

THE Original Valley Pennysaver

Volume 7
Number 22

Serving the Homes of the Mohawk Valley
Delivered Weekly by the U.S. Postal Service

December 10, 2016



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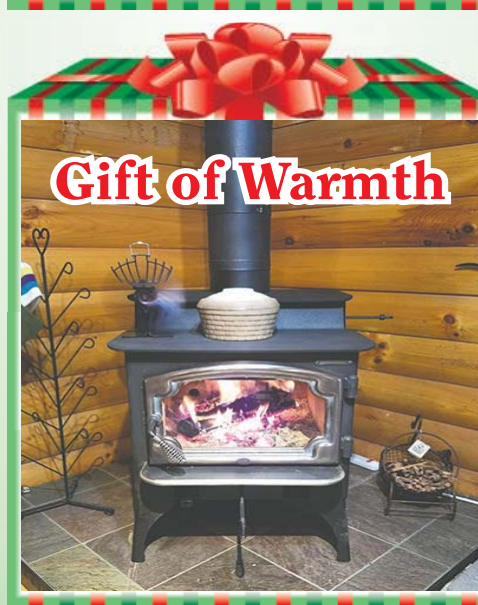
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Prevent home fires

In 2015, there were 1,345,500 fires reported in the United States. These fires caused 3,280 civilian deaths, 15,700 civilian injuries, and \$14.3 billion in property damage.

Your home should be a safe and comfortable place and you can help keep it fire safe by following these prevention tips:

- Stay warm — safely. If and when you use a space heater, keep it at

least three feet away from anything that can catch on fire, like draperies, clothing, bedding or upholstered furniture and turn off heater when sleeping or leaving the room. Space heater whether portable or stationary accounted for one third of home heating fires.

- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified

professional. Creosote is a sticky, oily combustible substance created when wood does not burn completely. It rises into the chimney as a liquid and deposits on the chimney wall, which has the potentially to cause a chimney fire.

- Cook with care. When you cook, never leave cooking food unattended on the stove. Keep anything that can catch on fire, like potholders and towels,

away from the cooking area. Do not use your oven or stove top to heat your home.

- If you smoke, attempt to quit. Don't smoke inside your home. If you do smoke in your home, never smoke in bed or leave burning cigarettes unattended.

- Be alarmed. Install smoke alarms on every floor of your home, including the basement, and make sure you have smoke alarms near all

sleeping rooms. For better protection, install smoke alarms in sleeping rooms, especially if they are occupied by a smoker. For best protection test all smoke alarms once a month.

- Make and practice an escape plan. Create a home fire escape plan. Know at least two ways out of every room, if possible, and have a meeting place outside. Practice your escape plan twice a year with every-

one living in your home.

In New York State, fire related injuries are among the 10 leading causes of death. Those at highest risk for home fire deaths and injuries include some of our most vulnerable citizens: children under the age of five, adults 65 and over, and people with physical disabilities.

Keep your home fire safe and protect yourself!

Herkimer County Science Fair at Herkimer College | Saturday, February 11, 2017

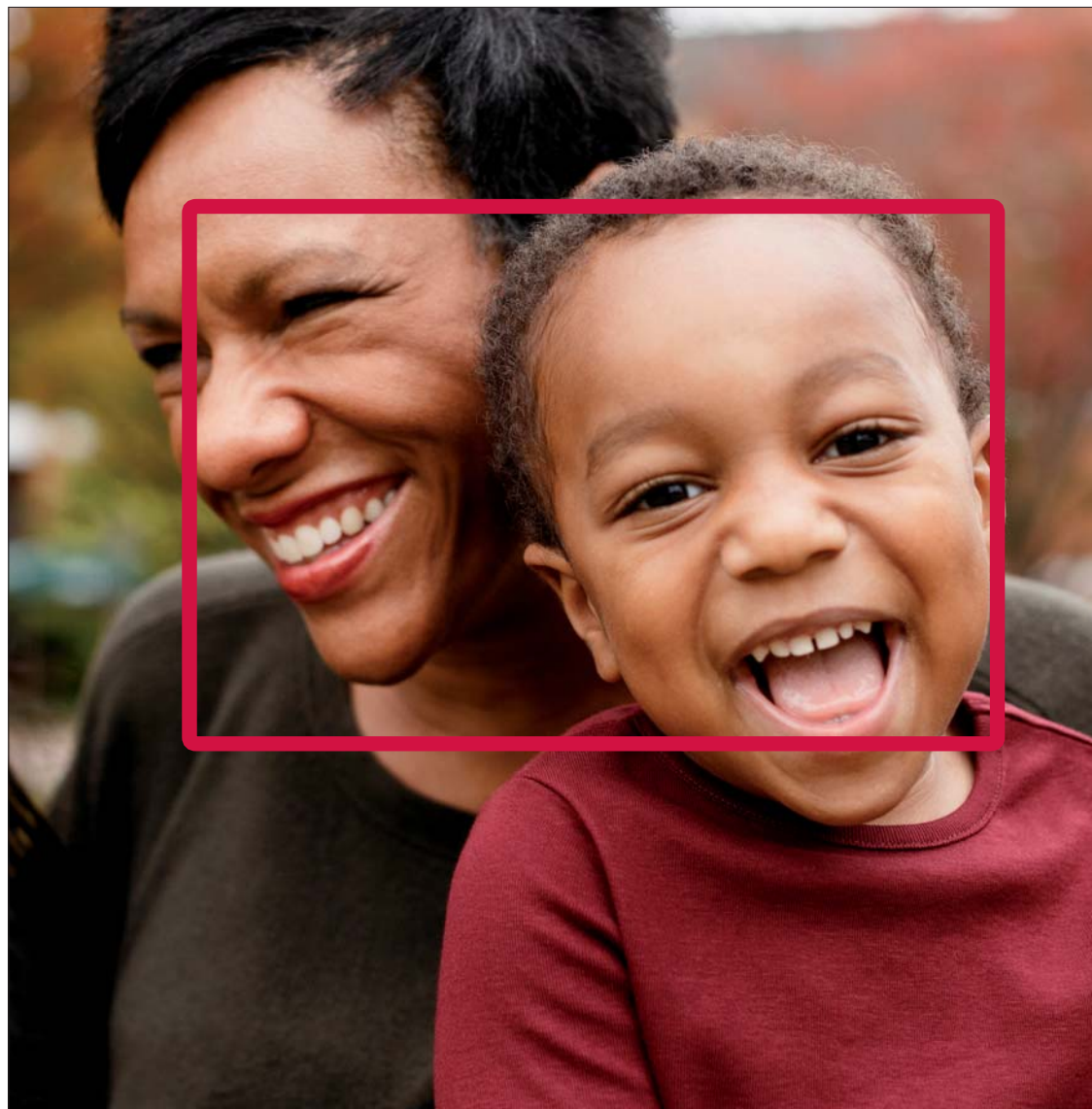
Open to Herkimer County high school students grades 7-12 | \$1,000 in cash prizes awarded.

Application deadline Monday, January 16, 2017

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"I Want to Read That Newspaper!"

by **Dennis R. Malcolm, Village of Ames, NY Historian**

How many times have you gone to a museum only to see "Do Not Touch" signs everywhere? Many people visiting our museum want to look at and touch the newspapers that we have. Unfortunately, that was not possible because some are from the early 1800's and very delicate. We have designed a protective system to allow people to touch and read the papers. We finished the first batch of our archive newspapers papers this spring. So now any person, including the nine year old young man who made the title statement, can read, look over, and enjoy even the 1826 newspaper. This is an ongoing project as we work to preserve all of our newspaper collection.

We began by taking the newspapers apart, page by page and placing them on a large table. We then placed white poster board over all of the papers, being sure to

straighten out any wrinkles or folds. We then stacked volumes of encyclopedias on top of the poster board and left it that way for over three months. Yes, we used heavy volumes of encyclopedias to press the pages as flat and straight as possible. All we could do now was wait.

While we were waiting, we ordered plastic archival bags from the "Clear Plastic Bag Company" in the size we needed for the newspapers. We would use these to enclose each sheet of newspaper. Finally the wait was over. We removed the encyclopedias and the poster board. Now the delicate work began. When we began separating the sheets of newspaper we ensured that each was cut to be a single sheet front and back. Each sheet was then slid carefully into a plastic bag. Each bag was checked to be sure the newspaper was flat and free of wrinkles. After each sheet of a dated newspaper was bagged, we arranged them in order, checked and re-

checked the page numbers, then stacked them, carefully matching up all sides.

When an issue of the paper was re-assembled all of the pages were bound together using wooden strips of clear pine 1-inch x 1/2-inch x 28-inches. After all of the pages were stacked together and clamped, the wooden strips were screwed on using wood screws. We were sure to not screw through the newspapers, just through the plastic bags. When they were all bound, the date and the name of the paper was written in marker on the wooden strip. Two special racks were built to allow the newspapers to hang from the extensions on the wooden strips without any creases or folds.

Now the nine year old young man can read and touch any newspaper in our museum that has undergone this process. He really enjoyed reading about the sports of the late 1920's, including his beloved New York Yankees! Many people have

stopped by to read the older papers, some going back to 1826! One paper that draws a lot of interest is the Rochester paper of 1850 which printed the entire federal government budget in approximately 18-inches of newspaper columns.

Newspapers are an important part of printed history and they deserve to be read in their entirety by all generations. So, yes you can now read that newspaper!

For more information about this project or to view other ongoing projects at the Village of Ames Museum, go to www.amesmuseum.weebly.com or email us at amesmuseum@gmail.com.

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When we were children we were grateful to those who filled our stockings at Christmas time.

Why are we not grateful to God for filling our stockings with legs?

~G.K. Chesterton

When we recall Christmas past, we usually find that the simplest things — not the great occasions — give off the greatest glow of happiness.

~Bob Hope

Christmas Cards

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Christmas cookies made simple

Baking cookies is a holiday tradition for many families. Come the holiday season, many homes are filled with the inviting scents of vanilla, cinnamon and melting chocolate.

Baking cookies can be a social occasion in which family members and friends gather to create recipes passed

down through generations. Or baking can be a solitary venture in which cookies are prepared and packaged as holiday gifts. Either way, people who bake during the holiday season understand that making Christmas cookies can be a time-consuming, yet rewarding, process.

This year, holiday bak-

ers can embrace a number of time-saving tips and tricks to reduce the amount of time they spend in the kitchen and possibly even improve on existing recipes.

- Use a cookie mix. Who says you have to toil and make cookies from scratch? It's the thought that counts, and any number of creative recipes can begin by utilizing a premade baking mix. These mixes already have most of the dry cookie ingredients sifted together, including flour, baking soda, baking powder, salt, and sugar. All you have to do is add the wet ingredients and any extra embellishments to make the mix

your own. If mixes are too much work, purchase refrigerated or frozen cookie dough. Include your own add-ins, such as nuts, white chocolate chips, bits of dried fruit, or crumbled candy canes, to give the premade dough a unique flavor.

- Prepare ahead. Many cookie dough recipes can be made and stored for later use. In fact, refrigerating a log of cookie dough can make it easier to cut or handle later on. Spread out the bulk of your baking over two days and you might feel less taxed.

- Try a no-bake recipe. Creative culinary experts continually reveal their



Cookies may be holiday traditions, but there are ways to reduce the amount of work and time re-quired of holiday baking.

clever tricks, and many of these include no-bake versions of favorite desserts. No bake cookies come together in a matter of minutes, but still employ a host of delicious ingredients. Recipes frequently feature similar ingredients to traditional cookies, but rely on chocolate, honey or peanut butter as the setting agent to keep them together. Bakers may also like not having to turn on their ovens.

- Recycle leftover cookies. If you have a fair amount of cookies remaining or several that broke apart or do not look good enough to serve, never fear. Such cookies can be used as part of another delicious dessert. Grind cookies into crumbs that can serve as a pie crust for pudding pies or no-bake cheesecakes, or mix cookie crumbs with cake frosting or a nut butter and roll into balls. Dunk the balls into melted chocolate, add a lollipop stick and make delicious cookie pops.

Cookies may be holiday traditions, but there are ways to reduce the amount of work and time required of holiday baking.



