Mohawk Valley

November 10, 2018

Country Editor

Delivered Weekly

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518-673-3237

As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. ~ 1 Peter 4:10

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Church Directory

Ames - Sprout Brook **UMC**

613 Latimer Hill Rd. Ames, NY 13317 518-673-3495

Pastor Jan Markle Sunday Service 9:30am

Bethesda Fellowship

34 S. Division St. St. Johnsville, NY 13452 518-568-2678

Summer Schedule

Sunday Worship 10:00am Wed. Worship and Prayer 6:00pm

Cherry Valley Assembly of God

37 Alden St., Cherry Valley, 607-264-3306 Pastor David Carpenter, Jr.

Sundays 9:30am

Christian Church of Charleston Four Corners 1380 E. Lykers Rd., Sprakers

518-922-9088 Pastor Brett Popp

day School (adult & children) 10am Worship 11am, Sunday Eve. Prayer 6:30pm, rs. Eve. of Encouragement 6:30pm

Church of Christ Uniting

PO Box 896 Richfield Springs, NY 13439 Rev. Mark Ioset

315-858-1553 Service: Sunday 9:15am Church School: Sunday 10:30a

Church of the Nazarene 3316 State Route 29 W

Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11:00an Sunday School for All Ages 10:00an

Community Bible Church

Corner of Cliff & Walnut Streets Canajoharie, NY 13317 (518) 993-1016

Pastor Wally Braemer God is Good All the Time & All the Time God is Good

Cornerstone Baptist Church

7274 St. Hwy. 10, Ames

518-673-3405 Sunday School 10am, Adults & Children Morning Worship 11am, Youth Ministry 5:45pm, Evening Worship 6pm, Wed. Bible Study & Prayer Meeting 7pm, Awana Club 6:15-8:15pm

Currytown Reformed Church 829 St. Hwy. 162, Sprakers 518-922-8422

Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15am Worship Service 10:00am

Dolgeville **Christian Fellowship** 3 Elm St., Dolgeville, NY 13329

315-429-9142

Dr. Marvin Isum, Pastor Worship Sunday 10:30am Midweek Fellowship Tuesday 7pm www.dolgevillechristianfellowship.org

Dolgeville United Methodist Church

N. Helmer Ave., Dolgeville Rev. Jack Ford
315-429-7381
Worship 11:00am
Sunday School @ 9:30am beginning
September 18th
Bible Study - Wednesdays @ 12:30pm

Emmanuel
Episcopal Church
588-594 Albany St., Little Falls, NY
315-823-1323
Sunday Mass 10am
Coffee Hour following Sunday Mass
Sunday School & Youth Group
Tuesday 10am Mass & Bible Study
Friday 10am-2pm Thrift Shop

Ephratah Reformed Church

140 Co. Hwy. 140, Ephratah, NY live and share Jesus Christ both locally and global Pastor Jeff Hindrliter
Sunday School for all ages Sunday School for all ages 10am September-June Sunday Morning Worship 11am Prayer & Praise Thursdays 7pm

Episcopal Church of the Good Shepherd 26 Moyer St., Canajoharie

518-673-3440 The Rev. Virginia L Ogden, Rector churchgood@frontier.con

Everlasting Joy Believers Fellowship

66 Hancock St., (Rte. 5S) Fort Plain, NY 13339 315-858-2112

Pastor Carolee Cove

Faith, Hope and Love

Church
Rev. David W. Bowley, Pastor
Saturdays, 5 pm
athe
United Methodist Church Lower Level
50 E. Main St, Canajoharie
call 518-673-5128 or see facebook "Faith,
Hope and Love Christian Church" and our
website http://faithhopeandlovechurch.com

First Baptist Church Springfield Center, NY

Rev. - Gary Tyler
Sunday School 10:00am
Morning Worship 11:00am
Sunday night Worship 6:00pm
Wed. night Bible Study 7:00pm
Free meal & music every
2nd Sat. of the month 4-7pm

Fonda Fultonville **United Methodist Church**

11 Montgomery St., Fultonville Pastor Nancy Pullen • 853-3311 Sunday Morning Worship 9:15-10:15, Sunday School 9:15-10:30, Coffee Fellowship Following Service Our Mission-To Actively Follow Christ and To Inspire Others To Accompany Us

Fordsbush Bible Church 131 Clark Rd., Fort Plain 518-568-7606

Pastor Joe Miller

Sunday School 10am, Morning Service 11am, Eve. Service 6pm, Wed. Service 6:45pm, Thurs. Visitation 6pm www.fordsbushbiblechurch.com

Fort Plain United **Methodist Church** 39 Center St., Fort Plain Audie Miller,

Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464

ALL WELCOME, Worship Service 11an

Freysbush United Methodist Church

Freysbush Rd., Fort Plain 518-842-1357 Rev. Cindy Leonard, Officiating

Worship 9am, nday School 10am ALL ARE WELCOME coffee hour to follow service

Fultonville Reformed Church

Corner of 5S & 30 Pastor Jane Hubschmitt

Sunday School 10AM Family Worship 10:30AM

Glen Reformed Church

State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville

glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School nmediately following Children's Message

Grace Christian Church

20 Center St., St. Johnsville, NY 13452 Rev. Harry J. Teuchert 315-866-8626

Sunday School 9:30am Worship 11:00am

Grace Episcopal Church 24 Montgomery St., Cherry Valley

315-585-4016 Kyle Grennen, Rector Sunday School 11:00am Holy Communion/sermon 11:00am

Active Youth Group - call for detail **Grandview Baptist Church**

15 Washington St., Fort Plain 518-993-9929

Pastor Dan West

Sunday School 10am Morning Service 11am Bible Study & Prayer Meeting Wednesday 6:30pm

Holy Family Parish

Little Falls, NY 315-823-3410 Saturday 4pm Sunday 10:30am

Joy Fellowship

296 Co. Hwy. 119 St. Johnsville, NY 13452 518-568-3217

William Hayes Pastor Joyce Loughran Assistant Pastor Sunday School 9am, Morning Worship 9:30an Wednesday Evening Worship 6:30pm

Lassellseville United **Methodist Church**

State Hwy. 29

Pastor Robert A. Lindsay Worship: Sunday 9:30am Sunday School to start soon

Lighthouse Baptist Church 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114

315-429-8854

Pastor Martin Smith Sunday Morning Worship 10:30am; Wec Eve. Prayer Meeting 6:00pm; 2nd & 4th Sunday Dinner following Morning Servic with Afternoon Service following dinner "Old-Fashioned Bible Preaching"

Marshville **Evangelical Church**

Route 10 South

Rev. David Bowley

Worship Sunday 9am

National Kateri Tekakwitha Shrine and Indian Museum

3636 St. Hwy. 5, PO Box 627 Fonda, NY 12068-0627

518-853-3646 lasses: Sat. 4:30pm, Sun. 10:30ar terishrine.com www.katerishrine.com

New Hope Christian Fellowship

32 Spencer St., Dolgeville, NY 13329 Pastor Pat Andreoli 315-429-3630

Sunday School 9:30AM Worship Service 10:30AM

Oppenheim United Methodist Church

Route 29 Rev. Jack Ford 315-429-7381

Worship 9:30 Sundays,
Totally Awesome God-TAG time 6:30pm
Wednesdays beginning in Oct., Sunday
School 9:00am beginning September 18th

Our Lady of Hope R.C. Church

115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4pm; Sunday, 8:30am & 11am; Confessions: Sat. 3 & by appointment lease call parish office for Holy Day schedule

Paines Hollow United Methodist Church

Intersection of 167 & 168, Paines Hollow Pastor Peg Donaghy 518-568-7604 Sunday Worship 9:30AM Fellowship Hour to Follow

Randall Christian Community Church

NY Rte. 5S Sunday Service 10:30am Worship Leader Darlene Spaulding

Reformed Church of Canajoharie

15-19 Front St., Canajoharie 518-673-2816 Rev. Matt Draffen

Sunday 9am Christian Education 9:20 Choir Practice 10am Worship Nursery provided Fellowship hour follows worship

Reformed Church of Fort Plain

165 Canal St., Fort Plain, NY 13339 518-993-4302 • fortplainrca@yahoo.com Rev. Nancy E. Ryan

Worship 10:30am, AA meetings Mon. & Tues. 7pm, cond Thurs. Prayerspace 6am to 6p

Reformed Church of Sprakers

112 Sprakers Hill Rd Rev. Nancy Ryan Worship ~ 9AM All Welcome!!

Richfield Springs

Bible Church
19 Church St
Richfield Springs, NY 13439
Rev. David Tosi
315-858-0564

315-858-0564 Sunday School (all ages) 10am Worship Service 11am & 7pm Wednesday - Prayer & Praise I for info on various Youth Minis' ww.richfieldspringsbiblechurch.o

River of Jubilee Church

057 State Highway 5 Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10:00am Children's Church Available Other Learning Opportunities Avail Visit us on Facebook

Sacred Heart Catholic Church

111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4:00pm

Saint Cecilia Church

26 Broadway, Fonda 518-853-4195

Sunday Worship 9:00am

Salisbury Center United Methodist Church

2545 St Rt 29, PO Box 104 Salisbury Center, NY 13454 315-429-9085 Rev. Lynn R. Lockwood

Seeker's Fellowship

14 Park Place St. Johnsville, NY 13452 518-568-7700

Pastor Mike Yezierski

unday Worship 6pm, Tues. Prayer 7pr Bible Study 7pm (Wed., Thurs. & Fri,) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.

