have cost at least 25% less. Lastly I would like to commend the town board members who finally stood up to these brothers and said enough is enough! Thank you and I look forward to seeing vou all next November.

~ Rusty Capece



The Family of Lawrence J. Palombi would like to express their sincere thanks and appreciation to the staff of Saint Johnsville Rehabilitation and Nursing Home, especially to those in "C" unit for their heartfelt care and compassion during our Uncle's illness.

Also, a special thank you to patient,
Alan West for his inspirational
words and watchful care
to our Uncle.

We will never forget you all.

WARN AND FRIENDLY atmosphere, you always #1 here! Ester's looking out for you. So give it a spin and com in, it will be a win, win for you. Ester's Budget Shop, 188 Canal St., Fort Plain, NY., 518-258-4286. Tues-Sat 10-5pm.



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2014 Sign-up Date

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Saturday, December 6, 2014 9 AM to 3 PM

---- NOTICE -----

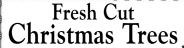
These will be the only dates and times that applications will be taken. Proper identification is required for parent and children. For more information, call 518-762-8699 or visit our website at: www.toysfortots.org. Thank You.







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- White Spruce



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WEEKLY SALES EVERY MONDAY HOSKING SALES

Weekly Sales Every Monday 11:30 with Misc. & Small animals, 1:00 PM Dairy, followed by feeders, sheep, lamb, goats, pigs. Calves start at 5PM 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. 17th sale - cull ave. \$.83, top cow \$1.06, Bulls/Steers \$.85

- \$1.32, bull calves top \$4.10, heifer calves top \$3.80, Dairy feeders \$.32 - \$.90, Feeder Steers \$1.14 - \$1.36. Dairy: Milking age top \$2425, Bred heifers top \$1300, Open heifers top \$750, heifer calves top \$270. Premier All Breed Sale - 154 Head Ave. \$2024 (all breeds & ages), 76 Milking age of all breeds ave. \$2556, 34 bred heifers all breeds ave. \$1779, 44 Open heifers all breeds ave. \$1293. Top was \$8500 (Lot 1) Holstein purchased

by Larry Dykstra, Orange City, IA.

Monday, Nov. 24th - Normal Monday Sale

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

Monday, Dec. 1st - Normal Monday Sale & Fat Cow & Feeder Sale

Monday, Dec. 8th - Normal Monday Sale & Monthly Heifer Sale. Group of 13 Al sired Holsteins bred heifers from one farm.

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

Monday, Dec. 15th - Normal Monday Sale and Sheep, Lamb, Goat & Pig Sale

Monday, Dec. 22nd - Normal Monday Sale

Monday, Dec. 29th - Normal Monday Sale

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.

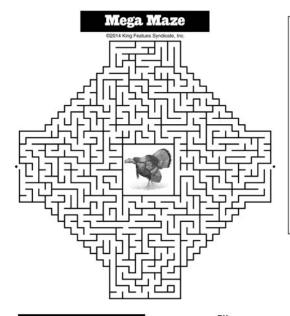
www.hoskingsales.com Call today with your consignments.

Tom & Brenda Hosking



607-699-3637 or 607-847-8800

6096 NYS Rt. 8, New Berlin, NY 13411 cell: 607-972-1770 or 1771



HOCUS-FOCUS HENRY BOLTINOFF



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

DIFFERENCES: 1, Bell plate is missing, 2, Hat is different, 3, Arm is moved. 4, Swing seat is smaller, 5, Fence board is broken. 6, Radio is missing.

Puzzles4Kids

WORD FUN

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

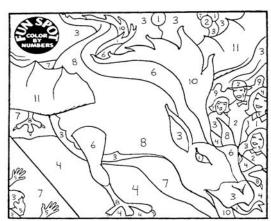
WHAT DID THE GENERAL DO ON THANKSGIVING?

SLEUTH	LUTES	TAVERN RAVEN
REHEAT	EARTH	ASTRAY TRAYS
GREENS	SNEER	STENCH CHEST KNIVES VEINS
STABLE	BELTS	
VARIES	RAISE	SKATES STEAK
NOTICE	TONIC	



You have a bag with 6 black cubes and 3 white cubes. Without looking when you make your selections, what is the probability of choosing 2 black cubes in a row?

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WHA DAT! Your guess is as good as any, Code: 1—Red. 2—Blue. 3—Yellow. 4—Lt. brown. 5—Flesh. 6—Lt. green. 7—Dk. brown. 8— Dk. green. 9—Dk. purple 10—Maroon. 11—Lavender.

SPELLBINDER SCORE 10 points for using all the letters in the word below to form two complete words: GLEAMING THEN score 2 points each for all words of four letters or more found among the letters. Try to score at least 50 points. "Bued 'eijity :auuosowa eigessod

ANSWER KEY How did you score on this week's puzzles?

 $\frac{71}{\varsigma} = \frac{9\xi}{\varsigma 1} = \frac{7L}{9\xi} = \frac{8}{\varsigma} \times \frac{6}{9}$

Your chances are 5 in 12.

Stickelers Answer

STEAK	S	SKATES
VEINS	К	KNINES
CHEST	N	STENCH
SYART	A	YARTSA
NAVAR	T	URBVAT
TONIC	3	NOTICE
BSIAR	Λ	SHIRAY
BELTS	\forall	BJBATS
SNEER	5	GREENS
HTAAB	3	TABHBR
LUTES	H	SLEUTH
ı	əmsu	\forall
LIVINS	-021	ZZNA
LKida	700	22110

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CHRISTMAS IS ALMOST HERE! Soon the little elves will be around the town. So come on down to Ester's to see what can be found. It's fun to shop were you are #1 every-day of the year. Ester's Budget Shop, 188 Canal St., Fort Plain, NY., 518-258-4286. Tues-Sat 10-5pm.

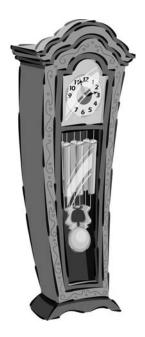


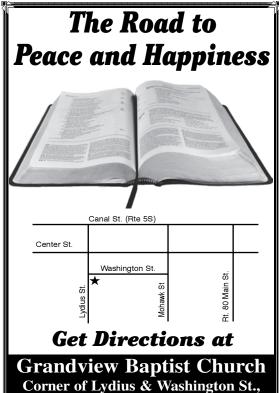
JR'S AUCTION does On Site Auctions at your house or at our Auction place here in Fort Plain!! WE can move your complete Estate, Furniture, Antiques or Furniture and sell it for you!! Give us a call 518-993-4668 We do Business Liquation's, Farm Machinery, Estates & much more!!



