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Country Editor
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Number 28



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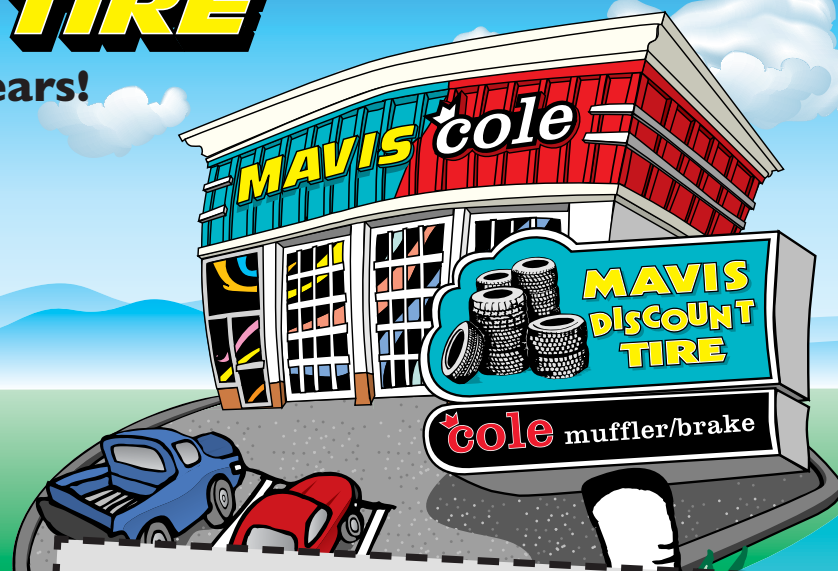
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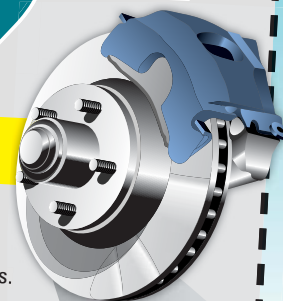
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Christmas trees brighten the season

Decked out in tinsel, lights, ornaments and garland, Christmas trees are enduring symbols of the holiday season that boast a rich history.

Evergreen trees have been used to celebrate winter festivals for thousands of years, and eventually became associated with Christianity. Plants and trees that remained green all year held special meaning to ancient peoples, and were purported to keep away ill-



Christmas trees are a hallmark of the holiday season.

ness and evil spirits.

Germans were credited with tying evergreen trees to Christmas celebrations. In the sixteenth century, devout Christians brought decorated trees into their homes. Martin Luther, the Protestant reformer, is believed to have first added lighted candles to these trees after he was inspired by twinkling stars in the night sky.

While early Americans found Christmas trees an oddity, the tradition, brought over by German settlers, eventually caught on. Today, between 25 and 30 million natural Christmas trees are sold in the United States each year, states the National Christmas Tree Association. Trees are grown in all 50 states and Canada.

The following is a look at some popular tree varieties.

Living Christmas trees

Living Christmas trees, which refers to those with their roots still intact, are popular among eco-conscious holiday enthusiasts. That's because living trees can be promptly planted after they've served their purpose indoors.

Opt for a moderately sized tree, as root balls on larger trees can be heavy and difficult to move. Living trees can typically be kept indoors for around seven to 10 days before they will need to be returned outside. Move such trees to a sheltered outdoor area for one to two weeks so they can reacclimate to the climate. So long as the ground is not frozen, trees can then be planted when the reacclimation period ends. Better Homes and Gardens suggests selecting a mild day to plant the tree.

Fraser fir: Fraser fir trees are typically uniformly pyramid-shaped trees that have strong branches that turn slightly upward. These trees have good needle retention and a dark, blue-green hue. Many people feel these trees have a pleasant scent. Because they are such a quintessential Christmas tree, Fraser fir, as

well as their close cousin, Balsam fir, tend to be more expensive than others.

Scotch pine: One of the advantages of Scotch pine trees is their needle retention. Experts say Scotch pine needles will not drop off even if the tree is dry. Scotch pine is an introduced species brought to North America by European settlers, and it's known for dark green foliage and sturdy, stiff branches. The Scotch pine is one of the most popular Christmas trees today.

White spruce: As a Christmas tree, the white spruce is known for excellent foliage color, short stiff needles and good needle retention. The blue-green color is pleasant, but when needles are crushed, the tree doesn't produce a favorable evergreen aroma. White spruce trees keeps their needles longer than other spruces.

With proper care, any variety of Christmas tree can look beautiful throughout the holiday season.

Did you know?

Credit scores are important factors when lenders determine if individuals applying for credit or loans are worthy borrowers. Credit is used when purchasing a new home, buying a car, opening a business, or applying for new credit cards. A credit score is a three-digit number that corresponds to a certain

range. The standards were established by FICO®, and the higher the score, the better (scores start at 300 and move upward to 850). Various things can impact credit score, and some weigh more heavily toward the final score than others. The following are the factors that influence credit score in order of their importance, according to Wells Fargo bank.

- Payment history (making payments on time)
- Current debts (carrying high balances)
- Credit history
- New credit application inquiries
- Types of current credit (mixed forms of loans, credit cards, etc.)

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Rabid bat

Herkimer County Public Health received word on Wednesday, Nov. 28 from Wadsworth Labs that a bat that was tested for rabies on Tuesday, Nov. 27 from the town of German Flatts has tested positive for rabies.

The bat was found on a back deck by the homeowner. The homeowner picked up the bat with a stick and placed it in a container and brought it to public health for testing.

The public can protect themselves and their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies.
2. Spay or neuter all animals to reduce the number of strays.
3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your pets' rabies vaccination records to make sure they are up to date. If they are not up to date, make an appointment with your vet as soon as possible to have your pets vaccinated against rabies.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at www.herkimercounty.org.

Cards for seniors

The Mohawk Homestead would like to ask anyone in our communities to send a Holiday Card to our residents to brighten their holiday and let them know they are not alone or forgotten this holiday season. If you would like to send a card to one of our residents feel free to email lisa@mohawkhomestead.com for a list of names, The Mohawk Homestead, 62 E. Main Street, Mohawk, NY 13407.





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Drunk and Drugged Driving Prevention Month

Drunk or drugged drivers can affect many people. According to the U.S. Department of Transportation, three in 10 people will become involved in an alcohol-related motor vehicle crash at some time in their lives.

"If you are not directly involved in a motor vehicle crash caused by an impaired driver, the chances are that you will have a friend or family member who is affected. In 2001, nearly 16,000 Americans died in motor vehicle crashes caused by impaired driving," said Diane Ward, CHN of Herkimer County Public Health.

December is Drunk and Drugged Driving Prevention Month, a time when drivers are

urged to take extra precautions to avoid unnecessary tragedy during the holiday season.

A common misconception is that beer is less dangerous than liquor or wine. A driver's judgement and reaction time becomes impaired with only one alcoholic drink, whether it is liquor, wine or beer.

"Only the passage of time metabolizes alcohol in the body and sobers a person. Coffee, a cold shower, fresh air or physical activity has no effect on how fast alcohol is metabolized," Ward said.

She says you can help your guests get home safely by:

- Offering non-alcoholic beverages, such as fruit juices or

soft drinks.

- Always serving food with alcohol. High protein and carbohydrate foods, such as cheese and meats, are especially good, because they slow the rate at which the body absorbs alcohol.

- Stop serving alcohol about two hours before the party is over. Your guests will then have time for their bodies to absorb any alcohol they've consumed. Serve coffee or other non-alcoholic beverages, as well as food.

If you observe that one of your guests is impaired, don't hesitate to intervene. Herkimer County Public Health suggests that you:

- Drive your friend home or ask another sober person to

provide a ride.

- Suggest that your impaired friend stay overnight in your home.

- Pay for a taxi ride home for your friend.

- Don't give in. Friends don't let friends drink and then drive.

"New York State recognizes that drivers who are under the influence of alcohol or other drugs are a danger to themselves and others. The penalties for driving while intoxicated (DWI) are severe so as to deter dangerous drivers and reduce the tragic toll of injuries and death," Ward said.

The penalty for a first-time DWI conviction is revocation of your driver's license for at least six

months. To obtain a new driver's license, you must re-apply to the State Department of Motor Vehicles following the period of revocation. It is estimated that attorney fees, fines, auto insurance surcharges and other expenses resulting from a DWI conviction can amount to \$8,000 or more.

The New York State Zero Tolerance Law makes it illegal for a person under 21 to operate a vehicle after consuming any alcohol. The penalties for a first-time violation include a six-month license suspension and a fine and fee totaling \$225.

For more information on preventing drunk and drugged driving, call Herkimer County Public Health at 315.867.1176.

Donations to shelter matched during Save A Life Campaign Staffworks Charitable Fund Opens Fundraising Campaign on Giving Tuesday

COOPERSTOWN, NY — This holiday season, you can help save an animal's life by donating to the Susquehanna Society for the Prevention of Cruelty to Animals (SPCA) and having that gift matched dollar-for-dollar. The Staffworks Charitable Fund Save A Life Campaign is matching donations made beginning on Giving Tuesday, Nov. 27, through Dec. 31.