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Sun., Dec. 11th - Breeder Sale ~ 11:33am
Fri., Dec. 16th - Christmas Auction ~ 6:33pm
Sat., Dec. 17th - Consignment Auction ~ 6:33pm
Sat., Dec. 31st - Consignment Auction ~ 6:33pm

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Monday, Nov. 28th – Sold 268 head. Cull Ave. \$.49 Top Cow \$.79, Organic Cull ave. \$.52 top cow \$.64, Bulls/Steers \$.50 - \$.80, Bull calves top \$1.10, Heifer Calves top \$1.15, Dairy feeders \$.74 - \$.80, Feeder steers \$.75 - \$.84, Piglets \$19 - 29.00, Sows 140#-160# \$.21-.22, Sows 481#-503# \$.29 - \$.30, Boars 116#-120# \$.21-.22, Organic Dairy Milking age top \$2000, Bred heifers top \$950, young heifers top \$390.

Monday, Dec. 12th – Normal Monday Sale & Monthly Heifer Sale

Monday, Dec. 19th – Normal Monday Sale & Holiday All Breed Registered & Grade Dairy Sale – due to the overflow from last months sale we will be taking consignments for this sale. We will be doing it on our normal Monday sale starting at 11AM. Call now to get into advertising we need to know ahead of time for catalog purposes. Watch for a group of Fresh young cows from Arethusa, plus more consigned fresh and springing heifers. Also a group of breeding age grade Holsteins. More consignments coming in everyday – call to get your group advertised.

Mark your calendars for these upcoming sales:

Sat. March 25th – 2017 Spring Premier All-Breed Sale

Sat. April 1st – 2017 Alfred State Spring Fling – Accepting Registered – All breeds for this sale

Sat. April 15th – reserved for an on the farm Machinery Sale

Sat. April 22nd – Hosking Sales Annual Spring Machinery & Equipment Consignment Auction

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**We are in need of Organic Herds
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TASTE OF THE MO-HAWK VALLEY FARMERS MARKET, Sat. December 17th, 10am-2pm, Alpin Haus RV Center, 5S Amsterdam. Pictures with Santa

ACCOUNTING CLERK, Part Time, 30 hours per week, could expand to more hours. Accounting knowledge necessary. Experience in Microsoft programs, Excel, Etc. Filing, answering phones, data entry, AR and AP. Fast paced office. Must be able to multitask. Organizational skills very important. email resume to randall@telenet.net. or send to Randall Implements Co Inc. 2991 State Hwy 5-S, Fultonville, NY 12072

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Calendar of events

ORIGINAL VALLEY PENNYSAYER

NOTE: Calendar entries must arrive at the Original Valley Pennysaver office 10 Days Prior to publication. Send events to Lee Publications c/o The Original Valley Pennysaver, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or email: dshariff@leepub.com Any entries arriving past this deadline will be included with the next available publication issue date as long as they are not out-dated.

DEC

Arkell Center Programs for ALL AREA Seniors during December are as follows:

Monday-Friday: 11:45 am. The OFA Meals of Montgomery Program serves hot meals, suggested \$3 donation for 60 and older. Call 673-2000 for reservations.

Tuesdays: 10-11 am. Tai Chi Workshop continues. Sponsored by Montgomery County Office for Aging. We are preparing 2017 schedule, please watch for it.

Mon., Wed. & Fri: 10-10:30 am. Senior Exercise Program is in the basement. Open to all area Seniors. Coffee after.

Wednesdays: 2:30-3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement. Open to all Area Seniors. \$5 donation.

Fridays: 9-10 am. Vinyasa Flow Yoga with Bonnie Fiore and Sharon (sub) in the Gallery. \$10 fee.

SPECIAL EVENTS

Dec. 12: 7 pm. Valley Choraliers will perform their Christmas Songs.

Dec. 14, 21 & 28: 12:30-4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub call Terry at 673-5635.

-NO ART CLASS IN DECEMBER-

Next class with Joann Resch is Jan. 26 at 1 pm.

MEETINGS

Dec. 13: 6 pm. Canajoharie/Pal. Br. Chamber of Commerce Meeting. All Welcome.

Dec. 15, 22 & 29: 10:15 am-11 am. The Diet Club meets in the Gallery at Arkell Ctr. The goal is to be accountable while losing or maintaining your weight. Call 673-2112.

Dec. 27: 10-11 am. Alzheimers Caregiver Support Group. Please join us.

DEC 10

Free Clothing Give-Away

Valley Alliane Church, St. Hwy. 5. 9-11 am. Doors open at 8:45 am. Refreshments provided.

The Canajoharie Library's Holiday Gift Fair Used Book Sale

2 Erie Blvd., Canajoharie. Noon-5 pm. For more information call 673-2314 or visit www.canajoharielibrary.org.

DEC 13

After School Story Hour Adventures

Harry Hoag School Library. 2:45-3:45 pm. Kindergarten-1st grade. No charge. Call the Fort Plain Free Library at 518-993-4646 for more information.

Needle Felting Workshop

Fort Plain Free Library. 6-8 pm. All material supplies. \$5 pp. Call the Fort Plain Free Library at 518-993-4646 for more information and to register.

DEC 14

Healing Service

Valley Alliance Church, St. Hwy. 5, Nelliston. 7 pm. For more information call 993-3458.

DEC 15

Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 6 pm.

Textile Fibers Group

Fort Plain Free Library. 12:30-2 pm. Free and open to the public. Call the Fort Plain Free Li-

brary at 518-993-4646 for more information and to register.

Writers Group

Fort Plain Free Library. 3-5 pm. Free and open to the public. Call the Fort Plain Free Library at 518-993-4646 for more information.

DEC 17

Free Christmas Concert Valley Alliance Church, St. Hwy. 5, Nelliston. "The Good News of Christmas" will be presented by Howie & Debbie Campbell. 7 pm.

DEC 22

Creative Textile Fibers Group

Fort Plain Free Library. 12:30-2 pm. Call the Fort Plain Free Library at 518-993-4646 for more information and to register.

Writers Group

Fort Plain Free Library. 3-5 pm. Free and open to the public. Call the Fort Plain Free Library at 518-993-4646 for more information.

DEC 29

Creative Textile Fibers Group

Fort Plain Free Library. 12:30-2 pm. Call the Fort Plain Free Library at 518-993-4646 for more information and to register.

Writers Group

Fort Plain Free Library. 3-5 pm. Free and open to the public. Call the Fort Plain Free Library at 518-993-4646 for more information.

DEC 31

New Year's Eve Party

Canajoharie Eagles, corner of Church and Main Street. 9 pm-1 am. Open to the public. \$5 pp.

JAN 19, 2017

Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm.

FEB 16, 2017

Preliminary Budget Presentation



JR's Auction

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Antique and Primitives Consignment Auction
Tuesday Dec 6th 5:00pm
 ALREADY CONSIGNED ARE 5 COMPLETE BOX SPRING AND MATTRESS SETS, DINING ROOM AND CHINA CABINET, HOUSEWARES, LARGE SELECTION OF NEW CRAFTS, 8 LARGE STACKS OF INSULATION, AND MUCH MORE WILL BE HERE BY AUCTION TIME!! CONSIGNMENTS WANTED!! Will be selling Antiques, Collectibles, Furniture, Tools and Household!! Bring us your consignments!!

Food and Grocery Auction
Wednesday Dec 7th 6:00pm
Meats, Cheese, Groceries, Snacks, Chips, Yogurt, Frozen and much more!! WILL BE SELLING 2 TRUCK LOADS!!

Antique and Primitives Consignment Auction
Tuesday Dec 13th 5:00pm CONSIGNMENTS WANTED!!
Will be selling Antiques, Collectibles, Furniture, and Tools

SPECIAL COINS KNIVES ANTIQUE TOY CONSIGNMENT AUCTION
Saturday Dec 17th 10:00am
Looking for Consignments of Early Coins, Mint Collections, Special Knives, Antique Toys, Tin Signs, and more!!
Also looking for complete collections!! If you are thinking of selling out give us a call for special rates!!

GUN & SPORTSMAN CONSIGNMENT AUCTION
Wednesday Dec 21st 6:00pm Looking for Consignments of Guns, Fishing, Ammunition, Camping, Boating and more!!
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HUNTER - 5 - 7 year old tricolor male Coonhound. Found on Route 80, Minden in February 2016. Good with dogs, cats and older kids. Loves his toys, running, chasing a ball.



JORDAN - 5 year old female Catahoula Leopard Dog. Active and playful. Super personality!



CHASE - 2 year old male Rottie mix. Knows commands. Not good with small kids.



PIXIE - 1 to 2 year old female Manchester Terrier mix. Very sweet and loves people.



LEDGER - 5 - 6 year old male Australian Kelpie mix. Goof with dogs and indoor cats. Knows commands. Crate trained.



TY - Sweet and loving 2 year old white with brindle markings male Pit Bull. Great with other dogs and older kids. Loves to run and play. Knows commands.



SAWYER - 4 - 5 year old male Lab/Rottie mix. Knows "sit, stay, lie down, shake". Good with some dogs, not cats.



TUCKER - Brown 3 year old male Lab mix. Knows the "sit" command.



RYLIE - 4 - 5 year old female Pit Bull mix. Good with some dogs and older kids, not cats. Loves car rides, long walks and fetching balls.



KODY - Cute little 9 year old male Min Pin. Prone to seizures. Doing great on meds!



HAL - 9 1/2 year old male American Eskimo mix. Fine with other dogs. Crate trained. Adult home only.



CHEYENNE - 8 - 10 year old female Pit Bull mix. Great with kids and loves to play.



KARA - 3 year old female Pit Bull. Knows commands. Fine with kids.



JADA - Gorgeous longhaired female Maine Coon



MISSY - Lovely 2 year old female tiger. Good with other cats.



CYRUS - 4 - 6 year old male tiger. Found on Kennedy Road in St. Johnsville.



ARNOLD - 6 - 9 year old male. Found on Pickle Hill Road in Fort Plain.



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Whatchamacallits



For the next few weeks, we're focusing on a group of Whatchamacallits used in woodworking. The grouping is pictured in two different views and is our starting point. I will be breaking the group up with detailed photos of each piece as we progress through the Christmas season.

This is a little out of character for the Whatchamacallit feature, but each one is an exquisite piece of craftsmanship in its own right and deserves a closer look.

These were called panel planes, aka: grooving plow or plow plane. Our grouping was manufactured between 1830 and 1897. Some of the information on the wooden ones was gleaned from an older book: *Woodworking Planes* (A descriptive register of wooden planes) by Alvin Sellens (1978).

According to Mr. Sellens, the panel plow was the showpiece of the woodworkers tool box and was used to cut a narrow groove parallel with the edge of the stock and could only be made with the grain.

Wooden panel planes were made of various woods including: beech, boxwood, rosewood, ebony, apple and other exotic woods. Some were a combination of two or more types of wood.

Our metal plane example is intricately embossed and decoratively scrolled and is accented with brass adjusting screws and rosewood handle. This was typical of some tools during the later half of the Victorian Era.



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To your good health

by Keith Roach, M.D.

Dear Dr. Roach: I suffered from a very painful case of plantar fasciitis for longer than a year when my husband and I (both in our 40s) discovered that we were expecting a baby. I was terrified over the prospect for several reasons, including the already painful state of my feet. It turned out that my plantar fasciitis was completely cured by the end of my pregnancy.

Now, at 47, with a darling three year old, I'm wondering if there is any way of preventing the condition from returning. My OB/GYN guessed that perhaps the hormones that make a pregnant woman more "stretchy" are behind my cure. Do you have any ideas about this? — B.R.

Answer: Plantar fasciitis is an inflammation in the strong band of connective tissue that runs from the heel to the toes and supports the foot. The major symptom is pain with walking, especially with the first step of the day.

Pregnant women are indeed more likely to suffer from plantar fasciitis. Most authorities feel it is the relatively fast weight gain of a normal pregnancy, but some blame the hormone relaxin, which loosens the pelvic and other ligaments. This can change your gait and cause abnormal stresses on the feet, causing plantar fasciitis. Your obstetrician is suggesting that relaxin is acting on your already existing plantar fasciitis, which I haven't

heard of, but it is an interesting thought.

For prevention, regular stretching of the calf muscles, wearing shoes with good support and maintaining a healthy weight can help prevent recurrence.

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Three phrases that sum up Christmas are: Peace on Earth, Goodwill to Men, and Batteries not Included.

~Author Unknown

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by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Proper lawn care in fall, including mowing, fertilizing, and watering, will help it survive winter in good health. It will be able to resist diseases and weeds better next season, and to start off next year in good shape.

As long as the grass is growing, keep mowing, and mow at the proper height. This is often the most misunderstood and abused part of lawn care. Most grasses should be mowed at 2 to 2-1/2 inches high in spring and fall, and 3 to 4 inches high in the heat of summer. The last mowing of the season can be on the short side, about 2 inches high. This will help prevent the

grass packing as much under snow, making it susceptible to leaf diseases such as snow mold.

