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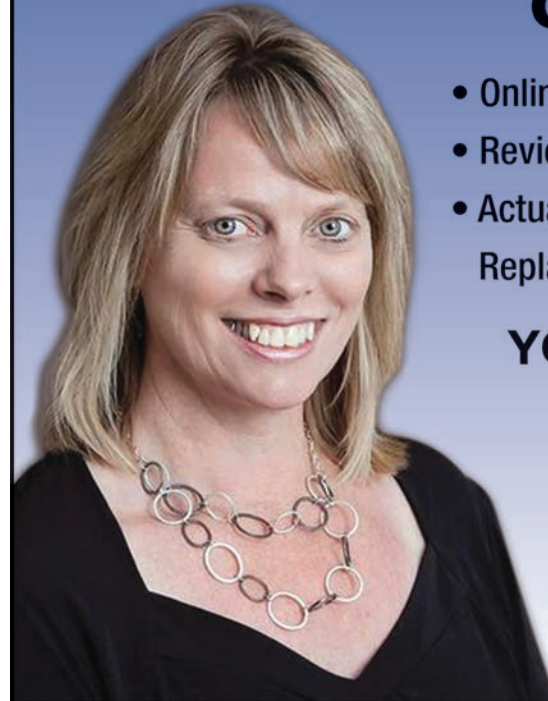


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Health, *Mind* & **BODY** **SCIATICA-What a Pain in the Butt !**



by **Dr. Joe Martin, PT, DPT, OCS**

For the general population, "Sciatica" is the blanket term often referred to as any pain experienced in one or both legs. This may or may not be true as the title Sciatica should be reserved for symptoms experienced throughout the actual Sciatic nerve distribution;

the lower back, the butt, as well as the back portion of the thigh, lower leg, heel, and portions of the foot. The Sciatic Nerve comes off of the Spinal cord at the very bottom of the lower back commonly referred to as Lumbosacral Plexus (multiple branches). From this origin, the Sciatic Nerve travels into the buttock

where it pierces through muscles and other soft tissues before it continues down through the thigh to the back of the knee where it branches off to become two separate nerves that service separate regions of the lower leg and foot.

Getting Rid of Sciatica Begins with Knowing the EXACT Cause.

The 3 Most Common Reasons We Experience Sciatica:

1.) Bulging or Herniated Discs: Poor posture, excessive sitting, lifting episodes, or even a bad mattress can lead to bulging or even rupturing of disc material in our lower back which can create pressure on the Sciatic Nerve before it enters the buttock or the leg. When this happens we can experience mild pain or even debilitating pain preventing us from accomplishing the most basic tasks like putting on our socks and shoes, driving, or walking.

2.) Nerve Entrapment: Over a period of time, the Sciatic Nerve can become entrapped at one or more locations between the lower back and foot. This is typically the result of shortening or loss of flexibility in specific muscles or soft tissues through which the Sciatic Nerve travels. Continuous "pinching" or entrapment of the Sciatic

Nerve can lead to persistent pain and even weakness in the muscles of which it serves.

3.) Neurotension: The Sciatic Nerve is often touted as the longest Nerve in the human body and is intimately connected to soft tissues that run up and down the spine. There are times when tension develops throughout the various branches and extensions of this network and the result is pain in the muscles connected to the Sciatic Nerve.

How to know which cause you have and how to get rid of it? First of all, taking medication to mask your symptoms will NOT address the primary cause of your pain or your inability to function. You need a 60 minute, skilled neuro-musculoskeletal examination performed by a Licensed Orthopedic Physical Therapist who can identify the exact cause of your symptoms. Once the cause is identified, you can benefit

from skilled manual therapy techniques that specifically target the exact cause. The importance of following through is critical not only for short term pain relief and restoration of mobility and function, but also for preventing this condition from happening again in the future or from becoming so severe that it leads to permanent nerve damage or a surgical procedure.

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History is the stuff of memory for a trio of 102-year-olds

by STEPHANIE EARLS

COLORADO SPRINGS, Colo. (AP) — The year 1913 saw the birth of parcel post, personal income tax and zippers — and Beatrice Risinger, Alice Smart and Claribel Conway.

The three residents of a senior living campus in Colorado Springs were toddlers when the U.S. entered World War I; 6-year-olds when women were granted the constitutional right to vote; and teens and young women, embarking on new life chapters, during the Great Depression.

"It is so incredible when you think about what they've experienced, from the horse and buggy to now. Seems like everyone I've worked with who gets to be this age, they just embrace change. They have to," said Connie Johnson, general manager at The Bridge assisted living community.

Nationwide, the number of people living to age 100 has grown by more than 65 percent since 1980, thanks to 20th century advances in medicine and disease treatment, public health and nutrition.

"We're in the business of working with older folks, and we're so lucky to be able to do it," said Kristi Graham, director of business development at Life Care Center, the campus's skilled nursing facility. "To have three who are 102, at



Conway

setting where they still could thrive because they still have so much activity and socialization — and they had the finances to do it," Graham said. "It's not cheap to stay at one of these places. If everybody starts living to 102, what's it going to do to the system?"

Today, the only way to prepare for a long life, lived into one's 90s and beyond, is to plan to live that long, physically and financially, Graham said. For Risinger, Smart and Conway — Scorpios who celebrate birthdays within a few weeks of one another in late October and November — the years have been good, and a gift they didn't necessarily anticipate.

"People make such a big deal about birthdays," Risinger said. "I don't try to remember everything, good grief. Hard work, that's what I remember."

Beatrice "Bea" Risinger was born Oct. 24, 1913, in Macomb, Missouri.

After marrying, Risinger moved to eastern Colorado with her husband, Delbert, to farm and ranch, and also took a job as head cook at the local high school. With all the responsi-

bilities required on the farm, and raising two children, there wasn't much time to reflect on a job well done.

"That was the hardest work I've ever done in my life. It was a big family and a good family, a hard-working family," she said. "It hurt to leave the farm. I loved it out there and I still love it out there."

After she and Delbert sold the farm and moved to Colorado Springs, Risinger worked for many years as the

head cook at

The Colorado Springs School, preparing meals for a bevy of youngsters she loved like her own. A caretaker by nature who considered it her mission to make sure all children were fed properly, Risinger believes a strong work ethic — something perhaps lacking among the youth in today's world — is what got

Risinger

her where she is.

"None of these kids knows what work is. They're sissies," said Risinger, a resident of the campus's skilled nursing facility. "Don't be afraid to work. That's the main thing."

Attitude helps.

"Come back, I might be here, I might not. I don't wait for no one," Risinger said jokingly.

Alice Smart was born Oct. 31, 1913, in Springfield.

Smart attended Lowell Elementary School in Colorado Springs and, after graduating from Colorado Springs High School, took some math courses and moved to Washington D.C., for a job with the State Department. All told, she spent about 32 years in the nation's capital, working for different government agencies during times of war and peace. When she returned to the Springs, she devoted her life to volunteering, working to distribute food through a meal program and as a member of the Colorado Springs Women's Club. She never married or had children, but has two nieces and many great nieces and nephews. Smart attributes her longevity to hard work, eating apples and walking.

"I'm the one in the family that walked," said Smart, a resident of the campus's assisted living community. "My brothers and sisters got in a car and went, but I'm the one that walked."

Now, she's the one that skips down the halls and dances whenever she can, Johnson said. If Smart could change one thing about her life, she said, "I would dance more."

After retiring, Smart traveled the world on organized tours with senior groups.

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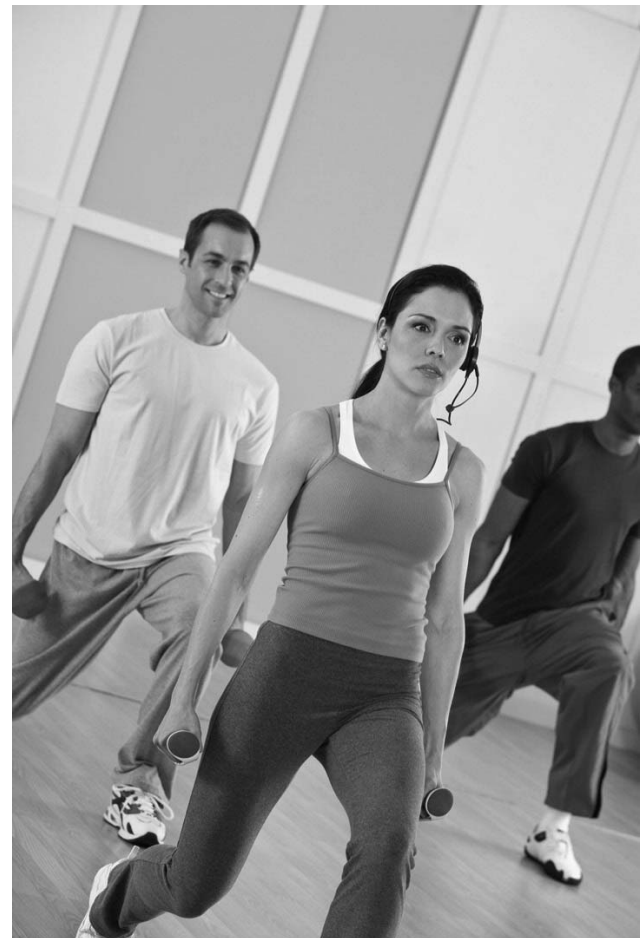


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Fitness classes make exercise resolutions fun



Increase success of fitness resolutions by trying many of the new classes now being offered at gyms.

January 1 ushers in New Year’s resolution season. Among the most popular resolutions are ones designed to encourage healthy lifestyles.

Despite initial enthusiasm, many people abandon their resolutions after a few weeks have passed, and that may be because they lose interest or set unrealistic goals. To remedy loss of interest, fitness enthusiasts may want to explore group classes offered by many gyms. Such classes offer a change of pace from traditional workouts while still facilitating weight loss. Here are some classes that may be coming to a gym near you.

• Barre workouts: Inspired by the postures of ballet, dance, yoga, and pilates, barre classes blend isometric exercises with targeted strength training. The workouts are designed to give participants strong, lean and chiseled bodies. Many barre

classes incorporate some free weights and a ballet barre. However, the majority of the workout relies on participants’ own bodyweight and balance.

• ViPR™ classes: ViPRTM is an acronym for Vitality, Performance, Reconditioning. This is a new concept in fitness developed by the company Fitness Professionals. The workouts are built around loaded movement training and were inspired by farm workers who moved with load in daily life, and thusly developed superior strength. ViPRTM training, according to creator Michol Dalcourt, already is being used by major sports teams, tactical military and law enforcement agencies. Movements during the workout are enhanced by a weighted ViPRTM bar. Many trainers are now earning their ViPRTM certifications as more and more classes are being offered across the country.

• Kickboxing: Kickboxing has become a popular fitness routine, helping people to blast away fat and improve muscle tone through energizing classes. According to Fitness magazine, kickboxing can burn an average of 500+ calories per hour. Kickboxing targets many areas of the body, including thighs, shoulders, arms and glutes, all in a single workout. Kickboxing classes also help many people relieve stress. Classes may feature kicks, punches and arial maneuvers done without any equipment, or pit participants against traditional kickboxing hanging bags. Trainers often work with individuals at their own pace to develop strength and agility.

• Dance classes: Many gyms offer their own unique fitness dance classes that boast festive atmospheres while still providing highly effective cardiovascular and toning exercises. Dance-inspired classes pair creative choreography and up-beat music with classic workout maneuvers to help participants shed pounds. Because routines are constantly evolving, there’s little chance of getting bored, and many dance fitness enthusiasts insist their classes are far more fun than traditional workouts. ■

“

It is health that is real wealth
and not pieces of
gold and silver.
-Mahatma Gandhi

Trio of 102 Year Olds Continued...

“I got a reputation of having been everywhere because I went on these trips after I was retired,” she said.

Her favorite spot in the world?
“Home.”

Claribel Conway was born Nov. 16, 1913, in Canton, Illinois.

When she was 10, Conway moved to Colorado with her family. After high school, she studied English for two years at University of Denver before marrying her husband, Mel, who managed the prestigious Denver Athletic Club for many years. The couple had three daughters and one son, and moved to the Springs in the 1970s to care for an aging parent. After Mel died, Conway moved into the campus’s independent living facility, the Inn at Garden Plaza, where she has lived for almost 15 years.



Smart

A world traveler and “ace bridge player who loves to go shopping and can put together an outfit like nobody,” according to her friend, Pat Michels, Conway took up computers when she was 92.

“The guy at Best Buy about passed out. She picked it up really quickly though,” Michels said.

When it comes to Scrabble, competitors beware.

“She has all these words we don’t use anymore that end up being these triple-triple words,” Michels said.

Conway is ever humble.

“I don’t think I’ve been that successful, you know. I had no career or anything like that. Just a housewife. Grandchildren – quite a few, don’t know how many,” she said. “And she lets me win at Scrabble.” ■

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Vision Statement: Connecting people who have products or services to sell with the people who have the ability to purchase them through a bi-monthly magazine where local writers enlighten and entertain us in print and on line 24 times a year.

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Food for thought . . .*

The Christmas season is in full swing. Stores started slashing prices months ago in an effort for Santa to swing by with the newest, shiniest, gadgets. And I wonder, why? The holiday has become so commercialized that we forget what we're doing. Why are we celebrating?

The hot gifts of the season are on the top of everyone's list. But why? Do we really need the newest pet rock? An updated Tamagotchi? Remember running around for cabbage patch dolls? These trends have gotten us suckered into spending big dollars on what amounts to a momentary fad.

Another problem often encountered around the holidays is keeping up with the Jones' kids. Parents hear about how their children's friends are getting this or that and they feel that they have to get a similar

What Would Your Mother Say???? Cutting back on Christmas

By S.D. Shapiro

present for their little one. An Xbox one will set you back approximately \$400. Imagine if little Johnny or Jenny wants a cellular phone. Children are about 12 years old when they receive their first cell phone and 56 percent of children, age 8 to 12, have a cellphone. Kids do not want to receive practical gifts like socks or underwear

This is not the first time that the materialistic side of the holiday has been questioned. Most people remember O. Henry's "Gift of the Magi" story from middle school. That is the story where Della cuts and sells her beautiful long hair to buy her significant other, Jim, a watch fob. Meanwhile Jim sells his prize possession, a pocket watch so he can buy Della hair combs. Oh, the irony. Della and Jim learn that it is the thought that counts and that their love for each other is a priceless gift.

Thanks to a great 4th grade teacher I remember the Truman Capote short story, "A Christmas Memory." Originally published in 1956 in *Mademoiselle* magazine, the story recounts the memories of a young narrator, Buddy, and his elderly cousin and best friend over the holiday time. The story tells of them making fruitcakes with whiskey (purchased from a bootlegger) and sending the fruitcakes to their friends and relatives as well as to



President Franklin Delano Roosevelt. They decorate a tree (that they cut from a grove) and prepare Christmas gifts for their family and each other.

It is these gifts that have always stuck in my head. Buddy receives hand-me-downs and a magazine subscription. His cousin receives a little better gift of a bag of Satsuma Oranges and a scarf. When they swap gifts with each other they are happily surprised that they have given each other the same thing; kites. They go to the grove to fly the kites and eat the oranges. They have a great time and the cousin says, "This must be heaven."

And that is exactly the holiday in a nutshell. It is not what you get or what you give, it is about who you are with and enjoying that moment. That is heaven.

Take for example one of our more modern holiday heroes, Clark W. Griswold, from the holiday classic, *National Lampoon's*

Christmas Vacation. Clark spends the better part of the movie chasing around what he imagines to be the perfect holiday. And if you look closely, past the shenanigans, what he is chasing is a mostly materialistic ideal; the perfect gifts, the perfect house, and of course, his holiday bonus. It is not until Cousin Eddie arrives and Clark has lost nearly everything that he realizes, with his family, he already has the perfect Christmas. 25,000 imported Italian twinkle lights did not hurt.

