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December 15,
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256: 0 County Highway 32, CHERRY VALLEY: 109 acres of vacant land with stunning views. 72 acres are tillable. A great location. stown. Asking \$327,000



055: 154 Otsego Street, CANAJOHARIE: This home has been well cared for, new wood/laminate floors, new windows, new stove, many extras included. Great starter home for new family, easy to heat. Cozy screened in back porch overlooking small, but very nice backyard. Family room was used as a second bedroom, making it a possible three bedroom, one full bath home. Asking \$79,000



217: Otsquago Club Road, FORT PLAIN: Perfect for anyone who needs land and or a building for storage. The warehouse alone is 2,160 square feet. Platform dock 1,896 square feet. One cement block building for electric/heat and the 3rd metal shed for tools, storage, etc. Recently was used by a propane company and also used by a snow mobile club. Asking \$49,999



255: 174 W. Grand Street, PALATINE BRIDGE: OPPORTUNITY IS KNOCKING!!! Prime location on Route 5 in Palatine Bridge. Two storefronts; formerly a restaurant and laundromat. Plus this property truly has an attached 2 story house and a 1st floor 1 bedroom apartment. Hold on it gets better!!! You have to check out the backyard! This is waiting for the entrepreneur. Open an office, restaurant, retail space and collect rent too. Asking \$95,000



218: **NEW LISTING!!!** 63 Fowler Drive, ST. JOHNSSVILLE: Beautiful residential area in the Village of St. Johnsville. This split level home offers great space for kids, pets and entertaining. Country kitchen with a large window overlooking your backyard formal dining room and living room 1st floor with a family room and propane stove. Two full baths, three bedrooms, back deck, shed, above ground pool and total of two lots. Asking \$159,999



058: 52 Hancock Street, FORT PLAIN: Buyers must have proof of funds/pre-approval. No rent to own or holding the mortgage. Looking to downsize, low taxes, lower heat bill, this well-maintained home is worth a look. Look in documents for list of maintenance and repairs to the home. Home is move in ready, new windows, roof, generator switch kit and hook up, generator, new carpets and linoleum, furnace cleaned annually, new toilets, bathroom vanity upstairs, new sewer pipe from entire house to curb, new hot air furnace and electric H2O heat. Asking \$47,000



250: 27 East Fulton Street, GLOVERSVILLE: Great Investment Opportunity!!! Fully rented 7 unit building with off-street parking. Paved parking on side of the building and parking lot behind building. Long term tenants. Owner furnishes gas and electric (approximately \$3500 per year) along with water. The coin-op laundry in the basement covers the water bill. 48 hour notice for showings. Asking \$124,500



051: **REDUCED PRICE!!!** 21 Highland PL., CANAJOHARIE: Welcome Home!!! Nice three bedroom, one bath home in Historic Canajoharie. Updated kitchen, wood floors, some new windows. Large back yard for the kids and pets. New Solar System!!! Some minor cosmetic repairs needed. Asking \$64,900



252: 163 Waite Road, AMSTERDAM: Handyman special on a one acre lot with detached 2-car garage. Two bedrooms, one full bath. Property is sold as is. Cash only. Condition of septic is unknown, the cap has fallen in. Caution tape is around the septic, please use caution. A hold harmless agreement must be signed before entering the house due to the enclosed has detached from the house. Asking \$25,000



611: 1315 Midline Road, HAGAMAN: Location!!! Country privacy with all of the conveniences and proximity to the city. This Cape style home has 3 bedrooms that are much larger than expected and 1 1/2 baths. The current owners have lovingly modernized and upgraded the kitchen while keeping the classic Cap Cod character. Almost 2 acres allows for opportunity to garden and really spread out. Plenty of room for a family yet with a first floor bedroom for those wishing to simplify or retire. Asking \$214,500



952: 0 State Highway 20, CARLISLE: Looking for a straight run commute into Schenectady or Albany with low taxes? This 6.5 acre building is conveniently located 15 minutes to Cobleskill and 45 minutes to Albany could be where you build your new home. Cooperstown and Adirondack park are near by also. Asking \$29,999



800: **PRICE REDUCED!!!** 32 Clark Ave., FORT PLAIN: Well-maintained ranch - two bedrooms (11x15 and 10x10) (large closets), 1 1/2 baths. Large living room (16x22) has a large picture window and large closets. Kitchen is a gallery, opens into the dining area. The three season room has a natural gas stove and 3 sliding doors. Laundry room is off the kitchen which leads to the one car garage. A whole house attic fan cools the home in the summer and radiant electric heat in the ceiling for winter time. Great location with no homes across the street or behind! Asking \$124,900

Spiritual Christmas traditions to embrace

The holiday season is a special and spiritual time of year. It can sometimes be easy to get lost in the more commercial aspects of the holiday season, and there's certainly nothing wrong with shopping for gifts that will show your loved ones how much you love and appreciate them.

For those who want to focus back on the spiritual side of this special time of

year, the following suggestions can help in those efforts.

Share the story of Christmas

The Gospels of Mark and Luke offer differing accounts of the birth of Jesus Christ. Both indicate that Jesus was born to Mary, who was engaged to Joseph, a carpenter. Mary became pregnant through immaculate conception,

as she was a virgin when visited by an angel who informed her that she was to carry God's son. At the time of Christ's birth, all Jewish people had to be counted by Roman soldiers for tax purposes. That required people to return to their places of birth. As a result, Mary and Joseph set out on an arduous journey to Bethlehem. Upon arriving in Bethlehem, inns had no vacancies, but Mary and Joseph were given shelter in a stable where Jesus was ultimately born.

Attend Mass

Churches traditionally hold religious services on Christmas Eve and Christmas. These services are joyful expressions of faith, music and community spirit. But Christmas Mass is not the only time to head to church. During Advent, the four-week period preceding Christmas, Catholics prepare and repent. Advent calendars help count down the days until Christmas.

Set out a nativity scene

Make a nativity scene the primary focus of Christmas decorations and encourage children to play with the figures and act out the Christmas story.

Focus on gifts for good

Families can focus their energies on faithful endeavors and the spirit of giving that's synonymous with the season. Do good deeds for others, embrace peace and love and share special time with others.

Sing carols

Spread the holiday spirit through song. Get together with a group of friends or neighbors and go door-to-door, or hold a caroling performance at a centralized location. Select religious hymns, but also include some secular favorites.



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The holiday season is a great time of year to reconnect with one's faith and spirituality.



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A very Mabee Christmas

For the first time in a long time, the Mabee House is all decked out for the holidays.

Join us at both of our locations for forest-inspired holiday decor and seasonal cheer!

Decorated in classic to cosmic Christmas styles, the Festival of Trees' 60 lighted trees glow with the enchantment of the holidays.

The Festival of Trees is taking place now through Dec. 16 from 10 a.m. - 5 p.m. at the Schenectady County Historical Society and the YWCA NorthEastern NY. Adults are \$6, those under 12 are free.

The Mabee House is all decked out in forest greens and ready to welcome visitors on Dec. 15 and Dec. 22 at 2 p.m. for free Wintertide Tours and treats.