FOOD AUCTION – Thurs. Dec. 4th. at 6:33 pm. Kings, 689 Burrows Rd., West Winfield, NY. (315)822-5221

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Sunday 10 & 11 ● Wednesday 6:30 Pastor Dan West

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ESTATE SALE

Barbara V Spraker 214 Seebers Lane, Canajoharie, NY

Thursday - Saturday December 4 - 6, 2014

Thursday can be by appointment if necessary Ph 518-369-6968

9:00am to 3:30pm

Large Santa Collection new and old, Christmas Dinnerware, Flexible Flyer, Snow Shoes, Limoge Dinnerware, Stemware, Secretary Desk, Secretary Bookcase, Marble Top Stands, Porcelain Dolls, Barbie Dolls, Quilts, More Santa, Snowmen, Lamps, Chandelier, Martha Washington Stand, Desk, File Cabinets, Books, Wing-Backed Chairs, UltraComfort help-you-stand-up chair, More Santa, Dressers, Trunks, Dining Room Table and Chairs, Tablecloths, Placemats, Rocking Chairs, Throws, Decorative Pillows, Baskets, Map of Canajoharie 1857, 2 Seats from the old Canjo High School, Incomplete Spinning Wheel, Beech-Nut Boxes, Santa and More.

For this sale... CASH or CHECKS for purchases over \$100.00 with an additional form of ID, i.e. valid driver's license with phone number. Items to be removed by Saturday, December 6 unless otherwise arranged with us. Everything sold "AS IS" - not responsible for any accidents. No refunds or returns on any merchandise. View detail/pictures on Facebook Dwvoght, INC.



JR's Auction



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

Antique Consignment Auction Tuesday, November 25th • 5:00pm Antiques!! Tools!! Furniture!! Consignments!!

Already Consigned is a 36" round 7 Tier Swivel Nail or Bolt Bin, Metal Shop Cabinets, Showcase, Toy Chest, Early Trunks, Bed Bench and much more will be here by Auction time! Wanted to buy Old Lighting Rods and Globes, Antique Hand Crank Meat Slicer Blacksmith Tools and Anvils! Receiving times for consignments is Monday, Wednesday and Fridays from 8:00am to 5:00pm, Closed Thurs and Sat.

Black Friday Auction on Saturday, November 29th • 10:00am

Consignments Antiques, Food, Fruit, Baked Goods, Furniture, Tools!
This will be our yearly Black Friday on Saturday Auction!!
Don't Miss This Event!!

And if you have items you want to sell bring them on over!! We will turn them into CASH for you!!

On Site Construction Liquidation Auction!! Saturday, December 13th • 10:00am

Mohawk Renovations, 225 Nestle Rd, Canajoharie, NY 7' x 14' Enclosed Trailer, 16' Flat Bed Trailer, Construction Tools, Concrete Tools, Cement Mixer!

7'x 14' Enclosed Trailer, Cement Mixer with Honda Motor, Power Trowler with Honda Motor, Power Screeter with Honda Motor, 16' Flat Bed Trailer, Ladder Lift with Briggs Motor, 40' 32' 24' & 20'Aluminum Ladders, 8' Step Ladder, 2-6' Step Ladders, Portable Air Compressor with Honda Motor, 3-Electric Air Compressors, Dewalt Cordless Laser Self Level, Electric Dewalt 12" Chop Saw, Chop Saw Stand with 7' Wings, Drywall Lift, 1-Pair Drywall Stilts, 1-Air Hydraulic Lift, 3-Framing Nailers, 3-Roofing Nailers, 1-Finish Nailer, 1-Brad Nailer, 1-Sthil Motor Drill, 4 Piece Dewalt Kit, 2-Electric Dewalt Skilsaw, 2-Hytachi Impact Drivers, 3-Dewalt Impact Drivers, 1-Electric Dewalt Table Saw, Dewalt Cordless Nailer with batteries, Dewalt Cordless Saws all, Nails, Screws, and much more!! To many items to list!! Auction to be held inside the barn!! Amish Ladies will be having the food stand and proceeds will befit the Amish School!! Bring your chairs and dress warm!! Auction for Mose and Rachel Stoltzfus.

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. Go to auctionzip.com for pictures. ID # 29324.

2014 Central Mohawk Valley Lions Club Variety Show presents November Stars

by Elizabeth A. Tomlin

Attendees at the 16th Annual Central Mohawk Valley Lions Club (CMVLC) Variety Show were treated to an evening of music, dancing and comedy.

"Turn out for the show was strong as usual," commented Tammy Jones, Membership Chair of the CMVLC. "We are always very grateful to the local community for its support every year."

Jones was one of the performers in the 'Dancing With Our skit, which proved to be a highlight of the show, featuring both serious dancing and a comical spoof.

Another highlight of the show were the classic Beatles' tunes performed entertainers as a tribute for the Beatles' 50th anniversary.

Four Canajoharie students opened the show dressed as the Beatles would have appeared in their 1964 garb. Music recorded by the Beatles was played, while the impersonating Fab 4 "performed" on stage. Other Beatles' recording renditions were performed by the Fort Plain High School choir, Harmony; soloist Rachael Takacs accompanied by Norma Bowley; soloist & pianist Zoe D'Arcangelis and the band 'Spike and the Boys', featuring lead vocalist Walt Maaser — also Stage Manager for the show.

Additional performers included the Studio North Dancers, Canajoharie Glow Dancers,



Stage Manager Walt Maaser sings lead vocals with 'Spike and the Boys', who performed all Beatles songs in honor of the Beatles 50th anniversary.

Photos by Elizabeth A. Tomlin



several Canajoharie Glow Dancers lit up the darkened stage for the second year, with their glow stick decorated outfits and energetic dance routine.

guitarists Danyell Monk and Noah Davis, the Mohawk Valley Choralaires, trumpeter Tim Field and several of his students. Canajoharie student, pianist Cassie O'Neill, performed a spectacular vocal duet with newcomer Raven Manchester.

Funds raised from the show are used to support families and events locally, especially to aid folks needing assistance to obtain eye care or hearing aids.

"Eyesight and hearing are the two main thrusts of the Lions Club," remarked Lion Tom Armitstead, Variety Show Chair. "Funding also goes to local benefits, scholarships, books to local libraries, supporting guide dogs for people

> the Central and Association Blind."

> The Lions sponsor an annual Easter Egg Hunt in Haslett Park, book giveaways and fishing tournaments at the '4th on the 3rd' event in Fort Plain each July, as well as the annual Recyclable Regatta in June.

> Families in need of help may contact the Lions Club.



CHS band leader Tim Field and flute players Emma Trahan, Alice Cooper and Central Mohawk Valley Cassie O'Neil playfully performed Mary Had a Little Lamb.



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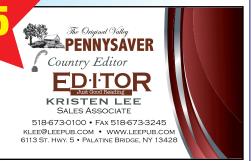
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518-441-0142 518-866-9274 Russell Mattice

Email: matticeandsons@yahoo.com



Call Kristen Lee at

518-673-0100

or mail business cards to Lee Publications, PO Box 121, Palatine Bridge, NY 13428 Deadline Monday, December 22nd

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Join us for our:

4th Annual Holiday Tea and Craft Fair

Van Alstyne Homestead Society and Museum (Fort Rensselaer Club)

42 Moyer Street, Canajoharie, NY 13317

Sunday, December 7th from 11:00 a.m. - 4:00pm

<u>Featuring:</u> Delicious sweet and savory treats
A variety of teas: herbal, Earl Grey, etc.

