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Country Editor

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SEPTEMBER 19, 2020

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## Fort Plain Free Library to continue curbside service through October because of ongoing construction

FORT PLAIN — Curbside service will continue at the Fort Plain Free Library at least through October because of construction-related issues.

Fort Plain Free Library Board Treasurer John Kirkpatrick said the decision for the library to remain closed while continuing to provide curbside service is due, in part, to the novel coronavirus and COVID-19; but it also has to do “with the construction schedule,” he said.

Fort Plain Free Library Board President Keith Seiber said, “We are bolstering up the old building” — that is, the historic Greek Revival structure that served as the library’s first permanent home around the turn of the last century.

During this final stage of construction — made possible by a New York State Library Construction Grant — contractors must replace a vital, weight-bearing beam in the roof of the Greek Revival structure, which was built in 1836. The front porch roof must also be removed and re-framed in order to eliminate structural deficiencies that are causing the main building’s roof to sag.

“The only way to fix it is with a new beam and new structure,” Seiber said, noting there is also significant deterioration of the spindles, railings and more that must also be addressed.

Consequently, library staff must temporarily relocate the building’s upper-story contents to other parts of the library, which significantly impacts ac-



*Significant deterioration of the front porch spindles, upper balustrade and other architectural features can be seen in this photograph of the front porch of the Fort Plain Free Library’s historic Greek Revival structure. Photo courtesy Fort Plain Free Library*



*Evidence of structural deficiencies that have caused the roof of the Fort Plain Free Library’s historic Greek Revival building to sag can be seen in this photo of the roof.*

cess to the library’s public spaces.

Although the building will be closed to the public during the construction and transitional phases, it will continue to provide curbside services to the community. Curbside services include the circulation of materials and the provision of faxing, photocopying, document scanning and

printing assistance.

The library is located at the corner of Willett and River streets in the village. It’s hours of operation are from 10 a.m. to 5 p.m. each week day. Call 518.993.4646 for information or assistance, and please follow the library on Facebook for updates, virtual story time programming and more.



**GARAGE SALE:** Friday & Saturday, September 18th & 19th, 9-5. 198 Argersinger Rd., Randall. Too much to list!





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Both start and finish are in the vicinity of the historic clock in the center of the village. The course is flat at the start through Mile 1, then moderately hilly over Mile 2, and finally downhill and flat over the final mile.

The entrance fee is only \$15. Registration ends on Sept. 19. To sign up, visit <https://tinyurl.com/yxpc-jh9u>.



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What did those early settlers do in the face of this destruction? They continued to meet in individual homes for 12 years as events of history swirled around them. These settlers realized that something very important was missing from their daily lives.

Then, in 1792, the New Beginning plans were made and I was born. In the same location, I was built as the white wood-

en church that you see today. Come see me as I proudly stand at 5430 Route 10 North, just 2.5 miles from the Country Farms Gulf gas station in Palatine Bridge.

If you like an early service (9 - 10 a.m.), then I am the answer. You have the rest of the day to enjoy a Sunday. This one hour takes you away from the problems of our world and gives you peace. If you love music, then sing or just listen to the hymns. You also just might make new friends.

If you play a musical instrument or have a great singing voice, then it may be possible to showcase your musical talent within the service.

The Lutheran order of service is followed, and I

welcome those of all denominations and those of no faith. Currently, my congregation is composed of Lutheran, Catholic and Reformed faiths.

Communion is normally the first and third Sunday. Individual wine cups and wafers are used. Communion is usually given at the rail in groups of about 10. Those with physical difficulties can be accommodated at their seat. You are free to take or decline communion.

I do not have pledge cards that commit you to a weekly or yearly amount of money. A free will offering is taken and you should give only as your heart and mind tell you. I do appreciate your help to support the cost of my minister, heat and maintenance, lawn mowing, my old cemetery and winter snow removal. I do support various organizations within and outside our community.

I do not take names of those in attendance. If you desire, sign my guest book. If you have a Sunday job, then come in your work clothes. I do not have a dress code, just respectful decency.

I have all volunteers and you will not be assigned a church job. If you would like to help in some way, then speak to the minister or a church council member.

I do have spring and fall rummage and bake sales, and in early May a yearly Historic Organ Variety Concert. I donate to free winter clothing giveaway, world hunger, Montgomery County for Aging, Fulton Community Food Pantry, Canajoharie Fire Department and the Canajoharie School Backpack Program.

I look forward to seeing you and bring a friend. Make a New Beginning. I am here for you!

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## Pandemic depression: Genetic insight may help treatment

(NAPSI) – Social isolation during the pandemic may pose a mental health threat for those already at risk for COVID-19 – people over age 65.

As doctors treat more senior patients for depression, an increasingly popular genetic test may inform their treatment decisions. The GeneSight test provides information about how your genes may impact how you metabolize and respond to certain depression medications.

Innovative solutions for mental health conditions are important. As the pandemic and its resulting isolation wears on, many are struggling with their mental health. According to the CDC, loneliness can be associated with higher rates of depression.

“When I first experienced depression, it happened all of a sudden,” shared Doreen, a wife, mother of three grown children and retiree. “It was like a cloud happened in my head.”

Symptoms of depression can include changes in sleep or eating patterns, decreased energy, difficulty concentrating or a lack of motivation.

Doreen saw her doctor, who prescribed a depression medication but it didn’t alleviate her symptoms.

“I began to see one doctor, then another, to help deal with my depression,” said Doreen. Her doctors “tried many, many different medications and none seemed to work. Finally, my heart doctor said, ‘Doreen, I’ve heard about this gene test, I think it might help you.’”

Her doctor was referring to the GeneSight test.

The test is a simple cheek swab, ordered by a health-care provider who can prescribe medications. A patient can take the test at home or in the doctor’s office.

Using a patient’s unique DNA, the GeneSight test informs doctors about potential gene-drug interactions.

The report provides information about which depression medications may require dose adjustments, may be less likely to work or may have an increased risk of side effects based on a patient’s genetic makeup.

The GeneSight test helped Doreen’s doctor to make an informed treatment decision; she was prescribed a new medication.

“That’s when my life started to change. I got back to smiling, being happy and laughing again. I got back to being me,” Doreen said.

Post-pandemic life will likely never be the same. If depression is one of the unanticipated consequences, treatment is important.

People struggling with depression can ask their doctor about the GeneSight test. To learn more, visit [www.GeneSight.com](http://www.GeneSight.com).

## Hunter education

With the cancellation of in-person courses earlier this year during the state’s response to COVID-19, DEC quickly innovated to help prospective hunters planning to take cancelled in-person hunter safety courses and created a new online Hunter Education course. The results were dramatic, more than doubling certifications from 2019, with more than 76,800 people regis-

tered for the online Hunter Ed course and 40,278 completions. Nearly 70% of those completing the online course are 21 or over, and almost 40% of participants are women. The new online Bowhunter Ed course has seen more than 20,980 registered participants and 10,934 have completed the course. Both courses can be accessed at <https://tinyurl.com/yxhkkn8>. The online cours-

es have been extended indefinitely.

As all of New York has now entered Phase 4 of reopening, in-person Hunter Education, Bowhunter Education and Trapper Education courses are resuming. While the popularity of the online Hunter Ed and Bowhunter Ed courses has been unprecedented, some potential new hunters want to take the traditional course, which offers a field day

component. Social distancing, health and safety and disinfectant protocols have been put in place to ensure courses are conducted in a way that minimizes risk to participants. The online courses will remain available for those who prefer an online course. For more information about taking a traditional field-based course, visit <https://tinyurl.com/y5sl65rk>.

## How to enhance your next road trip in four easy steps

(BPT) – Travel might look different right now, but that doesn’t mean you can’t make the most of the journey. Whether it’s a day drive up the coast or an overnight camping trip in the mountains, you can still fuel a sense of adventure by simply getting behind the wheel. And with travelers spending more of their free time on the road, it’s the perfect time to upgrade any vehicle with the latest in auto tech, accessories and equipment, starting with your tires.

As you plan your road trip, here are some recommendations to enhance your vehicle’s safety and performance so all you have to think about is enjoying the ride.

• **Find a tire that performs just as hard as you do**

Don’t let weather or terrain hold you

back from going the distance. While many travelers focus on the vehicle itself, they tend to overlook a critical piece of equipment: tires.

Re-evaluate your current set and consider an upgrade, such as the new Michelin Pilot Sport All Season 4.