Have kids? Visit us during school break for "A Very Mabee Christmas." Our historic house will be warm and cozy as kids solve riddles and clues to find small gifts to take home. We'll enjoy some sweets. Cost is \$8. Register at schenectadyhistorical.org/families.

What else?

Save your spot for "Discovering Your Family History" with Judith Herbert, Certified Genealogist. This eight-week course will focus on locating, collecting, analyzing and assessing the value and accuracy of vital genealogical records. Each week we'll explore the finer details of research, often missed by even practiced genealogists. The class takes place Wednesdays from Jan. 2 - Feb. 27 at 6:30 p.m. For more information see schenectadyhistorical.org/workshops.

Continue down your path to genealogical enlightenment with "Genealogy 201: Military & Court Records." These records are among the most underutilized yet valuable genealogical sources available. Intermediate

genealogists should join us for this six-week course, focused on using these records to solve difficult questions of relationship (parentage, spouse, children) and add biographical detail to the lives of ancestors. This class takes place Saturdays from Jan. 5 - Feb. 16 at 10 a.m. For more information visit schenectadyhistorical.org/workshops.

SCHS is taking a bus trip to the Metropolitan Museum of Art in New York City to enjoy a day of art and antiquities! Join us on Jan. 12 as we experience the best of human creativity from across the globe. Tickets are \$80 and include round trip bus and admission to the Met, plus access to their newest exhibition, "In Praise of Painting: Dutch Masterpieces at the Met." The exhibition provides a fresh perspective on the canon and parameters of the Dutch Golden Age by bringing together some of the Met's greatest paintings to present this remarkable chapter of art history in a new light. More information is at www.schenectadyhistorical.org/bustrip.

The Schenectady County Historical Society has two locations: the Mabee Farm Historic Site, 1100 Main St., Rotterdam Junction (call 518.887.5073), and the Museum & Library, 32 Washington Ave., Schenectady (call 518.374.0263).

Country Preacher

by Pastor Dan West

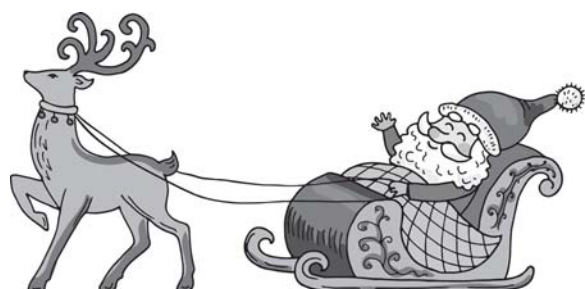
As we look at the beginning of the book of Acts we see three facts. In the first verse we see that this letter is written by Luke, the same Luke who wrote the third Gospel. Luke was a doctor, sometimes referred to as "the beloved physician." Secondly, we see that he wrote this to the same person that he wrote the Gospel of Luke to. Both **Luke 1:3** and **Acts 1:1** make reference to someone named Theophilus. This name in Greek means "Lover of God." The third fact we learn here is that Acts is simply a continuation of the Gospel of Luke.

The Gospel of Luke details many activities that Jesus engaged in during the three years of His public ministry while He physically walked on this earth. At the end of the Gospel of Luke and the beginning of the book of Acts Luke emphasizes the fact that Je-

sus rose from His grave three days after He gave His life and was seen by many people - 500 at one time - for 40 days after His resurrection. Then His followers watched as He ascended up into a cloud (**Acts 1:9**) to reside in Heaven where He is today.

So the book of Acts tells of many works of the Lord that were carried out from Heaven using His new body here on earth, the church. The true church is people who have given themselves to carry out whatever activities the Lord Jesus calls them to and equips them for. Several times in the New Testament we see the church being called "the Bride of Christ."

So the book of Acts records the beginning of the church, as the Lord Jesus works through the Holy Spirit, in and through His people, to accomplish His will here on earth.



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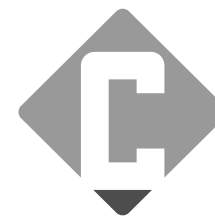
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Mon. Dec. 17th - Due to being closed Monday Dec. 24th this will be our Normal Monday Sale – Also our Christmas Sheep, Lamb, Goat, Pig Sale & Monthly Organic Day.
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Tech ready for emergencies

Are you “tech ready” for emergencies? Knowing how to maximize today’s communication technology can keep you and loved ones healthy and safe. A cell phone and social media networks can quickly help you connect and check in with family, friends and neighbors, and get emergency help, breaking news and weather updates.

“Social media networks and cell phones, plus iPads and other digital devices, can keep you informed, engaged and able to communicate in real-time, 24/7,” Diane Ward, CHN of Herkimer County Public Health, said. Being tech ready includes having “the juice” to keep it going even in a power outage, she said, so have mobile battery packs and hand-crack, battery-operated or solar emergency chargers on hand for your phone and devices.

Here’s more “tech tips”:



- Keep your contacts lists updated across all your social media platforms.

- Program “In Case of Emergency” (ICE) contacts into your cell phone so emergency personnel can contact those people if you are hurt.

- Know how to download and use phone applications or apps. Apps can

turn your phone into a flashlight, give you first aid instruction and keep you updated on weather and road conditions, to give a few examples.

- If you have a traditional landline (non-broadband or Voice over Internet Protocol or VoIP) phone, keep at least one non-cordless receiver in your home because it will work during power outages. Also look into VoIP software that can turn a standard Internet connection into a way to place free phone calls.

- Forward your home phone number to your cell phone number if evacuated.

- Consider purchasing a NOAA weather radio. For details, go to noaa.gov or www.nws.noaa.gov/nwr/. NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service Office. You cannot get this weather information using a regular transmittal radio.

If you have to make calls using your smartphone during or after a disaster:

- Keep the conversation short and share only vital information to emergency personnel and family. Don’t use mobile devices to watch videos, download music or play video games, all of which can add to network congestion. Limit use of these services to help potentially life-saving 911 calls get through.

- For non-emergency communications, use text messaging, e-mail or social media. Databased services like texts and emails are less likely to experience network congestion. Use social media to contact family and friends.

- If you are unsuccessful in completing a call, wait 10 seconds before redialing to help reduce network congestion.

- Conserve your cell phone battery by reducing the brightness of your screen, putting your phone in airplane mode and closing apps you are not using.

- If you lose power, you can also charge your cell phone in your car. Just be sure your car is in a well-ventilated place (remove it from the garage) and do not go to your car until any danger has passed. You can also listen to your car radio for important news alerts.

“Search the internet for apps, websites and social media sites that could be helpful during an emergency,” Ward said, and save that information to your phone, along with facebook.com/NYSDOH and twitter.com/HealthNYGov.

If you have any other questions, contact Herkimer County Public Health at 315.867.1176 or dward@herkimercounty.org.

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Whatchamacallits



Storing food has always been a very important business, and with this in mind we present the Millville Atmospheric Fruit Jar.