Another aspect of mowing height is not to cut off more than one third at any mowing. So if the grass gets too tall, decrease the height to the ideal in a couple of mowings, the first being higher. This way you won't have an excess of long grass clippings that may cause thatch, and you can leave them on the lawn — a good practice as these recycle nutrients and organic matter back into the soil.

Higher mowing is important to grass for at least two main reasons. More leaf area on grass plants means they'll be able to make more carbohydrates needed for healthy growth. There is a direct relationship too between the amount of tops and roots. The more tops to the grass plant means more and deeper roots, which in turn means the grass can better withstand stresses.

It is important to send the grass into the winter as healthy as possible, which means that adding fertilizer in early fall is important; in fact, this is perhaps the most important fertilizer application during the growing season. Add about one pound of actual nitrogen per 1,000 square feet of lawn. So if a fertilizer is 10 percent nitrogen, you would add 10 pounds of this product over each 1,000 square feet (5 pounds of a 20 percent fertilizer). You'll want a quick release fertilizer so the grass can take it up before winter. Most of slow release fertilizers will be lost in the soil (or worse into watersheds) over winter when the grass isn't growing.

If you haven't tested your soil before, or in a few years, now is a good time. The results will tell

you if any other fertility or lime is needed. As many soils become more acidic over time, lime is often needed to keep the soil acidity or pH between 6.0 and 7.0. Add lime in the fall as it is slow acting, and its effect won't be fully realized until spring. Soil test kits are available from many full-service garden stores and your local university Extension offices.

In addition to proper mowing and fertility, watering is key to helping your lawn go into winter healthy and without stress. If rain is infrequent or too light, make sure the lawn receives at least an inch of water a week. This is where an inexpensive rain gauge from a garden or hardware store comes in handy. Or you can get a more elaborate wireless rain gauge from complete garden suppliers. Often during a rainy spell you may think you're getting more rain than really is falling.

If you've been using the lawn during the growing season, with lots of foot traffic, play, or even driving on it, the soil is likely compacted and could benefit from aeration. This simply involves penetrating the surface with holes so air, water, and nutrients can reach the roots. One simple method is to use "aeration spikes" you can buy in garden stores and catalogs that slip onto the bottom of your shoes. As you walk on a lawn these break through the compacted surface. Or you can rent a special aerator machine from rental firms, or hire a professional lawn care firm.

Once aerated, or if the soil is fine without this, overseed if your lawn is weak and needs a bit more grass. Buy a good grass seed blend of varieties, scatter it as needed over a sparse lawn or

bare spots, and water in. Grass seeds get established more quickly during the cool fall than hot summer, and now when pressure from weed competition is low.

Another misunderstood part of lawns relates to thatch — a mat of living and dead stems and roots on the surface that slows water, nutrients, and air from entering the root zone. This is not caused by short grass clippings, but often by improper culture or environmental conditions. If this thatch layer is more than an inch thick, consider renting a dethatcher machine, or hiring a lawn care professional to help with this.

If you have broadleaf weeds, spot treat or dig out. There are special tools just for the deep roots of dandelions. I have a friend who plants a sprig of thyme in each hole made where a dandelion root was dug. This will create a nice aroma over time as you walk through the lawn. There is no need to use a general herbicide product now, as many work on grass seeds that aren't growing, and it may kill lawn grass seeds you put down.

Once you reach the end of grass growing and mowing season, early October in colder areas and later in warmer ones, make sure you keep leaves raked up as they fall. Otherwise these will smother the grass. Use your leaves for compost, or for mulching beds. Many like to run over them first with a mower to shred them, or put them through a shredder that you can buy just for garden clippings and leaves. I pile mine on a future garden area, covered with some poultry wire to keep them from blowing away. As they break down they'll make great organic soil.

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New beginnings

Tips for first-time holiday dinner hosts

Hosting a holiday meal for loved ones provides an exciting opportunity to bring family and friends together during a special time of year. First-time hosts may be a little nervous and put pressure on themselves to make the meal just right. But there are a few tricks of the trade novices can employ to calm their nerves and enjoy their first foray into holiday hosting.

- Go with what you know. Experimenting in the kitchen can be fun, but such experimentation should be avoided when hosting for the holidays. When planning the menu for your holiday dinner, choose a main course that you have prepared in the

past. Familiarity can calm your nerves, and you're less likely to forget key ingredients when preparing a meal you have made several times in the past. If you want to experiment a little, do so with desserts that you can prepare and test for taste several days in advance. If the desserts don't pan out, you will still have a few days to find an alternative.

- Get a head start wherever possible. The day friends and family are coming to visit figures to be hectic. In addition to preparing the meal, hosts must also ready their homes so they can create a welcoming environment for their guests. Once you have chosen the menu,

look for items that can be prepared in advance of the big day. Desserts can often be made several days in advance, as can certain side dishes. Do as much prep work for the main course the night before the meal as possible.

- Double check your pantry. Even if you're making a meal you have made a dozen times in the past, peruse your pantry to make sure you have every ingredient you're going to need. If you're used to making the meal for four people but will now be making the meal for 12 of them, make sure you have enough of each ingredient to make the meal in bulk. To make things easier, update your

recipe to reflect the additional guests before going to the grocery store. Doing so guarantees you won't run out of ingredients once you start preparing the meal.

- Ask guests to bring nonessential items. Guests will likely offer to bring something to the holiday dinner, and there's nothing wrong with accepting help. But don't ask guests to bring items that are essential to the meal, as that can delay the meal if guests get stuck in traffic or show up late. Instead, ask guests to bring a bottle of wine, a small dessert or even some snacks guests can eat while waiting for the main course.

- Ask about food aller-

gies. While hosts don't need to cater to every food allergy under the sun, ask each guest if there is any particular food or ingredient they absolutely must avoid. If enough guests admit they must avoid a particular dish, you then know

not to prepare it. In addition, have plenty of vegetables on hand for guests who are vegan or vegetarian.

Holiday hosting is fun, and first-time hosts can make it even more fun by employing a few veteran tricks of the trade.

Perhaps the best Yuletide decoration is being wreathed in smiles.

~Author Unknown



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Chow Line — Study: It's best not to test five-second rule

by **Martha Filipic**

So, I keep hearing different things about the five-second rule. Is it OK to pick up food and eat it after it has dropped to the floor?

Um, no. It's not OK. At least not if you're concerned about the poten-

tial for foodborne illness.

Your confusion is understandable, though. Just a few years ago, a researcher at Aston University in the United Kingdom announced that the five-second rule was really a thing. The professor led his final-

year biology students in a study examining whether bacteria would contaminate different types of foods when they were dropped onto different floor types and left for different times — from three to 30 seconds. They found that

time is a significant factor in the transfer of bacteria to a piece of food, and that the type of flooring also has a significant impact. Although the research was never published in a scientific journal, a university press release quoting the

professor concluded that, while it carries some risk, the five-second rule "is real."

Today, we have evidence that's a little more definitive. A Rutgers University study published online in September in the American Society for Microbiology's journal, Applied and Environmental Microbiology, concluded that, depending on circumstances, bacteria can transfer onto food dropped onto the floor nearly instantaneously, in less than a second.

The researchers were incredibly methodical in this study. First, they tested four different foods: watermelon, bread, bread and butter, and gummy candy. They tested four different contact times: less than one second, five seconds, 30 seconds, and five minutes. They tested four different surfaces: stainless steel, ceramic glazed tile, maple laminate wood and indoor-outdoor carpet. And they tested two different solutions that they used to spread the bacteria.

For the study, each surface was inoculated with a non-disease-causing "cousin" of Salmonella called Enterobacter aerogenes. The researchers waited until the surface was completely dry, and then dropped food samples onto them for the different time periods. In all, they collected and tested

2,560 samples.

As in the other study, these researchers found that bacteria's ability to transfer onto food varies depending on circumstances. Foods with higher moisture content — in this case, watermelon — were the quickest and easiest to get contaminated. The researchers said that this isn't surprising, since bacteria tend to move with moisture.

As for surfaces, tile and stainless steel seemed to be the most susceptible in allowing foods to become contaminated. The indoor-outdoor carpet allowed the least contamination.

Also, the longer the food was in contact with the surface, the more likely it was to become contaminated. Even the solution used to spread the bacteria seemed to make a difference.

Conclusion? Don't count on the five-second rule to protect you. This study is a reminder to keep all surfaces around meal preparation and consumption clean. And if your food falls to the floor, think twice instead of just popping it into your mouth.

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

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~Deborah Whipp

Canajoharie Youth Center presents inaugural auction

by **Elizabeth A. Tomlin**

In an effort to raise funds for ongoing projects at Canajoharie Youth Center, a live auction was presented to the public featuring donated items including everything from alarm clocks and antiques to zoology books.

"It's wonderful the way

everything here has been donated," remarked Betty Sanders, well known in the community for her civic mindedness.

Auctioneer Ethan "Corky" Waller came up with the idea of having an auction to raise funds for the youth center.

"He not only volunteered to be the auction-

eer but it was his idea and he did a majority of the legwork collecting the gift certificates," reported CYC Director Dontay Fowler.

Waller, who led the bidding, says he has had a long experience with the youth center.

"My kids were part of the youth center when

they were growing up," Waller commented. "I figured it's time to give back to the community."

Donna Weber of Sprakers attended the event and commented on what a great idea the auction was. "I really loved the auction!" said Weber. "I am so happy with what I got — and

with knowing that the money went to support the youth center!"

Items that did not sell were taken to JR's Auction in St. Johnsville to be auctioned off there benefitting the CYC.

"Additionally," said Fowler, "a large donation of antiques and collectibles from Brotherhood Antiques in Canajoharie went with the left over items to JR's, all proceeds are to be do-

nated to the Canajoharie Youth Center."

"The CYC would like to thank everyone who donated items and thank all of the people who came out Saturday with their wallets open!" said Fowler. "It was a successful event, bringing in just shy of \$2,000."

Anyone interested in donating to the Canajoharie Youth Center should contact Fowler at 673-5177.



Folks rummaged through boxes of books, kitchen ware and other goodies, getting a glimpse of what was available, before the auction began.



Auctioneer Ethan "Corky" Waller and Dontay Fowler led the action at the auction.

Photos by Elizabeth A. Tomlin

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Calendar from A6

Cherry Valley-Springfield Central School, Room 145. 7 pm.

MAR 16, 2017

Board of Education Meeting

Cherry Valley-Springfield Central School, Room 145. 7 pm.

APR 6, 2017

Board of Education Meeting

Cherry Valley-Springfield Central School, Room

145. 7 pm.

APR 27, 2017

Board of Education Approves Budget

Cherry Valley-Springfield Central School, Room 145. 7 pm. Cooperstown-FarmersMarket.org .

MAY, 2017

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MAY 4, 2017

Budget Hearing

Cherry Valley-Springfield Central School, Room 145. 7 pm.

MAY 16, 2017

Budget Vote

Cherry Valley-Springfield Central School, Room 145. 7 pm.

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Holiday Gift Guide

Spice-roasted carrots

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2 tablespoons packed
fresh oregano leaves
1 teaspoon smoked pa-
rika
1/2 teaspoon ground
nutmeg
2 tablespoons butter
1 tablespoon red wine

vinegar
1/3 cup roasted salted
pistachios
1. Heat oven to 450 de-
grees F.

2. In roasting pan, toss
carrots with oil, oregano,
paprika, nutmeg, 1/2
teaspoon salt and 1/4
teaspoon pepper. Roast 1

hour or until tender but
not falling apart.

3. Transfer to serving
platter. Drizzle with but-
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Holiday Gift Guide

Avoid theft during the season of giving

The holiday season is a special time of year to give thanks and spend time with loved ones. While the holidays are an inherently happy time, that joyful mood can be marred by the crooks who like to take advantage of people's generosity, as well as their propensity to pay less attention to their surroundings as they do during less hectic times of year.

Instances of certain crimes, particularly theft and identity theft, in-

crease around the holiday season. Allstate Insurance advises that break-ins in residential areas may increase during the holiday season as well. That's because thieves know that many homes are empty or cars are full of high-priced presents.

To put the focus back on good cheer, delicious food, celebrations and gifting, individuals can heed the following tips to protect themselves and their property this holiday season.

- Park in well-lit areas while shopping. Aim for a spot under a street lamp or as close to the front door of the store as possible.

- Routinely put packages in the car so they do not become too cumbersome and bog you down. Some thieves prey on people who cannot defend themselves because their hands are full of packages.