Craft specialties from local crafters (open to the public)

Live String Ouartet

Tickets available for 3 different seatings: 11:00 a.m., 1:00 p.m., 3:00 p.m. at the Fort Plain Food Co-op in Fort Plain (518) 993-4194, and The Tourist Center in Canajoharie \$10.00 for members and

\$15.00 for non-members.
Contact Mark Brody for tickets
and seating availability
(email: mbro@frontiernet.net,
and cellphone: 518-469-6985)



Hungry Bear Cafe



(518) 568-*27*00

Tues., Nov. 25th

- Chicken & Biscuits, Dressing & Mashed
- Western Egg Sandwich w/Cup of Soup

Wed., Nov. 26th

 Bacon Cheeseburg, FF & Salac
 Grilled Ham & Cheese w/Cup of Soup

Thurs., Nov. 27th



The Hungry Bear Cafe will be closed from Thursday Nov. 27th until Monday Dec 1st. Will Reopen Tuesday Dec. 2nd. Have a Safe and Happy Holiday!

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Dining & Entertainment

BREAKFAST

WITH

SANTA

Saturday, December 6th 8:30 am - 11:30 am

(At the Canajoharie - Fort Plain Elks Lodge)

Ages 15 & Under: FREE 16 & Older: \$7.00

Join us for Breakfast with Santa at the Canajoharie - Fort Plain Elks Lodge. We will be serving pancakes, eggs, bacon, sausage links & hash browns with juice, coffee and hot chocolate.

Get your picture taken with Santa too!

(1st photo free - each additional photo nominal charge)

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Dine In Or Take Out 993-5306

Mon., Nov. 24th

- ♦ ALL YOU CAN EAT PANCAKES 3-7 PM
- ◆ Ham Steaks w/Mashed & Veg
 ◆ Sausage Patty w/Peppers & Onions on Hard Roll w/FF

Tues., Nov. 25th

◆ Turkey Dinner w/All The Fixins & Pumpkin Pie

Wed., Nov. 26th

- ♦ ALL YOU CAN EAT SPAGHETTI 3-7 PM
- ♦ Monti Cristo w/Fries
- ♦ Spaghetti w/Meatballs, Hot Sausage and/or Toss Salad

Thurs., Nov. 27th Closed - Happy Thanksgiving

Fri., Nov. 28th

- ♦ Fresh Haddock Dinner Baked or Fried, w/Potato & Veg
- ♦ Mac-N-Cheese w/Veg
- ♦ Manhattan Clam Chowder

Sat., Nov. 29th

- ♦ Prime Rib w/Potato & Veg 3-7 PM
- ♦ Fried Shrimp w/Potato & Veg

Sun., Nov. 30th

♦ Broccoli & Cheese Omelette Breakfast Only · Closed at 12:30pm

Homemade Soups & Desserts

Hours: Mon.-Sat. 7 AM-7 PM Sun. 7 AM-12:30 PM



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Dining & Entertainment





paintings, Avon products, canned goods, quilts, crafts, fudge, doll clothing and furniture, and much more! Just \$1 donation at the door, with concessions also available

for purchase!



Breast Cancer Benefit for Rona Wells-Kniep

tor Rona Wells-Kniep

Bottle/Can Drive, Saturday, Dec. 6th

10am - 2pm at GoGreen,
69 Main Street, Fort Plain

Pancake Breakfast, Sunday, Dec. 7th
7am-Noon at the Loyal Order of the
Moose, 159 Erie Blvd., Canajoharie
Adults \$10
Children 12 & Under \$5
Under 5 Free

There will also be a Chinese
auction, 2 - 1 cord wood raffles
and a \$100 gas card raffle.

If interested in raffle tickets or
donating any items for the Chinese
auction, please call
Nadine Williams (518) 848-1138
Diane Null (518) 332-4429
Donnie Null (518) 380-1753 Donnie Null (518) 380-1753

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 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. 25:** 11:15 am - 12:15 pm. Blood Pres-

sure 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. Canajoharie Senior Citizens Club Meeting • Nov. 25: 10-11 am.

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

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 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 Activities. Contact Maggie Ahrens, 518-993-3432.

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



\$how 'n' \$ell







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\$35.00 Two Weeks

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Ph: 518-673-3011 OR 800-218-5586 • Fax: 518-673-2381 • Email: dcountryman@leepub.com

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

Calendar of Events

or Alecia Lofstrom at 332-5876.

Pro Basketball coming to Canajoharie

Canajoharie High School. 7 pm. Schenectady Legends vs. Toronto 3D. Fundraising event to benefit the Community Youth Center of Canajoharie. \$12 adults, \$8 kids, 5 and under free. Tickets available at the C.Y.C. Call 518-673-5117 for information.

Nov 23

16th Annual Evening of Praise and

Thanksgiving Service
Canajoharie Reformed
Church, Front St., Canajoharie, NY. 7 pm.
Refreshments to follow.
For more information
contact Dorothy Morrison at 58-673-2167.

OLH Gift Session

OLH Catholic Church, Ft. Plain. 9:30 am.

Dec 5, 6 & 7

Mohawk Valley Chorus "It's a Wonderful Christmas"

"It's a Wonderful Christmas" will be presented three times.

• Friday, Dec. 5, 8 pm. At the Scotia Reformed Church

• Saturday, Dec. 6, 7 pm at the Johnstown High School

• Sunday, Dec. 7, 3 pm at the United Presbyterian Church in Amsterdam.

Tickets for the three MVC performances are available from any chorus member or at the door. Prices are \$12 for general admission and \$9 for senior citizens and full-time students. 12 and under, are admitted at no charge when accompanied by an adult.

Dec 6

63rd All Free Acoustic 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.

Open House

Ayres Animal Shelter, 133 Hilltop Road, Sprakers. 12 pm - 4:30 pm. Come out for :

 Pictures with Santa (for kids and pets) • Wreaths/Kissing Balls

Raffles

• Refreshments
Call 673-5670 for more information.

Dec 7

Pancake Breakfast Benefit for Rona Wells-Kniep

Loyal Order of the Moose, 159 Erie Blvd., Canajoharie, NY. 7 am - noon. Adults \$10, children 12 & under \$5, under 5 free. Chinese auctions, 2 1 cord wood raffles. Donation items to be raffled off appreciated and can be dropped off at the Moose.

Shhh..... Surprise 80th birthday party for David Hazzard, Sr.

Oppenheim Senior Center, 108 Tobacco Rd. 2 - 5 pm. No gifts please.

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

Dec 13

A White Christmas Luncheon

Former Masonic Temple, Prospect St., Little Falls. 12-3 pm. \$35 per person, \$65 per couple. Reservations requested before Nov. 22. Contact Elizabeth Palmer at 315-823-1327 or email gramma3ok@yahoo.com for details.

Dec 14

6th Annual Candlelight Memorial Service

Canajoharie Reformed Church. 6:45 pm. For more information, please call Catherine C. Smith at 518-673-2718.

Mohawk Valley Chamber Ensembles

St. Stanislaus Church, Amsterdam. Performance at noon. Tickets for the three MVC performances are available from any chorus member or at the door. Prices are \$12 for general admission and \$9 for senior citizens and full-time students. 12 and under, are admitted at no charge when accompanied by an adult.

MVC Kids program

United Presbyterian Church. The MVC Kids will join the River Valley Ringers for a 3 pm program. Tickets for the three MVC performances are available from any chorus member or at the door. Prices are \$12 for general admission and \$9 for senior citizens and full-time students. 12 and under, are admitted at no charge when accompanied by adult.