The Millville jar was produced by the Whitall-Tatum & Co. of Millville, NJ, around the 1860s. What made this jar different is the closing system, which utilized a

glass lid and cast iron clamp, complete with rubber gasket. The style of clamp varied, either curved or straight, such as the one pictured.

Authentic Millville jars are embossed on the lid and the jar itself. The lid reads “Whitall’s Patent June 18th, 1861” around the center, where the thumbscrew would be tightened to secure the lid to the jar.

This style of jar was a popular alternative to screw-top jars, as the preserved food would not come in contact with metal.

The jar pictured has a large, half-circle indentation in the side,



distorting the embossed label. This is a production error, in which a foreign object was in the mold when the hot glass was poured. These errors were not uncommon and they rarely prevented the item from entering the market.

The company was one of the first glass factories in America, operat-

ing from 1806 to 1938. They produced a variety of glass jars, bottles and vials and the products are highly prized by antique bottle collectors. An authentic Millville jar, much like this whatchamacallit, can be sold for thousands of dollars if in good condition, so forgeries are very common.

Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com.

DMV reminds snowmobile enthusiasts to register for the season

As winter approaches, the New York State Department of Motor Vehicles (DMV) is reminding New Yorkers to register their snowmobiles. Snowmobile registrations must be renewed annually. DMV allows snowmobilers to renew registrations online on the DMV website, by mail or in person at a DMV office.

"We've made the registration process as simple as possible to encourage snowmobile enthusiasts to take advantage of New York's scenic and expansive snowmobiling trails across the state," said DMV Executive Deputy Commissioner Terri Egan. "We also urge every snowmobiler to enjoy the coming season safely and responsibly."

All snowmobiles operated in New York must be registered and marked with a validation sticker. Riders who complete a registration online can print a temporary certificate, which is valid for 15 days. DMV generates a permanent registration and mails it to the recipient, along with their validation sticker. There is no additional charge for the temporary certificate.

Non-New Yorkers who wish to use a snowmobile in New York State can register if it is already registered in their home state. They can use the NYS Registration for Out-of-State Snowmobile service to get the 15-day registration and operate their snowmobile here immediately. DMV will send a permanent registration in the mail.

The Statewide Snowmobile Trail System covers more than 10,000 miles across 45 New York counties. It is administered by the New York State Office of Parks, Recreation and Historic Preservation, and is maintained by more than 200 clubs. It is funded by a portion of snowmobile registration fees and through 51 municipal sponsors. Members of a New York State Snowmobile Association (NYSSA) Snowmobile Club can receive a voucher to reduce the registration fee.

In addition, New York State is a leader in snowmobile education and offers operator training courses for snowmobilers of all ages beginning at age 10. For more information, visit parks.ny.gov/recreation/snowmo-

biles/education.aspx.

State Parks Commissioner Rose Harvey said, "Snowmobiling is one of many exceptional options New York State offers outdoor winter recreation enthusiasts. As the season approaches, State Parks encourages snowmobilers to take a safety course and get familiar with safety tips to help prevent accidents from spoiling an enjoyable day on the trail."

DEC Commissioner Basil Seggos said, "Each winter, New York's magnificent landscapes transform into a winter wonderland for outdoor adventurers to explore and enjoy. DEC maintains a vast network of more than 1,800 miles of groomed snowmobile trails across the state connecting riders of all abilities with New York's unmatched beauty while boosting local tourism economies. Snowmobile registrations support new trail construction and ongoing maintenance of snowmobile trails on state land. I encourage New York's large snowmobiling community to register their sleds and ride safely this winter."

Snowmobilers must always carry registration and proof of insurance documents on them while snowmobiling. Riders must produce the documents at the request of any law enforcement officer or magistrate. Additionally, riders must produce insurance documentation at the request of anyone who is injured or suffers property damage as a result of operating a snowmobile. Holders of snowmobile safety certificates must carry the certificate when they are snowmobiling.

DMV also reminds snowmobilers that it is illegal to operate a snowmobile while impaired by drugs or alcohol, and drivers and passengers must wear helmets on the state snowmobile trail system.

You can learn more about registering a snowmobile in New York State on the DMV's website at dmv.ny.gov/registration/register-snowmobile.

For more info on the New York State Snowmobile Trail System and tips for operation visit www.dec.ny.gov/outdoor/7718.html and

parks.ny.gov/recreation/snowmobiles/.

A map of New York's extensive snowmobile trails is available at parks.ny.gov/recreation/snowmobiles/maps.aspx.

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Pre-Diabetes: Are you at risk?

Pre-Diabetes is when your body has a higher level of glucose in its bloodstream than normal but it is not high enough for a Diabetes diagnosis. Pre-diabetes puts you at a higher risk for developing Type 2 Diabetes and other serious health problems, including heart disease and stroke. Certain risk factors for developing Pre-diabetes and Diabetes include:

- Age (especially after 45 years of age)
- Being overweight or obese
- A family history of diabetes
- Having an African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander

racial or ethnic background

- A history of diabetes while pregnant (gestational diabetes)
- Having given birth to a baby weighing nine pounds or more
- Being physically active less than three times a week

There are steps you can take now to reduce your risk of developing Pre-Diabetes and Type 2 Diabetes:

- Eat more fruits and vegetables and fewer high-fat foods. Choose baked, broiled, or grilled foods over fried foods.
- Drink water instead of juice and soda.
- Reduce portion sizes. Fill your plate with more fruits and vegeta-

bles and look for whole grain options to replace carbohydrates like white rice and pasta.

- Get moving! Walking is an easy and free exercise available to everyone. Even 10 minutes a day is a good start to a healthier you. Don't forget to bring a friend!

Make an appointment with your health care provider if you have any of these risk factors. Making lifestyle changes now can prevent or delay the onset of Type 2 diabetes later. For more information, visit www.niddk.nih.gov/health-information/diabetes or www.cdc.gov/diabetes/home/index.html.

Bible Trivia

by Wilson Casey

1. From Matthew 1:18, when Mary became pregnant, she and Joseph were ... ? Married, Engaged, Just friends, Strangers
2. At the birth of Jesus, who was king of Judaea? Solomon, Herod, Balak, Belshazzar
3. What group received the angels' announcement of the birth of Jesus? Carpenters, Shepherds, Tentmakers, Masons
4. Who was Herod's information source as to where the Christ Child was to be born? Joseph, Reuben, Micah, Matthew
5. What was the home city of Mary and Joseph? Ca-

pernaum, Nazareth, Apehek, Shechem

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

7. Where was the young Jesus when the Magi came to visit him to present gifts? Manger, Under the stars, House, Temple

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

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

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Grandview Baptist Church Welcomes You

SUNDAY

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Morning Service 11AM**

TUESDAY

Ladies Bible Study 9:30AM

WEDNESDAY

**Prayer Meeting
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Pastor Dan West

St. Johnsville Senior Saints news

On Wednesday, Dec. 5, 43 members of the St. Johnsville Senior Saints Club met at the Community House on Washington Street for a business meeting and a December birthday celebration.

President Barbara Croce reminded everyone of the annual Christmas party that was to be held that Saturday at the H.C. Smith Benefit Club.