In addition to matching up to a total of \$10,000 from individual donors, the

Staffworks Charitable Fund is also awarding a \$10,000 bonus to the organization that receives the largest number of donations from individual donors and a \$10,000 bonus to the organization that raises the most money during the campaign.

Every organization participating in the Staffworks Charitable Fund Save A Life Campaign has the opportunity to receive a total of \$30,000 from the Staffworks Charitable Fund.

"We are honored to be part of the Save A Life Campaign," said Susquehanna SPCA Executive Director Stacie Haynes. "Anita Vitullo is an extraordinary leader making a significant and positive impact on the lives of homeless animals in need. Our goal for this campaign is to raise a minimum of \$10,000 so we can receive the full \$10,000 match, making our total raised \$20,000! With \$20,000 we can schedule an estimated

100 spays or neuters through our local veterinarians," Haynes explained.

Staffworks founder and owner, Anita Vitullo, out of her concern for animals and her belief in their right to life, created the Staffworks Charitable Fund at The Community Foundation of Herkimer and Oneida Counties. The Fund promotes humane communities by using company profits from branch office markets in central and southern New

York to support organizations that provide care for at-risk animals.

"When you support or adopt from your local animal shelters and rescue organizations you are choosing to save an animal's life," Staffworks Charitable Fund Founder Anita Vitullo said. "We've invested more than \$10 million to reduce animal suffering and help make connections between animals and people."

To double the impact of your gift, visit

www.savealifewith-staffworks.com and select Susquehanna SPCA. Online gifts can be made via MasterCard, Visa, Discover and American Express credit or debit cards. Gifts by personal check must be mailed to The Community Foundation, 2608 Genesee St., Utica, NY 13502 and should be made payable to The Community Foundation, with the name of the recipient organization indicated in the memo field.

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by Wilson Casey

1. From Matthew 1:18, when Mary became pregnant, she and Joseph were ... ? Married, Engaged, Just friends, Strangers
2. At the birth of Jesus, who was king of Judaea?

Solomon, Herod, Balak, Belshazzar

3. What group received the angels' announcement of the birth of Jesus? Carpenters, Shepherds, Tentmakers, Masons

4. Who was Herod's in-

Bible Trivia

formation source as to where the Christ Child was to be born? Joseph, Reuben, Micah, Matthew

5. What was the home city of Mary and Joseph? Capernaum, Nazareth, Aphek, Shechem

6. From Matthew 1:20-21, who told Joseph (in a dream) that the baby's name was to be Jesus? Angel, Mary, Innkeeper, The Magi

7. Where was the young

Jesus when the Magi came to visit him to present gifts? Manger, Under the stars, House, Temple

8. From Matthew 2, to what country did Mary, Joseph and the Baby Jesus flee? Jordan, Syria, Oman, Egypt

Answers: 1) Engaged; 2) Herod; 3) Shepherds; 4) Micah; 5) Nazareth; 6) Angel; 7) House; 8) Egypt
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The Kitchen Diva

by Angela Shelf Medearis

Ring in the new year with eggnog

Eggnog has been prepared and served during the holidays for hundreds of years. Upper-class Europeans served the drink to their holiday guests as a hot milk punch combined with liquor, usually wine or brandy. The traditional recipe traveled from Europe to America with the English colonists during the 18th century. President George Washington was very fond of eggnog.

While dairy products were plentiful in America, wine and brandy were heavily taxed. Since rum, which also was called grog, was inexpensive, it became the traditional addition to eggnog. The name eggnog is thought to be a derivative of egg and grog.

While it was once believed that adding alcohol to eggnog inhibits or destroys bacterial growth, including salmonella, there really is no scientific data to support this claim. One of the best ways to ensure the safety and quality of your eggnog is to cook the ingredients and to use quality eggs.

Times have changed, and eggnog has conformed to modern tastes. You can find recipes for this holiday drink with and without alcohol, and commercially prepared recipes that use skimmed, low-fat or soy milk. There are even brands of eggnog especially for vegans and for those who are lactose intolerant. While the recipes for this delicious drink vary, it's still traditionally served during the winter as a way to celebrate the holidays and ring in the New Year.

Easy Eggnog

This easy eggnog recipe cooks the eggs and milk in the microwave. You might want to make a double batch and use any extra eggnog as a flavoring for baked goods or coffee.

6 Eggland's Best eggs
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla



1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 quart milk
Garnishes or stir-ins, optional*

• Whipping cream, ground nutmeg, sherbet or ice cream, fruit juice, brandy or rum extract, peppermint sticks or candy canes, orange slices, cinnamon sticks, pomegranate seeds and juice, maraschino cherries or chocolate curls

1. In large microwave-safe bowl, beat together eggs, sugar and salt until thoroughly blended. Stir in vanilla, cinnamon and nutmeg. Set aside.

2. In a smaller microwave-safe bowl, cook the milk in the microwave on high or full power, about 3 minutes. Stir and continue to cook on high power for another 3 minutes or until bubbles form at the edges of

the milk.

3. Slowly stir 1/4 cup of the hot milk into the egg mixture. Stir vigorously until the ingredients are well combined to bring both mixtures up to the same temperature and to avoid scrambling the eggs. Continue to add the hot milk, 1/2 cup at a time, until all of it has been combined. Stir vigorously after each addition.

4. Return the mixture to the microwave and cook on high for another 2 to 3 minutes. Cover the bowl with plastic wrap and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, pour the eggnog into a punch bowl or a pitcher. Garnish or add stir-ins, if desired. Serve immediately. Makes 1 1/2 quarts, or 12 (1/2-cup) servings.

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Store Equipment: Deli Center, like new; Meat Slicer; Shopping Carts; Coolers; Walk-in Cooler; Drink Coolers; Cash Register; Sandwich Warmer; Sandwich Grill; Hot Dog Warmer; Stainless Tables; Refrigerators; Stainless Shelves; Coffee Machine; Tables; Chairs; Toaster; Chest Freezer.

Beer Signs & Beer Clocks and Numerous Other Signs; Hess Trucks; Games; Cards; Gift Wrap; Paper Products. Complete Store Inventory: Lots of Tools, Bolt Bins, like new; Stove Pipes; Plumbing Supplies.

This is a Complete Liquidation of Simple Choices

Sale Held for Simple Choices



Lic # AU005568

518-921-2016
Auction Zip # 18971

Food Available

**All Announcements Day of
Sale Take Precedence
Over Advertising
No Buyers Premium**

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with

Misc. & Small animals followed by Dairy & Livestock

Mon. Nov. 26th – Sold 288 head. Cull Ave. \$.30 Top Cow \$.4450, Organic Cull ave. \$.40, top cow \$.53, Bulls/Steers None, Bull calves top \$.65, beef bull calves top \$1.50, heifer calf top \$.40, beef heifer calves \$1.40.

Mon. Dec. 10th – Normal Monday Sale & Monthly Heifer Sale.

Mon. Dec. 17th – Due to being closed Monday Dec. 24th this will be our Normal Monday Sale – Sheep, Lamb, Goat, Pig Sale & Monthly Organic Day.

Mon. Dec. 24th – We will be closed this week due to the holidays.

Mon. Dec. 31st – We will be closed this day due to the Holiday but will reschedule to open Wed. Jan 2nd

Wed. Jan. 2nd – This will be our Normal Sale day due to the Holidays – Monthly Feeder Sale.

THE HOSKING FAMILY & SALE BARN CREW WOULD LIKE TO WISH EVERYONE A SAFE AND HAPPY HOLIDAY SEASON!!