When it comes down to celebrating Christmas let's keep it simple. Buy what you want, but remember the reason why you are celebrating. Your reasoning could be religious. It could just be family. But if you are just buying stuff to buy stuff, you can do that any time of the year. Stop and think, "What would my mother say?" She would say, "You'd better not pout, I'm telling you why; my Black Friday coupons have expired." ■

Religious giving and tithing today

Nonprofit organizations rely on the generosity of donors to help them meet their mission statements. Billions of dollars are donated to charities each year, but few people may know that religious organizations are among the biggest beneficiaries of Americans' charitable largesse.

According to data from the National Study of American Religious Giving and the National Study of American Jewish Giving, American households donated a median of \$375 to congregations, \$150 to religiously identified nonprofit organizations and \$250 to secular charities in 2012. Various sources repeatedly state that those who identify as religious people are more likely to be philanthropic. That likelihood may be a byproduct of the tradition of tithing.

Instituted in ancient times, tithing is a concept of giving 10 percent of one's personal income to a religious organization. Because donors' income was unlike it is today, centuries ago tithes often came as donations of produce and livestock. Tithing was compulsory within traditional Jewish law and practice, and Christians adopted the practice through Old

Testament teachings. Tithing is mentioned in Leviticus 27:30, Numbers 18:26, Deuteronomy 14:24, and 2 Chronicles 31:5. While the New Testament does not recommend or demand tithing and only mentions that gifts should be "in keeping with income," some religious groups continue to embrace tithing.

Depending on the religious organization, adherents to a particular faith may be encouraged to tithe. But many religious groups now leave it up to donors' discretion with regard to how much to give.

Givers are encouraged to see where their donations go, and it's not without reason to ask for accounting from a church, synagogue or mosque to understand how donations are attributed. Many religious groups voluntarily publish this information in weekly bulletins.

Individuals who plan to give to religious organizations can determine a donation figure that is within their means and adjust it accordingly through the years — giving out of feelings of purpose and not obligation. ■

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Chickie's Greatest Gift

—a Thanksgiving to remember

by Terry Berkson

When I was eight years old, the hero in my life was my cousin Chickie, who drove an oil truck and often took me with him on deliveries. The job led him all over Brooklyn and, being somewhat of a scavenger, he often came home with a bike or a wagon or some other discarded contraption he thought would be useful. We lived in Bensonhurst, in a 12-room Victorian that had been divided into apartments. I occupied the second floor with my dad, while Chickie and his wife and two babies lived on the first floor and my Aunt Edna and Uncle Dave and their sons Leo and Charlie lived on the attic floor. There was also Mr. Bilideau, the boarder, who was a leftover from the time when my grandmother had rented rooms. There had once been a Mr. Yumtov as well, a man who liked to store smoked whitefish in his dresser. Mr. Bilideau was from Canada. He had a room on the second floor and shared the bath with my father and me. Just about everyone in the house owned something that Chickie had brought home and thrown on the front porch. "I thought you could use one of these," he'd always say.

In spite of the partitions, it was difficult for so many people to be housed under one roof without having feuds over hot water and noise and things disappearing from refrigerators. Half the time somebody upstairs wasn't talking to somebody downstairs. Chickie, with his various street finds, was often instrumental in getting them back on speaking terms.

One year, about a week before Thanksgiving, arguments were running high when Chickie came home with a live turkey in a crate. "It's a 27-pounder," he announced to several of us who had gathered on the front porch. I had never seen a turkey alive and up close like this. "Where'd you get it?" I asked, cautiously poking a finger through the bars. "Did it fall off a truck?"

"Never mind," he said. "There's enough here for all of us."



The Thanksgiving house guest, Sylvester.

I was placed in charge of watering and feeding the bird, which to me looked like some kind of prehistoric monster. I had to lower the water pan through an opened hatch in the top of the cage. "Don't worry," Chickie reassured me when he saw the concern on my face. "That big bird'll never get through that little hole." I figured they must have put the turkey in the crate when he was small and kept feeding him.

So any hard feelings were put aside and preparations for a Thanksgiving dinner at one table were divided between Aunt Edna and Chickie's wife Ann. Aunt Edna would bake the pies—mince, blueberry and apple—while Ann would roast the turkey, make stuffing and gravy and prepare candied sweet potatoes, plum pudding and the rest. Dad, who was working nights on the cab, would supply the wine and cider and Mr. Bilideau would buy some fruit—and chestnuts, I hoped.

Meanwhile, Chickie had taken to calling the turkey Sylvester and would spend time with it out on the porch when he came home from work. He'd stick a fat calloused index finger

through the bars and let the bird peck at it. "You're gonna be a good turkey," he'd say affectionately. I was still afraid of the thing and hadn't warmed up to it that much, but all the talk about how this bird was going to taste sent uneasy twinges through my wishbone.

Three days before Thanksgiving, Chickie came home with bad news. The butcher around the corner didn't want to slaughter Sylvester. He tried other butchers and they refused too. It suddenly looked like we weren't going to have turkey for dinner.

We were all gathered in the kitchen trying to come up with a solution. Chickie had carried the crate into the house and put it on top of the stove. "I hear you just chop off his head," he was musing. Uncle Dave mentioned that Mr. Bilideau had grown up on a farm in Canada: surely he'd know how to butcher the bird. "But what about cleaning it and plucking the feathers?" Aunt Edna protested. "That's a real mess!"

All this talk about butchering must have been too much for Sylvester, too, because suddenly, impossibly, he was out of his crate, flapping his tremendous wings

and scratching at anything in sight with his clawed feet. Everyone scrambled out of the kitchen. Leo and I ran for the bathroom while the others headed for the hall. The last thing I saw was Chickie struggling to keep Sylvester from becoming airborne. I worried that the bird would take my cousin's eyes out. How was he going to squeeze Sylvester back through that small trapdoor? I could hear both of them swearing.

After what seemed like a very long time, Chickie announced that the coast was clear. We all crept into the kitchen and found that Sylvester was back in his box. He didn't look much worse for wear. "I was careful not to hurt him," Chickie said.

Mr. Bilideau came downstairs and entered the kitchen to find out what all the commotion was about. When asked he said, "Yes, I'll butcher the turkey if you have a sharp hatchet." He explained, that the way to

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Gifts for the host and guests make parties special



Beverages

Wine is another popular gift to share with party hosts. One way to make the gift even more special is to take note of the types of vintages hosts tend to enjoy. Another courtesy is to inquire about which foods will be served at the party and then find a wine that will pair perfectly with the menu. If your knowledge does not extend to wine, consult with an employee at your local liquor store or ask a restaurant sommelier.

Champagne can be the perfect choice for special occasions. If your host is fond of a certain type of spirit, such as brandy or whiskey, you can bring that as a gift as well.

Servingware

Individuals who host several parties per year may appreciate some new pieces to add to their serving collections. Look for items such as decorative bowls or ornate cake serving stands that hosts can be proud to display at future functions. A new cooler or engraved beverage tub is one idea for party hosts who often host outdoor barbecues. Think about hosts' interests and the types of foods they typically serve, and you likely can find a gift that will suit their needs.

It is customary for guests to express their gratitude to a host or hostess opening his or her home to them by giving a gift. But in many instances, party hosts also share gifts with their guests.

Housewares and food and beverages are popular gifts to give hosts. Those looking for inspiration for host and guest gifts can consider these ideas.

Foods

An easy way to show a party host appreciation for the invite is to bring something that can be served at the event. A gift basket of assorted treats can be shared or saved for later on. Dessert is a popular food gift as well. Guests know how much work goes into planning a party menu, and sometimes it can be nice to provide dessert and give hosts a break. Cakes and other confections can be welcome offerings.

Guests who want hosts to enjoy some rest and relaxation after a party or large event may bring a gift certificate for a special restaurant. This way the hosts can indulge in a meal out at their leisure.

Party favors

Party hosts are not the only ones to enjoy gifts when special events are held. Very often those who throw the parties plan favors for the guests, and everyone gets to leave with smiles on their faces and a memento to boot. Keep favors simple so they do not add a lot of extra work to party planning. Candles, candy, cookies, or small trinkets that match the theme of the party are relatively easy finds. Wrap favors intricately and make them part of the party decorations.

Enhance the enjoyment factor of special occasions with gifts for the party host and favors for the guests. ■

Chickie Continued...

get the feathers out easily was to scald the freshly killed bird in a vat of boiling water. He would use the stump in the back yard for the first part of the operation and a lobster pot from the cellar for the second. The procedure would take place the next day after work. We were going to have turkey after all. Chickie stood there in the kitchen with his hand on the hatch door. Sylvester was trying to bite through the bars.

The next morning when I left for school the bird wasn't on the porch. He wasn't in the cellar or out in the garage, either: Chickie's Nash was gone from the parking place next to the house. Maybe he had come up with a brainstorm on how to get Sylvester butch-

ered and avoid all the mess. I was glad that Mr. Bilideau had been relieved of the job. With him doing it, I pictured us all sitting around chewing on feathers.

After school I ran home and eagerly waited for Chickie to return with Sylvester. I felt a little guilty about it, but I was kind of looking forward to seeing the bird stripped of his claws and feathers and head. I sat on the stoop as yellow leaves from our maple floated toward the ground. Chickie pulled in the driveway right on schedule. He got out of the car with a large brown paper bag and walked up to where I was sitting.

"Is that the turkey?" I asked.

"Yeah," he said. I looked in the bag. There was a bald

thing with pockmarks all over it.

That Thanksgiving was one of the most festive I can remember. The table was so long we had to set it up in the hall. I noticed that Chickie, sitting at the head, was in especially good spirits. In my mind, the feast with a golden-brown bird at the center seemed to exude a joyous radiance. Somehow I understood that it was our turkey, Sylvester that had brought us all together.

Years later, on a cold December day, as we were on our way to make an oil delivery, I asked Chickie if it had really been Sylvester in the bag that afternoon. He chuckled as he shifted the Mack down to a lower gear. Then he looked over at me and said, "Nah. ■"

78-foot tree hoisted into place at Rockefeller Center

NEWYORK (AP) _ A 78-foot Norway spruce from New York's Hudson Valley has been installed at Rockefeller Center for the Christmas season.

The 10-ton tree was hoisted into place Friday. It will be illuminated on Dec. 2.

The tree was cut down from the property of Albert Asendorf and Nancy Puchalski in Gardiner, New York. It was put on a trailer for the 80-mile trip to midtown Manhattan.

The annual tree-lighting ceremony at Rockefeller

Center attracts tens of thousands of spectators and is watched by millions more on television.

After the holidays, the tree will be milled into lumber for Habitat for Humanity.



Workers make final adjustments to the Rockefeller Center Christmas tree as it is lifted by crane and put onto its platform in Rockefeller Plaza November 6, 2015. The 78-foot tall, 47-foot in diameter, 10-ton Norway Spruce was donated by the Asendorf and Puchalski family from Gardiner, New York, and will be lit to kick off the holiday season on Wednesday, December 2, 2015. (Photo by Anthony Behar)

Give homemade gifts



Nearly every holiday shopper has at least one person on their list who seemingly has everything. When shopping for such loved ones, shoppers often find the perfect gift to be especially elusive.

While gift cards are a go-to fallback option when shopping for the person who has it all, many gift givers feel such cards are a tad too impersonal. But in lieu of traditional store-bought gifts, shoppers stuck on what to buy should consider the many great reasons to give homemade gifts.

1. Homemade gifts show your loved one how much they mean to you. Gift cards are practical, but they rarely elicit the warm feelings holiday shoppers want their gifts to produce. A homemade gift will show your loved one that you put time and effort into

making their holiday season special, and that's something they will appreciate when they use or see the gift.

2. Homemade gifts won't break the bank. Holiday shoppers working on tight budgets likely won't have to break the bank to create a homemade gift. The Internet is a great resource for inexpensive homemade gift ideas.

3. You can control quality with homemade gifts. Store-bought items are not always of the highest quality, and no shopper wants to give a gift that falls apart within a few days. By creating the gift yourself, you can ensure it's made with the highest quality materials so it will withstand the test of time. ■

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"There were 13 kids in our combined family --- 15, counting two of my father's sons by his first wife. They died in infancy. Not even my mother knew about those two. Ma and Pa each brought three kids to the family. They had seven more children, two years apart, the last one dying in infancy....."

The entire 13 kids did not live at the farm at the same time. There was always someone coming or going, running off or being run off, so it was hard to get a head count. I can only say that it looked like a load of pumpkins when we all piled into our Essex sedan for a ride into town."

Author and writing teacher, Clara Clairborne Park wrote, "Joe Parzych's account of childhood in a Polish immigrant family has everything from memories of Cossacks and hairbreadth escapes to the daily grind as a rural family copes with weather, poor soil, and the challenges of the Great Depression. It's more than a good read; you'll learn a lot you didn't know."

Author, Howard Zinn wrote, "Joe Parzych has written a poignant account of his early years growing up and coming of age in a hard-pressed but loving family in western Massachusetts. It is very much the story of so many Americans- but a story that has been lost in our national memory and recaptured for us by Parzych in vivid detail, telling us so much about the human condition."

Jep's Place; Hope, Faith and Other Disasters can be purchased online at Amazon.com, Barnes & Noble.com, and Booklocker.com

Jep's Place

Hope, Faith, and Other Disasters

A Memoir

By Joseph A. Parzych

"You will laugh, you will cry and if you don't, I will give you a refund!" ~Joseph Parzych

Zeina's Cafe

—your portal to the finest Lebanese Cuisine in Utica

by Lisa Lauritsen

At half hour past close, on a Wednesday afternoon, Zeina's Café is still quietly bustling. Layla Zeina chops onion and fresh mint from

an open kitchen where all the sights, sounds, and smells of cooking emanate with full announcement. Her children Melissa, Sarkis, and Elias mingle with lingering customers. Her husband

Albert greets us at the door with the near welcome of family though none of us have ever met. The service here is remarkably personal. They were rated the very best restaurant

in Utica by Trip Advisor but I'd say the service is equally worth recognition. Despite having never been asked the obligatory and often rhetorical "how is everything?" the Zeina's visited tables periodically asking our opinion about specific ingredients and telling us the origins of heirloom recipes, patiently making themselves available for questions or critique. We had few questions, as we were far too busy enjoying our meals to do more than listen.

It's a comfortable, small place. The walls are hearth colored. The few ornaments amount to plaques of culinary reward and original paintings gifted by young customers. There's no pressure to dress to code, and you'll meet such a



Owners of Zeina's Cafe, Albert and Layla Zeina welcome you to enjoy their fresh daily cooked Lebanese-style Mediterranean cuisine.

variety of people you may think you've actually been transported to Lebanon.

Their menu caters to vegan, and vegetarian diets, and has always been clean of pork in honor of those who for religious reasons abstain. Every person and every plate counts at Zeina's yet the food arrives at a good clip for a place with so many different appetites to please.

Mediterranean cuisine has gained due popularity in the recent past with healthful oils and largely plant based mezze, a selection of small dishes served as appetizers, and entrees that satisfy without regret. Zeina's tabouli salad of diced ripe tomatoes, masses of tender herbs, and fresh squeezed lemon is a delicate alternative to American

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IMEX Furniture

by **Al Dorantes**

IMEX Furniture, located at 4869 Commercial Drive in New Hartford, New York is full of interesting and unique pieces not found elsewhere in the area. IMEX works with over 50 different manufacturers throughout the world to keep an inventory that will be sure to amaze you. IMEX began with one small location selling mattresses and has expanded its store to multiple locations which now offers living rooms, bedrooms, dining rooms, kid's furniture, mattresses, home office furniture, area rugs, accents and more.