With improved dry, wet and cold weather capabilities, and race-inspired tread compound, this tire provides safety and performance. Dynamic Response Technology ensures forces and temperatures are distributed evenly for a longer tread wear life. Extra rubber on the outer shoulder provides exceptional grip, ensuring you and your car will be ready for anything.

• **Download apps designed to keep you moving**

Now that your car is performing at top optimization with new tires, make

sure your itinerary is as well. Research and download travel apps ahead of time to help you locate gas stations, restaurants, dispersed campgrounds, rest stops and more so you can spend less time searching and more time moving. And don’t limit yourself to just travel apps. Meditation apps can help you decompress after a long ride and many of the top athletic brands offer on-demand training classes that can be done virtually anywhere.

• **Stay connected**

Having a portable power inverter for your car is an easy way to convert your car’s DC electric power into AC electric power, which can be used to charge a wide range of appliances and accessories for any type of road trip. Whether you’re an amateur photographer looking to charge a digital camera for

those sunset shots or an early morning camper craving a cup of coffee on the go, having a power inverter can make life on the road run smoothly.

• **Refresh your interior**

Getting a luxe feel inside your car can be quick, easy and make all the difference for the driver and passengers. Simple upgrades like swapping out windshield wipers and floor mats will make your vehicle look and feel new, while also keeping it as comfortable and up-to-date as possible.

A memorable road trip is just around the corner, and you can make sure it’s your safest, best yet with these tips, from apps that help you plan your route to efficient ways to elevate your in-car experience. Don’t lose your sense of adventure. Get out, get moving and take control of your road trip.

## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com) CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### September 19

**Village of Ames Museum Summers End Festival.** CANCELED. Museum will be open with no event. Contact 518.673.5820.

info, call Michelle Egelston: 518.339.2260 or Amsterdam Elks Lodge 518.842.6363. \$10.

### November 7

**Village of Ames Museum Open to Visitors.** 9 a.m. - noon. Museum closes for the season. Contact 518.673.5820.

### October 3

**Village of Ames Museum Open to Visitors.** Book sale. 9 a.m. - 3 p.m. 518.673.5820 or [f@amesmuseum.com](mailto:f@amesmuseum.com) or [www.amesmuseum.weebly.com](http://www.amesmuseum.weebly.com)

### December 2

**Christmas Tree Lighting.** Village of Ames tree lighting at 6 p.m. in front of the Village of Ames Museum. Refreshments to follow at the fire station.

### September 25

**Music Social — Grand Central Station** 7-10 p.m. band (doors open 5:30 p.m.) at Amsterdam Elks Lodge 101, 8 Fourth Ave., Amsterdam, NY. For more

In these difficult times, there is a place of refuge and peace anyone can access by calling these phone numbers to hear various offerings of spiritual inspiration assuring you of God’s great love and power in your life.



1. The Daily Lift 1(617)450-3430 - 3 Minute Recording 24/7

2. Sunday Church Service, Live at 10AM 1(617)936-2890 (access code 0701029#)

3. Spiritual uplifting ideas of various kinds with a menu 1(214)447-9675





# Church Directory

**To Place or Update  
Church Listings  
Call 518-673-0129  
or email  
jsnyder@leepub.com**

**Ames - Sprout Brook  
UMC**  
613 Latimer Hill Rd.  
Ames, NY 13317  
518-673-3495  
**Pastor Jan Markle**  
Sunday Service 9:00am

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

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

**New Hope  
Christian Fellowship**  
32 Spencer St., Dolgeville, NY 13329  
**Pastor Pat Andreoli**  
315-429-3630  
NewHopeChristianFellowship.net  
Sunday School 9:30AM  
Worship Service 10:30AM

**Saint Cecilia Church**  
26 Broadway, Fonda  
518-853-4195  
Sunday Worship  
9:00am

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

**Bethesda Fellowship**  
34 S. Division St.  
St. Johnsville, NY 13452  
518-568-2678  
**Summer Schedule**  
Sunday Worship 10:00am  
Wed. Worship and Prayer 6:00pm

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

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

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

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

**St. Thomas the Apostle  
Catholic Community**  
1 Church St., Cherry Valley  
607-264-3779  
Masses Saturday 4:30pm  
Sunday 11am

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

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

**Grace Christian Church**  
20 Center St.,  
St. Johnsville, NY 13452  
**Pastor Martin Glynn**  
518-568-2122  
Sunday School 9:30am  
Worship 11:00am

**Our Lady of Hope  
R.C. Church**  
115 Reid St., Fort Plain, NY 13339  
Parish Office 518-993-3822  
[ourladyofhope@frontier.com](mailto:ourladyofhope@frontier.com)  
Mass Schedule: Saturday, 4pm;  
Sunday, 8:30am & 11am;  
Confessions: Sat. 3 & by appointment  
Please call parish office for Holy Day schedule

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

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

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

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

**Grace Episcopal Church**  
24 Montgomery St., Cherry Valley  
315-585-4016  
**Fr. Kyle Grennen, Rector**  
Sunday School 11:00am  
Holy Communion/sermon 11:00am  
Active Youth Group - call for detail

**Paines Hollow United  
Methodist Church**  
Intersection of 167 & 168, Paines Hollow  
**Pastor Peg Donaghy**  
518-568-7604  
Sunday Worship 9:30AM  
Fellowship Hour to Follow

**St. John's Lutheran Church**  
774 St. Hwy. 163, Fort Plain, NY  
518-705-7552  
**Rev. David A. Johnson, Ph.D.**  
Sunday Worship 9:00am, Sunday School 10:00am,  
Ladies Aid W.E.L.C.A. Handicapped Accessible

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

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

**Everlasting Joy  
Believers Fellowship**  
14 Park Place  
(in with Seekers Fellowship)  
St. Johnsville, NY 13452  
315-858-2112  
**Pastor Carolee Coye**  
Sunday Service 10am

**Grandview Baptist Church**  
15 Washington St., Fort Plain  
518-993-9929  
**Pastor Dan West**  
Sunday School 10am  
Morning Service 11am  
Bible Study & Prayer Meeting,  
Wednesday 6:30pm

**Randall Christian  
Community Church**  
NY Rte. 5S  
Sunday Service 10:30am  
**Worship Leader  
Darlene Spaulding**

**St. John's  
Reformed Church**  
68 W. Main St., St. Johnsville  
518-568-7396  
Faithfully Following Jesus Christ  
Sunday Worship 10:30am

**The Holy Spirit Polish  
National Catholic Church**  
618 E. Gansvoort St.  
Little Falls, NY  
315-823-0793  
**Father Rafal Dadello**  
Mass at 11am on Sunday [www.holy-spiritncc.org](http://www.holy-spiritncc.org)

**Church of the Good Shepherd**  
26 Moyer St., Canajoharie  
518-673-3440  
**The Rev. Virginia L. Ogden, Rector**  
Sunday Worship 9:30  
with Communion  
Church Email: [churchgoodshep26@gmail.com](mailto:churchgoodshep26@gmail.com)  
Web Site: [www.churchgoodshepherd.com](http://www.churchgoodshepherd.com)

**Faith, Hope and Love  
Church**  
**Rev. David W. Bowley, Pastor**  
Saturdays, 5 pm  
at the  
United Methodist Church Lower Level  
50 E. Main St., Canajoharie  
call 518-673-5128 or see facebook "Faith,  
Hope and Love Christian Church" and our  
website <http://faithhopeandlovechurch.com>

**Holy Family Parish**  
Little Falls, NY  
315-823-3410  
Saturday 4pm  
Sunday 10:30am

**Reformed Church  
of Canajoharie**  
15-19 Front St., Canajoharie  
518-673-2816  
**Rev. Matt Draffen**  
Sunday 9am Christian Education  
9:20 Choir Practice  
10am Worship Nursery provided  
Fellowship hour follows worship

**St. John's & St. Mark's  
Lutheran Church**  
143 Church St., Canajoharie  
518-673-2224  
**Pastor A. Elisabeth Durand**  
Sunday Worship 11am;  
Faith Formation 1st & 3rd Sunday 9:45am  
[stjmcanjo.org](mailto:stjmcanjo.org) • [churchoffice@stjmcajo.org](mailto:churchoffice@stjmcajo.org)

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

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

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

**Joy Fellowship**  
296 Co. Hwy. 119  
St. Johnsville, NY 13452  
518-568-3217  
**William Hayes Pastor**  
**Joyce Loughran Assistant Pastor**  
Sunday School 9am, Morning Worship 9:30am  
Wednesday Evening Worship 6:30pm