Watch for 2019 Sales:

Sat. March 30th – Spring Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

Sat. April 20th – Annual Spring Consignment Machinery Sale – Held at our Facility

Sat. Oct. 26th – Fall Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

****Trucking Assistance** – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com

Like us on facebook

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL

Tom & Brenda Hosking
& Family
6096 St. Hwy. 8, New Berlin, NY 13411



607-847-8800
cell: 607-972-1770 or 1771
Dan Hosking: 607-972-8773

Whatchamacallits

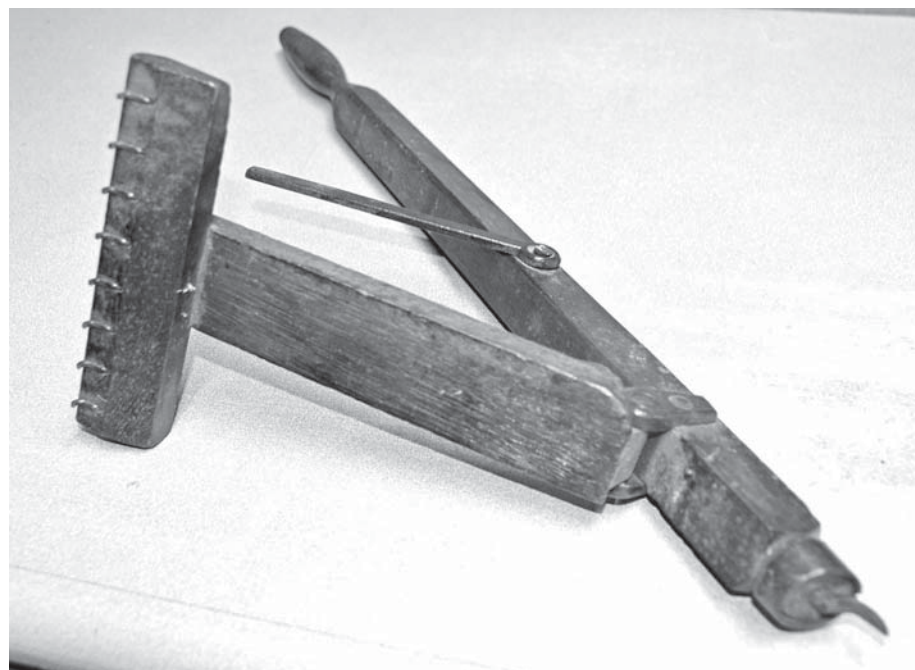
Trends in home décor seem to shift almost as rapidly as the tides. Remember when wallpaper was a thing? Remember the days before Chip and Joanna Gaines remodeled every house to have an open floor plan and layered every wall in ship-lap? Remember when wall-to-wall carpeting was the way to go?

Today, more and more people are embracing the hardwood floors beneath that carpeting, but still desire some color (and something warm beneath their feet come wintertime). That's where area rugs and accents come into play. This is not a new decorating trend, though. Smaller rugs – really any carpet or rug that doesn't cover the entire floor – have been in use for a long, long time. We started with animal hides. Today, it's more likely some kind of polyester blend. Nevertheless, over time,

and often after a good cleaning, that carpet may not seem as big as it once did.

That's where this whatchamacallit comes into play. This wooden contraption is a carpet stretcher. It can actually be used on carpets of all sizes, including the kind that entirely cover floors. On area rugs, this would slightly stretch out the material. On larger, room-sized carpeting, this tool could be used to fit the covering firmly against the baseboards or remove wrinkles. To use it, you would place the small spikes in the carpet or rug and then pull back on the handle, slowly and carefully.

Many modern versions of carpet stretchers are available, but they tend to be mechanical and somewhat expensive. They all have the same basic design as this antique model, however.



Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

Workplace emergency plans for the individual

Emergency planning extends beyond the arrangements that you make to keep your family safe and healthy at home.

“In your family’s general emergency plan, include an emergency workplace plan. Include instructions on how you will handle your health concerns and how you will contact your family or care for your children when you are at work and an emergency occurs,” said Diane Ward, CHN of the Herkimer County Public Health.

“Because many people spend most of their time each day at their job, it makes sense to be prepared and have a workplace emergency plan that deals with your needs,” she said.

Ward said nearly all workplaces have emergency plans for their employees. “It’s important to know what the plan is and how it affects you. Be familiar with that plan by participating in emergency drills and evacuations. That way, you will know what to do if a real emergency occurs. Also, let your employer know if you need special accommodations or assistance, such as walking down the stairwell during a building evacuation. These procedures can also be practiced during the drill,” she said.

Your emergency workplace plan should work in conjunction with your employer’s plan. Your plan should include informa-

tion on your health concerns, how you communicate with or locate your family if you become separated and what provisions you need to make.

Consider the following checklist as you develop your personal workplace plan:

Evaluate your workplace:

- Know where there are safe places (e.g., in the stairwells, under heavy tables or desks and corners of rooms away from windows) and dangerous places (e.g., near windows and heavy furniture and equipment that may get knocked over) around your work area.
- Know the locations of fire extinguishers, first aid equipment and fire alarms

in your office, as well as any shared spaces.

- Post all emergency numbers in a location that is visible and accessible.
- Be familiar with your internal emergency broadcasting system. Be familiar with the name of the person and/or department who will give official instructions. Notify them if you have a disability that prevents you from seeing, hearing or understanding that emergency communication system.
- Know the floor wardens and other first aid attendants. If you will need assistance of any kind, let them know now, before an emergency occurs.
- Know the safe evacuation routes from your

work area. Contact your floor warden or security staff if you don’t know if routes have not been established, or if you need assistance using these routes.

- Be aware of co-workers and your customers with special needs that might need your help.

- If you have a disability or will need assistance, know who can help you and plan ahead. Ask a person or a group of people who you can rely on and trust if they will be able to help you during an emergency.

Make personal provisions:

- Arrange with your family to have an out-of-area telephone contact to help coordinate your family’s whereabouts.
- Familiarize yourself with your children’s day-care and/or school emergency plan and policies. Plan how your children

will be cared for if your family is separated.

- Have emergency supplies available. Remember that power could be disrupted, water could be contaminated and phone lines could be damaged. Your emergency kit should be able to sustain you for at least 72 hours.
 - Assemble a workplace emergency kit. Consider including comfortable walking shoes, high-energy food bars, warm jacket, foil water pouches or bottled water, first aid supplies, medications, personal medical information, back-up durable equipment and spare eyeglasses, flashlight with fresh batteries and a working AM/FM portable radio. Keep this kit in an easily accessible place.
- For more information on workplace emergency plans, call Herkimer County Public Health at 315.867.1176.

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

Ends Dec. 7

Food \$en\$e Food Bank. Now - Dec 7. Presbyterian Church, 90 Morgan St., Ilion. SIGN-UP: Dec. 3-7, 10 a.m. - 11:30 a.m. PICK UP: Dec. 21, 10 a.m. - 11 a.m. December 2018 cost is \$20.50.

Now Dec. 21

Kateri’s Christmas Bag Sale. The store is open Tuesday through Friday from 10 a.m. to 3 p.m. Little Falls Community Center, 45 Furnace Street in Little Falls. Volunteers are always welcome. If you would like to become a part of the Kateri’s Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.

Dec. 7, 14, 21 and 28

Pierogi Sale. Dec 7, 14, 21 and 28. St. Mary’s Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi \$8 dozen.

Dec. 8, 15, 22 and 29

Pierogi Sale. 9:30 a.m. - 2 p.m. St. Mary’s Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi \$8 dozen.

Dec. 8

Friends of German Flats Christmas. 11 a.m. - 2 p.m. German Flats Town Park, Rt. 5S, Mohawk, next to Fort Herkimer Church. Santa and Mr. Claus. Christmas Chinese Auction. Door prizes. Presents for the kids. Contact Carol Vercz at 315.866.6791 or pvercz@twcnv.nyrr.com.

Breakfast with Santa. Seatings at 9 a.m. and 11 a.m. Utica Zoo Auditorium. Tickets are \$24 for adults and \$12 for children. All details, including ticket purchase is available at Utica-Zoo.org/holidayhoot.

H.A.L.O. (Helping Animals Live Organization) 6th “Tree of Love” fundraiser “Tree Lighting Ceremony”. 10 a.m. The Tree will be showcased in the lobby at Little Falls Adirondack Bank, 500 E. Main Street, for the month of December.

Dec. 9

Valley Voices for Christ Holiday Vocal Concert. 6 - 7 p.m. Church of Christ Uniting, 22 Church Street, Richfield Springs. Light refreshments. Free will offering during intermission.

Dec. 12

Wednesday Night Fly Tying Class. 5:30 - 7:30 p.m. Otsego Land Trust office, 101 Main St. Pioneer Alley, Cooperstown (this is the same building as the Farmers’ Market). Children ages 11 and up are more than welcome, but must come with an adult. Pizza and beverages will be provided throughout the evening, compliments of the land trust. Pre-registration is recommended. To RSVP and for more information, please contact OLT’s Communications and Outreach Manager Becky Talbot by email: becky@otsegolandtrust.org or by calling 607.547.2366 ext. 108.

2nd Wednesday Night Dinners. 4 - 6 p.m. Ilion First Baptist Church, 8 Second St., Ilion. Tickets: Adults \$10.

Child Under 10 \$5. Tickets available at the door. Eat In or take out. For more info please contact Church Office at 315.894.9041.

Dec. 15, 22 and 29

Golumbki Sale. 9:30 a.m. - 2 p.m. St. Mary’s Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Golumbki \$26 dozen; \$13 half dozen; three-piece \$6.50.

Dec. 15

December Bus Trip. A One Day Bus Trip to Vermont. Bus will be departing from Clinton and Herkimer. The bus will visit Weston in the morning, home of the Vermont Country Store, where you will find unique gifts for family and friends. In the afternoon, you will have the option to stop at Manchester for the best outlet shopping in Vermont or visit Hildene, the home of Robert Todd Lincoln, decorated as the family might have done when they stayed there for the holidays in 1912. The cost is \$50 per person and if you wish to visit Hildene, it is \$65. The trip is a fundraiser for the Dolgeville Forward C.A.T. To sign up or for more information, call Caryl Hopson at 315.429.8660.