Raffle winners were Evelyn Pachut and Joe Parisel-

la. Lee Gutowski won a handmade holiday decoration and Dale Chandler won a dozen fresh eggs.

A representative from OFA was present, offering OFA Lottery Calendars for 2019.

The next club meeting is Wednesday, Dec. 19, for a luncheon at noon followed by the business meeting at 12:30 p.m.

Submitted by C. Miles, Secretary

Explaining financial plans and why you need one

A clear understanding of personal expenditures and savings rates is essential for securing a strong financial future. A financial plan can help everyone from the extraordinarily wealthy to those struggling to make ends meet.

The Financial Planning Association says a financial plan identifies goals and objectives that take finances to achieve and creates a plan for making those things happen. A financial plan can serve as a road map that people can look to for years to come as they work toward securing their financial futures.

Whether you aim to retire by age 50 or to reduce your debt, a financial plan can be just what you need to turn your dreams into a reality. Here are some steps for devising a financial plan.

1. Identify what you want. You

must identify what you want to achieve. Goals may include buying a home, retiring early, providing for a child's education or having more time and money for travel. Putting your goals on paper may inspire you to pursue them more vigorously.

2. Audit your finances. Conduct an audit of your finances so you can get a clear grasp of your current situation. Make a list of all of your assets, and then subtract existing debts to figure out your net worth. While you're tabulating, find out how much you bring in and spend each month so you can get a clear picture of your spending habits. This will help you make smart choices in regard to spending and saving.

3. Eradicate existing debt. One of the key parts of a financial plan is to pay down high-interest debt to

free up money for the future. Focus on paying off credit card balances, high-interest loans or balances for other accounts where interest is high. A debt consolidation loan may be worth exploring if you're having trouble paying down high-interest debt.

4. Start saving. Building savings is essential to reaching many goals. It also is key to help avoid financial ruin during emergency situations, such as home or car repairs, disability that takes you out of work, etc. Start small by having a certain percentage of money deposited into a separate account automatically. Then watch it grow. Investing in the right products also can help you grow your savings.

Financial advisors can help individuals devise plans to meet their short- and long-term goals.

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THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

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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

Dec 16

Merry Christmas Concert - Helen M. Maksymicz, Organist. Holy Trinity Lutheran Church, E. Gansevoort Street, Little Falls, NY. 2 p.m. Also on program are Bob Leskovar, Lynda Dudgeon, Donna Dillman, Debbie Marone, Bill Bennett, Donna Hull. It will be a fun concert with refreshments to follow. There will be a free will offering to help pay for organ repairs.

Now-Dec 16

Festival of Trees: Now through Dec. 16, 10 a.m. – 5 p.m. at the Schenectady County Historical Society and the YWCA NorthEastern NY. Adults \$6, under 12 free. The Schenectady County Historical Society has two locations: Mabee Farm Historic Site, 1100 Main Street, Rotterdam Junction, NY 12150. Call 518.887.5073. Museum & Library, 32 Washington Ave., Schenectady, NY 12305. Call 518.374.0263. The Mabee House is all decked out in forestal greens, and ready to welcome visitors on Dec. 15 and Dec. 22 at 2 p.m. for free Wintertide Tours and treats.

Dec 18

Canajoharie High School Company

of Song to perform with Mr. Anker. Arkell Center, 2 Lower Maple Ave., Canajoharie, NY. Call 518.673.4408 or email Joancimino77@gmail.com.

Dec 19

Local History Round Table. 6:30 - 8:30 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. The local history forum is a free, drop-in discussion group facilitated by town and village historians on the third Wednesday of each month. Please call 518.993.4646 for more information.

St Johnsville Senior Saints Meeting. 12 noon luncheon. 12:30 p.m. business meeting. Community House, 16 Washington St., St. Johnsville.

Jan 2-Feb 27

Save your spot for Discovering Your Family History with Judith Herbert, Certified Genealogist®. This 8-week course will focus on locating, collecting, analyzing and assessing the value and accuracy of vital genealogical records. Each week we'll explore the finer details of research, often missed by even practiced genealogists. Wednesdays, Jan. 2 to Feb. 27 at 6:30 p.m. Info: schenectadyhistorical.org/workshops

Jan 5-Feb 16

Continue down your path to genealogical enlightenment with Genealogy 201: Military & Court Records. These records are among the most underutilized yet valuable genealogical sources available. Intermediate genealogists should join us for this 6-week course, focused on using these records to solve difficult questions of relationship (parentage, spouse, children) and add biographical detail to the lives of ancestors. Saturdays, Jan. 5 to Feb. 16 at 10 a.m. Info: schenectadyhistorical.org/workshops

Jan 12

SCHS is taking a Bus Trip to the Metropolitan Museum of Art to enjoy a day of art and antiquities! Join us on Jan. 12 as we experience the best of human creativity from across the globe. Tickets are \$80 and include round trip bus and admission to the Met, plus access to their newest exhibition, "In Praise of Painting: Dutch Masterpieces at the Met." The exhibition provides a fresh perspective on the canon and parameters of the Dutch Golden Age by bringing together some of the Met's greatest paintings to present this remarkable chapter of art history in a new light. Info at www.schenectadyhistorical.org/bustrip

Mistletoe myths and medicines

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

Most people associate mistletoe with kissing, as it's customary for anyone caught standing under a sprig of this plant (often strategically placed in a doorway) to receive a kiss. But did you know that mistletoe, now considered a Christmas plant, was used as a religious symbol in pagan rites centuries before the time of Christ? To the ancient Druids of Britain it was a sacred symbol with both magical powers and medicinal properties.

These ancient people believed mistletoe could cure diseases, make animals and humans more fertile, provide protection from witches and bring good luck. In fact, mistletoe was so sacred to the Druids that if two enemies met beneath a tree on which it was growing, they would lay down their weapons, exchange greetings and observe a truce until the following day!

When the Druids found mistletoe growing on an oak tree, they used a golden knife to remove it, taking care that the sacred plant did not touch the ground to protect its special powers. They then sacrificed a white ox to consecrate the event.

Mistletoe was not allowed in Christian places of worship for many years because of its widespread acceptance in pagan ceremonies. But it is not clear just how it became part of the Christmas holiday season.

Mistletoe is the common name for any one of a hundred species of plants from as far away and diverse climates as Australia, South Africa and Europe. Our traditional American mistletoe (*Phoradendron leucarpum*) is very similar to the European species (*Viscum album*), only with shorter and broader leaves and more berries (groups of 10 or more compared to clusters of two to six berries in the European species). These species are in the Santalaceae family, one of three mistletoe families, formerly all under the name Viscaceae.

The common name is said to come from the Anglo-Saxon "Mistel-tan," "tan" meaning twig and "mistl" meaning different. This refers to the fact the plant is different from the twigs it grows on. Another version attributes the name to the word "mistel" for dung, referring to the bird droppings of seeds which spread the plant. The Latin name of the genus means "sticky" and refers to the viscous or sticky juice of the berries.