**Reformed Church  
of Fort Plain**  
165 Canal St., Fort Plain, NY 13339  
518-993-4302 • [fortplainrca@yahoo.com](mailto:fortplainrca@yahoo.com)  
**Rev. Nancy E. Ryan**  
Worship 10:30am,  
AA meetings Mon. & Tues. 7pm,  
Second Thurs. Prayerspace 6am to 6pm

**St. Johnsville  
Methodist Church**  
7 East Main St.,  
St. Johnsville, NY 13452  
**Pastor Corey Jones**  
518-568-7983 • 315-866-8626  
Worship Sunday 3pm

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

**Community Bible Church**  
Corner of Cliff & Walnut Streets  
Canajoharie, NY 13317  
(518) 993-1016  
**Pastor Wally Braemer**  
Sunday - Adult Sunday School Class - 9:15am  
Worship Service - 10:30am  
**God is Good All the Time  
& All the Time God is Good**

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

**Lassellsville United  
Methodist Church**  
State Hwy. 29  
**Pastor Robert A. Lindsay**  
Worship: Sunday 9:30am  
Sunday School to start soon

**Reformed Church  
of Sprakers**  
112 Sprakers Hill Rd  
**Rev. Nancy Ryan**  
Worship ~ 9AM  
**All Welcome!!!**

**St. Joseph's  
Roman Catholic  
Church**  
31 North Helmer Ave., Dolgeville  
315-429-8338  
Sunday Mass is 8:30am

**Trinity Evangelical  
Lutheran Church  
of Stone Arabia**  
5430 St. Hwy. 10, Palatine Bridge, NY  
**Pastor A. Elisabeth Aurand**  
Sunday Worship 9am  
518-673-2224

**Cornerstone  
Baptist Church**  
7274 St. Hwy. 10, Ames  
518-673-3405  
Sunday School 10am, Adults & Children  
Morning Worship 11am, Youth Ministry  
5:45pm, Evening Worship 6pm,  
Wed. Bible Study & Prayer Meeting 6:30pm,  
Family Night Select Sundays

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

**Lighthouse Baptist Church**  
1524 St. Rt. 29A, PO Box 114  
Stratford, NY 13470-0114  
315-429-8854  
**Pastor Martin Smith**  
Sunday Morning Worship 10:30am; Wed.  
Eve. Prayer Meeting 6:00pm; 2nd & 4th  
Sunday Dinner following Morning Service  
with Afternoon Service following dinner  
"Old-Fashioned Bible Preaching"

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

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

**United Methodist  
Church of Canajoharie**  
50 E. Main St.  
518-673-2717  
Jesus says - "Come Unto Me" Join us-  
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Surroundings, Friendly People  
Sunday Service 10:30am - Email:  
[umc673@frontiernet.net](mailto:umc673@frontiernet.net)  
Communion Last Sunday of the Month

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

**Fort Plain United  
Methodist Church**  
39 Center St., Fort Plain  
**Audie Miller,**  
**Lay Supply Pastor**  
Church Office 518-993-3863  
Kitchen 518-993-3464  
ALL WELCOME, Worship Service 11am

**Marshville  
Evangelical Church**  
Route 10 South  
**Rev. David Bowley**  
Worship Sunday 9am

**River of Jubilee Church**  
5057 State Highway 5 S  
Sprakers, NY 12166  
**Pastor: Gail Adamoschek**  
**Pastor: Steve Adamoschek**  
518-322-1427 / 518-224-4455  
Sunday Service 10:00am  
Children's Church Available  
Other Learning Opportunities Available  
Visit us on Facebook

**St. Paul's Lutheran Church**  
36 Lydius St., Fort Plain, NY 13339  
518-993-2040  
**Pastor Jonathan Litzner**  
405-250-8395  
Church Service 11am

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

**Dolgeville  
Christian Fellowship**  
3 Elm St., Dolgeville, NY 13329  
315-429-9142  
**Dr. Marvin Isum, Pastor**  
Worship 9am, 10:30am  
Midweek Fellowship Tuesday 7pm  
[www.dolgevillechristianfellowship.org](http://www.dolgevillechristianfellowship.org)

**Freysbush United  
Methodist Church**  
Freysbush Rd., Fort Plain  
518-842-1357  
**Rev. Cindy Leonard, Officiating**  
Worship 9am,  
Sunday School 10am ALL ARE WELCOME  
coffee hour to follow service

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

**Sacred Heart  
Catholic Church**  
111 3rd Ave., Tribes Hill  
518-829-7301  
Mass Saturday  
4:00pm

**St. Paul's Lutheran Church**  
32 W. Main St.,  
St. Johnsville, NY (next to NBT Bank)  
518-568-3007 Church  
518-568-2405 Parsonage  
**Rev. David Johnson**  
Sunday Worship 10:30am,  
Tues. Bible Bungee-Jumping 7pm,  
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**Victorious Life Church  
RMI Fellowship**  
104 Main St. & 431 St. Hwy. 80  
Fort Plain, NY  
518-993-3102  
Sunday School 9am,  
Morning Worship 10:30am,  
Youth Group 5pm,  
Evening Worship 7-8pm



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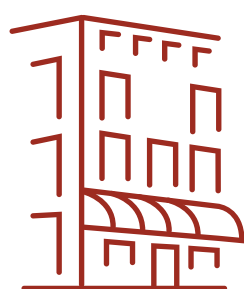
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HELP WANTED on Little Falls, NY dairy, morning shift. Assisting milking, feeding, and chores. 315-823-1309 leave message.

**8x10 Photos only \$3.00** or get 2-5x7's for **\$3.00**. Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

NEED CASH? Collector buying old toys, Star Wars metal toys, Tonka mego dolls, coins, jewelry, baseball cards, gun related items, comic books, antiques, call 518-705-9028

**MightyOx** Wood Splitters and Chippers. 3 Models to Choose From. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

**RAFFLE TICKETS:** 500- \$60, 1,000-\$75, 1,500-\$90, 2,000-\$100. Other quantities available. Call Lee Newspapers Inc. at 518- 673-0101 or email commercialprint@leepub.com

ST. JOHNSVILLE: Apartments for rent. 1 and 2 bedroom, very nice condition, off street parking, security and references required, \$425 & \$450 per month. Please call 315-867-3931

**MEADOW CREEK Grills & Seasonings:** Check out our showroom for all your barbecue needs. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

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

**DS STOVES:** EnergyMax, Kozy-King, Aqua-Stroke, AnthraMax, HeatRight & more! Stoves, boilers and inserts. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

**BANNERS:** VINYL Single Sided - Double Sided, various sizes & options. Free shipping. Call Lee Newspapers Inc. 518-673-0101 or commercialprint@leepub.com

WANTED TO BUY: OLD Christmas, Halloween, Early Postcard & Greeting Card Albums, 1970's & Back Clothing, Decorated Jugs & Crocks, Folk Art, Old Paintings & Frames, County History Books, Nautical & Adirondack Items, Anvils, Lamps, Oak Bookcases, Display Cases, Garden Features, Buckets, Pyrex, Mid-Century-Modern Décor, Old Disney, Clip-on Earrings, Coins, Salt & Pepper Collections, Beer related, Glass Negatives, Train Sets, Old Signs, Cast Iron Toys, 10¢ and 12¢ Comic Books, McCoy Pottery, Signed Fritz Vogt Drawings (1800's). We DO NOT Buy anything with barcodes or Made In China or Made after 1975. "Keepin it old"! Free House Calls, Cash Paid! Let's have some fun! Call Dave, Showcase Antiques, Little Falls, 10-5 (Thurs thru Tues) or leave message 315-823-1177.

**SELF - INKING STAMPS:** Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or commercialprint@leepub.com

HELP WANTED: Full time general laborers plus a framer and sider. Willing to train! Apply to Bill Lake Homes, 188 Flanders Rd., Sprakers or send resume to dflanders@billlake-homes.com

**BRUTE FORCE** Firewood Processors Sales & Rentals. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

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## Hit the trail for the Canalway Challenge

The Erie Canalway National Heritage Corridor invites New Yorkers to take part in the Canalway Challenge this autumn, tracing history and tracking miles along New York's canals and Canalway Trail. Part fitness challenge, part journey of discovery, the Canalway Challenge is free and registration is open to people of all ages and abilities. Participants set their own mileage goal and walk, run, cycle or paddle to achieve it.