Dec. 16

Holiday Pops Concert presented by Symphoria. 5 p.m. Herkimer Jr/Sr High School, 801 W. German St., Herkimer, NY. Tickets: General admission \$15 (sold at door). For reserved seats \$20. Call Katie 315.866.1563.

Simple ways to keep a realistic budget

Successful financial plans often begin with the creation of a budget.

A budget is an estimate of income and expenses in a given period of time. Budgets help with long-term goals like paying off a mortgage or sending a child to college as well as short-term goals like financing a dream vacation.

Not all budgets are alike, and when people hear the word “budget,” they may get apprehensive. Budgeting may require making some concessions in regard to spending habits, but it doesn’t have to put a complete damper on plans. In fact, with a budget in hand, people may be more free to spend because they will have a stronger grasp of their financial situation.

Making a realistic budget does not have to be a chore. Here is how to get started.

- List the necessities. Begin by calculating the costs associated with fixed needs, including rent/mortgage, utilities, food and any other bills you have to pay each month.
 - Add existing debt. Debt includes any routine payments being made to credit card companies, student loan lenders, car payments or unpaid medical bills.
 - Conduct a spending analysis over several months. Budgets are easier with fixed numbers, but unforeseen variables can affect spending every month. These can include the extras for clothing, entertainment and much more. Average the cost of these expenses throughout your analysis period so you can get some idea of how much to allocate for them.
 - Use software or apps to help. There are plenty of resources available to help people calculate their budgets and get a picture of their financial habits. Resources such as Mint, YNAB (You Need a Budget) and various accounting programs can produce spreadsheets, pie charts and bar graphs as you work to create a budget.
 - Start trimming gradually. Quitting a certain lifestyle cold turkey can be jarring. Gradually cut back on your spending if your analysis suggests that’s the way to go.
 - Automate saving. Immediately removing a set amount from your paychecks by having it directly deposited into a separate account can remove the temptation of spending too much from your financial equation.
- Budgets are a key part of a financial plan and can help people reach their goals.

Area Church Services

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH
467 Main St.
Sunday Worship 10:30 AM

DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP
Pastor Pat Andreoli
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Paster Len Byarty
12 Van Buren St.
Sunday School (All Ages) 10-11 AM
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
26 E. Faville Ave.
Worship 11 AM

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
Mass 9 AM Sun, Mon & Wed

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
Pastor Mark Sowersby
3659 Route 5, East Schuyler
Sunday Worship 10:30 am
Wednesday Night 6:30 pm
Phone 315-895-0926
Christianassemblyofschuyler.com

FRANKFORT
OUR LADY QUEEN OF APOSTLES
414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 5:30 pm;
Sunday 9:00 am; Tuesday & Thursday 9:00 am

HERKIMER
SS PETER and PAUL ORTHODOX CHURCH
Rev. Thaddeus Franta
305 Main Rd., East Herkimer
Phone 866-3272
Wednesday Vespers 5PM
Saturday Evening Vespers 5 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

HERKIMER
TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

ST. FRANCIS de SALES CHURCH
Rev. Mark Cunningham, Pastor
219 N. Bellingier St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

CHURCH OF SAINTS
ANTHONY and JOSEPH
Rev. Quy Vo, Pastor
229 S. Main St.
Phone 866-6373
Saturday Vigil Mass 6 PM
Sunday Mass 10 AM

REDEEMER CHURCH
Pastor Michael Servello
931 Herkimer Rd.
Utica, NY 13503
Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
Sunday School (All Ages) 9:30-10:20 AM
Worship Service 8:30-10:30 AM
with iPraise for the children (K-5th grade)
Phone 866-0575

UKRAINIAN ORTHODOX CHURCH OF
ST. MARY'S PROTECTRESS
326 Moore Ave.
Sunday Divine Liturgy 10 AM
Holy Day Liturgy 9 AM
Phone 866-1336

NEW LIFE CHURCH
Pastor David Hayner
337 Protection Ave.
Phone 866-1164 • www.nlc-mc.org
Worship 10 AM
Wednesday Worship 6:30 PM

TRINITY EVANGELICAL
LUTHERAN CHURCH
Rev. Ann Zimmerman, Pastor
Corner of West German & Henry Streets
Phone 866-6474
Sunday Services 8 AM Spoken
Sunday Worship Service
10:30 AM with Music
Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY
Lieutenants John and Lori Wood
429 N. Prospect St.
Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

FIRST UNITED
METCHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship 8:30 & 10am
Sunday School 10am during school year

HERKIMER
CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)
Branch President Blake Francisco
Gros. Blvd., East Herkimer
Phone 315-866-8095
Priesthood/Relief Society 12:10 PM
Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

HERKIMER REFORMED CHURCH
102 Church St.
Phone 866-1523
Worship 9:30 AM
Sunday School 11 AM
Shepherd's Table:
Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
Rev. Jill Stellman
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@gmail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Bible Study: Fridays 7:00 PM (Parish Hall)
Free Community Dinner: Next-to-last and Last
Saturday of the month 5:00 PM (Parish Hall)
Entrance to Parish Hall is on Mary Street

ILION
ILION COMMUNITY CHURCH
Pastor Dean Mabry
44 Central Plaza
Sunday Worship 10am
Child Care/Kids Church Available
ilionchurch.com

SAINT AUGUSTINE'S
EPISCOPAL CHURCH
Bishop - Dan Herzog
78 2nd Street
Phone: (315) 894-3775
Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggle
Bible Study 9:30am
Church Service 10:30am
315-894-2070

FIRST BAPTIST CHURCH
8 Second Street
Reverend John Partise
Sunday Worship 11 AM

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Reverend Bob Wallaber
Sunday Worship 10 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

ILION
ANNUNCIATION CHURCH
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 pm; Sunday
11:00 am; Monday & Wednesday 9:00 am

LITTLE FALLS
FIRST BAPTIST CHURCH
555 Albany St.
Morning Worship will begin at 10:15 AM
Rev. Chris J. Wintermute will be speaking
this morning.
Nursery (infants through age 4)
Junior Church (K-4) during Morning

FIRST BAPTIST CHURCH CONTINUED
Worship Service
Sunday School Classes 9 AM
(nursery through adult)
Morning Worship Service 11 AM and is
broadcast live over radio station WIZR,
930 on the AM dial with a one week delay.
Monday School Board Meeting 6:30 PM
Tuesday Trustee Meeting 7 PM
Wednesday Final Bible Study & Prayer
Time at homes 7 PM
Thursday Choir Practice 7 PM

HOLY SPIRIT POLISH NATIONAL
CATHOLIC CHURCH
Father Rafael Dadello
615 E. Gansevoort St.
Phone 823-0793
Sunday Mass 11 AM

ST. PAUL'S UNITARIAN
UNIVERSALIST CHURCH
Minister Jeffrey J. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE
ROMAN CATHOLIC COMMUNITY OF
LITTLE FALLS
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

FIRST ASSEMBLY OF GOD
Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

LITTLE FALLS
HOLY TRINITY LUTHERAN CHURCH
512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email lffirstpres@gmail.com
www.presbylff.org
Sunday Worship 10 AM
Sunday School 10 AM

INGHAMS MILLS BAPTIST CHURCH
Rev. Gary L. Busch, Pastor
Sunday Worship Service 10AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST
Rev. Robert Lindsay
24 Rte. 29
Phone 845-8730
Sunday School 9:30 AM
Worship Service 9:30 AM

MOHAWK
GRACE EPISCOPAL CHURCH
Rev. Sally Heiligman
7 E. Main St.
Phone 315-866-4782
or 315-520-4723
Holy Eucharist 10 AM

DENNISON CORNERS
COMMUNITY CHURCH
Pastor Donald King
219 Robinson Rd. • Phone 866-5215
Sunday:
Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
Follow us on Facebook
Morning Worship:
10:30 AM Sept. - June • 9:30 AM July - Aug.
Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

EMMANUEL BIBLE CHURCH
Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

MOHAWK
CHURCH OF THE BLESSED
SACRAMENT
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH
H. Ed Reed, Pastor/Teacher
167 Ward Rd.
Phone 858-1282
www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER
Pastor Gene Kipper
27 E. Main St.
Phone 868-1790
Sunday Services at 10 AM
Intercession - Tuesdays at 7 PM
Free Community Dinner the last
Thursday of the Month at 6 PM

NEWPORT
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45am

UNITED METHODIST
Rev. Robert Lindsay • Phone 845-8730
Sunday School 11 AM
Morning Service 11 AM

KUYAHOORA COMMUNITY CHURCH
Pastor Dwayne Durand
West Canada Valley
High School Auditorium
5447 St. Rt. 28
Mailing Address PO Box 50
Middleville, NY 13406
Phone 315-292-1303
www.kuyahorracc.org
Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST
CATHOLIC CHURCH
Rev. Quy Vo, Pastor
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Monday & Wednesday 9 AM
Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

SALISBURY CENTER
FULL GOSPEL ASSEMBLY OF GOD
Pastor Robert Brent
106 Plant Road
Sunday Worship 11 AM
with Children's Church offered
during the service

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634 E. Main Street
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Cell 315-868-8166
or 315-868-1575

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3051 State Rte. 28,
Herkimer, NY 13350
Monument Sales & Engraving
Professional Memorial Cleaning
Specialty Sandblast & Etching
315-866-4471
humphreymemorials.com

Superior
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Health Care
Providing Care In The Home
(315) 866-7932
703 Middleville Rd.,
Herkimer, NY 13350

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Dolgeville • 429-8518

Big
Willy's
Pizzeria
894-2057 • 894-7855
121 East Main St.
Frankfort, NY

DIEDRICH
Associates
Valley Realty
315-866-7702
Cell 315-868-4339

**LYNCH**
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& Cooling
11 South Main St.,
Dolgeville
518-527-9881

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Chiropractic
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Dr. Kathleen Fusco
• Insurance Not Necessary
8841 N. Main Street
Poland, NY 13431
(315) 826-7772

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SONS, INC.

