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202132553: Are you looking for wide open spaces and a lover of old? Come preview this 1877 Circa Colonial home on approximately 71.91 acres. Property comes with barn, aging garage and private road leading to manicured fields and a large, deep pond. Walking trails throughout allows you to take in the beauty of all the surrounding wildlife. Home features a stunning grand entry way, formal and informal living room, with laundry on the main floor. Upstairs has four bedrooms and full bath. And plenty of storage with two attics. PREQUALIFIED BUYERS ONLY. BUILDERS WELCOME!
\$880,000

202120313: Looking for tranquility in the city of Amsterdam? This 2-family home is a hidden gem! Relax in the spacious yard with the sounds of running water flowing through the Chuctanunda Creek out back. Originally an 1880 farmhouse, it features much of the original woodwork, has newer replacement windows and vinyl siding and a two car garage. A large, private yard area, with distant neighbors, and a two-way driveway. Would make a wonderful owner-occupied dwelling or keep as a desirable investment property. **\$129,900**

202114711: If you are looking for a parcel with a spectacular view, you will want to check this one out! It features a stunning panoramic northern view of the Adirondacks. Two parcels for a total of 5 acres to build your special home. You will definitely want to add a deck on the back and some large windows to enjoy this sight every day! Not far from the charming hamlet of Glen. **\$43,000**

2021936618: Are you looking for vacant land to build your dream home. Looking to escape the congestion and noise of the city for the peace and quiet of country living, and remain within a 35 minute drive to Schenectady and surrounding areas? This could be the location you are looking for. If you are a hunter or into nature there is approximately 10 acres of woods to hunt or just enjoy the wildlife. There is 5 acres of cleared land to build your home, have a garden or plant fruit trees. Enjoy the outdoor night sky when sitting around a fire, or Snowshoeing and Cross Country Skiing under the moon light. There is an additional 6 acre double lot for sale directly across the road. **\$49,000**

20212638: Consider owning your own road with the possibility of long-term snow removal and maintenance contracts for the residents along this private road. Currently 5 existing residents, and more parcels yet to build at this beautiful location. **\$12,000**

202132455: This cozy cottage in the country is exactly what you have been waiting for. Nestled on 2.8 private acres and plenty of room for the dogs, horses, chickens, ducks, and even a beef cow or two. The inside features an updated kitchen with stainless steel appliances, new flooring, two bedrooms, first floor laundry, a full basement with a new furnace and a root cellar, all new electrical, and a large attic if you needed room to expand. Step outside onto your new deck and enjoy the stunning views from your gazebo. You will never want to leave. Schedule a showing today! **\$210,000**

202122824: This house has been in the family for a long time. The family is moving and needs to sell. It does have a lot of character. Needs updating, some maintenance. This would make a great home to make your own. **\$105,000**

20211844: Restored & renovated 1820's brick home with a tasteful addition situated on 348 acres of mixed farm, ponds & wood land. The great room hosting the kitchen/dining area is gleaming with light and has a beautiful view overlooking the property. Three full baths plus professional office with fireplace. Central air, central vacuum, whole house fan & emergency generator. Walk out basement w/workshop is a dream. 168 acres leased for 2021 for premium hay, remainder of land mixed meadow, and conservation wetlands w/ beaver & nesting ponds, trails, & wildlife habitats. Farm contains 1890's post & beam hay barn approximately 36x66 w/ attached 48x32 stable completely resided and updated metal roof. LOTS OF ROAD FRONTAGE - SUBDIVISION WOULD BE GREAT / HOUSE AS AN AIR B & B WATCH VIDEO! **\$1,300,000**

202131139: A perfect setting comes with this raised ranch home located on 1.4 acres. Open kitchen, living room, dining area, and a huge family room. Large covered back deck for outdoor entertainment. Full basement, dug and drilled well. **\$169,000**

202116018: Opportunity for turn key business, ready to make new owner a good living! Owner retiring, grossed \$500,000 in peak of business. 78' x 60' Morton building w/ 78 x 16 covered storage on State Highway w 3 phase power. Office space with 2 bathrooms. Building can sell with full inventory of equipment and hand tools to operate a full service business. Includes tire changer/balancer, Accudraft spray booth, Atlas 4 post platform lift, Mohawk 2 post car lift, cabinets of hand & power tools, plasma cutter, Lincoln Mig Welder, Ingersoll Rand air compressor, a 134 SnapOn AC recovery and recharger. 234 feet of frontage on Route 5, great location to display cars, expand the business with towing service, car wash etc. Low property taxes, \$1200 annually. Owner willing to mentor new owners! **\$325,000**

202129183: View this home to appreciate the charm inside this cottage style home. Hardwood floors through out, along with original woodwork & doors. Almost all windows have been replaced, new furnace. The extra room downstairs can be a 3rd bedroom or office space. It features a full bath upstairs and downstairs. Repair or replace the large deck on the back for extra outdoor enjoyment. Relax on the enclosed front porch entrance also. A great location on quiet street. Complete the mostly cosmetic repairs to restore this home to it's full potential! Only a few blocks to schools! **\$69,000**

202113401: 5.8 acres with 627 feet of road frontage. Wooded parcel located on a country road. Located in the Canajoharie School District. **\$19,000**

202126058: Quaint Cape Cod style home located in a hilltop residential setting close to schools and shopping. Lathe and plaster throughout the interior has been removed and replaced with sheetrock along with updating of electrical and plumbing. Kitchen has new cabinetry not yet installed allowing you add your personal touch for the layout and countertops of your choice. Home has all new vinyl windows and a basement serves as a laundry room, craft area, work shop and a home brewery with a kitchenette (sink, stove, counter space). Bedrooms are bright with large windows each have a closet. More storage space in knee wall attic and hallway closets. Deck off kitchen leads to secluded back yard. Property lines are survey staked. Interior photos added as owners move out. **\$145,500**

202119845: Easy living with all main rooms on the same floor. Large open living room with a wood burning fireplace and pellet stove. Large partially finished basement has endless opportunities, with a built in bar could be used for entertaining. Second bathroom is on the lower level and in the process of being renovated. **\$260,000**

202129063: This beautiful ranch home checks all of the boxes! Location, gorgeous landscaping, updated and maintained are just some of it's attributes. Recessed lighting throughout the home. Full walk out basement with great potential, easily could be finished off! Property close to historical village of Cooperstown. **\$235,000**

202131208: Build or farm on this 40.4 acres of prime agricultural land. Level parcel with beautiful views. 1334 feet of road frontage. **\$145,000**

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13th Annual Candlelight Memorial Service

Love doesn't end with death. Families that have had a child die understand that. And it is with that understanding, plans are currently underway in hundreds of areas across the country, as well as around the globe, for a Worldwide Candle Lighting event. The 13th Annual Candlelight Memorial Service sponsored by Catholic Daughters of the Americas and Our Lady of Hope Catholic Church in Fort Plain will host this ecumenical event on Sunday, Dec. 12 at 6:45 p.m. at Our Lady of Hope Catholic Church, 115 Reid St., Fort Plain.

Held annually the second Sunday in December, the Worldwide Candle Lighting unites family and friends who light candles for one hour to honor and remember children who have died at any age from any cause. As candles burn down in one time zone, they are then lit in the next, creating a virtual 24-hour wave of light as the observances continues around the world. This event unites the families to mourn as one, especially during the holidays. This special Sunday, thousands of families join in quietly, lighting candles informally in their home or in churches and houses of worship, funeral homes, hospitals and local hospice and civic community groups.

Join us in this beautiful tribute to our children. All families and friends are invited to attend from all of our surrounding communities. This service can make handling the holiday season a little easier. Come light a candle in memory of a child, sibling or a grandchild who has died - that their light may always shine. We invite everyone to participate, whether it is to support someone you know or because you have been personally touched by the death of a child.

We will once again have a "Memorial Table" available for displaying poems, pictures and other mementos remembering the life of your child. If you have your candle from last year, bring it with you. For other candle lighting services in the area go to CompassionateFriends.org.

At the time of this writing, there is a mask mandate at Our Lady of Hope Church. Seating will be every other

er pew. With the constant changes in rules and regulations, this may be different by Dec. 12. Bring your mask to wear in case it is needed.

Whether or not we will be able to have refreshments and a time to socialize is also uncertain. As our Deacon Joseph Cechnicki advised, we should plan for the normal and adjust accordingly. RSVP by Dec. 1 to Doris Dutcher, 52 Garfield St., Fort Plain, or call her at 518.993.4612.



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Carbon monoxide: Know the hazard

Montgomery County Public Health wants everyone to be warm this winter, but we also want you to be safe while heating your homes during the cold winter months ahead.

Every year, many people get sick or die due to carbon monoxide (CO) poisoning from alternate heating sources.

Carbon monoxide is a poisonous gas that can kill you in minutes. It is invisible, tasteless, odorless and non-irritating. Carbon monoxide is produced from burning fuels such as wood, oil, natural gas, propane, gasoline and kerosene.

Carbon monoxide is known as the "silent killer." It can prevent the body from getting oxygen. Symptoms can be flu-like: nausea, headache, dizziness,

shortness of breath, sleepiness and weakness. In large amounts, CO can cause loss of consciousness, brain damage or death.

