

NOVEMBER 7, 2020

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ON THE FARM SERVICE

THETIRESHOP. BIZ • OPEN MON.-SAT. 8-6

155 Erie Blyd., Canaioharie, NY

I will glory in the Lord; let the humble hear and rejoice. Proclaim with me the greatness of the Lord; let us exalt his Name together. Psalm 34: 2-3



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TREAD PATTERN

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THETIRESHOP.BIZ

OPEN MON.-SAT. 8-6155 Erie Blvd.
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WINTER COMMAND

DURATRAC

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We Salute Those Who Served







n Veterans Day, we salute the American veterans and active-duty military whose courage and dedication have protected our freedom and our way of life for generations. We recognize their service and their sacrifice, their selflessness and bravery, their hard work and their faith. Please join us in celebrating the men and women of our military, past and present, this Veterans Day. Proudly fly your flag, thank a veteran and show your support for those who continue to serve today.



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Treiber Nissan 320 N. Comrie Ave Johnstown, NY 12095 **(518) 736-1300**

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> Fort Plain Agway 15 Herkimer St. Fort Plain, NY 13339 (518) 993-4121

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Loyal Order of Moose Lodge 205 Erie Blvd. Canajoharie, NY 13317 (518) 673-3993

Shults Agency 3 Canal St. Fort Plain, NY 13339 **(518) 993-2387**

The Tire Shop 155 Erie Blvd. Canajoharie, NY 13317 (518) 673-5399

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Barrett's Transmissions 148 Ripple Road Cherry Valley, NY 13320 (518) 993-2002 Graphic Design & Print Services at Lee Publications 6113 State Hwy 5 Palatine Bridge, NY 13428 (518) 673-3237

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Longhorn Trucking 6605 State Hwy 5 Nelliston, NY 13410 (518) 993-3480

Midway Body Shop 6152 State Hwy 5 Palatine Bridge, NY 13428 **(518) 993-2215** **Shults Auto** 243 W. Grand St. Palatine Bridge, NY 13428 **(518) 673-5246**

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ADVERTISERS: Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEAD-LINE for placing ads is FRIDAY 5pm prior to each edition date. Call 518-673-0111

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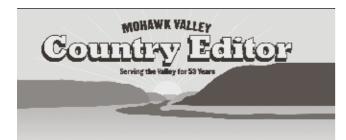
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FRUITS / VEGETABLES

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Curbside





Published weekly on Saturday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President Frederick W. Lee V.P., General Manager *Bruce Button* V.P., Treasurer Janet Lee Stanley

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John Snyder, Sales Manager 518-673-0129, jsnyder@leepub.com

Kari Montes, Sales Associate 518-703-2826, kmontes@leepub.com Tom Shaver, Sales Associate 315-272-6586, tshaver@leepub.com

Reader ads 518-673-0111 or 800-218-5586 Accounting/Billing - Pauline Tripp 518-673-0150, ptripp@leepub.com **Commercial Printing**

518-673-0101, commercialprint@leepub.com

Send all correspondence to: PO Box 121, Palatine Bridge, NY 13428 Advertising email: jsnyder@leepub.com Editorial email: jkarkwren@leepub.com Website: www.vpennysaver.com 518-673-0129 Phone · 518-673-2699 Fax

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Now Offering Local **Delivery At No Charge** - 20 Bag Minimum

Emergency food providers to continue to deliver NY ag products to families in need

Governor Andrew M. Cuomo recently announced an additional \$10 million is being dedicated to the Nourish New York program, bringing the total funding dedicated to the program to \$35 million. The funding will allow NY's emergency food providers to continue to purchase surplus products from NY farmers and dairy manufacturers and deliver it to families in need through the end of the year, including during the holiday season, which can be a challenging time for families. Nourish NY was first announced by the governor in April in response to the financial hardships NY's dairy farmers were facing with the loss of key markets and the significant, increased demand food banks were seeing as a result of the COVID-19 pandemic. Since the program started, more than 16 million pounds of dairy, fresh fruits and vegetables, meats and more have been purchased and provided to 823,883 households.

"The pandemic has been difficult for all of us, including our agricultural community and the families they feed. The Nourish New York program has successfully bridged the gap between our families, our food banks, and our farmers," Gov. Cuomo said. "Still, there is a very clear need in our communities. By extending the Nourish New York program and providing another \$10 million to our regional food banks and local food providers, we can continue to support and help New Yorkers put food on the table while ensuring an economic benefit to our farmers through the holiday season, which can be a challenging time for families."

Funding for this second round of the program is being provided from the federal Coronavirus Aid, Relief and Economic Security Act. It will be reallocated to food banks and emergency food providers through existing contracts extended through Dec. 31. Emergency food providers can spend the money allocated to them by:

- Setting up food drive-thru events/ giveaways (guidance available at tinyurl. com/y6sbyro7)
- · Distributing dairy vouchers that can be redeemed in grocery stores for products like cheese, yogurt, milk, sour cream and butter throughout the state
- Purchasing products directly from NY dairy/food manufacturers for their feeding programs

Since its launch, the \$25 million Nourish NY initiative has supported 3,438 food distributions, providing dairy, such as milk, yogurt, cheese, cottage cheese and produce, meat, seafood, eggs and more to 823,883 households. Through the food banks' purchases, 4,140 farms have been impacted, relieving farmers from having to dispose of surplus milk and providing growers with a place to sell their produce. The \$25 million investment was on track to be spent by the end of October.

As a result of the COVID-19 pandemic, NY food banks have seen a dramatic increase in demand, in some regions up to 200%, as many New Yorkers struggle to put food on the table. At the same time, NY's farmers and producers have faced their own unprecedented, extreme financial difficulties. Many temporarily lost up to 50% of their markets through the closure of schools and restaurants.

GING BACK

Comfort Foods Made Fast and Healthy

by Healthy Exchanges Chicken Spaghetti

A chicken in every pot! I'm not running for elected office — but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me!

1/4 cup finely chopped onion

1 full cup diced cooked chicken breast

1/2 cup (one 2.5-ounce jar) sliced mushrooms, drained

1/4 cup sliced ripe olives

13/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained

- 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
- 2 cups hot cooked spaghetti, rinsed and drained

1/4 cup grated reduced-fat Parmesan

- 1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti.
- 2. Lower heat and simmer for 10 minutes, stirring occasionally. When serving, top each dish with 1 tablespoon Parmesan cheese. Makes 4 (1 1/2 cups each) servings.
- Each serving equals: 264 calories, 4g fat, 20g protein, 37g carb., 816mg sodium, 4g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

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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

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'96 FORD VAN SUB-URBAN, 15-passenger, head gasket issues, \$1,200; shop stove, \$150. 518-231-8110 BANNERS: VINYL Single Sided - Double Sided, various sizes & options. Free shipping. Call Lee Newspapers Inc. 518-673-0101 or commercial-print@lee pub.com

BOILING POT PHO-TOGRAPHY 518-378-3279: Baby, Graduation Photos, Weddings and more. Find us on Facebook

NEED YOUR APPLI-ANCE REPAIRED? Koval's has over 30 years experience and is affordable! Call 315-867-9333

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

TRAILERS: Belmont & Bravo. Enclosed, gooseneck, skid steer, dump, snowmobile, much more! Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

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

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HEADS UP BARBER-SHOP Opens at 7 AM Tues.-Sat. 12 Ann St., St. Johnsville 518-703-1515 WALK-INS WEL-COME

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RENTAL OF 60 acres of land in Town of Danube as of January 1st, 2021. 315-823-2759, 315-832-1691

DO YOU HAVE AN ITEM TO SELL? Place your classified ad in the Mohawk Valley Country Editor. Call 518-673-0111

We want to hear from you!

Send your comments & suggestions to the

Mohawk Valley Country Editor

PO Box 121, Palatine Bridge, NY 13428 OR email jsnyder@leepub.com

STORM DOORS BY LARSON keeps the cold air outside. 32" & 36" x 80" white in stock. Other colors may be available. C.H. BURK-DORF & SON, 35 Hough St, St. Johnsville 518-568-7016



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6 • November 7, 2020

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Grandview Baptis, Church

Pastor Dan West

Sunday Service - 11:00am

Wednesday

Prayer & Bible Study 6:00pm

15 Washington St.

Fort Plain
518-993-9929
www.grandviewbapchurch.com

Come Visit Us!