St. John's Lutheran Church

774 St. Hwy. 163, Fort Plain, NY 518-705-7552

Rev. David A. Johnson, Ph.D. Sunday Worship 9:00am, Sunday School 10:00ar Ladies Aid W.E.L.C.A. *Handicapped Accessible*

St. John's **Reformed Church**

68 W. Main St., St. Johnsville 518-568-7396

Faithfully Following Jesus Christ Sunday Worship 10:30am

St. John's & St. Mark's **Lutheran Church**

143 Church St., Canajoharie 518-673-2224

Pastor Zach Labagh Sunday Worship 11am Christian Ed. 9:45am stjstm@frontiernet.ne

St. Johnsville

Methodist Church 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones

518-568-7983 • 315-866-8626

St. Joseph's Roman Catholic Church

31 North Helmer Ave., Dolgeville 315-429-8338 Sunday Mass is 8:30am

St. Mary's

Episcopal Church 7690 Rt. 80, Springfield Center 315-858-4016

Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30am Coffee - Fellowship follows service Holy Days - as announced

St. Paul's Lutheran Church 36 Lydius St., Fort Plain, NY 13339

518-993-2040 Pastor Jonathan Litzner 405-250-8395

Sunday School 9:45-10:45am Bible Study & Coffee Hour Sunday 10-10:45am Church Service 11am

St. Paul's Lutheran Church

St. Johnsville, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30am, Tues. Bible Bungee-Jumping 7pm, ble Study" that actually makes sense rrant, Welcoming Community of Faith & Vis

St. Paul's **Universalist Church**

565 Albany St., Little Falls 315-823-2284 Service Sunday 10am
Coffee hour following service.
Our Church is a home to inquisitive spiritual free thinkers with diverse

religious beliefs. All are welcome.

8:30am & 11am **Stratford United Methodist Church** Route 29A

St. Thomas the Apostle

Catholic Community

1 Church St., Cherry Valley

607-264-3779

Masses Sunday

315-429-9085 Rev. Lynn R. Lockwood Worship 9am

The Christian Church

of Rural Grove
170 Rural Grove Ad., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45am, Morning Service 11am, Eve. Service 6pm Wed.-Family Night 7pm, "Where Bible Teaching is Fundamental

The Holy Spirit Polish National Catholic Church

618 E. Gansvoort St. Little Falls, NY 315-823-0793 Father Rafal Dadello

s at 11am on Sunday www.holy spiritpncc.org

The House of Zion, Inc. 580 Dillenbeck Road, Palatine Bridge 518-577-3069

Pastors Richard & Denise Allen Saturday Morning Worship Service 11:30am Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3pm-4pm

The Time for **Truth Ministries**

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Cell 518-774-8558

Trinity Lutheran Church 5430 St. Hwy. 10, Palatine Bridge 518-673-2224

Rev. Zach Labagh
unday Worship 9am, Sunday School 10am
(No services in July, meet at St. John's St.
Mark's Lutheran Church in Canajoharie).
Communion on the first & third Sundays

United Methodist Church of Canajoharie

50 E. Main St. 50 E. Marin St. 518-673-2717 esus says - "Come Unto Me" Join us Special Music Ministry, Beautiful Surroundings, Friendly People Sunday Service 10:30am - Email: umc673@frontiernet.net ommunion Last Sunday of the Mont

Valley Alliance Church

85 E. Main St., Nelliston 518-993-3458 Pastor Dave Prahst

Sunday School (all ages) 9:15am, Sunday Worship 10:30am, Wed. Praise & Prayer 7pm, Fri. Youth Group 7pm (7-12th grade

Victorious Life Church **RMI Fellowship** 104 Main St. & 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9am, Morning Worship 10:30ar Youth Group 5pm, Evening Worship 7-8pm

To Place or Update **Church Listings** Call 518-673-0129 or email

jsnyder@leepub.com

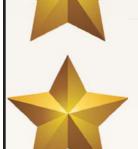
We Salute Those Who Served











n Veterans Day, we salute the American veterans and active-duty military whose courage and dedication have protected our freedom and our way of life for generations. We recognize their service and their sacrifice, their selflessness and bravery, their hard work and their faith. Please join us in celebrating the men and women of our military, past and present, this Veterans Day. Proudly fly your flag, thank a veteran and show your support for those who continue to serve today.

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Longhorn Trucking

6605 State Hwy 5, Nelliston **518-993-3480**

The Tire Shop

155 Erie Blvd., Canajoharie **518-673-5399**

Dutchtown Ace Hardware

6133 St. Hwy. 5, Palatine Bridge **518-673-8200**

The Shults Insurance Agency

3 Canal St., Fort Plain **518-993-2387**

M.W. Roosevelt & Son

210 Erie Blvd., Canajoharie **518-673-3214**

Graphic Design & Print Services at Lee Publications

6113 St. Hwy. 5, Palatine Bridge **518-673-3237**

Lee Shops at Wagner Square 24 Church St., Canajoharie

518-673-0292

W. Davis Agency 2 East Main St., St. Johnsville

518-568-2576

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205 Erie Blvd., Canajoharie **518-673-3993**

5S Diner 12 Hancock St., Fort Plain **518-993-5306**

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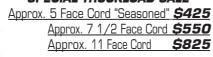
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PUBLIC AUCTION

Sat., Nov. 10th, 2018 • 10:00AM

4858 St. Rte. 145, Cobleskill, NY 12043

Motorcycle - Ferris Lawnmower Shop Equip. - Household

Yamaha Star motorcycle; Ferris self propelled lawnmower, like new, 185 hrs., model IS1599 big block; 2 sm. trailers, landscapers; Wenonah 16' canoe, like new; Louisville extension ladder; Stihl rototiller; Husky rototiller; 30' electric start snowblower; Stihl weedeater.

Antiques & Furniture: Singer 4 drawer sewing machine, like new; end tables; coffee table; chairs; table chair set; flat screen TV, like new; 3 Harvard backs; approx. 75 pcs Harvard Civil War black & white art work; 2 dressers; chest of drawers; antique rocker; wooden antique pullys; lamps, stackable quarter sawn

Shop Tools: Sm. vise, sawhorses, misc. hand tools, Craftsman cut-off saw; misc. gas cans; misc. toolboxes; Husky tool chest; hand planes; approx. 20 pcs. 4 quarter cherry lumber; Dewalt radial arm saw with stand, like new.



518-921-2016 Auction Zip # 18971

Auction Held for Gordon Hage

Food Available

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

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock

Monday, Oct. 29th - Sold 339 head. Cull Ave. \$.40 Top Cow \$.65, Bulls/Steers \$.35-\$.70, Bull calves top \$.80, beef calf top \$1.25, heifer calf top \$.50, top beef calf \$1.75, Dairy feeders \$.17 - \$.69, Feeder heifers \$.37 - \$1.20, Feeder bulls \$.20 - \$1.20, Feeder Steers \$.15 - \$1.29.

Friday, Nov. 9th - Sale held at the sale barn 11:00AM. Wisbee Farm Complete Registered Holstein Milking Herd & Bred Heifer Dispersal. 80 Head sell -55 Milking age in all stages of lactation, balance bred heifers. Having bred over 50 EX cows! One of New Yorks best kept secret!