With over 20 years of experience selling modern furniture IMEX is rated A+ with the BBB. They have a large customer base stretching from New Hampshire to Kentucky and are able to ship to anywhere in the USA. They offer 0% interest special financing

for up to 48 months for qualified customers. Customers are also able to apply for financing through the stores website from the comfort of their home. With competitive pricing along with financing, IMEX is able to work with any budget.

over 50 different vendors and manufacturers

Mike Polk, one of IMEX's Furniture experts said, "What really sets us apart from other furniture stores is that not only do we sell the furniture which is showcased on our showroom floor but we are also able to order from a wide selection of furniture which our vendors manufacturer with no extra shipping charge to our customer." Many of their dining suites are customizable with options from over 50 different

vendors and manufacturers.

IMEX Furniture offers sleek but functional modern furniture. They offer over 100 different styles of functional furniture. Functional furniture plays double duty; one moment it is a couch the next it is transformed into a bed. Polished microfiber (microfiber suede) and leather are just a few of upholstery options customers can choose from. IMEX's living room sets will fit almost anywhere and they deliver, set up, and take away the trash.

Whether you are looking for a full blown bedroom suite or a set of bunk beds for the kids IMEX Furniture is your one stop shop for beds. IMEX has many different types of beds to choose from; platform beds, upholstered headboards, arched base and more. Many of their styles are available with integrated



IMEX is your one stop furniture destination. Great furnishings for you home, office, summer camp, college student... a large variety and affordable.

storage options.

IMEX is also your source for quality mattresses. They have a separate department with a separate entrance.

"The Mattress Place" offers a large selection including gel memory foam mattresses from Restonic. Restonic mattresses are made in right down the Thruway in Buffalo, New York. IMEX prides itself on carrying a large selection of "Made in USA" products.

IMEX has been receiving great feedback from customers. Mike Polk, said, "We're more than selling furniture; we're helping

people find their dreams." IMEX Furniture has a no pressure atmosphere. People are welcome to browse the store for as long as they like without a salesperson following them around. For more information go to: [www. IMEXfurniture.com](http://www.IMEXfurniture.com) or follow them on Facebook: www.facebook.com/IMEXfurnitureusa or Instagram: IMEXfurniture ■

Zeina's Cafe Continued

adaptations with excess bulgar. The hummus is perfectly creamy with the slightest hints of garlic and tahini. Our main course of aromatic rice topped with

toasted almonds and tender chicken was agreeable and filling. Each course was kid friendly. We all enjoyed crisp buttery baklava for desert along with an espresso

blend from the Utica Co. Just for Zeina's.

There are a couple of reasons we'll be returning to Zeina's. One, the food is affordable and absolutely memorable. Two, we can go there after school, in between marketing, just out of soccer practice, or when we feel like impressing guests from out of town. Lastly, and I think most

important, the experience of authentic Lebanese cuisine and hospitality paired together is unprecedented. I want to go back just to chat up the owners some more. They're a lovely and gracious family that could easily convert the most hidebound among us to ditch our usual burger joint for the love of Lebanese cuisine. ■



Homemade Lebanese desserts, Baklava and Rice Pudding a house favorite at Zeina's Cafe.



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A Miller's Knot

by Terry Berkson

Bumped into Buster Whipple several summers ago at Joe's Pizzeria downtown. He was up from Florida to attend his grandchild's graduation. We hashed over old times, among them, days I used to work with him on his family's farm. We were doing hay the year I was eighteen and headed for Brooklyn College in the fall. "You're a good worker now," Buster had said as I threw a bale off the wagon. "But college is going to ruin you. You won't want to bust your gut any more. You won't come back."

The young farmer had been wrong because the next summer I was once again on the Whipple place tying bags of oats on the back of a combine driven by rotund and jovial neighbor Steve Spitko. We were in a large field across Route 20 from the new house where Buster lived with his wife and four kids. One of the guys working with me was an old man named Obie Marriot who wore bib overalls without any underwear. In spite of his age he was a good hand, big and powerful, and it was hard to keep up with him when on and off-loading the heavy burlap bags of oats. Tying bags was a dusty job and working under a baking sun,



it didn't take long before I was as dark as a migrant worker.

Obie showed me how to make a miller's knot so that the bags could be easily untied and emptied when we drove back to the granary at the farm, but I kept forgetting how to do it and had to resort to a knot that he patiently had to unravel before dumping a bag. I guess I was too macho to make a bow so he kept showing me over and over how to tie a knot that could be undone with just one pull.

Yes, Buster had been wrong about me not working for him any more. I looked downfield and across Route 20 to his new ranch house. Maybe the reason I was here was down there---in the form of a pretty brown-eyed girl babysitting Buster's kids. She and I had telephoned and exchanged letters over the winter while I was in the city. She had initiated the correspondence after I had left Richfield for college. We had gone out a few times during the summer and now at the tender age of nineteen I wanted our relationship to be going somewhere.

As I rode the combine hoping to get a glimpse of her out in the yard with the kids, I noticed a familiar car pull into the drive. I knew whose car it was and thought 'Some friend. He knows I'm crazy about her. What's he butten in for?' My friend left his Chevy and strolled up to the house. What could I say to her later? We weren't going steady. I hadn't given her a class ring or anything like that. The way things were she could see anyone she wanted. What was confusing was that she had always been the aggressor calling me on the telephone, inviting me to parties and asking me to take her to the prom. But after all of that, she was now dating several guys who were probably as close to her as I was.

The crew in the field broke for lunch and we sat on a stone fence next to a hedgerow in the shade of a broad black cherry tree. Obie, not minding the sun, sat on a nearby wagon quietly eating his wife's bologna sandwich and washing it down with lemonade. Steve Spitko's wife had brought him his lunch. She had their two little five-year-old girls with her. They were twins with platinum blond hair. It was a handsome family. Steve

talked of a time back in the navy when he did a different kind of cutting—with a pair of scissors! "The guys paid me fifty cents a haircut. They said I clipped hair better than the regular barber. It was a big ship, a battle ship, lot of men. Hair keeps growen. I had coins stuffed into my locker, under my bunk, everywhere!"

I laughed and took another bite out of Aunt Ruta's fatty pot roast sandwich. How would I earn money to support a wife and family? I knew this kind of farm work wouldn't pay enough. Some situations are better to be put on ice until we're ready for them. At the time I didn't know that. The Chevy was still parked down across Route 20 next to the house. It was painful to see it sitting there. This wouldn't do. Either she and I were tied together or we weren't. A strong breeze swept across the field lifting some straw that spun like a top down towards the road. I looked up and saw a large crow lumbering across the cloudless sky with something in its beak. A much smaller bird was repeatedly attacking it by drop diving from above. Obie finished eating and walked over to where I was sitting. He held a piece of twine and the brown paper bag that had

carried his lunch. "Let me show you how to make the knot again," Obie said.

That night I confronted her in my moonlit Ford that was parked in her driveway. "Am I the one?" I asked for the third time. Again, she laughed and looked away. We were both silent just sitting there as Clide McPhatter sang "A Lover's Question" on my car's static-riddled radio. It took a long time for her to say, "No."

I expected to be crushed by that word. Instead, a surprisingly light feeling washed over me. When she left I suddenly felt free as I backed the Ford out onto the road. I took a slow drive around Canadarago Lake and then headed back to my second floor room in Aunt Ruta's house. In the small hours before falling asleep, I went over in my mind Obie's moves with the twine: "around and under but don't cross 'cause then it's difficult to undo!"

'Yes,' I thought. 'I think I finally got it.'

Years later I realized that tying a tight knot at the tender age of nineteen would have prevented life from pouring out all that it held in store. ■

EDITOR

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Simple ways to raise awareness for a good cause

Many men and women work to raise money for causes that are near and dear to their hearts. Part of raising money for a good cause involves raising awareness of that cause. Established nonprofit organizations typically devote substantial resources to raising awareness, but individuals devoted to less publicized causes face an uphill battle as they work to raise awareness. The following are some strategies men and women can employ as they look to raise awareness for causes that may fall under the general public's radar:

- Establish a website. You can build a website, especially one that is strictly informational, in a matter of hours. Have the website up and running before you make any additional efforts to raise awareness. Once the site is running, you can then refer people to it as a source of information in your ensuing promotional efforts. WordPress is a user-friendly, free and open-source content management system that you can use to create a website that aims to inform interested men and women about your cause. Make your site as

mobile-friendly as possible, as more and more people are relying on their smartphones as their primary vessel to surf the Internet.

- Take to social media. Social media has made it easier than ever before to raise awareness about a particular cause. Share information about the cause, including your personal connection to it, on Facebook. This can be a quick and effective way to educate friends and family members about a particular cause. In your post, encourage them to share information about the cause and your efforts with their own network of friends and family. Be prepared to answer any inquiries about the cause that may result from your efforts to spread the word on social media.

- Make use of traditional media. Social media is not the only way to get the word out. Traditional media, including local newspapers and radio and television stations, also make great platforms to spread the word about a cause. Such stations are typically willing to offer air time to men and women

in the community looking to raise awareness for good causes. You might ask a television reporter to cover an event for that night's local news broadcast while also arranging for your local newspaper's community reporter to interview you about your cause. Radio stations might interview you on-air about the cause and any events you have planned.

- Plan a fun event that appeals to all ages. Another great way to raise awareness is to plan a fun event that everyone in the community can enjoy. Large nonprofit organizations may organize charity walks in spring or fall to raise awareness for their cause, and there's no reason you cannot do the same. If a walk is not your style, arrange for a charity softball game or a car wash, taking time to share information about your cause while also taking steps to ensure everyone has a fun and memorable time. Choose a time of year when the weather is mild and comfortable (not too hot, not too cold) so more people are encouraged to participate. ■

Our Cover Story

Baby Mariano

– a Christmas Story

by Al Dorantes

What do you do after 8 years of trying to conceive? Most people give up, adopt or try In vitro fertilization. In vitro fertilization is really expensive. When you have the dream of opening your lives to a child, adoption is the only logical answer. Anjela and Josh turned to adoption.

Anjela and Josh chose open adoption as their method of adoption. Open adoption is a popular form of adoption where the biological and adoptive families have access to varying degrees of each other's personal information and have the option of continued contact. In Open Adoption, the adoptive parents hold all the rights as the legal parents, yet the individuals of the biological and adoptive families may exercise the option to open the contact in varying forms: from just sending mail and/or photos, to face-to-face visits between birth and adoptive families. Open adoption owes its popularity to ongoing relationships with biological parents and fewer questions later in life.

Anjela and Josh chose an adoption through an agency, Family Connections, Inc. in Cortland. Family Connections, Inc., is a not-for-profit, New York State authorized private adoption agency that cares for families through domestic and international adoption since 1994. They are dedicated to supporting birth parents, adoptive parents, and children touched by adoption throughout the life-long journey. Family Connections will work with anyone located in New York State.

Anjela felt that God's plan was pointing towards adoption. She said, "We were very fortunate that the birth mother picked us." Anjela and Josh had put together a video that helped sway the decision for the birth mother to choose them. Anjela met with Mariano's birth mother 3 times previously and Anjela went to some prenatal visits as well. Anjela was in the delivery room when he was born. She has been with him since the minute he was born.

Anjela said, "Adoption is a



Baby Mariano, born on National Adoption day and adopted on Christmas eve. The best Christmas gift ever! Photo by Marissa Perkins-MPerkins Makeup and Photography.

cool thing. It has the child's best interest in mind." And with the biological parents having a role Anjela explained that open adoption is best of both worlds; it is the ideal situation for everyone. She said, "The process of adoption is secretive. Open adoption is not." She also explained that many people are surprised and question open adoption. But in reality open adoption gives a wonderful home to a child without secrecy. She added, "You have to embrace the journey of adoption."

Bob, Mariano's grandfather, explained that Mariano is his first grandchild. Bob said, "At first you feel old, then you feel great. Since we're so close, we see each other so often, I watch him once a week, and because Mariano

was so young the bonding happened so early and fast. If he was older it might have been different."

Mariano's biological grandparents are also happy with their involvement and that Mariano is loved and they have the opportunity to see him grow. All thanks to open adoption.

National Adoption Day falls on the Saturday before Thanksgiving. This year it falls on November 21. Coincidentally, Mariano was born on November 21, 2014. Mariano Marcello John which means, "manly little warrior blessed by god." Anjela and Josh finalized his adoption on Christmas Eve of 2014. Anjela said, "He was a little present from God." ■



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Holland Farms celebrates 60 years

by Pat Malin

Even Cupcake and Chuck got into the party mood recently at Holland Farms Dairy Bar and Bakery.

Those two oversized Holstein cows adorning a billboard on Oriskany Boulevard in Yorkville have been luring curious passersby and bringing hometown customers back for goodies at the landmark since 1955.



As well known to the Utica area as riggies and greens are Cupcake and Chuck, who have watched over Holland Farms in Yorkville for decades.

Such delectables as "oh-so-good" jelly buns, which form the basis for Holland Farms' hit commercials with local celebrities, and colorful half moon cookies are as synonymous with the Mohawk Valley as riggies, greens and Saranac beer.

In November, they turned back the clock and offered 60-cent specials, served with a smile, to their loyal customers.

The anniversary week kicked off by introducing their new general manager, Heather Potrzeba,

and my aunt. I'm grateful and excited to be part of this team."

The family business stretches back nearly a century. In 1928, dairy farmer John Piersma decided to start delivering his milk door-to-door under the name Holland Farms.

"My father was the entrepreneur of the family," said Wilson. "When he was 17, he had four milk routes. He started up a creamery and began to bottle the milk and got his brothers to join him."

John, his four brothers and three sisters, grew up on a farm on Cider Street in Oriskany started by Herman Piersma Sr., who arrived here in 1898 from the Friesland region of Holland.

In 1933, John Piersma married Evelyn. She jumped into the business the day after the honeymoon. They each had their own truck and delivery routes serving downtown Utica and surrounding areas.

Evelyn left in 1940 to start her family, but she later returned to the business as a baker, cashier and a bookkeeper. During World War II, John's brothers, Sid, Pierre, Herman Jr. and Jacob, worked in separate parts of the family business, running two dairy farms, bottling the milk and delivering it.

In 1955, at the urging of his cousin, Johnny Voss, Piersma opened a dairy and bakery on the triangle in Yorkville at the intersection of Route 5A, Oriskany Boulevard and Rt. 69. Piersma hired two Dutch bakers to produce fresh, quality baked goods for the community.

His cousin ran Voss's hot dog stand, another well-known family establishment



Co-owners Marolyn & Suzanne-- Marolyn Wilson, left, and her sister Suzanne Harrington, have been operating Holland Farms dairy and bakery jointly for 35 years.

Cupcake and Chuck, the bakery's equivalent of Utica's famous beer mugs, Schulz and Dooley, are still keeping watch over Holland Farms, which is celebrating its 60th anniversary on a suburban highway that has become increasingly frantic over the years.

Holland Farms' co-owners, sisters Suzanne P. Harrington (president) and Marolyn P. Wilson (vice-president) have literally kept up with the traffic in their 35 years at the helm. But for one week

Harrington's daughter, to the public. Potrzeba, 45, is the third generation to operate Holland Farms dairy and bakery.

"I grew up working in the store while going to school," Potrzeba said as she finished slicing a cake into individual servings. "But you really don't get a true appreciation for how busy and complex the bakery and deli business can be until you're here for the day to day operations. I have a new regard for the business and for my mother

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Tips for entertaining at home

Entertaining at home is a fun and convenient way to get together with friends and family.

Begin by going room-by-room and making note of what will need to be done. Focus only on the spaces where guests will congregate, such as the living room, den, kitchen, and dining area.

A little bit of clutter can make a space seem unruly and unclean. Move delicate items, such as collectibles, to a storage location, returning them to their original spaces after the party has ended. If necessary, move some furniture or take away a piece or two to free up more space. Folding chairs may be more practical than a large sofa.

Expend the bulk of your cleaning efforts on the entryway, bathrooms and living areas of the home, as guests will spend a lot of their time in these areas. Enlist the help of the household to tidy the house and then tackle deep cleaning room by room.