Public Health suggests these safety tips to help prevent carbon monoxide poisoning:

- Make sure fuel-burning appliances are properly installed, operated and serviced by qualified technicians according to the manufacturer's instructions and local building codes.

- Properly vent all fuel-burning appliances to the outside of the house and make sure the vents are not covered with snow, tarps or other items.

- Consider buying a vented space heater when replacing an unvented one.

- Never use a portable generator, gas or charcoal grill or portable fuel-burning camping equipment inside a home, building or shed.

- Open the fireplace damper before lighting a fire and don't close it until the ashes are cool.

- Move your idling car or truck outside the garage to warm up.

- Never use gas appliances, such as stoves ovens, or clothes dryers to heat your home.

Working CO detector alarms provide you and your family with warning signals and critical time to escape your house in case of a CO incident. Place CO alarms in a central location outside each sleeping area and on every level of your home. Test all alarms every month to make sure they are working properly.

If you suspect carbon monoxide poisoning:

- Open all windows and doors.

- Get out of the building and into fresh air.

- Call the fire department from outside the building.

- Call the gas company from outside the building.

- Call 911 if you or someone else is experiencing symptoms or take the ill person to the emergency room. Tell the physician you suspect carbon monoxide poisoning.

Have a CO detector to give you all the security you need to be safe. Preventing the problem is better than relying on an alarm.

For more information contact Montgomery County Public

Health at 518.853.3531, Monday - Friday from 8:30 a.m. - 4 p.m.



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Donna's Day: Family Fun

by Donna Erickson

Discover a Surprise Inside Spaghetti Squash

When you look over the colorful choices

of squash in various goofy shapes and sizes at your market this week, tell your kids to snoop carefully to find an extra-fun variety you may have forgotten about or never

tried – spaghetti squash!

The oblong, light-yellow squash, which is approximately eight to 10 inches in length, is packed with healthy nutrients, is low in calories, high in fiber and, best of all, has a super kid appeal because there's a surprise inside.

To the delight of your entire family, you'll discover that once baked, the flesh of the squash comes out in long strands that look like noodles. Its buttery, mild and slightly sweet flavor is ideally suited to be topped with tomato sauce and grated Parmesan mimicking a bowl of traditional spaghetti.

On another occasion, serve it as a tasty side dish tossed with pesto, a garlic-flavored herb butter or mixed vegetables and feta cheese. And when you prepare a roast, set the

sliced meat and juices over the "noodles" for a robust weekend meal.

Here are four easy steps for preparing spaghetti squash, with a few tips tossed in to make easier work when handling it.

1. Preheat oven to 350° F. Wash the outside of a 2.5- to three-pound spaghetti squash and pat dry. Cut in half lengthwise. (Like most varieties of winter squash, it can be difficult to cut through the hard shell. I pierce the squash in several places with the tip of a knife and put it in the microwave for two to three minutes or more depending on its size to soften it a bit. Let it rest for a few minutes and slice in half with a sharp knife.)

2. Scoop out the seeds. A melon baller and small ice-cream scoop are easy-

to-handle kitchen tools for school-age kids to use if they are assisting you with this step.

3. Place the squash halves cut side down on a baking sheet coated with cooking spray or lined with parchment paper. Bake for an hour or until easily pierced with a fork. Cool for 15 minutes.

4. Scoop out insides with a fork to remove the noodle-like strands. Place in a serving bowl or on a small platter. Top with preferred toppings or combine with butter, seasonings or cooked vegetables. Serves three to four.

Find more family fun at donnaerickson.com. Write to Donna at Info@donnaerickson.com.

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Spaghetti squash served in its own gourd.
Photo courtesy of Donna Erickson



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DMV, GTSC remind motorists to prepare for winter driving

The New York State Department of Motor Vehicles (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. The agencies also reminded motorists that they can install snow tires on their vehicles. State law allows the use of snow tires from Oct. 16 - April 30.

"Winter weather will be here soon, and motorists should winterize their vehicles and anticipate changing weather conditions," said Mark J.F. Schroeder, DMV commissioner and GTSC chair. "A few simple practices 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 ensure your safety and the safety of others 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
- Ensure the vehicle's heater and defroster are

working properly

- 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. NYS 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 24/7 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 DMV on Facebook, Twitter and Instagram.

Family Counseling Center participates in #GivingTuesday

The Family Counseling Center in Gloversville will be participating in #GivingTuesday on Nov. 30. #GivingTuesday is an international day of action that helps to raise funds for nonprofits and has

become a major opportunity to engage community members in support of local organizations.

The Family Counseling Center's #GivingTuesday efforts will be focused on raising funds to help cov-

er the cost of service for clients in need. Each year, the organization donates roughly \$84,450 in either free or reduced-cost sessions for people who pay out-of-pocket - clients who are unable to cover

the full cost of service due to high insurance premiums or lack of insurance.

Clients who receive free or reduced-cost sessions apply for assistance through the organization's Sliding Fee Scale application. These clients seek care but due to circumstances must pay out of pocket though they may not have the money to cover their treatment - treatment that will help to keep them active and engaged members of the

community. It's a tough decision - do they forgo the help they need to improve their lives or do they ask for help? Help for their emotional well-being, and help to pay?

The Family Counseling Center is asking for the community's help during #GivingTuesday in order to reach their goal of raising \$2,600 during the course of Nov. 30. The goal amount is equivalent to 20 full sessions to community members in

need and is only a small portion of the roughly 650 free sessions the organization offers over the course of a year.

"We are excited to participate in this year's #GivingTuesday," said Michael Countryman, executive director of the Family Counseling Center. "Our clients make courageous steps each day to build a healthy life. The Sliding Fee Scale program provides many of our clients with needed services, services they would otherwise be unable to afford."

Community members are invited to help the Family Counseling Center reach its goal of \$2,600. Donations are accepted online at thefamilycounselingcenter.org. Information will be posted throughout Nov. 30 on the organization's Facebook page at facebook.com/FamilyCounseling-FultonCounty with more detailed donation information.

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Christmas at the Fort – Author Book Fair set for Dec. 4

The Christmas at the Fort Author Fair/Book Signing will take place Dec. 4 from 10 a.m. - 4 p.m. The museum is located at 389 Canal St., Fort Plain.

The author fair/book signing will be held from noon - 3 p.m. There will be a 15% discount on bookstore and gift shop purchases.

The event will feature decorations that are home-made tin Christmas ornaments made by Charlene Lenig. There will also be refreshments and Christmas cheer will be served.

On display will be the Church Pistols that are reproductions of the Hamilton/Burr dueling pistols. The pistols Aaron Burr and Alexander Hamilton used to fight their duel originally belonged to John Barker Church, Hamilton's brother-in-law. They were used in duels that killed both Alexander Hamilton and his son, Philip. The reproductions are being shown courtesy of John Phillips of Fly Creek, NY.

Colonial Christmas music will be provided by the Liaisons Plaisantes.

Authors include:

Christian Di Spigna – “Founding Martyr: The Life and Death of Dr. Joseph Warren, the American Revolution's Lost Hero”

AJ Schenkman – “Patriots and Spies in Revolutionary New York,” “Washington's Headquarters in Newburgh: Home to a Revolution” and “Unexpected Bravery: Women and Children of the Civil War”

Phillip D. Weaver – “The 3rd New Jersey in New York: Stories from The Jersey Greys of 1776”

James Richmond & Seán Kelleher – “Saratoga County Stories”

Erik Swanson – “The Siege of Fort William Henry” (Documentary on DVD)

Heidi Sprouse – “Whispers of Liberty,” “Liberty's Promise,” “Liberty's Legacy” and “Liberty's Price”

Wanda Easter Burch – “The Home Voices Speak Louder Than the Drums: Dreams and the Imagination in Civil War Letters and Memoirs”

Sandy Nellis Lane – “The Trail of the Wild Flowers: Vermont & Great Britain, 1882-1884” and “The Trail of The Wild Flowers: Europe & America 1885-1890, 1902-1916”

Don Rittner – “Watervliet Historic Images,” “Remembering Albany: Heritage on the Hudson,” “Albany Through Time,” “Schenectady: Frontier Village to Colonial City” and “Troy Through Time”

Ken Jones – “Sam's Sam the Gallows Bird”

Bill Buell – “George Lunn: The 1912 Socialist Victory in Schenectady,” “Historic Schenectady County” and “Historic Albany: City & County”

Bradley Luberto – “Long Ago Tales of the Adirondacks”

Jeff O'Connor – “The Old Stone Fort: Guardian of Schoharie County History Since 1772”

Wayne Lenig – “Fort Plain, Fork Plank, Fort Rensselaer: The Revolutionary War Forts of Canajohary”

Norman J. Bollen – “George Washington and the Mohawk Frontier”

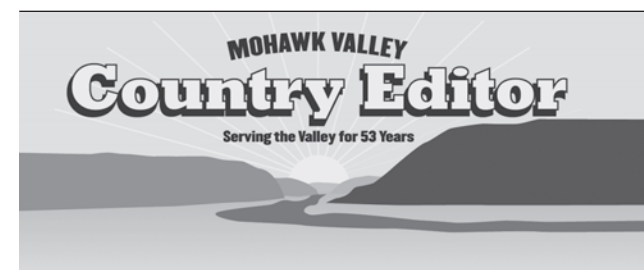
Tentative author attendees:

Bruce M. Venter – “The Battle of Hubbardton: The Rear Guard Action that Saved America”

Eric Schnitzer – “Don Troiani's Campaign to Saratoga – 1777: The Turning Point of the Revolutionary War in Paintings, Artifacts and Historical Narrative”

Don N. Hagist – “Noble Volunteers: The British Soldiers Who Fought the American Revolution,” “The Revolution's Last Men: The Soldiers Behind the Photographs,” “British Soldiers and American War: Voices of the American Revolution,” “These Distinguished Corps: British Grenadier and Light Infantry Battalions in the American Revolution”

If you are an author or vendor and would like to set up and sell/sign books and other related items, email info@fortplainmuseum.org.