Monday, Nov. 12th - Normal Monday Sale & Monthly Heifer Sale. Special: Johnson Farm, Greene Cty, NY. Complete Milking Herd Dispersal consisting of 40 Head the majority are Al sired Holsteins, 1 Brown Swiss, 3 Brown Swiss Crosses. This is a Seasonal Fall Freshening Herd from Sept. 15th - Nov. 15th . Freestall $\,$ housed and milked in a tiestall. DHI Herd Ave. 22.454 4.0 841 3.3 684, ave. 55#/day. SCC 150,000 -200,000. Having sold his herd 3 $\mbox{\em 1}{\!\!\!\!/}$ years ago these are the heifers that are freshening in this time – a young fancy herd! Special: Nice group of 19 Holstein Heifers from one farm 6 bred, 9 breeding age & 4 ylgs - all Al sired & Bred.

Monday, Nov. 19th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig

Monday, Nov. 26th - Normal Monday Sale & Monthly Organic Day

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

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How to cook for people with various dietary needs

Breaking bread with friends and family is the perfect recipe for a fun day or evening. However, even the most experienced party hosts may struggle with ways to cater to their guests' various dietary restrictions.

According to Food Allergy Research & Education organization, as many as 15 million Americans have food allergies. Research by a team of allergists at the McGill University Health Centre found that 7.5 percent of Canadians report having at least one food allergy.

In addition to food allergies, hosts also must consider diets, food sensitivities, religious preferences and lifestyle choices (i.e., vegetarianism or veganism) when planning dinner party menus. So what is the accommodating host or hostess to do? Etiquette experts say that while it is important to keep guests' preferences in mind, it is impossible to accommodate everyone. But hosts can take certain steps when planning a menu that might make it easier to cater to an array of eaters.

Though nobody can go back and make a new beginning... Anyone can start over and make a new ending.

Chico Xavier

KING'S

Sat., November 10th Consignment Auction ~ 6:33PM Sun., November 11th Breeder Sale ~ 11:33AM Fri., November 16th Christmas Auction ~ 6:33PM Sat., November 17th Consignment Auction ~ 6:33PM Sat., November 24th Consignment Auction ~ 6:33PM

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• Host a buffet or family-style meal. Buffets and family-style services provide plenty of options for guests to enjoy. Think about offering at least one item from all of the food groups, including vegetables that will fit the bill for vegetarians, vegans and those who may be avoiding grains.

• Keep some trendy foods on hand. Consider current dietary trends and how likely your guests are to follow them. For example, investigate a few gluten-free options and some foods that are low in carbohydrates. Opt for quinoa or couscous as an alternative to white rice. A hummus dip is a nice change from a dairybased dressing for those who may need to avoid dairy products. Replace iceberg or romaine lettuce with baby spinach and arugula.

• Stick to simple recipes. The more ingredients in each dish, the more explaining you will have to do to guests who might be watching what they eat. Herb-crusted grilled chicken, roasted colorful vegetables in a ratatouille, a bean salad, and a threecheese gourmet mac-andcheese are some simple crowd-pleasers.

• Offer a signature dish. In addition to "safe" menu items, showcase something you enjoy and like to prepare. After all, you should be able to enjoy the foods you love as well.

Some guests may come with food in hand. Graciously accept their additions and give credit where credit is due. You can even encourage those with especially strict diets to bring their own foods to ensure they don't go hungry.

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Tractor, Husqvarna YTH 20V42 Lawn Tractor, Cud Cadet GT 2100 Lawn Tractor, Cub Cadet GT 1554 Lawn Tractor and 10 other Iractor, Husqvarna Y IH 2042 Lawn Iractor, Cuo Cadet GI 2100 Lawn Iractor, Cuo Cadet GI 1554 Lawn Iractor and Io other Lawn Tractors, Walk Behind Snow Blowers, Push Lawn Mowers, Coins, Proof Sets, Large Cast Iron Kettle/Cauldon, 20 Gallon Crock Arkon OH, New Air Compressor, New Tools, Tool Boxes, Electric Cords, New Thermometers, New Work Gloves, Globe Electric Meat Slicer, Small 7 x 8 Trailer, 10' Enclosed Box Trailer, Hand Tools, Sledge Hammers, Digging Irons, and 100's of other good items. Wanted for Consignments....Contractor Tool, Mason Tools, Shop Tools, Snowblowers and more.....

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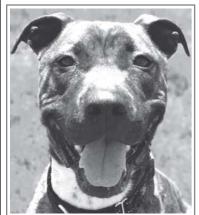
Food and Grocery Auction Friday Night November 9th at 6:00pm

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BOGGER - 3 year old male Pit Bull. Sweet, loves people and has lived with kids.



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TROY - 8 year old male Dutch Shepherd mix. Good with some dogs. Best with older kids.



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Fancy - 12 year old spayed female DSH girl who loves other animals and people. She is diabetic and requires insulin 2 times a day



Nova - Is a 2 year old spayed female pitty mix. She weighs about 40 pounds. Nova is great with other dogs, loves people and kids and is okay with cats! Nova rides good in th ecar and loves to play ball!!



Boris - 8 to 10 year old neutered male pit bull. Quiet home, older kids, dog selective



Elise - Is a 2 to 4 year old spayed female DSH. She loves people an is okay with dogs. But she would do best in a home as the only cat.





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Pre-Thanksgiving fundraiser scheduled

The Church of Christ Uniting in Richfield Springs will be holding a luncheon, bake sale and craft corner on Saturday, Nov. 17, 9 a.m. – 2 p.m.

The luncheon, held between the hours of 11 a.m. and 1 p.m. only, will include a choice of either homemade broccoli and cheese or beef barley soup as well as a choice of chicken, ham or egg salad sandwich. The menu also includes baked beans, chips, beverage and

homemade dessert. Donations will be gladly accepted and appreciated

The bake sale, held from 9 a.m. to 2 p.m. will include a variety of pies, breads, cookies, homemade confections, hot fudge sauce and other items which are sure to complement your upcoming Thanksgiving (or holiday) dinner.

The craft corner will be located in the Winter Chapel and will consist of select artisans from the area offering a variety of handcrafted items for holiday giving, special occasions — or just to fulfill the shopper's "wanted" list.

The Church of Christ Uniting is located at 22 Church Street (red church), Richfield Springs. Visit our website at www.rschurchofchristuniting.com, find us on Facebook, or call Carol Simpson, Guild President, at 315.868.0319 for more information about this event

Antique 1800's Books, Ledgers, Bottles, Decorated Crocks & Jugs, Keys/Locks, Paintings, Glass Negatives/Photographs, Dolls, Tools, Lamps, Quilts, Marbles, Postcards. Hunting & Fishing. Victorian Jewelry & Watches, Buttons/Sewing, Clothing. Primitive Buckets, Barrels, Bowls, Kitchen. VINTAGE Pre-1975 Halloween, Christmas, Vending/Gumball Machines, Greeting Cards, Scrapbooks, Jadeite, New Undergarments, Hats, Hankies, Doilies, Lionel Trains, Head Vases, Radios, Railroad Items, Knives, Lawn & Garden, Travel Brochures, Rock Albums, Church Pews, Zippo Lighters, Local Dairy Bottles. Advertising Mirrors, Signs & Crates, Coke, Pepsi, Gas/Oil. Civil War, WWI, WWII Badges & Helmets. FREE House Calls... CASH PAID!!! Showcase Antiques, Little Falls, 10-5pm,

WANTED TO BUY...

RESCHEDULED Christmas Auction – Friday November 16th at 6:33pm. Kings, Burrows Rd. West Winfield, NY 315-822-5221

315-823-1177

PACA GARDENS has Gift Certificates available in any amount. If you are not sure what to buy, you can't go wrong with a Gift Certificate. Everyone loves Alpaca clothing. Paca Gardens, 27 West Main St., Little Falls, NY 13365. 315-823-1100 M-F 10-5, Sat 10-4.

8 FOOT TABLES & folding chairs for rent. Canajoharie Volunteer Fire Department 518-673-3812

KEEP THE LEAVES & SNOW OFF YOUR PORCH! Use PALRUF Corrugated PVC – 26" x 8' or 26" x 12' clear panels. Easy to cut and easy to install. - C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

MAKING A SIGN, Outdoor wood decoration, or quilt block? Use MDO Sign Board – 1/2" x 4x8 or 3/4" x 4x8 sheets available at C. H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

SELF-INKING STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or e m a i I commercialprint@leepub.com

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CHECK YOUR AD. ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 518-673-0111

Attention Hikers! Paca Gardens has the ideal mid-calf sock for hikers. Cushioned from top to bottom for less fatigue. Many styles and colors to choose from. Alpaca is odor resistant and wicks away moisture better than any other natural fiber. We guarantee you will love them. Paca Gardens, 27 West Main St, Little Falls. 315-823-1100 M-F 10-5, Sat 10-4. Layaways available.