- Place gifts in the trunk of the car. Make sure they are covered up and out of sight if you do not have a trunk. Take your packages straight home after each shopping trip.

- Do not carry excess cash or credit cards you don't plan to use. Leave the full wallet at home so it does not fall into the wrong hands or end up being stolen. Keep important credit card numbers in a safe place at home.

- Exercise caution around strangers. While you want to be friendly this time of year, this is a time when thieves may use various tactics to distract or disarm potential targets.

- Always leave lights on at home and do not forget to lock doors and windows when leaving the house. Empty houses are prime targets for burglars. Always give the

impression that someone is home.

- Don't advertise purchases. Keep mum about that big-screen TV or gaming system you purchased. Do not leave packages or boxes lying around outside your home. Instead, discard them only on the morning of garbage pickup.

- Keep an inventory of purchases and belongings. This will prove handy if you are a victim of theft and have to file an insurance claim.

- Use encrypted shopping sites. Many online retailers employ encrypted websites so customers can securely make purchases. Patronize only these retailers when shopping online.

- Be aware of credit card skimmers. Thieves may put skimming devices on ATM machines and credit card machines to steal card information. If a machine does not look right, do not use it.

Avoid being victimized by crooks this holiday season by prioritizing safety at home and when shopping for gifts.



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Holiday Gift Guide

Stocking stuffers for athletes and sports enthusiasts

Gifts comes in all shapes and sizes, and sometimes the best gifts are those that come in small packages. Though some people pore over their holiday shopping lists for weeks, it's not uncommon for even the most devoted holiday shopper to overlook stocking stuffers, which can be just as difficult to find as larger gifts.

When shopping for stocking stuffers, consider the recipient's interests. For example, athletes and sports enthusiasts would undoubtedly love a gift that reflects their loyalty to a favorite team or their devotion to a particular sport. Holiday shoppers who have a sports-crazed superfan or accomplished athlete on their shopping lists may want to consider the following items when looking for stocking stuffers this holiday season.

- **Sports memorabilia:** Sports fanatics sometimes double as collectors who are always on the lookout for new memorabilia to display. Such collectibles may include bobbleheads, cards, ticket stubs and signed photographs or equipment. Rare memorabilia may be beyond many gift-givers' means, but there are still plenty of impressive items that can fit into any holiday gifting budget.

- **Game tickets:** Give sports fans a chance to cheer on their favorite

teams in person. Find a home game that will not require the recipient to travel too far, or if you want to splurge, include transportation with the tickets to an away game. Secondary market ticket-seller StubHub is a reliable resource that guarantees tickets sold on its site are legitimate, removing any doubt ticket market buyers may have.

- **Fan gear:** Sports fans can never have enough gear to show off their team pride. Everything from mugs to hats to authentic team jerseys makes for great stocking stuffers. In addition, look for pennants or t-shirts that feature team names or logos. Today just about any item comes emblazoned with sports team names. If you can't find a particular item, it may be possible to order it directly from a team or retailer or have it customized.

- **Sports equipment:** Athletes may benefit from updated equipment. Determine if the athletes on your gift list have any gear that needs replacing. Parents, coaches or even teammates may offer recommendations regarding which equipment your loved one needs. If you don't know a catcher's mitt from a tennis racket, stuff the stocking with a gift card to a sporting goods store.

- **Magazine subscription:** Sports fans often enjoy reading up on their

favorite players and keeping abreast of team or industry news. Magazine subscriptions are generally inexpensive and new subscriptions often come with free gifts as well.

- **Winner's trophy:** For

the sports fan who has missed out on getting his or her own trophy, have one made up as a stocking stuffer gag gift. It is certain to bring a laugh and hold a prime spot on the shelf with other sports memorabilia.



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Fort Plain Free Library, local businesses to host open house and other holiday events Dec. 4

FORT PLAIN — Mark Sunday, Dec. 4 on your calendar as the Fort Plain Free Library and several local businesses will kick off the start of the holiday season with a flourish. In addition to a special open house at the library, the Lily Pads Art Gallery will celebrate its grand opening, and The Table restaurant, located at 70 Canal St., will host the second annual Local Art Fair. All events are free and open to the public.

In celebration of the end of Phase I construction, the Fort Plain Free Library, located at 19 Willett St., will host an open house from 1 to 3 p.m. showcasing the new teen and young adult addition and other completed work, exhibits of works by the Creative Textile Fibers and Writers groups, the kickoff of the holiday gingerbread house raffle, and the drawing for the vintage quilt raffle. Refreshments will be available.

Also taking part is the Lily Pads gallery, located at 84 Canal St., and owned by Sandy Delaney-Cuniff. The shop features gifts and home goods that have been designed and handmade by upstate New York artists. It will be open from 10 a.m. to 7 p.m. on that date and will have raffles and live music throughout the day.

For the second year running, Local Art Fair Coordinator Rebecca Winters from noon to 4 p.m. has organized raffles of locally made items donated by participating artists, live music with a holiday theme by guitarist Josh Gies, demonstrations, and portrait drawing by artist Yulia Levkovich. Winters recommended that individuals wishing to have portraits sketched call 315-219-7080 to make a reservation as openings are limited.

Among the presentations scheduled during the art fair include a baking demonstration by Table Chef Aaron Katovitch and a glass blowing demo by Harvest Moon Glass and Jewelry. Visitors will also be able to watch local artists plying their craft.

Stay tuned, as other businesses and organizations are also getting on

board.

For more information, please search for the

"2nd Annual Local Art Fair" on Facebook for a complete list of partici-

pating businesses, vendors and participants and a schedule of events,

or call 315-219-7080.



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Three ways to improve headlights for safer nighttime driving

Many drivers are naturally more nervous at night than during the daytime. But upgrading headlights and taking steps to maintain headlight performance can calm those nerves and make for safer nighttime driving. More information is available at www.philips.com/automotive.

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Automotive

What to do after being involved in a car accident

Car accidents happen every day, and rare is the experienced driver who has not been involved in at least one accident during his or her time behind the wheel. Drivers or passengers who have been involved in previous accidents may react calmly when involved in another accident, but the experience of being in a car accident can be shocking to those people who have never before been involved in a car crash.

According to the World Health Organization, there were 1.25 million road traffic deaths across the globe in 2013. But not every traffic accident involves a fatality, and many are minor incidents in which all involved parties walk away unharmed. Unfortunately, all traffic accidents, however minor they may be, have financial ramifications, and it's in drivers'

and passengers' best interest to familiarize themselves with the right way to respond to traffic accidents should they find themselves in a crash.

• Dial emergency services. After pulling over and out of traffic, drivers and passengers involved in traffic accidents should dial 9-1-1 emergency services. If drivers are incapable of pulling onto the shoulder or out of the way of oncoming traffic, immediately put on the vehicle's hazard lights and dial 9-1-1. Enlisting the help of emergency services like 9-1-1, even when no one appears to be injured and no vehicles seem to be damaged, is necessary because the presence of a neutral third party like a police officer or emergency medical technician can be helpful should the accident ultimately lead to legal action.

• Exchange insurance information. After each driver has pulled over and is out of harm's way, attempt to exchange insurance information. If you lost your insurance card or can't find it in your vehicle, don't panic. Simply use your mobile phone to call your insurance company and get your policy number. Police may let you off the hook if you can provide proof of insurance, even if you don't have any such proof in your vehicle. If the other driver appears irate and/or confrontational, wait until the police arrive to exchange insurance information and do your best to avoid this person.

• Obtain a police report. Police reports are vital, even when accidents are minor. Insurance companies may not pay damages if no police report has been filed and

the involved parties have differing accounts of the accident. And drivers' premiums may increase if they are involved in an accident in which no one is deemed at-fault. Always protect yourself after a traffic accident by calling the police and obtaining their official report of the incident. Also,

ask the responding officer if you are required by law to report the accident to the local motor vehicle agency. Some areas require this, while others do not.

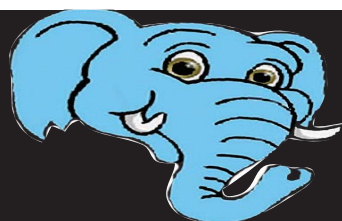
• Take photos. If you have a smartphone or camera on hand, take as many photos of the accident as you can without

risking your safety. Time-stamped photos may help you should a lawsuit or other legal action be taken in the future.

Car accidents can be scary, and knowing how to respond to accidents can help drivers and passengers make the best of unfortunate situations.



Car accidents can be scary, and knowing how to respond to accidents can help drivers and passengers make the best of unfortunate situations.



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Automotive

Holiday road trip three Ps that won't bust the budget

With the holiday season upon us, many Americans are stretching their dollars to make a trip home for the holidays. While driving is the

thrifty option, unexpected vehicle repairs can bust your budget this time of year. The non-profit Car Care Council advises motorists plan-

ning a road trip over the holidays to follow the three Ps — prepare, prevent and plan — to save money and avoid breakdowns.

Conduct a pre-trip vehicle inspection. If you find your vehicle needs repairs, be sure to address them in a timely manner so a trusted technician can perform them before your journey. While it may be tempting to put off repairs until after the holidays, it is not worth the risk and added expense of more extensive work down the road.

The last thing any driver needs is to break down in cold, harsh winter weather. A pre-winter vehicle check is a sensible way to avoid the inconvenience of being stranded out in the cold as well as costly emergency tow-

ing and repairs.

Before traveling longer distances, plan your route and review the council's steps to better fuel economy to maximize savings at the pump. Pack a road emergency kit, including jumper cables, a road atlas, first-aid kit, flashlight with extra batteries, water, non-perishable food and blankets, and be sure your cell phone is fully charged.

"Taking proactive steps to prepare, prevent and plan in advance of your holiday road trip will help you avoid the hassle and expense of unplanned car trouble away from home," said Rich White, execu-

tive director, Car Care Council. "The Car Care Council's free 80-page Car Care Guide not only makes a great stocking stuffer, but it will help you and your loved ones drive smart and save money during the holidays and all year through."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org.

Holiday Road Trip Three Ps That Won't Bust the Budget

- **Prepare:**
Conduct a pre-trip vehicle inspection.
- **Prevent:**
A pre-winter vehicle check is a way to avoid being stranded out in the cold.
- **Plan:**
Plan your route, pack a road emergency kit and be sure your cell phone is fully charged.

Be Car Care Aware

Eight factors that can affect auto insurance premiums

Auto insurance is a necessity for drivers in many localities. But while local laws may mandate drivers have insurance, no such laws mandate how much drivers must pay to insure their vehicles. Certain factors can influence just how much drivers will pay for their auto insurance policies.

1. Complacency: Doing nothing at all may find you spending too much on auto insurance. Many drivers fail to routinely shop around for coverage, and that can be costing them money. In its 2013 Insurance Shopping Study, the research firm J.D. Power found that only 23 percent of auto insurance customers shopped their policies in the past 12 months. Shopping around for a better rate can save drivers considerable amounts of money, and the Internet has made comparison-shopping easier than ever before.

2. Coverage and deductibles: The type of coverage you choose, as well as the amount of your deductible, will affect the cost of your policy. Choosing a higher

deductible (the amount you pay out of pocket before insurance will start to pay) usually leads to a lower monthly payment. Full coverage may not be necessary if you own your car or the car is old and not worth that much.

3. Location: Where you live can affect the cost of your insurance premiums. Since most traffic accidents occur close to home, the area where you live factors heavily in the cost of your policy. Densely populated neighborhoods with more cars mean you could be at a higher risk of accident, theft and injury. Plus, costs for repairs may be higher in these areas. Moving to a less populated area can reduce insurance costs.

4. Age/gender: A person cannot change his or her age, but it's wise to realize that age and gender can affect costs. Young men typically incur higher rates than young women. Understanding your potential insurance costs can help you when choosing a vehicle.

5. Vehicle type: According to State Farm,

some insurance companies increase premiums for cars deemed more likely to be damaged or stolen. A vehicle that scores high in independent safety ratings may be cheaper to insure than vehicles that scored low on safety tests.

6. Credit score: Raise your credit score and you may be able to lower your car insurance costs. According to the research firm Conning & Co., roughly 92 percent of insurers use your credit information as a factor to determine rates. Studies show that people with bad credit tend to file more and higher claims.

7. Marital status: Statistics show that people who have tied the knot are involved in fewer accidents and given fewer tickets than people who are single. Getting married can reduce insurance premiums, as can combining or bundling policies with your spouse.