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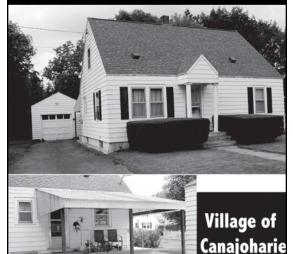
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Walking distance to schools. Great neighborhood.
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45 Acres - all open, long frontage, near town, 3 car garage & pole barn. Priced for fast sale\$**49,900**

12.2 Acres - mostly open . . . \$16,500

68 Acres - 1/2 open, rest wooded (no logging in 30+ years) views .*89,000

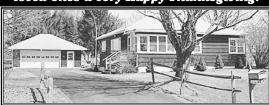
11.5 Acres - wooded, near state land, 30+ yrs old, 4BR home, PRIVATE! ... \$159,000

12.2 Acres - open w/views, 25 yr. old home, barns, lots of buildings here for the money, PRIVATE! ***65,000**

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www.vinyardschoice.com

We at Valley View Realty wish you and your loved ones a very Happy Thanksgiving!



This very attractive home is on a half acre lot in the Canajoharie Central School Dist. and offers many desirable attributes. The home features a new Hickory Kitchen (cabinets and floors), new appliances, spacious living room (13'x18') with a wood stove, a southern exposure enclosed porch, 3 bedrooms, attic, one bath, basement, new washer and dryer, back deck, storage shed, and a 2 car garage with shop and overhead storage. Split rail fence along the blacktop driveway. Lovely backyard with plenty of room for a garden. This home is being offered at \$94,900 H-389

Home in the Village of Fort Plain, near schools that is in need of renovation. 4 bedrooms, dining room, living room, den/family room, laundry room, 1 1/2 baths. Back deck, 51'x150' lot. Owner is willing to hold a mortgage while restoration is in progress to prepare for a loan. This is a great possibility for a prime home or rental opportunity. Call for details.

HELP!

Due to demand, we are looking for Acreage and Homesteads in the Root-Canajoharie and Minden areas, varied sizes with or without buildings as there are many different prospective buyers. Give us a call if you are thinking of marketing your property between now and Spring of 2015. Buyers are qualified and anxious.



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\$475,000 ADIRONDACK LODGE! Custom Post & Beam 4BR/3BA Beauty. Stone fireplace, double living room. Gourmet kitchen, decks, private 8+ acres w/pond.



NEW \$169,000 115-123 FETROW ROAD

10 Acres Bleecker Mt., quiet dead end road w/access to nowmobile trails! 3BR, 1BA Ranch, wood floors, knotty pin interior. Park like yard. Huge barn/workshop, finished apt. Awesome car garage!



NEW \$179,000 422 ST HWY 10, E. STONER LAKE 123 ft. waterfront! Adirondack style 3BR/1BA. Dine overlookir the lake. Relax by the woodstove. Jump in the lake from your dock. Big and Beautiful!



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\$325.000 273 ST. HWY. 10 ARIETTA! Perfect Private Residence or Club House! Now a turn key restaurant & bar! 8 bedrooms up! Full kitchen & bar, lots of parking, located ON the snowmobile trails. Make offer!



NEW \$68,000 LEE AVE Darling 3BR/1BA Cape on North end of Gloversville, plenty of updates, windows, roof, furnace, floors & kitchen. Finished updates, windows, roof, furnace, floors & kitchen. Fillished basement, attached garage. Big, level back yard. Come see!



NEW \$33,000 365 CTY HWY 112

Bleecker Mt., escape to the mountains. Plenty of state land in town to hunt, hike or just sit back and relax in this updated 2BR/1BA mobile home!



\$199,000 E. STONER LAKEFRONT! 3 Bedroom, 1 bath, open living room with fireplace, dining room overlooks the lawns to the sandy waterfront. Deep lot





NEW! \$134,000 556 CO HWY 125 BLEECKER MT 13 Acres and 3BR/1BA Ranch. All new sheet rock, floors, new furnace. Eat in kitchen w/sliders to deck. Finished basement plus garage area.



\$190,000 368 FICAL ROAD 10+ acres w/fruit trees & trails. Very private and gorgeous post and beam 3BR/3BA with a 32x50 2 story heated garage for all your toys and workshop! There's lots of room to roam inside and out! 4-Wheelers, snowmobiles all play on the roads & no APA! Country property close to town!



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\$83,000 CUTE CAROGA LAKE CABIN! Lake Rights! Cozy 2BR/1BA with wood floors, open floor plan. Propane heat, deep lot with HUGE 2 story garage w/electric! Snowmobile - Ski! Sportsman's Paradise!



\$85,000 BOWLER HILL ROAD - TIMBER!! 92 Wooded acres with old house & barn, fields, apple trees, blueberries. Town of Bleecker, north of Johnstown. Owner Anxious!



NEW! \$249,000 603 CTY HWY 112 BLEECKER FARM 97 Acres w/barn, fields, woods and borders both sides of the W. Stoney Creek! Big Colonial 4BR/2BA w/hardwood floors,

LAND FOR SALE

Peck Lake Waterfront Lot .\$129,900 38 Acres Wooded. Hilley Rd., Caroga\$54,000

13 Acres Cronkhite Rd., Fort Plain\$22,000

48 Acres W Stoner Lake Waterfront

1 Acre W Stoner Lake \$19,900



\$68,000 158 LONDON BRIDGE ROAD Darling 1 bedroom cottage furnished, ready to ng 1 bedroom cottage furnished, ready to enjoy! On the trails!



NEW \$189,000 108 HYS RD.

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interior, living room w/fireplace, front deck overlooks the lake. 1 Car garage to store your boat!



\$175,000 70 ACRES 4BR/2BA home Bleecker homestead! Knotty pine interior, fireplace! Swimming pool. Borders year round river for soothing water sound.



\$199,900 203 KASSON DRIVE Lake! Totally revamped with new insulation



\$236,000 BORDERS STATE LAND!

wood floors, SS kitchen, master suite.
Outbuildings for boats, 4x4's, snowmobiles!

B2 • November 22, 2014



Check Out All The Great Gift Ideas on Pages 4, 6, 8, 10 and 12

This is a hammer

by Samantha Mazzotta

Winterizing: Shutter Repair

Q: My mother's house has wooden louver shutters that have staved open on either side of the windows outside the house for years and years. Many of them are in disrepair. Are they worth saving, or should I replace them? -- Jim H., Gardner, Mass.

A: The decision to repair or replace the shutters is ultimately yours. But there are some factors you can consider as you make that decision.

- How many shutters are on the house? You would likely need to replace all of them if you're refreshing the exterior. Shutter replacement can cost between \$35 and \$55 per shutter.
- Are the current shutters of good quality or unique design? You may not be able to find a match.
- · Would the time and effort involved in repairing the shutters be more than the cost of replacement?
- Consider what it will take to remove each shutter. the amount of repair needed, the hours it will take to accomplish the repair and the cost of the supplies needed to fix them.

If you decide to replace the shutters, count how many you'll need. To save money you might consider just replacing the most heavily damaged with matching or near-matching shutters and then finish replacing the rest when it's more convenient. The risk you run, of course, is not being able to purchase the same shutters later.