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

Nov 10

Nov 14

Craft and Vendor Fair. Johnstown Moose Family Center, 109 S.Comrie Ave., Johnstown. 10 a.m. - 3 p.m. Open to the public. Kitchen will be open serving lunch. Free raffles. In lieu of admission please bring a non-per-

Nov 12 and 29

ishable item for our local food pantry.

Diet Club. Arkell Center, 2 Lower Maple Ave., Canajoharie. Call 518.673.2112.

Palatine Bridge Literary Society meets with Mohawk Valley Womens Club. Arkell Center, 2 Lower Maple Ave., Canajoharie. Topic — Club Histories, join us.

Scots-Irish and the Old New York Frontier. Nov 13 18. 6:30 p.m. Enders House. Free. Contact Schoharie Crossing State Historic Site at 518.829.7516.

Nov 13, 20 and 27

NYS History Month Tuesday Talks Series. Schoharie Crossing State Historic Site, Fort Hunter. "The Mabee Farm: New Stories from Old Schenectady" Nov. 13. "Fulton County in Hollywood" Nov. 20. "Colonial Medicine" Nov. 27. For information, call the Visitor Center at 518.829.7516 or email SchoharieCrossing@parks.ny.gov, or visit our Facebook page.

Nov 13

Canajoharie/Pal Br Chamber of Commerce Meeting. 6 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Benedict Arnold at Saratoga: How a newly discovered letter changed history 6:30 p.m. Siena College, 515 Loudon Rd, Albany, NY. To register, please email to arrthudsonmohawkvalleys@gmail. com or by phone at 518.774.5669. Senior Citizens Pinochle Card Party. Nov 14 and 28 18. Arkell Center, 2 Lower Maple Ave., Canajoharie. Donation \$2, prizes and refreshments. Looking to sub, call Terry at 518.673.5635.

Knit/Crochet with Carol Balfe. 6 - 8 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a friend.

Nov 15

Senior Citizen Dinner. 4-6 p.m. Cherry Valley-Springfield Central School Cafeteria. Please call Laura Carson at 607.264.9332 ext. 501 if you plan to attend.

2018 Fall Lecture Series. Fort Plain Museum, 389 Canal Street, Fort Plain. Nov. 15 — The American Way of War from the Revolution to World War I by Edward G. Lengel. \$5 suggested donation.

Water Color with Shanna Becker. 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bring a friend. \$10 each.

Nov 16

Meals of Montgomery Thanksgiving Special. 1:30 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie.

Nov 17

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

Nov 18

Holiday Shopping Extravaganza. 1-4 p.m. Richfield Springs Community Center, 6 Ann Street, Richfield Springs. For more information

visit www.richfieldzone.org or call 315.858.3200.

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

Nov 20

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

Colonial Medicine. Nov 27 18. 6:30 p.m. Enders House. Free. Contact Schoharie Crossing State Historic Site at 518.829.7516.

Nov 27

Joint luncheon with Meals of Montgomery and Arkell Hall. 11:45 a.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Following at 12:30 p.m. — Gary Van Slyke "Over the River & Through the Woods".

Nov 30

Canajoharie Senior Citizens Club Meeting Nov 30 18. 1 p.m. Arkell Center, 2 Lower Maple Ave., Canajoharie. Bingo with our Senior Citizens Club. Bingo starts directly following the Senior Citizens Club meeting.

Dec 2

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

Dec 8

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

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Thurs 10-8; Fri 10-6; Sat 10-5; Sun 11-4

Chow Line:

Newly updated foodkeeper app helps reduce food waste

G: How do I know when an item of food is spoiled?

A: That really depends on the food item in question.

Food spoilage refers to a decrease in quality beyond what is acceptable to consumers, said Abby Snyder, an assistant professor and food safety field specialist in the College of Food, Agricultural,



and Environmental Sciences at The Ohio State University (CFAES).

Signs of food spoilage can include a change in color or texture. The food may also emit a foul odor or develop an unpleasant taste, according to the U.S. Department of Agriculture Food Safety and Inspection Service.

"The quality of food products often decreases over time," Snyder said, "and the point at which a food is considered 'spoiled' varies by product, how it has been processed and packaged, and storage conditions."

Food spoilage can occur more quickly in perishable foods depending on the impact of temperature, heat, humidity, light exposure, oxygen and the growth of microorganisms, all of which could cause a food item to be unpleasant to eat.

Microbial spoilage can occur more quickly when foods are exposed to unsuitable conditions, which can result in the growth of bacteria, molds and yeast.

"While these microorgan-

according to the USDA.

One way to prevent or lessen the chance of your food spoiling before you get a chance to eat it is to follow proper food storage methods. Storing foods properly can greatly impact their quality and safety over time.



isms may or may not be harmful, the waste products they produce when growing on or in food may be unpleasant to taste," For easy access to specific storage information, you can use the USDA Foodkeeper app. The app, which was just updated re-

cently to include 85 more food items, helps consumers know how to avoid food waste through its information on how to store foods for maximum quality and information on how long certain foods last.

The app includes tips on how to store more than 650 food and beverage items that are available in an online data feed. Each time a user opens the Foodkeeper app, it will check the data feed for updates on food safety issues. The app also provides guidance on how to store condiments and sauces.

The app offers storage timelines for each product if it is stored in the refrigerator, freezer or pantry and cooking information for several types of food. The storage of unopened and opened food packages is also addressed.

The app can also send reminder alerts to your smartphone when a food item you've listed may soon spoil and can alert you to food safety recalls. Users can access cooking tips, safe food handling information, and cooking temperatures for various types of meat, poultry and seafood products.

The app offers mobile accessibility and is available for Android and IOS devices. It can also be accessed online at Food-Safety.gov/FoodKeeper. The app provides information in English, Spanish and Portuguese.

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



Whatchamacallits -

Ah, yes, the railroad lantern. These illuminated devices were not used to provide a source of light to see with, but much like carriage lanterns, were intended more to transmit information in darkened areas.

There are five basic categories used to classify railroad lanterns. These are fixed globe lanterns, tall globe lanterns, short globe lanterns, conductors lanterns and inspectors lanterns. The one pictured would also be considered a switch lamp, which would be mounted to a railroad track switch and would use specific colors to indicate which position the switch was set to.

Much like road traffic signals today, different colored lenses in the lamps and lanterns would signify different motions to be made by train operators.

A white or clear lantern, usually held by hand rather than mounted, would be used by the train's brakeman to give out general information – certain swinging motions meant certain things. For example, holding the lamp above your head and moving it left to right meant to apply the brakes.

A **red lantern**, like a red traffic light, was the signal to stop. It could also be hung from the end of the caboose as a rear marker, just like the red taillights on a car.

A **blue lantern** meant that equipment was not to be moved. It would be hung on boxcars or engines that needed to be worked on

A **yellow lantern** marked "camp cars," which were railroad cars



that track repairmen or other train workers lived in when they were far from home. They would eat and sleep in these camp cars. Yellow lanterns could also used in the same manner as green lanterns, which would indicate the switches were properly aligned.

A **green lantern**, like a green traffic light, usually meant "Go!" but it could also mean "Proceed with caution."

The lantern pictured has just two colored lenses on it on opposite sides: a green one and a red one, which meant it could convey the most basic and necessary information. The development of these color-coded railroad lanterns transferred to the world of automobile transportation when traffic signals eventually came

Simple ways to make more time for family

For the majority of working professionals, finding quality time to spend with loved ones can be a delicate balancing act. But working parents do not have to wait until retirement to enjoy being in the company of their families. With some fine tuning, anyone can find ways to spend more time with their children, spouse, extended families, and friends.

- Eat dinner together every night. Eating dinner as a family enables everyone to be a part of one another's day and discuss important issues facing the family. According to The Family Dinner Project, eating as a family can boost kids' academic performance, lower their risk of substance abuse and provide an opportunity for parents to gauge the emotional and physical well being of their children. Avoid activities that cut into dinnertime and rearrange work schedules to accommodate nightly meals with the family.
- Switch work hours. Many employers understand the benefits of flex time. If possible, leave the office at 4 p.m. to make it home for family time, and then log back on remotely at 7 p.m. to finish the day's work. Working from home also reduces commute time, which can free up more time to spend with loved ones.
- Put it on the calendar. Many families have to abide by a calendar to stay organized. Family time may fall by the wayside unless it is scheduled. Treat it as any important event so it becomes a priority.

