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OCT. 27 - NOV. 2, 2024

INDEX

Miscellaneous
Reader Ads.....2-10

GROCERY

Syron's Market.....3
Weaver's Farm Market.....5

GUIDES

Antiques & Collectibles.....11
Auctions.....10
Automotive.....13
Computer Corner.....10
Employment.....11
Services Offered.....11
Farm & Country.....10
Firewood.....11
Flea Markets &
Commercial Sales.....11
For The Community.....15-16
Garage Sales.....11
Health & Fitness.....11
Home Improvement.....14
Tools.....14
Lawn & Garden.....10
Pets & Animals.....11
Professional Connection.....6-8
Reader Ad Form.....9
Real Estate.....14
Recreation.....10
Hunters' Headquarters.....10

COUPONS

Cellar 77 Plaza Liquor.....2
Pizza Shack.....2
Premier Roofing &
Remodeling.....14
Sloansville Wine & Liquor.....2
Tri Town Computers.....2

FEATURES

Schoharie Directory.....4
Schoharie Office for the
Aging (Experience).....15
Fall Car Care.....12-13

INSERTS

Price Chopper (fr)
Great American (lc)
Tops (Stamford) (lc)
Valley Market (lc)
Hannaford (lc)
Dollar General (lc)
Kelley Farm & Garden (lc)

(lc) = limited circulation • (fr) = full run

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- ❖ Destroy Girls and Women's sports by creating a constitutional right for biological males to compete in female sports.
- ❖ Hinder parents from knowing if their minor child is undergoing controversial transgender "reassignment" surgery or puberty blocker treatments.
- ❖ Provide illegal migrants with a constitutional right to healthcare and other taxpayer-paid benefits. It could also be a basis for non-citizen voting in New York elections.
- ❖ Threaten the Girl Scouts.

Make sure you turn your ballot over to vote "No" on Prop One!

Join The Salt & Light Coalition of Concerned New Yorkers!
Next Meeting: Tuesday, November 12 at 6:30 pm!

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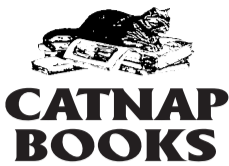
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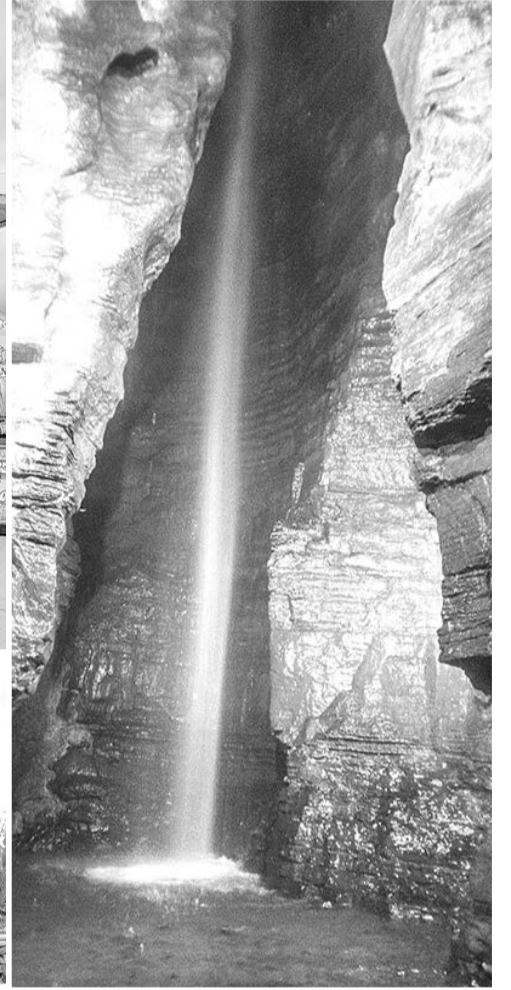
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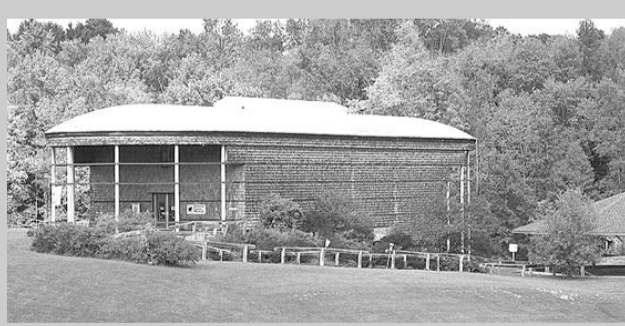
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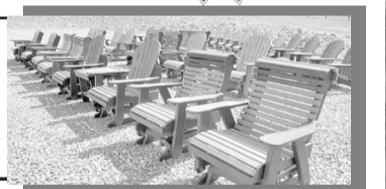
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Why clean air filters are important