Funeral
Home
845-8532
Newport, NY
Eric J. Newman, Director

**115 Court Street**
Herkimer, NY
(315) 866-4590

40 West James Street
Richfield Springs, NY
(315) 858-1810
Same Ownership

**Gina Trzepacz - Timpano**
1309 Champlin Ave. PO Box 123
Yorkville, NY 13495
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MEMORIAL RESTORATION
Ph/Fax: 315-736-1781 Cell: 315-723-7445
gina@yorkvillememorials.com

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73-77 N. Main St. Dolgeville
315-429-9761

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SALES
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The Kitchen Diva

by **Angela Shelf Medearis**
Holiday gifts from the kitchen

Gifts from the kitchen are easy and inexpensive to make, and are always welcome during the holidays. Sachets and potpourri make beautiful and aromatic Christmas gifts.

Sachets can be made of a variety of herbs or potpourri and are simple to make. The bath sachets may be placed directly into the tub or tied to the faucet so that the hot water passes through the herbal mixture as the bath is drawn. Sachet bags also may be placed inside clothes drawers, tucked into the corners of couches or armchairs, or placed inside of closets.

Any number of creative combinations may be used to make potpourri. Spices, flowers, essential oils, your favorite perfume, dried herbs and citrus peels all make a wonderful potpourri. Using a fixative — such as tincture of benzoin, styrax, orris root or musk — will extend the life of the perfume and ingredients. Most fixatives can be purchased at craft stores.

Remember, gifts from the heart are part of the true meaning of Christmas. These easy-to-make recipes for bath sachets, potpourri and rubbing lotion will be fragrant reminders long after the holiday season is over.

Bath Sachets

2 cups dried herbs (lavender, sage, rosemary, pennyroyal, lemon

verbena, chamomile, thyme or mint — alone or in any combination)

8 (4-inch) squares of cheesecloth or cotton (8 small handkerchiefs work well)

8 (12-inch) lengths of ribbon or lace

Place the herbs in a plastic bag. Roll a rolling pin back and forth over the herbs until they are slightly crushed. Place 1/4 cup of the dried herbs in the center of the cloth square. Gather the square in a pouf and knot a piece of ribbon or lace around the neck of the pouf to secure the herbs. Make ribbon or lace into a bow, leaving the ends long enough to tie the bath sachet to a faucet. Makes 8 bath sachets.

Rose Petal Potpourri

3 cups dried rose petals

2 cups dried lavender

1 cup dried lemon ver-

bena

1 tablespoon dried

lemon peel

1 tablespoon allspice

1 tablespoon cinnamon

1 tablespoon cloves

1 1/2 tablespoons orris root

In a large jar, combine the rose petals and lavender. In a medium bowl, mix together the lemon verbena, lemon peel, allspice, cinnamon, cloves and orris root. Pour the lemon mixture into the jar containing the rose petals and lavender. Cover jar tightly and shake ingredients. Let potpourri stand for 3 to 4 weeks, shaking mixture frequently to combine the scents. Makes 6 cups.

To give as gifts:

8 small drawstring bags or 8 (4-inch) squares of cheesecloth or cotton (8 small handkerchiefs work well)

8 (12-inch) lengths of ribbon or lace

Place the potpourri in a decorative bag with a

drawstring, or to make a sachet, place 1/4 cup of the potpourri in the center of a cloth square. Gather the square in a pouf and knot a piece of ribbon or lace around the neck of the pouf to secure the potpourri. Make the ribbon or the lace into a bow.

Herbal Rubbing Lotion

This is refreshing herbal lotion is a wonderful pick-me-up for sore muscles and tired minds at the end of a long day. The herbs also give the rubbing alcohol a pleasant fragrance. The herbs may be obtained from nurseries or grocery stores.

1 cup fresh lavender leaves

1/4 cup lemon verbena

1/4 cup mint leaves

1/4 cup rosemary sprigs

2 cups unscented rubbing alcohol



Place the herbs in a plastic bag. Roll a rolling pin back and forth over the herbs until they are slightly crushed. Place herbs in a glass jar that has been sterilized by boiling. Add the rubbing alcohol. Cover tightly and label the jar NOT TO BE USED INTERNALLY. Set

aside in a cool, dry place for 5 to 7 days. Strain the alcohol through several layers of cheesecloth into pretty jars or bottles. Cap tightly and label bottles or jars, NOT TO BE USED INTERNALLY. Makes 2 cups rubbing lotion.

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Gift Guide

Christmas Morning Italian Strata

Prepare this strata the night before and then bake it while everyone opens presents on Christmas morning. By the time the last gift is unwrapped, breakfast is ready and waiting! Serves 12.

- 1 1/2 pounds pork-sausage meat
- 1 12-ounce loaf French bread
- 2 4-ounce cans mushrooms
- 6 large eggs
- 1 quart milk
- 2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder (optional)
- 1/4 teaspoon pepper
- 1 8-ounce package shredded mozzarella cheese (2 cups)
- 1 4-ounce package shredded Cheddar cheese (1 cup)
- Chopped parsley for garnish

Night before serving:

1. Grease 13-by-9-inch glass baking dish. In 10-inch skillet over medium heat, cook pork-sausage meat, stirring frequently to break up sausage, until thoroughly cooked and no longer pink. Using slotted

spoon, remove sausage to paper towels to drain.

2. Cut French bread into 1/2-inch cubes. Drain and chop mushrooms. In baking dish, combine sausage, bread cubes and mushrooms. In large bowl, whisk together eggs, milk, Italian seasoning, garlic powder and pepper. Pour egg mixture over sausage mixture. Cover with plastic wrap and refrigerate overnight.

About 1 3/4 hours before serving:

3. Heat oven to 350 F. Bake strata, uncovered, 1 hour. Remove from oven and sprinkle evenly with mozzarella and Cheddar cheeses. Bake 15 minutes longer or until knife inserted in center comes out clean. Remove strata from oven; let stand 10 minutes for easier serving. Garnish with chopped parsley.

• Each serving: About 390 calories, 24 g fat, 170 mg cholesterol, 855 mg sodium.

Find more triple-tested holiday recipes at www.good-housekeeping.com/recipes/.

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Gift-wrapping tips and tricks

Much of the focus of each holiday season is on gift-giving, but all those gifts will eventually need to be wrapped. Stacks of presents just waiting to be covered with paper and ribbon can overwhelm gift givers, prompting them to put off wrapping gifts until the last minute. Hesitant

wrappers with a pile of gifts to wrap can use these tricks to make the process go smoothly.

Find inspiration

Instead of looking at wrapping as yet another chore, try to envision how the recipient will feel peeling open the paper and finding the gift inside. Wrapping can be the prelude to the gift itself, and intensify the anticipation. The wrapping paper or style also may draw on aspects of the gift itself. For example, a knit scarf can be placed in a crocheted stocking.

Handle oddly-shaped items

Wrapping rectangular boxes can be a snap, but what about something that's round or full of angles? Think about placing oddly-shaped items inside another item to

make the shape more uniform. Shoe boxes, coffee cans and even paper towel rolls can hold items. Then place the wrapping on these containers.

Cover prices

To enable easy exchanges or returns, do not cut off the price tags of gifts. Instead, place a festive sticker over the dollar amount, but leave the scan bar visible. This way the gift recipient can return the gift with ease if necessary.

Keep supplies at the ready

Devote a bin or bins to wrapping supplies and tools. Having scissors, paper, tape, ribbon, and more in a designated spot will cut down on having to hunt and peck when it comes time to wrap. Martha Stewart suggests

getting a rotary cutter to cut long straight or decorative edges on wrapping paper. Rotary cutters may be easier to use than scissors, especially when paired with a ruler.

Wrap on a firm surface

Devote a table or counter to wrapping gifts. This will keep the paper taut and neat and make it easier to cut and position. You risk tearing the paper or puncturing it when working on carpeting or bedding.

