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KITCHEN DESIGN CENTE

November 16, 2018

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THEREFORE I EXHORT FIRST OF ALL THAT SUPPLICATIONS, PRAYERS, INTERCESSIONS, AND GIVING OF THANKS BE MADE FOR ALL MEN, FOR KINGS AND ALL WHO ARE IN AUTHORITY, THAT WE MAY LEAD A QUIET AND PEACEABLE LIFE IN ALL GODLINESS AND REVERENCE. ~ 1 TIMOTHY 2:1-2



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	P1911	2016	Toyota Tacoma EXT. cab TRD	22k	\$29,960	\$463	181005A	2014	Toyota F	Rav4 XLE AWD	69k	\$16,995	\$248
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	P1891	2016	Toyota Corolla LE	25k	\$15,650	\$226	18749A	2013	Honda C	CRV EXL AWD	75k	\$15,330	\$221
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Gloversville native trains to become future Navy supply officer

by Alvin Plexico, Navy Office of Community Outreach

NEWPORT, RI — Ensign William Schultz applied the lessons learned in Gloversville, NY, to help in developing the skills to become a naval supply officer.

"The value of always getting involved wherever you are was one of the greatest lessons from my hometown," said Schultz. "It is not enough just to show up, you have to make the effort to get invested in order to succeed."

Those lessons turned into an opportunity to learn leadership and the most innovative tactics of naval supply in the world at Navy Supply Corps School (NSCS), located in Newport, RI.

"I chose to be a supply officer to use my business administration degree to its utmost and to be a team player in the Navy," said Schultz. "The Supply Corps serves in all areas whether it be on submarines, surface ships or on the shore. I hope to help and serve with all of them."

Schultz is a 2016 Hartwick College graduate.

Considered to be one of the Navy's greatest assets, the supply officers must first train and be mentored at supply school.

Prior to any type of extraordinary achievement, the students must first pass a rigorous course structure in order to become a Navy supply officer.

The mission of supply school is to provide students with the personal and professional foundations for success. This mission lends itself to the vision of the school which is to ensure all supply corps officer graduates are prepared to provide global logistics support to Navy and joint warfare.

Once these service members finish training, they are deployed around the world putting their skill set to work.

"Our mantra here at NSCS is 'Ready for Sea," said Capt. Nick Rapley, commanding officer, Navy Supply Corps School. "Our graduates leave this institution prepared to support the warfighter on land, at sea, in the air, and in the cyber realm. It is my honor to serve these men and women by providing them with the resources to learn their trade and perform in the fleet. Only a select few will have the privilege of serving as Navy supply corps officers. Logistics support is a critical part of mission success."

There are many sacrifices and goals one must achieve to be selected as a supply officer and Schultz is most proud of earning a commission as an officer.

"The opportunity to serve alongside my fellow countrymen and women is the greatest accomplishment in my life so far," said Schultz. "To be an officer and lead them in achieving our nation's goals is a dream come true."

The future of naval warfare is rapidly changing, so the course and materials at supply school are constantly evolving to create the most dynamic, lethal, safe and professional warfighting team for the Navy our nation needs.

"NSCS' flagship curriculum, the Basic Qualification Course (BQC) is modeled to prepare new supply officers for their first operation tours in the fleet," said Lt. Adam C. Johnson, public affairs officer for the school. "Other courses like the Supply Officer Department Head Course, Joint Aviation Supply Maintenance Material Management, and the Introduction to Expedi-

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tionary Logistics Course, are designed to refine intermediate and advanced level skillsets of both officer and enlisted operators."

Just as Americans go grocery shopping and conduct car and home repairs, supply officers in the Navy ensure sailors have the tools and equipment they need to deter any threat and maintain warfighting readiness and threat deterrence in an era of great power competition.

"My grandfather, Cmdr. Jack Wright, was a veteran of the U.S. Navy who served as a doctor during World War II and the Korean War," said Schultz. "Being the only member of my family currently in the military



Ensign William Schultz

Photo by Dusty Good



gives me great pride knowing that I continue his example of service to our great country."

As Schultz and other officers continue to train, they take pride in what it means to serve their country in the United States Navy.

"Even in my brief time serving in the Navy I have already made incredible friends, met exceptional leaders, and challenged myself beyond what I thought were my limits," said Schultz. "It is with great pride that I wear our nation's uniform and provide safety and security for my friends and family."

Country Editor

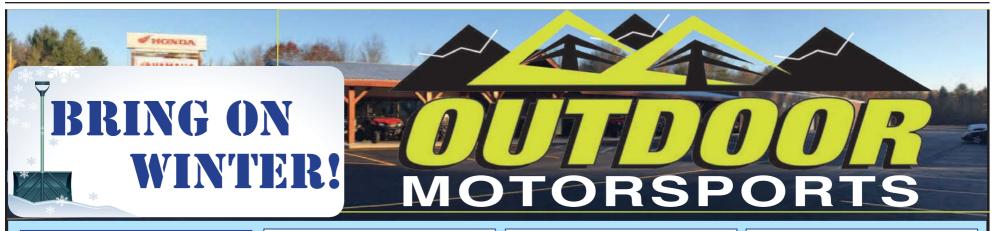
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gift guide

Did you know?

Giving the gift of an experience is a rising trend, particularly among Millennials. Harris research has determined that Millennials (defined as people born between 1980 and 1996) highly value experiences, and they are increasingly spending time and money on them.

Types of experiences include athletic pursuits, cultural visits, concerts, social events and various travel. The research goes on to say that more than three out of four Millennials choose to spend money on a desirable experience instead of buying a product. And it's not just Millennials.

Overall, consumer spending has shifted in the last 10 to 15 years. HSBC Bank Chief Economist Kevin Logan said consumer spending on recreation, travel and eating out has been trending upward for more than a decade, while purchases of clothing and shoes as a share of discretionary spending has dropped. These trends can help drive purchases during holiday gift-giving. Gifts that are more experience-oriented may be more appreciated by their recipients.







Follow these Thanksgiving travel safety tips

The week of Thanksgiving is a busy time of the year to travel that's marked by a large number of people traveling to see loved ones. In 2017, AAA projected 50.9 million Americans would journey 50 miles or more from home on Thanksgiving. While many people look forward to seeing their loved ones, the sheer volume of cars on the road during Thanksgiving week makes it a dangerous time to travel.

A 2013 study examining the previous five years of data on traffic crashes in Alberta, Canada, found that long weekends have 18 percent more deadly accidents than non-holiday weekends. According to the National Highway Traffic Safety Administration, Thanksgiving is the most dangerous holiday for driving. The most recent data available from NHT-SA's Fatality Analysis Reporting System indicates that there were 764 crashes involving a fatality during Thanksgiving there were 654 crashes involving a fatality during Christmas that year.

Thanksgiving, This drivers should make it a point to follow these tips to ensure they get to their destinations safely and

- Check the forecast before you go. Weather can be unpredictable around Thanksgiving. Conditions may be sunny one day and then cold and icy the next. Stay up-to-date on the latest weather forecasts and road conditions as you prepare for your trip, making sensible decisions about traveling if there is inclement weath-
- Get your vehicle inspected. Have your vehicle inspected in the days before you hit the road. A mechanic's diagnostic checkup and routine servicing, such as topping off fluids and changing windshield wipers, can make driving safer.
- Keep your fuel tank more than half-full. FEMA suggests keeping



Make it to family dinner safe and full of smiles by following various safety tips during your travels.

the tank full when temperatures are extremely cold. This is because condensation can build up in near-empty gas tanks,

potentially freezing fuel lines and leaving you stranded.

• Opt for airline updates. Flights can be delayed or canceled when weather is poor. Many airlines will now text travelers who are subscribed to updates or frequentflyer programs and apps. That's a convenient and

free bonus.

- Plan for stops. Drowsy driving and distracted driving are extreme dangers across North America. Take breaks to avoid drowsiness, and only use a mobile device when safely pulled over at a rest stop.
- Leave plenty of time. There are bound to be

many travelers come Thanksgiving week. Build extra time into your trip so you don't have to speed or rush to make it on time.

Thanksgiving is a big travel holiday. Make it to family dinner safe and full of smiles by following various safety trips during your travels.

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Good Housekeeping Blushing Apple Butter

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3 3/4 pounds Granny Smith apples, peeled, cored and thinly sliced

- 1 1/2 cups apple cider or apple juice 1 cup cranberries
- 3 strips (3 inches by 1 inch each) lemon peel
- 3 tablespoons fresh lemon juice
- 1 1/2 cups sugar
- 1. In 5-quart Dutch oven, heat apples, cider, cranberries, lemon peel and lemon juice to boiling over high heat. Reduce heat to low; simmer, uncovered, 10 minutes or until apples are very soft, stirring occasionally.
- 2. Stir in sugar; heat to boiling over high heat. Reduce heat to medium;

cook, partially covered, 1 hour or until apple butter is very thick, stirring occasionally (mixture may sputter and splash, so be careful when stirring).

- 3. Spoon apple butter into blender in small batches and blend (with center part of blender cover removed to allow steam to escape) until smooth.
- 4. Spoon apple butter into jars or crocks for gift-giving. Store tightly covered in refrigerator for up to 3 weeks. Yields 4 1/2 cups.
- Each serving: About 30 calories, 8g carbohydrates.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/recipes/.

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The Kitchen Diva

by Angela Shelf Medearis

Autumn's superstar fruits and vegetables

While the markets and grocery stores are brimming with beautiful fruits and vegetables in the warmer months, there's also a delicious variety of fruits and vegetables when the weather turns cooler. To stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

Sweet potatoes

Loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6, sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

Apples

This traditional fall favorite is readily available in the supermarket, or you can pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber.

Broccoli

A versatile vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease and boost the immune system. Nutrients in broccoli include vitamins C, A and B-6, iron, calcium, magnesium and vitamin E.

Green beans

This vegetable is high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium.

Spinach

Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.

Winter squash and pumpkin

Winter squash includes acorn, butternut, Hubbard, spaghetti and turban and have hard, thick skins and seeds. Pumpkin is a great source of beta carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts

Try this wonderful recipe for Crispy Pork Chops with Pumpkin Apple Butter. It's the perfect showcase for autumn fruits and vegetables.

Crispy Pork Chops with Pumpkin Apple Butter

You can use fresh or canned and mashed sweet potatoes instead of the pumpkin puree. Any remaining Pumpkin Apple Butter will keep in the refrigerator for up to 2 weeks, or you can freeze it in an air-tight container for up to 3 months. It's also delicious on bread, pancakes or waffles. If you're pressed for time, a good quality, commercially made jar of pumpkin butter also will work well for this recipe.