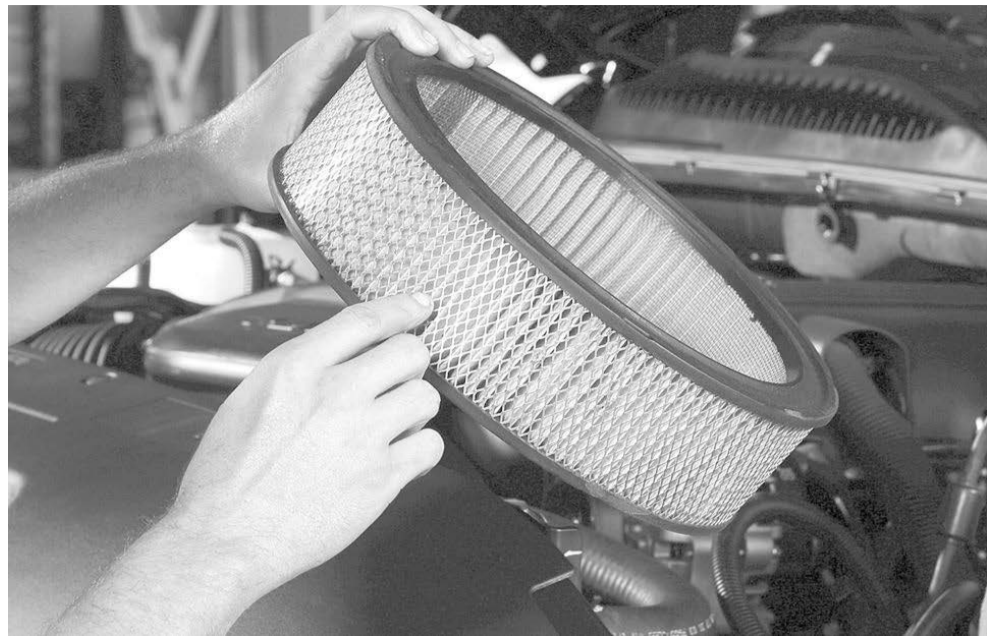
Vehicle owners likely know to check fluid levels and get their cars' oil changed, but air filters may not be at the top of their maintenance checklists. Despite being a relatively inexpensive part, air filters often go overlooked. Air filters have an important job in a vehicle, prolonging the life span of engines and helping cars run more smoothly and efficiently.

Purpose of vehicle air filters

Vehicle combustion engines operate with a mixture of fuel and air. Without oxygen, gasoline or diesel fuels cannot burn properly and power the engine. The air filter's job is to prevent dirt, dust and other debris from being sucked into an engine. Otherwise, grime can build up and impede engine performance or cause erosion of parts under the hood.

It is much more cost-effective to routinely change air filters than replace expensive engine parts. Rather than ignoring air filters until the last minute, drivers can take steps to keep filters clean and functioning at peak performance.

- Improve fuel efficiency. Clogged air filters reduce air flow to engines, resulting in an improper ratio of air to fuel. As a result, spark plugs can be negatively affected and the engine may idle roughly or misfire. These scenarios can greatly affect fuel efficiency as well as cause engine deposits



from rich fuel. To save money and trips to the fuel pump, replace filters regularly. According to GearHeads, for older cars, studies have indicated that by replacing a dirty air filter, one can improve gas mileage by as much as 14 percent.

- Reduce stress on the engine. Because of the air-to-fuel mix in engines, even a mixture that is slightly off balance can affect what is going on under the hood. That means the engine must work harder to get enough clean air into the chamber to complete the combustion cycle, says the Automotive Training Center.

- Enjoy more power. A filter that is saturated with dirt will restrict air flow. In such instances, drivers may notice a lack of power during acceleration. Replacing the filter can easily restore that pep.

- Reduce vehicle emissions. Environmental concerns are a priority for many people. By keeping the engine working properly, with the advantage of clean, unobstructed air entering the chamber, a vehicle may produce lower emissions.

Replacing air filters is an easy fix that many drivers can do themselves, or ask their mechanics to do during oil changes or other repair shop visits. FC17A351



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The importance of routine vehicle maintenance

Owning a car is a big responsibility. Drivers who plan to keep their vehicles for the long haul must emphasize maintenance if they want to keep adding miles to their odometers. In fact, the automotive information site CarAdvice says that routine maintenance may be the most important thing drivers can do for their vehicles.

A vehicle needs consistent care if it is to run efficiently. Maintenance also reduces the risk of roadside breakdowns and costly repairs. Here's a look at some of the benefits of staying on top of maintenance.