Find the manufacturer name and details about the shutter (like dimensions), if possible. In newer shutters the information may be found on a sticker or tag on the inside frame edge. If there is no information, measure the height and width of the shutter. You should also measure the shutters on the second floor and any additional floors or attic windows, if the house has them, as the dimensions may vary. Then,

order the shutters you'll need along with new hard-

If you decide to repair the shutters, determine which are the most damaged, which need no repair and which need some repair or just touch-ups or repainting. Schedule a few hours each day or weekend to remove one set of shutters at a time and repair them.

Here's the link to a video that details how to repair damaged exterior wooden shutters: www.thisoldhouse.com/toh/video/0,,1632408,00.html

As the video points out, often the joints of the shutters separate, causing the louvers to slip out of place.

Here's another video that shows how a decorative shutter with minor wood rot is repaired in place: www.todayshomeowner.com/video/how-to-repair-exterior-wood-shutters/.

If louvers are badly damaged or rotted, you should be able to find replacements in the same dimensions at your home-improvement store.

HOME TIP: Exterior shutters need little maintenance if they're in good shape. Brush away debris and dirt when needed, and keep shrubs and other plants trimmed back.

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Call the Pros



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Real Estate Agent Barbara Krutz 518-673-2820



Real Estate Agent Jamie Lawrence 518-694-2176



518-673-2820



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



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174: JOHNSTOWN: This 68.5 acre vacant land is locat ed in a Planned Unit Development, with mixed usage which consists of Residential, Retail, Professional and Entertainment business. There is 2,455 feet of road frontage and is located in a fast expanding developing area. There is a 10 acre pond on the property. Hales Mills Road Ext. runs between two heavily traveled roads: NY State Road 30 heading to Great Sacandaga Lake and the Adirondack Mountains, and NY State Route 29 heading east to the Saratoga Region Asking \$350,000



ST. JOHNSVILLE: Farm is located on 104 acres w/all buildings being 9 years old or newer. Property consists of a 38x80, w/26x40 leanto double corn crib 20x28, ice house 21x21 and a two story, 4 bedroom home. 50 tillable acres, and a large wood lot. Property located on a nice quie

country road.

Asking \$214,900



CAROGA LAKE: **NEW LISTING!!!** Even though this is a seasonal camp (with a wood/pellet stove) you can enjoy a winter day trip to the Caroga

area to ski, snowmobile, ice fish. In the summer, you can enjoy a round of golf at the beautiful local golf course. Hike the many trails to hidden lakes and enjoy the view from the fire tower. There is great boating, canoeing and kayaking from Spring to Fall, and you can enjoy the weekend during the peak of the fall foliage season. This camp is an affordable and bare bones camp.

... Asking \$30,000



188: FORT PLAIN: This 2-story home is within walking distance to both the high school and the elementary school. The house is well maintained and has plenty of room for the family. There are beautiful hardwood floors throughout, the downstairs bathroom has been totally remodeled, updated cabinets in the kitchen, updated wiring. . .



04: ST. JOHNSVILLE: NEW!!! This is a low maintenance home priced reasonably. Nice starter



237: CANAJOHARIE: Beautiful grand Victorian hom with lots of space - many renovations have been tastefully completed. Huge wrap-around porch to sit and enjoy your coffee. Large yard and driveway. Carriage house kitchen with Coran countertops. Move-in ready. Wide plank floors and new hardwood floor in the family room



650: ST. JOHNSVILLE: REDUCED PRICE!!! This 3 bedroom ranch sits in a very nice setting w/a small stream at the front of the property. The deck in the back is very private for entertaining or relaxing at home With a little TLC this could be a great home

...... Asking \$45,000



ST. JOHNSVILLE: Nice solid home, a great family home Living room 13x12 dining room 14x11 bedrooms 13x10. Built in closets. full bath w/storage full attic, hardwood floors under carpet. thermopane windows and doors vinyl siding, lovely

818:

natural woodwork, open front porch, furnace (8/16/04), oil hot air Williamson, electric - new entrance in 2004. Walking distance to school Asking \$44,900

B4 • November 22, 2014

ORIGINAL VALLEY PENNYSAVER

Gift ideas for the special seniors in your life

With lifetimes of experiences and seemingly everything they could ever want or need in life already at their disposal, seniors can be difficult to shop for come the holiday season. Many even insist that their family members save their money and not buy them anything for the holidays.

But if the thought of Grandma or Grandma not having something to open come the holidays is simply unacceptable, consider the following gift ideas.

Activity assistance devices

The realities of getting older often mean the body slows down and activities may not be as easy as they used to be. Many active seniors are not ready to live sedentary lives, nor should they be forced to do so. Plenty of products exist that can make life easier and more comfortable for older adults.

Television amplifying headphones are one product that can be a great fit for seniors, particularly those having difficulty hearing their televisions. The headphones amplify the sound of the programming without disturbing others in the room, and many such headphones even allow users to mute their televisions. This feature is perfect for someone who likes to watch TV while a spouse is sleeping or reading in the same room.

Other devices that can make life easier for seniors include magnifying products or bookholders. In addition, gel seat cushions can take pressure off of the spine in the car or at home.

Food

Food is always a handy gift because it doesn't take up much room and can be enjoyed at a recipient's leisure. Perhaps there is something the senior in your life used to enjoy as a child but now finds hard to come by. A search of the Internet may uncover that special treat. You may be able to ship a specialty soft drink or favorite cookie that is not available in a nearby store. Otherwise, ask a store manager if a particular item that's not in stock in the store can be a special order.

Photos

What grandparent does not enjoy looking at his or her family members? Computer-savvy men and women can use photo software to design personalized photo books, calendars, mugs, and other photo-related gifts. Just about anything can be emblazoned with a photo, including tote bags and pillows.

Another idea is to collect old photos and compile a memory book. Scan the images so they are preserved digitally and then print out the images in a book that includes the family history.

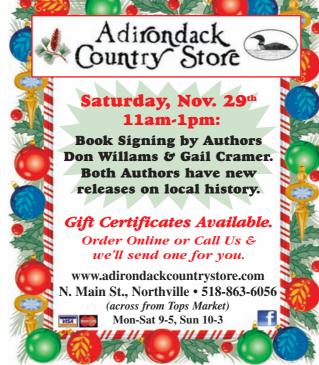
Time

Seniors who truly do not want or need anything probably will likely jump at the opportunity to spend time with loved ones. Treat a friend or family member to a meal out or simply spend a few hours chatting at his or her home. Sometimes the company of a new face and good conversation is the ideal gift.













ORIGINAL VALLEY PENNYSAVER



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B6 • November 22, 2014

ORIGINAL VALLEY PENNYSAVER

How to establish gift spending limits

As the cost of living continues to rise, holiday shopping also has become much more expensive in recent years, and it can be easy for shoppers to overextend themselves financially come the holiday season.

According to a recent Gallup poll, the average American plans to spend around \$790 per holiday season, although many go above and beyond that amount. Starting off the new year in debt is a recipe for stress, which can have negative repercussions for the rest of the year.

In addition to overspending during the holiday season, many people stretch themselves thin on Valentine's Day, birthdays, and Mother's Day and Father's Day. One way to make shopping more manageable is to establish spending limits that dictate how much each family member can spend on each gift he or she buys.