8. Driving history: A driving history full of accidents and tickets can affect your insurance rates. However, many

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USED TRUCKS

Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
17101A	2011	Ford	Ranger S Cab FWD 22k		\$19,995	\$289
P1489A	2011	Nissan	Frontier Crew SL 53k		\$21,995	\$322
17084A	2012	Chevy	Silverado w/plow 43k		\$29,995	\$419
P1479	2013	Nissan	Frontier SV Crew 33k		\$22,995	\$339
16720A	2013	Chevy	Avalanche LT Crew 42k		\$31,995	\$506
17082A	2014	Toyota	Tacoma TRD Sport 16k		\$31,989	\$483
P1488	2014	Toyota	Tundra Crew Max 20k		\$35,995	\$547
17045A	2015	Toyota	Tundra Crew 1794 8k		\$44,989	Like New
17050A	2015	Toyota	Tacoma Sport Crew 25k		\$32,995	\$486

USED SUV/VANS

Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
16800A	2009	Lexus	RX350 AWD 85k		\$16,995	\$241
16720A	2009	Toyota	Venza LE AWD 89k		\$12,989	\$177
17112A	2010	Honda	CRV EX AWD 49k		\$15,495	\$219
P1497	2011	Toyota	Venza LE AWD 49k		\$16,995	\$241
16809B	2011	Toyota	RAV4 44k		\$14,995	\$209
16783A	2012	Toyota	4 Runner SR5 74k		\$27,700	\$416
P1476A	2012	Subaru	Forester 83k		\$14,995	\$209
17088A	2012	Jeep	Liberty 32k		\$17,995	\$257
P1499	2013	Toyota	RAV4 LE 36k		\$18,995	\$273
17147A	2014	Subaru	Forester 31k		\$19,995	\$289
16393A	2014	Mazda	CX5 Touring 48k		\$19,495	\$281
P1463	2015	Toyota	RAV4 XLE 31k		\$24,995	\$370
16465A	2015	Toyota	Siena XLE 22k		\$28,995	\$434
P1490	2015	Toyota	Highlander LTD 22k		\$37,995	\$579

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16792A	2009	Chevy	Impala 78k		\$8,889	\$111
17062A	2010	Toyota	Corolla S 59k		\$11,975	\$165
P1428A	2010	Dodge	Charger SXT 77k		\$9,995	\$135
Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
17022A	2013	Nissan	Sentra 39k		\$12,995	\$177
16324B	2013	Toyota	Prius III 102k		\$9,989	\$128
P1462	2014	Nissan	Altima 2.5S 84k		\$11,995	\$163

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 \$2999 Down. Includes \$500 TFS Lease Bonus Cash. Cap. Cost - \$26,492

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0%* 60 mos. **\$239/mo^{††}**
 \$2699 Down. • Cap. Cost - \$32,660

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Model# 1852

\$3000 Toyota Rebate - or -
0%* up to 72 mos. **\$249/mo^{††}**
 plus \$1000 APR Cash
 \$2999 Down. Includes \$2500 TFS Lease Bonus Cash. Cap. Cost - \$35,321

† Based on Tier 1 Credit. †† Based on Tier 1 Plus Credit. **36 mo., 30k lease, Sec. Deposit Waived. Taxes, fees, \$650 Acq. fee and \$75 documentary fee additional. Expires 12/5/16. *\$13.89 per \$1,000 Financed • \$16.67 per \$1,000 Financed
 • \$17.05 per \$1,000 Financed • \$350 Disposition fee due at lease end

USED TRUCKS

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17101A	2011	Ford	Ranger S Cab FWD	22k	\$19,995	\$289
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17084A	2012	Chevy	Silverado w/plow	43k	\$29,995	\$419
P1479	2013	Nissan	Frontier SV Crew	33k	\$22,995	\$339
16720A	2013	Chevy	Avalanche LT Crew	42k	\$31,995	\$506
17082A	2014	Toyota	Tacoma TRD Sport	16k	\$31,989	\$483
P1488	2014	Toyota	Tundra Crew Max	20k	\$35,995	\$547
17045A	2015	Toyota	Tundra Crew 1794	8k	\$44,989	Like New
17050A	2015	Toyota	Tacoma Sport Crew	25k	\$32,995	\$486

USED SUV/VANS

Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
16800A	2009	Lexus	RX350 AWD	85k	\$16,995	\$241
16720A	2009	Toyota	Venza LE AWD	89k	\$12,989	\$177
17112A	2010	Honda	CRV EX AWD	49k	\$15,495	\$219
P1497	2011	Toyota	Venza LE AWD	49k	\$16,995	\$241
16809B	2011	Toyota	RAV4	44k	\$14,995	\$209
16783A	2012	Toyota	4 Runner SR5	74k	\$27,700	\$416
P1476A	2012	Subaru	Forester	83k	\$14,995	\$209
17088A	2012	Jeep	Liberty	32k	\$17,995	\$257
P1499	2013	Toyota	RAV4 LE	36k	\$18,995	\$273
17147A	2014	Subaru	Forester	31k	\$19,995	\$289
16393A	2014	Mazda	CX5 Touring	48k	\$19,495	\$281
P1463	2015	Toyota	RAV4 XLE	31k	\$24,995	\$370
16465A	2015	Toyota	Siena XLE	22k	\$28,995	\$434
P1490	2015	Toyota	Highlander LTD	22k	\$37,995	\$579

USED CARS

Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
16792A	2009	Chevy	Impala	78k	\$8,889	\$111
17062A	2010	Toyota	Corolla S	59k	\$11,975	\$165
P1428A	2010	Dodge	Charger SXT	77k	\$9,995	\$135
P1357A	2010	Nissan	Maxima	94k	\$11,900	\$159
16539A	2011	Toyota	Camry SE	30k	\$14,989	\$209
16740B	2012	Ford	Fiesta	48k	\$8,995	\$112
16734B	2012	Toyota	Camry SE	65k	\$15,995	\$225
16453A	2012	Ford	Fusion	43k	\$12,495	\$169
16830A	2013	Acura	TSX	48k	\$18,995	\$273
P1494	2013	Toyota	Avalon XLE	41k	\$21,995	\$322

Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
17022A	2013	Nissan	Sentra	39k	\$12,995	\$177
16324B	2013	Toyota	Prius III	102k	\$9,989	\$128
P1462	2014	Nissan	Altima 2.5S	84k	\$11,995	\$163
P1475	2014	Toyota	Corolla S	25k	\$16,475	\$233
P1441	2014	Toyota	Corolla LE Eco Plus	44k	\$13,989	\$199
17024A	2014	Toyota	Camry XLE	21k	\$18,389	\$264
P1493	2014	Scion	XD	24k	\$12,995	\$177
16749A	2015	BMW	328 XL GT	26k	\$31,995	\$483
P1447	2015	Kia	Optima LX	17k	\$14,889	\$235
R095	2016	Toyota	Corolla S	9k	\$18,446	\$264

*Model Year 2009 and Newer - 72 mos. @ 4.99%, 2008 and Older 60 mos. @ 6.99%. \$1999 Down. Must be Credit Qualified. Taxes & Fees Extra.

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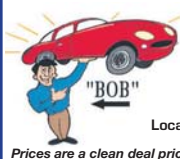


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Winter can be a beautiful time of year, particularly when freshly fallen snow blankets the landscape. However, winter is also a time fraught with potential peril. The same winter weather that makes landscapes so pristine can make roads and walkways — and even being outside — dangerous.

The U.S. Department of Transportation says weather-related vehicle crashes killed 6,253 people last year and injure more than 480,000 per year. These accidents most often occur when roadways are wet, snowy or icy. Yet, winter driving is not the only seasonal hazard. Here are some common winter activities and how to avoid getting hurt when engaging in them.

Driving

Exercise extra caution when driving on roadways during the winter, as they may contain ice or snow. All it takes is a small coating of precipitation on roadways to make driving treacherous. Wet-looking roadways may be wet, or they may be covered by ice, and it's difficult to tell the difference with the naked eye. Always slow down and assume you are driv-

ing on ice. Make every effort to improve visibility. This includes checking windshield washer fluid levels and ensuring windshield blades are in good working order.

Snow removal

Shoveling or removing snow by various methods can be strenuous work, taking even those who feel they are in good shape by surprise. A 2011 study conducted by researchers at the Center for Injury Research and Policy of The Research Institute at Nationwide Children's Hospital found that an average of 11,500 snow-shoveling-related injuries and medical emergencies were treated in U.S. emergency departments each year from 1990 to 2006.

Lower back injuries, falls, injuries to the arms and hands and cardiac-related injuries account for many of the incidents sustained while removing snow. There's also the risk of injury from collisions with pedestrians and snowplows. Plows and bobcat-type devices can cause serious injury. Exercise caution when operating such machines.

Roof snow removal

Removing snow from a roof can be a dangerous prospect. Always use the



All it takes is a small coating of precipitation on roadways to make driving treacherous.

appropriate equipment, which includes telescoping poles, rather than climbing on slippery roofs. This may be a job best left for a professional, who will have fall-arrest systems and nonslip safety boots.

Dressing for conditions

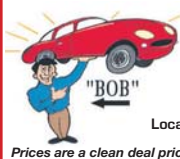
Venturing outdoors for winter fun may be enticing, but never put your health at risk for the sake of fun. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat, causing a dangerously low body temperature. Wear

appropriate clothing to prevent hypothermia, which may not produce any initial symptoms. If shivering stops or confusion and slurred speech set in, severe hypothermia is in effect and a person should be moved indoors and gently warmed. Mild hypothermia is also possible indoors, typically when the elderly spend several hours in poorly heated homes.

Winter may be beautiful, but it also can be hazardous. Taking precautions and using common sense help avoid dangerous situations.



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Did you know?

When shopping for auto loans, prospective car buyers should limit their loan shopping to a two-week period. Many auto buyers now shop for auto loans separately from shopping for cars, first arranging financing via a bank, credit union or other lender, and then beginning their search for their next car or truck. While that can help buyers secure low interest rates and borrower-friendly loan terms, buyers should know that each time they apply for loans their

credit scores dip. The lower a prospective borrower's credit score, the harder it becomes for that person to secure the best loan rate. However, according to the online financial resource Bankrate.com, applicants who can file all of their loan applications within a two-week period will only have those applications count as one credit inquiry. That means applicants' credit scores will only fall once as opposed to several times for prospective buyers who apply for loans sporadically over

the course of several weeks or months. Potential borrowers also should know that once they have prequalified for loans and found a car or truck they want to

buy, they can then present their loans terms to the dealership and ask if the dealer can beat the terms, potentially saving them more money over the life of the loan.

Factors from 4

tickets and accidents that do not involve injuries stop affecting insurance rates after three years. Driving safely and biding your time until your tickets and accidents no longer influence your rates can save you money.

Drivers have control over how much they spend on auto insurance. Safe driving habits, the right choice of vehicle and where drivers choose to live can influence the cost of their auto insurance policies.

Auto Loans

Cherry Valley-Springfield CSD Principals list and Honor Roll

Principal's List — Grade 12

Emily Burr, Kyle Cummings, Nicole Deselets, Nicholas Gage, Chelsea Hull, Elizabeth Jacoby, Emily Lincoln, Karah Morton, Daniel Navarro-Gonzales, Dorothy Oakley, Claudia Preston, Sarah Russo, Seth Thomas, Victoria Viscosi, Anna Voss, Lukas Webster, Morgan Westerman and Kaylie Yerdon.

Grade 11

Kayleigh Baker, Kaitlyn Ehlers, Whitney Fink, Skyler Girard, Marcus Mosenson, Amanda Pressly, Megan Wilmot and Jacob Wilson.

Grade 10

Heather Brining, Ryan Burr, Hailey Erway, Makayla Gwinn, Justin Riavez and Julian Rivera.

Grade 9

Luke Bartlett, Morgan Collins, Natalie Davis, Rylee Dea, Kelsey Girard, Josephine Herzog, Matthew Kroll, Larry Kroon, Alana Latella-Devine, Luke Loveland, Matthew Mosenson, Christine Stanton and Austin Yerdon.

Grade 8

Marissa Abbruzzese, Nicholas Bennett, Braddy Benson, Zoe Climenhaga, Loial Davis Fralick, Zoe Dewey, Luke Dubben, James Herzog, Mia Horvath

Jaelyn Jaquay, Allison Lennebacker, Sarah Lewis, Lillian Lighthall, Emily Maldonado, Andrew Oram, Abigail Peterson, Rebecca Phillips, Jordan Sprague and Chloe Thalheimer.