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for an application to submit with resume.

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Church Directory

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Call 518-673-0108
or email tkrieger@leepub.com**

Amazing Grace Baptist Church

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

Pastor Frank Calabrese

Sunday School 10 AM,
Morning Service 11 AM,
Sun. & Wed. Eve. Service 6 PM,
Youth Group Wed. 6:30 PM,
Sat. Visitation 10 AM
www.amazinggracecbc.org

Ames - Sprout Brook UMC

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

Pastor Jan Markle

Sunday Service 9 AM

Bethesda Fellowship

34 S. Division St., St. Johnsville, NY 13452
518-568-2678

Summer Schedule
Sunday Worship 10 AM
Wed. Worship and Prayer 6 PM

Cherry Valley Assembly of God

37 Alden St., Cherry Valley,
607-264-3306

Pastor David Carpenter, Jr.

Sundays 9:30 AM

Christian Church of Charleston Four Corners

1380 E. Lykers Rd., Sprakers
518-922-9088

Paster Brett Popp

Sunday School (ages 3-adult) 9:45 AM
Worship 11 AM

Sunday Prayer Meeting 5:30 PM
Thu. Evening of Encouragement &
Community Kid's Bible Club 6:30 PM

Church of Christ Uniting

PO Box 896, Richfield Springs, NY 13439

Rev. Mark Ioset

315-858-1553

Service: Sunday 9:15 AM
Church School: Sunday 10:30 AM

Church of the Good Shepherd

26 Moyer St., Canajoharie
518-673-3440

The Rev. Virginia L. Ogden, Rector

Sunday Worship 9:30 AM
with Communion

Church Email:

churchgoodshep26@gmail.com

Website: www.churchgoodshepherd.com

Church of the Nazarene

3316 St. Rt. 29 W, Johnstown, NY 12095
Offices: 518-762-2982

Cell: 857-523-8417

Pastor, Rev. Mark Fowler

Sunday Morning Service 11 AM
Sunday School for All Ages 10 AM

Cornerstone Baptist Church

Pastor Todd Lozier

Sunday AM Service 10 AM
Sunday School/Adult Small Groups 11:15 AM

Sunday Evening 6 PM

Wednesday PM Service 7 PM Via Zoom
email us for the link

Youth Group Sunday Evenings during the
school year.

Family Night - First Sunday Evening of the
month from Oct - May

7274 State Highway 10, Ames, NY 13317
www.cornerstoneames.com

info@cornerstoneames.com

518-673-3405

Currytown Reformed Church

829 St. Hwy. 162, Sprakers
518-922-8422

Rev. Donald Hoaglander

Visiting Pastor Jane Hubschmitt

518-705-2201

Sunday School 9:15 AM

Worship Service 10 AM

Dolgeville Christian Fellowship

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

Dr. Marvin Isum, Pastor

Worship Sunday 10:30 AM
Midweek Fellowship Tuesday 7 PM

www.dolgevillechristianfellowship.org

Dolgeville United Methodist Church

21 N. Helmer Ave., Dolgeville

Rev. Jack Forf

315-429-7381

Worship 11 AM

Sunday School @ 9:30 AM beginning

September 18th

Bible Study - Wednesdays @ 12:30 PM

Emmanuel Episcopal Church

588- 594 Albany St., Little Falls, NY
315-823-1323

Sunday Mass 10 AM

Coffee Hour following Sunday Mass
Sunday School & Youth Group

Tuesday 10 AM Mass & Bible Study

Friday 10 AM-2 PM Thrift Shop

Ephratah Reformed Church

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Pastor Jeff Hindlriter

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10 AM September-June

Sunday Morning Worship 11 AM

Prayer & Praise Thursdays 7 PM

Everlasting Joy Believers Fellowship

14 Park Place (in with Seekers Fellowship)

St. Johnsville, NY 13452

315-858-2112

Pastor Carolee Coye

Sunday Service 10 AM

Faith, Hope and Love Church

Rev. David W. Bowley, Pastor

Sundays, 5 PM at the Upstate Chapel
63 Cliff 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. Terence Brant

607-264-3035

Sunday School 10 AM

Morning Worship 11 AM

Wed. night Bible Study 7 PM

Fonda Fultonville

United Methodist Church

11 Montgomery St., Fultonville

Pastor Nancy Pullen • 853-3311

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Sunday School 9:15-10:30,

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Audie Miller,

Lay Supply Pastor

Church Office 518-993-3863

Kitchen 518-993-3464

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Freysbush United Methodist Church

Freysbush Rd., Fort Plain

518-429-9936 or 518-424-8488

Worship 9 AM,

Sunday School 10 AM

ALL ARE WELCOME

Fultonville Reformed Church

Corner of 5S & 30

Pastor Jane Hubschmitt

Sunday School 10 AM

Family Worship 10:30 AM

Glen Reformed Church

State Hwy 161 in the Hamlet of Glen
4 miles South of Fultonville

glenreformed@nycap.rr.com

Sunday Worship at 9. Sunday School
immediately following Children's Message

Grace Christian Church

Pastor Michael Torres

20 Center St., St. Johnsville, NY 13452

518-775-0366

Email gccpastor2021@gmail.com

Grace Episcopal Church

24 Montgomery St., Cherry Valley
315-585-4016

Fr. Kyle Grennen, Rector

Sunday School 11 AM

Holy Communion/sermon 11 AM

Active Youth Group - call for details

Grandview Baptist Church

15 Washington St., Fort Plain

518-993-9929

Pastor Dan West

Sunday School 10 AM

Morning Service 11 AM

Bible Study & Prayer Meeting,

Wednesday 6:30 PM

Holy Family Parish

Little Falls, NY

315-823-3410

Saturday 5 PM

Sunday 9:30 AM

Jesus Never Fails Community Church

Reverend Hans Drews

1161 Elizabethtown Rd., Ilion, NY 13357

518-568-7983

hansandrosaline@yahoo.com

Sunday Service 11 AM

Joy Fellowship

296 Co. Hwy. 119, St. Johnsville, NY 13452

518-568-3217

William Hayes, Pastor

Joyce Loughran, Assistant Pastor

Sunday School 9 AM,

Morning Worship 9:30 AM

Wednesday Evening Worship 6:30 PM

Lassellseville United Methodist Church

State Hwy. 29

Pastor Robert A. Lindsay

Worship: Sunday 9:30 AM

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 10:30 AM;

Wed. Eve. Prayer Meeting 6 PM;

2nd & 4th Sunday Dinner following

Morning Service with Afternoon Service

following dinner

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Route 10 South

Pastor Mark Fowler

Worship Sunday 9 AM

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Fonda, NY 12068-0627

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Weekly Masses: Sat. 4:30 PM,

Sun. 10:30 AM

friars@katerishrine.com

www.katerishrine.com

New Beginnings Bible Church

63 Cliff St., Canajoharie, NY 13317

Pastor Larry Alkinburgh

518-848-4816

pastor@newbeginningsbc.org

Sunday School 9:15 AM

Worship Service 10:30 AM

New Hope Christian Fellowship

32 Spencer St., Dolgeville, NY 13329

Pastor Pat Andreoli

315-429-3630

NewHopeChristianFellowship.net

Sunday School 9:30 AM

Worship Service 10:30 AM

Oppenheim United Methodist Church

Route 29

Rev. Jack Ford

315-429-7381

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Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 13339

Parish Office 518-993-3822

ourladyofhope@frontier.com

Mass Schedule: Saturday, 4 PM;

Sunday, 9:30 AM;

Confessions: Sat. 3 & by appointment

Please 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 9:30 AM

Fellowship Hour to Follow

Randall Christian Community Church

NY Rte. 55

Sunday Service 10:30 AM

Worship Leader Darlene Spaulding

Reformed Church of Canajoharie

15-19 Front St., Canajoharie

518-673-2816

Rev. Matt Draffen

Sunday 9 AM Christian Education

9:20 Choir Practice

10 AM Worship Nursery provided

Fellowship hour follows worship

To Your Good Health

by Keith Roach, M.D.

The Problem with Playing Pharmacist

Dear Dr. Roach: My wife has been diagnosed with atrial fibrillation. Doctors tried an electrical cardioversion, but it came back after a few days. She is taking metoprolol and Eliquis. We have read about the supplements red clover, turmeric, omega-3 and hawthorn. Should she discontinue the pharmaceuticals and take supplements instead? – J.C.