- Work together. Family time need not be limited to recreation or leisure. Get the entire family involved in a chore or project so you can work together toward a common goal. Landscaping, painting a room in the house or even grocery shopping are some examples of chores that can be turned into family time.
- Enjoy family media. Instead of retiring to separate corners of the house with tablets or mobile phones in tow, find a TV series everyone can enjoy together. Spend some binge-worthy hours seeing how stories unfold, taking time to discuss each episode when it ends.







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How to build a holiday giving budget

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

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

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

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

Next think about a total dollar amount to earmark for the holidays. This amount is something that you should be able to comfortably pay off in full at the end of the holiday season – no more than a month or two after New Year's Day.

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

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

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

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

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



Screen time tied to health issues

Do you feel panicked if you leave home without mobile phone in hand? Do you find it difficult to sit in the house without browsing the internet on your devices? Are your children spending much of their classroom hours on tablets? Screen time has taken over most people's daily lives, but at what cost?

A 2014 report from Nielsen found that adults log a total of 11 hours of screen time per day. Delaney Ruston, a physician and creator of the documentary "Screenagers," which explores young people's use of digital devices, discovered kids spend an average of 6.5 to eight hours per day looking at screens. All of this time glued to digital devices has profound effects on physical and mental health, and many experts are advising people to cut back on the time they spend on their devices.

Brain damage

Multiple studies indicate that spending considerable time on screens can produce atrophy (shrinkage or loss of tissue volume) in gray matter areas of the brain, according to reports in Psychology Today. These are regions of the brain where processing occurs. One of the most affected areas includes the frontal lobe, which governs executive functions like planning, prioritizing, organizing, and impulse control. Another vulnerable area is the insula, which is tied to a person's capacity to develop empathy and compassion for others. Research also shows that white matter can be compromised, which translates into loss of communication between cognitive and emotional centers within the brain.

Vision problems

Staring into screens for extended periods of time can damage areas of the eyes and result in computer vi-



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sion syndrome, which is characterized by trained eyes, blurred vision and headaches. The Multi-Ethnic Pediatric Eye Disease Study, conducted by researchers and clinicians from the USC Eye Institute at Keck Medicine in collaboration with the National Institutes of Health, has found that exaggerated screen time and insufficient sunlight exposure has more than doubled incidences of myopia (nearsightedness) among American children in recent years.

Sleep disturbances

University of Gothenburg psychologist Sara Thomée, a lead researcher into the effects of screen time on the body, says the blue light from digital devices suppresses the sleep-promoting hormone melatonin, keeping people from having restful sleeps.

Overstimulation

Screen time can cause hyperarousal, which may be more notable in children than adults, according to research published in Psychology Today. Regular amounts of screen time can cause the brain to be in a state of chronic stress, which can short circuit the frontal lobe. This may lead to addictive behaviors, rage, inability to recover from minor frustrations, and hyperactivity.

Screen time is profound and may be hurting minds and bodies. Many people have set goals to reduce the time they spend on electronics to improve their personal health.



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Good Housekeeping

Chicken Apple Burgers

Shredded apple keeps these chicken burgers moist and flavorful without adding any extra fat. Serve with potato salad or coleslaw dressed with a mustard vinaigrette.

- 2 Granny Smith apples, cored
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound ground chicken
- 1/4 cup (about 1/2 stalk) finely chopped celery
- 4 hamburger buns
- 1/2 cup whole-berry cranberry sauce
- 1. From each apple, cut 6 thin slices crosswise from center (for a total of 12 apple rings). From remainder, coarsely shred 3/4 cup apples. Spray ridged grill pan with nonstick cooking spray; heat pan over medium-high heat until hot.
- 2. In medium bowl, stir shredded apple with poultry seasoning, 1/2 teaspoon salt and 1/4 teaspoon ground black pepper until blended. Mix in chicken and celery just until combined, but do not overmix. Shape chicken mixture into four 1/2-inch-thick burgers, handling mixture as little as possible.
 - 3. Place burgers in grill pan; cook

10 to 12 minutes or just until chicken loses its pink color throughout, turning over once. Serve burgers on buns with apple rings and cranberry sauce. Serves 4.

* Each serving: 385 calories, 12g total fat (1g saturated), 610mg sodium, 47g total carbohydrate, 4g dietary fiber, 24g protein.

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How dog owners can curb barking

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

Why do dogs bark?

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

Why do dogs' barks differ?

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

• Attention-seeking barks:

PetEducation.com notes that attention-seeking barks are insistent and can be difficult to ignore. These types of barks are often used by puppies.

- Alert barks: It typically doesn't take long for dog owners to recognize alert barks, as they become more rapid as strangers draw closer to a
- Play barks: These barks are short and sharp, and are often a byproduct of dogs growing overexcited during play time.
- Lonely barks: These barks reach a higher pitch as dogs grow more anxious, which could be a byproduct of separation anxiety.

How to treat excessive barking

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

• Do not shout at the dog. Shouting at a barking dog will only encourage more barking, so frustrated dog owners must resist the temptation to shout as they attempt to correct barking. Maintain a calm, firm voice when working with a dog to curb its barking.

- Be consistent. PetEducation.com recommends that dog owners pick a one-word command and use it whenever they are attempting to correct excessive barking. Maintain the same calm tone of voice each time the command word is
- Rely on positive reinforcement. The AKC advises dog owners keep some high-value treats at the ready as they attempt to curb their dogs' barking. When dogs begin to bark, owners can wait patiently for them stop. Once dogs stop, dog owners can wait a moment before praising the dog and then supplying a treat. As the process progresses, dog owners can increase the intervals between dogs ceasing to bark and the presentation of the

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



Some dogs bark to express that they are bored.



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Now Here's a Tip

by JoAnn Derson

- "I have a raised bed and some very handy plastic under bed drawers for seasonal items and bags. The problem is that they would not stay put when I opened them or especially when I tried to close them. I got smart, though, and added strips of non-skid shelf liner to the bottoms. They stay put where they are accessible and don't slide back way under the bed." -A.A. in Florida
- "The holidays are almost upon us, and I am sure your calendar, like mine, is getting filled up with lunches, dinners,

cookie parties, etc. Try to plan at least one non-eating event for every eating event on your calendar. Make a gym date, schedule a nature walk, get a group together to pick apples or do a craft. It will help you be social but cut down on the holiday weight creep." — JoAnn

• The days are getting shorter, which means more kids walking or biking at dusk or in darkness. Treat your most precious people to some safety: Get a roll of reflective tape and add it to backpacks or bike helmets for extra protection. Make sure your child's

bike has a light on both the front and back, in addition to reflectors.

- "Got gorgeous leaves? Try decoupaging a few to a clear glass votive for an extra special fall touch on your table. Add a delicious smelling candle, and you're in full fall celebration mode!" C.L. in North Carolina
- Wear and wash? Not necessarily. Before you toss that sweater or pair of corduroys in the wash, take the time to check if it's actually soiled. Many garments can be reworn after airing rather than washing and drying, which takes a toll on the fabric, and your water and electric bills.

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by Angela Shelf Medearis Add some pumpkin to your pasta

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

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

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

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

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

ing away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350°F for one hour or until fork tender.

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

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

Cheesy Ravioli with Pumpkin Sauce

- 1 tablespoon plus 1 1/2 teaspoons salt (for pasta water and seasoning)
- 2 pounds cheese ravioli 2 tablespoons olive oil, plus 1 teaspoon olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 2 tablespoons Italian seasoning
- l teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 1 1/2 cups fresh puree or 1 (15-ounce) can organic pumpkin puree
- l quart vegetable or chicken broth
- 1 teaspoon ground cinnamon or ground nutmeg
- 1 cup plain, Italian flavored or whole wheat Panko bread crumbs
- 1/2 cup Parmesan or Monterey Jack cheese, shredded
- 7 basil leaves, torn (optional)
- 7 sage leaves, fried in olive oil until crisp (optional)
- 1. Heat oven to 400°F.
- 2. Place a large pot of

The Kitchen Diva

salted water over high heat to boil. When water is boiling, add 1 tablespoon of the salt and drop in the ravioli. Cook according to package directions. Drain cooked ravioli and return it to the pot.