Grade 7

Arianna Bresee-Kelsey, Cendra Crawford, Vanessa Erkson, Kyle France, Madison Hastings, Sheena House, Dylan Huff, Marijke Kroon, Gabriel Oakley

Joseph Pressly, Brandon Preston, Madison Reyome, Alyssa Rockwell, Andrew Rockwell, Jack Seeley, Camilla Tabor, Mary Beth Wait and Oskar Webster.

Grade 6

Juliana Abbruzzese, Ryan Barnes, Chase Benson, Ariana Bosc, Trevor Carley, Trynity Dewey, Lillian Gallup, Jeremiah Hillhouse, Jillian Johnson, Emily Kroll, Ivan Latella-Chicaiza, Cadence Lefevre, Joleen Lusk, Lydia Lusk, Arianna Mosenson, Oren Prime, Katrina Rivera, Jade Thalheimer, Eleanor Van Spanjie, Joanna VanGelder, Madison Westerman, Stephanie Whiteman and Meredith Wilson.

Honor Roll — Grade 12

Triston Cortese, Alexis Cronkite, Dakota Dornburgh, Andrew Edwards, Emelya Erway, Ashley Fairchild, Mark Gustafson, Matthew Gustafson, Emily Hoag, Anthony Hurley, Joseph La Rosa, Eric Loucks and Hannah Roos.

Grade 11

Nathan Climenhaga, Davis Collins, Isavbel Daley, Garrett Fassett, Kathleen Jacoby, Savanna Jicha, Avalon Kubis, Ryann Phillips, Althea Jo Prime Bryana Reckeweg and Samantha Rockwell.

Grade 10

Alex Cronkite, Matthew Dawson, Allison Hoke, Ryan Lewis, Jessica Lundy, Michael McCallion, Barry Webster, Dylan Webster and Noah Young.

Grade 9

Kathleen Dove, Robert Jorgensen, Kendra McGovern, Alexandria Misiewicz and Felicia VanBuren.

Grade 8

Griffin Barrett, Caleb Carpenter, Ezra Earl, Michael Freer, Riley Gohde, Owen Johnson, Jesse Mance, Johanna Mosenson, Jillian Rockwell and Dylan Smith.

Grade 7

Nathan Douglas, Ian Earl, Barry Ellis III, Jesse Fink, Calvin Grimm Jr., Landon Hamilton, Connor Morrison, Allan Parker, Avian Pitman, Adam Plows

Maeve Rauscher, Jackie Riavez, Sean Webster and Emma Whiteman.

Grade 6

Tranquility Cleveland, Timothy Jennings-Mickle, Xavier Jillson, Sydney Kukulech, Brendon Meade, Lana Rockwell and Olivia Webster.

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Simple ways to dress up your home for the holidays

The holiday season is rife with traditions that focus on fun and family. One such testament to the festive spirit of the holiday season is the many homes and businesses decorated with the lights and colors that have become synonymous with the season.

Decorating for the holiday season can be time-consuming. While decking the halls may not consume as much time as holiday shopping and wrapping presents, according to data from a 2013 American Time Use Survey, interior and exterior decorating for the holidays may consume anywhere from 2.5 to 3 hours per session.

Holiday decorating includes things as simple as setting up a menorah or as complex as stringing lights on the exterior of a home. Though elaborate displays can take hours to erect, time-



Simplify holiday decorating with some easy tips to make houses cozy and festive.

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crunched holiday celebrants can still create festive, welcoming displays.

- Hang holiday wreaths. Holiday enthusiasts without much time to decorate can invest in a couple of holiday wreaths, which can be dressed up as much or as little as celebrants prefer. If you do not have the time to string lights on the house, wrap them around wreaths hung in windows or hang the wreaths on a home's main entrance. Celebrants who want to go a less traditional route can hang wreaths made of holly, citrus fruits, ribbons, or any other greenery instead of the more customary evergreen wreaths.

- Decorate with ornaments. Ornaments are not exclusive to Christmas trees. Fill a vase or bowl with metallic ornaments and place it in a prominent location, such as a busy hallway or the foyer of your home. Hang ornaments on clear filament from the mantle or within the main window of the house, where they can reflect tree lights and add sparkle.

- Bring in more greenery. Drape evergreen boughs on staircase handrailings or on the

mantle, or use greenery to frame doorways. The scent will be inviting and things instantly will look more festive.

- Use throws and decorative pillows. Change the look of a room with holiday-colored decor if you do not want to clutter the space with knickknacks. A red and green blanket draped over the sofa can give off a comforting holiday vibe.

- Focus on the front door and entryway. Celebrants who do not have the time to decorate their entire homes can create a warm, inviting space by decorating their front doors and entryways. Place greenery, bows, tinsel, lights, and winter-inspired accessories by the front door so friends and family visiting for the season catch the holiday spirit the moment they walk through the door.

- Place LED candles in windows. Rather than contending with twinkle lights and electric cords, homeowners can employ battery-operated faux candles to create a homey appeal in windows and hallways throughout their homes.

Simplify holiday decorating with some easy tips to make houses cozy and festive.

Christmas customs trace to Druids, single mom

Many Christmas customs are carryovers from pre-Christian celebrations. Hanging gifts on trees is supposed to stem from tree worship of the Druids and the belief that the tree was the giver of all good things. In the eighth century, Saint Boniface is said to have substituted a fir tree for the pagan oak as a symbol of faith.

Martin Luther, the Protestant reformer, fostered the Christmas tree cult in the 16th century by using a candlelit tree as a symbol of Christ's heavenly home. It's said he was so taken with the Christmas night sky that he wished to bring "the lights of the stars" into the home of his family. Trees decorated with candles, fruit and paper flowers were introduced into Britain soon after Queen Victoria's marriage, leading to our customs today.

The Druids also are

partly responsible for the use of mistletoe at Christmastime. They regarded mistletoe as sacred because it stayed green even during winter. On the sixth day of the new moon, a Druid priest would cut mistletoe from an oak tree with a sacred sickle. A passing virgin was called upon to catch the falling plant, which was not allowed to touch the ground. The Druids dedicated the plant to the Goddess of Love, which explains the kissing that goes on under it. Originally, when a boy kissed a girl, he plucked a berry from the cluster and presented it to her. When the berries were gone, so were the kisses.

A wreath with holly, red berries and other decorations dates from at least the 17th century. Holly, with its sharply pointed leaves, symbolized the thorns in Christ's crown-of-thorns. Red berries

symbolized the drops of Christ's blood. A wreath at Christmas signified a home that celebrated the birth of Christ.

Tinsel on the Christmas tree is attributed to a woman whose husband died. She was left to bring up a large family of children herself, and she was determined to make a happy time for them at Christmas. She prepared a Christmas tree to surprise them on Christmas Day. Unfortunately, spiders visited the tree, and crawled from branch to branch, making webs all over it. The Christ Child saw the tree and knew she would be devastated to find this on Christmas morning. He changed the spiders' webs to shining silver.

In Christmas tree decorations, angels are usually portrayed as wimpy blondes in girl's blouses and sandals. In the Bible, however, angels are mus-

cular bullies who frequently goad humans into fistfights. Life isn't all harps and heavenly choirs for angels; there's a strict career structure. The only angels mentioned by name in the Bible are archangels, the eighth-ranking order of angels.

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OESJ wants to bring its schools into the 21st century!



\$24.016 million capital project to be considered by the community on Tuesday, December 13 will have a ZERO impact on the OESJ tax rate!

Voting will be held at both the OESJ Elementary School and the Junior/Senior building from 12 noon until 8 p.m. on Dec. 13.

If you live in the former St. Johnsville school district, you vote at the Jr./Sr. High School;
if you live in the former O-E school district, you vote at the elementary school.



Scope of the Proposed December 13 Project

- ▶ **The \$24.016 million dollar proposal will have ZERO impact on the tax levy.** The Board of Education has set aside money in district capital reserves to pay for any local costs, up to \$4.1 million. In addition, the state of New York will reimburse up to 98 percent of the cost – that's 98 cents on a \$1! – because of the 2012 merger.
 - ▶ The current OESJ Elementary School was the former pre-K to grade 12 OE Central School before the 2012 merger. The building needs to be re-purposed to meet the needs of its current population, pre-K-grade 6 students. **That will greatly enhance the safety, functionality and educational experience of these younger students by designing an environment that addresses their specific educational needs.** The addition of an auditorium will allow children and parents to attend concerts and performances and celebrate academic and character achievements together in a safe environment. Currently our students sit on the floor and parents on bleachers in our gymnasium for such occasions.
 - ▶ The Jr/Sr building will also see changes that address safety, functionality, efficiency and enhancement of educational spaces. **New technology and agricultural classroom space will be added while science classrooms and labs will be relocated and expanded.** Music classrooms will be upgraded. The main office will be relocated to the main entrance to create a well defined secure entrance vestibule. District offices will be relocated and made handicapped accessible.
 - ▶ **A large share of this project includes the basic, non-instructional items that every school district must do but that often get overlooked as schools push money into classrooms and instruction to benefit students.** The proposed \$24.016 million project addresses safety, efficiency, functionality and programming needs across the district. General maintenance concerns such as roofing, electrical, plumbing and masonry upgrades, telephones, fire alarms, cameras, catch basins and parking lot improvements are included in this project.
- Most of all, these proposals are designed to enrich the educational experiences of our students.** We are confident that this is an educational plan for our facilities that will serve generations of learners to come.
- The school district will mail information to residents with more details about the December 13 capital project.



Absentee Ballots

You must submit an application for an absentee ballot. The application may be picked up at the District Clerk's office during normal school hours. Ballots must be received back no later than 5 p.m. on December 13. For information about absentee ballots and registering to vote, contact OESJ District Clerk Betsy Brown at (518) 568-2011 x 3149 or by email at elizabeth.brown@oesj.org.



Registration

If you're registered with your county Board of Elections, you do not have to do anything. You are already registered to vote on the December 13 OESJ capital project proposal. **Residents who choose not to be registered with the county Board of Elections can still register to vote by filling out a personal registration form and bringing it to the OESJ District Clerk's office during normal school hours.** The district clerk can be contact at (518) 568-2011 x 3149 or by email at elizabeth.brown@oesj.org.



PLEASE BE SURE TO VOTE ON DECEMBER 13!





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Dustin Jones Golf Academy

Dustin Jones, PGA Golf Pro, is a Canastota native. His professional golf journey started when he was hired at Turning Stone right out of high school. He became a golf pro there and spent 10 years there 1999 to 2009 as an Assistant Golf Pro. He left Turning Stone for opportunity at Yahnundasis started as an assistant golf pro there. He became head pro there quickly. After the 2014 golf season, he left the Yahnundasis for Deer Run Golf Facility.

He explained that a Titleist representative contacted him about the opportunity at Deer Run. Deer Run Golf Facility is located at 4725 State Route 233 in Westmoreland, New York. The driving range offers 7,500 square feet of grass hitting area and 20 plus turf mats. Prior to his arrival at Deer Run it was a simple stick and ball driving range. Jones started a golf shop there and began giving lessons. In 2015 he won PGA Merchandiser of the Year. The golf shop features equipment from the

top manufacturers including; Titleist, ping, Callaway, Mizuno, Taylor Made, and more.

Dustin is offering something that no one else in the area offers. He offers full-service fitting and Studio Flight Scope, essentially a 3D Doppler radar, for swing analysis.

On October 26, 2017 Dustin Jones was awarded 2 prestigious awards by the Central New York Section of the Professional Golfers Association of America. The first award Jones received was 2016 CNY PGA Teacher of the Year. Teacher of the Year Award is designed to recognize a PGA Professional who is an outstanding teacher of golf among the ranks of PGA membership. This award is based on a professional's overall performance in teaching; unusual, innovative and special teaching programs initiated or implemented; articles published; as well as outstanding golfers the professional has instructed.

The second award was the 2016 CNY PGA Horton Smith Award. The PGA Horton Smith Award is designed to give special recognition to an individual PGA Professional for outstanding

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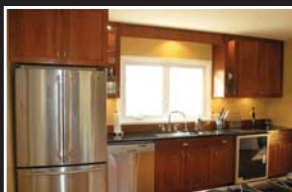
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DUSTIN from 3

and continuing contributions to professional education. Demonstration of outstanding qualities of leadership, strong moral character, maintain a substantial record of service to the Association and the game of golf, well-regarded as a

model educator of PGA Golf Professional, and contributions to the Section and National PGA Education Programs.

Jones said, "I'm blown away to win these two awards. They're a huge honor."