We care because the Lord cares -I Peter 5:7

DMV urges motorists to prepare for winter driving conditions

The New York State DMV and the Governor's Traffic Safety Committee (GTSC) offer tips to help New Yorkers winterize their vehicles and prepare to drive in more challenging weather conditions. Drivers are also reminded that they can now install snow tires on their vehicles. Under state law, snow tires can be used from Oct. 16 - April 30.

"We cannot control the weather, but we can control how prepared we are to drive in winter conditions," said Mark J.F. Schroeder, DMV commissioner and GTSC chair. "Following a few simple tips like driving slow, making sure your lights are clear and not covered with ice or snow and having ample windshield washer fluid, for example, will help keep you and others safe on the roads."

Before driving, GTSC recommends these tips:

- · Check tire tread
- Fill the gas tank
- Clear/clean all lights and windows
- Fill the windshield washer reservoir
- Remove all snow and ice including on top of the vehicle
- \bullet Ensure the vehicle's heater and defroster are working properly

Mohawk Valley Hay & Grocery Auction

Starting Fri. Nov. 13th at 10:00 AM Second & Fourth Friday of Month

Hay - Straw - Firewood Groceries - Every Second Friday

~ Payment Made to Consignors Day of Sale ~

WANTED

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Mohawk Valley Produce Auction 840 Fords Bush Rd, Fort Plain, NY 13339 Office 518-568-3579 - Market Report 712-432-8545 Order Buyer Elam Kauffman 717-413-3816

HELP WANTED

Attention: The Oppenheim Trail Blazers Club is seeking qualified help for the upcoming season

We are accepting applications for the following: Short Order Cook • Kitchen Staff • Bartender

For further information, qualified applicants are asked to contact the officers listed below:

Larry Brandow at 315-794-1013

Todd Hoffman at 518-774-7090

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 Ghurch Service, Live at 10.AM 1(617)936-2890 (access code 0701029#)
- 3. Spiritual uplifiting ideas of various kinds with a menu 1(214)447-9675

- Make sure the recommended amount of antifreeze is in the radiator
- Get familiar with a new vehicle before driving in harsh weather conditions

When ready to drive, follow these tips:

- Warm up the car so the defroster clears the windows.
- Turn on headlights whenever windshield wipers are on. State law makes this mandatory.
- Do not exceed the speed limit and always adjust speed to the road conditions.
- Leave plenty of room between vehicles.
- Don't try to pass or weave in and out of traffic. All drivers must be prepared to react if other drivers start to slide
- Do not drive during ice or snowstorms unless it is necessary.
- When sleet, freezing rain or snow begin to fall, remember that bridges, ramps and overpasses will freeze first. Be aware that slippery spots may remain after snow is removed.

The National Highway Safety Administration also offers winter driving tips and suggests keeping these supplies in the vehicle:

- Snow shovel, broom and ice scraper
- Abrasive material such as sand or kitty litter, in case the vehicle gets stuck in the snow
- Jumper cables, flashlight and warning devices such as flares and emergency markers
 - Blankets
- A cell phone with charger, water, food and any necessary medicine (for longer trips or when driving in lightly populated areas)

Motorists are urged to check 511NY before traveling. The free travel information system is accessible 24 hours per day by calling 511 or visiting 511NY.org. The service provides real-time traffic conditions and links to information about air, rail and transit services.

The 511NY website features a winter travel advisory system, with real-time travel reports and a color-coded map indicating which state roads are snow covered, ice covered, wet, dry or closed to help drivers determine if travel is advisable. The system provides updated snow and ice conditions for interstates and other heavily traveled roads, as reported by snowplow operators.

For more information about DMV, visit dmv.ny.gov, or follow the DMV conversation online on Facebook, Twitter and Instagram.





Ames - Sprout Brook **UMC**

613 Latimer Hill Rd. Ames, NY 13317 518-673-3495

Pastor Jan Markle Sunday Service 9:00am

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

Cherry Valley Assembly of God

37 Alden St., Cherry Valley, 607-264-3306 Pastor David Carpenter, Jr.

Sundays 9:30am

Christian Church of Charleston Four Corners 1380 E. Lykers Rd., Sprakers

Pastor Brett Popp

day School (adult & children) 10am Worship 11am, Sunday Eve. Prayer 6:30pm, Irs. Eve. of Encouragement 6:30pm

Church of Christ Uniting

PO Box 896 Richfield Springs, NY 13439 Rev. Mark Ioset

315-858-1553

Service: Sunday 9:15am Church School: Sunday 10:30a

Church of the Good Shepherd

26 Moyer St., Canajoharie 518-673-3440 The Rev. Virginia L. Ogden, Recto

Sunday Worship 9:30 with Communion Church Email: churchgoodshep26@gmail.com Web Site: www.churchgoodshepherd.com

Church of the Nazarene 3316 State Route 29 W

Johnstown, NY 12095 Offices: 518-762-2982 Pastor, Rev. Mark Fowler Sunday Morning Service 11:00am Sunday School for All Ages 10:00am

Community Bible Church orner of Cliff & Walnut Str Canajoharie, NY 13317

(518) 993-1016 Pastor Wally Braemer God is Good All the Time

& All the Time God is Good

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

Currytown **Reformed Church** 29 St. Hwy. 162, Sprakers 518-922-8422

Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15am Worship Service 10:00am

Dolgeville Christian Fellowship

3 Elm St., Dolgeville, NY 13329 315-429-9142

Dr. Marvin Isum, Pastor Worship Sunday 10:30am Midweek Fellowship Tuesday 7pm www.dolgevillechristianfellowship.org

Church Directory **Dolgeville United**

Methodist Church N. Helmer Ave., Dolgeville **Rev. Jack Ford**

315-429-7381 Worship 11:00am Sunday School @ 9:30am beginning September 18th Bible Study - Wednesdays @ 12:30pm

Emmanuel **Episcopal Church**

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

Ephratah Reformed Church

140 Co. Hwy. 140, Ephratah, NY live and share Jesus Christ both locally and globa

Everyday Everywhere Everyone.

Pastor Jeff Hindrliter
Sunday School for all ages
10am September-June
Sunday Morning Worship 11am
Prayer & Praise Thursdays 7pm

Episcopal Church of the Good Shepherd

26 Moyer St., Canajoharie 518-673-3440 Communion Sundays at 9:30 Fellowship Time to Follow Call for Holy Day services

The Rev. Virginia L Ogden, Rector

Everlasting Joy Believers Fellowship

14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 Pastor Carolee Cove

Faith, Hope and Love

Church

Rev. David W. Bowley, Pastor
Saturdays, 5 pm
atite
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

First Baptist Church Springfield Center, NY

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

Fonda Fultonville **United Methodist Church**

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

Fordsbush Bible Church

131 Clark Rd., Fort Plain 518-568-7606

Pastor Joe Miller
Sunday School 10am, Morning Service
11am, Eve. Service 6pm, Wed. Service
6:45pm, Thurs. Visitation 6pm ww.fordsbushbiblechurch.com

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 11ar

Frevsbush United

Methodist Church Freysbush Rd., Fort Plain

518-842-1357 Rev. Cindy Leonard, Officiating

Worship 9am, nday School 10am ALL ARE WELCOME coffee hour to follow service

Fultonville Reformed Church

Corner of 5S & 30 Pastor Jane Hubschmitt

Sunday School 10AM Family Worship 10:30AM

Glen Reformed Church

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

Grace Christian Church

20 Center St., St. Johnsville, NY 13452 Pastor Martin Glynn 518-568-2122

Sunday School 9:30am Worship 11:00am

Grace Episcopal Church 24 Montgomery St., Cherry Valley

315-585-4016 Fr. Kyle Grennen, Rector Sunday School 11:00am

Holy Communion/sermon 11:00am ive Youth Group - call for detail

Grandview Baptist Church

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

Pastor Dan West

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

Holy Family Parish

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

Joy Fellowship

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

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

Lassellseville United **Methodist Church**

State Hwy. 29

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

Lighthouse Baptist Church 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114