- 1 (14-ounce) can pumpkin puree
- 1/2 cup apple juice
- 1/4 cup water
- 1/2 cup packed light brown sugar, stevia or agave syrup





1/8 teaspoon ground nutmeg or cloves

- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 8 (1/4-inch thick) boneless pork chops
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoon salt
- 1 1/2 teaspoons freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 cup Panko white or whole-wheat bread crumbs
- 1/2 cup all-purpose or whole-wheat flour
- 1 egg, beaten with 3 tablespoons of water
- 1/4 cup oil for frying
- 1. Whisk together pumpkin puree, apple juice, water, brown sugar, nutmeg, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low and simmer until the mixture has reached the consistency of applesauce, about 10 minutes.
- 2. Meanwhile, sprinkle the pork chops with 1 table-spoon poultry seasoning, 1/4 teaspoon of the salt and pepper, and 1/4 teaspoon cayenne pepper.
- 3. In a medium bowl, mix together the bread crumbs, flour, the remaining 1 tablespoon of poultry seasoning, the remaining teaspoon of salt and black pepper, and the 1/4 teaspoon of cayenne pepper until well-combined. Pour the crumb mixture into a shallow dish.
- 4. Dip the pork chops in the egg, shake off excess. Firmly press the pork chops into the Panko mixture to coat on both sides.
- 5. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes

per side. Remove and drain on a paper towel-lined plate.

6. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. Makes 8 pork chops.

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To Your Good Health

by Keith Roach, M.D.

Reducing eye strain

Dear Dr. Roach: Would you mind providing some guidelines for preventing eye strain? I'm a graduate student, so I spend a lot of time reading, both from computer screens and from books. I will always need to read to get things done, but I'd also like my eyes to last me my whole life. — B.I.

Answer: We tend to spend a lot of time reading or in front of computer screens, and eye strain is very common. I think eye problems from excess screen time and reading fall into two categories: dry eyes and muscle strain.

Computer users in particular can get dry eyes, largely from decreased blinking. Unfortunately, "blink more" isn't likely to be successful advice, so I recommend an eye lubricant, used periodically during computer work if you have any sense of eye fatigue or strain. If dry eyes are part of your problem, you will feel relief immediately, and you should use a drop in each eye every few hours.

Muscle strain comes from staring at one point of focus — your computer screen — for long periods of time. Also, many people tend to hold their shoulders and neck in an uncomfortable position during computer work or play. The solution is to get away from

the computer for a while. I recommend getting up and pacing periodically, since prolonged sitting isn't good for you.

Another option is the 20-20-20 rule (I haven't been able to discover who made the rule, but I think it makes sense): Look at something 20 feet away for 20 seconds every 20 minutes. This can help prevent fatigue to the ciliary muscles, the muscles of the eye. Some people, especially those who are nearing or past their 50th birthday, might benefit from very mild reading glasses when using the computer.

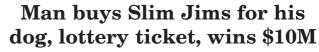
There is a science behind adjusting your workspace, lighting and monitor settings to reduce strain. There are apps to remind you to take breaks periodically and to change the color of your computer to make it easier on the eyes.

Dear Dr. Roach: I have had nail fungus since 1985 in both my toenails and my fingernails. I was treated with oral Lamisil, but it did nothing for my big toe. I have been treated by skin and foot specialists, but the problem has continued progressively over the years. I am 80 years old, and it's still there. Is there really any hope for cases like mine? — C.J.R.

Answer: Are you sure you really want the condition treated? The treatments have potential for real harm, even though it isn't likely. If the issue is strictly cosmetic, I wouldn't recommend treatment. If it's for pain or because you have had skin or soft tissue infections in the area, then treatment is reasonable.

If you pursue treatment, get a culture done to be sure you know what you are treating. Sometimes what looks like a nail infection is really something else (psoriasis, eczema, lichen planus or others). Depending on what the culture shows, you might benefit from itraconazole, an oral antifungal agent.

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FORT EDWARD, NY (AP) – A New York man will be living large thanks to his decision to buy some Slim Jims for his dog.

New York Lottery officials say Monday that 73-year-old Dale Farrand recently won the \$10 million prize on a Cash Spectacular scratch-off ticket.

The Fort Edward man says he bought a \$30 ticket at a local Cumberland Farms convenience store while buying Slim Jims snacks for his dog Boots.

He scratched the ticket in his car and realized he was a winner. Farrand says he drove straight home and had his wife check the ticket for him.

Farrand will receive a lump-sum payment of \$6.7 million after required withholdings.

He says he'll use the windfall to pay off his mortgage, make home improvements and help his children and grand-children.



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How to choose and care for table linens

Table linens must be able to bear the brunt of spilled wine, dropped food and even drippings of candle wax. Learning how to choose and care for table linens can benefit frequent party hosts.

Selecting table linens

According to the etiquette and entertaining experts at Better Homes Gardens. white damask or plain white linen tablecloths are traditionally used for formal dinners. However, for many other parties, hosts and hostesses can use a variety of different tablecloth materials and styles to fit their decor.

If frequent spills or table service with young children is expected, many table linen materials bead up liquids for easy cleanup. Also, for ease of use, select linens that can be machinewashed and will not require special treatment.

Napkins should match the tablecloth at formal dinners. Otherwise, have fun mixing and matching patterns and colors.

Tablecloth length

Buffet tables should be set with a tablecloth that reaches the floor. For the dinner table, select a length that drops below the top of the table, anywhere between eight and 18 inches. Err on the larger size so that tablecloths will hang accordingly and not expose the edges of the table.

Display old linens

A dinner party can be made extra-special by using antique or passeddown linens. Many of these tablecloths may be made from actual linen. Use care when laundering linens that cannot be tumble-dried, which can over-dry the fibers, advises the Farmer's Almanac. Line dry and store rolled for the best results. Steam-iron linens so they'll be crisp on the

table.

Treating stains

The quicker you act, the more likely it is that stains can be remedied and table linens salvaged. Spot-treat the stain during service to remove much of it. Soak the tablecloth or napkins overnight in water to release stains. Tough stains may need to be treated with a prewash

stain remover before soaking. Hot water is usually acceptable for most stains, but consider soaking items in cool water to treat red wine stains. Also, be mindful of care instructions on cloth products.

Be sure that stains have been completely removed; otherwise, they can be further heat-set by tumble-drying the tablecloth. Many people prefer to line-dry linens to protect the nature of the fibers, particularly for fine linens.

Table linens can set the scene for a dinner party or other event. Proper selection, care and storage can keep them looking beautiful for years to

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

Nov 17

Soup and sandwich luncheon day. 9 a.m. - 2 p.m. Church of Christ Uniting, 22 Church Street, Richfield Springs. Soup and sandwich luncheon by donation 11 a.m.-1 p.m. Pre-Thanksgiving Bake Sale and Holiday Craft Corner 9 a.m. - 2 p.m.

Pre-Thanksgiving fundraiser. 9 a.m. - 2 p.m. Church of Christ Uniting, 22 Church Street, Richfield Springs. Luncheon 11 a.m. and 1 p.m. Bake sale 9 a.m. to 2 p.m. Visit www.rschurchofchristuniting.com, find us on Facebook, or call Carol Simpson, Guild President, at 315.868.0319 for more information.

Soup, Pie, and Craft Sale. 10 a.m -2 p.m. Frothingham Free Library, 28 West Main Street, Fonda. A variety of homemade soup, pies, and rolls will be available as well as unique crafts.

Nov 18

Holiday Shopping Extravaganza. 1 - 4 p.m. Richfield Springs Community Center, 6 Ann Street, Richfield Springs. For crafter/vendor questions please call Angella at 315.219.2002. Fundraiser to benefit the youth programs at the Community Center. For more information on its programs or to rent the facility go to www.richfieldzone.org or call 315.858.3200.

Spaghetti Luncheon. Following 11 a.m. mass. Holy Spirit Polish National Catholic Church, 618 E. Gansevoort St., Little Falls. Adults \$9. Children 13+ \$5. 12 and under free. Take-outs available. Visit WWW.Holy SpiritPNCC.org.

20th Annual "Evening of Praise and **Thanksgiving".** 7 p.m. Canajoharie Reformed Church, 19 Front St., Canajoharie. Vocal and instrumental praise offerings. Offering for RCA's Global Mission for Hurricane Relief. Refreshments and fellowship will follow the service.

NYS History Month Tuesday Talks Series. Schoharie Crossing State Historic Site, Fort Hunter. "The Mabee Farm: New Stories from Old

Schenectady". "Fulton County in Hollywood" Nov. 20. "Colonial Medicine" Nov. 27. For information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks. ny.gov, or visit our Facebook page.

Nov 20

Fulton County in Hollywood. 6:30 p.m. Enders House. Free. Contact Schoharie Crossing State Historic Site at 518.829.7516.

Nov 21

Local History Round Table cancelled. Fort Plain Free Library. Because of the Thanksgiving holiday, this gathering has been cancelled. The next meeting is set for Dec. 19. Please call 518.993.4646 for more informa-

St Johnsville Senior Saints meeting. Luncheon 12 noon. Business meeting 12:30 p.m. Fourth and final nutrition class led by OFA Molly Capito following the business meeting. New members are always welcome.

Nov 22 and 29

Creative Textile Fibers Group. Nov. 22 and 29. Each Thursday from 12:30 to 2:30 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Contact: 518.993.4646.

Writers Group at Fort Plain. Nov. 22 and 29. Each Thursday from 3 to 5 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain, NY. Group is facilitated by published writer, Joan Caska. Contact 518.993.4646.

Nov 27

Colonial Medicine. 6:30 Enders House. Free. Contact Schoharie Crossing State Historic Site at 518.829.7516.

Joint luncheon with Meals of Montgomery and Arkell Hall. 11:45 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Pasta primavera, spinach and roll

with warm apples w/raisins. Following at 12:30 p.m. — Gary Van Slyke "Over the River & Through the Woods".

Nov 28

Senior Citizens Pinochle Card Party. Arkell Center, 2 Lower Maple Ave., Canajoharie. Donation \$2, prizes and refreshments. Looking to sub, call Terry at 518.673.5635.

Nov 29

Diet Club. Arkell Center, 2 Lower Maple Ave., Canajoharie. The goal is to be held accountable while maintaining weight. Call 518.673.2112.

Nov 30

Bingo with our Senior Citizens Club. 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bingo starts directly following the Senior Citizens Club meeting.