Answer: Please don't do that, and let me explain why.

Atrial fibrillation is an abnormal heart rhythm. The goal of treating it is first to relieve symptoms, such as fast heart rate and dizziness, and second, to reduce the risk of stroke. Blood clots can form inside the heart when the atria are fibrillating (a chaotic, non-coordinated muscle movement). Those clots can break off and go into the blood vessels of the brain, causing cell death and loss of function in that part of the brain.

That's a stroke.

Your wife is taking metoprolol to slow the heart rate. Atrial fibrillation causes the ventricles to go too fast, causing a sensation of fast heart rate and palpitations. Metoprolol, a beta blocker, protects the heart from damage from a too-fast heart rate, in addition to relieving symptoms. Apixaban (Eliquis) is a powerful anticoagulant, reducing the risk of clot formation.

Red clover is usually used in herbal medicine for its estrogen-like activities. Unfortunately, estrogens increase clot risk, so this herbal medicine absolutely should not be used by someone at risk for clots. Sweet clover hay is the source of warfarin (Coumadin), another often-used anticoagulant in people with atrial fibrillation: This may be the source of confusion. However, warfarin needs to be dosed precisely, with frequent blood-level checks.

Turmeric is an antioxidant that does have some mild

anticoagulant properties. However, it is not remotely powerful enough to do the job of protecting your wife adequately from stroke.

Omega-3 fish oils were once thought to reduce risk of atrial fibrillation; unfortunately, a 2013 study showed no benefit.

Hawthorn has two potential benefits: To a slight extent, it acts as a beta blocker (like metoprolol) as well as an anticoagulant. However, no trials have proven its effectiveness. It may interfere with both her medicines. The metoprolol and Eliquis have much more safety data.

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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Help pets be less anxious at home

Pets experience anxiety for many reasons. According to the Merck Veterinary Manual, pet anxiety is often a byproduct of aging, separation and/or fear. Fear may be caused by loud noises, strange people or animals, visual stimuli, or even textile feelings from grass or tile floors. Separation anxiety, which occurs when animals are unable to self-comfort when left alone, is believed to affect around 14 percent of dogs, according to the American Kennel Club. Animals may get more anxious as they age and their cognitive abilities begin to decline.

Recognizing the causes of anxiety in a pet can help pet parents figure out how to make a home more comfortable and alleviate its anxiety. There are various remedies that may work.

• **Introduce new people and stimuli gradually.** Anxiety may arise when a pet meets a new animal or person or when there's a change in the home environment, such as the introduction of a new pet. Do not force interactions and remain patient. Anxiety may dissipate over time as the pet learns that the new stimulus is not a

threat.

• **Try counterconditioning.**

According to the AKC, counterconditioning changes the pet's response to stimuli responsible for anxiety by replacing anxious or aggressive behavior with desirable behavior, such as sitting and focusing on you. A professional dog trainer can help direct this process.

• **Provide safe areas.** Pets may need their own places to get away from things when they feel overwhelmed. In such instances, a crate can come in handy and provide a respite. Your pet can seek out the crate

when it's tired or anxious. The crate can be moved into a quiet room when company comes over or if there is thunder or fireworks.

• **Limit stimuli as much as possible.** Speak with people who visit your home and educate them about what might set off your pet's anxiety. While you may not be able to prevent every anxiety trigger, you can limit situations that may cause your pet to get worked up. You also can take steps by closing curtains when leaving home (if outdoor animals provoke anxiety), turning on white noise,

using soothing aromatherapy oils and scents, and being aware of noisy situations.

• **Remain calm.** Pet owners may inadvertently be driving their animals' anxiety by the tone and postures they take. Animals take their cues from people's energy. A calm foot forward with your pet can tame their anxiety.

Speak with a vet and a trainer if a pet experiences uncontrollable anxiety. These professionals may suggest other strategies, including training or medications, that have been effective with other animals.



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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 26-29

Holiday Book Sale. Three days to save in-store. Four days to save online. Visit fortplainmuseum.square.site/

December 4

Christmas at the Fort - Author

Book Fair 10 a.m. to 4 p.m. at 389 Canal Street, Fort Plain. Author Fair/Book Signing is 12-3 p.m. If you are an author or vendor and would like to set up and sell/sign books and other related items, email info@fortplainmuseum.org

St. Nicholas Day Noon - 3:30 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

December 12

13th Annual Candlelight Memorial Service sponsored by Catholic Daughters of the Americas and Our Lady of Hope Catholic Church in Fort Plain at 6:45 p.m. at Our Lady of Hope Catholic Church, 115 Reid Street, Fort Plain. RSVP by Dec. 1 to Doris Dutcher, 52 Garfield Street, Fort Plain, or call her at 518.993.4612.

New store to shine spotlight on local creators

Upstate Artisans is a new store located in Fort Plain under the beautiful town clock at 81 Canal St.

We are very excited to bring handmade items to the town for everyone's needs. The items and creativity from your local artisans has been amazing. Please come and shop our store for Nov. 26 and 27 – Black Friday and Small Business Saturday – for deals for the

upcoming holidays.

Our Grand opening is taking place Nov. 28 starting at 8 a.m. Come out and meet our artisans and check out the inventory. There will be refreshments from your favorite local artisans. We will be doing monthly events, so go on Facebook and like our page to get updates and posts.

As of now, the hours will be 8 a.m. - 5 p.m. Sunday to Saturday until we can see what works best for the community. And on that note, we will only be a phone call away.

We cannot wait to get started and open our doors. For more information, check out facebook.com/upstateNYartisans.

Strange But True

by Lucie Winborne

- “Scotch” used to be a synonym for “thrifty” or “frugal.” When cellophane tape was first invented, it was marketed during the Great Depression as “Scotch tape” since it could extend the life of objects and save you money.

- A grizzly bear has enough bite strength to crush a bowling ball.

- There is a psychological state called “helper’s high” in which the act of giving produces endorphins in the brain that provide a mild version of a morphine high.

- Table tennis balls can travel off the paddle at a speed of 105.6 mph.

- From 1932 to 1967, there was a casino called the “Bullpen” in a stone building on the grounds of the Nevada State prison in Carson City, where inmates could play blackjack, craps, poker and bet on sports.

- When Frito-Lay introduced a compostable bag for its Sun Chips brand in 2010, consumers noticed that its crinkling and crackling was significantly louder than previous bags – testing, in fact, at

95 decibels, which is about as loud as a motorcycle. It was discontinued in 2011.

- Scientists estimate that the average person is more than five times as likely to die in a hypothetical human species extinction event as in a car crash.

- A man sued Warner Bros. – and won – after he was injured while fainting during a 1974 screening of “The Exorcist.”

- The 700-year-old Starkenberger brewery in Tarrenz, Austria, has seven swimming pools filled with beer. The brewery, which is housed in an ancient castle, converted the old vats in the fermentation room to pools.

- A 19th-century costume designer invented the horned Viking helmet.

- In 1994, Chicago artist Dwight Kalb made a statue of singer Madonna from 180 pounds of ham.

- Chocolate milk was originally sold as medicine.

Thought for the Day: “A well-educated mind will always have more questions than answers.” – Helen Keller

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Sat 9-4

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Paw's Corner

by Sam Mazzotta

New Dog Has Appetite for Doggie Door Flap

Dear Paw's Corner: Help! Our recently adopted dog Mollie, a medium-sized mixed breed, thinks the doggie door flap leading outside to the backyard is delicious. Rather than using it to go in and out, she grabs the edge, chews and tugs on it. She growls when she does this. And she insists that we open the back door for her to go out. How do we fix this? – Mary T., San Antonio

Dear Mary: You'll need to address this in two steps. First, you need to figure out if Mollie is chewing due to boredom or attention-seeking, or if she has separation anxiety due

to trauma in her past. If she's only chewing on the door flap and nothing else in the house, maybe there's an old memory surfacing.

Second, you'll need to repair or replace the damaged flap and train Mollie to go in and out of it confidently.

Here are a few methods:

1. Divert and distract: As soon as Mollie starts trying to chew the door, call her name to stop her and then distract her away from the door with something else that interests her, like a favorite toy or a treat.

2. Behavior training at the same time each day: Note when Mollie is most likely to start chewing on the door. Then, conduct 10 minutes of behavior

training in basic commands.

3. Train Mollie to use the flap correctly: Once she's responding well to basic commands, add "going thru the flap" to her training. The AKC has a great tutorial at akc.org/expert-advice/training/dog-not-using-dog-door and this trainer's video shows the clicker-treat method at youtube.com/watch?v=-R_k4_UHDeA.

If these methods don't work, consider a professional trainer to help identify and work through Mollie's fears or bad habits.

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

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Spinnaker Realty Sales

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• 31 Waddell Ave., Fort Plain - \$329,900

Tucked away in a quiet upstate neighborhood. Built by the true craftsman of yesteryear, this 4 bed, 2 bath home is the perfect combination of old world charm & modern amenities. First floor features a recently renovated kitchen with granite counters, SS appliances, cozy eating area & convenient mudroom, family room with gas fireplace, formal dining & living rooms & updated full bath. In addition to the 3 generous size bedrooms, the second floor affords a full bath plus a smaller bedroom (no closet & presently used as an office) with a cozy porch overlooking the beautiful grounds. The expansive front porch provides plenty of space to entertain guests & take in the majestic views of the valley. Convenient location for commuting to the Capital District, Utica, & Cooperstown.