Color- or pattern-code gifts

It's easy to visualize who gets what gift when each recipient has his or her own special wrapping paper. This is also a handy idea when wrapping gifts from Santa, as it will differentiate the Santa gifts from the ones being given by Mom and Dad.

With a few helpful pointers, wrapping gifts can be easy. And for those who prefer to skip the wrapping themselves, many malls and retailers offer complimentary wrapping for a small donation to charity.

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Country Preacher

by Pastor Dan West

In **Acts chapter 2** we are told about the first time the Holy Spirit came upon all believers. Up to this point, throughout the Old Testament, the Holy Spirit would indwell a believer to accomplish a specific ministry, and then He would leave. That changed here just 50 days after Jesus was resurrected from the dead.

In **verses 5-12** we see that the Holy Spirit made the followers of Jesus able to speak in languages from all over the world. The word "utterance" in **verse 4** means they spoke clearly even the dialect and accent of each nationality.

What did they say, you might ask. **Verse 11** says they spoke about "the wonderful works of God". As we put this in context we realize they were presenting the Gospel to all these people. **Verse 37** says when they heard this their hearts were touched and they asked "what shall we do"?

Peter, who had been preaching to the crowd answered their question by telling them to "repent". This word means to change one's mind or direction. In the context of a believer sharing this word with an unbeliever it is referring to turning your heart and mind away from being self-centered to being Christ-centered. Another way of looking at this is to switch away from a "if it feels good, do it" or "if it seems good to me, it must be good" mentality to a mind-set of asking God what is ultimately the best and letting Him guide our thoughts and actions.

God's Word, the Bible gives us absolutes that never will change to guide us through our lives, not just for the next step, which if done our own way could do us damage for the rest of our lives. Repent and follow the Lord; when Peter preached this sermon, 3,000 people did just that.

The most downloaded holiday songs

Music is integral to many celebrations during the holiday season. Whether you're planning an office party, hosting friends and family at home or simply looking to get in the holiday spirit, you might want to explore this list of the most downloaded Christmas/holiday songs on iTunes.

1. "All I Want For Christmas Is You" Mariah Carey
2. "Mary, Did You Know?" Pentatonix
3. "Christmas/Sarajevo 12/24 (Instrumental)" Trans-Siberian Orchestra
4. "Mistletoe" Justin Bieber
5. "Christmas Canon" Trans-Siberian Orchestra
6. "Rockin' Around the Christmas Tree" Brenda Lee
7. "Believe" Josh Groban
8. "Last Christmas (Single Version)" Wham!
9. "Jingle Bell Rock" Bobby Helms
10. "It's the Most Wonderful Time of the Year" Andy Williams
11. "Hallelujah" Penta-

tonix

12. "Wizards in Winter (Instrumental)" Trans-Siberian Orchestra
13. "Winter Song" Sara Bareilles & Ingrid Michaelson
14. "Hallelujah" Lindsey Stirling
15. "Last Christmas"

Taylor Swift

16. "Feliz Navidad" José Feliciano
17. "Santa Tell Me" Ariana Grande
18. "A Holly Jolly Christmas" Burl Ives
19. "The Christmas Song (Merry Christmas to You)" Nat "King" Cole

20. "Hard Candy Christmas" Dolly Parton

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'Christmas in Little Falls' returns Saturday, Dec. 8

by Laura Powers

LITTLE FALLS, NY — It's beginning to look a lot like Christmas... in Little Falls! The City of Little Falls invites you to save the date for Dec. 8 to enjoy a full day of festive events, specials, and entertainment. The fun begins bright and early with registration for the annual Red Nose Reindeer Run at 8 a.m. at the Little Falls Family YMCA, with a shot-gun start provided by Santa Claus himself at 9 a.m. as he arrives on a shiny red firetruck, and wraps up in front of Ed & Bud's on Main Street.

The Little Falls Fire Department will then escort the holiday celebrity to the Fire Station/City Hall so that Santa may begin visiting with the children. Guests are encouraged to bring their camera to capture this special moment.

Santa will also visit a very festive Canal Place from 11 a.m. to 3 p.m. Folks are welcomed to join a community sing-along at Ole Sal's 2-4 p.m. Additionally, a chainsaw carver will demonstrate his talents outside Showcase Antiques 11 a.m.-3 p.m.

There will be several "sweet" children's activities happening throughout the day, including cookie decorating and crafts from 9 to 10:30 a.m. in the Community Center with the help of White Rose Bakery. On West Main, Italian Feast will hold a Kid's Sweet Treat Decorating event from 9:30 a.m. to 1 p.m. for ages 12 and under. Kids are also invited to decorate their own pancakes at the American Legion for \$3 from 10 a.m. to 11:30 a.m. The Shop on East Main Street will host a puppet show 11:30

a.m.-1 p.m., and Valley Cinema will offer a showing of 'Ralph Breaks the Internet' for only \$3 at 5 p.m. The Utica Zoo Mobile will be on West Main at Ace Hardware from 11 a.m. to 1 p.m., and letters to Santa may be dropped off at Ed's Pizza 11 a.m.-11 p.m.

Last year, Christmas in Little Falls welcomed "the Moose" who wandered the city streets. The social media game "The Moose is Loose!" returns this year. More details are available on the 'Christmas in Little Falls' Facebook page.

Travelodge will be bustling with activity with an indoor Holiday Craft Fair set up in their spacious and convenient banquet room from 9 a.m. to 3 p.m. There will also be two brand new craft fairs that start at 10 a.m. at Emanuel Episcopal Church on Albany Street and at the Fitness Pharmacy on West Main Street.

The Little Falls Elks Lodge will host live music throughout the day, beginning 9:30 a.m.

A featured free activity that draws a crowd each year is the Horse and

Carriage Rides which provide tours of historic downtown. Folks will have the chance to depart from the Historical Society Museum on Ann Street beginning at 11 a.m. and running until 1 p.m. The Historical Society will remain open for visitors from 9 a.m. to 4 p.m.

In the theme of 'giving to others,' the annual Bartenders Race hits East Main Street at 11 a.m. Folks are welcomed to cheer on their favorite wait-staff as they race for charity trying not to spill

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Another charity-focused event challenges

taste buds rather than racing skills — the popular Soup Fest along Main Street from 1 to 3 p.m. For a small fee, you can taste all the delicious soups and stews by the best chefs from Little Falls and all proceeds

benefit local charities.

The spirit of giving will also be demonstrated by St. Paul's Church holding a hat and mitten giveaway from 12 to 2 p.m., and there will be a toy collection at Dollar General all day long.

VanMeter explains, "Christmas in Little Falls is a day where there is so much to do that you simply can't do it all... and that's a good thing! We want people to enjoy their favorite activities and be able to explore new and different ones each year. I suggest you grab an event guide at a local business, or go online, before Dec. 8th so you can plan your day."

Additional updates are available on the 'Christmas in Little Falls' Facebook page. Event Chair also invites the public to contact her directly with questions at 315.823.9200.



Find the Moose, snap a photo with the funny creature, and post it to Facebook with certain hashtags.

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Conductor Sean O'Loughlin presents "Magic of the Holidays"

Sean O'Loughlin, Principal Pops Conductor of Symphoria will present "Magic of the Holidays" at the Herkimer JR/SR High school, Sunday, Dec. 16, 3 to 5 p.m. This is the 11th performance of Symphoria in the Village of Herkimer.

O'Loughlin recently appointed Principal Pops Conductor of the Victoria Symphony in Victoria, BC Canada is a fresh voice and rising name in the music world. He has served as conductor for national and worldwide tours with Josh Groban, Sara McLachlan and Jerry Garcia Symphonic Celebration. An annual AS-CAP Special Awards win-



Sean O'Loughlin



ner, Sean was a composition fellow at the Henry Mancini Institute in Los Angeles and holds composition degrees from New England conservatory and Syracuse University.

The Guest Artist features Nick Ziobro named the national winner of the 2012 Michael Feinstein Great American Songbook Vocal Competition, served as their Youth Ambassador touring with Feinstein.

Nick has performed at venues throughout the United States including Carnegie Hall, Jazz at

Lincoln Center, Birdland, the Kennedy Center and in 2016 took his duo show with Julia Goodwin to Tuscany, Italy. Goodwin a winner of the Feinstein 2013 Great American Songbook Vocal Competition, also performed with Symphoria at the 2017 Holiday Pops in Herkimer.

Musical selections include A Season for Joy, God Bless Us Everyone, Somewhere from West Side Story, O Holy Night and the always favorite Tchaikovsky's Nutcracker selections with many more including the audience favorite sing-a-long.

General Admission tickets at \$15 are available at Big Apple Music New Hartford, Citizens Bank, CURVES & M&T Bank of Herkimer, Herkimer Eye Care Center, Herkimer County Historical Society, Ilion Wine & Spirits and St. Francis deSales Parish Office. Call 315.866.1563 for reserved seats at \$20.x



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Chow Line: Holiday indulgence in moderation?

by Tracy Turner

Q: Do you have any tips on how I can indulge in all the holiday food festivities without overdoing it?