Canajoharie Senior Citizens Club Meeting. 1 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Dec. 2

St. Nicholas Day at Fort Klock. Noon-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. For more information visit http://www.fortklockrestoration.org.

Dec. 5

Village of Ames Christmas Tree lighting. Dec 5 18. 6 p.m. Refreshments will follow at the fire station. www.amesmuseum.weebly. com or at f@amesmuseum. Visit www.amesmuseum.weebly.com or at f@amesmuseum.

Dec. 8

Fort Plain Reformed Church Faith Formation Holiday Fair 2018. 7 a.m. - 1 p.m. 165 Canal Street, Fort Plain. Serving Breakfast 7-9:30 a.m. Serving Lunch 10:30 a.m. - 12:30 p.m. Auction Number Calling 12:30 p.m.165 Canal Street, Fort Plain, NY, 518-993-4302. Call the church at 518.993.4302.

Moments in Time The History Channel

- On Nov. 19, 1863, at the dedication of a military cemetery at Gettysburg, PA, President Abraham Lincoln delivers one of the most memorable speeches in American history. In just 272 words, Lincoln reminded a war-weary public why the Union had to fight, and win, the Civil War.
- On Nov. 21, 1877, Thomas Edison announces his invention of the phonograph, a way to record and play back sound. He used a stylus on a tinfoil cylinder to play back a song he had recorded, "Mary Had a Little Lamb.'
- On Nov. 24, 1932, the FBI crime lab officially opens in Washington, D.C. The single room lab, chosen because it had a sink, had scant equipment and was used primarily as a public relations tool.
- On Nov. 20, 1967, San Jose State College students demonstrate against Dow Chemical, the maker of napalm. Napalm was an acronym derived from naphthetic and palmic acids, whose salts were used to make the jellied gasoline - napalm - used in flamethrowers and bombs.
- On Nov. 23, 1972, secret peace talks resume in Paris between Henry Kissinger and Le Duc Tho, the North Vietnamese representative. The talks deadlocked weeks later, leading President Richard Nixon to order the massive "Christmas bombing" campaign to break the impasse.
- On Nov. 25, 1986, Attorney General Edwin Meese reveals that proceeds from arms sales to Iran were illegally diverted to the anti-communist Contras in Nicaragua. President Ronald Reagan accepted the resignation of his national security adviser, Vice Admiral John Poindexter, and fired Lt. Col. Oliver North, a Poindexter aide.
- On Nov. 22, 2002, the James Bond movie "Die Another Day," starring Pierce Brosnan as the fictional British secret-service agent 007, opens in theaters. Its debut came almost exactly 40 years after the first Bond movie, "Dr. No," was released.

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Nov 20 and 27

Customize your ceremony to give it a unique touch

Steeped in tradition, weddings have featured many of the same compofor centuries. Those about to tie the knot may feel somewhat limited in their ability to shape their weddings into unique celebrations of their relationships and love for one another. Although it may not seem like there are many opportunities to put your own stamp on the wedding, there are plenty of ways to do just that.

When looking to personalize your wedding ceremony, determine if there might be anything blocking you from doing so. For example, if yours

will be a religious ceremony, there may be certain rites that need to be followed. Secular ceremonies may offer more opportunities to customize.

- Vows: Vows are one of the easiest ways to put a personal touch on your wedding. You can select the words you want to exchange during the ceremony as well as any readings during the service. Work with your officiant to narrow down particular phrasing or sentiments that fit with your vision of the wedding and relationship.
- **Participants:** Wedding party members fulfill

certain roles during the ceremony, but they are not limited to those tasks alone. Consider asking wedding party members or other friends or family members to take on specialized roles in the wedding. They may be able to do certain readings, escort guests to their seats, light candles, or sing and participate in other ways.

- Musical interludes: Choose music that connects with your personalities as a couple rather than selecting standard songs merely because they are the easier route. Work with the organist or other musicians and request that they perform or play musical pieces that you enjoy.
- Candle lighting:
 Many couples like to incorporate candle-lighting
 components to their ceremonies. Lighting unity
 candles blends two families together into one in a
 symbolic way. Other couples choose different traditions, such as mixing
 two different-colored

"IDO"



Incorporate some custom elements into the wedding ceremony to give it a unique flair.

sands in a new vessel, to represent the joining of two lives together. You can consider these types of additions for your wedding ceremony or come up with your own unique tradition.

You can impart a special touch to a wedding

ceremony in any number of ways. Doing so will help set your special day apart in the minds of guests and make it even more memorable to look back on as a couple.





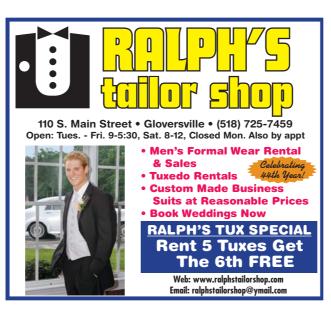
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Krutz purchases Kinship, expands to St. Johnsville

by Courtney Llewellyn

CANAJOHARIE – The Krutz Properties signs are common sights throughout the area, and there's a reason for that – owner Laurie Weingart is all about staying local and working local. That's why her business is pleased to announce its partnership with Sam Lacari, the former proprietor of Kinship Properties in St. Johnsville.

Real estate broker Milt Krutz established Krutz Properties in Canajoharie in September 1993; Weingart bought the business in 2007. "We survived the real estate crash and we're rebuilding nicely," Weingart said.

Part of that rebuilding was taking over Kinship last month. Krutz Properties has a new branch office. "I'm grateful for Sam [Lacari] to give me the opportunity to be in St. Johnsville and support the local economy. It's one less empty storefront in St. Johnsville," Weingart said. "We're growing. We actually opened one more office in Mayfield in October – and we have the agents for three offices." Eighteen agents work for Weingart, many of them full-time.

Weingart said her business is successful because the people who work for Krutz Properties have high ethical standards. "We're putting our clients' needs over our own. Bigger isn't better – better is bigger," she stated. "It's like I always say: 'Pigs get fed, hogs get slaughtered.' I believe in being fair."

She added that being community-based is important as well.

Krutz Properties sales are about 70 percent residential properties, and they sell mostly in Montgomery and Fulton counties, along with some sales in Schoharie and Schenectady counties. The former Kinship office in St. Johnsville will help them better serve Montgomery County – and, as part of the Eastern New York Regional Multiple Listing Service, Krutz Properties has been number one for units sold in the county for the last four years

The recovering economy has been good for buyers in the area. Weingart said she's been seeing more people buying second homes and investment properties in the area.

Laurie Weingart

Senior News Line

by Matilda Charles
Tai chi offers more
than just exercise

The best thing about tai chi (pronounced tie-chee) is that it's good exercise without being strenuous. With its slow, gentle movements, we can get our stretching and muscle building without overdoing it. But what else can tai chi do for us?

For some of us, improved balance is what we need the most. A few years ago, a study that analyzed previous research concluded that tai chi improved single-leg standing and overall balance. Tai chi helps strengthen leg muscles and increase range of motion, but most of all it can help us avoid dangerous falls.

According to the Centers for Disease Control and Prevention, one in four of us will fall each year, and falls are the leading cause of death in Americans 65 and over.

Increased flexibility doesn't sound that earthshaking – until you consider that it also might affect the flexibility of our arteries. In one study of all age groups doing tai chi, participants were asked to sit and reach for their toes. It was the seniors group where poor trunk flexibility equated to stiffened arteries.

Another study concluded that combining tai chi with an annual flu shot boosts our protection against the flu. Most of us already get the higher dosage over-65 shot. When combined with the immune system protections of tai chi, we're even more likely to be able to avoid the flu.

Other important benefits are stress relief, lower blood pressure and alleviating pain from arthritis and fibromyalgia.

Ask about tai chi classes at your local senior center. If it offers classes, watch one to see how you like it. If they're not offered, go online to YouTube and sample some of the videos you can do at home. Also look for qi gong, a form of tai chi

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ADULT - CHILD - INFANT CPR & AED TRAINING SATURDAY, DECEMBER 1ST

10AM Sharp (5hr Course)

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Simple, inexpensive staging strategies

buy it. If you hang your

coats on a coat rack in a

fover or entryway that

does not have a closet, re-

move the coat rack before

hosting an open house.

Coat racks can make the

space feel cramped. If

there's room, place a

Staging has long been part of selling a home, and for good reason. When selling a home, it makes sense for sellers to make their homes as appealing as possible, even if a recent study indicates that staging may not compel buyers to offer more money.

Researchers at Old Dominion University and Johns Hopkins University found that staging did not have a significant effect on the actual revealed market value of a property. However, homeowners should not interpret that as a reason to skip staging. In fact, the study's authors note that staging gave buyers more favorable impressions of a property, which might accelerate the selling process.

Staging a home need not be difficult. In fact, homeowners can employ several simple and inexpensive staging strategies to entice buyers to make offers on their homes.

• Clear out the clutter, especially in bathrooms and closets. Clear out the

clutter in each room in the house before hosting an open house. Note that it's not just bedrooms and living rooms that should be made to look open, spacious and clutter-free. A luxurious, hotel-quality bathroom that's open and airy can impress buyers, as can organized closets that are not jam packed with clothing, shoes and other wardrobe items that have a tendency to take over closets the longer someone lives in a home.

- Let the sun shine in. A home that's bright and airy tends to appear more spacious and livable than one in which the windows and blinds are closed. Before hosting an open house, open the blinds and crack some windows if the weather permits.
- Start right inside the front door. A welcoming, clutter-free foyer or primary entryway makes a strong first impression, immediately giving buyers an idea of what it will be like to welcome their own friends and family into a home should they

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just inside the door.

• Take care of the yard. You only get one chance to make a first impression, and the first thing buyers will see when they pull up outside your house is the exterior of your home. Landscaping is important, and a well-

maintained yard suggests to buyers that owners have taken pride in their homes, and that may extend inside the home. Make sure the grass is freshly cut, shrubs and trees have been trimmed, bald spots in the lawn have been addressed,

and exterior living spaces have been cleaned and cleared of clutter.

Staging a home sounds complicated. But there are various simple and inexpensive ways to make a home more attractive to prospective buyers.









(2003) Mapletown Rd, Canajoharie: 6 BR home with the

master on first floor. Great room with fireplace. Formal LR with

replace and formal DR. Custom Kitchen. Attached greenhouse

Attached garage with ample storage. Picturesque views.



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sits on over an acre in the village and is all enclosed with vinyl coated chain link fencing. 3 - 4 BR's, 2 1/2 Baths, Large LR with fireplace, Woodmode Kitchen, DR. Finished basement with 2nd Kitchen and bar area. Wood floors. \$259,000





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pay for itself in 5 to 6 years. Call Gretchen Salvione, NYS Licensed RE Salesperson today on her cell (518) 848-1843 for more details.