Nearly 1,000 individuals, teams and organizations have signed up for the Canalway Challenge in 2020, pledging to walk, run, cycle and paddle 126,000 miles to date.

New this fall, participants are encouraged to take up a quest to discover great food and beverages, historic sites, parks and communities and discover what's "Hot on the Trail" while completing the Canalway Challenge.

"Hot on the Trail adds a new element of discovery to the Canalway Challenge while also supporting small businesses and attractions that have suffered from reduced visitation during the coronavirus pandemic," said Bob Radliff, executive director of the Erie Canalway National Heritage Corridor. "It's a win-win for both visitors and for small businesses and attractions that have reopened

with safety protocols in place."

From now through the end of October, Hot on the Trail participants are encouraged to visit sites in nine categories: food and beverage, museums

and historic sites, nature preserves, state and national parks, canal structures and communities. Participants who list their favorite sites in each category by the end of October will be entered to win

a \$50 gift card to the New York State Canal Store.

"The Canalway Challenge is another of countless opportunities – both on and off the water – for recreation and fun along New York State's historic canalway, and I join the Erie Canalway National Heritage Corridor in encouraging all New Yorkers to enjoy all that we have to offer," said Brian U. Stratton, director of the NYS Canal Corporation. "Governor Andrew Cuomo is committed to supporting the heritage and future of New York's historic canal system, with initiatives that feature local activities that combine some of the best of New York State's historical sights and natural resources with recreational activities that help to support local businesses during this exceptionally difficult time."

For information and to sign up, visit [Canalway-Challenge.org](http://Canalway-Challenge.org).



Cyclists on the Canalway Trail

Photo courtesy of Erie Canalway National Heritage Corridor

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## You can help fight Lyme Disease

(NAPSI) – As the summer months wind down, many will continue to flock outdoors and enjoy outdoor activities like hiking, camping and fishing. What you may not realize is that despite the weather cooling off, ticks are still very prevalent outdoors.

It is important to check for ticks after spending time in the grass or garden, as ticks can transmit a bacterial infection known as Lyme disease.

### The disease

A bull's-eye rash is one of the hallmarks of Lyme disease, but other symptoms can be non-specific and even overlap with symptoms of COVID-19. These include body aches, fever, breathlessness, eye pain, diarrhea, chest tightness, headache, fatigue or joint pain.

According to the Global Lyme Alliance, there are approximately 427,000 new cases of Lyme disease in the U.S. every year. However, Lyme disease is often missed – or misdiagnosed – due to unreliable testing. In fact, only 30% of people with early Lyme infections have a positive test result with existing tests because the disease is difficult to detect in its earliest stages, even though this is when it is easiest to treat.

If you suspect you have Lyme disease or have been recently diagnosed, you can be part of the solution to improve detection of the disease in others.

### How you can get involved

If you've recently been infected with Lyme disease, your immune system can provide important information about how to detect and treat the disease that current tests cannot. To help advance new tests for Lyme disease, Adaptive Biotechnologies has launched the Immune-Sense Lyme study to better understand the body's immune response.

You may be eligible to participate in the study if you have signs and symptoms of Lyme disease, or were recently diagnosed and have not taken antibiotics for more than three days. To participate, you can visit a participating doctor to have your blood sample collected or schedule an at-home visit compliant with social distancing guidelines.

### Why your participation matters

If left untreated, Lyme disease can become a serious illness for many people, but if caught early, it can typically be treated with antibiotics and long-term complications can be avoided. Early detection is key for early treatment and now there is an opportunity to help bring about new detection methods for this serious and often overlooked disease.

Visit [www.immunesensestudy.com](http://www.immunesensestudy.com) to learn more about the study, and how you can be a part of the solution for better testing.

## Good Housekeeping

### Grilled cherry tomatoes

These quick and simple grilled cherry tomatoes are a tasty addition to any midweek meal.

- 1 pound cherry tomatoes
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and ground black pepper
- 1 pinch sugar

1. Heat the grill until very hot. Place the cherry tomatoes in a grill tray and drizzle the olive oil and balsamic vinegar. Season with salt, ground black pepper and a pinch of sugar.

2. Cook for 4-5 minutes or until the skins just begin to turn brown and burst. Set aside and keep warm until required.

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

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## Rehabilitating your perennial garden

by **Bonnie Kirn Donahue, Extension Master Gardener, UVM**

As I look out at my perennial garden this time of year, it looks...tired. The *Rudbeckia fulgida* (black-eyed Susan) is at its prime, but just about everything else has gone past. The weeds were difficult to contend with this year, even with proper mulching in the spring. Even my showstopper plants seemed to struggle.

Although disappointing, these observations remind us that perennial gardens are not static. We carefully select plants, develop planting plans and cherish each plant we purchase or start from seed, expecting the plants to behave the way the plant tag describes. While this may start out as the case, true to nature, perennials change with time.

Just about every perennial bed needs to be rehabilitated at some point. This is something that can be done all at once in autumn or spring or staged over time. I prefer early fall because I can see what the mature plants look like and will have an easier time finding new locations with this in mind.

First, take note of what you like about your garden, and what you don't like. This is an exercise that ideally should be done throughout the growing season to get a well-rounded view of the garden's evolving characteristics.

Notice plant heights, textures and color palettes. Think about how your garden changes as one plant blooms and another dies back throughout the seasons. Are there times when nothing is in bloom? If so, consider adding plants with different bloom times for a continuous sweep of color throughout summer and early autumn.

The next step is to take these observations, and imagine what you would like to see. It might help to look at books, your neighbor's yard or photos of gardens on the Internet for inspiration. Or talk to the experts at your local garden center.

Don't be afraid to experiment with different plants or color combinations. I am starting to

embrace the idea of transitioning my perennial garden to a native, pollinator-friendly cottage garden where plants seed themselves freely and mingle together in masses.

I like to sketch out my planting plan on paper. Using graph paper can help you draw the plants to scale to come up with a

more accurate layout.

Make copies of your base plan, one for April to May, June to July and another for August to September. Use colored pencils to sketch out what blooms will be present at different times of the year.

Before starting your renovation, it is a good idea to have your soil

tested to determine what amendments your soil needs.

Start by weeding your garden thoroughly. Next, carefully dig out the plants and place them on a tarp in a shady spot and keep them watered. Ideally, you should wait to dig until plants are finished blooming. Check the root balls, and pull out any

weeds that might be intertwined with the roots.

Using a sharp knife or spade, divide large plantings into smaller ones. Each new clump should have three to five shoots and a healthy root system.

After removing all the plants from your garden, loosen all the soil with a shovel. Mix in compost or

amendments as recommended by your soil test.

Once your soil is prepped, replant the area with your transplanted perennials or add in new plants. Finish by mulching and watering. Fall-planted perennials will need plenty of water to make sure their roots get established before winter.



After weeding your perennial bed, carefully dig out the plants and place on a tarp in a shady spot, keeping them well watered until time to replant.

Photo by Bonnie Kim Donahue

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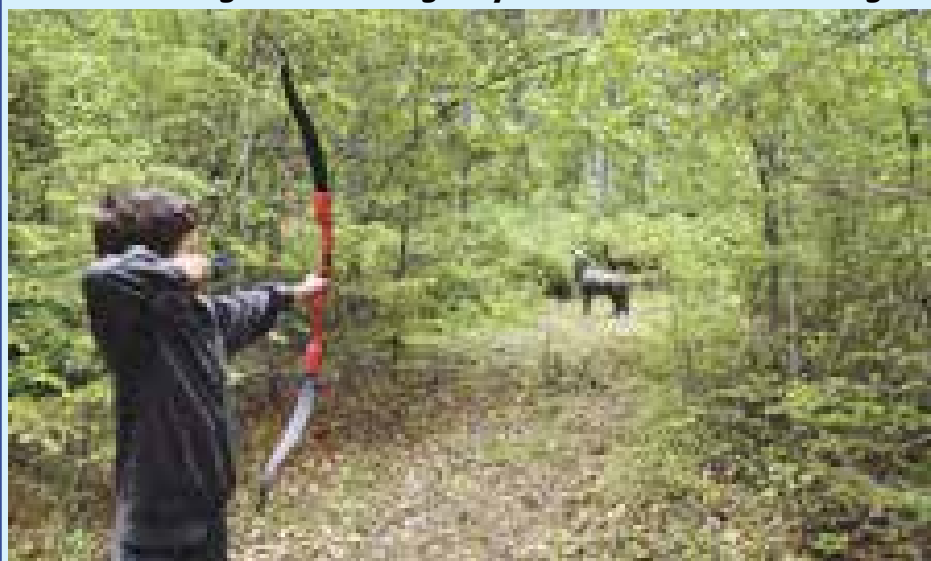
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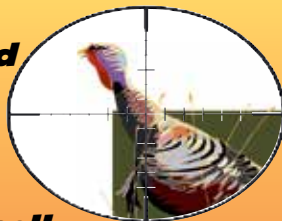
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## Cornell in our Community Column: Supporting mental health in youth

Submitted by Cornell Cooperative Extension Madison County – Courtney Livecchi

The 2020 “back to school” climate is certainly different than in previous years. With health being the main concern during this COVID-19 pandemic, many schools have opted to participate in virtual learning as an alternative to in person learning, while other schools are using a combination of these. Regardless of each school district’s re-opening plan, our nation’s youth are stressed, along with those supporting them. Thankfully, there has been a lot of thought put into helping youth through mental health struggles this year.