A: You aren't the only one wondering about this issue. With the holidays approaching, many people are concerned about trying to stay healthy while also enjoying all the delicious foods and traditions associated with the many celebrations that are or will be soon occurring.

Many people are looking for ways to either avoid temptation or make better choices that will allow them to maintain a healthy weight while they

navigate all the indulgence of the season, said Jenny Lobb, a family and consumer sciences educator for Ohio State University Extension. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

With that in mind, Lobb offers the following tips that can help you enjoy the holidays and still meet your food-related health goals.

Use the U.S. Department of Agriculture's MyPlate dietary guidelines as your guide to healthy eating. MyPlate encour-

ages people to eat more fruits and vegetables, lean protein, and whole grains, including advocating that people make half of the food on their plate fruits and vegetables. So look for fruits and vegetables when you go to holiday gatherings and when you are planning your own meals. Filling up on those foods first might help you eat less of the other richer foods that you might encounter later.

Plan ahead—whether you are packing a lunch or snacks—for your workday. When you bring your own food, you might be less likely to pass

through the break room and indulge in some of the sweets that other people bring in. Plan ahead for any parties you might attend as well. Doing so might help you avoid some of the sweets or rich foods offered there.

Survey your options. If you go to a party, take a look to see what is available before filling up your plate. Then, strategically choose what you want to indulge in.

Keep an eye on your portions. In the words of the Dietary Guidelines for Americans, "enjoy your foods, but eat less." You can still enjoy those special holiday treats, but

keep an eye on the portions and try not to overdo it. Filling up on fruits and vegetables first might help you stick to smaller portions of the richer foods you choose to eat.

Limit your liquid calories. Lots of holiday drinks such as alcoholic beverages, eggnog, and festive coffee drinks contain more calories and sugar than some desserts. So keep an eye on the beverages that you're choosing, try to fill up on water first, and then treat those richer drinks more like desserts or sweets.

Lastly, try to understand that not all of your

holiday eating habits are going to be perfect, so cut yourself some slack and enjoy the season. Don't beat yourself up if you have a bad day.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, OSU Extension and the Ohio Agricultural Research and Development Center.



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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Woodsy home
6 Buddy
9 Lawyers' org.
12 Russian pan-cakes
13 "— -la-la!"
14 CSA soldier
15 Big name in porcelain
16 Expression of regret
18 Find
20 Flightless flock
21 E.T.'s transport
23 Previous night
24 Wherewithal
25 Tatters
27 Robin Hood's missile
29 Tiers
31 Big river
35 Helicopter part
37 Bygone times
38 Go around the world?
41 Wager
43 Table scrap
44 Gaucho's weapon
45 Antenna
47 Green field?
49 Amorphous masses
52 Reggae-like music
53 Tiny

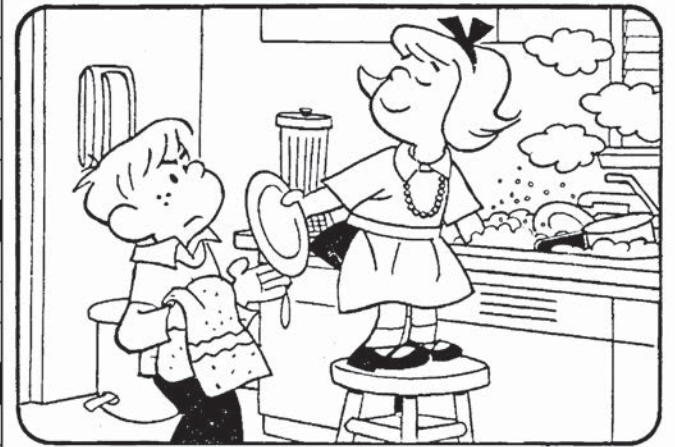
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38	39	40			41		42		43	
44					45			46		
47				48			49		50	51
52				53			54			
55				56			57			

- 54 Dutch city, with "The"
55 NYC hrs.
56 "Acid"
57 Secret rendezvous
8 Discoverer's cry
9 Scent
10 Started
11 Big canyon
17 Maneuvering room
19 Sailor's "Halt!"
21 Cyber-address
22 Air safety org.
24 Mid-May honoree
26 Soap opera, e.g.
28 Harder to find
30 Deteriorate
32 Fauna study
33 Bobby of hockey
34 Trawler need
36 Followed orders
38 Not just chubby
39 Ice cubes, slangily
40 Swell
42 Snug
45 Census data
46 Winged
48 Fly-by-night?
50 Clear the tables
51 Collection

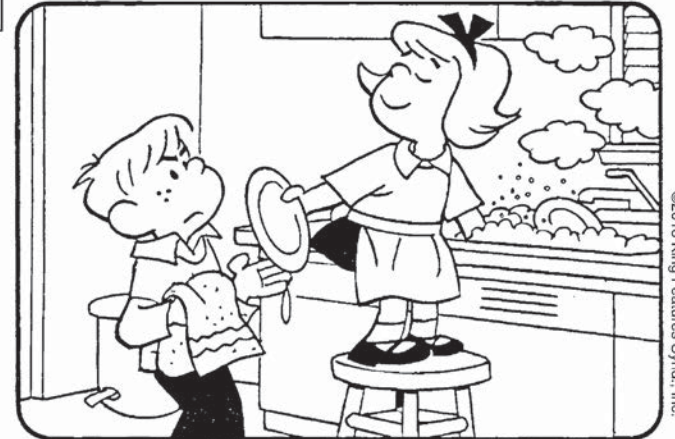
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HOCUS-FOCUS

BY
HENRY BOLTINOFF

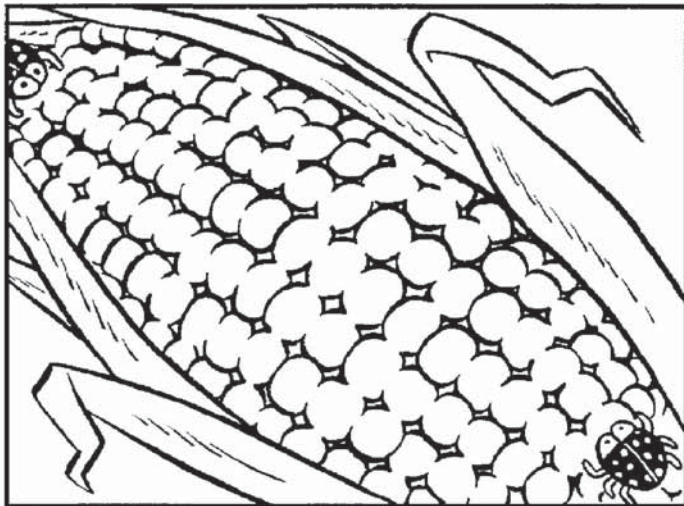


Find at least six differences in details between panels.



Differences: 1. Phone is missing. 2. Towel is shorter. 3. Blender is missing. 4. Beads are missing. 5. Apron is different. 6. Pan is missing.

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A MAIZE MAZE! Can you help this little bug find his way across this mazy ear of corn so that he can join his buddy at the other end?

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Junior Whirl

by Charles Barry Townsend

FIND THE FLOWERS!

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

Illustrated by David Coulson



HIDDEN ANIMALS! See if you can find the four animals hidden in the following three sentences.

- At last a girl moved.
- He made errors on purpose.
- Well, I only got terrified out of my wits.

Answers: 1. Stag. 2. Deer. 3. Lion and other.



Hidden in the diagram above are the names of 17 flowers. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the flowers you're looking for.

IT'S MAGIC! Use the numbers 5 through 14 to fill in this Magic Number Square. The numbers in each horizontal row, each vertical column, and even the four corner squares, must total 45. We've filled in six of the squares; the rest is up to you. Use trial and error – and a good eraser!

		19	3
18	4		
	21		
			20

[45]

Azalea	Fuchsia	Plumbago
Buttercup	Geranium	Poppy
Carnation	Hibiscus	Rose
Cosmos	Hyacinth	Sunflower
Edelweiss	Iris	Verbena
Foxglove	Lily	

Answers: First row: 10, 13, 19, 3. Second row: 18, 4, 9, 14. Third row: 5, 21, 11, 8. Fourth row: 12, 7, 6, 20.

Country Editor

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45 Antiques
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130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
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1205 Wanted

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Enjoy more time outdoors (even when it's cold)



it is important for one's mental and physical well-being to get outside.

The amount of time people spend outdoors has dramatically decreased, as the Environmental Protection Agency now reports the average Ameri-

can spends 87 percent of his or her time in a residence, school building or workplace. Being outside is linked to better moods, more physical activ-

ity and less exposure to contaminants (concentrations of some pollutants are often two to five times higher indoors). Also, people who spend time outside may not come into contact with surface germs or develop various illnesses spread as often as those who spend a lot of time indoors.

Cold weather can make the desire to be outside less appealing, but it is important for one's mental and physical well-being to get outside. The following activities might coax people outside for some crisp air.