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Newly & completely remodeled 3BDRM, 2 full bath home w/1 car garage & nice yard. Granite countertops, tiled showers, stainless steel appliances & new roof.

BACK ON THE MARKET \$195,000 1761 Hickory Hill Rd., Fonda



Very Nice, super spacious 4 BDRM, 2 Full Bath home w/2 Car Garage and .8+/- acres. Back on Market through NO fault of the sellers

or the home, buyer's financing fell through just before we were supposed to close. Sellers are MOTIVATED & want to sell immediately!

REDUCED \$239,000 152 State Highway 161, Town of Florida



THIS IS A GREAT 2 yr old, 3BDRM, 2 full bath ranch, finished basement, extra storage bldg & 1.6+/- acres in the Town of Florida.

REDUCED \$144.000 49 South Main Street, Fultonville



This is a GORGEOUS 5 BDRM, 2.5 Bath home with tons of character. beautiful wood floors & woodwork throughout. Off Street Parking & in-law apt. set up if needed

NEW LISTING \$229,900 118 Logtown Rd Ext, Fultonville



Super Spacious & Sweet home situated on 4 acres. offers privacy, 3 & 4 BDRMS, large family room/ in-law apartment area, 2 car Attached Garage & 2 car Detached Garage. New Updates: Granite countertops, roof, skylights, propane furnace & central A/C unit.

REDUCED \$99,000 24 Cady St., Johnstown



GREAT INVESTMENT - 3 Family home w/lots of offstreet parking, large yard, only 0.4 miles to Knox Field & low taxes at only \$2,084 annually. Call Katie-Anne Isabella, Licensed Real Estate Salesperson Cell (518) 866-1089 for more info.

REDUCED \$375,000 171 Zarcarco Rd., Town of Glen



137 +/- ACRE Farm with a BEYOND BEAUTIFUL VIEW & some nice large barns & outbuildings. Lots of Rd. Frontage if you wanted to subdivide.

NEW LISTING \$149,000 15 South East Ave., Johnstown



Super cute 4 BDRM, 2 Full Bath Raised Ranch with 1 Car Garage, Newly remodeled bathroom, fireplace, wood stove pellet stove, paved driveway, nice yard,

screened in patio area & shed. Seller is willing to include TV, Boat, snowblower, lawnmower etc. with an acceptable offer

NEW LISTING \$179,900 296 Goewey Rd., Fultonville





This is a 2 BDRM home with 2 car garage under the residence, there is room to convert more living space on 1st level if desired, offers lots of privacy & 11.6+/- acres. For tax purposes: Town of Charleston & Fonda-Fultonville School District. Call Carol Paciolla NYS Licensed RE Associate Broker on her cell at (518) 332-3279 to view.

2 FAMILY \$84,900 8 Cayadutta Street, Fonda

REDUCED \$85,300

23 Alexander St, Gloversville



This is a CUTE 2 family home that features 2 BDRMS for each unit, separate gas & utilities. Huge kitchens with marble flooring and marble countertops & extra outbuilding/1 car garage. GREAT INVESTMENT OR OWNER OCCUPIED HOME!

REDUCED \$110,000 280 Cty Hwy 140, Ephratah



PRICED TO SELL, 3BDRM, 2 full bath Ranch w/2 car garage, full dry basement w/ finished space, annual taxes only \$3,687, located in a nice country setting, 1 mile from Saltsman's Hotel.

New Listing \$189,000

320 Willie Rd., Johnstown



Stunning smaller home, seasonal get-a-way or maybe a hunting camp should you desire We have **30.40+/- acres** to enjoy, a HUGE pond and total privacy as this situated up a long private drive. Some outdoor equipment & ATV maybe included with an acceptable offer.

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within the home, 2 car garage with lots of storage space, small yard & patio area to enjoy

Super cute well maintained 3 BDRM,

1.5 bath with lots of

charming wood work

Tips to consider before showing a rental property

Real estate can be a lucrative investment that provides income well into retirement.

Real estate investors who intend to rent their properties will have to periodically show them to prospective tenants. The process of showing a rental property begins before such tenants arrive to look at the home. Landlords who want to get the best possible return on their real estate investments can consider these tips before showing their properties.

- Work with your existing tenants. If tenants are currently in the property, work with them to ensure the home or apartment is ready to show. Provide advance notice when you will be showing the property so your current tenants have plenty of time to clean up and make arrangements to be elsewhere when prospective renters show up. Existing tenants likely won't want the place to be a mess during a showing, but you need to give them time to clean up.
- Address any issues before showing the property. Does a screen door need fixing? Does the shower need to be grouted? Address such issues before showing the property. Failure to do so will give prospective renters the impression that you don't respond to problems promptly, and that may give many second thoughts about becoming your tenant.
- Make yourself available. Landlords don't have to be present at a showing, and some prospective tenants might prefer to see a property with only their realtors present. But landlords should make themselves readily available, answering questions promptly via email, text message or over the phone if they don't plan to attend showings. This gives potential renters a strong first impression of you as an attentive landlord.
- Provide details about the property. If you're utilizing a real estate agent to show the property, then he or she will no doubt create a listing that highlights various things about the home or apartment. This in-

cludes the number of rooms, utilities, parking, and other details renters will want to know. If you are showing the property yourself, create such a packet for renters. This makes it easy for them to make a decision, and they'll likely be impressed by your attention to detail

Rental properties can be lucrative investments. Landlords willing to go the extra mile when showing such properties should be able to attract scores of potential tenants











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Town of Johnstown \$164,000 Private Retreat! Beautiful One Owner home sited

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Bleeker Mt. \$154.000

Super neat and clean 3 bdrm, 1 bath with hardwood down. Big living room & den with pellet stove. New furnace, granite counter kitchen, attached 2 car garage. Gardens, patio, back porch. Move in ready



New! - 73+ Acres \$79,900

Town of Oppenhiem - Warner Rd. Borders State Land, Perfect Recreational Land! Surveyed!



7.5 Acres - Water, Woods & Pasture! Oversized 4+ Bedroom Colonial, Classic wide plank floors, Formal Dining, New kitchen, furnace and more! Barn, Lean-too, & Cabin on the Creek!

8.5 Acres - Wells 8.5 Acres - Caroga **38 Acres - Bleecker**





161 Acres! \$170.000

WOW Level land with trails to ride 4-wheelers & snowmobiles. A 4BR/1BA house to come back to has a furnace for year round. Get away! Lake Access available too!



Overlooks Adirondack Vly! Long gravel driveway leads to clearing & Rustic Camp- Perfect hideaway near Snowmobile Trails!



80 Acres Bleecker! \$68,000

With Rustic cabin! Insulated w/ wood stove. Off the grid with 12V Lights, drilled well (hand pump) On the Snowmobile Trail!



Caroga Lake ACREAGE \$159,000

25 Acres WATERFRONT on the Outlet. APA says OK to Build! Beautiful wooded Lot you can design your dream home!



New! New Turnpike Rd \$41,000

2.6 acres w/drilled well/septic & older 2br 1ba mobile, great location, move the mobile & build Town of Ephratah.



West Caroga Waterfront! \$298.000

South Shore Rd. 2BR/1BA. Open great room, large lake front sun room. Neat rock features and lakeside patio & dock. 2C garage, extra storage. This owner lived here year round! 2 Back lots included!



121 Balsam Ave \$118,000

East & West Caroga Lake Access from this 2BR/1BA cottage. MOVE IN READY! HUGE Lot! Modern Septic, Front and back porches.



East Caroga Lake! \$110,000

3BR/1Bath with Laundry! Full basement, Kitchen and Dining room combo. 3 Lots included! Plenty of privacy on the back deck overlooking the woods!



Kevser Lake! Motor Friendly! \$178.000

You can move into this immaculate, furnished, 3BR/1.5BA next to the new lake house! Relax on the upper & lower decks overlooking the waterfront.



West Caroga Lake Access! Updated 2BR/1BA cottage w/deeded lake access Modern conveniences ready for you! Some work Being finished so you can Relax!



170 N. Shore Rd Mt. Lake! 2BR. 1BA on 3 lots! Direct waterfront on a guiet ADK lake



age with easy walk to deeded beach! د/1BA Gleaming Hardwood, New Kitchen, Bath, ectric, Roof And more. Nothing to want for here!





Gloversville 3BR/1.5 BA \$117,000

Beautiful interior with new kitchen. Hardwood floors, spacious rooms, deck overlooking a huge fenced backyard!



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Maximize the perks of a townhouse lifestyle

Townhouse living is experiencing a resurgence, and many people may be surprised to find how this lifestyle choice fits with their home ownership goals.

Townhouses are a great way to get the benefits of single-family living without all of the responsibility of having a detached property — typically at a more affordable price. Realtor.com® indicates that the median prices for townhomes and row homes in the United States in September 2016 was \$198,000.

Townhomes are now the fastest-growing segment of the single-family housing construction market, according to the National Association of Home Builders, a trade group based in Washington, D.C. According to the most recent data available, townhouse construction was up 17.8 percent between 2014 and 2015.

Although various styles of homes and apartments have their pros and cons, townhouse communities have much to offer and can be the way to go for busy professionals or people who live active lifestyles. Here is a look at some of the benefits of living in a townhome.

Ownership

Unlike an apartment, townhome residents own their homes and the land they're built on, according to the lifestyle resource The Nest.

Spacious square footage

Townhouse builders are masters at maximizing interior space through innovative design. Depending on where you live, a simple search on Trulia or Zillow can yield many townhomes that boast anywhere from 1,500- to 3,000-square-foot townhomes with three or more bedrooms.

Maintenance

Townhouse communities often collect a maintenance or homeowner's association fee each month that covers upkeep of the grounds. Depending on the area, this fee may cover the cost of leaf and snow removal, landscaping and pool maintenance. That gives

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homeowners more time to relax on weekends.

Amenities

Many townhouse communities are now designed with lifestyle in mind. Modern townhouses may have tennis courts, resort-style swimming pools, fitness centers, walking trails, and children's playgrounds right on the premises. In addition to the parks and fitness areas, many of these communities have common

areas and green spaces that enable residents to meet and socialize. This affords townhome residents ample opportunities to socialize.

Proximity to town

Whether they're in the city or suburbs, townhouse communities tend to be built in booming areas that are close to trendy towns, shopping, metro hubs, and good schools.