3. Meanwhile, add the 2 tablespoons of the olive oil to a microwave-safe bowl with the onions and

garlic. Cook on high for 2 to 3 minutes until the onions soften. Add the onion mixture to the ravioli. Season with 1 teaspoon of the salt, 1 teaspoon of the Italian seasoning, black pepper and red pepper flakes.

4. In a medium bowl, mix the pumpkin and broth, the remaining 1/2

teaspoon of salt, the remaining Italian seasoning and the cinnamon or nutmeg together to make a sauce. Toss 1/2 of the pumpkin sauce with the pasta until it is well-coated. Transfer ravioli to a casserole dish.

5. Spoon the remaining pumpkin sauce on top of the pasta. Sprinkle with

the panko breadcrumbs and the remaining teaspoon of olive oil. Cover with cheese.

6. Bake until cheese is melted, about 8 to 10 minutes. Sprinkle with the basil leaves and fried sage leaves, if desired.

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Popular trends in the restaurant industry

Dining out is no longer reserved for celebrating milestones or other special occasions. Many people dine out regularly for meals. A 2016 Gallup poll found that 61 percent of Americans eat dinner out at least once a week, and 16 percent are frequent diners, eating out three or more times per week.

People who regularly dine out may have noticed some of the growing trends that have emerged in recent years that are helping to shape dining experiences.

• Picked-on-property offerings: Many restaurants now serve foods grown, picked and processed on the premises. Rooftop or small courtyard gardens enable restaurateurs to pass the freshness on to customers. Chefs grind their own spice blends, harvest their own eggs, cure their own bacon, and embrace other hyper-local fare.

• Gut-friendly foods: Some restaurants are experimenting with preparing and offering foods that are friendly to the digestive tract. These establishments emphasize prebiotic and probiotic ingredients and focus some of their efforts on producing menus with foods that boast anti-inflammatory properties.

• Streamlined menus: Food waste is a problem across the globe. Operating a sustainable restaurant requires careful decisions about the foods that make it onto the menu. Instead of offering five different chicken dishes, a restaurant may focus on two or three popular standards to cut back on waste.

• Fast casual: Fast ca-

sual restaurants do not offer full table service, but offer a higher quality of food than traditional fast-food restaurants. These establishments also may be headed by trained and experienced chefs who add unique twists to popular menu items.

• Extended delivery options: Dining out doesn't have to mean eating away from home. A growing number of restaurants are emphasizing their

curbside takeaway, drivethroughs and delivery services. Travel-friendly fare and heat-and-eat meals are competing with convenient options available at grocery stores.

• Back to basics: More and more customers are looking for classic dishes they equate with home cooking. As a result, many restaurants are stripping away the pretense and extra ingredients and turning to traditional recipes.





Learning disabilities can make it difficult for kids to reach their full potential. Such disabilities can sometimes be hard to spot, and youngsters might be hesitant to selfreport symptoms or problems they're experiencing out of shame or a fear of being seen as different from their classmates.

Dyslexia, which the Child Mind® Institute notes is now part of the diagnosis "specific learning disorder," an umbrella term that groups together reading, writing and math disorders, is one type of learning disability that can compromise students' abilities to perform in the classroom. The Yale Center for

Dyslexia & Creativity notes that the signs of dyslexia can appear as early as preschool. Such signs may differ depending on the age of the child, but parents can look for the following ones that might indicate the presence of dyslexia.

Preschool

Preschool-aged children may exhibit various symptoms that may be indicative of dyslexia. Difficulty learning and remembering the names of letters in the alphabet and an inability to recognize letters in their own names are such symptoms. Children who mispronounce familiar words, continue to speak in "baby talk" and experi-

Symptoms of dyslexia

common nursery rhymes also may be experiencing dyslexia. The Yale Center for Dyslexia & Creativity also notes that dyslexia tends to run in families. so parents who had their own difficulties reading and/or spelling words should pay special attention to how their children handle these tasks.

Kindergarten and first grade

Children in this age group who disappear when it is time to read and/or complain about the difficulty of reading may do so because they are dealing with dyslexia. Another potential indicator is reading errors that show no connection to the sounds of the letters on the page. For example, children who say "puppy" when an illustration on a page is a dog. Difficulty sounding out simple words like "cat" also may indicate dyslexia.

Second grade through high school

Symptoms that appear during these years of a child's life may include slow, awkward reading; trouble reading familiar words and often compensating by making wild guesses because the child cannot sound out the word; and an unwillingness to read out loud. Kids in this age group who are dealing with dyslexia also may not have a strategy for reading new words.

Children in this age

Hesitation when speaking and language peppered with "ums" is another potential indicator that a **DAMIN FARM**

signs of dyslexia through

their speech. For exam-

ple, the Yale Center for

Dyslexia & Creativity

says some may search for a specific word only to

end up using a vague

term, such as "stuff."

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child might be dyslexic.

Dyslexia cannot be cured, but it can be overcome. Early screening, diagnosis and interven-

tion can help young people become successful adults. More information available is www.dyslexia.yale.edu .

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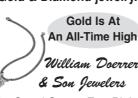
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MOHAWK VALLEY COUNTRY EDITOR 20 • November 10, 2018













Holiday Shopping Extravaganza

On Sunday, Nov. 18, the Richfield Springs Community Center will be transformed into a onestop holiday shopping destination from 1-4 p.m. The Community Center is located at 6 Ann Street.

Local crafters will be offering a variety of homemade items. In addition, national brand vendors will be on hand with their products — just in time for holiday giving, for spe-

cial occasion gift giving or just to fulfill the shopper's "wish list." For crafter/vendor questions please call Angella at 315.219.2002.

This event is a fundraiser to benefit the youth programs at the Community Center. For more information on its programs or to rent the facility go to www.richfieldzone.org or 315.858.3200.

Country Preacher

by Pastor Dan West

James chapter 5 starts out with a warning to the wealthy. Verse 2 points out that so often our "wealth," or the value of the material things we accumulate, suffers loss over time. Often the thing that causes the greatest decline of value of material things is the realization of how we got them.

The example that James uses in James 5:4 is one who hired laborers to harvest his crops, but he didn't pay them as they had agreed - their pay was "kept back by fraud." God hears their cries of disgust.

In this case James points out in verse 5 that this is the lifestyle of the "rich man" spoken of in verse 1. He says his main goal of life is "pleasure."

He has lived a life of wantonness, or luxury and pleasure, feeding his own desires at the expense of others. Verse 6 alludes to the fact that others, innocent people, have been taken advantage of by this rich man just to get more for himself, and eventually, it will amount to little pleasure.

This passage is not saying it's wrong to have wealth, but it is warning that it must be acquired honestly, not by hurting others to get it. When someone acquires wealth dishonestly, or has climbed over other people to get ahead, the reward will be less than expected in the end. Proverbs 13:11 says "Wealth gained by dishonesty will be diminished, but he who gathers by labor will increase."



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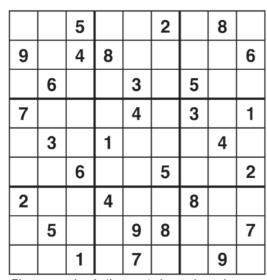
• Running spring, views of Cherry Valley Mtn's

Great bunting and potential for campsites owner will give a "ride-around" to seriously interested parties by appointment "only"

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Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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King Crossword



- 50 Existence 51 Golf gadgets
- 52 Ultramodernist 11 Differently
- 53 Cupid's alias **DOWN**
- 32 Whopper 33 Troubadour 35 Hay bundle

30 Historic time

Thai recipe

31 Skewered

36 Stir-fry pans 37 Bivouac

ACROSS "Phooey!"

8 Judi Dench, for one 12 Farm imple-

ment 13 George's

brother 14 1946 song,

15 Pastor

19 Pooch

26 Mosque towers

25 Wail

21 Bewildered

erages 18 Biden.