- **Saves money:** Even though maintenance costs money, sticking to a consistent maintenance schedule can save big bucks in the long run. For example, the cost of rotating and aligning tires is considerably less than repairing a car after a major blowout and paying for a tow and tire replacement.
- **Improves performance and efficiency:** Routine maintenance includes oil changes, filter changes and fluid top-offs. Such tasks keep engines running smoothly. Ignoring this routine maintenance can put engines in jeopardy of breaking down and adversely affect vehicle performance, diminishing fuel economy and leading to a sluggish ride.
- **Identifies safety issues:** Routine inspections and work performed by reputable service stations help drivers stay abreast of recalls or issues that can affect the safety of the vehicle.
- **Maintains a maintenance record:** When the time comes to sell the vehicle, having a log of routine maintenance indicates to potential buyers that the vehicle was well cared for.
- **Keeps compliance:** Vehicles covered under manufacturer's warranties typically need to be maintained in adherence to factory-recommended maintenance schedules. This ensures that the vehicle is in compliance and will be covered in the event of a warranty claim.

Routine vehicle maintenance is important for a variety of reasons. Drivers can work with a trusted and reliable mechanic to develop a schedule that keeps their cars and trucks on the road. FC19A290

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October 27, 2024

**Schoharie County Office for the Aging
518-295-2001**

Our office will be closed on Tuesday, November 5th, for Election Day, Home Delivered Meals will still be delivered.

Laughter is good for the soul

- Did you hear about the cat that ate a lemon? Now it's a sour puss.
- When does a joke become a dad joke? When it becomes apparent
- How much money does a skunk have? Just one scent.

37th Annual Thanksgiving Dinner - Thursday, November 28, 2024. Reservations must be made by noon on Friday, November 22nd. To reserve a Home Delivered Meal, Please Call the Schoharie County Office for the Aging at 518-295-2001.

HEAP programs opens November 1st: Applications for older adults who are new to the program will be available after November 1st at Office for the Aging or you can call to be put on mailing list 518-295-2001.

AARP Defensive Driving Class will be held November 8, 2024, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, the next meeting will be November 12, 2024 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

November Life Chat: When hearts take over, the impossible happens. Schoharie County Office for the Aging invites you to attend our Life Chat on a presentation from Marathon for a Better Life of Schoharie, Friday, November 15th at 1:00pm. Marathon for a better Life provides relief, support, and encouragement to those fighting cancer in Schoharie County. **Stay tuned for more details** on location to come. Door prize and light refreshments. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001

According to the CDC, living a heart-healthy lifestyle can help prevent you from experiencing serious chronic diseases, like heart disease, diabetes, and some kinds of cancer. Here are the tips they share:

- Know your risks and discuss your health history with your family and doctor.
- Eat more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Move more, sit less.
- Quit smoking—call 1-800-QUIT-NOW for free support.
- Take medications as directed.
- Choose your drinks wisely. For example, reach for more water!
- Monitor your blood pressure at home.

Thought for the Week- “ Stay positive. The only difference between a good day and a bad day is your attitude.”
 Dennis S. Brown

Support Needed for The Gathering Place: A Community Center for Aging Well



Cobleskill, NY – The Gathering Place 50 Plus Community Center is celebrating three years of providing a safe and welcoming space for the older residents of our community to thrive. Since its opening in June 2021, this center has become a crucial resource, offering more than 2,600 members opportunities to stay active, engaged, and connected with others. It is a place where community members can continue to lead fulfilling lives as they age, but this vital service is facing financial challenges.

The need for a space like The Gathering Place was undeniable. Before it opened, there were no local or nearby options for older adults to socialize, stay active, and feel part of a caring community. This is particularly significant given that nearly 42% of Schoharie County's population is aged 55 and older; a need that had gone unaddressed for too long. Thanks to the vision of the Schoharie County Council of Senior Citizens, Inc. and its Executive Director, Kim Witkowski, the center was established to fill this gap.

A Growing Community with Expanding Needs

The Gathering Place offers over 20 fitness classes weekly, including Pilates, Tai Chi, Zumba Gold, and more. Beyond fitness, members can explore art, crafts, music, lifelong learning, and social activities like book clubs and game nights, as well as taking part in the many bus trips offered. These programs help our community members remain active and independent while forging new friendships and connections. The center has even expanded beyond Cobleskill, opening a second location in Oneonta in September 2023.

Despite its success and the positive impact it has had, The Gathering Place operates without any federal, state, or county funding. “Funding remains our greatest challenge,” says Witkowski. “We’ve applied for over 70 grants this year, but our support still relies heavily on the generosity of individual donors, local businesses, and proceeds from our Everything Shoppe thrift stores.”