Starting December 3, 2016 Jones will be taking over Hole In One Golf Center at

339 Oriskany Blvd. in Whitesboro, New York. The opportunity combined with the full golf course simulator, fitting and technology bay, and golf shop will offer the best of both worlds for a year-round golf source for CNY golfers. Jones said, "I hope Hole In One Golf Center will give golfers with that winter itch the opportunity to hone their skills and get better." He explained that video analysis make a player better without changing or ruining their game.

If you take your golf game seriously you'll understand that there is always room for improvement. Dustin Jones is your secret weapon for making your golf game better. For more information, go to: www.deerrungolffacility.com or follow them on Facebook: Deer Run Golf Facility ■



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CNYMRA - Central New York Motocross Riders Association



CNYMRA STARTING LINE

CNYMRA 6

While the snow flies and riding a motorcycle in Central New York has become the stuff of daydreams, CNYMRA, Central New York Motocross Riders Association, is making plans now, for the start of the 2017 season only a few short months away on April 2, 2017.

CNYMRA, is the Central New York Motocross Riders Association, district 3 AMA and is one of the main cycle racing organizations in Central New York. President, Mike Dougherty, explained that the CNYMRA feels like the last of a dying breed of AMA sanctioned racetracks. Founded in 1974 by Dougherty's Stepdad and mother he inherited this responsibility in 2008.

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The American Motorcyclist Association (AMA), located in Pickerington, Ohio, is the world's premier member-driven motorcycling organization. With a mission is to promote the motorcycling lifestyle and protect the future of motorcycling.

Through member clubs, promoters and partners, the AMA sanctions more motorsports competition and motorcycle recreational events than any other organization in the world.

CNYMRA 7



CNYMRA ACTION!

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CNYMRA from 6

Through its Motorcycle Hall of Fame, the AMA preserves the heritage of motorcycling for future generations. The AMA is everything motorcycle.

Dougherty also explained that one of the benefits of the CNYMRA's AMA sanction is that it usually allows member tracks the ability of hosting an area qualifier. Racers would need to win an area qualifier to qualify to race at the regionals and then on to the nationals which take place in Tennessee.

CNYMRA member tracks include Royal

Mountain in Caroga Lake, Unadilla, and Thunder Ridge, who are original founding track members and have been involved since the beginning. Newer member tracks include Utica Rome Speedway, High-Voltage MX Park in Greig, New York. And, brand-new for the 2017 season are Twister Valley in Ft. Plain, New York, Paradox MX Park in Grandville, New York, and possibly more.

CNYMRA race day features classes for all age groups starting at four years old and up for all experience levels. There are 35 different classes including quad classes for men and women.

The 2017 season will begin on, April 2, weather permitting, and the organization with its brand-new track members are looking forward to a good 2017 season of racing. Dougherty explained that they hope to have a tentative schedule soon.

Do you have a dirt bike? Do you have a quad racer? Do you enjoy motor sports? If you answered yes to any of those questions, then CNYMRA racing could be the perfect fit for you. Throttle up your racing career and get to the front of the pack. With the numerous classes and age groups there is bound to be an opportunity for you to start enjoying the exciting world of motocross. For more information, go to:

www.cnymra.com or follow them on Facebook: Cnymra D3 Motocross ■



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Vernon National Shooting Preserve

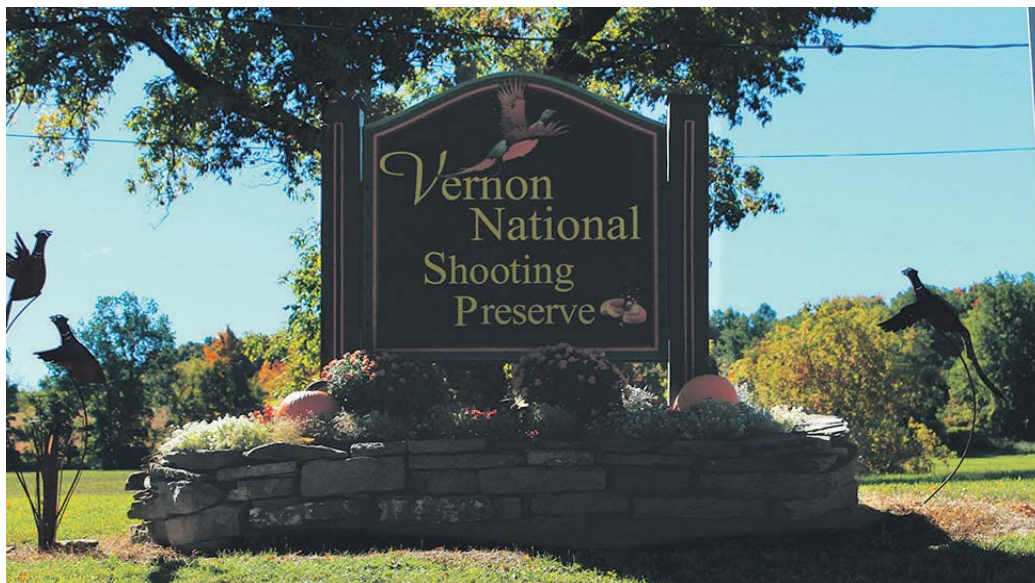
The area's premier pheasant hunting and target shooting venue can be found at Vernon National Shooting Preserve. Located at 3291 Burns Road in Vernon Center, New York Vernon National Shooting Preserve offers a safe, convenient, and fun setting for pheasant hunting, sporting clays, skeet shooting, wobble, rifle and pistol ranges.

With 500 acres of rolling hills the family owned and operated facility is open to members, as well as to the public. Vernon National has a fully automated 14 station sporting clays course, a skeet range, covered pistol range, rifle range, indoor archery, and a 3-D outdoor archery course, as well as a spacious clubhouse and banquet area. They operate a stocked pheasant hunting operation

from September 1st through the winter months. Both pistol shooting instruction and shotgun shooting instruction are available through private instructors.

Vernon National began as a family farm. It has been in the

VERNON 10



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VERNON from 8

Acee family for over 20 years and they initially operated a dairy and crop business. Owner, Ron Acee, his father Sam, and their faithful dog Gus made a trip out to the Dakotas to hunt pheasants. That trip became the inspiration for the pheasant preserve.

Sporting clays is like golf with a shotgun and Vernon National has a world class course. Their 14-station sporting clays course is fun for beginners, as well as the experienced shooter. They provide instruction, ammunition and even gun rentals, making your experience at the preserve fun for everyone. Vernon National Shooting Preserve offers sporting clays at its finest. The 14 station sporting clays course is fully automated. The target presentation on the sporting clay course is continually changing so the course is always new. The course is set on open fields, hardwoods and over deep ravines. Whether you are a Master Class NSCA registered shooter looking for competition, or just a casual shotgun shooter looking for some fun, Vernon National's sporting clay course has it all.

Vernon National also has a Skeet and Wobble Deck. Wobble offers variable target flight paths rather than standard trap shooting because the trap machine oscillates up and down as well as side to side. You can also test your shotgun skills with a game of skeet.

A pistol and rifle ranges are also featured at Vernon National. The pistol range is an indoor/outdoor range. There is a well ventilated, heated and lighted indoor shooting area that can be used year 'round. The 600-yard rifle range is adequate for target shooting and sighting in rifles of almost any caliber.

Vernon National Shooting Preserve offers pheasant hunting as

VERNON 11



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VERNON from 10

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bership hunts, public hunts, handicap hunts, corporate outings, tower shoots, and a hunt that is as wild as it gets.

Bring the whole family for an unforgettable time in the fields of Vernon National. Bring your new pup or your

seasoned hunting dog to help you find those birds or book one of the many great guides the preserve has to offer. Public hunts are available Tuesday through Sunday during our pheasant hunting season. Hunts are 3 hours for morning or afternoon. Call to book your hunt, the earlier the better. All hunters need to abide by their rules at all times.

Vernon National's goal is to provide you with an outstanding experience and VNSP has the desire and ability to customize a hunt to your needs. There are spectacular fields and open cropland habitat which allows excellent visual reference for training a young pup, as well as secluded areas where distractions are minimal. They plant fields of grain, corn, perennial switch grass and reed canary

VERNON 12



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VERNON from 10

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Vernon National releases approximately 3,000 pheasants a year. Vernon National is hunting sport with a dog at its finest. The fields are stocked for each hunt and also maintained by stocking 100+ birds and 100 quail a week for their members.

VERNON 13

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VERNON from 12

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Vernon National Shooting Preserve is centrally located only miles from Turning Stone Casino and Vernon Downs. They are minutes from Cazenovia, Hamilton, Clinton, Rome, and the Valley and easily accessible from the NYS thruway. This means that anywhere in Central New York you are a quick trip away from

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Bowen's Power Sports is family-owned, service-oriented shop whose first goal is your complete satisfaction. If they don't have a part or the machine that you want, John Bowen, his wife, Mary Lydia, or their son Paul will get it for you. Making sure that customers are satisfied is a priority at Bowen's. If they need to stay late to make sure your machine is serviced or if they have to come in



on Sunday for an emergency, then they will. They have a refreshingly simple business model; they treat you the way that they would like to be treated.

Bowen's has one of the largest helmet selections in the Valley. With that large selection, they can outfit you with comfort and design. You'll look good and be safe while you ride. Their helmets include the highest technology available and are designed for incredible vision and comfort in even the harshest conditions. They



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carry the popular brands. Some helmets even "plug in" for heat and to defrost on the visors.

With your head safely ensconced in a new helmet you'll need your coat and gloves to match. Bowen's selection of shirts, sweat-shirts and hoodies, fleeces, and coats will let you look like a fashion plate while you're out on the trails. They have hats and balaclavas and goggles that will compliment your riding gear.

With their selection of boots Bowen's will be able to keep your tootsies toasty. Some of their boots are rated to -45 degrees. Mary Lydia said, "Staying warm is the name of the game. If you can stay warm longer then you can ride longer and that means you can have fun longer." Bowen's and their selection of gear can keep you warm during snowmobile season.

After you've matched your helmet, jacket, gloves, and boots to your sled it is time to trick out your snowmobile. Bowen's has all the newest accessories for your machine and the knowledge to assist you in picking the right add-on. They can even help you with

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BOWEN'S from 14

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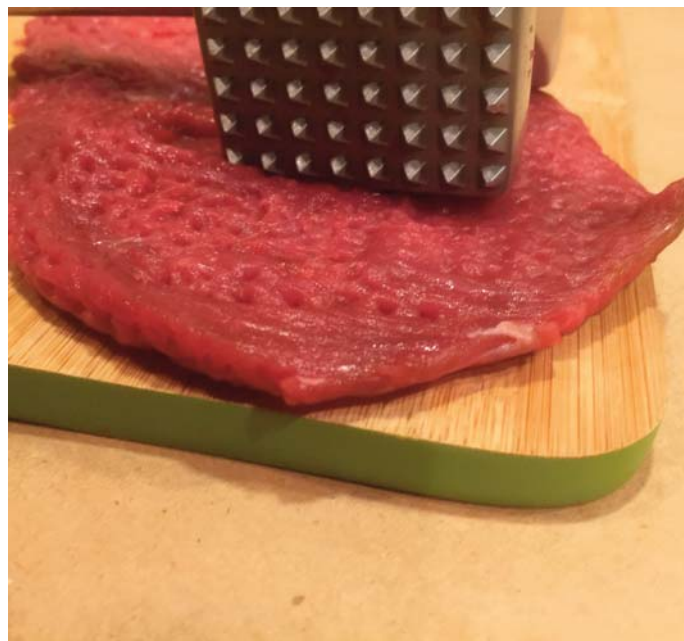
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The Reluctant Outdoorsman – Cube Steak

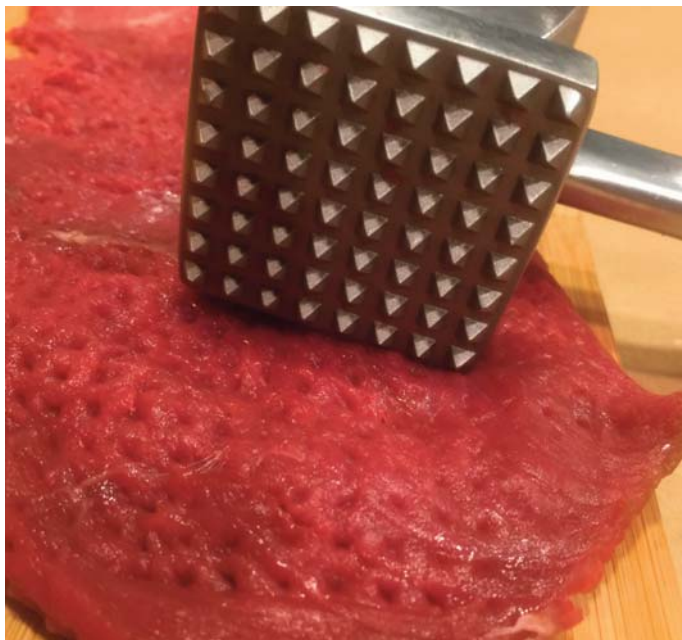
by Al Dorantes

As a reluctant outdoorsman I'll be honest and say that I have not been successful during deer hunting season. I went once. It was cold and I had to get up way too early to not see any deer. With that said, to get my venison fix, I have to rely on the generosity of family and friends who are more patient and earlier risers than myself. When you get your venison second hand, you're generally not going to get the best cuts. Those succulent, coveted back straps or tenderloins are generally reserved for the hunters themselves. If you're lucky you'll get some steaks or roasts. Beggars can't be choosers so, for non-hunters, even stew meat will do.