• 5 West St., Fort Plain - \$258,888

If you've always wanted to own a piece of history, here's your chance! The Greene house was the home of famed illustrator Nelson B. Greene. Brimming with old-world charm, the property is currently run as a successful Airbnb. This classic Victorian-style home features beautiful woodwork, stained glass windows, pocket doors, wood floors lower level (possibly under carpet 2nd floor), 5 beds (first floor bedroom currently being used as an office), 3 baths, formal dining room, living room, family room, enclosed porch (sun room), 1st floor laundry, second floor porch & huge walk-up attic. Close to schools and parks. Convenient location for commuting to Albany, Amsterdam, Cooperstown, Sharon Springs, & Utica.

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Bible Trivia

by Wilson Casey

1. Who wrote in Ephesians 5:20, "Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ"? Matthew, Peter, Paul, Jude

2. From Psalms 107:1 and 118:1, why should we give thanks to the Lord, because He is ...? Evermore, Good, Watching, Hopeful

3. Which book of the Bible (KJV) mentions the word "thanksgiving" the most times, at eight? Genesis, Nehemiah, Psalms, Isaiah

4. In 2 Timothy 3:1-2, what human qualities does Paul list as being signs of the last days? Adulterers, Sun worshipers, Renegades, Unthankful people

5. In Leviticus 22, a sacrifice of thanksgiving is most meaningful when it is ...? Sincere, Often, At your own will, Extravagant

6. Who were commanded in 1 Chronicles 16:4 to thank God? Levites, Ammonites, Benjaminites, Danites
Answers: 1) Paul; 2) Good; 3) Psalms; 4) Unthankful people; 5) At your own will; 6) Levites

Comments? More trivia? Gift ideas? Visit TriviaGuy.com.

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This easy, seasonal version of a pudding makes a festive end to a holiday meal – especially for the kids!

Ingredients:

2 1/2 cups whole milk
1/3 cup cornstarch
3/4 cup maple syrup
1 tablespoon butter
1/2 teaspoon vanilla extract

Good Housekeeping – Maple Pudding

1/4 teaspoon salt

Directions:

1. In medium bowl, whisk together 1 cup whole milk and cornstarch until smooth.

2. In 3-quart saucepan, heat 1 1/2 cups whole milk, maple syrup, butter, vanilla extract and salt to boiling on high, stirring occasionally.

3. Reduce heat to simmer. Whisk

in cornstarch mixture; cook 2 minutes, whisking constantly. Transfer to 6 parfait glasses; cover and refrigerate until cold. Serves 6.

For thousands of triple-tested recipes, visit goodhousekeeping.com/food-recipes.

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New E-book inspires pollinator gardening

Pollinator-friendly gardens not only provide a source of nectar and pollen for bees, butterflies and other beneficial insects but can add beauty and diversity to a home landscape.

To help gardeners and homeowners understand the role of pollinators in food production and provide strategies for creating pollinator habitat, a group of University of Vermont (UVM) Extension Master Gardener volunteers have developed Gardening for Pollinators and Beneficial Insects. The e-book, available now for garden planning this winter, can be downloaded for free at: go.uvm.edu/garden4pollinators.

In addition to identifying some common pollinators and beneficial insects, the authors also delve into

the causes of pollinator decline and provide insight into why choosing native plants is so important for providing proper habitat for pollinators.



The e-book includes a number of tips for creating an effective pollinator garden, such as planting a minimum of 10 native plants with different colors, shapes and bloom times and selecting at least three varieties each for early, mid and

late season bloom. Links to a pollinator plant palette chart, nurseries and several native plant databases are provided for help with plant selection.

Other sections cover additional recommended features, such as a water source, for creating an inviting garden and tips for being a good host to insects, including planting tall native grasses and interplanting vegetables with flowers. The e-book also is packed with links to resources on native plants, pollinator-friendly garden planning and pollinators and beneficial insects, as well as the UVM Extension Master Gardener Program.

For more information about the Master Gardener Program in Vermont, visit: uvm.edu/extension/mastergardener.

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Time for a children's vision checkup

As the routine of a school year settles in, families may direct their focus to factors that have nothing to do with school supplies or enrolling youngsters in extracurricular activities. For example, the weeks after families settle into a new school year routine can be a great time to have students' vision checked.

According to Prevent Blindness, the oldest eye health and safety nonprofit organization in the U.S., common vision problems in children include amblyopia (lazy eye), strabismus (crossed eyes) and refractive errors like myopia, astigmatism and hyperopia.

A recent study titled "Children's Vision and Eye Health: A Snapshot of Current National Issues, 2nd Edition" pointed out that vision has a critical role in children's physical, cognitive and social development. Furthermore, visual functioning is a strong predictor of academic performance in school-age children, according to the study. In fact, without early detection and treatment, uncorrected vision disorders can interfere with learning and impair children's development.

Parents and educators are urged to be aware of symptoms of common eye disorders in children, which include the following:

- Rubs eyes a lot
- Closes or covers one eye to read or see
- Tilts head or thrusts forward
- Has trouble reading or doing other close-up work
- Holds objects close to eyes to see
- Blinks more than usual

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• Complains things are blurry or hard to see

• Squints eyes or frowns

All children, and especially those who are having issues with their eyes, should visit with an eye professional annually to have their vision checked. In addition, parents can

rely on Prevent Blindness in conjunction with Children's Vision Massachusetts and School Health for a new web resource to assess their kids' digital screen time use. Tips are available at preventblindness.org/childrens-screen-time-tips.

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Preparing for a night out

Many people anxiously await a return to pre-pandemic life. Even though the world isn't yet out of the woods, many restrictions have been lifted in recent months. That means people can once again enjoy evenings out on the town. However, being a bit out of practice, individuals may no longer be familiar with how to prepare for a night out.

Preparing for a night out with friends or even a date night shouldn't be stressful. Some advanced planning can make sure everything goes smoothly.

• **Make a reservation.** If dining out is in the plans, be sure to call the desired establishment in advance to see if they are taking reservations and learn if any restrictions are in place. There's a good chance

indoor dining establishments will still be subject to reduced guest capacity, and even restaurants that had walk-in service may now require advanced notice of dining parties, no matter how big or small.

• **Plan your transportation.** If a night out entails enjoying a few alcoholic beverages, then arrange for safe transportation home in advance. Utilize

a ride-sharing service or taxi company; otherwise, figure out who will be the designated sober driver. Groups of friends may want to pay for the sober driver's meal as a token of their appreciation.

• **Charge your phone.** If a night out involves hanging out in an unfamiliar location or meeting new people, then be sure that your mobile phone is fully charged and you check in with trusted emergency contacts throughout the night.



• **Pick a pregame meeting spot.** When heading out with a squad of friends, save time by carpooling or establishing a predetermined meet-up spot.

• **Know the dress code.** Dress accordingly for the destination and planned activity. The dating and socializing resource Girls Chase advises that slim, black jeans can look classy on a night out. Footwear is important as well, especially if you will be doing some walking or dancing. Women who choose to wear heels may want to stash a foldable pair of flats in their handbags in the event they need some relief.

• **Spruce up your appearance.** Plan ahead for a night out by taking inventory of grooming habits to see if a makeover is in order. Set up an appointment for a haircut, color refresh, manicure/pedicure or even splurge on a few new wardrobe items. If it's been a while since you have been out, you'll want to put your best foot forward.

People are increasingly returning to pre-pandemic activities, which may include enjoying a night out on the town.

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Home Country

by Slim Randles

It's a danged shame 'bout Thanksgiving in," Windy Wilson said. The others stopped stirring things into their coffee cups and looked at the aging cowboy and camp cook.

Windy glanced at the semi-circle of puzzled faces there in the Mule Barn coffee shop. "You know what I mean... 'stead of people we achully know, we gotta spend it with folks we haven't seen since the end of

Dubya-Dubya Two."

"You mean family?"

"Shore do, Doc. Now jest think for a minute and 15 seconds here, okay? Now with Halloween, which is my favorite holiday, you get to say hi to a mess-a little kids and give 'em a candy and then they're gone. You get tired of it or the candy bowl gits on down where you can see the bottom of 'er ... you jest turn out the porch light."

"But Windy," said Doc, "Thanksgiving is a family time. Aunts and uncles and grandparents and brothers and sisters and lots of little ones running around. It's a time when we see where we belong."

"It's the dang things we don't say that really cripple the pig on this 'un, you know." Windy grinned. "Stuff like 'Aunt Marge, you don't sweat near as much as other fat women.' And 'Uncle Bill, did them dang cops ever give you your driving license back?'"

"And 'Susan, I hear tell you done okay in that there queenie contest. Did you have to talk or anything like that?'"



There probably is something to be said for Halloween.

Brought to you by "Windy's Words of Wisdom," a vital part of Home Country with Slim Randles, on a classic country music radio station near you.

A Madison County barn raising

by Troy Bishopp

Little did I know the tradition of raising a "one-day" dairy barn is what I needed right now, as it speaks to that beautiful process of humans actually working equally together to build community.