Recruit help to ready your home or even assist you on the day of the party. A cleaning service can make fast work of scouring the house, while a waitstaff can help serve food and keep drinks refilled, enabling you to mingle with guests. If the idea of cooking for all of your guests is overwhelming, hire a

caterer to provide the food.

Stock up on stain removal products to tackle the inevitable spills. While you no doubt hope to keep your house as clean as possible, expect some dropped food or spilled drinks. Keep a cleaner at the ready so you can quickly combat stains and guests can continue having a good time.

The more complicated the party is, the more time you will need to prepare your home. Afford yourself ample time to prepare so you are not feeling rushed come the day of the party. ■

Holland Farms Continued...



Heather Potrzeba, Harrington's daughter, is the third generation to operate Holland Farms dairy and bakery. Heather was introduced to the public during their anniversary week as the new GM. Heather, a hands on manager, is cutting up individual slices of cake to sell in the bakery.

that's thriving in the same location on the opposite side of the intersection.

In 1966, the state decided to construct an overpass over Rt. 69, so Holland Farms packed up and moved a mile east down the "truck route" to 50 Oriskany Blvd, the site of the former Sal's Barbecue.

As a young woman, Wilson took her turn delivering milk, but Harrington admitted she wasn't interested in the business when she graduated from college. Both of them raised children and then like their mother, the two sisters eventually discovered their passion at Holland Farms. They took over the reins in 1980.

"We've expanded two or three times since then," said Wilson. They recently enlarged a rear corner of the building to add more refrigeration, machinery and offices.

Holland Farms had approximately 35 employees in 1980 and now has 70. Hector Fumarola has been with the bakery for 40 years.

"We grew up knowing the business from our father," Harrington noted, "but we have to constantly keep up with trends and what our customers want. For many years, cupcakes were the big thing, but now they've declined. Customers are more sophisticated now."

Holland Farms boasts a full range of baked goods, breads, pies, cakes, doughnuts made from scratch, a deli, a variety

of salads and sandwiches, prepares hot meals for takeout and serves coffee and pastries on the go to morning commuters, in addition to carrying other grocery items.

Like its rivals, it offers "a one-stop" convenience store atmosphere. But the personal touch has allowed Holland Farms to remain profitable in the face of competition from retail giants that could not have been imagined 60 years ago.

The bakery's website states, "We are a unique operation in the state of New York. According to Ramon Zayas, our bakery production manager, who is the past president of the New York State Bakers' Association, we produce more handmade baked goods in one location than any other bakery in our state or New Jersey."

As they've nurtured the business, Wilson and Harrington have managed to avoid a sibling rivalry. "We've worked side-by-side all these years, but we've learned from each other," Harrington observed. "We respect each other's differences, but we also know we have many similarities."

Now there's another family member in the mix. Potrzeba worked as a special education teacher in local schools for the last 16 years and is the mother of two boys, ages 8 and 11.

John Piersma, who incidentally also operated the old Utica Airport in Marcy and once delivered milk by plane, passed away at age 88 in 1995.

He would have to

be impressed with his daughters' success. "I think he might be pleasantly surprised," said Harrington.

"One generation never knows what the younger generation might do in later years and whether the business will survive. I'm not surprised that Heather came on board because we talked about it from time to time. What's interesting is that we're still a woman-owned business." ■

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A filling morning meal for overnight holiday guests

Many families enjoy hosting overnight guests come the holiday season. Waking up to a full house and enjoying a leisurely breakfast with family and friends is a great way to begin a new day, and such moments make for great opportunities to catch up with loved ones.

The following recipe for "Gratin of Eggs, Leeks, Bacon, and St. André Cheese" from Betty Rosbottom and Susie Cushner's "Sunday Brunch" (Chronicle Books) includes the staples of a traditional breakfast: bacon, eggs and toast. But this dish also can be assembled the night before and simply popped into the oven the next morning once everyone wakes up, making it an ideal morning meal that allows hosts to join in the breakfast table conversation.

Gratin of Eggs, Leeks, Bacon, and St. André Cheese

Serves 6

- 1 baguette, about 2 1/2 to 3 inches in diameter
- 6 thick slices bacon, cut into 1-inch pieces
- 2 cups chopped leeks, white and light green parts
- 6 ounces St. André cheese, well chilled (see note)
- 6 eggs
- 2 1/2 cups half-and-half
- 1/2 teaspoon salt
- 1 tablespoon minced flat-leaf parsley or chives
- Unsalted butter, for the baking dish
- Generous 2 pinches of cayenne pepper

1. Arrange a rack at center position and preheat the oven to 350 F. Generously butter a 9- by 13-inch baking dish.

2. Cut enough 1/2-inch-thick slices from the baguette to make a single layer in the baking dish. (You will probably need between 20 and 24 slices; save extra slices for another use.) Arrange the slices on a baking sheet and bake without turning until crisp and very lightly colored, 10 minutes. Remove and arrange the slices in the baking dish.

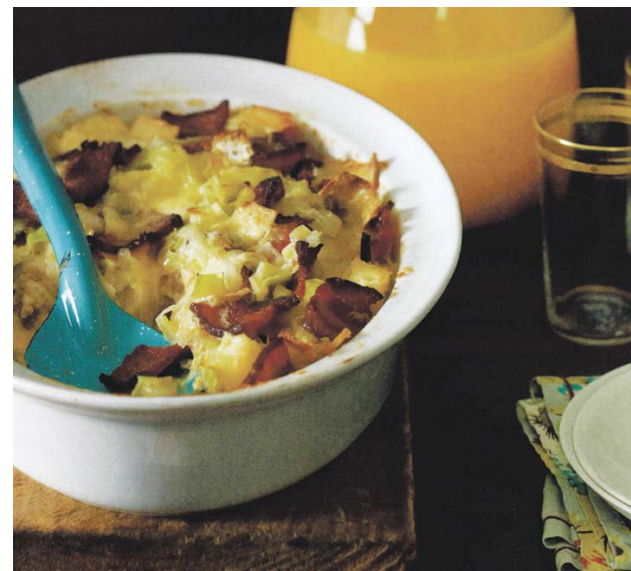
3. In a medium, heavy frying pan set over medium heat, fry the bacon pieces until crisp and browned, 5 minutes. Drain on paper towels.

4. Pour off all but 1 tablespoon of the drippings and return the frying pan to medium heat. Add the leeks and cook, stirring, until just softened, 4 to 5 minutes. Sprinkle the leeks and bacon over the bread slices in the baking dish.

5. Cut the St. André cheese with its rind into 1/2-inch cubes and scatter them over the leeks and bacon in the baking dish. In a medium bowl, whisk the eggs to blend, and then whisk in the half-and-half, salt and cayenne. Pour the mixture into the baking dish. Let the gratin stand at least 1 hour, or cover the pan with plastic wrap and refrigerate for up to 24 hours. (If the dish has been refrigerated, let it stand at room temperature for 30 minutes before baking if you have time. It also can go directly from the refrigerator to the oven but will take longer to cook.)

6. Bake the gratin until the egg mixture is set, the top is golden and the mixture is bubbly, 40 to 45 minutes (10 to 15 minutes longer if straight from the refrigerator). Remove and let cool for about 5 minutes. Sprinkle with minced parsley and serve hot.

(Note: St. André cheese is a mild, triple-cream French cheese with a white rind. It is available at many grocers and cheese stores. If you are unable to find it, you can substitute a triple-cream Brie.) ■



Gratin of Eggs, Leeks, Bacon, and St. André Cheese

A less traditional yet tasty take on a holiday dinner

Holiday dinners vary from household to household. Some might prefer a traditional meal of turkey with

all of the trimmings, while others might want to try their hands at something new. For those among the

latter group, the following recipe for "Winter-Stuffed Pork Tenderloin," from Laurey Masterton's "The Fresh

Honey Cookbook" (Storey Publishing), is sure to make a splash at your holiday dinner table this season.

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**Winter
Fruit-
Stuffed
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Recipe on
Next
Page!!!**

Narrowing down holiday dinner options

Shopping for holiday gifts may be a top priority for many come the holiday season, but for hosts and hostesses opening their homes to friends and family, several other tasks need to be done as well. One of the more significant decisions holiday hosts must make is choosing what to serve when guests arrive for holiday dinners. Holiday dinners are often more extravagant than the run-of-the-mill dinners families eat on ordinary weeknights. Crafting a special dinner requires both planning and prep work, and there are some ways to make the experience go more smoothly.

What’s cooking?

Culture often dictates which meals are prepared. Many popular main courses involve pork and poultry, as baked hams and roasted turkeys are especially popular during the holiday season. But regardless of history, hosts should consider which foods appeal to the greatest number of guests, then plan the dinner around these items. Also, if you're known for a particular dish, go ahead and make that, even if it's a less traditional holiday meal. Another savvy move is to choose foods that can be prepared in advance. If you're hosting a houseful of guests, steer clear of foods that require individualized attention or must be cooked and served promptly, like a risotto.

Casseroles, pasta dishes, roasts, and other similar foods can be prepared and cooked, then reheated in time for the main course.

Keep it simple

Although you may want to impress your guests with your culinary prowess, experimenting with exotic dishes or trying intricate plating techniques can backfire if you do not have adequate practice. It's better to stick to familiar foods and save the experimentation for a smaller dinner party.

Meals that have become routine to you can almost be made on auto-pilot. This way you spend less time in the kitchen and more time with guests.

Delegate some work

Guests are often eager to contribute something to holiday meals. When planning a holiday dinner, think about which items you can ask others to bring. A noted early bird may bring appetizers, like a crackers-and-cheese platter. Those who tend to make late entrances may be tasked with providing decadent desserts. Unless the entire meal is potluck, holiday hosts usually handle the main courses and many of the side dishes.

Be prepared for leftovers

In an effort to ensure everyone has enough to eat, you likely will make more food than you and your guests need. Don't let those leftovers go to waste. Stock up on takeaway storage containers so your guests can bring home some of the food. Promptly wrap up any leftovers and store them in the refrigerator so food will not spoil.

Holiday meals are full of many good foods and lots of conversation. Help make them a success by planning ahead. ■



Winter Fruit–Stuffed Pork Tenderloin

Serves 8

- 1/2 cup dried apricots
- 1/2 cup dried cherries
- 1/2 cup dried figs
- 2 pork tenderloins (about 3 pounds total)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup crumbled blue cheese
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons butter
- 1/4 cup honey, preferably sourwood honey

1. Mince the apricots, cherries and figs by hand or in a food processor.
2. Slice the tenderloins lengthwise, almost all the way through. Open them up and lay them flat. Place each tenderloin on a large piece of plastic wrap. Cover with another piece of plastic wrap and pound each piece of meat with a meat tenderizer until it is about 1/2-inch thick. Remove the top piece of plastic.
3. Season the surface of the pork with the salt and pepper. Divide the fruit mixture in half and spread evenly on the cut surface of each tenderloin. Top each with half of the cheese. Roll up each tenderloin, using the bottom piece of plastic to help you, tucking in the fruit and cheese as you go. Tie kitchen string every 2 inches around the tenderloins, continuing to push in any fruit or cheese that may fall out.
4. Preheat the oven to 450 F.
5. Heat the oil in a large skillet over medium-high heat. Sear the tied tenderloins, turning as each side is browned. Be careful when searing the open side, as some fruit and cheese might fall out. You are just trying to seal in the meat juices, not trying to cook the pork all the way through.
6. Combine the butter and honey in a microwaveable bowl and microwave on high for about 20 seconds, or until the butter is melted. Drizzle the butter over the tenderloins.
7. Place the tenderloins on a baking sheet. Bake for 15 to 20 minutes, or until the meat reaches an internal temperature of 150 F. Remove the baking sheet and allow the tenderloins to sit for at least 10 minutes before slicing. This will keep the juices in the meat rather than all over your kitchen counter.
8. Snip off and discard the strings. Slice the pork into 1-inch-thick pieces and serve. ■



Winter Fruit-Stuffed Pork Tenderloin



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Rev-Up the Holidays with 5 Return-Proof Gifts



(Family Features) If the thought of holiday gift shopping makes you want to bail on celebrating at all, it's time to rethink your approach. Even though your gift list seems like a challenge, make it your mission to earn the title of Ultimate Gift Giver this season.

Fuel your holiday spirit and rebel from the standard gifts with unique items that break the mold. Skip the aggravation of shopping at traditional retail stores, and get your hands on the season's

hottest gifts that reflect the unique style and personality of each person on your list.

The gift of freedom

Not all gifts need to fit in a tidy box with a pretty bow. Give the baddest on your list an experience of a lifetime. It may be a sky-diving excursion or a rock climbing adventure. Or, for the ultimate thrill seekers, give them a ticket to learn to ride a motorcycle. This is more than just a motorcycle lesson; it's the start of a new lifestyle. Check online for special deals, adventures

and Harley-Davidson Riding Academy motorcycle classes specific to your area.

Stock the cooler and cabinets

Every gift list has a wine or liquor connoisseur on it, so play to your intended recipient's style and fill the cooler with a preferred drink or two, or a gift set that comes with specialized glasses. Go further by serving up a new barware set, monogrammed pilsners, or bar decor, such as clocks, signs, picture frames or coasters; gifts sure to

match the personality of the coolest person on your list.

Fuel a rebellious style

Ditch the same old hat and glove combo and amp up the cool factor with Harley-Davidson Motor-Clothes for the chicest on your list. The Vintage Leather Biker Jacket boasts unrivaled classic rebel style on and off a motorcycle. For the woman in your life, consider the Lace Accent Hoodie, which offers a cozy winter look and adds flair to any outfit.

Celebrate with sound

Bring on the good times with some good ol' rock and roll. A gift that lets the rocker on your list enjoy their favorite tunes is sure to please. There are countless ways to bring them closer to their favorite sounds, from stylish headphones to Wi-Fi speakers. Or, turn back time with a turn table perfect for kicking back to the sounds of classic vinyl.

Present a project

Inspire the tinkerer on your list to get hands-on with the gift of a special

project. Let him learn woodcarving or get started micro-brewing beers. Project packages reflecting nearly every pastime you can imagine - even bacon curing - can be found online.

Stepping off the beaten path and opening up your imagination make finding the perfect gift a more enjoyable endeavor - and make your presents immune to the dreaded re-gift and return list. Check out the guide at H-D.com/Holiday, which offers something for everyone, whether they ride or not. ■



Future uncertain for rare white deer at former weapons site

by MARY ESCH
Associated Press

ROMULUS, N.Y. (AP) — Hundreds of ghostly white deer roaming among overgrown munitions bunkers at a sprawling former Army weapons depot face an uncertain future after living and breeding largely undisturbed since the middle of last century.

The white deer — a genetic quirk that developed naturally on the 7,000-acre, fenced-in expanse — have thrived, even as the depot itself has transitioned from one of the most important Cold War storehouses of bombs and ammunition to a decommissioned relic.

Now, as local officials seek to put the old Seneca Army Depot up for bids next month, there is concern that the sale could also mean the end of the line for the unusual white deer. A group of residents dedicated to saving the animals has proposed turning the old depot into a world-class tourist attraction to show off both its rich military history and its unusual wildlife. The Nature Conservancy also is looking at options for preserving the largely undeveloped landscape.

“When we ran bus tours on a limited basis between 2006 and 2012, we had people come from all over the United

States to see the deer,” said Dennis Money of Seneca White Deer Inc. “People are enchanted by them.”

The white deer owe their continued existence to 24 miles of rusting chain-link perimeter fencing that went up when the depot was built in 1941, capturing several dozen wild white-tailed deer in the area's extensive woodlands. The white deer are natural genetic variants of the normal brown ones. They're not albinos, which lack all pigment, but are leucistic, lacking pigment only in their fur.

In the wild, white deer are short-lived, being easy targets for predators and hunters looking for a unique trophy. Small herds of white fallow deer roam protected sites in Ireland and on the campus of the Argonne National Laboratory in Illinois, but the Seneca Army Depot has the largest known population of white white-tailed deer, Money said.