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Get the best mortgage financing deal

Few people are able to walk into a home, like what they see and then pay for a house in cash. In the vast majority of home purchases, mortgages make the dream of home ownership a reality.

Getting a mortgage requires research and some preparation on the part of

borrowers if they hope to get the friendliest terms possible.

Homes are substantial, decades-long investments, so it's smart to shop around to find the best rates and lenders available. These tips can make the process of applying and getting a mort-

gage go smoothly, and may even help borrowers save some money.

• Learn your credit score will be a factor in determining just how much bargaining power you have for lower interest rates on mortgage loans, according to the financial resource NerdWallet. The higher the credit score, the better. Well before shopping for a mortgage, manage your debt, paying

it off if possible, and fix any black marks or mistakes on your credit report

• Investigate various lenders. The Federal Trade Commission says to get information from various sources, whether they are commercial banks, mortgage companies, credit unions, or thrift institutions. Each is likely to quote different rates and prices, and the amount they're willing to



lend you may vary as well. Investigating various lenders can help you rest easy knowing you got the best rate for you. Lenders may charge additional fees that can drive up the overall costs asso-

ciated with getting a mortgage. Compare these fees as well so you can be sure you get the best deal.

• Consider a mortgage broker. Mortgage brokers will serve as the middle person in the transaction. A broker's access to several different lenders can translate into a greater array of loan products and terms from which to choose.

• Learn about rates. Become informed of the rate trends in your area. Lower rates translate into significant savings amounts per month and over the life of the loan. Rate may be fixed, though some are adjustable-rate mortgages (also called a variable or floating rate). Each has its advantages and disadvantages, and a financial consultant can discuss what might be in your best interest.

• Discuss points with your financial advisor and lender. Some lenders allow you to pay points in advance, which will lower the interest rate. Get points quoted in dollar amounts so they'll be easier to compare. If you're unfamiliar with points, discuss the concept with your financial advisor.

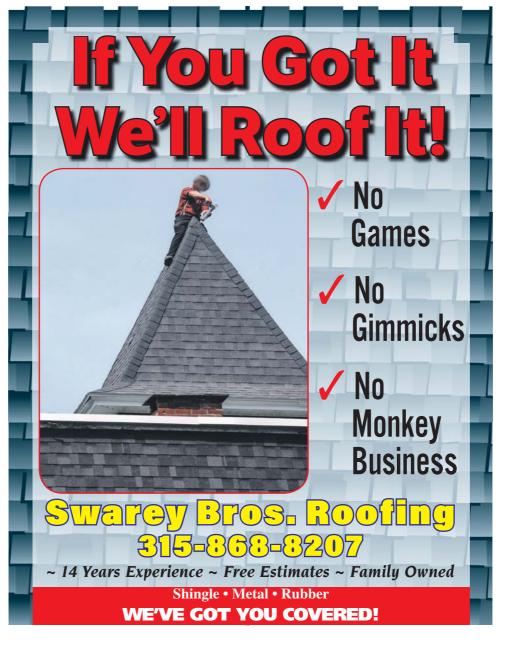
The vast majority of homeowners secured a mortgage to purchase their homes. Learning about the mortgage process can help new buyers navigate these sometimes tricky financial waters.











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How dog owners can curb barking

Though it might try the patience of dog owners and their neighbors, barking is a perfectly normal behavior for dogs. Dog owners dealing with excessive barking can learn about why dogs bark and how to treat barking problems.

Why do dogs bark?

Barking is a natural way for dogs to communicate. Some dogs may bark to alert their owners that someone is approaching the house or if they hear unexpected noises outside. The American Kennel Club notes that some dogs may bark as a way of expressing their desire to exercise or receive some mental stimulation. Some dogs bark when they are bored or lonely, and some bark when they are alarmed or scared.

Why do dogs' barks differ?

According the online resource to PetEducation.com, barks can differ depending on what dogs want. Dog owners who learn to distinguish between the types of barks may have an easier time curtailing barking sessions and comforting their pets.

- Attention-seeking barks: PetEducation.com notes that attention-seeking barks are insistent and can be difficult to ignore. These types of barks are often used by puppies.
- Alert barks: It typically doesn't take long for dog owners to recognize alert barks, as they become more





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rapid as strangers draw closer to a home.

- Play barks: These barks are short and sharp, and are often a byproduct of dogs growing overexcited during play time.
- Lonely barks: These barks reach a higher pitch as dogs grow more anxious, which could be a byproduct of separation anxiety.

How to treat excessive barking

Behavioral training of dogs requires time and may require considerable patience on the part of dog owners whose dogs are barking excessively. Dog owners must recognize that curing excessive barking won't happen overnight.

- Do not shout at the dog. Shouting at a barking dog will only encourage more barking, so frustrated dog owners must resist the temptation to shout as they attempt to correct barking. Maintain a calm, firm voice when working with a dog to curb its barking.
- Be consistent. PetEducation.com recommends that dog owners pick a one-word command and use it whenever they are attempting to correct excessive barking. Maintain the same calm tone of voice each time the command word is spoken.
- Rely on positive reinforcement. The AKC advises dog owners keep some high-value treats at the ready as they attempt to curb their dogs' barking. When dogs begin to bark, owners can wait patiently for them stop. Once dogs stop, dog owners can wait a moment before praising the dog and then supplying a treat. As the process progresses, dog owners can increase the intervals between dogs ceasing to bark and the presentation of the treat.

Excessive barking can try the patience of even the most devoted dog owners. But with time and effort, dog owners can curb their dogs' excessive barking.



Donna's Day: Creative family fun

by Donna Erickson Help kids make mini succulent pumpkins

Just in time for Thanksgiving and December holiday gatherings, stylish mini pumpkins can star in stripes, white and various shades of orange for eye-catching place settings and centerpieces when you glue moss and embed living succulents on top.

Give your kids the job of keeping succulents misted every few days as the plants root into the moss, and enjoy the creations in your home now and into the new year. When the mini pumpkins soften and age, toss them in the compost bin and pot the succulents indoors in soil in a flowerpot to grow in bright sunlight or outdoors in a frost-free garden bed.

Get older kids involved in creating the mini succulent pumpkins by swirling the nontoxic sticky glue or a glue gun, handling the wiry moss and arranging different varieties of succulents and add-ins make for artful fun.

Here's what you'll need:

- One clean pumpkin with a flat-top surface.
- Water-soluble white glue that dries clear, such as Mod Podge Matte finish or a low-temp glue gun.
- Sphagnum moss, available in garden centers or craft stores.
- Several succulents. Use cuttings from your garden or purchase at garden centers.

- Natural add-ons such as seedpods, acorns, tiny pine cones or eucalyptus.

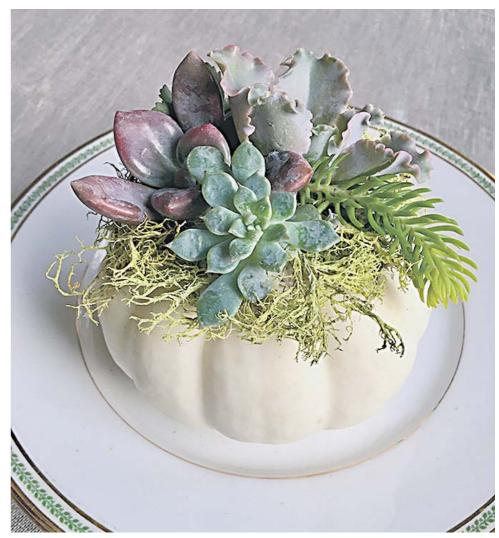
 Here's the fun:
- 1. Set mini pumpkin on a newspaper-covered work surface. Remove stem with clippers, being careful not to cut into the pumpkin.
- 2. Drizzle glue around the top area of the pumpkin in swirls. Cover with moss, about 1/2-inch thick, pressing firmly in place. Let dry.
- 3. Remove roots and soil from the succulents. Dip short stems into glue and poke into the moss. For balance, place a tall succulent for a focal point near the center and add remaining succulents and add-ons around it over the moss. An adult or older child may use a glue gun to affix the add-ons, if you prefer.

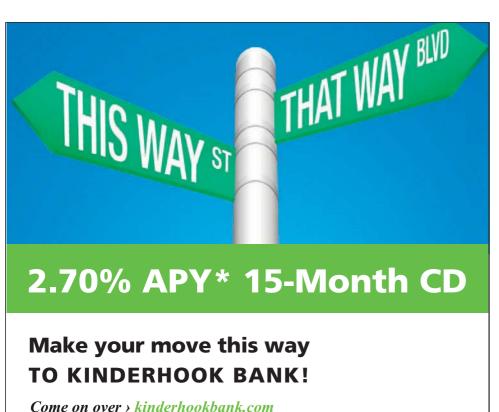
Care tips:

Set the pumpkin on a saucer, trivet or tray. Mist succulents and moss regularly, making sure the pumpkin remains fresh and dry. The succulents will begin to root through the glue into the moss. Keep away from excessive heat, freezing temperatures and rain.

Holiday idea: Use at each guest's place at the Thanksgiving table. Tuck a name card in each one and set at each plate. Spray paint pumpkins in gold or silver for December holiday dinners. Guests may take one home to enjoy into the new year.

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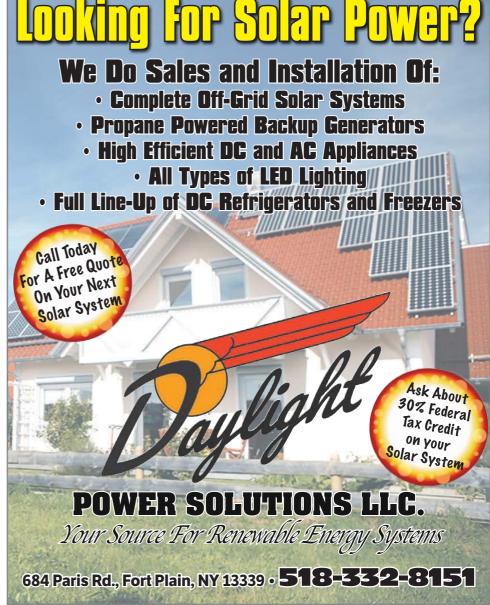




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King Crossword

ACROSS

- Cleo's slayer de deux
- 7 Ornamental loop
- 12 Neither mate
- 13 Performance 14 Wahine's greeting
- 15 Excessively 16 Intercom
- speaker 18
- Impossible" 19 African capital 20 At the home
- of (Fr.) 22 - be an
- honor" 23 Maia painter
- 27 Table scrap 29 Luxury stadi-
- um seating Italian isle 34 Put one's two
- cents in
- 35 Fridge 37 Insult (SI.)
- 38 Ten (Pref.) 39 Anger
- 41 Vacillate
- 45 Foolish 47 Chaps 48 Chest for
- money 52 Type mea-
- 53 Minimum
- 55 "Gosh!"
- 54 Corroded

- 56 "Whoopee!"
- 57 Sleuth 58 Pismire

DOWN

- 1 Caper 2 Start for "sayer' 3 Regular writ-
- ina 4 History
- 5 Find not guilty 25 Thither 6 Action-film sequence
- Fido's feet 8 Sort
- 9 Corn castoff 10 "So that's it,

32 Expert

33 Chest muscle,

for short

36 Intersection,

on signs

37 Indicate

42 Last letter

land

48 Crafty

51

45 Division word

CEO, e.g.