It is important to exercise tact when approaching the subject of gift limits. Discuss the topic with friends and family members with whom you usually exchange gifts long before the holiday season. Agree on a reasonable amount of money each person will spend on gifts. If necessary, ask everyone to write down a

figure and then determine the average, using that figure as your spending limit.

Establishing a spending limit makes it easier for every family to afford their holiday purchases. If there are six people on your shopping list and you're spending \$50 per person, you know to allocate \$300 for gifts. Saving and budgeting can be adjusted accordingly.

When no such limit is established, you may go overboard to compensate, even if you cannot afford to do so.

Another way to save money is to suggest giving the gift of experiences rather than tangible and potentially costly gifts. For example, take a loved one out for dinner or suggest going on vacation together to make better use of your collective funds. A well-timed extended family vacation in lieu of gift exchanges may alleviate the stress of the holiday season, much of which can be traced to holiday spending.

Establishing a gift-giving strategy and budget for each person to work with can make for a more peaceful holiday season by freeing up time to spend with loved ones and placing the focus on family instead of shopping.



Holiday spending limits can help individuals avoid overspending come the holiday season.









Vehicle lights and wipers: the keys to see and be seen

As the days get shorter, lights and wipers play a major role in safe driving, as the chance of an accident increases if you

can't see or be seen, according to the non-profit Car Care Council.

"With fewer daylight hours in fall and winter,

sure your vehicle's lights and wipers are working properly so your visibility is not compromised and

it's important to make you can be seen by others," said Rich White, executive director, Car Care Council. "From the driver's seat, you may not

notice a light that isn't working, so inspect all of your car's lights and replace those that are out. Also, inspect and replace

wiper blades so you can see clearly when wet weather hits."

Lights are normal wear items that require periodic inspection and replacement. The lighting system provides nighttime visibility; signals and alerts other drivers; and supplies light for viewing instruments and the vehicle's interior. In addition to replacing dimming, rapidly blinking and nonfunctioning lights, the following tips can help keep you safe.

- Keep headlights, tail lights and signal lights clean. External dirt and debris can dim operational lights from being seen by others.
- Make sure that your headlights are properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- If there is any doubt on whether or not your headlights should be on, turn them on. Lights not only help you see better in early twilight, they also make it easier for other drivers to see you.
- · Don't overdrive your headlights; you should be able to stop inside the illuminated area, otherwise you are creating a blind crash area in front of your vehicle.

The wiper system keeps excessive water, snow and dirt from building up on the windshield, maintaining clear visibility. Many factors can accelerate the replacement interval of wipers, including operating conditions (winter conditions are tough on wiper blades), frequency of use, material and type of wipers and sunny weather. In fact, wiper blades can deteriorate faster and need more frequent replacement in desert states. Don't forget to check the rear window wiper blade too!

For a free copy of the council's popular Car Care Guide or for more information, visit www.carcare.org.

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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

B8 • November 22, 2014

ORIGINAL VALLEY PENNYSAVER

gift guide



















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Great gifts for people who love to read

Many people love to read, and such people do not often cause headaches for holiday shoppers. Readers typically are easy to shop for come the holiday season, when shoppers stuck on what to get a friend or family member can always fall back on a book or two if they know their loved one likes to get lost in a good book.

But books aren't the only gifts shoppers can give the readers on their lists this holiday season. The following are a few gift ideas no book lover can balk at.

• E-reader: Before buying an e-reader, shoppers may want to first learn where the intended recipient of this thoughtful gift stands on the book versus e-reader debate. Some book lovers feel a sentimental attachment to traditional books, while others love the versatility of e-readers, many of which serve as tablets

gift guide

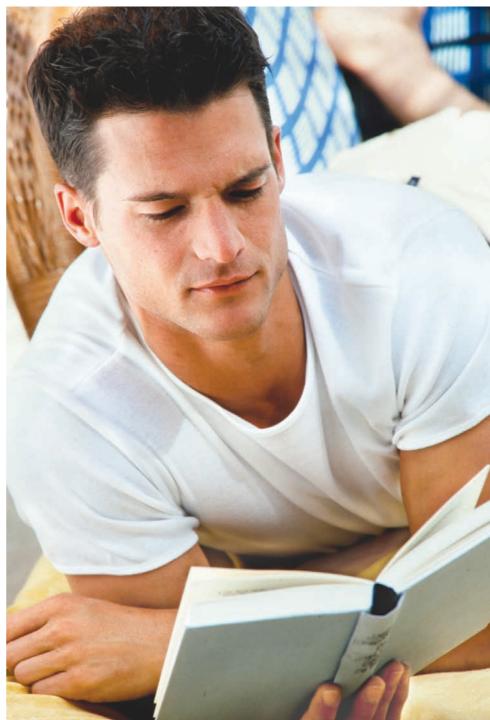
that allow users to peruse the Internet, play games and, of course, read books. If your friend or family member does not have an aversion to ereaders, then this might make the ideal gift. The price of e-readers varies depending on their capabilities, but you can expect to spend anywhere from \$50 to several hundred dollars depending on which model you ultimately choose.

• Storage: For those

readers who prefer traditional books, a new bookshelf can help them store their favorite titles. Books those new books they plan to read in the coming year.

• Decorative bookends:

too fast to join a local reading group or simply don't have the time to devote to a community book



Many people love to read, and such people do not often cause headaches for holiday shoppers.

SHOP WITH US ON SMALL BUSINESS SATURDAY **SHOP SMALL - SHOP LOCAL** The D. Landreth Seed Company's **HOLIDAY HOURS** Starting 11-28-2014 thru 12-23-2014 Monday-Saturday, 9-9 • Sunday, 9-6 **Closed Christmas Eve and Christmas Dav Exotic Poinsettias** Holiday Herb Pots (make extraordinary centerpieces) **Wini & Grande Cyclamen W** Amaryllis Bulbs Stocking Stuffer Heirloom Seed Collections **W** Heirloom Bulbs for Forcing **W** Great Gardening Books **Classic Gardening Tools & Equipment** 582 Highway Route 20 Sharon Springs, NY 13459 (next to the LogHouse) 518-284-6012 • www.landrethseeds.com

take up a lot of space, and avid readers tend to buy many new books each year, so homeownand apartment dwellers alike will no doubt appreciate the extra space to store their collections. But even ereader enthusiasts may find their storage filling up faster than they might have liked. To remedy that problem, holiday shoppers can buy a Wi-Drive with ample extra storage space so readers who keep both books and movies on their e-readers and tablets have plenty of

extra space to store all of

Those who have a passion for books and home décor might appreciate a unique set of handcrafted bookends to store the books they keep on their desks or those they keep out as decorative accents that guests can enjoy when visiting. Such gifts will please your friends or family members who have a flare for interior decorating while also appealing to their love of literature.

• Book club membership: A membership to a Book of the Month Club may be right up the alleys of those readers who read club. Such memberships often sell classic titles and the latest bestsellers at a fraction of the cost of the publisher-established prices, and members typically can order as many books as they would like. This can be a great way for readers to find new titles and keep the books coming in without breaking the bank.

Avid readers are passionate about their books, and holiday shoppers can feed those passions by giving their favorite readers gifts that indulge their love of literature this holiday season.