Getting another invitation to an old-fashioned barn raising is about as exhilarating as they come. Old-fashioned seems kind of tongue-in-cheek, given that Plain communities in our region build these traditional timber-framed and custom designed buildings pretty regularly,

just like our forefathers did.

I marvel at the sheer vision of barn raising - the planning and prep work of harvesting, milling and aggregating all the rough-cut wood components for a particular build. The beams for this project were made from the farm's own ash trees and the white pine and larch were cut and milled locally. For most raisings there has also been considerable foundation work already prepared for the dairy barn to sit on.

To say it's just a barn

raising diminishes the poetry of the deed. Witnessing the majestic rising of the first bent amongst the hundreds of community members of all ages, knowing the barn will be done by nightfall, is an experience that takes my breath away.

Once the first bent is set and plumbed, more bents, beams and knee braces are joined with wooden pegs while joists, rafters, purlins and roofing are placed and the puzzle pieces start to choreograph together.

With the barn half



There's nothing quite like community coming together to achieve an ambitious goal. Photo by Troy Bishopp

done by noon, it was time for the next stanza of a traditional barn raising - lunch. This is a time to celebrate the bounty of our food together as one body of neighbors and give thanks to Jesus Christ and partake in the festival of fellowship.

Seamlessly, the work starts again. Now I'm handing up roofing boards to the young lads wielding battery-powered nail guns and eventually transition to hoisting up long sheets of steel roofing. I then step back to marvel at the scale and symmetry of this barn design.

I get a bit choked up because I remember helping Nathan and Kristine get their start in our community with a few heifers and a dream many years ago.

Now we're all here together amongst their children, grandchildren and a thriving church community, ready for another chapter in life. You might think it's just a barn but it represents so much more. It's a humbling experience.

By five o'clock, the majority of the work is completed. I can't help but linger in my own family's 130-year-old timber-frame barn when I get back home.

I can just imagine the hundreds of farmers that helped us get our start in agriculture. This old barn stands as a testimony to life - predicated on a strong

foundation, solid principles and a basic humility brought forth from our soil that lends itself to our legacy. I feel like a barn raising is one more example of caring people paying it forward.

For more details (and more photos!), check out the full story on [countryculture.co](#).

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TRADED

Today's Word

3. Retain; 4. Kindle

1. Trade 2. Reward; solution

SCRAMBLERS

Weekly SUDOKU

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

Answer

King Crossword

Solution time: 26 mins.

Answers

TOUGH

COUNTRY

CULTURE

THE LAND • THE FOOD • THE PEOPLE

MAGIC MAZE • TOUGH —

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

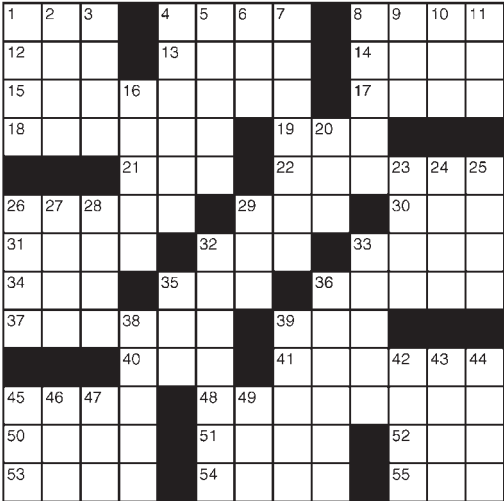
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: FEELINGS OF DEEP AFFECTION

As leather	Cookie	Luck	Sledding
As nails	Customer	Old world	Spot
Break	It out	On crime	Times
Call	Loss	Row to hoe	

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King Crossword

- ACROSS
- 1 Up to
 - 4 Platter
 - 8 Scoop holder
 - 12 Olympics chant
 - 13 Sicilian resort
 - 14 Dryer fuzz
 - 15 Sandal type
 - 17 Pub potables
 - 18 Computer whiz
 - 19 Dog tags, e.g.
 - 21 PC key
 - 22 Excellent
 - 26 Expire
 - 29 Present location?
 - 30 Med. plan option
 - 31 Perry's creator
 - 32 — Aviv
 - 33 Hotel worker
 - 34 From — Z
 - 35 "Science Guy" Bill
 - 36 Segments
 - 37 Kanye West's music
 - 39 Moonshine vessel
 - 40 Japanese sash
 - 41 Narcotic
 - 45 Volition
 - 48 Sound of hoofbeats
 - 50 Tom Joad, for one
 - 51 First-rate



- 52 Onassis nickname
 - 53 Marries
 - 54 A deadly sin
 - 55 Moment
- DOWN
- 1 Clump of grass
 - 2 Capri, e.g.
 - 3 Secular
 - 4 Sully
 - 5 Cove
 - 6 — Cat
 - 7 Domed building in Washington D.C.
 - 8 Purse fastener
 - 9 Tin Man's need
 - 10 SSW opposite
 - 11 UFO crew
 - 16 Stage
 - 20 Ten, in Dijon
 - 23 "— she blows!"
 - 24 Skip
 - 25 Spacecraft compartments
 - 26 Wife of Jacob
 - 27 Intro studio class
 - 28 Fall into a soft chair
 - 29 Spellbound
 - 32 Not out of the ordinary
 - 33 Wizardry
 - 35 San Francisco's — Hill
 - 36 Thing on a string
 - 38 Bagel features
 - 39 Unites
 - 42 Regrettably
 - 43 Rent
 - 44 Grand tale
 - 45 Dazzle
 - 46 White House nickname
 - 47 Cover
 - 49 Baseball's Gehrig

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Weekly SUDOKU

by Linda Thistle

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

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.

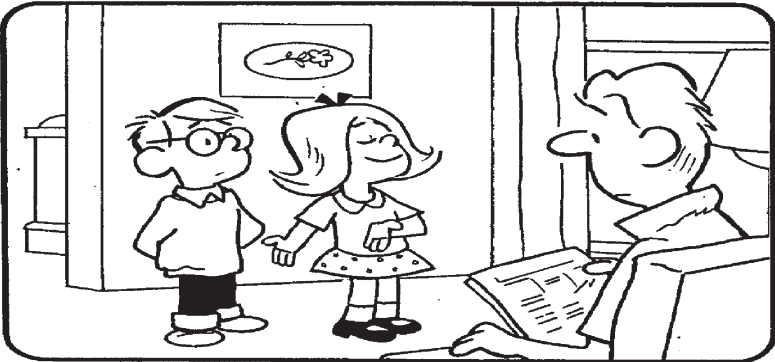
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

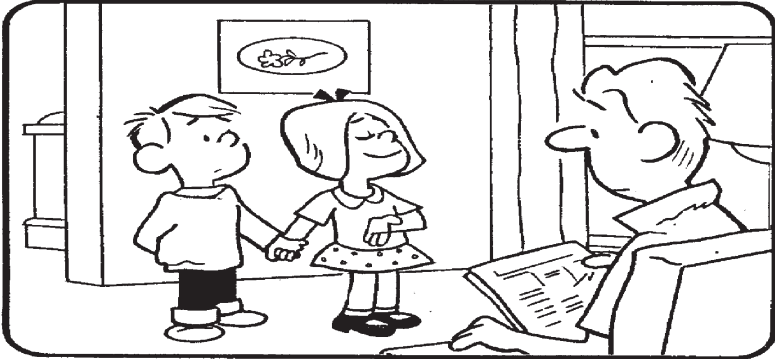
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Flower is reversed. 2. Glasses are removed. 3. Collar is missing. 4. Hair is different. 5. Children are holding hands. 6. Socks are shorter.

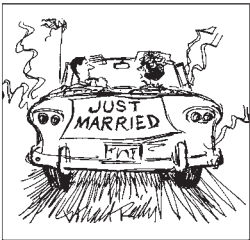
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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Deal				
RATED				
Bonus				
DRAWER				
Keep				
NEARIT				
Ignite				
LINKED				

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HO-HO-HOLIDAY Gift Guide

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Emotional Outlet
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Tuesday - Friday 10:30am-6pm
Saturday 10:30am-5pm
Sunday 10:30am-3pm

Erie Station
7 Canal Street
Fort Plain, NY 13339
518.993.8399

Esther's Budget Shop
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Fort Plain, NY 13339
518.258.4286
Tuesday - Friday 10am-4pm
Saturday 10am-2pm
Also by appointment

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315.736.0662
thegoldminejewelers@yahoo.com

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Herkimer Elks
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Herkimer, NY 13350
315.866.1439

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518.922.6121
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Little Falls, NY 13365
315.823.1133
naturewoodknolltreefarm@gmail.com
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Wednesday - Sunday 10am - 6pm
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Good Housekeeping – Pumpkin Pie With Bourbon Whipped Cream

Store-bought pie becomes extra special with homemade, bourbon-laced whipped cream.