This slow-growing plant forms a greenish-yellow evergreen shrub that grows two to three feet long, hanging from tree branches. The male and female flowers of the mistletoe are borne on compact spikes on separate plants. The tiny, yellow flowers that appear in late fall soon give rise to the familiar white berries. These attract many birds which, if plants are in junipers, also eat the juniper berries. This results in denser stands supporting more wildlife.

Mistletoe will parasitize many hosts, among them apple trees, poplars, lindens, willows and, more rarely, oaks. Structures called "haustoria" attach it to trees, through which it extracts water and nutrition from them. A botanical anomaly, it is the only complete plant considered a true parasite for it often kills the hardwood tree it infests.

bration of the new year. Druids would dance around oaks they found bearing mistletoe. This custom even is mentioned in the writings of Ovid.

So where did kissing under the mistletoe begin? One legend attributes this practice to the English who, after every kiss, plucked a berry from the bunch and discarded it. When the berries were gone, tradition called for the kissing to stop. Needless to say, plentiful bunches were eagerly sought for the holidays.

Another legend comes from Scandinavia, and is alluded to by Shakespeare. In this legend Balder, the god of peace, was killed by an arrow made of mistletoe. His life was restored at the request of other gods and goddesses, with the mistletoe being given to the goddess of love to prevent such from happening again. She said that everyone who passed under it should receive a kiss to show this plant was a symbol of love, not of hate.

Before getting carried away with this symbol of love, be aware that the European mistletoe has been used medicinally for many centuries, and still is. It has been used as a general cure for most ailments, particularly in Korean and Chinese medicine. In Europe, preparations from it are used for treating cancer while in the U.S. this use has not been approved. Studies suggest that this plant may be beneficial for treating

HIV, hypertension and diabetes. Research and authorities often disagree on its benefits, and interactions with other products, so it is advised to consult your pharmacist or doctor before using this plant for other than decoration.

Likewise, toxicity of the plant and berries to humans is debated. Only in rare cases has eating the berries been reported to harm children, and then usually in large doses. Berries have been listed as toxic to cats and small animals. If you have such pets, or are concerned about children, perhaps you may wish to hang artificial mistletoe, as I do, for holidays.



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Most American mistletoe is commercially harvested in Texas, Oklahoma and New Mexico. It grows in the wild in the southern states, as far north as West Virginia.

The custom of hanging up mistletoe may stem from the Druid tradition of laying down arms and exchanging greetings under mistletoe. Priests would send around youth bearing branches of mistletoe in cele-

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Lance - is a 2 to 4 year old neutered male American Bulldog. He is good with some dogs but needs a kitty and child free home.



Monty - is a 2 to 4 year old Male DSH tiger. He loves people and seems great with other animals. Monty is a giant lover boy!



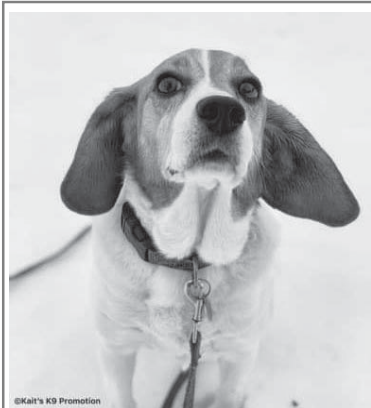
Jeremy - Is a 2 to 4 year old neutered male Tripod Brindle boy. Jeremy loves people and is great with most other dogs. He does need a kitty free home.



Shellie - Is a 4 to 5 year old spayed female shepherd (hound) mix? She is great with cats, good with some dogs but shy around new people.



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



Rocky - Is a 6 to 7 year old neutered male Beagle who loves everyone and everything. Rocky is housebroken, loves relaxing on the couch and is a real cuddler!

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Older Driving Awareness

More than 2.5 million New Yorkers aged 65 and older continue to enjoy independence by driving to work, medical appointments and social and recreational activities. Unfortunately, older adults are about two times more likely than younger drivers to die or be hospitalized when involved in a motor vehicle crash. Every year in New York State, more than 4,800 drivers aged 65 and older are seen in emergency departments, and more than 1,000 are injured severely enough in motor vehicle crashes to require hospitalization.

Changes in vision, flexibility, strength, range of motion and

even size are all effects of aging and can also affect the ability to drive safely, but there are many things older drivers can do to drive safer longer.

Here are tips we can share with older drivers to help them increase their safety on the road:

- **Take a driver safety course.** Many local agencies and national organizations offer classes specific to older drivers for a small fee.

- **Plan your route before driving.** Think about potentially confusing intersections or areas where a difficult driving situation might be encountered. Map out a route that makes you

feel most comfortable.

- **Adjust your car to better fit your body.** Raise the seat for correct positioning, make sure the gas and brake pedals can be easily reached, tilt the steering wheel and/or adjust the mirrors to make driving more comfortable and less physically demanding.

- **Minimize driving distractions.** Turn off your cell phone and the radio, and ask passengers to stay quiet.

- **Avoid stressful driving situations.** Travel during the day, when the light is brightest. Stay off the roads during rush hour and when the weather is poor.

- **Make sure you are in the**

best physical condition for driving

- a. **Vision:** Regular eye exams are important, especially if you have certain medical conditions, like diabetes. Eye exams can also detect vision problems such as cataracts, glare sensitivity or need for a new glasses prescription. If you need glasses to drive, wear them.

- b. **Medication:** Talk with your doctor or pharmacist to see if your medications can affect your driving ability by causing you to become drowsy, dizzy, distracted or confused.

- c. **Hearing:** Have routine hearing tests. You want to be able to hear important traffic

noises such as sirens and horns. If you use a hearing aid, always wear it when driving.

- d. **Fitness:** Activities like walking, dancing, gardening, golfing and yoga can help you stay in shape to meet the physical demands of driving by keeping muscles strong and enhancing flexibility and coordination.

- e. **Cognition:** Keep your mind sharp to help you make quick decisions while driving. Tell your doctor or a close family member if you become confused or anxious while driving.

For more information about older driver safety, visit tinyurl.com/ycerbjgo.

Did you know?

One way to improve curb appeal and set a property apart from others is to add decorative effects to walkways, patios and driveways. Although many homeowners turn to materials such as pavers, flagstone or brick for these purposes, a versatile and often cost-effective

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Stamped concrete, often called textured or imprinted concrete, is textured, patterned or embossed to mimic the look of other materials, notably brick, slate, flagstone, stone, tile, and wood. Stamped concrete can

be used on patios, sidewalks, driveways, pool decks, and even interior flooring. The concrete is poured and then patterned using special tools. Installing stamped concrete is best left to concrete design specialists with extensive experience in this difficult craft.

Good Housekeeping

Snap peas and baby carrots

Simplify Christmas dinner with these quick and easy vegetables.