With protection from the Army and its fence, the Seneca white deer have grown to an estimated 200. If buyers take down the fence, the white deer aren't expected to last long.

For now, the white deer, and about 600 brown ones, roam woods and fields surrounding overgrown weapons storage bunkers, cracked roads and rusted railroad tracks. In the bright sunshine of midday, small groups of deer can be



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Networking tips for working professionals



When done correctly, networking can benefit businesses, their employees and even those employees' contacts.

Networking plays an integral role in professional growth. Men and women who can nurture relationships within their fields are more likely to be in tune with what's going

on in their professions, and a network of fellow professionals can help men and women advance their careers.

But networking often falls by the wayside for today's busy professionals, many of whom simply can't find the time in their hectic schedules to foster relationships with professional colleagues. But the benefits of networking are numerous, and it behooves men and women to make an effort to build and maintain strong professional networks.

- Recognize the benefits of networking. Networking not only benefits individuals but also the companies those individuals own or work for. While many people view networking as a means to one day finding a new job, networking is much more than that. When you foster a professional relationship, the other person in that relationship will be quick to think of you when they need a given service or are asked for a referral. That can benefit business owners' bottom lines, but even men and women who don't own a business can benefit, as their bosses will no doubt recognize the role they played in bringing in new business.
- Make networking a priority. Once professionals recognize that networking is about more than just building a web of contacts who can help them find their next job, they can begin to prioritize networking so it can help them in their existing jobs. Make an

effort to keep in touch with current and previous clients and any other contacts made over the years. Something as simple as an email to catch up or an inquiry to see if there's anything fellow professionals need will help you stay on their minds, which can help you bring in new business or learn about new opportunities down the road. Maintaining and building a professional network does not always require a lot of work, as even seemingly small gestures can pay big dividends if men and women prioritize such efforts.

- Revisit your network from time to time. A network is only beneficial if it remains current. Keep track of the professionals in your network so you know when and where to reach them should you need to do so. A professional networking site such as LinkedIn is a great way to stay on top of what your network is up to, and such a site also is a valuable tool when you want to update your network with any new information about yourself. Revisit your network a few times each year, updating with any new information so you aren't left scrambling for email addresses or phone numbers when the time comes to get back in touch with your contacts.
- Avoid networking only when you need something. You can likely name a few of your fellow professionals who only seem

to contact you when they want something. You don't want to earn a similar reputation among your own contacts, so don't forget to make periodic contact with your colleagues even when you don't need anything. A simple email to catch up and to offer some unsolicited help if any is needed can be enough to prevent you from earning a reputation as a me-first contact and put you in a positive light that can benefit you throughout your career.

Networking can easily be seen in a negative light. But professionals who network the right way will find that their efforts pay dividends for themselves, their companies and even their professional colleagues. ■



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White Deer continued...

glimpsed in mowed lanes and clearings maintained by the Army. But early morning and evening are the best time to see them, and cars pull over along bordering public highways as people stop to watch. Visitors aren't allowed inside the fence.

"They're a huge tourist attraction," said Lisette Wilson, who runs a farm store and bakery with her husband across the highway from the depot fence. "People are astonished. It's quite the spectacle for them." The store's most popular product is "White Deer Poop," a confection made of white chocolate, almonds and cranberries, she said.

"I see white deer every day," Wilson said. "They're beautiful animals. I'm very concerned they'll lose their habitat when the property is sold."

The depot, completed a month before the Japanese attacked Pearl Harbor, provided for the ordnance storage needs of the nation for 60 years. It covered an area larger than the city of Syracuse, 40 miles to the northeast, and stored bombs and ammunition in 500 steel-and-concrete bunkers called igloos.

The Army Corps of Engineers has maintained the site during environmental cleanup operations since the depot closed in 2000. The Army plans to finish cleanup work by the end of next year, leaving the land and its deer under the care of new owners.

Bob Aronson, executive director of the Seneca County Industrial Development Agency, said his goal is to sell the whole parcel by the end of the year to one or several buyers. All offers will be considered, he said, noting that the greatest interest has been from farmers who would graze cattle and grow crops.

Seneca White Deer has launched a fundraising drive in hopes of buying at least 2,000 to 3,000 acres, if not the whole site, for a tourist attraction and wildlife preserve, Money said.

Jim Howe, director of The Nature Conservancy's regional chapter, said the preservation group is conferring with several groups about protecting the former depot's wildlife habitat while opening it for recreation, tourism and sustainable economic development.

Another hope for the deer has come from Aronson's offer to the towns of Varick and Romulus, where the depot lies, that they can have the land within their borders for a dollar if they want to market it themselves.

Varick Town Supervisor Bob Hayssen said his town is considering that deal.

"If we get it," he said, "we'll earmark 1,000 acres as an eco-park for the white deer." ■



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Christmas tree varieties and care

An evergreen tree decked out in lights and ornaments is one of the universal symbols of the holiday season. The Christmas tree tradition is believed to have originated in Germany in the 15th or 16th centuries, when trees were decorated with edibles, such as nuts and fruits. They were later decorated with candles and eventually lights.

Through the centuries, people have trekked to forests, Christmas tree farms and commercial lots to pick the perfect trees for

their holiday displays. The National Christmas Tree Association says more than 33 million real trees are purchased each year, making the tree business a billion-dollar industry. While there are scores of evergreen varieties, certain tree types are more popular than others and thus more available for purchase. The following are some of the more popular trees come Christmastime.

- **Eastern Redcedar:** Branches of the tree are compact and form a pyramid-shaped crown. The

trees should be a dark, shiny green color. The eastern redcedar is not a true cedar tree, but a member of the juniper family. This tree can make a great cut tree with a homespun look and a pungent fragrance.

- **Leyland Cypress:** This cypress is one of the more popular Christmas trees in the southeastern United States. The tree will be very dark green to almost gray in color. It has little aroma. Some people choose the Leyland because it does not produce sap, which is great for those with sap allergies.

- **Colorado Blue Spruce:** An attractive blue-green foliage and a good symmetrical form is what attracts many people to the blue spruce. The Colorado Blue Spruce has an excellent natural shape and requires little pruning to look like the



perfect Christmas tree. It's not very fragrant, but the tree needles may give off an unpleasant odor when crushed.

- **Scotch Pine:** A classic conical shape and very good needle retention help make the Scotch pine a popular tree to cut for the holidays. Scotch pines also are quite prevalent thanks to the tree's adaptability to a wide range of climates.

- **Eastern White Pine:** A

delicate green color and long needles are found on this tree. Another popular pine, the rich fragrance of the white pine may make it preferable to those who like their homes to smell of evergreen.

- **Douglas Fir:** The Douglas fir is one of the foremost Christmas tree species in the United States. It has soft needles that are dark green in color. Those needles radiate in all directions from

the branches to give the tree a full look. The needles, when crushed, have a sweet fragrance. Douglas firs tend to live long when cut.

- **Fraser Fir:** Another popular fir for Christmas is the Fraser fir. The needles are bicolored, with dark green on top and silver on the bottom. More fragrant than its cousin, the Douglas, the Fraser also boasts a slender profile, which makes it suitable for smaller rooms.



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Christmas tree maintenance

Nothing can guarantee the health and appearance of a tree after it is brought into a home. But choosing a recently cut tree that has good needle retention can help. Here are other tips for a long-lasting tree.

- Use a sharp saw to cut an inch off of the trunk base to remove the sappy covering that forms from cutting. This will improve water intake.

- Fill a tree stand reservoir with warm water. Expect the tree to drink heavily in the beginning.

- Keep the reservoir filled every day and check to see how much water the tree is using.

- Place the tree far from heaters or other drying sources. ■

Sherrill thanks you *for Shopping Locally*

The history behind some beloved Christmas songs

Holiday traditions vary from family to family, but one component of the holidays that seems to be universally enjoyed is a good Christmas song. Music is piped throughout malls and stores to entertain shoppers, and favorite tunes may be on the radio or streamed through a digital music service as families decorate their homes.

Many people may love Christmas songs and carols, but not everyone shares the same favorites. Thankfully, there's no shortage of material when it comes to Christmas songs, ensuring there's something for everyone.

In 2014, Time magazine researched records at the U.S. Copyright Office to determine the most popular and most recorded Christmas songs since 1978. When copyright registrations were digitized, the following are some of the more beloved holiday tunes and a bit of history about each song.

• **"Silent Night":** One of the most rerecorded songs in history (733 versions since 1978), "Silent Night," was composed in 1818 by Franz Xaver Gruber and put to lyrics by Joseph Mohr. It was first performed on Christmas Eve at St. Nicholas parish church in Oberndorf, a village in Austria. Today's version is a slow lullaby, but it's believed the original was a dance-like tune in 6/8 time.

• **"O Holy Night":** This

popular song was composed by Adolphe Adam in 1847 to a French poem titled, "Minuit, chrétiens (Midnight, Christians)." Many notable performers, including Perry Como, Céline Dion, Josh Groban, Michael Crawford, and Lea Michele, have performed "O Holy Night."

• **"Silver Bells":** Now a Christmas classic, "Silver Bells" originally was written for the Bob Hope film, "The Lemon Drop Kid." Songwriter Jay Livingston wanted to title the song "Tinkle Bell," but his wife dissuaded him from using the word "tinkle."

• **"White Christmas":** Irving Berlin believed his song "White Christmas" would be an instant hit.



His prediction was correct, especially after singer Bing Crosby recorded it.

• **"Jingle Bells":** Although it has become one of the more popular



c'est l'heure so-len-nel-le
the stars are brightly shining

Christmas songs. "Jingle Bells" really was written for Thanksgiving. It's also one of the oldest holiday songs of American origin. James Lord Pierpont, the song's author, was inspired by the famous sleigh races of Medford, Massachusetts.

Hear What I Hear" is now a staple of holiday celebrations.

• **"Santa Claus is Coming to Town":** James Gillespie wrote this tune while riding a subway and reminiscing about his childhood with his brother. It became a hit after being performed at the famed Macy's Thanksgiving Day Parade.

• **"The Christmas Song":** This classic Christmas song was written in 1944 by Bob Wells and Mel Tormé. It's usually subtitled "Chestnuts Roasting on an Open Fire." The song was written during a heat wave as a way to think cool thoughts. It only took 40 minutes to write the music and some of the lyrics. Nat King Cole's rendition of the song is among the more popular versions.

Christmas songs are enjoyed and performed year after year. Popular songs continue to endure and attract new fans. ■

• **"Do You Hear What I Hear":** Noel Regney wrote this song as a call to peace during the Cuban Missile Crisis. The original context has long been forgotten, and "Do You

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McClenning's folk art proves popular around the world

– An AP Member Exchange shared by The Hawk Eye

by REX L. TROUTE
The Hawk Eye

NEW LONDON, Iowa (AP) — Chuck McClenning's hands always have been busy making something.

As a young child in Clinton, he made Christmas ornaments out of Reynolds Wrap. He took every art class he could as he progressed through school.

As an adult, McClenning worked 31 years as a machinist for Collis Inc. in Comanche. The company made precision tooling for Caterpillar, John Deere, Boeing and other firms. He retired with a pension in 2009.

Immediately, he got back into his artistic side and started turning dried gourds

into gift items for Halloween and Christmas. McClenning painted the gourds to look like snowmen, Santa Claus, scarecrows and witches.

Gradually, he started to make all sorts of folk art items geared toward autumn, Halloween and Christmas. His artistic talent led him to start a company, The Chasmacian Crafter, and



Chuck McClenning, owner of The Chasmacian Crafter, poses for a photograph on Nov. 3, 2015 in New London, Iowa. McClenning sells his primitive, country and folk art pieces at his store. (John Lovretta/The Hawk Eye via AP)

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a dot-com in 2010 by the same name. Chasmacian is a takeoff of his first and last names, Chas being a nickname for Charles and mac a nickname for his surname.

"It takes three years to get up there in the rankings," McClenning said of his website on the Internet.

He has sold items to customers in London and Paris, and his holiday fare seems to do better with West Coast and East Coast clients than in the Midwest.

"People save money for Christmas," McClenning said. "Halloween is getting up there."

In the beginning, McClenning handcrafted a lot of one-of-a-kinds, but recently has gotten into mass producing certain items.

The growth of his website led him to open a store in New London. In preparation for his store opening in June, he started producing items in May and 80 percent of that inventory was sold by August.

"Facebook is amazing," McClenning said as social media has done a lot to get the word out about his creativity.

His artistic talent has been recognized by Prims, a quarterly magazine for "Handcrafted folk art inspired by a bygone era." McClenning's work has been featured in the autumn issues for 2014 and 2015.

His work has expanded well beyond the dried gourds that got him started.

One item that tends to sell year round is silicon light bulbs, manufactured for night lights. Several of the more popular bulbs are shaped like pumpkins, rabbits and one design covered in spiders.

"I am really into lighting," McClenning said.

Another item, a snowman made of resin, is designed to serve several purposes as it can hold a candle, a bubble light, a tree or become a lamp.

"Snowmen are the most popular item," McClenning said of the Christmas season, as people feel they can leave them out in the house throughout the winter into February.

The most popular item in the fall and for Halloween is a witch boot light. He has sold more than 100 of them in the past two years.

The inventory also includes room sprays, oils, breakaway melt and soy candles. Every item in these lines is named Dorothy Mae, after McClenning's mother, and a picture of her when she was 3 years old graces the labels.

"I started mastering how to do this," McClenning said of the Dorothy Mae lines, which come in many scents.

The Hawk Eye (<http://bit.ly/1O04GhK>) reports

Cranberry marmalade is the most popular scent among the room sprays.

Back in 1992, while living in Clinton, McClenning sold more than 400 peeking Santas. On his website, he sells the pattern for the peeking Santa so other crafters can make it. There are seven patterns of other popular McClenning creations for sale on the website.

He still makes one-of-a-kind items, which can sell for as high as \$150. A pumpkin man was an example of a one-of-a-kind on display in the store.

McClenning has donated some of his crafts the past four years for a fundraiser in Linn County, which is named "Love for Liv." His niece, Olivia, was born with a congenital heart disease and a portion of the proceeds go to the American Heart Association.

With the store open seven days a week from 10 a.m. to 3 p.m., McClenning feels the need to take a month off in February to recharge his batteries. He goes to Fort Myers, Fla., where he sketches out ideas for new products and folk art.

"I like to sit down and design," he said.

One of the more rewarding parts of his business is "when people ooh and aah over it," when it comes to a new design. ■

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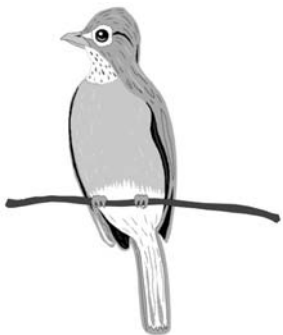
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FAMILY FEATURES

Food is a gift from the heart. It's one-size-fits-all, and you don't need to fight the crowds at the mall or worry about blowing your budget. Whether for holiday presents or hostess gifts, receiving something homemade is truly what the season is about: sharing comfort and good cheer.

For a festive twist to your delectable goodies, look no further than your freezer. Aside from their bright, joyful color, frozen red raspberries' sweet and tart flavors make them versatile from a culinary standpoint, complementing and enhancing a wide range of ingredients. These jubilant rubies are also nutritional powerhouses, boasting the most fiber and the lowest natural sugar content compared to other berries.

These recipes are sure to warm your friends' and family members' hearts with the taste of the holidays. Find more recipes worth sharing this holiday season at redrazz.org.

Raspberry Greek Yogurt Bark

Recipe courtesy of NourishRDs.com

- 2 cups plain, reduced-fat (2%) Greek yogurt**
- 1 lemon, zest only**
- 2 tablespoons honey**
- 1 cup frozen raspberries**
- 1/2 cup shelled pistachios**
- 1/4 cup slivered almonds**

Line small baking pan with aluminum foil.

In medium bowl, combine first 3 ingredients. Stir until well incorporated.