Fun facts about poinsettias

by Dr. Leonard Perry, Extension Professor, University of Vermont

Do you like trivia, or at least learning more about the top-selling holiday plant? If so, perhaps you will be interested in a dozen fun facts about the poinsettia plants you buy and see everywhere each December.

Fact 1: Did you know that the poinsettia's main attraction is not its flowers, but its leaves? The flowers of the plant are the yellow clustered buds in the center (termed "cyathia"). The colored leafy parts are actually bracts or modified leaves, that turn color in response to the plant forming flowers.

Fact 2. Red is the most popular color, accounting for roughly three-quarters of all sales nationwide, followed by white and pink. There are more than 100 varieties of poinsettias in a range of colors.

Fact 3. According to the 2014 USDA Floriculture Crops report, poinsettias accounted for about one-fifth (19 per-

cent) of sales of all flowering potted plants. In economic terms, that's \$146 million out of a total of \$778 million in sales of all flowering potted plants, with about 35 million pots sold.

Fact 4. Although every state in the United States grows poinsettias commercially, California is the top producer with almost 7 million pots grown, followed by North Carolina with 4.3 million pots sold, Texas with 3.3 million, Florida with 3.2 million, and Ohio with 2.9 million poinsettias sold.

Fact 5. Did you know that in the wild, or planted in tropical climates, the poinsettia can reach heights of 12 feet with leaves measuring six to eight inches across? It is actually a small tropical tree (Euphorbia pulcherrima).

Fact 6. In the fourteenth to sixteenth centuries, the Aztecs used the poinsettia leaves to dye fabric for clothing and the sap for medicinal purposes, including to help control fevers. They also considered the red color a symbol of purity, and so poinsettias were traditionally part of religious ceremonies.

Fact 7. Dr. Joel Roberts Poinsett, an amateur botanist and first United States Minister (the position called "ambassador" after 1896) to Mexico, introduced the plant that became known as the poinsettia to this country. Most botanists at that time dismissed the poinsettia as a weed. Fortunately, Poinsett continued to study and breed this plant in his greenhouse, sharing plants with his horticulturist friends. It wasn't until the 1960s that researchers were able to successfully breed plants to bloom more than just a few days.

Fact 8. Dec. 12 is National Poinsettia Day (www.poinsettiaday.com/).

Fact 9. For much of the last century, the Paul Ecke Ranch in Southern California produced the majority of poinsettia cuttings and



Christmas Tree Guide







plants purchased in the U.S. and many of those worldwide. Paul Ecke, Jr. is considered the father of this industry, as it is he who figured out a method for getting poinsettias to branch.

Fact 10. True or False. The poinsettia is a poisonous plant. If you answered false, you're correct. The plant has been tested repeatedly and cleared of this charge by authorities such as the National Poison Center in Atlanta, Georgia, and the American Medical Association. However, this doesn't mean that poinsettias are meant to be eaten.

Fact 11. Avoid hot or cold drafts, keep the soil moist not soggy, and place in a room with sufficient natural light and temperatures of around 60 to 70 degrees F. Water when the soil begins to dry. Once the leaves wilt too far, it's too late. Above all, protect

it from exposure to wind or cold on the way home from the store.

Fact 12. Can I get the poinsettia to rebloom next year, and if so, how? Yes is the short answer, but it requires some work and regularity. If you want to try though, keep in mind that flowering in this plant responds to short daylengths (or actually long nights). They need daylight for no more than 10 hours daily, beginning around Oct. 1. So you'll need to place plants in a darkened closet or room (with no lights at any time) from about 5 p.m. to 7 a.m. or so, daily, for 8 to 10 weeks. Don't forget to bring it back into the daylight every day! Even if you are successful, keep in mind that much superior plants will be available from greenhouses and growers, as well as new varieties in all sizes.



B12 • November 22, 2014

ORIGINAL VALLEY PENNYSAVER

gift guide











This is a hammer

by Samantha Mazzotta

Repairing cracked exterior siding

G: I noticed recently that something had hit the side of my house and left a crack in the vinyl siding. It looks like just one of the "boards" is damaged, and I don't want water getting inside the walls. Is there a quick way to fix it? — Maryanne T., Denton, Texas

A: You can put a temporary patch over minimally damaged siding to protect it from the elements, using a matching or near-matching replacement panel purchased from your home-improvement store. It's not an ideal fix, because the seam line will be somewhat obvious and the replacement panel will not match exactly due to the original siding having weathered. It also won't hold for many months, so make plans to have the damaged siding replaced soon.

Besides a replacement panel, you'll need a box cutter, measuring tape, a power drill, a siding riveter and rivets. (In a pinch you can use a staple gun, hot glue, roof patching or nails, but be aware these are not standard siding fasteners.) Set up a sturdy work surface near the repair area to minimize time spent walking back to your workbench.

Measure the damaged area, adding 4-6 inches on either side of the crack. Use this measurement to cut the replacement siding to the same width.

Now, you can just slip the new patch into place over the damaged area. It will stand up slightly from the surrounding siding. To help it sit a little more flush and provide added protection, trim away part of the top and bottom of the patch.

Use the box cutter to trim away the topmost row of holes — these are punch outs where anchor nails typically go, but you won't be using them. Cut carefully, and then gently snap away the punch outs.

Next, trim away about half of the bottom "lip" of the panel, leaving just a narrow lip to slip around the bottom of the siding it will cover. Again, use the box cutter carefully and be cautious when snapping away the trimmed portion. Here's a video that explains how to do this: www.youtube.com/watch?v=4ch30NCj1b0

Slip the patch into place, tucking the top portion under the siding panel above the damaged spot and pushing the bottom lip into place. Hold the patch in place by drilling a hole through the bottom "lip" of the patch and the bottom of the siding panel it's covering, on either side of the patch about an inch or so in. Then, use the rivet gun to place a rivet in each hole.

Again, this patch won't hold for too long, so plan on replacing the entire panel as soon as possible.

Home tip: Vinyl siding is designed to "float" to allow for expansion and contraction in the elements. Use the minimum number of nails or rivets required to hold replacement panels in place, rather than trying to secure the siding tightly.

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This is a hammer

by Samantha Mazzotta Is drywall okay for ceramic backsplash?

Q: I want to liven up the backsplash behind mv kitchen sink by adding ceramic tile. But a friend told me the wrong kind of wallboard is up there and that the tile will just fall off. What is he talking about? Can I tile directly on the painted surface? — Kari A., Valdosta, GA

A: What your friend probably is saying is that the backsplash behind the sink is standard wallboard (also known as dry-

wall or sheetrock), which doesn't play nice with water. Areas of the house that have tile and see a of water being splashed around, along with high humidity (like the bathroom), use cementboard rather than wallboard.

However, most backsplashes are simply regular wallboard that's been painted over. Unless you're soaking the backsplash in water from the sprayer attachment, this area likely deals with only occasional sprinkles and splashes. You should be

able to decorate this area with ceramic tile, and the wallboard should hold up just fine.

Because the tile is going onto a vertical surface, you should attach the tiles with tile mastic, rather than thin-set mortar. The mastic will adhere faster to the surface, reducing the chance that the tiles will slip down out of place.