1 bag (16 ounces) peeled baby carrots

2 tablespoons margarine or butter

1 cup loosely packed fresh mint leaves, coarsely chopped

1/8 teaspoon salt

1/8 teaspoon coarsely ground black pepper

3 bags (8 ounces each) stringless snap peas

1. Fill 4-quart saucepan two-thirds full with salted water; cover and heat to boiling over high heat. Add carrots and cook, uncovered, 7 to 8 minutes or until tender-crisp. With slotted spoon, transfer carrots to colander; drain well. Transfer carrots to large bowl; toss with 1 tablespoon margarine, half of mint, 1/8 teaspoon salt and 1/8 teaspoon pepper. Arrange carrots on one side of warm, deep platter; cover with foil to keep warm.

2. Meanwhile, heat same water in saucepan to boiling over high heat. Add snap peas and cook, uncovered, 2 to 3 minutes or until tender-crisp. Drain snap peas in colander, then transfer to same bowl; toss with remaining 1 tablespoon margarine, mint, 1/8 teaspoon salt and 1/8 teaspoon pepper. Arrange peas on warm platter, opposite carrots.

* Each serving: About 65 calories, 2g total fat, 165mg sodium, 10g total carbohydrate, 3g dietary fiber, 3g protein.

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Moments in Time

The History Channel

• On Dec. 18, 1620, the British ship Mayflower docks at modern-day Plymouth, MA, and its passengers prepare to begin their new settlement, Plymouth Colony. By spring, 50 of the original 102 Mayflower passengers were dead of illness and starvation.

• On Dec. 22, 1900, the first car to be produced under the "Mercedes" name is delivered to its buyer: Emil Jellinek, the Austrian car racer. Jellinek was so confident it would win races that he bought 36 of them, and the company agreed to name its new machine after Jellinek's daughter, Mercedes.

• On Dec. 19, 1917, the National Hockey League opens its first season with five franchises: the Canadiens and the Wanderers (both of Montreal), the Ottawa Senators, the Quebec Bulldogs and the Toronto Arenas.

• On Dec. 17, 1944, Public Proclamation No. 21, declares that, effective Jan. 2, 1945, Japanese American "evacuees" from the West Coast could return to their

homes from internment camps.

• On Dec. 20, 1957, rock 'n' roll star Elvis Presley receives his draft notice for the U.S. Army. Fans sent tens of thousands of letters asking that he be spared, but Elvis would have none of it. He was sworn in as an Army private in Memphis, TN, on March 24, 1958.

• On Dec. 23, 1968, the crew and captain of the U.S. intelligence-gathering ship Pueblo are released after 11 months' imprisonment by the government of North Korea. The Pueblo and its 83-man crew had been seized by North Korean warships and charged with intruding into North Korean waters.

• On Dec. 21, 1988, Pan Am Flight 103 from London to New York explodes in midair over Lockerbie, Scotland, killing all 243 passengers and 16 crew members. A bomb hidden in an audio cassette player detonated in the cargo area when the plane was at 31,000 feet.

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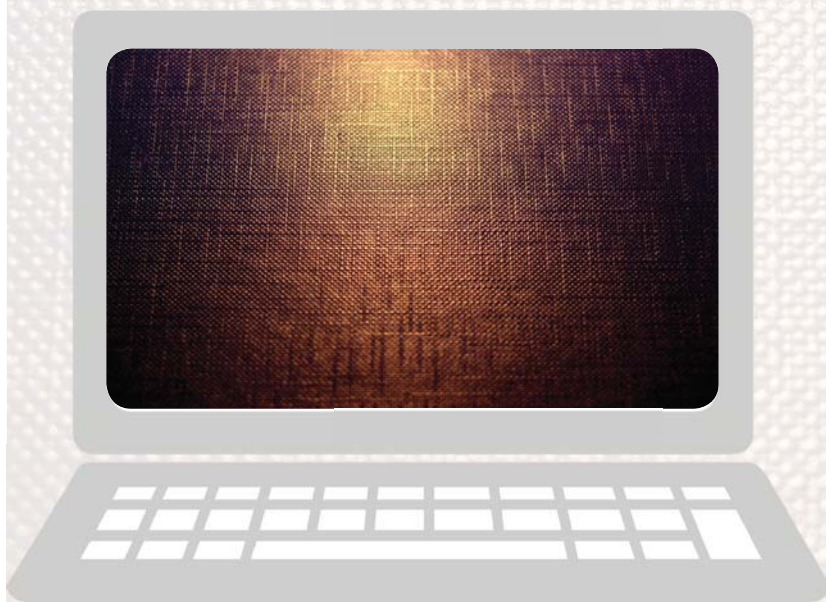
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Holiday gift ideas and other December gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Narozzi, Garden Consultant

Buying gifts for gardeners, keeping holiday plants cool and having houseplants properly watered are some of the gardening activities for this month.

Gardeners on your holiday gift list might appreciate a decorative basket or pot, or functional garden trug, filled with handy gardening items. Plus, they're fun to put together. Some items to consider are ratchet hand pruners, an ergonomic trowel, fragrant soap, hand lotion, plant tags, paperwhite narcissus or amaryllis bulbs and bird feeders. There are many specialty gloves to choose from for gifts, including ones that are



padded, water-resistant, insulated or with long sleeves (great for pruning roses and brambles). If considering weather gear, look into digital and wireless thermometers and rain gauges.

There are some quite attractive light stands for starting seeds and growing plants indoors. For that special person or big gift, what about a cold frame or even small hobby greenhouse? If you still have no idea what a person would like, what about a gift certificate to a garden store or nursery? Or, give a coupon for some help in the garden or landscape, weeding or mowing or other.

There are many garden books to choose from for gift ideas, both instructive how-to ones and ones to inspire. Ones by the authors include "The Fruit Gardener's Bible," "New England Month by Month Gardening" and "Foodscaping: A Practical and Innovative Way to Create an Edible Landscape."

If you brought in your annual geranium plants this fall and are growing them indoors this winter, chances are they're getting leggy by now. The cloudy, short days of November and December don't provide enough light for these plants to thrive. Cut back the plants to about one foot tall. They will resprout and grow bushier in the longer days of late winter.

Amaryllis, cyclamen and most other blooming holiday plants will last longer if kept on the cool side and out of direct sunlight. If you wish to make sure some flowers don't fade before a big event, you can keep the

plants in a cool room or part of the house (preferably above 50 degrees F) for a few days and bring them out the day you need them.

Cyclamen in particular prefer cool temperatures, so keep them back from south-facing windows that heat up during the day. Cyclamen also need even moisture, so don't allow them to wilt and definitely don't keep them too wet or they may rot. You'll find these in stores and at florists in many colors including reds, pinks, purple and white, and in both large- and small-flowered selections.

Feel the soil of your houseplants. When it's dry an inch or so deep, apply enough water so it comes out the bottom drainage hole. The larger the pot, the longer you can wait in between watering. The larger the plant, and more root bound within the pot, the more often you may need to water. If you have a fireplace or forced-air heat, you may have to water small pots or hanging ones every couple of days. In general, I find once a week works for most houseplants, less for cacti and succulents. If in doubt, don't water, as too little water is better than too much. You also can buy watering meters which alert you when watering may be needed.

Other gardening tips for this month include buying a locally-made evergreen swag or roping for decorating, and visiting a Christmas tree farm for a nice outing with family or friends.