Add berries, pistachios and almonds to mixture. Fold in until well incorporated. Spread mixture in baking pan and place in freezer for about 2-3 hours, or until hardened.

Once hardened, remove bark from pan and either cut or break up into pieces. Allow to thaw about 5 minutes before eating.

Notes: Store remaining bark in freezer. You can experiment with any ingredients you have on hand, such as frozen cherries with dark chocolate chunks, frozen blueberries with unsweetened flaked coconut or dried cranberries with pecans.



Red Raspberry Fruit Leather

- 1 package (12 ounces) frozen red raspberries, thawed**
- 1/3 cup sugar or honey**
- 1 teaspoon lemon juice**

Heat oven to 170 F.

Line two baking pans with parchment paper or silicone mats.

Combine all ingredients in blender and puree until smooth. Pour raspberry mixture on both pans and smooth into thin layer, less than 1/8-inch thick.

Bake 3 hours or until mixture is no longer wet, but still slightly tacky, rotating every hour and alternating levels.

Cool pans on wire rack to room temperature. Remove parchment paper (if using), place on cutting board and cut (or tear) into chip-size pieces. Store with fresh pieces of parchment paper between fruit leather layers in airtight container.



Anytime Pumpkin-Raspberry Muffins

- 1 cup frozen unsweetened red raspberries**
- 1 1/2 cups white whole wheat flour**
- 1/3 cup packed brown sugar**
- 1/4 cup granulated sugar**
- 2 teaspoons ground cinnamon**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 cup canned pumpkin**
- 3/4 cup low-fat buttermilk**
- 3 tablespoons canola oil**
- 3 egg whites**
- 1 tablespoon grated orange rind**
- 1 teaspoon vanilla extract**
- 2 ounces chopped pecans, toasted**

Muffin Topping:

- 1 tablespoon granulated sugar**
- 1/2 teaspoon ground cinnamon**

Heat oven to 350 F.

Coat 12 nonstick muffin tins with cooking spray and set aside.

Place frozen raspberries on counter to thaw slightly while preparing muffins.

In medium bowl, stir together flour, brown sugar, sugar, cinnamon, baking soda and salt.

In another medium bowl, stir together remaining muffin ingredients, except raspberries.

Stir pumpkin mixture into flour mixture until blended. Do not over mix. Spoon equal amounts of batter in each muffin tin. Place equal amounts of raspberries on top of each muffin.

Bake 20-22 minutes or until wooden toothpick inserted comes out almost clean.

Meanwhile in small bowl, combine topping ingredients and set aside.

Remove muffins from oven, place on wire rack and immediately sprinkle with topping. Let stand 15 minutes to continue to cook and absorb flavors. Remove muffins from pan and cool completely on wire rack before storing.

Store cooled leftovers in airtight container in refrigerator up to 48 hours or freeze up to 1 month.

Note: May make as mini muffins: bake 15 minutes in 12 muffin tins.

Raspberry Salsa

- 1 Pink Lady or other tart-sweet apple, cored and diced**
- 2 cups peeled jicama, diced**
- 1/3 cup raspberry vinegar**
- 1 medium jalapeno pepper, seeded and finely chopped**
- 3 green onions, sliced**
- 1 tablespoon grated fresh ginger**
- 1 bag (12 ounces) frozen raspberries**

In large bowl, toss apple and jicama with vinegar. Add all remaining ingredients and toss to blend. Serve at once or cover and refrigerate until ready to serve.



Not only do raspberries lend the perfect seasonal hue to homemade gifts from the kitchen, these bright red berries offer numerous nutritional and other benefits, according to Lisa Samuel, RDN, MBA of NourishRDs.com. Frozen raspberries, which are available year-round, offer:

- 80 calories per cup, with no added sugar or preservatives
- More fiber than any other berry at 9 grams per cup
- One of the lowest in natural sugar content compared to other berries
- High in vitamin C, providing 60 percent of the Recommended Daily Value per cup
- Convenience and consistent quality right out of the freezer, with no waste or spoilage
- Frozen at peak ripeness

Hamilton Business Alliance



by Al Dorantes

“Christmas comes but once a year, Now it’s here, now it’s here, Bringing lots of joy and cheer, Tra la la la la”

The receptive song from the 1936 Fleischer Studios cartoon proclaims Christmas’s annual visit. Hamilton Business Alliance is making the most of the once a year holiday.

The Hamilton Business Alliance (HBA) strives to increase cooperation and collaboration among local businesses in order to strengthen and enhance the business climate in and around Hamilton. HBA is successful because they share resources, identify and implement cooperative opportunities and establish a strong referral network among member businesses.

Hamilton Business Alliance is open to all businesses in the village of Hamilton or even near-by. They boast over 100 members. Members benefit from cooperative marketing opportunities, listing on the HBA website, referrals to member businesses, and more. Lauri Shoemaker owner of Evergreen Gallery explained that the group supports each other; they are good neighbors. Businesses are the key to the health of a village. They offer longevity and long term viability.

Shoemaker explained that there are a lot of fun things happening in Hamilton for the holiday season; December 4th is a tree lighting event complete with Smore’s and a fire pit. On December 5, 12, and 19: horse drawn wagon rides from 3-5 that will pick up and drop off in front of the Colgate Inn. Santa will appear at the Hamilton Center for the Arts on December 5 and 19 from 2-5pm. The jolly old elf will also be at the Colgate Inn on December 12 from 2-5pm. Another interesting event is “Late shopping.” On

Friday, November 20th, most merchants will be open until 8:00 pm with special sales, refreshments, and door prizes. Enjoy a complimentary glass of wine or beer at the No. 10 tavern at 8:00 pm to see who the lucky winners are.

Pat Drahos, owner of Maxwell’s Chocolates and Ice-cream and member of the HBA board said, “I feel I have the support and camaraderie of other local businesses that are experiencing the same things I am experiencing.” She explained that she felt that HBA members are all in the same boat and are busy attracting people into our businesses.

The holidays do come but once a year bringing us all together. The Hamilton Business Alliance is rolling out the red carpet this holiday season. Visit the historic village to see Santa, sip hot chocolate, and of course, shop. For more information go to: thisishamiltonny.com ■



1936 Fleischer Studios cartoon. “Christmas’s annual visit”.



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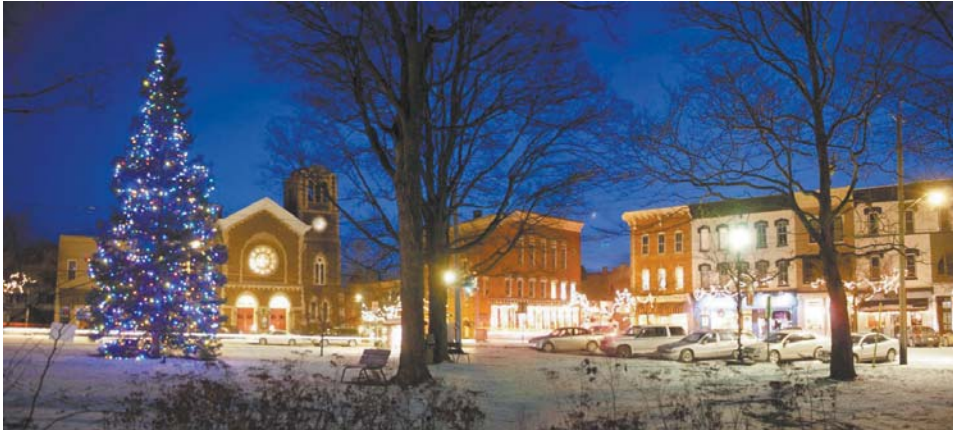
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Clinton Shopper's Stroll

—two days of magic this year!



by Al Dorantes

The Clinton Chamber of Commerce Shopper's Stroll will be held November 27 - 28, 2015. The popular event harkens back to a nostalgic time on the historic village green.

The stroll begins at 10am on Friday, November 27th and will go until 9pm and on Saturday November 28 the hours are 10am - 5pm. The Clinton shopper's stroll will feature a night before Christmas reading, a tree lighting (at 6pm Friday night), the parade at 7 pm

Friday night. The parade starts at the school and ends at fire house with pictures with Santa. The Black Friday kick off is not just about spending money. They are pushing a bigger message; shop local. The overall message behind the Clinton Shopper's Stroll is, "shop local." This idea permeates the village as Saturday coincides with American Express Small Business Saturday

Jackie Walters, Executive Director of the Clinton Chamber of Commerce

explained that the chamber is including students from Clinton High School. Mr. Lavender and the Jazz band (approximately 25 students) will play at the gazebo. The orchestra will play at a local indoor venue and the choir group will perform as well.

Walters said, "It takes people who are passionate about the area and care about the community." She explained that things will be happening all over the village green. The shopper's stroll is open to non profits and civic groups and the parade

invites a large number of local fire departments. The Clinton Chamber of Commerce Shopper's Stroll is a successful holiday event because of a strong business community. Most businesses in the village will be offering sales, deals, or specials. Walters said happily, "I like it when out members work together."

Joyce Polanowicz from the Village Crossing, said, "The parade has been around for 40 years, the event with horse & carriage, roasted chestnuts, merchant participation for 20 years. The motivation was to kick-off the Christmas holiday in the picturesque Village of Clinton with a day of activities and shopping for families who live in the area or are visiting for Thanksgiving. I have been in Clinton for 7 years now. Shoppers Stroll Day has always been lots of fun AND very busy. And although it is a good business day, it truly is a fun day. I have connected with lots of people who come to Clinton visiting family as well as people that I see regularly. The merchants serve muchies and offer some type of sale. It is a "marathon day." I open at 10am and usually don't get home until 10pm. The chamber, the merchants, the restaurants, the churches, the fire department and residents all work together planning and creating a day of "old fashioned festivity". It's all about community."

This year the Clinton Chamber of Commerce Shopper's Stroll is 2 days. They are bringing back a 2 day event and the plans are to make the event better and better. Stop by, shop local, and enjoy a hot chocolate, popcorn, or cider as you step back in time in the Village of Clinton. ■



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Events on Friday November 27th to include:

10 AM - 9 PM: Stores are OPEN

10 AM - 9 PM: Stuff the Bus for Country Pantry (located at Hunt Real Estate Parking Lot) – Bus donated by Hale Transportation

10 AM - 8 PM: Stone Presbyterian Church - Fair Trade Shoppe OPEN

10 AM - 8 PM: Stone Presbyterian Church - Seven C's Cafe OPEN

10 AM - 6 PM: Kirkland Town Library - Jewelry and Holiday Book Sale

10 AM - 1 PM: Kirkland Town Library - Salt Dough Ornament

1 - 4 PM: Horse Drawn Carriage Rides

1 - 4 PM: Visit Santa at NBT Bank (bring your own camera)

1:30 - 2 PM: Kirkland Art Center host story telling of the Polar Express

3 PM: Stone Presbyterian Church - Carol Sing-a-long with Rob Kolb

3 - 6 PM: Clinton Historical Society (Official display of "Made in Clinton", Holiday Postcards from the Collection of Evelyn Edwards and 19th Century Domestic Implement

4:30 PM: Stone Presbyterian Church - St. Mary's Church Choir

4:30 - 6 PM: Clinton High School Chamber Singers throughout the Village

5 PM: Members of the Clinton Symphony Orchestra of the Mohawk Valley to perform at Across the Row Bistro

5:45 PM: "The Night Before Christmas" Story Reading

6 PM: Annual Tree Lighting Ceremony

6 - 8 PM: The Burns Agency, Insurance and Services: Just Brass performs

7 PM: Holiday Parade (Grand Marshal - Steve Marcus)

7:30 PM: Santa & Mrs. Claus at the Firehouse



Gobble up turkey nutrition facts



Photo courtesy of Getty Images

of their attention during the holiday season, their health benefits can be enjoyed throughout the year:

Turkey contains roughly 34 calories and 1 gram of fat per ounce (33 grams) of meat. It is low in saturated fat and is a good source of protein. In fact, just one 3 to 4 ounce serving of turkey provides 65 percent of a person's recommended daily intake of protein. Protein helps fuel the body and can help a person feel full longer.

People who are customizing their diets to protect against cancer may want to include turkey on the menu. Turkey contains selenium, which can promote healthy function of the thyroid and boost the immune system. Selenium also helps to eliminate free radicals in the body through its antioxidant power.

Those who need to increase their B vitamin intake also can turn to turkey. According to Livestrong, a serving of turkey has 36 percent of the daily allowance

of vitamin B3, which helps process fats in the body. It also contains 27 percent of the RDA for vitamin B6, which helps maintain steady blood sugar levels, among other things. In addition to these vitamins, turkey also is rich in many minerals, including iron, phosphorous, potassium, and zinc.

While turkey is healthy, the way it is prepared can affect just how beneficial it is to one's diet. For example, slathering the meat with butter or dousing it in rich gravies may negate some of turkey's positive attributes.

One of the most popular ways to cook turkey is to roast it. Let fresh herbs and a citrus juice marinade add

the desired flavor. Place the turkey on a roasting rack so that any fat will drain to the bottom of the pan. Baste the turkey with fresh marinade to keep it moist.

It's best to cook any stuffing outside of the turkey so there is no potential for contamination by bacteria. Make stuffing healthier by using whole-grain rice, vegetables, dried fruits, and nuts in lieu of a heavy bread base.

Leftover roasted turkey can be ground and used to make tacos and burgers or chopped and turned into turkey salad. The possibilities for leftover turkey are endless, especially for cooks willing to try their hands at something new. ■

TURKEY DAY TIPS

The sight of a beautifully cooked, golden brown bird being brought to the table is one of the most memorable moments of any Thanksgiving gathering. Follow these tips to prepare the perfect centerpiece for your holiday meal:

Thawing Your Turkey

- For every 5 pounds in weight, thaw in original wrapper for 24 hours in the refrigerator. Thaw faster by covering with cold water in the sink and soaking approximately 30 minutes per pound.
- Refrigerate as soon as thawed or cook immediately. For best quality, do not refreeze uncooked turkey.

Roasting the Bird

- Baste with extra virgin olive oil.
- Place breast-side-up on rack in shallow roasting pan. Cook in 325 F oven.
- For an unstuffed turkey, place a stalk or two of celery, seasonings, a cut-up onion and a handful of parsley in the cavity to keep it moist.
- Lay "tent" of foil loosely over turkey to prevent over-browning.
- Turkey is done when meat thermometer is 180 F or when the red stem on the pop-up thermometer rises.
- For easier carving, let turkey stand at room temperature for at least 20 minutes.

More Ways to Make the Perfect Centerpiece

- **Grilled:** Grill 15-18 minutes per pound. Air in grill must be between 225-300 F.
- **Deep Fat Fried:** Cook 3-5 minutes per pound in 350 F oil.
- **Smoked:** Cook 20-30 minutes per pound. Air in smoker must be between 225-300 F.
- **Microwaved:** Cook 9-10 minutes per pound on medium power. Rotate during cooking.

Turkeys are seemingly everywhere come November, whether it's at your favorite grocery store, on television cooking shows and possibly hanging out in the wild of a nearby nature preserve. Turkeys are the main course for many holiday dinners, and turkey leftovers also make for popular meals once holidays have come and gone. Although turkeys earn most



Prepping the Perfect Ham

A baked ham is the perfect centerpiece to any holiday celebration. Follow these tips to ensure your seasonal meal's main course is a sensation with your guests:

- * Never thaw meat on the kitchen counter as the external temperature can rise above 40 F while the inside remains frozen. Thaw in either the refrigerator or in cold water.
- * Plan ahead to clean up; line your pan with aluminum foil.
- * To avoid dried out ham, cook at 325 F, allowing 20-30 minutes per pound.
- * Place fat side up. The melting fat will baste your ham. Turn over halfway through baking to avoid uneven salting.
- * Do not use sharp utensils when turning the ham. Valuable juices may escape if the ham is pierced.
- * Use proper cooking times and temperatures. Cooking to at least 145 F will result in juicy, tender meat.
- * Let ham stand for 15 minutes after roasting before slicing.
- * Completely cook ham until done. Avoid partial cooking and storing in refrigerator for later use, which can contaminate the meat.