49 Earl Grey, e.g.

50 "Go, team!"

Bear, in

Barcelona

- den 17 Helps
- 21 1964 Anthony Quinn role 23 "Everything's 40 Moroccan city
- Coming Up Roses" musi- 43 Mideastern cal
- 24 Sapporo sash 44 Beginning 26 Lumberjack's 46
- prop 28 Carnival site 30 Pond carp
- 31 Spanish liter-
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4 6

Weekly **SUDOKU**

by Linda Thistle

1



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

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HOCUS-FOCUS

HENRY BOI TINOFF



Find at least six differences in details between panels.



4. Am is moved. 5. Window shade is missing. 6. Shrub is missing.

RIDDLE CARD

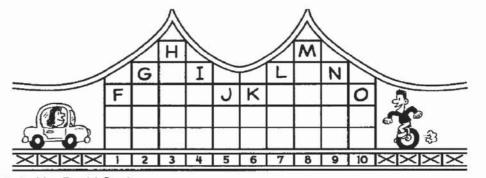
- 1. Do you know anything that has four eyes?
- 2. What did one wall say to the other wall?
- 3. Why has the giraffe such a long neck?
- 4. Why is the letter "B" like fire?
- 5. Why is a nobleman like a book?



makes oil boil. 5. Because he has a title. 3. Because his head is so far from his body. 4. Because it Answers: 1. Yes, Mississippi. 2. "I'll meet you at the corner."

by Charles Barry Townsend

A WORD BRIDGE!



Illustrated by David Coulson

HOW MANY PICKLED PEPPERS did Peter Piper pick when he picked a peck of pickled peppers?

before it can become a "pickled pepper." Answer: None. A pepper has to first be picked and then pickled,



CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom, left to right: Diva, dive, dine, dins, done, dons,



The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

- 1. A fashion craze.
- 2. Open-mouth stare.
- 3. Overeagerness to act.
- 4. A summer treat.
- To chat or talk (slang).
- 6. A unit of power (abbr.).
- 7. Type of helpful bug.
- 8. Worker who uses bricks or stones.
- 9. Found in fountain pens.
- A source of energy.

9. Nibs. 10. Oil.

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6. KWH (kilowatt-hour). 7. Lady(bug). 8. Mason. Answers: 1. Fad. 2. Gape. 3. Haste. 4. Ices. 5. Jaw.

A Walk in the Woods – The year of the gray squirrel

by Jim Frohn, Grafton County Forester, UNH Cooperative Extension

While fishing on Goose Pond with my dad this summer, we saw something swimming out in the open water. It was long and gray in color. My first thought was a loon, which we'd been hearing, but it was too low on the water and too light in color. And it was too long to be a duck. It wasn't until we got fairly close that we realized what it was – a gray squirrel!

This seems to be the year of the gray squirrel. Or maybe the year of the road-kill gray squirrel. One can't help notice all the squirrels in the road, either running across, darting back and forth in confusion, or, unfortunately, not making it. There are so many gray squirrels, as well as red squirrels, chipmunks, mice and other rodents, that it's even showing up in the news. The gray squirrel, being the largest of these, is the most noticeable.

Habits and habitat

Squirrels are members of the rodent family, but are less prolific than most rodents, though you wouldn't know it this year. Squirrels can breed twice per year, with the first breeding period around January and February and the second in May and June. The gestation period lasts approximately six weeks. Each litter has one to four young and sometimes as many as eight.

Gray squirrels are known as scatter-hoarders – they collect and store food in many small caches, or hoards. One squirrel can make several thousand caches, and this behavior plays an important role in oak seedling germination. During most years, the majority of acorns are eaten by squirrels, other rodents, birds and insects. The few buried acorns that the squirrels forgot germinate into oak seedlings.

Gray squirrels build nests, called dreys, in the branches of trees. These are made of dry leaves and twigs and are lined with moss, grass and feathers. Dreys are used by females as nurseries and places to avoid predators. Squirrels also use tree cavities for the same purposes.

The eastern gray squirrel prefers mature hardwood forests with an abundance of oaks, and further south, hickory. In addition to acorns and hickory nuts, squirrels eat beechnuts, hazelnuts, apples, crabapples, mushrooms

and agricultural crops. This year, acorns are scarce in most places so squirrels are raiding corn fields and gardens. And perhaps surprisingly, squirrels also prey on bird eggs, young birds and insects.

Why so many?

Why are there a huge numbers of gray squirrels this year, with many of them ending up as roadkill? There was an enormous acorn crop last year, as well as an abundance of other seeds, apples and other foods. Well-fed female squirrels probably gave birth to two large litters. Perhaps the populations of squirrel predators were down, resulting in high survival rates for young squirrels. This year, with reduced availability of acorns and other foods, large numbers of squirrels are roaming the landscape – and crossing roads – looking for food to eat and store for winter.

What's next?

While last year food for squirrels was exceptionally abundant, this year's high squirrel and rodent population represents an abundant food source for predators – hawks, owls, fisher, weasel, fox, coyote and bobcat. On a recent walk, I saw a chipmunk, a squirrel, a hawk and

an owl, all within 20 minutes. So I suspect that we'll start seeing a lot more predators around. I imagine the crow population will increase too, with all the roadkill for them to eat. Eventually, the predators will start to reduce the number of squirrels and other rodents, and after that the predator numbers will start to decline...until the next abundant food year, when the cycle starts again.

A natural cycle

Fluctuations in wildlife populations are completely normal. The number of squirrels we're seeing now is not sustainable. While no one likes to see dead animals littering the roads, these "surplus" squirrels would die of other causes such as predation, parasites or disease. As predator numbers rise, squirrel and rodent numbers will decrease, and then the predator numbers will decline after.

The best way to ensure healthy, resilient wildlife populations, even though they may fluctuate, is to provide a variety of quality habitat. In the case of gray squirrels, providing stands of mature oak trees, including trees with cavities, will ensure their presence on the land-scape.

Americanisms



"An optimist is a person who starts a new diet on Thanksgiving Day."

—Irv Kupcinet

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Thanksgiving quiche puts sweet potatoes front and center

Sweet potatoes are a faside dish Thanksgiving dinner tables. Packed with vitamins, nutrients, fiber and delectable flavor, sweet potatoes have earned their place on holiday dinner tables. While many holiday hosts bake, fry or mash their sweet. potatoes, these beloved tubers can be prepared in other ways as well.

If you want to put a new twist on this Thanksgiving staple, whip up this recipe for "Sweet Potato Quiche," courtesy of the North Carolina Sweet Potato Commission. Submitted to the NC State Fair Tailgate Recipe Contest by Kristen Frybort, this recipe marries sweet tubers with decadent cheese, rich cream and savory spices.

Sweet Potato Quiche Makes 8 servings

2 cups sweet potatoes, peeled and diced into small cubes

3/4 cup yellow onion, diced

2 1/2 tablespoons olive

1/2 teaspoon salt Black pepper to taste Egg mixture:

4 eggs 1 cup heavy cream 1/2 teaspoon fresh

rosemary, minced 1/2 tablespoon fresh

1/2 tablespoon fresh parsley, minced

1 1/2 teaspoons salt

1/4 teaspoon pepper

3 ounces Gruyere cheese, shredded

Pre-baked deep dish pie

Preheat oven to 400°F. Mix together the first five ingredients and place on baking sheet. Roast in the oven for 15 to 20 minutes.

While sweet potatoes and onions are roasting, shred cheese and set aside. Whisk the egg mixture and set aside.

Once potatoes and onions have finished roasting, spoon them into the pre-baked pie shell. Next, layer the shredded cheese on top of the sweet potatoes.

Reduce oven to 375 F. Pour egg mixture over the cheese and potatoes. Place quiche in the oven on a center rack. Bake 20 to 25 minutes, or until eggs are set.

Country Editor

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The Kitchen Diva

by Angela Shelf Medearis

Add some pumpkin to your pasta

Nothing so vividly illustrates the best of the fall harvest like pumpkins. Their bright orange color is a dead giveaway that pumpkin is loaded with an important antioxidant: beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

To select a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut down too far, the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, although shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure one pound of raw, untrimmed pumpkin for each cup of finished pumpkin puree.

To prepare the pumpkin for cooking, spread newspaper over your work surface. Start by carefully removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash or drop the pumpkin on a hard surface to break it open. In any case, remove the stem, scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

You can cook the pumpkin by boiling, steaming, roasting or using the microwave to create your own fresh pumpkin puree. Directions for cooking and preparing pumpkin puree are as follows:

• Boiling/steaming method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water (water does not need to cover the pumpkin pieces). Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

- Oven method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350°F for one hour or until fork tender.
- Microwave method: Cut pumpkin in half, place cut side down on a microwave-safe plate or tray. Microwave on high for 15 minutes, then check for doneness at 1 to 2 minute intervals until fork tender.
- Preparing the puree: Allow cooked pumpkin to cool. Remove the peel using a small sharp knife and your fingers. Place pumpkin in a food processor and puree or alternately use a food mill, ricer, strainer or potato masher. Freeze and store in 1-cup portions in a small freezer bag for up to one year. Don't have time to process a fresh pumpkin? There are several delicious varieties of organic canned puree available.

You can add pumpkin puree to everything from stirring it into hot breakfast cereals, smoothies and sauces to savory dishes and desserts. Either fresh or organic canned puree works beautifully in my recipe for Cheesy Ravioli With Pumpkin Sauce.