315-429-8854 Pastor Martin Smith
Sunday Morning Worship 10:30am; Wed.
Eve. Prayer Meeting 6:00pm; 2nd & 4th
Sunday Dinner following Morning Service
with Atternoon Service following dinner
"Old-Fashioned Bible Preaching"

Marshville **Evangelical Church**

Route 10 South

Rev. David Bowley

Worship Sunday 9am

National Kateri Tekakwitha Shrine and Indian Museum

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

518-853-3646 asses: Sat. 4:30pm, Sun. friars@katerishrine.com www.katerishrine.com

New Hope **Christian Fellowship**

32 Spencer St., Dolgeville, NY 13329 Pastor Pat Andreolo 315-429-3630

Sunday School 9:30AM Worship Service 10:30AM

Oppenheim United Methodist Church

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

Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 1333 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4pm; Sunday, 8:30am & 11am; Confessions: Sat. 3 & by appointment lease call parish office for Holy Day schedule

Paines Hollow United Methodist Church

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

Randall Christian Community Church

NY Rte. 5S Sunday Service 10:30am Worship Leader Darlene Spaulding

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

Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339 518-993-4302 • fortplainrca@yahoo.com Rev. Nancy E. Ryan
Worship 10:30am,
AA meetings Mon. & Tues. 7pm,
cond Thurs. Prayerspace 6am to 6

Reformed Church of Sprakers

2 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9AM All Welcome!!!

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
all for info on various Youth Ministrie
www.richfieldspringsbiblechurch.org

River of Jubilee Church 057 State Highway 5 Sprakers, NY 12166

Sprakers, NY 12166

Pastor: Gail Adamoschek
Pastor: Steve Adamoschek
518-322-1427 / 518-224-4455
Sunday Service 10:00am
Children's Church Available
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Sacred Heart Catholic Church

111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4:00pm

Saint Cecilia Church

26 Broadway, Fonda 518-853-4195

Sunday Worship 9:00am

Salisbury Center United Methodist Church

2545 St Rt 29, PO Box 104 Salisbury Center, NY 13454 315-429-9085

Rev. Lynn R. Lockwood Seeker's Fellowship 14 Park Place

St. Johnsville, NY 13452 51. JOHNSVIIIE, N.Y. 13432 518-568-7700

Pastor Mike Yezierski
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and salvation for all who trust
in Ohist's sacrifice.

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 10:00an Ladies Aid W.E.L.C.A. Handicapped Accessible

St. John's **Reformed Church**

68 W. Main St., St. Johnsville 518-568-7396

aithfully Following Jesus Christ Sunday Worship 10:30am

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

Church St., Canajoharie 518-673-2224 Pastor A. Elisabeth Aurand

Sunday Worship 11am stim-canaioharie.org St. Johnsville

Methodist Church 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones

St. Joseph's Roman Catholic Church

518-568-7983 • 315-866-8626

Worship Sunday 3pm

31 North Helmer Ave., Dolgeville 315-429-8338 Sunday Mass is 8:30am

St. Mary's Episcopal Church

7690 Rt. 80, Springfield Center 315-858-4016

Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30am Coffee - Fellowship follows service Holy Days - as announced

St. Paul's Lutheran Church

36 Lydius St., Fort Plain, NY 13339 518-993-2040 Pastor Jonathan Litzner

405-250-8395 Church Service 11am

St. Paul's Lutheran Church

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

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St. Paul's **Universalist Church** 565 Albany St., Little Falls

315-823-2284 313-823-2284
Service Sunday 10am
Coffee hour following service.
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religious beliefs. All are welcome.

St. Thomas the Apostle **Catholic Community**

1 Church St., Cherry Valley 607-264-3779 Masses Saturday 4:30pm

Stratford United Methodist Church

Route 29A 315-429-9085

Rev. Lynn R. Lockwood Worship 9am

The Christian Church

The Christian Church
of Rural Grove
170 Rural Grove Rd., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff
pastorjosh@ruralgrovechurch.org
Sunday School (all ages) 9:45am,
Morning Service 11am, Eve. Service 6pm
Wed.-Family Night 7pm,
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The Holy Spirit Polish

National Čatĥolic Church 618 E. Gansvoort St. Little Falls, NY 315-823-0793

Father Rafal Dadello s at 11am on Sunday ww spiritpncc.org The House of Zion, Inc.

580 Dillenbeck Road, Palatine Bridge
518-577-3069

Pastors Richard & Denise Allen
Saturday Morning
Worship Service 11:30am
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the 1st Sunday of every month 3pm-4pm

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Truth Ministries PO Box 351 Amsterdam, NY 12010 Phone 518-843-2121

Cell 518-774-8558 **Trinity Evangelical** Lutheran Church

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

United Methodist Church of Canajoharie

50 E. Main St. 518-673-2717 S18-0/3-2/11/
esus says - "Come Unto Me" Join usSpecial Music Ministry, Beautiful
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umc673@frontiernet.net
communion Last Sunday of the Month

Valley Alliance Church 85 E. Main St., Nelliston

518-993-3458 Pastor Ken Gies

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

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

Sunday 11am

As Vets Day approaches, Wreaths Across America utilizes technology to help fulfill mission

COLUMBIA FALLS, ME — Wreaths Across America (WAA), is the non-profit organization best known for placing veterans' wreaths on the headstones of our nation's fallen at Arlington National Cemetery. However, today the organization, in total, places more than 2 million sponsored veterans' wreaths at over 2,200 participating locations nationwide. In order to achieve this mission, in this challenging year, the organization had to be open to new approaches and partnered with generous organizations willing to share new technologies while helping achieve our ultimate goal of fulfilling the mission to Remember, Honor, and Teach in part by placing veterans' wreaths at the headstones of all fallen U.S. service members.

Wreaths Across America's existing website capabilities allow for customized fundraising pages for Participating Locations and Sponsorship Groups, providing real-time information to donors and volunteers across the country. In addition, the nonprofit has focused efforts on other owned-media channels, including Wreaths Across America Radio (www.wreathsacrossamerica.org/radio), an internet radio station bringing you a unique mix of music, interviews and entertainment designed to uplift the American spirit during these challenging times and to promote our mission to remember, honor and teach about America's veterans.

Expanding on the Teach aspect of the mission, WAA's Mobile Education Exhibit hit the road early this

summer. This traveling learning experience helps live the mission to remember, honor, and teach. The expanding internal movie theater and interactive learning displays help remember the sacrifices our nation's heroes, honor living veterans and teach future generations about the price of freedom.

In the last two years, by partnering with AT&T veterans, WAA has been able to offer a pilot "Text to Donate" program that is allowing donors in several states to sponsor a veteran's wreath for a family member or loved one from the comfort and safety of their own home. By texting 20222 and a corresponding text code specific to an area cemetery, a contribution can be made over the donor's phone no matter who is their primary service carrier. All mobile users can obtain a tax receipt for donations made via text message by visiting: mobilegiving.org/tax-receipt/.

Although the use of social media has been around for some time and become a business mainstay of building a community of supporters, virtual events have also become the norm this year as many live events have had to be transformed from their original live format. These virtual events have allowed us to share a once regional concert, with our entire supporter base, removed 5k races from the bounds of a set course, offered mothers homeschooling their children the chance to share in a pledge of allegiance with their children, and expanded a local flag waving effort to the entire nation.

Some of these efforts have even spawned the need for their own new technology approaches. For example, WAA's race partner CompetitorME began utilizing an App, called RaceJoy, to help track runners and share vital information while participating in a virtual race. And while most theater chains were trying to figure out the business of survival amidst a pandemic Showcase Cinemas made community service a priority by lifting the virtual concert from the pages of Facebook to add it to their newly launched streaming service called Showcase NOW.