- structures 38 Soldiers 41 Have bills
- 42 Vagrant 43 Labyrinth
- beast 48 On
- 49 Performance

- 9 Eager 10 Creche trio
- 21 Throat clearer 1 Spinning 22 Actress Spelling

16 Hot tub

23 Former ugly

duckling

angle

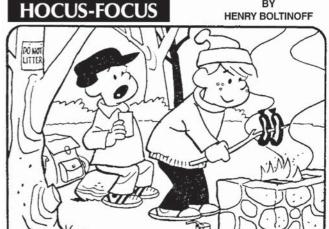
29 Witnesses

31 Halt

20 Fine

- 2 Boxer Muhammad 3 Heavy weight 24 Chomps
- 26 Sharpshooter 4 Turn on a 27 Verve pivot 28 Be at an
- Mining areas Rage Red bird
- 8 Peril © 2018 King Features Synd., Inc

- 34 Descends like
- 35 Pvt. Bailey 37 Pair
- 38 Just one of those things? 39 Memorization
- method 40 Reed instrument
- 41 Aware of 44 Lemieux milieu
- 45 Melody 46 Venusian
- vessel? 47 In medias -



Find at least six differences in details between panels.



Differences: Sign is missing. 2. Backpack compartment is missing. 3. Shirt is shorter. 4. Cap is different. 5. Can is missing. 6. Hot dog is missing.

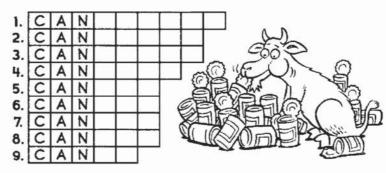


BILLY AND MARY are about to set a card house record. Can you correctly count all of the cards in this picture in 30 seconds?

Answer: We counted 67 cards. Did you find that many?

by Charles Barry Townsend

NO, THIS IS NOT BILLY GOAT HEAVEN!



This is a "can-do" word puzzle for you. Each of the words in our grid begins with the word "can." Using the following hints, see if you can find these words in five minutes.

Illustrated by David Coulson

ODD WORD OUT!

To the right is a list of five words. Can you figure out which word doesn't belong on the list?

(a, e, i, o and u).

Answer: Abject. In the other words, every other letter is a vowel



ARE YOU A "WORD" CHEERLEADER? See if you can shout out the four five-letter words needed on the right that match the definitions given below. All words must read the same across and down.

- Shout encouragement (given).
- 2. To divide in two.
- 3. Mischievous creatures.
- 4. A sporting contest.
- Cessations from work.

'H|'E|'E|'R H E E 5R

- 1. A Fourth of July salute.
- 2. Protective rooflike coverings.
- 3. A metal can for sugar.
- 4. A military hangout.
- 5. A delicious appetizer.
- 6. (slang) A prison informant.
- 7. Frankness or sincerity.
- 8. Type of picture-taking.
- 9. Careful and shrewd.

9. Canny. 6. Canary. 7. Candor. 8. Candid. 3. Canister. 4. Canteen. 5. Canape. Answers: 1. Cannonade. 2. Canopies.

Answers: 1. Cheer, 2. Halve, 3. Elves, 4. Event, 5. Rests.

MOHAWK VALLEY COUNTRY EDITOR 22 • November 10, 2018

How seniors can safely stay behind the wheel

A greater sense of independence is often cited as young people anxiously

the reason so many

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await the day they earn their drivers' licenses. But the connection between driving and independence is not lost on seniors, either.

Aging can take its toll on drivers, prompting such drivers' families to feel as if their loved ones' ability to safely operate motor vehicles has been compromised. However, many seniors can still safely operate motor vehicles, and those who do can take steps to ensure they're as safe as possible behind the wheel.

• Avoid driving on days when aches and pains are strong. Aches and pains are common side effects of aging, and seniors know that some days are better than others. Seniors' ability to control their vehicles may be compromised on days when stiffness, aches or pains seem particularly strong, so it's best to avoid driving during these times. Fatigue may set in on days when aches and pains require extra effort to perform relatively simple tasks,

and drivers of all ages should avoid driving while tired.

• Don't skip medical checkups. Few seniors may look forward to their medical checkups, but visits to the doctor can reveal issues that can help seniors be safer on the road. Schedule routine vision exams so eyeglass prescriptions are always up-to-date. In addition, seniors should disto helping people with fading hearing hear better, and seniors would be wise to take advantage of advancements, such which include hearing aids that can be connected to smartphones.

• Familiarize yourself with medication side effects. Whether they do so temporarily or permanently, many seniors take medications, and every

while taking the medicine. Make note of how you feel when taking a new prescription, avoiding driving if the medication makes you feel fatigued or drowsy or affects your motor functions. If the side effects of a new prescription are making it difficult to safely operate a vehicle, discuss potential alternatives with your physician.

· Avoid driving in cer-



Adjusting certain behaviors and exercising extra caution can help seniors stay safe behind the wheel.

cuss hearing screenings with their physicians so they can ensure they can always hear sirens and other motorists while on the road. Great strides

medication comes with side effects. When filling a new prescription, carefully read the dosage and description label to ensure that it's safe to drive

tain conditions. Driving in inclement weather, during rush hour and at night makes many drivers uncomfortable, regardless of their age. But such conditions can be especially dangerous for aging drivers whose vision and reaction times might be fading. Seniors who avoid driving in harsh conditions and heavy traffic may be more comfortable behind the wheel, thereby reducing their risk of accident or injury.

Seniors need not give up their drivers' licenses at the first signs of aging. But adjusting certain behaviors and exercising extra caution can help these men and women stay safe behind the wheel.

ATTENTION TOWN OF PALATINE RESIDENTS WE NEED YOUR HELP

The Town of Palatine Planning Board, along with members of the community, are in the process of updating the Town's Comprehensive Plan*

A survey was mailed out to all the households in the Town of Palatine. It would be greatly appreciated that the survey be completed (by everyone 18 and older). Then have it mailed or delivered to the Town of Palatine office building. If you have not received of like another copy you can get one at the Town of Palatine office building. The deadline is **December 1st.** Thank you and your feedback is greatly appreciated.

The Survey is also available online at: www.surveymonkey.com/r/townofpalatinecomprehensiveplansurvey and at the Town Hall, 141 West Grand Street

*A comprehensive plan, also known as a general plan, master plan or land-use plan, is a document designed to guide the future actions of a community. It presents a vision for the future, with long-range goals and objectives for all activities that affect the local government.

Canajoharie Middle School



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To Your Good Health

by Keith Roach, M.D. **Antibiotics** vs. probiotics

Dear Dr. Roach: I understand that the overuse of antibiotics can harm the good bacteria in the intestinal tract, as well as the bad. While I don't feel that I am abusing antibiotics, I have been prescribed two courses in the past five years. I wonder what action can be taken to try to ensure that balance in my gut is restored. — M.L.

Answer: We are just beginning to understand the beneficial effect of bacteria living in our intestine, and there is preliminary evidence that

antibiotics might have adverse long-term effects due to loss of healthy bacteria. I think the most important message from this is to use antibiotics as little as possible, but two courses in five years is certainly modest.

The use of probiotics (healthy bacteria) might help prevent growth of harmful bacteria, improve the immune system, reduce pain and improve the function of the gut lining.

I don't think probiotics are necessary after the occasional course of antibiotics. However, it is reasonable to consider probiotics in some situations, including in people with inflammatory bowel disease (Crohn's disease and ulcerative colitis), in cases of infectious diarrhea and perhaps in people with irritable bowel syndrome. Commercial probiotics are expensive, not FDA-approved and aren't proven to treat or cure any disease as of yet.

Yogurt often is recommended, but not all yogurt contains live healthy bacteria. Even in the ones that do, many of the bacteria are killed by our stomach acid. Other fermented dairy products, such as kefir, have higher concentrations of bactebe problematic in people with lactose intolerance (which can happen to anyone temporarily after a bout of infectious diarrhea)

Dear Dr. Roach: My domestic partner's body heat is always very warm. We keep our home at 75 degrees F, and she complains that the house is too hot. Even at night when I touch her. I can feel the heat on her body. What do you think might be causing this to happen? Is this normal? She is in her mid-60s. - C.B.

Answer: It is not at all abnormal for people to have different temperatures at which they feel comfortable, and 75 degrees F is on the warm side of comfort for many.

One way that our bodies regulate temperature is through blood flow to the extremities. When the blood vessels are open, the person will feel quite warm to the touch, and when trying to conserve heat, the skin feels cold and clammy.

If she is really bothered by it, it might be worth thinking about two common medical issues: hyperthyroidism and vasomotor instability of menopause. In hyperthyroidism, the entire metabolism is enhanced, so

the person is warm all the time. A simple blood test can confirm this di-

In a woman in her 60s, it is common to have periods of vasomotor instability, usually called hot flashes. In these, the blood vessels open up and the woman becomes uncomfortably hot for a few minutes. It is possible that one of these could be happening for your partner. However, sometimes variations in normal physiology can fool the physician into thinking there is a problem.