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by Amanda Comstock

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BEFORE



AFTER



Fall is the perfect time of year to take that old damaged blonde to a richer healthier color! Its not uncommon for us to want a dramatic change when the weather starts to turn, plus it's always fun to show up to those holiday parties with an amazing new look! Stephanie wanted to do just that...along with shocking her family! She had grown out highlights from summer that was slightly over processed. Whenever I take a client from a blonde to a red it is highly necessary to fill the hair first with the pigment that you desire to prevent a "muddy" outcome. I used straight red through her ends in a semi permanent color. After that was processed I applied the permanent color at a level 5 in a violet red tone. The color processed after 15 minutes under my color machine and she was ready to trim. She wanted to just clean up the cut so I took 1/2 inch off of her length and her angle to freshen her up. She was ready to style. With a natural wave in her hair its necessary to use a flat iron to make her hair look as smooth and sleek as she likes it. Using Goldwell Sleek Look heat styling spray I straightened section by section. Her hair was left shiny and smooth and ready to show off! The entire process took about an hour and a half and cost \$85. To keep her red from fading I sent her home with Goldwell's Dual Senses Fade Stop shampoo and conditioner. Professional products are just as important to upkeep as the professional service, and a client should always get their products from their stylist in order to make sure they are getting the right product for their specific needs.



www.facebook.com/pages/Amanda-Comstock-at-Julie-Diehl-Salon

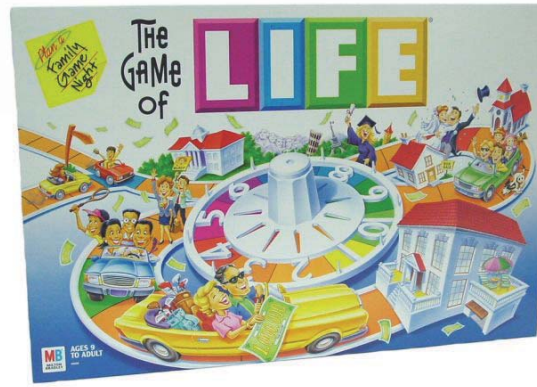
Struggle over The Game of Life sparks lawsuit against Hasbro

by MICHELLE R. SMITH
Associated Press

PROVIDENCE, R.I. (AP) — The Game of Life is known for turning events such as marriage, going to college and paying for auto insurance into moves on a board. Now, it's at the center of a different real-world experience: a lawsuit.

The widow of a toy inventor said Hasbro and another inventor worked together to cut her out of \$2 million in royalties and possibly much more from one of the most popular board games in history. Lorraine Markham also said her husband, Bill Markham, has been denied his legacy of creating the game after the other man, Reuben Klammer, took full credit for it.

Markham is seeking a declaration from the U.S. District Court in Providence that her husband was the sole creator of the game and that the company he left her owns the game outright. The lawsuit, filed



last month, also seeks a complete accounting from Hasbro on what is owed.

Klammer countersued Thursday, saying he is the sole creator and Markham's widow has no right to any royalties.

A spokeswoman for Pawtucket-based Hasbro did not return emails seeking comment.

The game has sold more than 30 million copies. It features three-dimensional plastic board pieces and a clicking wheel. Players are assigned a car, pick up pegs

that represent spouses or children along the way and face challenges, such as inheriting a relative's skunk farm. At the end, the richest player wins.

It was inducted into the Toy Hall of Fame in 2010 and has been displayed at the Smithsonian Institution.

It has been spun off into endeavors such as a TV game show, an iPhone app and gambling ventures.

Lorraine Markham's lawsuit said her husband invented the game in 1959, a claim Klammer disputes. At that time, Klammer was president of Link Research Corp., a company that was formed by TV personality Art Linkletter to promote toys and other games. Klammer offered to market The Game of Life to board game maker Milton Bradley, the lawsuit says, and they struck a royalty

deal, which gave Link and Markham a percentage of sales.

Klammer's countersuit said he developed the game and then hired Markham to make the game board. He said he and Milton Bradley made significant changes to the design of the board before selling it. He said the game has been revised repeatedly since then, and Markham was not involved in that work.

Markham died in 1993, and his wife inherited his company, the lawsuit said.

Ten years later, in 2003, according to Lorraine Markham's lawsuit, Linkletter and Klammer's company struck a secret deal with Hasbro to give the company an option to acquire TV rights to the game. Markham was never alerted and never received royalties from that agreement. Klammer denied wrongdoing.

Markham's lawyer, Lou Solomon, said he has seen no evidence that Linkletter, who died in 2010, was complicit in any wrongdoing or was even actively involved in the business.

U.S. District Judge William Smith on Thursday gave Hasbro until Dec. 18 to respond. ■

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Orlando airport

—new waiting lot with more perks

ORLANDO, Fla. (AP) — With the holiday season approaching, Orlando International Airport is trying to make it more comfortable for motorists who are waiting for loved ones to disembark from their planes.

The airport last week opened its second parking lot for motorists waiting to pick up passengers.

This one has a lot more perks.

There's free wi-fi, monitors with flight information, restrooms, electrical outlets for plugging in and a place to let your pets run around.

Airport officials say the 200-space parking lot is part of the airport's \$1.1 billion capital improvement plan.

Orlando International Airport is Florida's second-busiest airport and the nation's 14th most-trafficked airport. ■

Need a delicious cookie to serve almost anyone?

–This is it!

SPICED MAPLE-CHESTNUT CLUSTERS

Start to finish: 30 minutes

Makes 36 cookies

Two 5.2-ounce packages peeled chestnuts

1 teaspoon cinnamon

1/2 teaspoon ground dry ginger

1/2 teaspoon ground cloves

1/4 teaspoon nutmeg

1/4 teaspoon table salt

6 tablespoons maple syrup

1/2 cup toasted pepitas (hulled pumpkin seeds)

1/2 cup chopped bittersweet chocolate

1/2 cup dried cranberries

1/4 cup chopped crystallized ginger

Coarse sugar or red sanding sugar

Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

by ALISON LADMAN
Associated Press

These spiced maple-chestnut clusters aren't just delicious holiday cookies. They also are your perfect crowd pleaser holiday cookie. Why a crowd pleaser? Because they are the sort of cookie you can serve to nearly anyone who comes to your house. As in, they are both vegan and gluten-free. Don't roll your eyes. They also happen to be delicious enough to serve to anyone, even lovers of all things dairy and gluteny.

In a food processor, pulse the chestnuts, cinnamon, ginger, cloves, nutmeg and salt until the chestnuts are finely chopped. Transfer to a bowl and mix in the maple syrup, then add the pepitas, bittersweet chocolate, cranberries and crystallized ginger. Mix well, using your hands if necessary. Roll the mixture by the tablespoonful into 1 inch balls, rolling each in your choice of sugar before arranging on the prepared baking sheet. Repeat until all the mixture is used up.

Bake for 10 minutes, then allow to fully cool on the pan. Store in an airtight container at room temperature for 1 week.

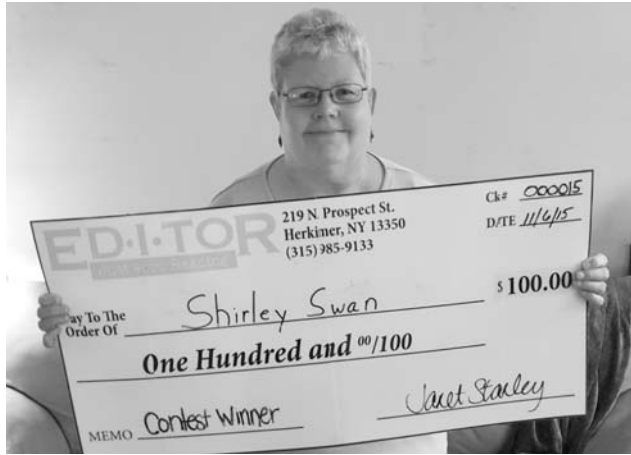
Nutrition information per serving: 60 calories; 20 calories from fat (33 percent of total calories); 2 g fat (0.5 g saturated; 0 g trans fats); 0 mg cholesterol; 15 mg sodium; 9 g carbohydrate; 1 g fiber; 5 g sugar; 1 g protein.



Alison Ladman is a chef, food writer and recipe developer for The Associated Press. She also owns The Crust and Crumb Baking Company in Concord, New Hampshire.

\$100 Contest Winner

You could be the next lucky reader



Our contest winner from the last issue is Shirley Swan from Clinton. Shirley shared with us that she loves reading EDITOR, “The cover really grabs you.”

An avid reader in general, Shirley says that she calls her EDITOR her, “breakfast read” and is “great with a cup of tea!”

Swan says that she finds it very entertaining in general. Her usual spots to grab her copy are

Symeon's or Hannafords but was very excited to get her latest issue in the mail!

That's right, many of our readers now get their copy direct mailed to them. Clinton residents are on that list as well as Yorkville, Whitesboro, Oriskany, Waterville, Deansboro, West Moreland and Kirkland!

Many of your readers have opted to subscribe to it to get it in their

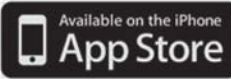
mail as well. If you would like to subscribe, it's just \$15.00 a year! That's right get every single issue for one whole year for only \$1.25 per month!

Call Tracy today at 888-596-5329 to get yours started!

Shirley also told us how much she enjoys the contest. She reads her copy from cover to cover and always finds the correct answer and emails in her answer. She was very excited to get my call and told me that in the spirit of the holiday she was going to pay it forward and donate her winnings to the Hope House. The Hope House serves close to 100,000 meals per year to needy families in the Utica area.

Thank you Shirley for being a fan... we appreciate you! ■

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King Crossword

1	2	3	4	5		6	7	8		9	10	11
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- ACROSS**
1 Colorado ski mecca
6 Aries
9 Bookkeeper (Abbr.)
12 Camel's cousin
13 "The Greatest"
14 Chance
15 Hammerstein's contribution
16 Decorative floor
18 Knapsack parts
20 Kazakhstan river
21 Buddhist sect
23 Lamb's dam
24 Minimal change
25 Writer Kingsley
27 Rice, on a Mexican menu
29 Minnesotan
- 31 Fled to wed
35 Heat
37 Appellation
38 Miss USA adornment
41 Neighbor of Ukr.
43 Abrade
44 Con
45 Oft-repeated word
47 Layered dessert
49 Carnival attractions
52 Blackbird
53 Paid player
54 Old market-place
55 Vast expanse
56 Listener
57 Grew
- DOWN**
1 Every iota
2 Crafty
3 Carrot's cousin
4 Send forth
5 Mother-of-pearl
6 50 Cent, e.g.
7 "Sad to say..."
8 Bygone space station
9 Make butter
10 Song of joy
11 As deemed fit
17 — City (former Philippine capital)
19 Trophy, for one
21 Sharp turn
22 Comedian Philips
24 D.C. type
26 "Doctor Zhivago" star
- 28 Same old story?
30 Detergent brand
32 Baffling contradiction
33 Flightless bird
34 Society newcomer
36 Demos-thenes, for one
38 Spanish appetizers
39 Foolish
40 Places in the heart
42 Malt shop item
45 Actress Sorvino
46 Latvia's capital
48 Gorilla
50 Prior to
51 Blue



"A photograph is usually looked at - seldom looked into."
— Ansel Adams

Nature photographer Ansel Adams, 1950.
Photo by J. Malcolm Greany

HOCUS-FOCUS
BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Heart is missing. 2. Block is shorter. 3. Team name is missing. 4. Arm is moved. 5. Stripe is missing. 6. Window is different.

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Weekly SUDOKU
by Linda Thistle

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

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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Mega Maze
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ANSWERS

Answer
Weekly SUDOKU

Solution time: 27 mins.
Answers
King Crossword

Finally, holiday cookie decorations that look and taste good

by ALISON LADMAN
Associated Press

Sugar sprinkles are pretty, but they generally don't taste like much. So when we created these delicious holiday butter cookies, we decided to experiment with colorful decorations that taste as good as they look.

Our solution? Freeze-dried fruit. You'll find a wide variety in either the produce or dry goods sections of the grocer. Buy a variety of fruits for a rainbow of colors. Strawberries, raspberries, mango, pineapple and blueberries are particularly nice. Then you just crush any larger pieces and sprinkle them over the glazed cookies. Instant color. Big flavor.

RAINBOW BUTTER COOKIES

Start to finish: 45 minutes plus chilling

Makes 60 cookies

- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup granulated sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon table salt
- 1/4 teaspoon baking powder
- 2 egg yolks
- 1 3/4 cups all-purpose flour
- 2 1/4 cups powdered sugar
- 1/4 cup milk
- 2 tablespoons corn syrup



Freeze-dried fruit (such as strawberries, mangos, pineapple or blueberries), coarsely crushed

In the bowl of a stand mixer, beat together the butter, sugar, vanilla, salt and baking powder until light and fluffy. Add the egg yolks, one at a time, scraping down the bowl between additions. Stir in the flour just until well mixed.

Set 2 sheets of waxed paper on the counter, then scoop half the dough onto each. Using slightly moistened hands and the paper to help, form the dough into logs about 2 inches in diameter and 8 inches long. Wrap the paper around the dough. Smooth the paper and twist the ends. Refrigerate for 2 hours.

Heat the oven to 350 F. Line 2 baking sheets with kitchen parchment paper.

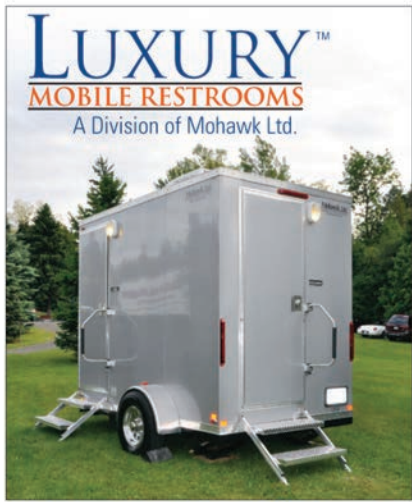
Unwrap 1 log of dough and slice into scant 1/4-inch-thick rounds. Turning the log as you cut it will help to keep the round shape.

Arrange the on the prepared pans, leaving 1 inch between the cookies. Bake for 9 to 11 minutes, or until just starting to turn golden around the edges. Allow to cool on the pan for 5 minutes, then transfer to a cooling rack to finish cooling. Repeat with the remainder of the dough.

Once the cookies are cool, make the glaze. In a small bowl, stir together the powdered sugar, milk and corn syrup. Spoon or pipe a small amount of glaze over the tops of each cookie, then immediately sprinkle with the crushed fruit pieces. Allow to set up completely, then store in an airtight container at room temperature for 1 week.

Nutrition information per serving: 70 calories; 30 calories from fat (43 percent of total calories); 3.5 g fat (2 g saturated; 0 g trans fats); 15 mg cholesterol; 20 mg sodium; 10 g carbohydrate; 0 g fiber; 7 g sugar; 1 g protein.

Alison Ladman is a chef, food writer and recipe developer for The Associated Press. She also owns The Crust and Crumb Baking Company in Concord, New Hampshire.



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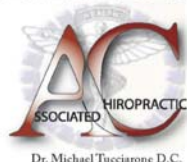
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New Hartford Central School Jumbotron



by Cooper Deck

The evolution of scoreboards began way back in 1908, when George A. Baird produced the first electric scoreboard for the Boston Red Sox. At first, these scoreboards were only seen in major league ball parks. I can think back to the large light-bulbs and manual numbers being slotted by a person who is hidden behind the scenes. Soon enough, technology improved and we started to see them pop up on college campuses in both indoor and outdoor athletic venues. As professional and collegiate sporting events started to have more bells and whistles to entertain the masses, the scoreboard eventually became the focal point for many fans looking for spectacular highlights. That exciting progression of dynamic scoreboards has made its way into Central New York and turns up the "fun meter" for student athletes at New Hartford Central High School. Of course, visiting teams from all over Section III also get to enjoy the state of the art features for this megatron of a scoreboard.