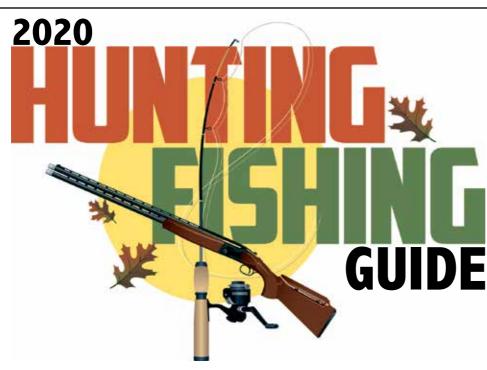
As you can see, no one change is helping make it through rough times. However, utilizing technology to make many small changes is helping WAA continue toward its goal of honoring and remembering as many United States service members as possible nationwide this National Wreaths Across America Day—Saturday, Dec. 19.

However, there's still more ways to help and it doesn't have a touch screen or hi-def display.... It's you!

You can sponsor a wreath for \$15 at wreathsacrossamerica.org. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest on Saturday, Dec. 19, as part of National Wreaths Across America Day. You can text WREATH22 to 20222 to sponsor a wreath for Arlington National Cemetery right from your phone.



You can sponsor a wreath for \$15 at wreathsacrossamerica.org.



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Smullen announces funding for library improvements

Assemblyman Robert Smullen (R, C, Ref-Meco) recently announced the New York State Education Department and New York State Library Association have approved construction awards to public libraries in the 118th Assembly District. Awards are supported throughout the state by a \$34 million capital fund appropriation in the state budget.

Construction awards received in district include:

• Frank J Basloe Library: \$72,647 to add an ADA compliant bathroom

- Hepburn Library of Madrid: \$16,388 to install a hot water heater and furnace
- CVW Long Lake Public Library: \$138,647 to upgrade exterior cladding, windows and doors
- Northville Public Library: \$5,265 to upgrade lighting fixtures
- Old Forge Library: \$10,403 to finish the basement and add a Bilco entrance
- Town of Indian Lake Public Library: \$11,766 to expand the library's entrance fover
 - Town of Inlet Public Library:

\$11,489 to replace lighting fixtures and old air conditioners

• Western Town Library: \$30,830 to replace the basement emergency exit

"I am happy to announce library construction awards to eight public library systems throughout the district," said Smullen. "Libraries are essential to upstate communities. Not only do they provide free broadband access to all citizens and help to count the Census, but they enrich the lives of upstate New Yorkers through knowledge. With the financial strains created by the pandemic, the priority funding for libraries, which I consider essential infrastructure, is encouraging to witness. I cannot wait to see the completed renovations and urge everyone to take advantage of the services offered by libraries.'

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida, and St. Lawrence counties.

How to create an on-the-go handwashing kit

Fall road trip season has arrived, and it promises to be unlike any other in recent memory. The outbreak of the novel coronavirus COVID-19 has changed how people go about their daily lives, including how they travel.

Travel may involve some risk until a treatment or vaccine for COVID-19 is developed, but day trips by car are among the safer ways to get out and about and experience the majesty of nature this fall. Fall foliage and moderate temperatures make autumn an

ideal time to hit the open road, and drivers can do so without sacrificing their personal safety.

The Centers for Disease Control and Prevention recommends that anyone who intends to travel take certain steps to protect themselves while away from home. The CDC advises travelers to wash their hands often while traveling, but fully operational restrooms may not be easy to find while on the road, as many communities have closed such facilities in an effort to stop the spread

of COVID-19. But that doesn't mean drivers and their passengers can't keep their hands clean as they take to the road this fall. An on-the-go handwashing kit that includes the following items is easy to carry and makes for an effective way to wash your hands while on the road this fall.

- Water bottle(s) with cap: Pack enough water bottles with caps to accommodate your entire traveling party.
- Antibacterial soap/hand sanitizer: The CDC advises

washing hands with soap and water for at least 20 seconds after going out in public, touching surfaces frequently touched by others and/or after blowing your nose, coughing or sneezing. If you bring hand sanitizer, make sure it's at least 60 percent alcohol.

- Paper towels/wash cloths: Pack paper towels or wash cloths so you can dry your hands after washing them.
- · Garbage bag: If you're visiting a par \bar{k} or trails, remember to bring a garbage bag along so

you do not leave dirty towels or empty water bottles behind. A plastic bag from the grocery store can suffice if your traveling party is small.

The 2020 fall road trip season may differ from seasons past, but drivers can still take to the roads this autumn. Some simple safety measures, like packing an on-the-go handwashing kit, can help drivers reduce their risk of getting the COVID-19 virus without compromising the entertainment value of their trips.

Three ways to give and get the best tech this holiday

(BPT) - Heading full speed toward winter, we all know holiday shopping won't look the same as years past. But that doesn't mean you should let the latest trends pass you by this gift-giving season. These tips from UScellular will keep you from missing out on the best gifts and gadgets for you and your loved ones.

And don't forget, UScellular has all the latest tech on their online store, helping you shop earlier, avoid congestion at stores and keep your community as safe as possible.

1. Beat the rush! Get started early

With holiday shopping expected to start earlier than ever this year, don't wait for Black Friday to get started and end up missing out on some of the best gear.

Right now you can get the coolest tech like the Apple Watch Series 6 (GPS and cellular) and the Lander Cairn XL Smart Lantern + Power Bank online through UScellular. The audiophile in your family will be blown away by the Samsung Galaxy Buds Live earbuds or the JBL Flip 5 portable speaker.

2. Shop safer, right from home

Picking up stocking

stuffers has never been easier and safer thanks to online shopping. UScellular's online store is brimming with fun tech-friendly items like the PopSockets PopGrip in a Carbonite Weave design. And if you are looking to help your loved ones keep their phones clean, be sure to add the Case-Mate CLEAN-SCREENZ Phone Cleaning Wipes to your cart.

If you have any questions about products available online, just pick up the phone and call your local UScellular store to get some helpful insights from their associates.

3. Get yourself a new phone, without breaking the bank

For many of us, the holidays might need to be celebrated from afar to be sure everyone stays safe. With a potentially remote holiday experience, having a phone and service that will give you all the features necessary to connect with family and friends is more important than ever.

If you are looking to make a carrier switch, UScellular is offering the latest smartphones free with no hidden requirements through Jan. 11, 2021 (see note). That means vou can score 5G smartphones like the iPhone 12, Samsung Galaxy S20 FE or Google Pixel 5 for free. All three phones are great for video chatting with family, and with UScellular's unlimited data plans and high-quality network, you can confidently connect with all your loved ones. Plus, be sure to get all the essential accessories for your new device, including cases, screen protectors and chargers.

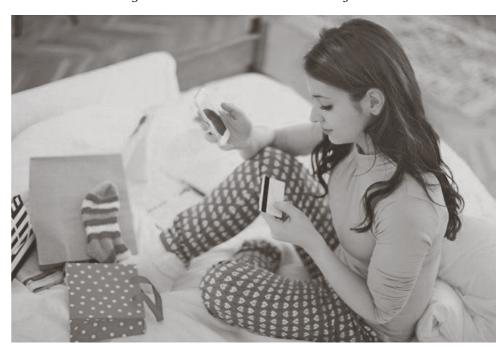
If you want to view the latest holiday tech deals, uscellular.com/ visit

Note: Offer requires new qualifying smartphone purchase on a 30-month retail installment contract with \$0 down and 0%

APR. Port in and postpaid credit. Credit approval replan required. Discount quired. Taxes and charges comes via a monthly bill

such as USF and RCRF

apply. Additional terms apply. See uscellular.com



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

November 7

Village of Ames Museum Open to Visitors. 9 a.m. - noon. Museum closes for the season. Contact 518.673.5820 or f@ amesmuseum or www.amesmuseum.weebly.com

Rabies Vaccinations Clinics For time and location, or for **Dairy** 7-9 p.m. via Zoom. Reg-

more information on rabies, contact Montgomery County Public Health (M-F) 8:30 a.m. – 4 p.m.: at 518.853.3531 or visit www.co.montgomery.ny.us/ publichealth/

November 10

Price Risk Management for

ister online at: caahp.ccext. net/civicrm/event/info?reset=1&id=105

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.