Ingredients:

- 1/2 cup heavy or whipping cream
- 1 tablespoon confectioners' sugar
- 1 1/2 teaspoon bourbon or 1/2 teaspoon vanilla extract
- 1 prepared pumpkin pie
- 1/2 cup packaged spiced sugared pecans

Directions:

1. In medium bowl, combine cream, sugar and bourbon. With mixer on medium speed, beat cream until stiff peaks form.
 2. Cut pie into 8 wedges. Top each wedge with a dollop of whipped cream and sprinkle with pecans.
- Each serving: About 420 calories,

23g total fat (9g saturated), 86mg cholesterol, 395mg sodium, 46g total carbohydrate, 1g dietary fiber, 8g protein.

For thousands of triple-tested recipes, visit goodhousekeeping.com/food-recipes.

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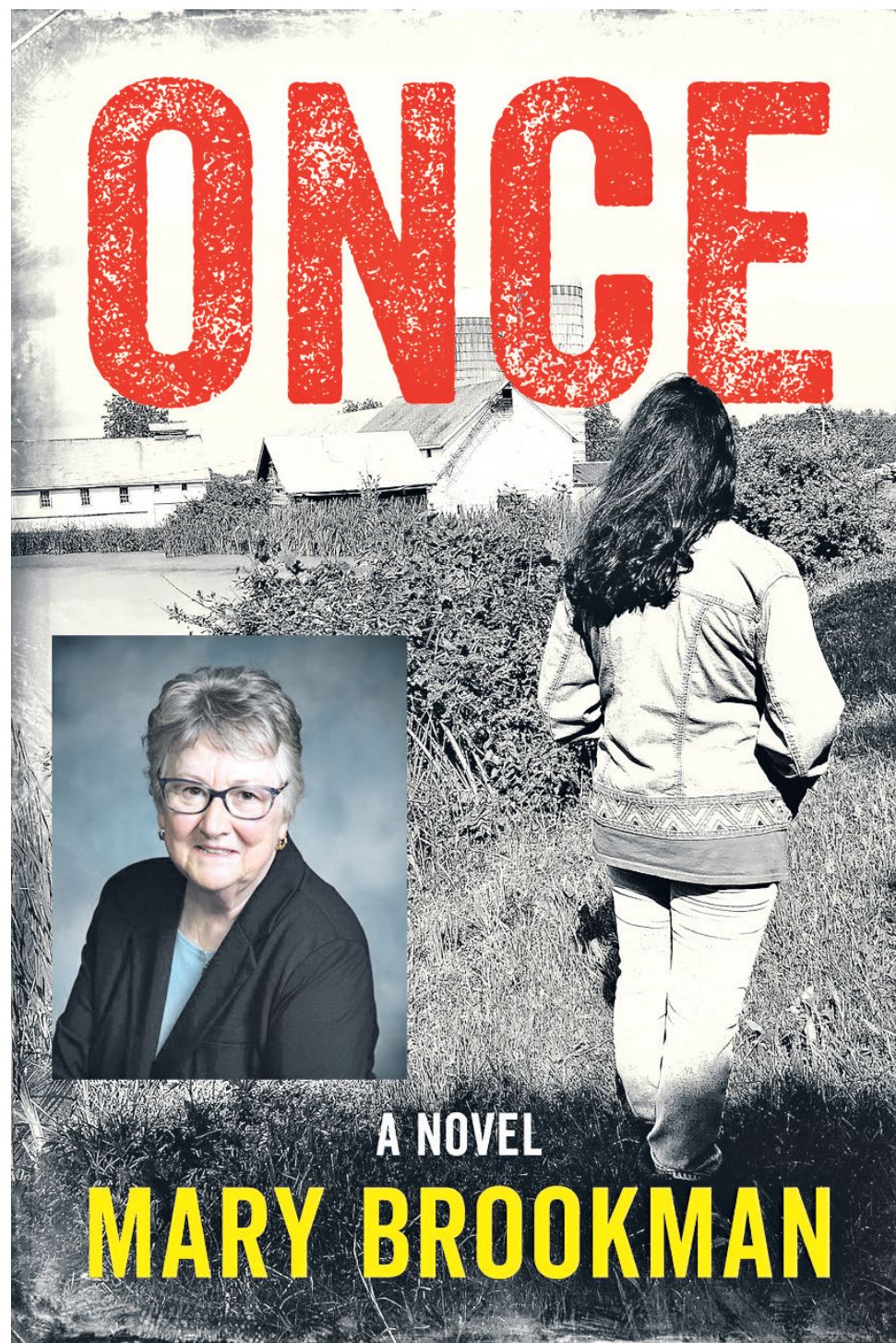
Author signing for 'Once' at Highwheeler Coffee

Local author Mary Brookman has lived on a family farm in upstate New York much of her life. Upset by changes she feared could cause the decline of family farms and loss of the values farmers represented, she wrote a fictional story to share her concerns with those inside and outside the farm community. The result is her novel, "Once," published through Amazon's Kindle Direct Publishing.

In "Once," journalist Valerie Jacobs investigates a perceived conspiracy to take over farmlands, water supplies and energy sources in the U.S. As the

probe intensifies, her search for the truth takes her across the country and beyond while her family and friends are put at increasing risk of harm. The theme throughout is the loss of family farms and the possible resulting decline of its culture of hard work, ingenuity, taking care of family and working with others.

"Once" is Brookman's debut novel. She will be having a book signing on Saturday, Nov. 27 at Highwheeler Coffee, 84 Canal St., Fort Plain. Highwheeler Coffee and Brookman invite you to come learn more.



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How to help Main Street rebound from the pandemic

Main Street is the heart of many small communities. Small businesses have long been the drivers of both local and national economies.

The impact small businesses have on their communities may have been lost during the pandemic, when so many establishments were forced to close. The good news is that many small business owners were hopeful that the effects of COVID-19 would soon be a thing of the past.

Data from Bank of America, Data for Good and JP-Morgan Chase indicates that 59 percent of entrepreneurs expect the impact of COVID-19 to affect their bottom line for two years or less. That's encouraging, but in the meantime, community leaders can take various steps to promote everything Main Street has to offer.

Create an inviting downtown atmosphere. Main Street America® is a grassroots network of small towns, mid-sized communities and urban commercial districts that work together to make downtown areas the heart of local communities. Ed McMahon, the chair of the National Main Street Center Board of Directors, notes that a healthy downtown area is vital to having a healthy town. Towns and villages that want to revitalize their downtowns should aspire to create an inviting,

inclusive atmosphere that celebrates the character of the town, including its history. Main Street America® notes that people-centered, accessible public spaces can restore and revitalize downtowns, making them places locals and even non-locals want to visit.

Make it a partnership. Business owners in community centers and downtown areas have a vested interest in revitalizing Main Street, but they can't go it alone. Local government officials, chambers of commerce, private sector businesses and civic organizations all have roles to play in making Main Street a place where people want to spend their time and money. Local leaders should make a concerted effort to hear every voice as they try to revitalize Main Street.

Emphasize safety. COVID-19 changed how many people shop and dine, and those changes must be considered as Main Street is rebuilt. The Mayo Clinic notes that outdoor fresh air is constantly moving and dispersing the type of respiratory droplets that

contain the COVID-19 virus. Because that air is constantly on the move, individuals are much less likely to get COVID-19 when spending time outdoors compared to indoors. Communities may be ready to get back to normal life, but it's important to do so safely. Many small towns closed Main Street and downtown areas to automobiles during peak shopping and dining hours, such as weekend evenings and afternoons, so local businesses could bring their offerings outside. Communities can keep such rules in place after the pandemic, as more outdoor seating at restaurants and less crowded walking areas proved wildly popular among consumers. In addition, communities must make a concerted effort to create and maintain a Main Street where residents and shoppers feel safe at all times of the day and night.

Communities can work together to ensure Main Street thrives as the world slowly emerges from the pandemic.

Fort Plain Free Library announces gnome pin fundraiser

Between now and early December, the Fort Plain Free Library is selling collectible holiday pins handcrafted by Fulton Montgomery Quilt Barn Trail founder Liz Argotsinger. This year's collection, created as a library fundraiser, consists of four colorful gnomes in the artist's characteristic buffalo plaid design.

With each purchase, buyers' names will be entered into a free drawing for a 10.5-inch x 3-foot, 8-inch porch board also made by Argotsinger. The drawing will be held in early December.

Pin sale proceeds go to the operating budget of the library, which is located at 19 Willett St. Call 518.993.4646 for information.



Shown are a sampling of the colorful gnome pins (foreground) and the exterior porch board (far right) handcrafted by Fulton Montgomery Quilt Barn Trail founder Liz Argotsinger as a fundraiser for the Fort Plain Free Library. Photo courtesy of Fort Plain Free Library

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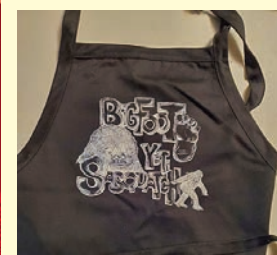
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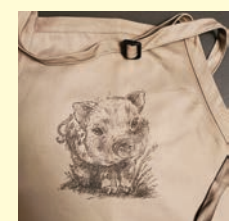
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bright green, pink/adult
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HO-HO-HOLIDAY Gift Guide

Five ways to support small businesses this holiday season

Small businesses long have been the heart and soul of local communities. There is something to be said about being on a first-name basis with a local restaurateur or another small business owner, as such familiarity often translates into exemplary service.