Gingerbread goodness

Gingerbread is a broad term that can describe anything from a firm and crispy cookie to a moist, soft cake. Traditionally, gingerbread is seasoned with ginger, cloves, nutmeg, and other aromatic spices. Molasses and brown sugar counteract the spice with sweetness.

North Americans have been baking gingerbread in various shapes or forms for more than 200 years, and the recipes even pre-date the American revolution. However,

gingerbread dates back even further to the Shakespearean era, with The Bard having mentioned it in one of his plays.

Gingerbread's name can be traced to medieval England and once referred to any kind of preserved ginger. The term went on to reference ginger-flavored cakes in the 15th century, and gingerbread eventually became popular throughout the world.

Even though ginger-

bread cakes and cookies have been made for centuries, Germans are often credited with creating gingerbread houses, according to Smithsonian. They were probably modeled after the witch's candy cottage in the German fairy tale, "Hansel and

Gretel."

Even though gingerbread can be made any time of year, it is particularly associated with the Christmas season, with gingerbread men and other fanciful shapes turning up on cookie platters.

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Why Santa's suit is red, and other Christmas trivia



The Santa Claus suit was developed when the Coca-Cola Company hired American artist Haddon Sundblom in 1931 to redesign Santa Claus.

Photo courtesy of Coca-Cola

- The use of a Christmas wreath as a decoration on a front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.
- Christmas caroling began as an old English custom called Wassailing — toasting neighbors to a long and healthy life.
- The biggest selling Christmas song of all time is Bing Crosby's "White Christmas."
- All modern references of Santa coming down the chimney can be traced to the famous poem "A Visit From St. Nicholas," written in 1822 by Clement C. Moore. In it he describes "And then in a twinkling I heard on the roof, the prancing and pawing of each little hoof. As I drew in my head and was turning around, down the chimney St. Nicholas came with a bound."
- Due to the time zones, Santa has 31 hours to deliver gifts.
- The first printed reference to Christmas trees appeared in Germany in 1531.
- Artificial Christmas trees have outsold real ones since 1991.
- Candy canes began as straight white sticks of sugar candy used to decorate Christmas trees. A choirmaster at Cologne Cathedral decided have the ends bent to depict a shepherd's crook, and he would pass them out to the children to keep them quiet during services. It wasn't until about the 20th century that candy canes acquired their red stripes.
- A traditional Christmas dinner in early England was the head of a pig prepared with mustard.
- The Santa Claus suit was developed when the Coca-Cola Company

hired American artist Haddon Sundblom in 1931 to redesign Santa Claus. Sundblom chose the official colors of Coca-Cola, red and white.

- In America in 1822, the postmaster of Washington, D.C., complained that he had to add 16 mailmen at Christmas to deal with cards alone. He wanted the number of cards a person could send limited by law. "I don't know what we'll do if this keeps on," he wrote.
- An average household in America will mail out 28 Christmas cards each year and get 28 cards in return.
- According to a survey, 7 out of 10 dogs get Christmas gifts from their

doting owners.

- In 1836, Alabama was the first state to declare Christmas a legal holiday.
- In 1907, Oklahoma became the last state to declare Christmas a legal holiday.
- In 1947, Toys for Tots started making the holidays a little happier for children by organizing its first Christmas toy drive for needy youngsters.
- According to Christian theology, the true Christmas season begins at sundown on Dec. 24 and lasts through sundown on Jan. 5. For that reason, this season is also known as the Twelve Days of Christmas.

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Christmas Morning Italian Strata

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

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

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

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

About 1 3/4 hours before serving:

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

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

Find more triple-tested holiday recipes at www.goodhousekeeping.com

om/recipes/.
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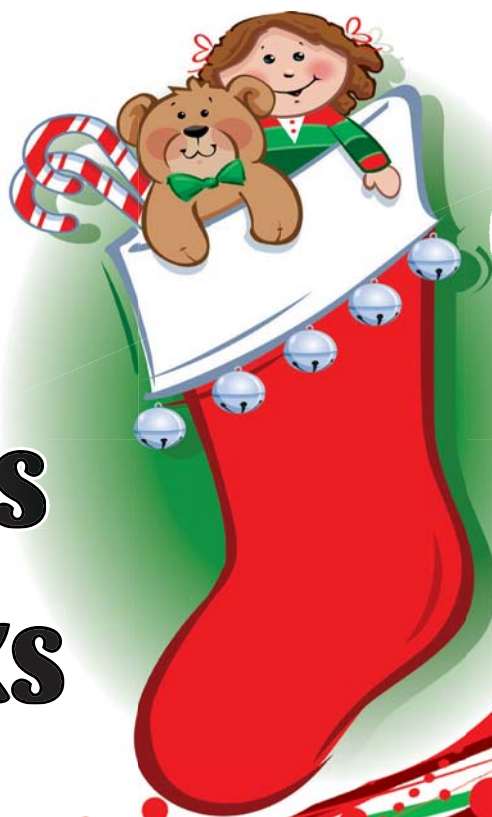
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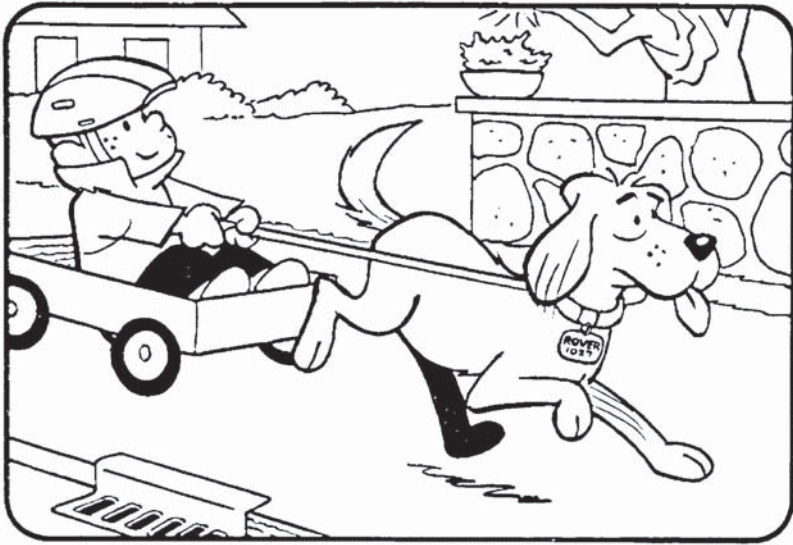
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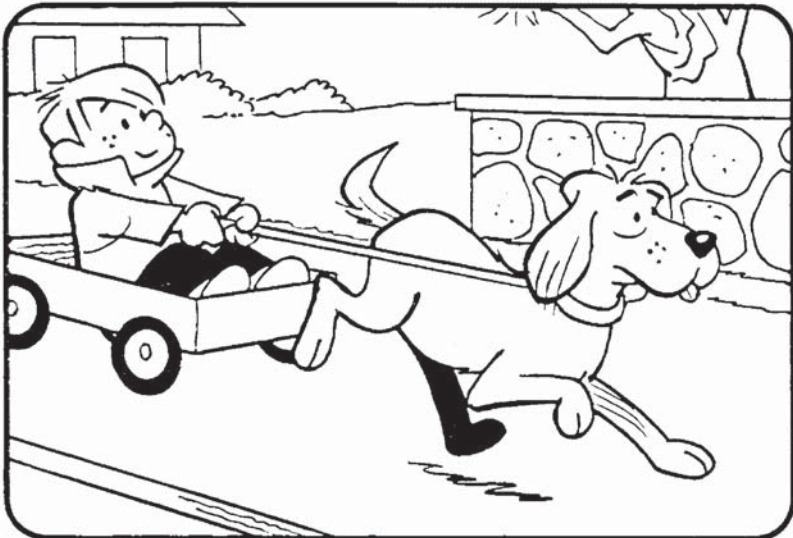
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THURS-FRI 10-8; SAT 10-6;
SUN 10-5