10 • November 7, 2020



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Canajoharie hosts virtual Walk to Strike Out ALS in honor of Dale Erhardt

by Gary Elliott

About 20 people gathered at the Erie Canalway bike trail in Canajoharie for one of the Capital District's 19th Annual Walk to Strike Out ALS events on Saturday, Oct. 17. Due to COVID-19 concerns, instead of every walker from eastern New York gathering at Saratoga State Park, participants were asked to walk safely individually or

in small groups around their neighborhood or on a favorite hiking path. The Canajoharie walk took place in honor of local ALS patient Dale Erhardt, who was diagnosed 8.5 years ago.

Proceeds from the walks benefit the St. Peter's ALS Regional Center in Albany. The center serves 17 counties in northeastern New York and is the region's only medical and counseling service devoted exclusively to the care of patients with ALS. Dale's wife, Jill C. Downes Erhardt, reported on Oct. 22 that all of the regions' various walks have collectively surpassed their goal. "Their goal was \$100,000 and they posted it was surpassed! They don't have a final tally, as money keeps

ALS 11



About 20 people gathered at the Canajoharie Bike Trail for an Annual Walk to Strike Out ALS on Oct. 17. The Canajoharie walk was held in honor of local ALS patient Dale Erhardt.

Photos by Gary Elliott



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www.WADASEYE.com





Jill and Dale Erhardt arrive at the ALS walk held in Dale's honor. Dale was diagnosed with ALS 8.5 years ago.

ALS from 10 -

coming in," she said.

Jill said Dale have been attending virtual clinics from the center for several hours weekly since COVID-19 concerns began. Before the walk started, the Erhardt family showed a video, produced by the ALS center, about how the center has been caring for patients throughout the region during "these difficult days of COVID.'

Jill said, "Veterans are twice as likely to get ALS as the civilian population. Nobody has figured out why."

ALS is a rare, fatal disease that attacks the body's nervous system and rapidly destroys the nerve cells that allow humans to eat, speak and move properly. Approximately 35,000 Americans suffer from ALS at any one time. There is currently no cure and little treatment.

Following the walk, Jill posted on Facebook, "What a beautiful day and a wonderful turnout for the 'virtual' 19th Annual Walk to Strike Out ALS today. My heartfelt thanks to everyone that came to join us and to everyone who has donated ... We truly appreciate all of the support we get on this journey and St. Peter's ALS Clinic is the best. 8 1/2 years and still counting."

Team Dale has participated in Strike Out ALS Walks for several years in Saratoga, Jill said.

Located at 19 Warehouse Row in Albany. the ALS Regional Center Lewis Golub MDA/ ALS Clinic offers medical and emotional support, rehabilitation therapy, consultation, counseling, education and advocacy to ALS patients and their families. It also provides home visits and guidance and support via telephone to patients who are too ill or disabled to visit the center.

If you would like to support the development of future treatments and hopefully one day a cure, consider participating in the Walk to Strike Out

ALS in the future. To sign up, or for more information, visit www.walktostrikeoutals.org.

Good Housekeeping

Pierogies With Cabbage and Apple

Frozen potato pierogies go gourmet with a savory homemade sauce of golden sauteed onions, crunchy cabbage and tart Granny Smith apples.

2 tablespoons olive oil 1 medium onion, sliced bag (10-ounce) shredded red cabbage

1 cup apple cider or apple juice

Salt and pepper

1 Granny Smith apple, cored and cut into 1/2inch chunks

1 box (16-ounce) frozen potato and onion piero-

1. In 10-inch skillet, heat 1 tablespoon oil on

medium until hot. Add onion and cook 5 minutes or until golden and softened, stirring frequently. Increase heat to medium-high; add cabbage, cider, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper; cover and cook 5 minutes or until cabbage begins to wilt. Stir in apple; cover and cook 5 minutes or until cabbage is very tender.

2. Meanwhile, in covered 12-inch nonstick skillet, heat remaining 1 tablespoon oil with 1/2 cup water to simmering on medium. Add frozen pierogies: cover and cook 5 minutes. Uncover and

cook 10 to 12 minutes longer or until pierogies are heated through and pale golden on both sides. 3. Serve pierogies on cabbage mixture, sprinkled with freshly ground black pepper. Yields 4 maindish servings

• Each serving: About 305 calories, 0g total fat (1g saturated), 5mg cholesterol, 550mg sodium, 52g total carbohydrate, 4g dietary fiber, 6g protein.

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- DRAINAGE
- TILE
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- REPAIRS

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King Crossword 5 Easter entree

12 Verve 13 Past 14 Use scissors 15 Sudden tem-

"The Thin Man" dog

ACROSS Cracke spread

perature drop Christian Andersen

18 Dueler's ally 19 Pass by 21 Watch chain

22 Foolish 23 Andrews or Edwards, for

26 Path 28 Gaggle mem

bers 31 Conks out 33 Joke

35 Paint crudely 36 "Yes we can" man

38 Oft-tattooed word

41 Mr. Gingrich

43 Tear 45 Curvy-horned **DOWN**

antelope 47 Time of the mammoths

51 Churlish one 52 Guiding principle

54 Not working

55 Under the

weather 56 Takeout phrase

Start a garden 58 Nutritional

40 Kan. neighbor 59 Health centers

> Chest muscles, for short 20 Drag along 2 Lotion addi-

tive

The line

23 Commotion 24 Little white lie 3 Body powder 25 Tall thin person 27 Thanksgiving

5 Purse

6 Khan title

bike

Motorized

8 Embarrassed

9 Crisp-pod

legume 10 Supermarket

11 Church sec-

16 Winter fore-

stack

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cast

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32 Slandered

34 Ape

30

37

29 Seek damag-

"Chicago"

Piercing tool

Cinderella's

42 Long-snouted

critter

46 Fashion

49 Infatuated

50 Cupid's alias

53 Antiquated

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48 On

44 Nuisances

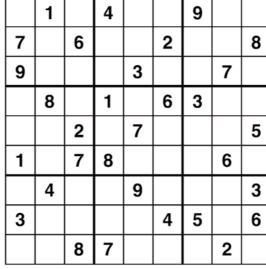
45 Wading bird

horses, really

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Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Now Here's a Tip



Can Indoor Cats Skip Yearly Vaccinations?

DEAR PAW'S CORNER: My two cats, "Sandy" and "Frankie," are cats, "Sandy" and "Frankie," are indoor cats who never go out and never even try to escape. I last took them to the vet about three years ago. A friend said I'm supposed to take them every year and get their rabies shot, but I don't see the point. If they never get out, how could they get exposed? Also, vaccinations are expensive. — Terry H., Buffalo, New York

DEAR TERRY: I know it can be tough pulling together the funds to vaccinate your pets every year, but it really is critically important that they stay up to date on their shots.

really is critically important that they stay up to date on their shots.

In addition to rabies vaccination — which is required by law in most municipalities — your cats need to be vaccinated against feline distemper — a group of three viruses that are easily spread (they can even be tracked into the house on your shoes) and can cause severe illness and death in cats. If your cats have never received an FLV (feline leukemia virus) vaccination, they need to be evaluated and given this shot, too.

Getting up to date on their shots gives them an umbrella of protection against these illnesses, because you never know what may happen in the future. What if they are spooked by a storm or a volley of fireworks, and dart outside? That's dangerous enough without them potentially crossing

dart outside? That's dangerous enough without them potentially crossing paths with an infected cat.

Call around for a better price on veterinary exams and shots. Low-cost clinics are held in many cities and counties, but you have to look online or check notices at the pet store or city hall. Community newspapers are another source to find out about these clinics.

Send your comments, questions or tips to ask@pawscorner.com

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• Remember to turn off bathroom fans after 10 minutes. In the winter, if your house is on the dry side, don't use the fan at all: Open the door so the humidity from the shower or bath reaches into the house.

• "To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" — L.A. in Florida

• Need extra dishware or servingware for a holiday meal? Try looking at secondhand stores for large dishes, serving utensils and more. It's sometimes cheaper than getting throwaways, and it's better for the environment! You can always donate them again after the holidays.