Mental Health America (MHA), a national organization specializing in mental health, has produced a “Back to School 2020 Toolkit,” which is one of the many online resources to reference when preparing youth for returning to school. This toolkit offers a mental health assessment, mental health tips for students, parents and teachers, and physical health tips that comply with the CDC COVID-19 guidelines. The toolkit also includes a drop-in article to include in an e-blast or school newsletter along with classroom

printouts for coping with COVID-19.

Over the past few months, research has been done on how the pandemic is affecting the general population, but especially youth. MHA has reported four significant findings:

- Youth are experiencing more anxiety and depression related to the pandemic than any other age group.
- Due to the current events happening around the world, youth of color are particularly at risk.
- Youth are experiencing various other serious mental health conditions.
- Youth with symptoms of depressions are reporting more thoughts of self-harm during this time.

Much of this has been contributed to isolation and loneliness. For those who will be returning to the classroom, fear of contracting COVID-19 and keeping their family and friends safe may cause more stress and anxiety. This will also prove to be true for teachers and parents. Here are some tips to help keep student, teacher, and parent mental health in check:

- Feel your feelings – Let yourself feel whatever emotion it may be. It is okay to be sad. It is okay to be angry.
- Practice mindfulness

– Tune into your emotions if you are feeling overwhelmed. Take a moment to close your eyes and focus on taking deep breaths. Meditation is a wonderful way to practice mindfulness every day.

- Keep up normal habits and routines when possible – Try to do things you would normally do every day, whether that be going to sleep at a certain time or chatting with a friend. Routines tell your brain that you know what to expect in a given week, which is why change can be difficult.

- Think ahead – If you have had events cancelled, think ahead to plan fun virtual or small socially distanced events with friends.

- Stay connected – Keep your support network strong by keeping in touch with friends and family, even if you cannot catch up in person. Socialization is important.

Most importantly, look for signs of mental illness at all times and take care of each other. To get more information and download the Back to School 2020 Toolkit visit [mhanational.org/back-school](https://mhanational.org/back-school). If you are in need of help, reach out to a mental health professional or visit [samhsa.gov](https://samhsa.gov) or [cdc.gov/mentalhealth/quiz/index.htm](https://cdc.gov/mentalhealth/quiz/index.htm).

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ANXIETY.

**91%** (23,000) SCREENED  
POSITIVE OR AT-RISK FOR  
DEPRESSION.

### SIGNS AND SYMPTOMS TO LOOK OUT FOR

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

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**MHA**  
Mental Health America

Photo courtesy of [www.mhanational.org](https://www.mhanational.org)



by Keith Roach, M.D.

### Insomnia one of many Prednisone side effects

**Dear Dr. Roach:** I was prescribed prednisone 5 mg twice daily, but I had insomnia, itching and hot flashes from it. I stopped after four days but am still suffering from sleeplessness. Has the prednisone had a permanent effect on my body? — J.W.S.L.

**Answer:** Prednisone, a powerful anti-inflammatory and immune system-inhibiting steroid, has many side effects on the body, especially insomnia. Hot flashes and itching are uncommon side effects.

Insomnia is more common when prednisone is taken twice daily. Anytime a person gets insomnia, it can create a situation where they become worried about sleeping, which can lead to a persistent problem, even though the effect of the prednisone is gone.

I recommend some routine steps for treating insomnia, such as avoiding bright lights, including any electronic screen, for two hours or so before bed; regular exercise, if the condition for which you took prednisone allows it; and a warm bath before bed. A mild sleep aid, such as melatonin 1 mg or less, may help reset your system, but daily use is not necessary.

**Dear Dr. Roach:** My wife had a heart attack. They did what they could for her, but she had a 100% blocked artery. They did clean it out, but a week later she had a fatal heart attack.

Five or six months earlier, she called me quite often by a former friend's name. I am wondering if blood was not getting to her brain or if she was starting to get dementia? — G.M.

**Answer:** I am very sorry about your wife.

People who have blockages in the heart often have blockages in other blood vessels, such as those in the leg, but also those going to the brain. Poor blood flow to the brain may cause changes to memory and other specific problems.

A stroke is very much like a heart attack. Most strokes are caused by poor blood flow to a specific area of the brain, and if it is severe enough, long enough, brain tissue will die, causing loss of function. People who have had

## To Your Good Health

multiple strokes are more frequently affected by dementia, called vascular dementia or multi-infarct dementia.

I don't know if this was the case for your wife, but it is certainly plausible. People who notice loved ones having memory lapses should get an evaluation sooner rather than later, as sometimes there are therapies that work better when started earlier.

**Dear Dr. Roach:** Does BPH increase the possibility of prostate cancer? — A.L.

**Answer:** Benign prostatic hypertrophy is a common condition in men. About half of men in their 50s have an enlarged prostate, and the proportion gets even higher as men age. The major symptoms of enlarged prostate are difficulty with urine flow, a sensation of decreased empty-

ing, difficulty initiating urination, and increased frequency of urinating, including at night. As symptoms worsen, incontinence can occur and even kidney damage may result due to the high pressure in the bladder.

The first word in "BPH" is "benign": It is not a cancerous condition. It does not protect against developing cancer, but there does not appear to be an increased risk either, according to the most recent studies.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.*

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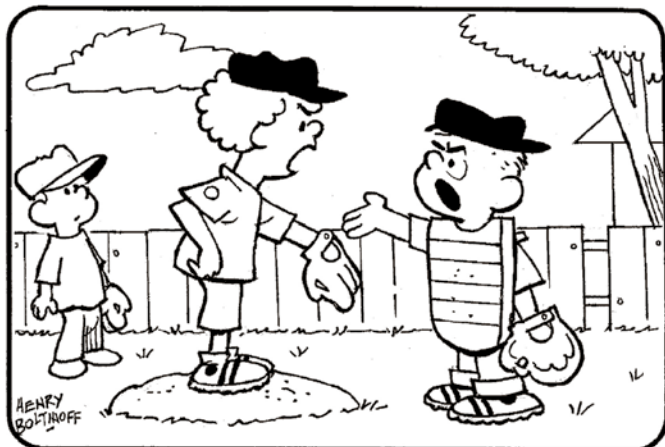


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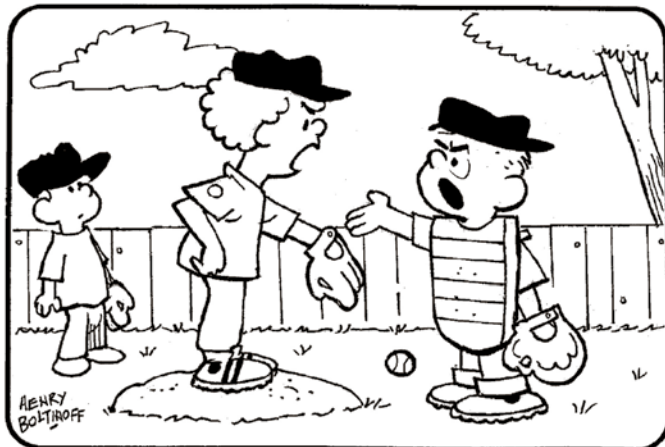
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Differences: 1. Building is gone. 2. Building has been added. 3. Catcher's shoes are different. 4. Fence has been repaired. 5. Pitcher's pants are longer. 6. Boy's hat is different.