With this generous donation by Mike Evke of Eversan Electronics, the Spartans of New Hartford Central, along with all visiting teams, are now fortunate enough to play in an environment similar to SEC Football, World Cup Soccer, and World Series Baseball. Generosity has a way of creating a ripple effect of positive energy, and Mike Evke's good will has done just that for this wonderful community in New Hartford and beyond.

Here is where the "fun meter" comes in; this jumbotron is equipped with the ability to get high definition video close ups on

the gameplay that fans may not be able to see from their seats. The video capabilities for live action and instant replay of any big plays or exciting parts of the game, bring that special big time feature to Don Edick Stadium. Crisp video that looks as good or better than a high-definition TV, combined with a full compliment of graphics, creates fuel that will energize any athlete, spectator, family member, or coach. Better yet, the full screen that is 25 feet wide and 45 feet high, clearly spells out and promotes upcoming events. I can see this scoreboard enhancing graduation ceremonies, pep-rallies, and it has already brought a special touch to Senior Night recognitions for parents and students alike.

New Hartford Athletic Director, John Banek, has spearheaded the installation and actual implementation of the board, which went up rapidly in October. In the past month it has been in use routinely, touching the lives of girls field hockey, boys & girls soccer, and football participants in regular season and Sectional Play-Off games. In addition to the sporting events, the Spartan Spectacular, an annual exhibition of amazingly talented Marching Bands and Color Guards, was made all the more visually pleasing by this special "scoreboard." That term somehow does not do it justice as you can clearly see by the amount of fun everyone is having just viewing the display. Such generosity, teamwork, and commitment to making positive changes is what New Hartford and Central New York are all about.

Cooper Deck is the founder & owner of New Hartford Central Radio – tune in at mixlr.com/nh42 ■

The benefits to car loan preapproval

Much like buying a house, financing a vehicle requires buyers to produce a down payment and then make monthly payments on the vehicle until the balance of the loan has been repaid in full. Financing is a must for many consumers, who otherwise could not afford to purchase a new or reliable preowned vehicle. And just like prospective homeowners can benefit from being preapproved for loans before they begin searching for a new home, auto buyers also benefit in various ways from getting preapproved for a car loan before they begin their search for their next set of wheels.

- Preapproval smooths out the negotiation process. Few people enjoy haggling with car salesmen over the price of a new or preowned vehicle, and that process is even more difficult when buyers aren't entirely sure of how much money they have to spend. When financing your vehicle with a preapproved loan, however, the process of negotiation can go much more smoothly, as you and the salesman know you only have a predetermined amount of money to spend. Ask the price to get the car off the lot, and then you can negotiate from there if you feel it necessary.

- Preapproval cuts back on time spent at the dealership. A car dealership's finance and insurance office is where buyers sit once they have told the salesman they want to buy the car and finance their purchase. Those who have not been preapproved often must sit through a sales pitch in this office or sit patiently as the salesman goes back and forth with the finance manager as you negotiate the final cost of the vehicle. However, when you have been preapproved for a loan, no such back and forth needs to take place, and you can cite your preapproval as a reason you don't want to commit to the extra add-ons that many dealers attempt to sell their buyers.

- Preapproval means the car is yours when you take it off the lot. Dealers are sometimes too quick to put keys in a buyer's hand, and buyers with poor credit sometimes are allowed to drive a car off the lot only to

find out days later that the lender rejected their application, at which time they must return the vehicle or return to the dealership to apply for a new loan, which will almost certainly come with a higher interest rate.

Preapproval allows buyers to avoid this frustrating and sometimes embarrassing process.

- Preapproval reduces the risk that you will overspend. Many a new or preowned car buyer has fallen in love

with a vehicle and spent more than they should have to make the car their own. Preapproval can help buyers stick to a budget and avoid buying a car they can't afford. ■

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Stick shifts not always what they seem

Many auto enthusiasts prefer stick shifts, or manual transmissions, over automatic transmissions. Such supporters of stick shifts tend to feel as though a manual transmission engages drivers in ways that an automatic one simply cannot, making stick shifts more fun to drive than the more staid, automatic alternatives.

While the fun factor associated with manual transmission vehicles may be difficult to dispute, there are

other commonly held beliefs about stick shifts that are far easier to contest. The following are a few things about today's manual transmission vehicles that might surprise even the most ardent automotive enthusiasts.

* Manual transmission vehicles are not necessarily cheaper than automatic transmission vehicles. Stick shifts are often less expensive than automatics, but that's not always the case, and certain manufacturers,

including BMW, tend to charge the same price for their vehicles regardless of which type of transmission buyers choose. In the past, manual transmissions were almost always a less expensive option than automatic transmissions because they were easier for manufacturers to install, which enabled automakers to cut back on labor costs, and those savings were passed along to consumers. While that difference in sticker price might once have been significant, nowadays it is often negligible, meaning buyers won't necessarily save substantial amounts of money by opting for a stick shift.

* Stick shifts are not readily available in all models. As the popularity of manual transmission vehicles has waned, so, too, has their availability. According to Edmunds.com, 67 percent of 2013 model-year vehicles were offered only with automatic transmissions. While it might be possible for buyers to still purchase such vehicles with manual transmissions, that opportunity is not guaranteed. Even if it is available, buyers will likely have to pay a premium price to order such custom-made automobiles, and it takes longer to deliver such vehicles than it does when buyers simply buy a car already on the lot.

* Stick shifts may not be expensive to maintain. Some drivers of manual transmission vehicles like to bemoan the costs of replacing the clutch on their vehicles, and that raises some concern among buyers considering a stick shift. But skilled stick shift drivers need not be worried about constantly replacing the clutch, which tends to be most in need of replacement when novice drivers struggle to get the hang of a manual transmission. In addition, manual transmissions are often much less expensive to replace than automatic transmissions. Also, skilled stick shift drivers who can deftly downshift often note that such a practice has on their brake pads and rotors, which can last considerably longer on vehicles with manual transmissions than those with automatic ones.

* Stick shifts may not repel car thieves or cost less to insure. Because vehicles with manual transmissions require more skill to drive

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thoughts from our
publisher, Fred Lee

Hello Again,

Under the title "Just a note" Mr. Lee author of Hello Again received the following message "After a break from reading your column I have a suggestion for the title instead of "Hello Again", simply replace Hello Again with Here we go again. Some ideas sort of smell but this one is not a bad one. At least I take satisfaction in the obvious – the writer is a reader of Hello Again so – sort of taking her advice, here we go again.

What reaction did you have to the news about the University of Missouri sport jocks that refused to participate in sports activities unless the college president was removed or resigned his position as president?

I'm sure some think everything about their threat was – or is – just fine. Well again here we go again. I ask what kind of nutty thinking is going on? First of all more than likely those jocks are enjoying a free ride for four years. If those spellbinder campus jocks do not flunk out they will eventually end up with a debtless four-year degree. Bachelor of Arts or Bachelor of Science. Typical of some of their teammates they will need special tutoring to keep their marks equal to a passing grade. And – now they know how to run a college or university!

Some of the Liberal press supports the jocks as if they know what is best for their university brothers, sisters and the university itself. If this constitutes a

debate – such as the current political debates I say about the jocks – "Pull their pants down – spank their bare asses and send them to their rooms without supper." It would appear this level of disciplinary action could co-exist with the jocks ability to think and manage. If I personally or my company was sponsoring their free ride to a college degree I would immediately pull their support. Wouldn't it be something to watch when they woke up and found out just how smart they really are, and go home to Dad- Mom, family and friends. Would they even be qualified to flip hamburgers? I guess they could always live off Mom and Dad for a couple of years.

The question we should answer did those jocks apply to their university believing they were qualified to manage – boss – the administrators – professors including the president or did they really hope they could be accepted as freshmen which is the lowest level on the road of higher education? Is the new higher education plan, start above the top and work your way down?

Do you remember when the Federal air controller Union Members went on strike? The news (media) said that President Reagan fired them. In fact, that was not true. When a Union employee goes on strike they have in fact legally quit their job.

President Reagan did not fire those Federal Air Controllers he simply did not hire them back. Follow-

ing the same reasoning if those college jocks, refused to go to work, they had technically quit. If President Tim Wolfe prior to resigning had accepted their walkout and sent them packing – this would have shook up the entire educational system and caused the administration to handle future walkouts in a different light.

The following pathway of Life poem was composed by Joe Mento



~ My Journey ~

I'm on my journey and I will say,

My head is high I'm on my way.

I'll climb those mountains on roads that bend,

That will take me to my journey's end.

I hope to lose, as I grow older,

That load I bear upon my shoulder:

By following the steps of those before,

I will find what I have in store.

I cannot stop – I must go on,

For, my hopes and dreams are just beyond.

But if my heart can take no more,

My love is waiting at heav-

en's door.

By J.M.

Driving into the office in Palatine Bridge this morning the sky was dreary and unusually empty. Where are the usual migrating geese?

A couple of years ago in Hello Again I referred to a (flock) of geese as a gaggle and the editor doing her job in a professional matter corrected it to skein of geese. Naturally being the male chauvinist that I am stood

my ground and said gaggle was correct.

I was sure she would back down. That didn't happen. So – this morning I dug out Webster's new world pocket dictionary. Webster said a skein is a coil of yarn or thread.

I naturally had to walk down a flight of stairs – cut through the pressroom and the computer-advertising department to teach the editor a lesson. All she said was lets see and looked up the word skein with her computer and guess what it said Skein is a (flock) of geese flying in formation. Then she looked up my word of Gaggle and we learned that gaggle refers to a (flock) of geese on the ground – so to keep the score even and not say that either of us was wrong. I'm going to refer to my (Middlefield ease) and call them a bunch.

When we read about all of the so-called unrest in this country and even worldwide. What does it mean? where is it leading? To me it seems that most of these groups are being led by some left wing nut that will grab at any imagined sore spot if he/she think they can lead a group in causing trouble. Naturally the left leaning news media will take their side and some how blame the so-called establishment.

Friends of Hello Again are still asking if the Red Spyder Motorcycle has been put up for winter yet. Nope – not yet there must be one more good weather day hiding

somewhere.

If you see the red biking putting along be sure and wave – it's the Mohawk Valley American way of saying howdy neighbor.

Remember: God created the heavens and earth and he would like nothing better than to be friends with you. Try coming to Church Sunday – you can meet him there.

Fred Lee

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Stick Shifts from previous...

automatics, some feel as though this deters car thieves, who may not know how to drive stick shifts. But there is no evidence to support this theory, nor any evidence to dispute it. And while those who subscribe to this theory feel that manual transmissions

are therefore cheaper to insure because they are at a decreased risk of being stolen, that is also untrue. While the standards used to determine the price of an insurance policy vary between providers, many insurance providers view manual transmission vehicles

as more risky because they take longer to shift, stop and accelerate. But manual transmissions also are less expensive to repair, and insurance companies consider that as well when determining the cost of a policy. Such factors may cancel each other out, and drivers will be left with

an insurance policy that's roughly the same as if the vehicle included an automatic transmission.

The demand for manual transmission vehicles continues to shrink, and there are things drivers should know about such automobiles before driving one home. ■

Honoring the Caregiving Soldiers

by Troy Bishopp

My Toastmaster’s coach, Fred Ashforth, often said, “Speak to one but speak to all”. On this Veteran’s Day, I’d like to thank our heroes, remember their achievements and sacrifices and stay resolute in never forgetting the price of freedom. This year’s honorable holiday also has special meaning to me in paying tribute to a different kind of everyday soldier.

In recent weeks, I have come to witness and appreciate the acts of courage, resolve, compassion and belief in one’s dignity. They are the caregivers who take care of the fallen, the sick, and in the last hours of life

====administer physical and spiritual comfort. These local men and women are the unsung heroes of our generations. They exhibit the demeanor that brings ease to one’s life through their listening qualities, actions or words. As far as I can tell, they have a gift.

This support structure of human connectedness is one that transverses homes, retirement facilities, hospitals, disaster centers, communities and cemeteries. They are what gives our nation inspiration. When we are tired and hungry, they give us food and shelter. When we hurt, they are there with medicine and smiles. When we falter,

they are there to lift us up. When we cry, they are there with a shoulder. When we are at our final resting place, they are there to maintain the memories.

In this light, the respect I feel for my caregiving wife, my extended family and the nurses of the Siegenthaler Center is unwavering with love. We should all be this lucky as to have folks who will be available at a moment’s notice to help, rarely talking about praise, but saying “it’s just the right thing to do”. Thank you.

On October 28th, Allen (Al) Benedict from my hometown of Deansboro, New York lost his epic battle with cancer. As it relates to Veterans and loved ones, he was the one who, for years, facilitated the activities of the Deansboro Cemetery as President of the Cemetery Association. He was the voluntary caregiver to the fallen. His goals were always noble: Respect one’s contribution to this country and provide a quiet place of uncompromising, spiritual retreat where you can lie down in the grass and be at one with the lord while finding strength in those who have blessed our lives.

At his funeral, granddaughter Julie described him as a role model and one that always chose work before play. He was humble in being a fireman, cow-sitter; furniture restorer and good grandfather. I knew him to be a good mentor; humorous, a

man who gave his all to the community and a guy, who like me, loved his ice-cream.

Reverend Edward Townsend cited Psalms that referenced mountains, cool waters, goodness, mercy and paths of righteousness, appropriate for a caregiver who now has peace at the right hand of the father in the house of the Lord. There is a void in our hearts but it is quickly mended by all the good memories of Al.

Our Veterans and caregivers should all be honored on this holiday for they have spurred a consciousness of faith in the human spirit. I believe in these people whether I speak to one or speak to all.

“One person caring about another represents life’s greatest values” ~ John Rohn.

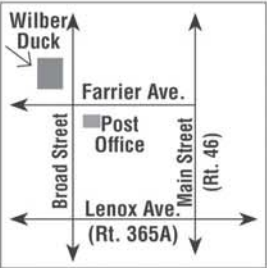


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Connected cars potentially vulnerable



Connected cars that provide Internet access are potentially vulnerable to hackers.

Recent incidents of vehicles being hacked have shed light on the potential vulnerability of connected cars. Hackers have been able to gain access to critical vehicle functions, even while the car or truck is on the road.

The vulnerability of connected cars, which are vehicles equipped with Internet access and often a wireless local area network, is a cause for concern among manufacturers and drivers. Drivers and passengers in connect-

ed cars can connect to Web-based services and share Internet access with other devices both inside and outside of the vehicle, but at what cost to their safety and security?

Connected cars were designed to provide various helpful functions, such as roadside assistance and voice commands. According to a recent study by KPMG, the average new car contains 40 to 50 computers that run 20 million lines of software code, which is more

than a Boeing 787.

The shortcomings in connected car security were revealed when researchers at two West Coast universities seized control of a General Motors car through cellular and Bluetooth connections in 2010. Potential criminals now may not even have to be close to a car to do damage or invade privacy. A malicious person with Internet access may be able to hack into a vehicle's computer system and make a vehicle accelerate or suddenly stop regardless of where the hacker is. In fact, earlier this year, overseas hackers used a laptop to commandeer a Jeep via the Internet.

Auto manufacturers have begun to address security issues in connected cars and provide greater protection against hackers. Many are now isolating entertainment features from critical functions like braking and steering. Security experts have advised the auto industry to build computer systems that recognize rogue commands and outside influence. Despite changes, it may not be possible to prevent all cyber attacks.

Drivers also may want to take steps to avoid hacking, which boils down to driving a simpler car without all of the bells and whistles. ■

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205/50-17	\$67 ⁹⁹
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215/55-16	\$71 ⁹⁹
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215/50-17	\$68 ⁹⁹
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