• Here's a makeup tip from Captain Obvious: Wet your beauty blender. I didn't know this and had been using it for about a month before my sister told me. So much better! -- V.A. in Florida

• Freeze fruit that is on the verge of spoiling rather than letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.

'Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." — E.F. in Missouri Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

Puzzes4kids by Helene Hovanec CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

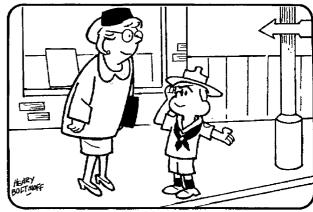
XIZ BSF KBDL-P'-MBOUFSOT TNBSU?

DBOEMF NBLFT UIFN CSJHIU.

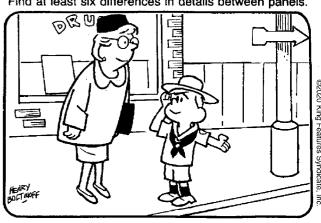
HOCUS-FOCUS

BY HENRY BOLTINOFF

MOHAWK VALLEY COUNTRY EDITOR



Find at least six differences in details between panels.



2. Bricks are added to building. 6. Worman's shoes are flats. Differences: 1. Window sign is missing. 2. Boy's hat is different. 3. Arrow points in opposite direction. 4. Worman's hair is different.



The Genesee Flyer train leaves the station at 60 miles per hour. After three hours, the Seneca Streamer train leaves the same station at 75 miles per hour, moving in the same direction on an adjacent track. Both trains depart the station at milepost 0.

At what milepost will the Streamer draw even with the Flyer?

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MOHAWK VALLEY COUNTRY EDITOR

Chow Line: Frozen food safety

We bought some frozen chicken breasts that already have grill marks on them. The grill marks mean the chicken is already cooked, so I can just heat it up in the microwave, right?

Not necessarily.

While some frozen foods have the appearance of grill marks, browned breading or other signs that normally indicate that the foods have been cooked, they can still be raw and need to be fully cooked before eating. It's best to read the packaging on frozen foods before eating them to make sure you prepare them correctly. Proper preparation is key to avoiding foodborne illnesses from eating raw or undercooked foods that need to be cooked before

However, a new study released last week from the USDA Food Safety and Inspection Service found that many consumers might not know how to cook frozen foods safely, which can put families at risk of developing foodborne illnesses.

The study found that 22% of participants said a not-ready-to-eat frozen chicken entrée was either cooked, partially cooked or they weren't sure that the product was, in fact,

"Although some frozen products might look cooked, it is important to follow the same food safety guidelines as you would if you were cooking a fresh, raw product," the USDA said. "That includes washing your hands before food preparation and after handling raw frozen products and using a food thermometer to make sure your frozen meals reach a safe internal temperature."

This issue takes on increased significance considering that frozen food has been a big seller throughout the pandemic, COVID-19 with frozen food growth overall outpacing sales of other packaged foods and fresh foods this year, according to a recent analysis by market research firm 210 Analytics.

In fact, the frozen food market is estimated to account for \$244.3 billion in 2020 and is projected to reach a value of \$312.3 billion by 2025, according to market research firm MarketsandMarkets.

Many families find frozen food products to be a convenient option because children can prepare frozen meals easily on their own, the USDA said.

With that in mind, "it's especially important for children to know how to practice the necessary food safety steps needed to prepare frozen meals to avoid foodborne illness, and to help them do

precooked or browned, they should be handled and prepared no differently than raw products and must be cooked. Frozen products are sometimes labeled with phrases such as "Cook and Serve," "Ready to Cook" and "Oven-Ready" to indicate they must be cooked.

· Always use a food thermometer to check the internal temperature of your frozen meat and

make sure it is cooked to a safe internal temperature of 165°.

- The safe minimum cooking temperature for ground meats, including beef, pork, veal and lamb, is 160°, according to the USDA. Steak and pork can be safely cooked to 145°.
- Frozen and raw produce can also carry germs that can cause foodborne illnesses. It is important



so, parents must first understand if products are raw or ready-to-eat," the USDA said.

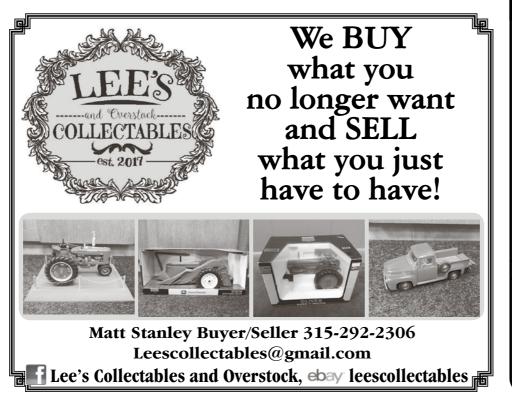
Here are some tips from the USDA when preparing frozen foods:

- Wash your hands during and after preparing frozen food to prevent germs from transferring from your hands to your meal.
- Although frozen products might appear to be

poultry products to determine whether they are

• All poultry dishes should be cooked to an internal temperature of 165° F to ensure they are cooked thoroughly enough to kill any pathogens that could cause a foodborne illness, according to the CDC. It's best to use a food thermometer placed in the thickest part of the chicken to to handle produce properly to prevent the spread of germs to your food and kitchen.

- Even if you are preparing a cold salad, frozen produce must be cooked first.
- Check that frozen food in your freezer has not been recalled. You can find information about recalled items at FoodSafety.gov or Food-Keeper application.



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Compost for Good initiative receives \$20K grant Project will advance community-scale composting in NYS

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A local composting initiative has received \$20,000 in grant funding that will advance its goal to provide technical assistance for organizations, municipalities and other institutions interested in designing and implementing composting programs in their communi-

The Adirondack North Country Association (ANCA), a regional economic development organization based in Saranac Lake, and the Compost for Good (CfG) initiative are recipients of a NYS Pollution Prevention Institute (NYSP2I) Community Grant. The funds will be used to develop a detailed online toolkit that will inform users about technical and economic aspects of building and operating large-scale composting systems, as well as relevant education and policy materials. Adk-Action, a nonprofit that focuses on environmental and social issues in the Adirondacks, will provide administrative support for the project.

"The Compost for Good initiative will offer key educational resources and assistance as an important extension of the good work of ANCA and AdkAction in this area," said NYSP2I Director Charles Ruffing. "NYSP2I is pleased to support these efforts to decrease food wastes and increase beneficial use of these organic materials.



North Country School Camp Treetops students prepare food waste from the school's cafeteria for its 20-foot continuous flow drum composter. Photo courtesy of ANCA

NYSP2I, which works with NYS businesses, nonprofits and communities on issues of sustainability, is sponsored by the NYS Department of Environmental Conservation through the Environmental Protection Fund and led by Rochester Institute of Technology's Golisano Institute for Sustainability.

In 2014, ANCA was awarded a Cleaner Greener Communities grant from the NYS Energy and Research Development Authority (NYSERDA). The funding included support for the construction of an in-vessel community-scale composter, which has been successfully operating at North Country School Camp Treetops (NCS/CTT) for almost five years. John Culpepper, NCS/CTT director of facilities and sustainability,

Compost 17

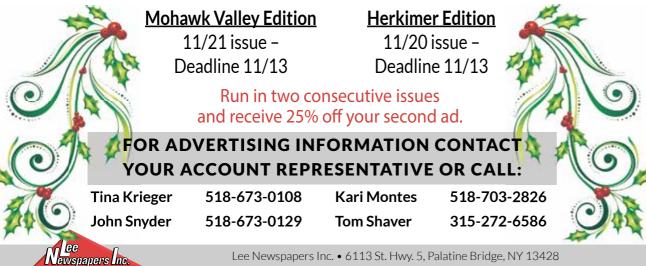


Let everyone know what you have to offer for the holiday season: gift ideas, decorations, food, holiday prep.