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**Weekly SUDOKU**

by Linda Thistle

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

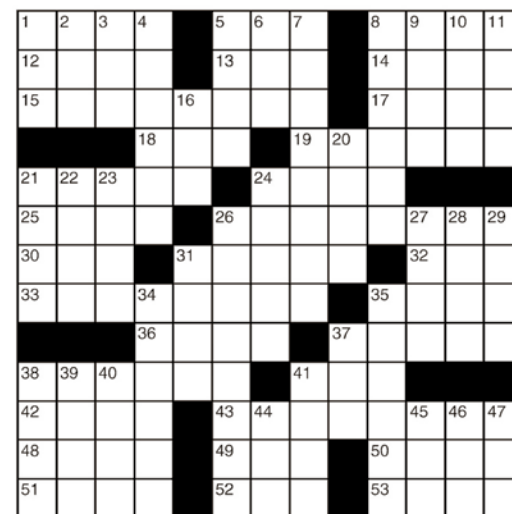
**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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**King Crossword****ACROSS**

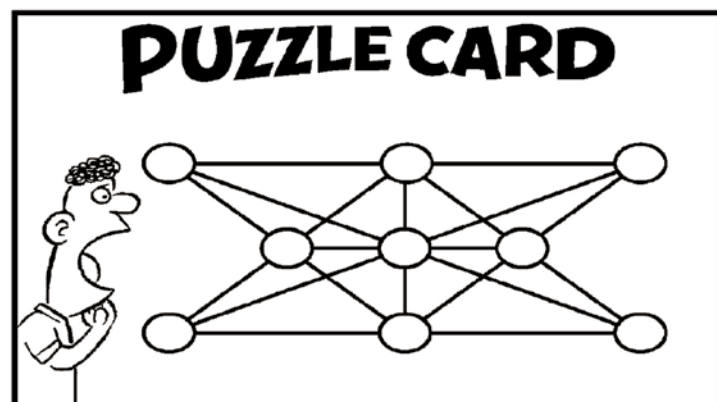
- 1 Drink heartily  
5 Coffee, in slang  
8 Snatch  
12 Maze option  
13 Possess  
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15 Not all one kind  
17 Clinton's Arkansas hometown  
18 Delivery co.  
19 Source  
21 Song of praise  
24 "East of Eden" character  
25 Charged bits  
26 Lit into  
30 Explosive letters  
31 External  
32 Eisenhower coin  
33 Lent a hand  
35 Appear  
36 Dud  
37 Familiar form of address  
38 1954 doo-wop hit for The Crew-Cuts  
41 Pirouette pivot  
42 Deserve  
43 Transferred, in law  
48 List-ending



- abbr.  
9 Quite eager  
10 Military visored hat  
11 Paradise  
16 Spinning stat  
20 Bellow  
21 Pocket bread  
22 Half of the offspring  
23 Picnic invaders  
24 — in the right direction  
26 Convert to computers  
27 Told a tale  
28 — out (supplemented)  
29 Showroom  
sample  
31 Norway's capital  
34 "I wish"  
35 Prolonged attacks  
37 Japanese pond carp  
38 Caraway, for one  
39 Loathe  
40 Cereal choice  
41 Despot  
44 Vast expanse  
45 Sister  
46 Mound stat  
47 Pooch

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**A CLASSIC COIN PUZZLE!** Place 9 coins on the table and challenge your friends to arrange them in 10 rows, each row containing 3 coins. Below is our solution.



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# Junior Whirl

by Charles Barry Townsend

1.	A						M
2.		A					M
3.			A			M	
4.				A	M		
5.			P			M	
6.		P					M
7.	P						M

Illustrated by David Coulson

## THE ALL DAY, ALL NIGHT, BIG WORDS PUZZLE!



Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

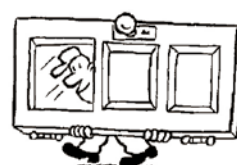
**DEFINITIONS:**

1. A place to wait.  
2. Football break.  
3. A railroad job.  
4. Used in mining.  
5. Fictional newspaper reporter.  
6. Long-snouted animals.  
7. To announce publicly.

**ANAGRAM:**

- tome + roan  
fail + them  
make + bran  
many + diet  
menu + spar  
moss + soup  
mail + crop

**THIS MAN** is about to install a new door in his house. Can you take the letters in NEW DOOR and rearrange them to make one word?



Answer: The letters in NEW DOOR can be arranged to spell ONE WORD, just what we asked for.

**SUMMER CAMP BADGES!** At right is a word square. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

1. Made jeering remarks. 2. Copy of an object.  
3. (BADGE, in place.) 4. Encouraged to act.  
5. Feats, or exploits.

1	2	3	4	5
		B		
2			A	
3	B	A	D	G
4			G	
5			E	

Answers: 1. Jibes. 2. Image. 3. Badge. 4. Egged (on). 5. Deeds.

Answers: 1. Anteroom. 2. Halfme. 3. Brakeman. 4. Dynamite. 5. Superman. 6. Opossums. 7. Proclaim.



## Now here's a tip

by JoAnn Derson

• "In my shop, I have stored small bits of hardware in baby-food jars. They were all on a shelf together, and when I needed one, I would have to move bottles around until I found the right one. I took a piece of 1-by-4 and cut it into 2-foot sections. Then I glued the bottoms of the bottles in a row to the wood. Now, they still sit on the shelf, but all I have to do is slide the 1-by-4s out and find the right jar. I can still see in the sides, and it makes them so much easier to deal with." — J.N. in Missouri

• "My child has so many toys that they were starting to take over his room and our house. We got three big plastic storage tubs and distributed the toys among them. Now the rule is that only one tub can be open at a time, so if he wants to play with other toys, he must pick up all the toys from the tub he is playing with first. It has made such a difference since the house gets picked up at least once a day." — C.I. in Tennessee

• Here's a boating safety tip: Make sure you check the weather before you head out for a day on the water. And everyone needs a life vest, large or small!

• "Lots of people are selling things online now to make a few bucks, and that's cool. I know I have things I've picked up that I don't use. Why not make a little money? Here's a tip though: Do a little research on price for your item. You want to avoid listing it for too much (no interest) or too little (yes, it gets snapped up quickly, but you could have gotten more for it). A little homework goes a long way." — C.A. in Florida

• No red wine for your recipe? You can substitute an equal amount of grape juice or beef broth in most recipes.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.



## Strange but True

by Lucie Winborne

• An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital. The armadillo, on the other hand, strolled away unscathed.

• One million U.S. dogs hold first place in their owner's last will and testament.

• The original time machine in "Back to the Future" was not a DeLorean, but an old refrigerator. According to HuffPost, "Ultimately, it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reenact the scene."

• Napoleon introduced brass buttons on soldier uniforms' sleeves to discourage them from wiping their noses.

• The first webcam was created to check a coffeepot! In 1993, researchers in the University of Cambridge's computer science department really didn't like getting up from their chairs to check the coffeepot just to find it empty, so they wired a system that would stream three images per minute from the Trojan Room, where the pot was kept, to the internal computer network. By the end of that year, the stream made it onto the new World Wide Web, endowing the Trojan Room coffeepot with international, if brief, fame.

• The asteroids in "Star Wars" were actually painted potatoes.

• When English Romantic poet, painter and engraver William Blake was just 4, he claimed to see God through a window. Throughout the rest of his life, Blake said he often communed with angels, incorporating these visions into his art.

• According to the U.S. Food and Drug Administration, the stickers on fruit are edible. We haven't tried them ourselves, though.

Thought for the day: "The best teachers remain students all their lives." -- John Stott

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 to those who prayed  
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*Joseph Mastracco*

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 Wed. 6:30PM**

Pastor Dan West

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Pastor Dan West

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**Questions? Cathy Rice 315-823-0874  
 Becky Hagadorn 518-844-2598**





## Tips for harvesting pumpkins and winter squash

by **Bonnie Kirn Donahue, Extension Master Gardener, UVM**

Fall brings many great things that come in beautiful shades of orange, yellow, red and brown. Pumpkins and winter squash are among the most wonderful of these.

Autumn's fluctuating temperatures and the threat of frost bring challenges to growing these in your garden. Here are some ideas to keep in mind for a great crop this year.

Pumpkins and winter squash generally are ready to pick when they have fully changed color and the skin is tough. A common test is to scratch the skin with your fingernail. If the skin is soft and breaks, it is not ready to pick. If it is hard, the fruit could be harvested.