Why Your Support Matters

The Gathering Place isn't just a community center; it's a lifeline for many of our older neighbors. It is a space where members can find new purpose, build meaningful relationships, and stay active and engaged. As one member put it, “This place has become my home away from home.” With rising operating costs and increased demand for services, the center needs continued financial support to maintain and expand its offerings. The community's support is crucial to ensure that the Gathering Place can continue to serve our aging population. Every donation helps provide new programs, expand outreach efforts, and maintain the welcoming environment that so many have come to cherish. Memberships are just \$35 a year and make a meaningful gift for loved ones. Additionally, individuals can contribute directly to a member's account to help them participate in various activities.

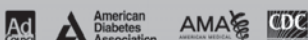
Help Us Continue to Make a Difference

If you would like to support The Gathering Place, or simply learn more, stop by for a visit at 127 Kenyon Road, Cobleskill, NY, or reach out to us at 518-823-4338. You can also visit our website at www.gatheringplace50plus.org. Together, we can ensure that aging doesn't mean growing old alone, but rather, being part of a vibrant and supportive community.

86 MILLION AMERICANS MAYBE EVEN YOU, HAVE PREDIABETES. GUY-WHO-THINKS-TEAM-JERSEYS-ARE-FORMAL-ATTIRE.

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BREAST CANCER Awareness Month! Call 1(888)345-0225 to determine eligibility, enroll and find a provider near you for free cancer screenings!

COMMUNITY CHURCH of Howes Cave, Sunday, traditional service 10:30 am, 128 Lester Lane. Reverend Tom Davis.

FOOD PANTRY is available at Bethany Lutheran Church, 185 Church Street, Central Bridge, NY every month on the 2nd Monday 10 am -12 pm. Everyone is welcome, no questions asked.

A DOLLAR HERE, a dollar there, get that unused stuff out of your hair. Place an ad in the My Shopper today!

IF YOU HAVE a drinking problem, we offer a solution! Try noon time meeting of Alcohol Anonymous every Monday at the Cobleskill United Methodist Church, 107 Chapel Street. Information 774-266-3772.

IS YOUR LIFE affected by someone else's drinking and/or drug problem? Feeling hopeless? Try an Al-Anon meeting: 6:30 pm Thursday basement of Schoharie Reformed Church 518-248-1334 or 518-295-7419.

SARAH'S FOOD PANTRY, free. Evangelical Lutheran Church, 890 NY-443, Gallupville. Every 2nd & 4th Thursday of the month 12:00pm-4:00pm 518-421-2939.

IS YOUR LIFE affected by someone else's drinking and/or drug use? Feeling hopeless? Try an Al-Anon meeting; noon on Tuesday, Cobleskill Methodist Church on Chapel Street. Information 518-763-5107.

MOHAWK VALLEY Beekeepers Club. Schoharie County and vicinity. Meetings 3rd Thursday, monthly at 7PM Cornell Cooperative extension, Cobleskill, NY valleybeekeepers2@gmail.com.

JESUS NEVER FAILS Community Church 1161 Elizabeth Town Road, Ilion, NY 13357. Rev. Hans Drew. Sundays 11 am 518-568-7983.

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NEW HOPE CHRISTIAN Fellowship, 32 Spencer Street, Dolgeville. Sunday School at 9:40am, Sunday mornings, main service at 10:30am and Bible study Wednesdays at 7:00pm.

ORTHODOX CHRISTIAN CHAPEL of the Seven Holy Youths of Ephesus, 166 East Main St, Morris NY. Rooted in the historical Christian Church (traditional, biblical and transformational). Vespers, Saturday 5:00pm Hours & Divine Liturgy Sunday 9:00am. Fr. Photie Erdman, Rector. Email: fr.photie@gmail.com. Phone: 607-288-3485. Website: www.oneontaorthodox.org

Schoharie Seventh Day Adventist Church, Sabbath Study 10-11:30, Worship Service 12-1, 2861 St. Rt. 10, Summit, NY, 12175

Middleburgh Library - 10/29 - 1:00-4:00 PM - Mahjong - Join the ladies in nice games of Mahjong. If you don't know how to play, they will help you. Men are also welcome.

Middleburgh Library - 10/29 - 10:45 AM - Summer Drop-in Storytime - Join Miss Terry for this fun, interactive storytime geared toward little ones ages 0-5 and their caregivers!

Middleburgh Library - 10/30 - 2:15-3:45 PM - History of Halloween - Moderator: John Jarvis.

Middleburgh Library -10/28 - The Middleburgh Library will be opening at 4:00 PM today.

SHARON SPRINGS Free Library hours: Monday & Thursday 10am-6pm, Tuesday, Wednesday & Friday 3pm-8pm Saturday 10am-1pm.Sunday closed. 129 Main St., Sharon Springs, 518-284-3126,

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Monday, October 28, 2024

2-6 PM

597 East Main Street, Cobleskill



- See the new location •
- Meet the new Executive Director, Staff, and Members of the Board •
- Free Narcan and training with Dave Desando •
- Information and giveaways •
- Light refreshments available •