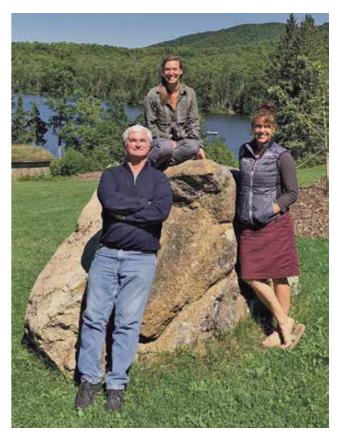
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Compost for Good project leaders John Culpepper, Katie Culpepper and Jennifer Perry.

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Hearty chili for autumn days

People choose to adhere to a vegetarian or vegan diet for various reasons. Some people avoid animal products because of ethics, while others want to control their weight with low-calorie foods. Still others may have food allergies or intolerances that make a vegetable-based diet their best option.

Cooking vegetarian or vegan can introduce a person to a wide variety of new foods and flavors. That's why even people who eat meat like to periodically experiment with vegetarian or vegan foods.

When the weather starts to cool, soups and stews become staples of many people's diets. With this recipe for "Four Bean Chili" from "Vegan Cooking for Beginners" (Publications International, Ltd.) by the PIL editors, home cooks can experiment with a meatless chili that doesn't skimp on flavor even if it isn't brimming with beef, pork or lamb.

Four Bean Chili

Makes 8 to 10 servings

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 medium carrots, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons packed dark brown sugar
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 can (28 ounces) diced tomatoes
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) small white beans, rinsed and drained
- 1 can (15 ounces) light kidney beans, rinsed and drained
- 1 can (15 ounces) dark kidney beans, rinsed and drained
 - 1 can (15 ounces) pinto beans, rinsed and drained
 - 1 cup vegetable broth
 - 1 can (4 ounces) diced mild green chiles

1 ounce unsweetened baking chocolate, chopped

1 tablespoon cider vinegar.

Heat oil in large saucepan over medium-high heat. Add onions, carrots and bell pepper; cook and stir 10 minutes or until vegetables are tender. Add garlic, tomato paste, brown sugar, chili powder, cumin, oregano and salt; cook and stir 1 minute.

Stir in tomatoes, tomato sauce, beans, broth, chiles, and chocolate; bring to a boil. Reduce heat to medium; simmer 20 minutes, stirring occasionally. Stir in vinegar.

Chili is even better served with cornbread. Make batter while the vegetables are cooking in step one and bake it while the chili is simmering.

Cornbread

Makes 12 servings

- 3 tablespoons boiling water
- 1 tablespoon ground flaxseed
- 1 1/4 cups all-purpose flour
- 3/4 cup yellow cornmeal
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups plain unsweetened almond or soymilk

1/4 cup vegetable oil

Preheat oven to 400 F. Spray 8-inch square baking dish or pan with nonstick cooking spray. Combine boiling water and flaxseed in small bowl; let stand until cool.

Combine flour, cornmeal, sugar, baking powder, and salt in large bowl; mix well. Whisk almond milk and oil in medium bowl until well blended. Add to flour mixture with flaxseed mixture; stir just until dry ingredients are moistened. Pour batter into prepared baking dish.

Bake 25 minutes or until top is browned and toothpick inserted into center comes out clean.

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Compost from 16 -

conceived of and designed the system. To date, it has been replicated in four additional locations – Lake Placid Central School, Hermon Dekalb Central School, the Wild Center in Tupper Lake and the Pingry School in New Jersey.

Interest in the in-vessel composter and composting in general was so strong that Culpepper opted to form an initiative with educator Katie Culpepper and ANCA Sustainability Project Coordinator Jennifer Perry to meet the growing demand for technical assistance to create composting programs for others.

"We are so appreciative of the institute's support for our community composting and education efforts," said John Culpepper, CfG's project lead. "We are passionate about helping others create a high value resource from food waste which benefits both communities and our environment."

The newly formed CfG initiative entered into a partnership earlier this year with AdkAction, which will help expand the program's reach and impact in the region. The NYSP2I grant is critical to advancing the team's efforts to identify the most effective path forward for increasing rates of composting across NYS and beyond.

AdkAction Executive Director Brittany Christianson said, "We are thrilled to bring the Compost for Good Project under Adk Action's umbrella and help John, Katie and Jen realize their vision

to spark a composting revolution in the Adirondacks."

The toolkit will include educational materials and videos, an online calculator to determine the most affordable composting path feasible, grant resources, legislative updates, access to a design and operating manual and access to contractors. CfG staff will also be available for one-one-one consultations through tours, in-person visits or phone conversations. The toolkit will be especially helpful for organizations and municipalities to prepare for the upcoming "Food Donation and Food Scraps Recycling Law" which will require all larger-scale food waste producers to keep food waste out of landfills and thereby reduce the production of methane, a powerful greenhouse gas.

The group will begin working on the project this autumn.

"ANCA is thrilled to continue to support this project," said Perry, who serves as the project's grant manager. "It has been inspiring to watch the momentum and interest grow from the construction of the first composter six years ago."

Organizations, institutions and communities interested in learning more about the in-vessel composter or community-scale composting in general are invited to contact Jennifer Perry at jperry@adriondack.org or 518.891.6200 or John Culpepper at compostforgoodteam@gmail.com.

King Crossword —Answers

Solution time: 25 mins.

Р	Α	Т	E		Ι	Α	M		Α	S	Т	Α
Ε	Г	Α	Ν		Α	G	0		S	Ζ	_	Ь
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S	Е	С	0	Ν	D		Е	Г	Α	Р	S	Е
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Τ	М	Р	Α	L	Α		_	С	Е	Α	G	П
В	0	0	R		Р	0	L	Е	S	Т	Α	R
Ι	D	L	Е		-	L	L		Т	0	G	0
S	Е	Е	D		R	D	Α		S	Р	Α	S

Puzzles4Kids Answer

Why are jack-o'-lanterns smart?

The candle makes them bright.

Stickelers Answer

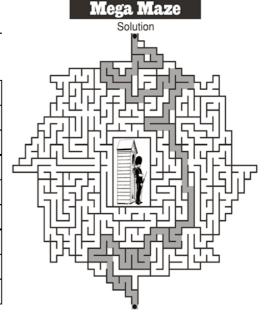
Milepost 900. To solve this problem, recall that rate x time = distance. Let "x" be the time it takes the Seneca Streamer to reach the milepost. Then:

60(x+3) = 75x 60x + 180 = 75x 15x = 180 x = 12 $75 \times 12 = 900$ miles

Weekly SUDOKU _

Answer

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



Answering common questions about handwashing

Prior to 2020, people may never have imagined they would devote so much of their focus to handwashing. But handwashing took center stage in 2020, as organizations such as the World Health Organization and the Centers for Disease Control and Prevention touted it as an important safety measure against the COVID-19

It's understandable to question if something as simple as handwashing can really help combat potentially deadly viruses like COVID-19. But the CDC notes that handwashing is one of the best ways people can protect themselves and their families from getting sick. Understanding just how handwashing works may help people better understand how this simple gesture can potentially save so many lives.

How does handwashing remove germs?

The CDC notes that soap and water worked into a lather trap and remove germs and chemicals from hands. Water is a vital component of handwashing, especially when it's applied to hands before soap. Water helps develop a better lather than people will get when applying soap to dry hands. That's important because a good lather forms pockets known as micelles that trap and remove germs from hands.

Why is it important to wash hands for 20 seconds?

Prior to the pandemic, many people likely had no idea that proper handwashing calls for washing hands for 20 seconds. So why so long? The CDC notes that studies have found that hands need to be scrubbed for



20 seconds in order to remove harmful germs. Washing for anything less than 20 seconds runs the risk of leaving germs on your hands.

Should I use antibacterial hand soap?

It might surprise some to learn that the CDC says antibacterial hand soap is not necessary for anyone outside of professional health care settings. Studies have found no added health benefit of using antibacterial soap as opposed to plain soap and water. So consumers should not fret if they can't find any antibacterial hand soap on their next trip to the grocery store.

Should I use warm or cold water?

According to the CDC, when combined with soap, water removes the same amount of germs whether it's warm or cold. Water's role in handwashing is to help create a lather, and lathers can be created with hot or cold water.