Vine health also is an indicator of when the fruit should be harvested. If the vines are healthy, green and disease-free, you could let your fruits ripen in the garden longer. If the vines are turning crispy, yellowing or dying, consider harvesting.

Both leaves and fruits are sensitive to frost, which complicates the approach of waiting until the fruit is ripe to harvest. A hard frost can damage the skin of fruits as well as kill the plant leaves and vines.

If a hard frost is forecasted, it is probably a good idea to harvest your pumpkins and squash. Luckily, if you have to pick these before they have fully changed color, they will continue to ripen off the vine. How much green is left may shorten their storage lifespan, but a shorter storage life is better than a squishy rind from frost damage.

If your patch is small, another option when frost is predicted is to cover the area completely with blankets, bed linens or drop cloths, using small stakes to prevent the material from touching the foliage. Weight down the outer edges of the covering to prevent cold air from getting in, and be sure to remove the next morning when temperatures rise.

When harvesting, cut the stem cleanly using a knife or clippers, about three to four inches from the fruit. Avoid picking up the fruit up by its stem. A broken stem will mean that the fruit will not last as long in storage.

After picking your pumpkins and winter squash, place them in a warm, dry and ventilated place, such as a covered or sun porch, garage or shed, to cure for one to two weeks at about 80-85° F. Curing helps the fruit heal over any cuts or scratches and seals the stem. Without curing, these openings in the skin or stem can shorten the storage life of the fruits, making them rot faster.

If temperatures remain warm, you can cure pumpkins and squash outdoors for a few weeks before storing, but keep in mind that squirrels and chipmunks may feast on your harvest. Orange varieties can be cured in the sun, while white varieties should be cured out of direct sunlight. After curing, store your pumpkins and winter squash in a cool, dry, well-ventilated place with temperatures of about 50-60° F.

Different varieties may have different harvesting and curing requirements, expected length of storage and best time timing for eating. Therefore, it's a good idea to double-check the seed company's website or talk with the experts at your local greenhouse to get recommendations for the specific varieties you are growing.

Here's to an autumn and winter filled with the sweet, orange and yellow sun-warmed memories of summer.

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### Weekly SUDOKU

Answer

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

### Just Like Cats & Dogs

by Dave T. Phipps



### King Crossword

Answers

Solution time: 21 mins.

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

### This Week's Holidays

Sept. 19 – International

Red Panda Day

Sept. 20 – Wife

Appreciation Day

Sept. 21 – Miniature

Golf Day

Sept. 22 – Elephant

Appreciation Day

Sept. 23 – Dogs

in Politics Day

Sept. 24 – National

Cherries Jubilee Day

Sept. 25 – Native

American Day

## PUBLIC AUCTION

**Saturday, Sept. 26th - 9:30AM**

1582 St. Hwy. 162, Sprakers, NY 12166

**Tractor - Tools - Trailer - Household - Shed - Amish Carriage**

**Trailer:** Tandem axle, enclosed, good condition;

**Tractor:** 420 WJD gas w/snowblade, serial #126074, good condition;

**Shed:** 8x12 storage shed w/log siding;

**Mowers:** 20V Dewalt Lawn Mower; Large Snapper Pro Commercial Grade Walk Behind Mower w/dump & scraper blade;

**Tools:** Alum. 16ft. extension ladder; 10" table saw; air tank; #22 meat grinder with Honda engine; 20# propane tank; Sears 10' chop saw; 2 portable air compressors; Buddy heater; box masonry tools; 2-20lb. propane lights; painting supplies; electric cords; Black-Decker jigsaw; electric Makita grinder; 18 volt Dewalt tools; fence parts; 150 fence posts; rabbit feeders; ice fishing poles; 10' kayak; propane stove; propane heaters; electric washer; small tool chest; sausage stuffer; misc. garden tools; Poulan Pro lawn mower; air saw; alternator; 2-step ladder; sledge hammer; hose reel; chicken cage; sawhorses; air hoses; bag wagon; 4ft level; boxes of bolts, screws; plumbing supplies; garden seeder;

**Household Items:** 4 pc. bedroom suite; bookcase; clothes tree; folding chairs; 2 platform rockers; hickory rocker; 2 recliners; propane light w/cabinet; 6 wooden chairs; extension kitchen table; 2 wooden waste cans; 2 platform rockers; rebounder; comforters; throws; blankets & misc.; magazine stand; magazine rack; shoe rack; clock shelf; office chair; refrigerator; 2 bar chairs; plastic storage shelf; rugs; etc.; numerous books; trike; waste can; dish cupboard; utility cart; clocks; canners; metal shelf; small fridge; propane stove; chest of drawers; wooden benches; games; glassware.



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# Convoy for a Cause keeps on truckin’

Recently, people from Fort Plain to Fonda cheered on several hundred participants in Con-

voy for a Cause. An annual fundraiser, the convoy raised money for “Alyssa Strong,” a local charity. The event first started seven years ago.

In the past, the convoy raised money for the Jackson Fund, several local children, the Leatherstocking Flight Program and WGY Christmas Wish. This year, the money will assist with Fort Plain resident Alyssa Parrino’s ongoing acute myeloid leukemia treatment.



The 2020 Convoy for a Cause featured almost every Montgomery and Fulton County fire department, police and EMS agencies, officials, candidates, title winners and many businesses.



People from Fort Plain to Fonda cheered on several hundred participants in Convoy for a Cause. An annual fundraiser, the convoy raised money for “Alyssa Strong,” a local charity. The event first started seven years ago. Photos submitted



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\*Class is based on these models: Polaris Ranger XP 900, John Deere XUV835M & Kawasaki Mule PRO-FXR. The handling comparison was performed on the FSAE SKIDPAD course in gravel conditions. © Kubota Tractor Corporation, 2020. \$0 Down, 0% A.P.R. financing for up to 60 months or customer instant rebates of \$2,200 are available on purchases of new Kubota RTV-XG850 Series equipment from participating dealers' in-stock inventory. Promotional rate available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Example: 60 monthly payments of \$16.67 per \$1,000 financed. Additional \$500 rebate is available on 2020 models. Rebate is not available with 0% A.P.R. promotional financing. Some exceptions apply. Offers expire 10/31/20. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For more information, see Dealer or go to KubotaUSA.com.



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The 2020 Convoy for a Cause featured almost every Montgomery and Fulton County fire department, police and EMS agencies, officials, candidates, title winners and many businesses.

Richard Kennedy, co-chair of the event and president of the Fonda Fairgrounds, thanked all involved with Convoy for a Cause, explaining that the event's sponsors have been indispensable, along with supporters – some of whom have participated every year, while others participating for the first time on Sept. 6.





## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Carved stone bust

A Rago auction catalog called a large carved bust made of black stone a "Haida Argillite carving" and then explained the meaning of the word "argillite." Antiques can be made by people, companies or methods with unfamiliar names, but this time the auction house realized that bidders needed help. Argillite is a fine-grained black silt stone found in only one spot, the Slatechuck Creek on Haida Gwaii, also called the Queen Charlotte Islands, in the Pacific Ocean off the northwest coast of British Columbia, Canada. The Haida, a North American native culture, were the original people living on the islands.

They have been making carvings of wood and argillite since about 1800. Pipes used with tobacco have been found that were made from 1810 to 1840. The location of the quarry is a secret and only the Haida are permitted to use the stone. Today, Haida carvers make and sell carved argillite jewelry and decorations -- "tourist art" made to be sold to visitors. Both the Haida and European cultures are depicted. Many pieces are

amusing.

The bust of a man, made about 1840 to 1850, sold for \$18,750. A carving of one piece as large as a bust is unusual and valuable because the stone breaks easily. Twentieth-century interest in the antique arts of native peoples has led to higher prices.

**Q:** Do McDonald's restaurant giveaway toys have any resale value? My children have been saving them in the unopened packages for more than 15 years. Is there a way to tell the age?

**A:** Very few McDonald's Happy Meal toys are worth a lot of money. Most full sets (eight or more toys) given away in the past five years are worth under \$50 at a retail source. That means a single toy is worth less than \$5, and they usually are just \$1 or \$2, if you are lucky. The 1987 set of 12 Mr. Potato Head toys retails at \$75. It is said that a set of eight Furby toys from 2000 sold for \$900, but that may be a myth. Other old sets (be sure it is the original set, many have been repeated) including Beanie Babies, Lion King or even Jerry from the movie "Despicable Me" can sell for over \$100.