Cheesy Ravioli with Pumpkin Sauce

- 1 tablespoon plus 1 1/2 teaspoons salt (for pasta water and seasoning)
- 2 pounds cheese ravioli
- 2 tablespoons olive oil, plus 1 teaspoon olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 2 tablespoons Italian seasoning
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- $1\ 1/2\ \text{cups}$ fresh puree or $1\ (15\text{-ounce})\ \text{can}$ organic pumpkin puree

- 1 quart vegetable or chicken broth
- 1 teaspoon ground cinnamon or ground nutmeg
- 1 cup plain, Italian flavored or whole wheat Panko bread crumbs
- 1/2 cup Parmesan or Monterey Jack cheese, shredded
- 7 basil leaves, torn (optional)
- 7 sage leaves, fried in olive oil until crisp (optional)
- 1. Heat oven to 400°F.
- 2. Place a large pot of salted water over high heat to boil. When water is boiling, add 1 tablespoon of the salt and drop in the ravioli. Cook according to package directions. Drain cooked ravioli and return it to the
- 3. Meanwhile, add the 2 tablespoons of the olive oil to a microwave-safe bowl with the onions and garlic. Cook on high for 2 to 3 minutes until the onions soften. Add the onion mixture to the ravioli. Season with 1 teaspoon of the salt, 1 teaspoon of the Italian seasoning, black pepper and red pepper flakes.
- 4. In a medium bowl, mix the pumpkin and broth, the remaining 1/2 teaspoon of salt, the remaining Italian seasoning and the cinnamon or nutmeg together to make a sauce. Toss 1/2 of the pumpkin sauce with the pasta until it is well-coated. Transfer ravioli to a casserole dish.
- 5. Spoon the remaining pumpkin sauce on top of the pasta. Sprinkle with the panko breadcrumbs and the remaining teaspoon of olive oil. Cover with cheese.
- 6. Bake until cheese is melted, about 8 to 10 minutes. Sprinkle with the basil leaves and fried sage leaves, if desired.
- (c) 2018 King Features Synd., Inc., and Angela **Shelf Medearis**

How to build a holiday giving budget

Spending time with loved ones and reflecting on all of the blessings the previous year has bestowed is a great way to celebrate the holiday season. But giving, entertaining and traveling are part of the season as well, and that can leave many people wondering how to finance their holiday season.

Many people admit to spending more than they initially intended to spend during the holiday season, leaving them with sizable bills to pay come January. This trend is dubbed the "holiday hangover," and MagnifyMoney found that Americans racked up an average of \$1,054 of debt during the 2017 holiday season, a 5 percent increase over 2016.

Recent data from the Federal Reserve Bank of New York says consumer credit card debt stands at \$808 billion. A portion of that ongoing debt is accumulated during the holidays - but it doesn't have to be. By establishing a budget and a plan to pay down their debt, consumers can gift without grief.

The first step to establishing a holiday shopping budget is to make a list of all the people with whom you intend to exchange gifts. Jot down charitable gifts and entertaining/social expenses as well. With paper in hand, it can be easier to visualize just how many people are on the gift list, making it easier to allot a certain amount to each person. Friends and coworkers may receive less than family members.

Next think about a total dollar amount to earmark for the holidays. This amount is something that you should be able to

comfortably pay off in full at the end of the holiday season - no more than a month or two after New Year's Day.

Do not feel obligated to purchase more than one gift for each person on your list. Parents who want to have a few extra items under the tree for their children or who have to finance presents from Santa Claus can set aside more money to make such purchases. However, these gifts should also be factored into the overall budget.

It's important to keep track of spending even after the budget has been created. This way you can see if you are adhering to your budget. Record gifts as you would checks in a register. Take home receipts and tally your spending to see if it aligns. Make adjustments as necessary if you are on track to go over your budget.

When budgeting, keep in mind the potentially inflated costs of hot items for the year. It can be tempting to splurge on the latest video game console, but will it be obsolete in a few months? Budgeting and frugal buying go hand-in-hand.

Budgets do not need to remain fixed from year to year. If this year was a banner year in terms of finances, you may be able to afford more. If it wasn't, you may have to cut back. True friends and close family members should understand that the value of the gift is not based on its price tag.

Budgeting is important for holiday spending. With a budget in hand, consumers can avoid holiday hangover and potential financial ruin for months to

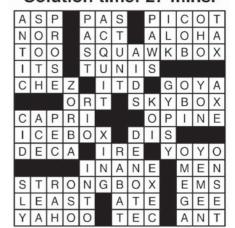
Weekly SUDOKU — King Crossword —

Answer

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

Answers

Solution time: 27 mins.



Amber Waves

Berger

R.F.D.







by Dave T. Phipps

by Mike Marland



Kovels: Antiques and Collecting

by Terry and Kim Kovel Folk-art chair

It is sometimes the unique collectible at a show or sale that is a "must have" for an unsuspecting collector. Folk-art collectors often see "one-offs" that are too expensive, too large or too outrageous to fit into the house. Recently, James Julia auctions had a "Late 19th-century American ... unique spool art chair." It was too big, too unfamiliar, too gawdy and too uncomfortablelooking for most collec-

It was made of padded upholstered panels joined to make arms, a seat and a back. The frame was made with spool-turned legs, and other parts of the frame looked like real spools. There was more the chair featured gilt metal scrolling, cast metal serpents and brass rosettes, and its back was 53 inches high. It sold for \$968. Folk-art collecting started in the 20th century, and there are few

rules about what is considered "good" or "bad." Collectors are writing these rules with their purchases.

G: When were typewriters invented? I know mine is very old. It is a Royal Quiet Deluxe, and it was bought by a relative in the 1940s to use at college.

A: Your typewriter is not very old to a collector. The first commercial typewriter in the United States was the Sholes & Glidden typewriter, which was made by E. Remington & Sons in 1874. It typed only uppercase letters. Hundreds of different types of typewriters were made, and there were many that were very different in appearance and how they worked. The earliest ones did not have the letters in the order used today (known as the QWERTY keyboard). Your typewriter was popular in the 1940s and would sell today for about \$25. Unusual-looking, older typewriters can sell

for thousands of dollars if they're in good condition with the original decoration.

About 10 years ago, a new group of typewriter collectors started buying working machines. They wanted to use them instead of a computer or electric typewriter. Those who learned to type on the old machines with a bell, typing sounds and the noise of the return couldn't get used to the new improved machines. So there now are clubs, social events, type-ins, writing parties and even a typewriter orchestra. And there is even a book and a movie about the typewriter revolution.

Current prices

- Medal, red cross, donor award, Dr. Landsteiner portrait, bronze, 1939, 2 1/4 inches, \$20.
- Book trough, carved oak, arched ends with cut-out Winnie-the-Pooh and Piglet figures holding hands, book storage, c. 1940, 8 x 20 inches, \$80.
 - Wristwatch, Omega,

14-karat gold, oval face, brushed gold band, felt case, Swiss, woman's, late 1900s, \$375.

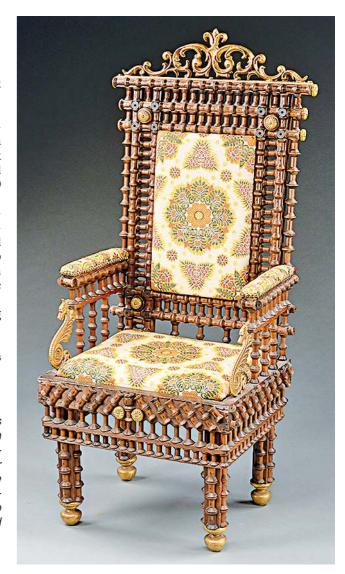
• Weathervane, silhouette of St. Florian, patron saint of firefighters, black metal, stand with arched base, Austria, 1700s, 30 x 15 inches, \$1,500.

Tip: Don't store costume jewelry in the bathroom. The moisture will damage the plating. Keep jewelry in another room in cloth bags or a plastic bag with a piece of cloth.

For more collecting news, tips and resources, visit www.Kovels.com

(c) 2018 King Features Synd., Inc.

Is this chair art? Collectors answer that type of question every time they go antiquing. Clever, unfamiliar designs are becoming more desirable and more expensive. This folk-art chair of no special design period sold for \$968.









Gearing up for hunting season

Big game and migratory bird hunting is a billion-dollar industry that attracts millions of enthusiasts across North America. According to Statistics Brain, 12.5 million people over the age of 16 hunt annually, and 220 million days are spent hunting each year.

Nature-based tourism and resident and nonresident hunting is also big business in Canada. According to the Guide Outfitters Association of British Columbia, these industries generate \$120 million and employ roughly 2,000 guide outfitters in this province alone.

Hunters provide a necessary service besides keeping game animal numbers within reason. They are the eyes and ears on the ground, and help inform wildlife management decisions. Hunting also generates benefits from hunter-supported organizations like conservation groups, habitat enhancement services and restoration outfits.

Hunters require certain gear to ensure safe and productive trips. Here are some must-have items for any hunter's packing list.

Hunting knife

No hunting expedition is complete without a quality knife, which is an invaluable tool. Knives come in different sizes. Many hunters carry a fixed blade knife to field dress a kill and for self-defense against larger animals. Every day carry knives, or EDCs, also are another sound investment. EDCs may be paired with other gadgets to form a handy multitool, which is vital in many different applications.

Trail markers/light strips

Hunters and outdoor enthusiasts can mark their way to a hunting spot or tree stand and see the path in the dark thanks to illuminated light strips. This helps avoid getting lost at dusk and dawn.

Hunting apparel

Hunting apparel includes coats, pants, waders, boots, hats, gloves, and much more. Depending on the game to be hunted, attire will be patterned in camouflage to blend into surroundings or blaze orange to set hunters apart and make them more visible to fellow outdoorsmen. Deer cannot distinguish color, so bright orange is commonly worn during deer season. Sales associates from popular outdoor equipment retailers can advise about appropriate attire. Considerations to habitat and weather should be made.

Storage pack

Hunters require a lightweight, accessible pack that provides easy-toreach storage. A variety of options are available, and there are even models that have a tree stand work shelf, rifle and bow mount, as well as a removable small items organizer.

Swiveling bi- or tripod

A small tripod can help hunters stay on moving game and remain steady for the shot. Pivoting or swiveling action keeps a hunter's movement smooth and on target.