Sometimes you get a package and it's not labeled. It's just venison.



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RELUCTANT 17



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RELUCTANT from 16

There's only so much stew a man can eat. There are only so many crockpot recipes. One of my favorite things to do with some of the tougher or less desirable cuts is to turn them into cube steaks.

When you were a kid the term cube steak conjured up visuals of square cows but what it really refers to is a piece of meat that has been tenderized either with a mallet or a tenderizing machine. The term comes from the cube shaped marks left on the meat after being bludgeoned with the mallet.

Cubing a steak is a pretty simple process. Use a meat mallet to tenderize a piece of meat, use a hand cranked machine, or if you really enjoy cube steak, run your meat through an electric cuber. The results are the same; a tender piece of meat that will cook quickly.

After you have thoroughly tenderized your venison and created your cube steak, here is one of my favorite recipes:

Ingredients

1½ cups, plus 2 tablespoons all-purpose flour

½ teaspoon freshly ground black pepper

8 (4-ounce) venison cube steaks (substitute beef if unlucky during hunting season)

2 packages of your favorite ranch salad dressing mix

1 egg — lightly beaten

3 cups buttermilk

oil for frying

1½ teaspoons salt

Combine 1 package of salad dressing mix with flour and pepper to taste and place in a pie pan. This is your dry dredge mix. Next, combine 1 package of salad dressing mix, 1 lightly beaten egg, and 2 cups buttermilk. This is your wet dredge mix. Soak steaks in this mixture. One at a time, remove steaks from the wet mix, toss in the flour mix. Make sure to shake off excess flour and dip again in the buttermilk mixture, return to flour mix and toss. Repeat for remaining steaks.

Heat ½ inch of oil in a large cast iron skillet to 350 degrees. Place 2 steaks in the pan to cook for about 4 minutes per side or until golden brown. Drain on a paper towel.

RELUCTANT 18



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VENISON IN - CUBE STEAKS OUT

RELUCTANT from 17

For the gravy, combine 2 tablespoons of flour in the pan drippings, scraping the bottom with a wooden spoon or spatula. You can add additional ranch at this time. Salt and pepper to taste. Reduce heat to medium while stirring frequently until the flour is medium brown in color and bubbly. Add 1 cup buttermilk. Bring to a simmer, stirring well. The sauce should thicken into a nice creamy gravy.

Serve over mashed potatoes with the gravy. Repeat frequently or until you run out of venison. ■



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Adirondack Knife Works

Adirondack Knife Works is located at 227 Thumb Road in Saint Johnsville, New York. In his workshop, Dave Gray is fabricating custom knives that are beautiful, functional, and built to last.

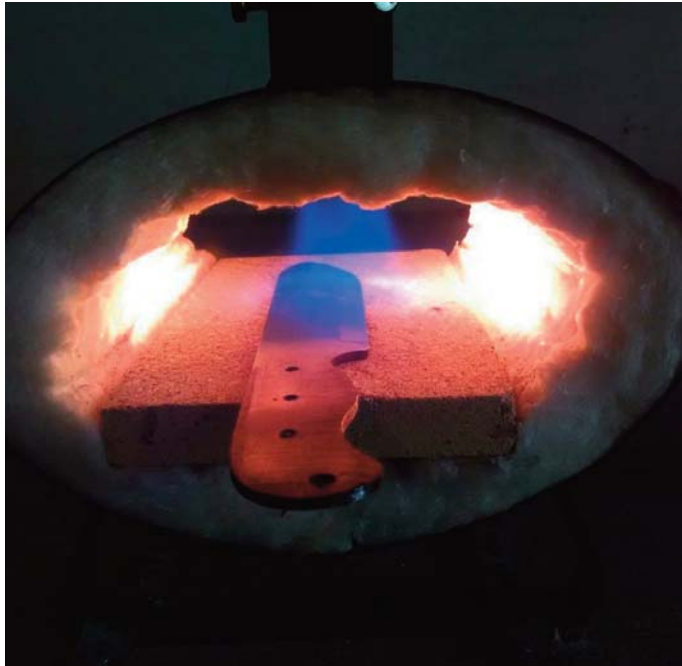
Gray explained that he first got into making knives because his wife, Brandi, yelled at him for buying too many knives. After some time in his shop he built his first knife, a blade he calls, "the Reaper."

Making custom, handmade knives has Gray designing and building for about four hours a day, Monday through Friday evenings and Saturday 9 am to 1 pm in his workshop. An Adirondack Knife Works blade starts with an idea. That idea gets transferred to paper in the form of a line drawing. Next a

template is made. Once the pattern is cut from 1095 high carbon steel, Gray said, "Then fun begins." His personal touch and creativity shows when he forms the knife with his grinder and hand files. The hunting and survival knives feature handles made of Micarta, Diamond Wood, Kirinite, G10, oak, or maple.

Some people will ask, "Why does a custom knife cost so much?"

ADIRONDACK 20



A CUSTOM BLADE IN ADIRONDACK KNIFE WORKS' FORGE

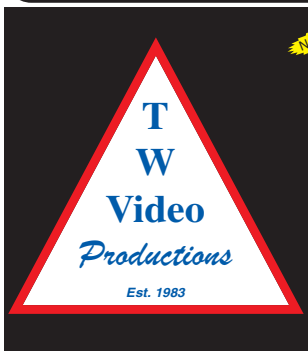


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How I Overcome My Fear of Falling

by Lisa Lauritsen

Falling is a crucial skill. There are step-by-step methods with illustrations on-line; courses you can take to fall safely from a tight rope, a moving car, a burning building, or any number of ordinary, seemingly harmless places, like your stairs at home, or your bed. The more I studied effective ways to preserve my body during a fall the more vulnerable I became to every day risks. And why should I care except that injury might prevent me from doing what I love, which at the moment, is trail running.

I had been running just a season; a mild sun smothered summer, and kept my meandering to different segments of the bike trail from Herkimer to Canajoharie. I wasn't running far or fast on those languid summer days but the process brought me peace of mind I'd never known before. I wanted to prolong the contentment. The more I pushed myself while running the easier the rest of my life became. I slept more deeply. Instead of resisting or fighting perceived obstacles in my life I began to see and accept them. Summer chilled to Fall and cooler temps kept me out longer and I picked up my pace. I left the bike trail and set out for new endeavors that didn't necessarily require me to get in a car first. I found that by winter it didn't seem to matter where I ran the world was constantly renewing itself and I was clumsily making

sense of where to safely place my feet. I did not want to lose the ability to do this thing that brings me so much joy.

There were lots of moments where I came close to falling and in mere seconds would contort myself into shapes that would make a break dancer blush. Acute fear would stop my heart. I couldn't risk an injury that would keep me from running, but running got more dangerous each time I did it. I felt invincible and powerful. I was stronger than ever. I could run through fatigue and boredom, but the euphoric high I felt and the connectedness to the elements shattered when a sheet of ice thin and innocent as bread caused my first real descent. I was running full speed downhill and as a result formed the perfect forward lunge. My gaze at first, honed in the direction I wanted to go, until it fell to acknowledge the slip beneath my feet. Fear poisoned my muscles and every limb of me tensed. My hands and arms reached forward to grab on, hang on, protect any part of me that might be salvageable once this slow-motion crisis finally came to an end. Finally, I hit gravel and slid the rest of the way down the duration of the hill on my already skinned palms leaving threads of blood in the otherwise uncharted snow. I got up from the chaos and uncertainty, cursed the universe for being such a disloyal friend and ran four-miles

How 21

ADIRONDACK from 19

Gray explained, "It's all about time; you're paying for somebody to pay attention to all the details."

Details like blade length, the angles, the bevels, what the handles are made of, and the over-all feel of the knife are all on the Adirondack Knife Works checklist. When you commission a custom knife, Dave Gray pays meticulous attention to those details for you. He is always learning and experimenting. He added, "If I can't do it by machine then I'll do it by hand." It's that craftsmanship that makes an Adirondack Knife Works' knife a blade that you can count on.

Dave has taken survival and preparedness to heart with his new fire starter product, called "Hell Fire." The waterproof survival tool provides an 8-minute burn time with flame from a single Hell Fire puck. Hell Fire is available in screw top tins with 6-pucks for \$6. Pick up a tin and be ready for fire with a sim-

ple spark.

Whether it's a hunting knife or an every-day-carry Dave Gray and his Adirondack Knife Works will keep you on the cutting edge. For more information, follow them on Facebook: Adirondack Knife Works or call: (518) 669-0005. ■

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Off the Beaten Path - Dare to Venture

Off the Beaten Path is an authentic, educational outdoor television show highlighting the enjoyment of being in the outdoors. And, it's local.

The show is helmed by 2 local guys; Ian Brucker and Frank Spartano. Off the Beaten Path focuses mainly on hunting in the northeast. They try to shoot three quarters of their footage based in the northeast but feature other locals too, including; Colorado, Wyoming, Canada, and more.

Much of the show is devoted to bow hunting but the OTBP crew gun hunts as well. Sponsored by local sponsors and some national sponsors, there are about 8 members of the team that film. Everybody has their own cameras and film as they hunt. They do all the production in house. Everything they are filming currently is going to be used in their upcoming season 3. Show host Ian Brucker said, "We show local deer hunting under the same conditions that viewers experience."

Holland Patent's Ian Brucker has been an outdoorsman since his grandfather taught him to fish in the wilds of the Adirondacks. His passion for the outdoors grew the older he got. He picked up a bow at age 12 and took down his first deer with it 3 years later. In 1999 he opened the Archery division at Lillie's Agway and Archery Shop. Since then he has been fortunate to pursue game from the Boreal forest of Canada to Rocky Mountains of Wyoming. Brucker is a bowhunter safety educator in New York and he combines that with a vast hunting industry knowledge to share new tips and techniques on Off the Beaten Path.

Frank Spartano, from the Marcy/Deerfield area, has been fishing since he was 10 years old. For the past 13 years Frank, has been filming his outdoor excursions. A father now, he's trying to pass on the knowledge to his children as well as viewers who tune in to Off the Beaten Path.

In 2017, Off the Beaten Path will air on Gen 7 Outdoors, a free Roku Channel with Live and On Demand outdoor program-

OFF 23



OFF THE BEATEN PATH



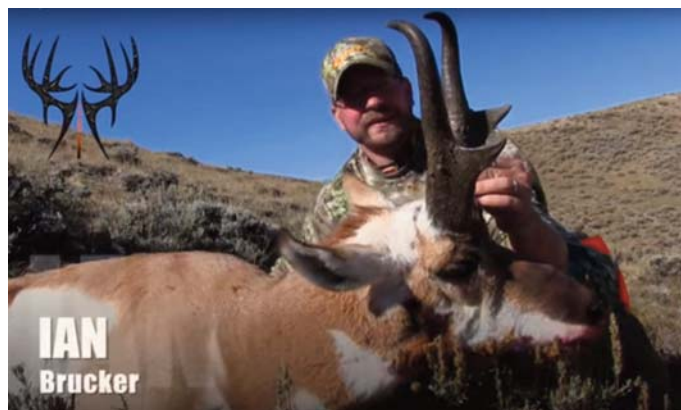
OFF from 23

ming featuring hunting, fishing, shooting, and outdoor TV Shows. Season 3 will air locally on WUTR ABC channel 20 on Sundays at 7 am and WFXV Fox channel 68 in Syracuse on Sundays from 8:30 am. Tune in for a half hour of outdoor adventure. The com-



plete Season 1 is available on their website and will soon be joined by season 2. For more information, go to: www.offtbpmedia.com or follow them on Facebook: Off the Beaten Path media.

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