Here are a few more tips to make the job easier and faster:

- Before starting, measure the dimensions of the backsplash area. Then, sketch out the design vou'd like.
- Dry-fit tiles beforehand by laying them on a sheet of paper cut to the same height and width as the backsplash area, to make sure the pattern will work and to set the tile spacing (use plastic spacers to create even gaps between each tile).
- Mark the exact center point of your planned backsplash pattern on the wall. Then use a level to draw a straight vertical

line through the center of that point (also known as a plumb line).

- Place the laid-out tiles within reach along with your supplies. Working from the bottom up, load the trowel with mastic. Spread the mastic across a section of the backsplash in a sweeping motion.
- When placing the tile, again work from the bottom of the backsplash upward. Place spacers between the tiles to maintain the gap needed to add grout.
- Cut tiles to fit when needed, not beforehand, so that you can get a precise measurement.

HOME TIP: Run a bead of caulk along the base of a tiled backsplash to provide extra protection from water that may pool on the counter.

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How to stay occupied upon the arrival of the long nights of winter

Upon the arrival of winter, many people wonder about how to cope with dark skies and increased time spent indoors. Those who leave for work or school in the early morning and return in the evening may find they have little to no opportunity to see and enjoy the sun.

The transition to winter can be difficult. Certain biochemical changes take place in the body in reaction to less sunlight, and it helps to know about these changes should they prove problematic when winter hits full swing.

Many people experience seasonal affective disorder, often referred to as SAD. SAD is marked by increased sleepiness, depression, anxiety, irritability, and lack of energy. Experts think that two specific chemicals in the brain, melatonin and serotonin, may play a significant role in SAD.

These two chemicals help regulate a person's sleep-wake cycles, energy and mood. The short days and long hours of darkness in fall and winter may cause increased levels of melatonin and decreased levels of serotonin, creating the biological conditions for depression.

SAD also can inspire a craving for sugary foods or carbohydrates, which may be the body's natural way to stimulate more serotonin production or get an energy boost.

The following are some ways to feel more energized and upbeat despite the long hours of darkness.

• Spend as many hours as you can outside. When you wake up in the morning, open the curtains or blinds and soak up the sun's rays. This can help you get some vitamin D and will also suppress melatonin production, which could

make vou feel drowsv.

• Invest in a light therapy lamp. These lamps simulate the rays of the sun and can be particularly helpful for those who experience SAD from decreased sunlight. Follow the manufacturer's instructions to get the exposure you need. Light therapy can improve mood and decrease other SAD symp-

toms.

• Continue outdoor activities. Even when it is snowy or dark, life should still go on as normal. Try to maintain normal recreational sched-

ules, making time for outdoor activities. Fresh air can be revitalizing, and studies have shown that exercise can help to combat depression.

• Spend additional time with friends or family members. Routinely play host or hostess to friends and family. Hosting people in a social setting is good for the mind and can stave off feelings of cabin fever.

• Host activities that take advantage of the darkness. Kids can play a rousing game of hideand-seek in the yard while their parents light a fire in the hearth or in an outdoor fire pit and warm up with mugs of hot chocolate. Play games of laser tag or give children glow sticks so they can still have fun outdoors.

Darker times are ahead, but people can make it through the winter months by planning activities that do not necessarily require sunlight.



Outdoor activities do not need to end just because night is falling earlier these days

P

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How to make Thanksgiving dinner healthier

Thanksgiving is not often associated with healthy eating. From candied sweet potatoes to sausage-filled stuffing, Thanksgiving dinner is full of flavor, but also full of calories and fat. The Calorie Control Council claims the average American will consume more than 4,500 calories on Thanksgiving Day.

Even if you won't come

close to consuming 4,500 calories this Thanksgiving, you may want to take the following steps to make your Thanksgiving feast healthier.

• Create a calorie deficit. A key to maintaining a healthy weight or losing a few pounds is to exercise more and eat less, a strategy that can be employed during the holiday season. Such a

regimen will improve your metabolism, and your body will be better at handling the extra caloric load of Thanksgiving without packing on the pounds. Once Thanksgiving dinner is over, go for a walk around the neighborhood. This can facilitate digestion and burn even more calories.

• Practice portion control. It's not neces-

sarily what you eat on Thanksgiving, but how much you eat that makes the meal so unhealthy. The American Heart Association advises holiday celebrants to practice portion control. In addition, eat fewer high-calorie foods and fill up on lighter fare, such as vegetables and lean turkey. This way you get to enjoy a taste of everything with-

out overdoing it.

• Cut down on bread. Bread can be both delicious and filling. But bread is often full of empty calories, particularly if you're eating refined, white breads. Opt for less bread in stuffing recipes and incorporate more celery, raisins, cranberries, and apples to give bulk to the stuffing. Choose whole-grain rolls and crackers to complement the main course.

• Choose healthier ingredients. Substitute low-fat milk or stocks for cream and whole milk in recipes. Include steamed cauliflower in mashed potatoes recipes to make them more filling and healthier. Sweet potatoes tend to be sweet enough without the need for butter, sugar and marshmallows. Skim the fat and oils out of gravies and sauces before serving. Olive oil is a healthy fat that can be used in place of butter or margarine.

• Focus on fruit for

dessert. Thanksgiving dinner is usually followed with a decadent spread of desserts. These pies and cakes can be delicious but laden with calories. In lieu of traditional fare, serve poached fruits sprinkled with a little brown sugar and oatmeal for a tasty and healthy dessert. Low-fat sherbet, fresh fruit salad and rice pudding also make for healthier desserts.

• Choose healthy beverages. It's easy to overlook the calorie content of beverages. Whenever possible, choose water or a low-calorie drink. Children can sip on diluted apple juice. Be mindful of how many alcoholic beverages you consume. Spirits can be 100 calories per serving and are high in sugar.

Thanksgiving dinner tends to be high in calories. But there are ways to cut calories from your holiday meal without sacrificing flavor.

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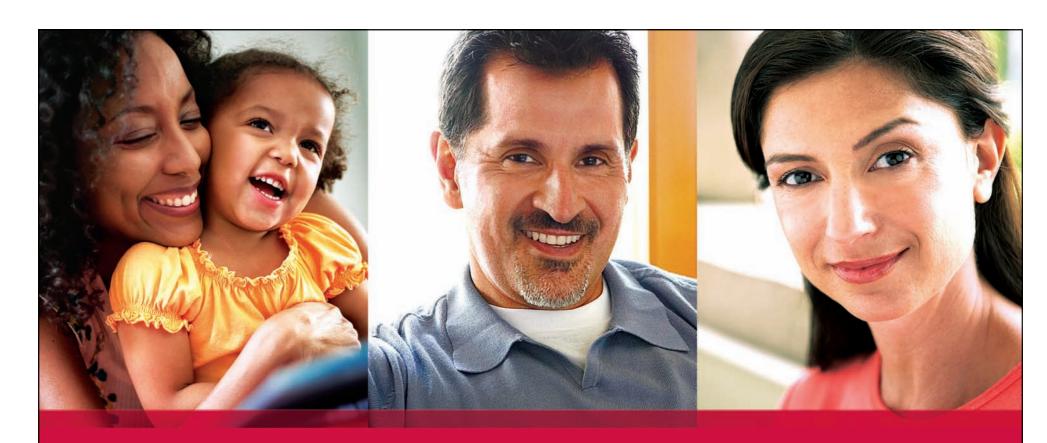
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