Binoculars

Every hunter can benefit from a good set of binoculars. High-quality binoculars will feature glare- and fog-resistant lenses

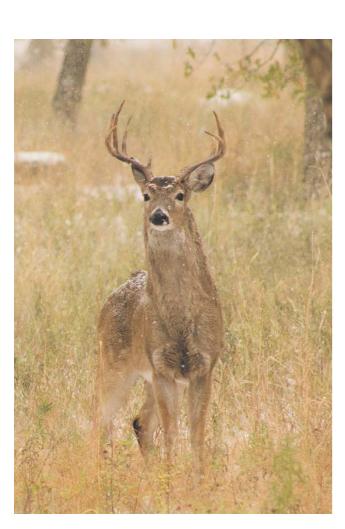
Tree stand

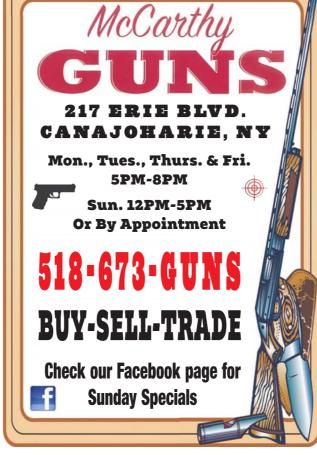
A tree stand platform gives hunters the advantage of an elevated position, which offers better vantage points and keeps them out of the scent line of prey. Tree stands should be coupled with safety harnesses.

Investing in quality hunting equipment can make for a higher success rate and greater comfort while engaging in this popular hobby.











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Gifting those who live far away

People move away for many reasons, including access to better jobs, a lower cost of living, mandatory job relocation or to attend school. Some people enjoy seeing the world and make frequent travel part of their lifestyles.

Distant friends and family members may be out of sight but certainly not out of mind come the holidays. Even though not everyone can get together for Christmas dinner or to light the Chanukah menorah, there are ways to show those special people across the country – or around the world – just how much they are appreciated.

Although video chatting, texting and email can make it easier to stay in touch, distance can make sharing the holidays and gifts a bit more challenging. However, these gifting ideas and tips can make easy work out of sending holiday cheer across the globe.

Food

Food can be a one-size-fits all gift. Exploring the offerings of food

gifts, one will quickly find there are all types of options. If a recipient is living overseas or on the opposite side of the country, gift a favorite local food from his or her hometown. Cookie or fruit bouquets can be shipped and are universally enjoyed gifts. Treat towers, popcorn, cheeses and much more are available for holiday giving.

Consider size

Large, heavy items will cost more to ship. Therefore, small gifts may be more practical. Consult with the post office or a preferred shipping provider about their pricing. Otherwise, consider shipping directly to a loved one's house. Online retailers usually give shoppers a choice of shipping address, and free or low-cost shipping may be included.

Leave ample time for delivery

The holiday season is a busy time of year for the shipping industry. While shipping companies try their best to get items to recipients in a timely manner, delays can occur. The best way to ensure that gifts arrive on time is to send them a week or two in advance, which also saves gift-givers from having to pay extra for rush shipping. The U.S. Postal Service says international deliveries can take between seven and 21 days to arrive, so leave more time for overseas gifts.

Try a subscription service

Subscription services, such as beauty boxes, recipe boxes and meal kits, can be a great way to keep the gifts arriving long after the holidays have come and gone.

Avoid breakables

Stick to gifts that will ship well; otherwise, you may have to spend extra time and money wrapping and insuring items. Clothing gifts, blankets, stuffed animals, books and other durable gifts can be shipped with ease and peace of mind.

Gifting loved ones who live far away requires a little extra effort. But that extra effort will show friends and family members just how much they're loved.

Jobs and Career Opportunities Task-force

On Oct. 18, the Mohawk Valley Economic Development District Inc. launched an ad hoc committee charged with developing a strategy toward exclusively engaging the nine colleges and universities in the MVEDD service area to provide guidance and advice in planning the future growth of commerce and population throughout the region. The MVEDD executive board named Albert Colone of Oneonta to chair the committee; Colone is also co-convener of the Greater Oneonta Economic Development Council (GO-EDC). Learn more at www.goedc.org .

Steve Smith, Executive Director of MVEDD, said "the idea was Colone's, one that he brought to the MVEDD board's attention back in early 2018." He continued, "It is about working through our centers of higher learning to help us address the ongoing population loss throughout our Upstate Region." The idea is to develop a strategy that when implemented could lead to retaining some of the highly educated, skilled, talented and creative young graduates by identifying and possibly courting brand companies to the area whose products and services align with the academic strengths of the nine colleges and universities in the MVEDD's six county area.

Six of the nine higher educational institutions were represented at the Oct. 18 launch luncheon by career placement representatives from Herkimer College, Hamilton College, Oneonta State, Fulton-Montgomery Community College, SUNY Poly and SUNY Cobleskill; Utica College, Mohawk Valley Community College and Hartwick College were unable to attend but asked to



be kept in the loop on the committee's progress. Also attending were representatives of government, businesses and workforce training professionals. Colone noted that over 35,000 students are enrolled in the nine institutions and if a resulting strategy leads to retaining just 1 percent per year, that would translate into 350 students per year residing here – in 10 years that would grow the regional population by a minimum of 3,500 residents, founded in new, good-paying private sector jobs. The "jobs and career opportunities task force" report will be unveiled to MVEDD in March 2019.

MVEDD (www.mvedd.org) is a regional economic development agency headquartered in Mohawk which services a six-county territory in Upstate New York, including Fulton, Montgomery, Herkimer, Oneida, Otsego and Schoharie counties, which conducts infrastructure planning and development, business loans and grants and local government training and assistance.

For more information, contact MVEDD at info@mvedd.org or 315.866.4671.



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Things to look for when buying a hybrid

If you want a vehicle that provides energy-efficient transportation, produces few emissions, is quiet, and reduces reliance on petroleum products, a hybrid or electric vehicle is probably the right choice.

A mere 17 years ago hybrid cars were hard to come by, with the Honda Insight and the Toyota Prius being the most widely available models. Today, there are more hybrids and electric vehicles than ever before. In 2018, U.S. News & World Re-

port was able to list 18 of their favorite picks of hybrid and electric cars — and this was just in the "priced below \$30,000" range.

Widespread availability (most major car manufacturers offer one or more hybrid models) and major environmental and economical benefits have made hybrids attractive to a wide range of people. While there are many similarities between hybrid and electric vehicles and gasoline-powered cars and trucks, there are

certain differences that prospective hybrid buyers may want to learn before they begin shopping.

The average hybrid costs more up front than the equivalent gas model. However, the long-term fuel savings associated with hybrids can mitigate those upfront costs. If money is a concern, do the math when comparing models to see which hybrid vehicle will provide a shorter payback range in fuel savings over initial investment price.

A hybrid vehicle may be

advantageous over an electric vehicle for certain reasons. According to Consumer Reports, even though electric motors are three times as efficient as gasoline engines, gasoline provides much more energy in a given model - and does so at less cost than vehicles that need batteries and electric storage solutions. Hybrids offer the best of both worlds, in that they can use electricity when it is most efficient, and have the power of a gas engine when practical.

Check to see if a hybrid is a full hybrid or mild hybrid, which provides limited electric assist to bolster fuel economy. Plug-in hybrids are other options. These vehicles allow drivers to plug in to recharge the vehicle's batteries and maximize its usage of electricity. Once the battery is depleted, or during longer trips, the engine turns on to generate electricity. Research the types of hybrids and decide what aligns best with your driving habits.

The vast majority of hybrids use automatic transmissions and will feature battery and fuelusage meters so that drivers can keep track of energy usage, helping to develop smarter driving habits in the process. Hybrids work quite well with city driving, but can provide considerable fuel savings during highway driving as well. Discuss available technological features when comparing models so you can see where the fuel savings are coming from.

CRG celebrates Fulton County businesses at Fall Gala

Fulton County Center for Regional Growth (CRG) is proud to announce its Fall Gala will be held on Friday, Nov. 16 at the Holiday Inn Johnstown-Gloversville. The event will begin at 5:30 p.m. and will feature live music, a silent auction and awards given in honor of local businesses. Tickets are \$50 per person and available by calling 518.725.7700. Table rates are available.

CRG works to build social and economic capital through collaboration with key organizations and entities throughout New York State, providing leadership development to local businesses and area non-profits, promote economic and job growth within Fulton County through strategic investment and project partnership and showcasing the economic viability and high quality of life associated with doing business in the county.

This year, CRG will be highlighting five

area businesses in a celebration of Fulton County's ingenuity, success and commitment to the local economy:

- Large Business Award SLA Transport Inc./Universal Warehousing Inc.
- Small to Medium Business Award Broadalbin Manufacturing Corp.
- Expanded Business Award Family Counseling Center
 Start-up Business Award – Caroga
- Arts Collective
 Hidden Gem Award Northville 5 &
- Hidden Gem Award Northville 5 &

"SLA Transport/Universal Warehousing is proud to be the recipient of the Large Business Award given by CRG," said Fred Olbrych on behalf of the family-owned company. "Our amazing employees have worked hard to attract new businesses to our facility in the Mayfield Commerce Park, Gloversville and Fulton County. We will continue to partner with CRG, utilizing the many services they provide in order to attract future

businesses or our facility, our county and our community."

"We are honored to work with many businesses, municipalities and organizations in Fulton County," said Ronald Peters, Fulton County CRG's president and CEO. "CRG works closely with a wide array of community members, all of whom share our goal of making the county a premier location for business and investment. This year's award winners are only a small glimpse at the talented, successful enterprises our county has to offer."

CRG will host the Fall Gala on Friday, Nov. 16 at the Holiday Inn Johnstown-Gloversville (308 N. Comrie Ave., Johnstown). Cocktail hour begins at 5:30 p.m. The event will feature music by UpSwing Duo, a performance by Ramano Acro Dance Academy and a silent auction. All proceeds from the event help to provide programming and support to area businesses throughout the

year. Tickets are \$50 per person; table rates are available. Call CRG at 518.725.7700 ext. 1000 to reserve your seats for the event.

Thank you to the many sponsors of the event including Marquee Sponsors the Family Counseling Center, the Leader Herald, Pioneer Window Manufacturing Group, SLA Transport/Universal Warehousing and Studio Herbage. Other sponsors include Event Sponsors Holiday Inn Johnstown-Gloversville and Kinderhook Bank and Specialty Sponsors the ARC Lexington, Center for Economic Growth, Environmental Design Partnership, Fulton County IDA, Nathan Littauer Hospital and Nursing Home, TD Bank and West & Company CPA, PC. Supporting Sponsors include John and Sunday Blackmon, Fox Run Golf Course, Intelligent Leather Holdings and Ricmar Design & Print. Dessert Sponsor is Stewart's Shops.

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s, What life, is all about.
head, If there are not so nice
bed, Thoughts to be put into
e buggy, words,

You have the freedom To trash them in the paper shredder.

Sometimes there may be

Silly ones, playful ones, Beautiful, dreamy ones, If you are fortunate, There may be other people,

Who feel what you feel, In America, you are free To express yourself,

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