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Holiday countdown

Thursday, Oct. coat and ensemble Santa 2018, marked the threemonth countdown to Christmas and just about the one-month point until • "Jingle Bells" original-Thanksgiving 2018. which occurs on Nov. 22 this year. There has never been a better time to start thinking ahead to plans

Claus wears. The company made the image popular in its 1930s advertise-

ly was a Thanksgiving song, and it was first performed by composer/organist James Lord Pierpont at his church's Thanksgiving concert.

• The highest-grossing

time is "How the Grinch Stole Christmas," star-

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Wednesday

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 - · Canjo 4's Sand Slam Co-Ed Volleyball Tournament Saturday, August 11th 9am Watch for details
 - · Community Auction September 22, watch for details
- · Golf Outing, Dinner & Silent Auction Sept. 7, 2018- watch for details
 - · Shop Small Saturday Saturday, Nov. 24, 2018
 - · Elves Night Out Friday, Dec. 7, 2018

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for turkey-roasting and gift-wrapping. To put anyone in the holiday mood and prime for planning, check out these holiday fun facts, courtesy of Nationwide, Pew Research, Statistics Canada, and Good Housekeeping. • Sarah Josepha Hale spent 36 years campaigning to make Thanksgiving

- a national holiday. She finally succeeded in 1863. • It is believed that 50
- and pilgrims Wampanoag tribe members attended the first Thanksgiving feast.
- Ninety-six percent of American families gather each Thanksgiving.
- While it takes an average of seven hours to cook a turkey, the average time spent eating the Thanksgiving meal is just 16 minutes.
- About half of all Americans say it doesn't matter how people greet them around the holidays, with "Merry Christmas" or "Happy Holidays" being non-preferential.
- Nine in 10 Americans say they celebrate Christmas.
- Canada is a net exporter of fresh-cut Christmas trees. In 2016, the country exported close to two million trees.
- Coca-Cola is largely responsible for the red

Small kitchen improvements that maximize functionality

kitchens. Modernized kitchens that include sought after features and showcase the latest trends go a long way to improving the overall value of a home.

As desirable as such kitchens may be, some homes simply don't have enough space for a centerfold-worthy kitchen featuring an island, wine refrigerator and walk-in pantry. However, homeowners with small kitchens can still improve the form and function of their existing spaces.

Reconfigure and revamp cabinetry

Homeowners whose kitchens are small often lament their lack of storage. Redesigning the layout of cabinets, and possibly adding some more cabinetry, may take care of certain storage issues. The experts at Merit Kitchens suggest utilizing corner space with LeMans units, lazy Susans and other gadgets to make access to these areas easier. Going vertical with wall cabinets that extend to the ceiling also can add more storage, as can roll-in work carts.

Work with the walls

Small kitchens require clever usage of vertical space. Vertical storage units, hooks, shelving, and more can move items out of drawers and off of coun-

Many homeowners wish for expansive ters. Consider an under-the-cabinet toaster oven and microwave to create more counter space.

Use scaled-down appliances

Shop with size in mind when looking at new appliances if you have a small kitchen. Compact versions won't take up as much space as larger alternatives. Homeowners should consider the ultimate function of the kitchen and then think about which appliances will serve them well. Homeowners with small kitchens may not need a large stand mixer or an oversized commercial stove.

Add some glass

The DIY Network recommends incorporating glass to improve the perception of space in small kitchens. Glass lets you see through the objects, thereby enhancing the feeling of spaciousness or what designers call "negative space." Glass also can be reflective, visually expanding the space.

Embrace high-end materials

It costs less to renovate small spaces than bigger areas, so homeowners may be able to afford high-end materials that really add personality to a kitchen. Flooring, counter materials and quality fixtures can really set small kitchens apart.

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Instead of worrying about what you cannot control, shift your energy to what you can create. Roy T. Bennett

— **King** Crossword — Answers

Solution time: 21 mins.



Weekly SUDOKU —

Answer

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

Amber Waves









"Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!"

- Charmaine J. Forde



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Our Price



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Good Housekeeping

Autumn Chicken Dinner

- 4 medium ears of corn
- 2 medium zucchini
- 4 large plum tomatoes
- 4 medium chicken-breast halves
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon salt
- 3 tablespoons lemon juice
- 1 teaspoon olive or salad oil
- tablespoons fresh basil,
- 1/2 teaspoon sugar
- 1/4 teaspoon crushed red pepper
- 1. Heat oven to 400 F. Remove husks and silk from corn. With serrated knife, cut each ear of corn

- crosswise into 3 pieces. Cut zucchini into 3-inch chunks. Cut each tomato lengthwise in half.
- 2. Place chicken breasts in large roasting pan (17 by 11 1/2 inches); sprinkle with oregano and 1/2 teaspoon salt. Arrange corn and zucchini around chicken. Bake chicken and vegetables 30 minutes. Add tomatoes and bake 15 minutes longer or until juices run clear when chicken is pierced with a knife and vegetables are tender.
- 3. Meanwhile, in cup, with fork, mix lemon juice, oil, chopped basil, sugar, crushed red pepper and re-

maining 1/2 teaspoon salt.

- 4. Arrange chicken and vegetables on large platter. Brush chicken and vegetables with lemon mixture. (Remove skin from chicken before eating if you like.) Serves 4.
- Each serving: About 315 calories, 7g total fat, 82mg cholesterol, 650mg sodium.

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

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How to safeguard your vehicle from the elements

In a perfect world, all vehicle owners would be able to park their cars and trucks in garages. In such a world, automobiles would not be vulnerable to sun, storms and other natural elements that, over time, can contribute to wear and tear.

But many drivers cannot or choose not to park their cars in garages. Some are content to let their vehicles brave the elements, while others look for ways to protect their cars and trucks as much as possible. Drivers who count themselves among the latter group can take these simple steps to protect their cars and trucks from whatever Mother Nature has in store for them.

- Park in the shade. Parking in the shade can protect both the interior and exterior of a vehicle. Shaded areas protect upholstery and dashboards inside the car from sun-induced fading, while also limiting the damage sun can cause to exterior paint. Faded paint may hurt the resale value of a vehicle, prompting prospective buyers to walk away or at least wonder if a vehicle with a faded exterior was well maintained.
- Wash and wax. Washing and waxing a vehicle helps to minimize damage that's inevitable regardless of where drivers park their cars. Dirt and debris litter roadways, and over time cars can collect a large

amount of these unwanted stowaways. If dirt and debris are not removed, they can cause long-term damage to vehicle exteriors. Washing and waxing a car can ensure its exterior looks good and reduce the likelihood of rust and other corrosion from occurring.

- Don't write off bird droppings. Some drivers, especially those who do not park their cars and trucks in garages, may write off bird droppings as an annoying yet harmless side effect of vehicle ownership. However, bird droppings are acidic and, if left to their unsightly devices, can cause permanent damage to vehicle paint. Tree sap is an equally formidable foe, potentially causing scratching because it can be very difficult to remove without spreading. Specially formulated sprays can help drivers remove bird droppings and sap from their vehicles.
- Employ a car cover. Drivers who have garages but use them to store things other than their vehicles can use car covers when parking their cars in their driveways. Covers protect cars from the elements and can be quickly and easily removed.

Nature can be harsh on vehicles. Protecting automobiles from the elements should be a priority for drivers, especially those who do not park their cars and trucks in garages.

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Things to look for when buying a hybrid

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

A mere 17 years ago hybrid cars were hard to come by, with the Honda Insight and the Toyota Prius being the most widely available models. Today, there are more hybrids and electric vehicles than ever before. In 2018, U.S. News & World Report was able to list 18 of their favorite picks of hybrid and electric cars — and this was just in the "priced below \$30,000" range.

Widespread availability (most major car manufacturers offer one or more hybrid models) and major environmental and economical benefits have made hybrids attractive to a wide range of people. While there are many similarities between hybrid and electric vehicles and gasoline-powered cars and trucks, there are certain differences that prospective hybrid buyers may want to learn before they begin shopping.

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

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

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

The vast majority of hybrids use automatic transmissions and will feature battery and fuel-usage meters so that drivers can keep track of energy usage,

helping to develop smarter driving habits in the process. Hybrids work quite well with city driving, but can provide considerable fuel savings during highway driving as well. Discuss available technological features when comparing models so you can see where the fuel savings are coming from.



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