When should I wash my hands?

Hands should be washed any time they are visibly dirty or greasy. The CDC also recommends washing hands:

- before, during and after preparing food
- before eating
- before and after caring for someone at home who is sick with vomiting or diarrhea
- · before and after treating a cut or wound
- after using the toilet
- after changing diapers or cleaning up a child who has used the toilet
- · after touching an animal, animal feed or animal waste
 - after handling pet food or pet treats
 - after touching garbage

Handwashing is as effective as public health officials insist it is, which is why it should be a vital component of everyone's daily health care routine.



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Just the facts: Dispelling common myths about glaucoma

(BPT) - Glaucoma. It's a sneaky disease that usually strikes without warning. More than three million people in the U.S. have it - but only half know they do. Left untreated, glaucoma can lead to progressive vision loss and irreversible blindness. While a diagnosis of glaucoma can be scary, much has been learned about the disease and how to manage it over the past two decades.

"Managing glaucoma

starts with early detection

and treatment, which is

critical to preventing or

slowing vision loss," said

Ruth D. Williams, MD, a

glaucoma specialist at the

Wheaton (IL) Eye Clinic

and host of the Glaucoma

Research Foundation's

upcoming Glaucoma Patient Summit. "Therefore, it's important for people

to understand all they

can about this disease.

Reducing fears and im-

proving outcomes in glaucoma start with knowing

> Busting the myths about glaucoma

of people with glauco-

ma have a form called

which typically has no symptoms that serve as

red flags. Open-angle glaucoma develops slowly and sometimes without noticeable sight loss for many years. Recognizing

the disease can make you

less vulnerable to it. Take a look at these top five

myths about glaucoma,

along with the straight

1. Glaucoma is an "el-

Though it is most prev-

glaucoma strikes people of all ages, from

alent in people over age

infants to the elderly. In

fact, about 1 in 10,000

babies are born with the

disease. Additionally, Af-

rican-Americans are at higher risk of developing

glaucoma at a vounger

derly person's" disease.

glaucoma,

Approximately

the facts."

open-angle

misconceptions

facts.

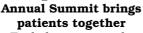
2. Good vision means you don't have and can-

not get glaucoma.

Perhaps the scariest aspect of glaucoma is its lack of early warning signs, particularly with open-angle glaucoma, where vision change is often gradual and periphervery quickly.

The vast majority of your prescribed treatment regimen.

are not yet blind never go blind. If you are diagnosed with glaucoma, you can increase your chances of maintaining sight and enjoying a full and healthy life by seeing your eye care professional regularly and following



To help patients diagnosed with glaucoma and their loved ones better understand the disease and the latest progress against it, the Glaucoma Research Foundation will host its second annual



loss. On the other hand, angle-closure glaucoma is a much rarer form and has symptoms, such as headache, nausea and hazy vision, that develop 5. Blindness is inevita-

people who are diagnosed with glaucoma when they

er glaucoma risk factors that are only detectable with annual eye exams. 3. Family history is the only risk factor.

If no one in your family has glaucoma, it doesn't necessarily mean you won't develop the disease. While family history is

al vision is affected first. Even if you have the best of vision, you still could have increased intraocular eye pressure or oth-

one risk factor, there are many others. The bottom line is anyone could develop glaucoma.

4. Glaucoma symptoms are consistent and easy to notice.

Glaucoma is a group of blindness-causing diseases and has several forms, each with varying symptoms. The two most prevalent forms - open-angle glaucoma and angle-closure glaucoma - do not show up in the same ways. As mentioned, open-angle glaucoma does not become noticeable until it has caused significant vision Hosted by Dr. Williams, the event will highlight advances in treatment options and offer practical information to help patients understand and live with glaucoma. Speakers include leading glaucoma specialists, patients and caregivers. Tickets are available at glaucoma.org/patient.



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202029628: If you are looking for a great starter 3BR/1B home just on the outskirts of Amsterdam, with LOW taxes and a HUGE 3 car HEATED garage LOOK NO FURTHER. The wrap around porch and quick access to Rt 5 and the NYS Thruway just add to the charm, PLUS there is plumbing in place for another full bath on the 2nd floor. The Sellers had septic pumped and water inspections done in Oct 2020 (report in docs) MAKE AN OFFER!!! \$99,900



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 improvement the driveway is in placed 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 lets 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 updated 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) \$29,900



202019680: Privacy and seclusion is what you will get with this property. Long private drive leads to open field and oods. 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



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



202024965: A 1850 farm house w/2,800 Sq ft with plenty of room to entertain! Old fashion stairway could easily be reopened. Home is situated on a corner lot with 3.5 acres. With a little TLC it

could become that prestige home that it use to be. It has great bones, a beautiful country sitting with a pond to relax next to in the evenings. Large Kitchen with a great built-in ceiing to floor pantry with natural woodwork. A library and parlor as well as a very large entrance area with wash, dryer and even a double wash sink. Want to just relax grab a book and sit in the 3-season sun porch. What a horse of two - there is a 26 x 44 & 26 x 36 with stalls just waiting from them. It is a must see home with so much character! Minutes from Cooperstown NY & NYS Thruway; 1 hr to adirondacks and Saratoga \$179,000



202031856: Want a large village lot with no close neighbors on a dead end street This is the home for you! Has a 2 car attached garage with workshop, a hot tub room, 3 season sun porch with a ventless

heater for those cooler days which also has 3 sliders, lots of parking, an open porch to relax on and Privacy! The furnace is only 3 years old, thermopane windows, Metal roof approx 14 yrs old, 100 amp electric. Want to hear more - the walk out basement has a finished room with a wood stove and a bar for your entertainment. And a conversational tree house Hardwood floors under the carpet in the livingroom which has a picture window and downstairs bedroom.

A must see to appreciate! Washer, Dryer shelf in Upstairs bedroom are Excluded. \$159,000



201910637: Beautiful well kept home with tons of acreage with handmade stone walls dividing pastures on property. This lovely home is equipped for handicap accessible and has a nice 2 stall garage with barn and milk building across from the home. Plenty of acreage for any kind of animal retreat. Nice deck off rear of home for grilling and enjoying tdoors with wildlife galore on property. Could be an in law apartment upstairs as well as basement with outside entrance. \$300,000



202030729: Well taken care of home. Structurally sound. Great neighborhood and 15 minutes from Johnstown, Has 2 stall garage, large rooms and three bedrooms upstairs with a woodshed off the back and an upstairs craft room or man cave! Great price for a family living in the country but yet minutes to the city! \$125,000



202032055: Great investment opportunity! This 6 unit apartment building is fully occupied. 5 of the 6 units have ong term tenants. 2 units are 3 bedroom apartments, 3 units are 1 bedroom apartments and 1 is a two bedroom unit.



investment opportunity. Fully occupied 2-family home in Each unit has 3 \$59,000

202030563



202024637: Commercial property working 3 bay garage in a busy area. Great business opportunity some or all equipment can be included. Separate building has warehouse space and an unfinished 1 br apartment (1440sq ft) could be owner occupied or rented for additional income. NEED TO SEE priced to sell !!! \$99,000



202031600: Enjoy this home situated on over 2.2 acres detached garage and shed. 3 bedrooms and 2 full baths. Beautiful yard and location. Woodstove and refrigerator excluded. \$79,900



202024042: This property is located on heavily traveled NYS Highway 30A between the Village of Fonda and the City of Johnstown. There is continuous travel year round to the industrial park in Johnstown and addition: summer traffic for those heading to points north to the Adirondack Mountains and Saratoga Springs. This is a great location for most types of business. Come and take a look. \$99,000



202026345: looking for an affordable home that is very comfortable and homey inside, This three bedroom home has 2 full baths, one up and one down The home has been well taken care of and has a small but private fenced in side lawn. It is a good starter home. The home is priced to sell come and take a look \$45,000



202031392: 2-story, 3 bedroom home with a back deck and a front porch. Wood floors, pellet stove and a perfect size yard that's easy to maintain. Main roof is metal and recently replaced. Convenient location and reasonable taxes! \$52,900