Create snow critters

Why do snowmen and women get all of the fanfare this time of year? Just about any living or fictional creature can be molded from snow and embellish landscapes. Use food-grade col-

oring in spray bottles to added even more creative flair to snow designs.

Go on a nature hike

While many plants and animals hibernate in winter, there is still plenty to see. Bring along a sketchbook or camera and capture nature in winter. White-washed hills can be beautiful to behold, and many small animals and birds look even more vivid against the white backdrop of snow.

Make an obstacle course

Turn an area of the yard or park into a homemade obstacle course. It's much more difficult, — and a great workout — to try to jump over snow mounds or run down paths when decked out in warm layers. Engage in lighthearted competitions with friends and

family members. **Build a bonfire** Children can set off in different directions to gather up firewood to craft a bonfire with adults in a safe location. S'mores taste equally delicious whether it's warm or cold outside, and in winter they can be accompanied by toasty mugs of cocoa.

Get sporty

Sledding, skating, snowshoeing, and ice hockey are just a few of the winter sports that can get the heart pumping and muscles working outside. These activities are entertaining and also great exercise.

When venturing outdoors in winter, dress in layers. This way clothing can be put on or taking off to reduce the likelihood of hypothermia.

Easy Christmas morning breakfast

Christmas morning is an exciting and joyous time for families. Children are anxious to rush downstairs and see what Santa has left under the tree, and parents are eager to see the looks on youngsters' happy faces.

Having a fast and easy breakfast at the ready on Christmas morning allows families to jump right into the festivities

rather than spending too much time in the kitchen.

This recipe for "Spiced Yogurt Muffins," courtesy of the National Dairy Council, Dannon and McCormick, can be made in advance and then enjoyed while peeking into Christmas stockings or watching holiday parades on television. This big-batch recipe is ideal for feeding

a houseful of overnight holiday guests. Or it can be prepared in advance and doled out as needed throughout the week. The muffins also can be made as a treat for holiday office lunches. Cut the recipe in half for smaller yields.

Spiced Yogurt Muffins

(Yield: 50 servings)
6 1/2 cups Dannon plain fat-

free Greek yogurt
4 cups water, room temperature
1 box (5 lbs.) Gold Medal® Muffin Mix, Whole Grain Variety
3 tablespoons McCormick pumpkin pie spice
2 tablespoons McCormick Chipotle cinnamon
Combine yogurt and water in mixing bowl. Whisk until blended. Set aside.

Add spices to dry muffin mix in a large bowl. Add yogurt and water mixture to the muffin mixture. Mix until just blended. Don't over mix.

Using a scoop, portion into greased or lined muffin pans. Bake at 350°F for 24 minutes, or 17 to 20 minutes in a convection oven, until the tops are golden brown.

— King Crossword —

Answers

Weekly SUDOKU

Answer

Solution time: 27 mins.

C	A	B	I	N		B	R	O		A	B	A
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4	5	1	3	8	9	7	2	6
2	9	8	7	4	6	1	5	3
7	6	3	1	2	5	4	8	9
8	2	6	5	3	7	9	1	4
9	3	4	2	6	1	8	7	5
5	1	7	8	9	4	6	3	2

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Poland students take on real-life challenges in STEAM classroom

POLAND – In order to avoid the environmental-ly unfriendly plastic rings that often are used to hold six-packs of soda, Poland Central School District sixth-graders recently developed alter-nate containers in their Science, Technology, En-gineering, Art and Mathe-matics classroom.

Poland STEAM teacher Elizabeth Lepper organ-ized the activity, and rep-resentatives from Mc-Craith Beverages and the F.X. Matt Brewing Co. (Saranac) visited the classroom to judge the students' work.

The team of Maddison Haver, 11; Lily Martin, 10, and Anthony Wilson, 11, won first place in the competition with a con-tainer they dubbed “The Un-leak-able, Multi-Pur-pose, Pepsi Picnic Bas-ket.”

“It was very challeng-ing, and because it was challenging, our particu-lar group had a lot of fun with it. All of us have one thing in common: We find challenges funny,” An-thony said. “This was probably the most fun project I’ve ever done.”

Students in the STEAM classroom first learned more about ocean pollu-tion and that animals of-ten are unable to survive because they have either eaten plastic or are caught in plastic – such

POLAND 22

Poland Central School District sixth-graders designed soda containers in their Science, Technology, Engineering, Art and Technology classroom that would reduce the need for plastic ring holders. The team of the following students won first place — from left: Maddison Haver, 11; Lily Martin, 10, and Anthony Wilson, 11.

Photo courtesy of Herkimer BOCES





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POLAND from 21

as the plastic rings that hold soda cans.

Then students worked either as individuals or in groups on solutions using wax paper, yarn, tape, cardboard, paint stirrers and printer paper. The resulting "harmless holders" couldn't be more than 8.5 by 11 inches by rule, Lepper said.

"The whole STEAM idea is supposed to be about problem-solving," Lepper said. "I think it gives them more of a hands-on look at how to take on some every-day issues."

Students were very motivated to come up with containers that would work – including one group even testing if their holder would float.

"I just gave it to them, and they ran with it," Lepper said.

The representatives from McCraith Beverages and the F.X. Matt Brewing Co. visited with students and rated their projects. They also sent certificates, pencils and cans of Pepsi to the students.

In addition to the first-place winners, the following students received certificates:

- Second place: Kendra Houghtaling, 11, and Mariah Francis, 11.

- Third place: Isabele Horan, 11.

- Fourth place: Liana Vauruk, 11; Julia Oczkowski, 11; Alyssa Militello, 11, and Rebecca Houghtaling, 11.

Having professionals

from the beverage industry visit the classroom helped students further see the connection between their project and the real world, Lepper said.

"I think it gives them some validation of their hard work," she said.

Having projects based on real concerns such as the harmful plastic rings makes the work feel more important, Lily said.

"It had a purpose," she said.

Lily said her team wanted a container that would be sturdy, but not too bulky, so they came up

with a lot of creative ideas.

The team ended up making a box-like container that would hold eight cans of soda. It had separators for each can of soda and flaps on top to ensure the soda didn't come out of the holder if someone drove over a bump in their car, the students said.

"It's also a fashion statement," Anthony said.

Maddison said she wants to go into engineering involving landscaping, and she enjoyed the project.

"It's fun," she said.

The next challenge for the class is based on designing buildings for areas that are prone to earthquakes. The task will be to create a "three-story building" out of marshmallows, toothpicks and cardboard on top of Jell-O – to see how it stands up when the Jell-O is shaken, Lepper said.

The students said they enjoy doing projects that connect to real issues.

Isabele said she had fun creating an alternate container to replace the plastic rings. Her design

was based primarily around cardboard, which is decomposable, she said.

"If it did get out into the wild or the ocean, it would be more likely to decompose and not hurt living things," she said. "Plastic doesn't decompose, so it's not good for the environment."

Taking steps to be more environmentally friendly and protect animals is important, Isabele said.

"Because some animals we need, and the whole ecosystem would fall apart without one animal," she said.

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How to stay organized during the holiday rush

The holiday season is a busy time of year when there is much to accomplish. But everyday life continues during the holiday season, and that can make the month of December feel like a juggling act.

Organization is one of the keys to managing the holiday season, and the following are a handful of strategies to stay organized during the holiday rush.

Write it down

Moving things that need to be done from the re-

cesses of the brain to a physical piece of paper or note-taking app on a mobile device can be quite helpful. Break down and sort tasks into categories or list them in chronological order, prioritizing those tasks that need to be completed first. Cross off tasks as they're completed.

Buy gifts early

Shopping is one of the biggest stressors of the holiday season. The longer you wait to begin shopping, the longer the

lines will be at the store when you finally get going. Instead, make a list of gift ideas early in the season and start shopping at the end of November or when you can take advantage of seasonal bonus deals or free shipping.

Pick social events wisely

You cannot be everywhere at the same time. And even if it's possible to attend 10 holiday parties in a row, that can easily lead to burnout. Attend



those gatherings that mean the most to you. If you're struggling to choose between events, attend and those that seem the easiest to handle. Recognize that you will have to say no to others — just do so with finesse.

Have go-to supplies
Got invited to a last-minute gathering? Need a

gift in a pinch? It is helpful to have a running stock of hostess and other gifts at the ready. Stock up on delicious, yet reasonably priced bottles of wine. Have a few gift cards to a favorite retailer handy. Put together a care package of movie ticket vouchers and jumbo candy boxes. And don't forget to find an easy, no-bake recipe and keep the ingredients on hand so you can arrive in style with a homemade dessert.

The holidays are festive, fun and full of things to do. Organization can help ensure all of those things actually get done.

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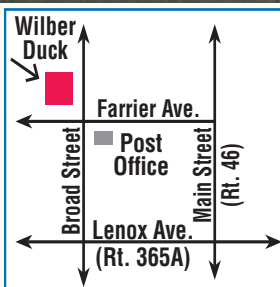


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