This 9 1/2-inch-tall carved bust made of black argillite sold for more than twice its estimate at \$18,750. It depicts a European trader.

### CURRENT PRICES

Kewpie doll — black, side-eyes, red lips, jointed arms, incised, Rose O'Neill, 6 inches, \$210.

Advertising sign — Stolz Premium beer, extra pale, extra fine flavor, white and yellow text, beer bottle, gray ground, 8 x 12 inches, \$330.

Leica Camera — 50-mm Elmar lens, IIIa, black, leather case, 1938, \$420.

Chanel clutch — fabric, black, white, logo printed in two directions, envelope shape, flap, 5 x 7 1/2

inches, \$840.

**TIP:** If you move your antiques to a new home in a van, watch out for damage. Check the antiques as they are unloaded. Sweep the inside of the moving van and save any small pieces of veneer, wood or screws that might have fallen off your furniture.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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Real Estate Agent  
Cindy Jacksland  
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Licensed Real Estate  
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Licensed Real Estate  
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Jean M Shatley-Mason  
Burnt Hills

- Your Hometown Realtors -

RESIDENTIAL - COMMERCIAL - FARMS - INVESTMENTS - ACREAGE

**Krutz Properties is #1 per Capital District MLS for property SOLD in Montgomery County!**



201936206:  
1.2 Acres with  
spectacular views  
of the Adirondacks  
to build your  
Adirondack  
home on with  
lake access from  
Pecks Lakes  
Sunrise Bay. This  
land has a few

improvements - the driveway is in place and the building site has been leveled. There are certified engineer plans for both the building site and septic system. Peck Lake is located in the southern Adirondack with the Adirondack park in your back yard with all the wildlife you could ask for. Access to everything a person would want - shopping, fishing, hiking, boating (restrictions apply), golf and let's not forget snowmobiling! **\$109,900**



202011478: 2-story, up and down 2 family located across the street from the bike path. Exterior is vinyl siding and up-dated windows. 1st floor is a 1 bedroom apartment and 2nd floor is a 2 bedroom apartment. Separate utilities. Interior needs updating. Includes the lot to the right of the house for parking (sbl 63.62-1-3) **\$39,900**



202019680: Privacy and seclusion is what you will get with this property. Long private drive leads to open field and woods. View is absolutely amazing and you will enjoy it from the windows of your home and side deck. Woodburning fireplace in the living room. Finished basement with a half bath; which is perfect for recreational room, family room or in-laws. Woodstove in the basement heats it nicely. The backyard features a 2nd deck overlooking a pond. **\$199,000**



202019981: Here is a great opportunity to purchase a commercial building to start your own business, or to purchase the framing shop business for an additional price of \$50,000.00. Picture Perfect Frame Shop and Art Gallery is located across the street from Canajoharie Library and Art Gallery, a nationally recognized gallery. Picture Perfect has been in business for 29 years and has a very loyal clientele. The present owners are willing to train the new owners in all aspects of the business. There are many opportunities for other uses for this property. The small upstairs room have a private entrance off the back of the building for possible rental of this space. **\$125,000**



202020887: This unique home use to be the original Firehouse of Ames! Now it is a roomy 4 bedroom house. Eat-in kitchen, living room with a propane fireplace, laundry area and large attached garage. Wrap around deck with a view of the creek. 12x18 shed. **\$79,000**



**SALE PENDING**  
202025609: A beautiful 1850 Stone home! If you like relaxing on the porch instead of mowing the lawn - this is the home for you. A stunning home with hardwood floors, pocket doors, 2 fireplaces, foyer and so much more! Updated kitchen with island and granite counter tops, formal dining room. Formal living room with fireplace. The bathroom has been completely renovated with walk in tile shower. New roof from plywood to shingles. Finished basement with exit to driveway and back porch. Family room, bedroom and full bath in basement. Ideal for the in-law. Large side porch and relaxing private back deck. Close to Cooperstown, Saratoga, Albany and Utica! NYS Thruway exit 29 is minutes away. Must see to appreciate. Excludes Hot Tub and Porch Ceiling Fans **\$179,900**



202027438: Two story country home on 3.2 acres, two bedrooms and two full baths. ONLY 12 MINUTES TO GLIMMERGLASS STATE PARK AND ONLY 20 MINUTES TO HISTORIC COOPERSTOWN !! Large laundry room on 2nd floor. **\$159,900**



202027861: Looking for a four bedroom home located in the Village of Canajoharie, this home has 2272 square feet of living space with large living room and dining room. there is aux room off the living room and another room that can be a den or a kids play room. Upstairs there are three good size bedroom and midsize bedroom. The home is in good condition. Bring the family and take a look. **\$110,000**



202027734: Nice country ranch on 5.76 acres of land! Has been recently painted, new bath room. This 3 bedroom ranch has a paved driveway, a very large shed and a step down livingroom with a fireplace! 150 amp breakers, Blocked crawl Space, Large picture window in the dining area and a laundry/mud coming in from the back yard. Relax by strolling through the back woods **\$129,900**



202026860: Situated on 5 acres, of mostly wooded property, is a lovely ranch style home with a large, unfinished addition. As you enter the original part of the home, you walk into a cozy living room with a pellet stove and hardwood floors throughout. You will also find a small work-in, kitchen, a dining area, a bedroom and a full bath. A small hallway will take you through a small room to the unfinished addition. On the right, the framing has been done for a bedroom and bathroom. The living room space has lots of natural light, floor to vaulted ceiling, with large solid wood beams overhead. A staircase takes you up to a large loft bedroom. Also on the property is a detached, 2-stall garage with a woodshed attached, as well as a 20' x 20', hand built, "she shed". Very private and GREAT for hunting. **\$199,000**



202022131: Located in the foothills of the Adirondack Mountains the driveway leads back into seclusion. This wooded area with a stream that runs through it offers a great hunting area, and plenty of peace and quiet. This could be a perfect place for a small hunting cabin or a permanent home. The property owner has access to some heavy equipment to possible help with the installation of a septic system or maybe enlarge or widen the present driveway. This is negotiable with the owner. **\$19,000**



**SALE PENDING**  
202020212: This is a showstopper!!! This gorgeous Colonial has been recently renovated and is filled with charm. It features gorgeous wood floors, 3 bedrooms and 3 full baths, a staircase just begging for your next prom photo shoot, and a kitchen that will make you want to start your own cooking channel. The outbuilding used to be a country store but would be a great space for line-dancing, arts & crafts, or a home office. **\$149,900**



202018288: Beautiful renovations have been done to this Victorian home located in Fort Plain. Cherry floors have been installed, original woodwork, stain glass windows, and 2 porches. Formal dining room, livingroom, and a large space for your kitchen. Finishing work needs to be done and installing kitchen and baths. Many materials are there for you to complete. Must see and you will love it! **\$99,000**



202022511: What a scenic location comes with this rustic ranch style home located along the Mohawk River. Fifty dollar permit (a year) grants you beautiful access to the river. Let's not forget an easy walk to the bike bath too. A large front porch, hardwood floors throughout and a wood burning fireplace in your cozy living room. 3 bedrooms, office/craft room, full bath and room to add a 2nd bath if desired. **\$149,000**



**SALE PENDING**  
202027451: Charming 4BR/1Bath Cape that has been updated within the past 5-10 years. Tiled kitchen with dining area and built in cabinets; cozy living room with propane fireplace; 2 BR down and 2 up. Full DRY basement, could be finished. New leachfield in 2018, furnace 2014, metal roof is approximately 12 years old. RO system in basement (not hooked up). Beautiful wooded property with several clearings to enjoy the space. MUST SEE!! **\$185,200**



Owner is willing to hold the mortgage under the following terms. 1/3 money down, payoff in 8 - 10 years. Monthly payment \$1,000 to \$1200 per month. Interest rate at 1% over going rate. Terms MAY BE NEGOTIABLE !! The home has been well maintained. There is a large backyard with plenty of room for kids to play, or to enjoy an evening sitting around a fire on a nice summer or fall night. So call today to make arrangement to look at the property. **\$90,000**



202026814: Need to see 2 family. Downstairs is rented with good tenants. downstairs has 3 br and a full bath, living room and Kitchen also has laundry room. Upstairs has a newly almost finished ready to be rented or owner occupied. **\$59,900**



20204637: GREAT NATURE LOVER'S HOME. FANTASTIC WATERFALLS. FORMER LODGE. LARGE ROOM UPSTAIRS THAT WAS ONCE A DANCE HALL. **\$106,000**