According to the U.S. Small Business Administration, small businesses account for 99.9 percent of companies in the country, due in large part to the broad definition of a small business being

those with fewer than 500 employees.

However, the vast majority of businesses in the U.S. have a staff that's smaller than 20 workers, according to the Small Business & Entrepreneurship Council. These firms employ nearly 60 million workers, says the SBA.

Despite the prevalence of small businesses, fewer than 80 percent of entrepreneurial small business ventures make it beyond their first year. Only around half make it beyond five years.

Consumers who want to help their favorite small businesses survive can use the holiday season and beyond to set the course for success. Consumers can make a concerted effort to fuel this important cog in their local economic engines.

- **Shop local.** The concept is simple, but effective. Opting to shop in local stores over larger conglomerates and franchises can help small businesses take root. Before making holiday shopping lists, visit local stores and base gift ideas on in-stock items. Those gifts will likely be one-of-a-kind.

- **Purchase gift cards/certificates.** All businesses have slow periods, sales often stagnate post-holiday. Gift cards may bring new customers into local businesses who might not otherwise have patronized them, potentially creating new repeat customers.

- **Cater holiday meals and gatherings.** The holiday season is chock-full of entertainment opportunities. Individuals can rely on nearby restaurants and other food and beverage businesses to cater holiday parties. Some businesses may be willing to discount or donate food for nonprofit group activities, such as church bazaars, school concerts or fundraising fairs.

- **Mention small businesses on social media.** The holiday season breeds excitement. Therefore, when shoppers are in local stores, they can snap pictures of products and overflowing shopping bags and post them online while praising local businesses.

ing local businesses.

- **Think about subscription gifts.** Enrollment in a health club or a massage therapy service are gifts that keep on giving for the recipient, but also help ensure consistent incoming cash for the business providing the service.

When shopping this holiday season, consumers can look to the small, local businesses in their communities that help make towns and cities unique.

Nov. 27th is Small Business Saturday
So Shop Local!

Help your hometown businesses today & everyday, with the prices of gas, National Grid & groceries all increasing - local businesses need your help & support. Esther's has something for everyone - unique, vintage, collectibles, toys etc... Something for everyone!!!

Small Business Saturday Hour 10-2
Happy Thanksgiving to all!

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Tues-Fri 10-4 • Sat 10-2 • Also by Appointment



A "Winter Wonderland Christmas" is coming to Hand's Country Farm Store

Winter Wonderland

Dec 4th
Dec 11th
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Santa will arrive: Saturday, December 4th, 2021 and will be here from 10 AM to 2 PM And again on Saturday, December 11th, 2021 - 10 AM to 2 PM

This event is free - no purchase required
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Choosing the perfect Christmas tree



Come the holiday season, perhaps no tradition evokes the warm and fuzzy "feels" more than a family outing to pick a Christmas tree. Whether it's a trek to a live Christmas tree farm or a short drive to the nearest pre-cut tree lot, the process of selecting a tree that will serve as the crown jewel of the season is a great way to make lasting memories.

Selecting a tree is a yearly ritual and every person has their specific criteria for what makes the ideal Christmas tree. These tips can help families find the right tree.

Choose your species. Do some homework on the type of tree you want prior to purchasing. Balsam Fir and Fraser Fir are popular Christmas tree varieties, but there are many others, such as Noble Fir and Norway Spruce. Balsams are known for having the most fragrant smell, but frasers tend to keep their needles the longest. For those who prefer a Douglas Fir, keep in mind that they sometimes drop their needles prematurely due to foliar diseases like needle-cast fungus.

Space for ornaments. In addition to aroma and needle longevity, look for trees that have a desirable shape and allow for adequate space between branches, as advised by the home and garden resource "The Spruce." Trees groomed to be lush and full will look beautiful unadorned, but once ornaments are added, full branches may cause those ornaments to hang low or even fall off. Trees with sparse branches allow ornaments to hang straight.

Measure your space. Trees in the field or lot may look much smaller than they do when brought into the living room. Don't make the mistake of selecting a tree that is too large for your home. The agricultural firm Ragan & Masey says to measure the room from floor to ceiling and subtract the height of the

tree stand and tree topper. It's equally important to measure the width of the area where the tree will stand and allow ample space for foot traffic around the tree.

Perform a needle check. Every tree will drop some needles, and most evergreens hold their foliage. Modest needle loss is not an indicator of a poor tree. However, Decker's Nursery, of Greenlawn, NY, says if 50 percent of the needles are lost when you swipe your hand down three to five different branches around

the tree, it is likely not a good choice. In addition, avoid a tree that has glaring defects in the trunk, as it can impede water flow through the tree.

Heavier is better. A heavy pre-cut tree means it is full of water and has been cut more recently. A healthy, fresh tree is going to require an effort to lift. Older, dried out trees will not be heavy.

Upon arriving home, make a fresh cut off the tree trunk and get it in water as soon as possible, even if just a bucket until the tree stand can be set up.

**Make a List...
So He Can
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HO-HO-HOLIDAY Gift Guide

Last-minute holiday shopping tips

Some people thrive by completing all of their tasks early. Others seem to do their best work when faced with a time crunch. The methods individuals use to manage their time at work and play may extend to the ways they approach holiday shopping as well.

There's no right or wrong way to handle holiday shopping tasks, though Christmas Eve crowds at malls and throughout shopping districts suggest that there are more late comers than early birds. The following tips can help those who typically wait until the last minute to check names off their list.

- **Utilize free shipping services.** Shoppers who shop for gifts online at the last minute run

the risk of gifts not arriving on time. Many online retailers charge a premium for expedited shipping. Try to stick to shopping at online retailers that offer free shipping even in the 11th hour.

- **Create a budget.** When rushing around from store to store, it may be easy to spend more than you want to. Make a list of how much you want to spend on each person and stick to that limit for each person. Move on to the next store if you didn't find what you need in your price range.

- **Establish a time limit.** Stores have strategies in place to keep shoppers in their establishments longer, hoping you'll make impulse buys. These tricks include scenting the air with inviting aromas, putting necessities at the rear of the

store, failing to display the time, and putting discounted items by the registers or door to attract shoppers. Set an alarm on your watch or phone for each store so you get what you need and get out on time.

- **Subdivide bulk gifts.** Think about purchasing bulk gifts like gift baskets from wholesale clubs and then breaking them down into individual gifts. This way you can gift several people on one purchase and save time in the process.

- **Choose one-size-fits-all gifts.** Think about a gift that can be purchased for multiple people so you can save time shopping for individualized gifts for everyone. For example, print a personalized photo calendar for several members of your

family. You also can purchase multiple subscriptions or memberships to zoos or magazines for people on your list. Streamlining gifting in this way may save money as well as time.

- **Choose in-store pickup.** Rather than scouring various aisles, you can shop a retailer's website and then pick up items in the store. You'll save on potential shipping fees but still benefit by avoiding crowds.

Some people wait until the last minute to do their holiday shopping. A few tricks of the procrastinator's trade can make last-minute shopping go smoothly.



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Gift Shop with Unique Gift Items
Open Sat. & Sun. 9-5, M-F 1-5
www.quackenbushtreeswreaths.com (for directions)



Emotional Outlet **Amazing Christmas Sweaters**

Shop Small Business

10:30-5 Saturday
Closed Thanksgiving & Black Friday

Stocking Stuffers

- Healing Crystals
- Small Leather Goods
- Jewelry
- Gift Certificates

89 Church St., Canajoharie
Hours: Tues-Fri 10:30-6 • Sat 10:30-5 • Sun 10:30-3



Herkimer Elks Lodge
124 Mary St.

Brooks BBQ

Sat. Dec. 11th 1:00 – Sold Out
\$13⁰⁰ Eat-In/Take-Out
Advance Sale Tickets Available
315-866-1439



UPSTATE ARTISANS
Come One, Come All!! We're Opening!!
Black Fri. - Nov. 26th & Small Business Sat. - Nov. 27
GRAND OPENING
Sunday - Nov. 28th 10 AM-5 PM
Come browse & shop the work of our creative local artisans - where there is something for everyone!

Upstate Artisans
81 Canal St. - Under the historic clock tower in Fort Plain
Like us on FB & check out our hours, monthly events & updates

Stop by & meet our vendors

Explore & shop and enjoy some refreshments

Visit the most talked about
Gift Shop in Central New York!

LEE'S SHOPS

at Wagner Square

CANAJOHARIE

24 Church St
Canajoharie

518.673.0292

Less than One Minute off of
Exit 29, NYS Thruway
Parking Lot, Handicap Accessible

It's NOT SHOPPING, It's AN ADVENTURE!

Save the Date

**Two Late Nights for the months of
November & December: Thurs and Fri 10-8**

**BLACK FRIDAY: November 26th Open 9-9
SHOP SMALL SATURDAY is November 27th
Elves Night Out: Fri. December 3rd 10-9**

**Santa Every Saturday 11-2
starting after Thanksgiving**



Shop In Person or On-Line 24/7

www.LeesShopsAtWagnerSquare.com

**OPEN
7 DAYS**

Free Gift Wrapping- LAY-A-WAY



<https://www.facebook.com/2024churchstreet/>
Search for Lee's Shops at Wagner Square