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Helmet is missing. 2. Drain is missing. 3. Tail is shorter. 4. Flower pot is missing. 5. License tag is missing. 6. Tongue is smaller.

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Weekly SUDOKU

by Linda Thistle

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

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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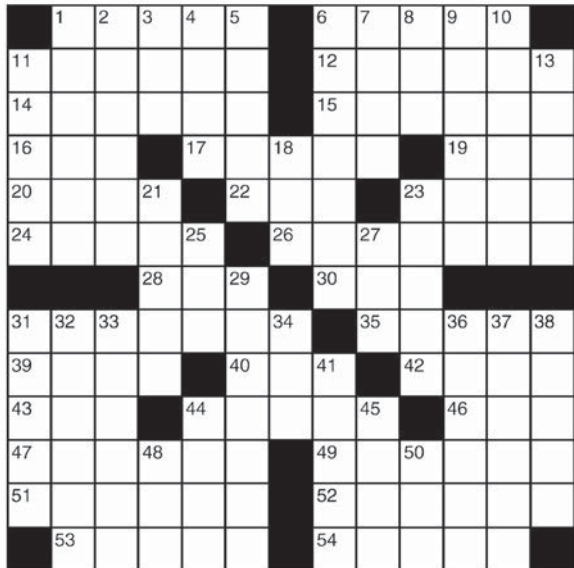


The first day of winter is Dec. 21. This day is also known as the Winter Solstice.

King Crossword

ACROSS

- 1 Yard activities
- 6 Measuring device
- 11 Wig
- 12 Show up
- 14 Hang around
- 15 Vocalist
- 16 Big bother
- 17 Formal pronouncements
- 19 Yoko of music
- 20 Spill the beans
- 22 Bear hair
- 23 Coaster
- 24 Black-and-white movie, e.g.
- 26 90210, for one
- 28 Always, in verse



- 30 Mongrel
- 31 Sways from side to side
- 35 "Gone With the Wind" star
- 39 Look lasciviously
- 40 Three-man vessel?
- 42 Intend
- 43 Grazing area
- 44 Filleted
- 46 Suitable
- 47 Identify
- 49 Sarcastic remark
- 51 Stag's lack
- 52 With malice
- 53 Butcher's wares
- 54 Keglers' venue
- 9 51-Across of a sort
- 10 Tied
- 11 "The Republic" man
- 13 Wear away
- 18 Since, slangily
- 21 Belgian city
- 23 "Get lost!"
- 25 Conger or moray
- 27 Boxer
- 29 Cutting responses
- 31 "Look Homeward,
- 32 Anti-elderly bias
- 33 Quick look
- 34 Baltimore newspaper
- 36 Snoopy, e.g.
- 37 Boutonnieres' sites
- 38 Access
- 41 Watch-crystal holder
- 44 Ernie's pal
- 45 Prima donna
- 48 — long way (last)
- 50 Diarist Anais

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STICKELERS [sic]

by Terry Stickels

Alyssa ran a marathon in which she finished 21st from the top and 21st from the bottom.

How many people were in the race?

- a) 41
- b) 43
- c) 46
- d) 47
- e) Impossible to know

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“May and October, the best-smelling months? I’ll make a case for December: evergreen, frost, wood smoke, cinnamon.”
~ Lisa Kleypas, “Love in the Afternoon”

Valley Community Recreation Center Capital Campaign initiates plans to serve Schoharie and adjacent counties

The communities in the Schoharie Valley will soon have a multi-use recreational facility to embrace healthy living for their youth, families and senior citizens. The Valley Recreational Center will be located in the Village of Middleburgh, adjacent to the high school in the heart of the village, providing convenient access for its future membership.

The Marge and Randy Becker Foundation will be a significant capital donor as well as providing a continued contribution for yearly operational expenses – a great start with Marge and Randy's dedicated support. The history and vision of this project go back many

years to the simpler days of Middleburgh and Schoharie County and the tremendous need for a recreational gathering place. This catalyst for healthy living and an affordable place for all members of the community to enjoy and thrive will soon become a reality. The ultimate goal is to transition to a YMCA facility with the timeframe based on the success of the fundraising and membership commitments.

"My dream for many years has been to bring a dynamic recreational facility to the community with multiple areas for healthy activities and other flexible space for exciting educational and

fitness programs," commented iconic Middleburgh resident and MIDTEL owner Marge Becker. "Through the financial support of the Marge and Randy Becker Foundation, we have secured the location, designed the facility and prepared the budget. We are now ready to start the capital fundraising campaign asking for donations from project supporters."

The project details include a total cost of \$8.5 million with a planned swim competition regulation pool, full-size gym, whirlpool and sauna, fitness and aerobics center, spin room, locker rooms and Kids' Corner. There are several recognition levels and naming oppor-

tunities to encourage significant donations from local citizens, the business community, foundations and the State of New York.

The capital campaign to support the construction is now formally announced. The bulk of the construction cost will need to be raised through donations committed over a three- to five-year payment commitment. Pledge forms and a detailed brochure have been designed and will be made available for anyone interested. Additional information can be found and capital donations made at www.thevalley-crc.com or by reaching Jim Becker at jim@mid-tel.net or 518.827.5211.

Chow Line: Holiday indulgence in moderation?

by Tracy Turner

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

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

Many people are looking for ways to either avoid temptation or make better choices that will allow them to maintain a healthy weight while they navigate all the indulgence of the season, said Jenny Lobb, a family and consumer sciences educator for Ohio State University Extension. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

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

Use the U.S. Department of Agriculture's MyPlate dietary guidelines as your guide to healthy eating. MyPlate encourages people to eat more fruits and vegetables, lean protein, and whole grains, including advocating that people make half of the food on their plate fruits and vegetables. So look for fruits and vegetables when you go to holiday gatherings and when you are planning your own meals. Filling up on those foods first might help you eat less of the other richer foods that you might encounter later.

Plan ahead—whether you are packing a lunch or snacks—for your workday. When you bring

your own food, you might be less likely to pass through the break room and indulge in some of the sweets that other people bring in. Plan ahead for any parties you might attend as well. Doing so might help you avoid some of the sweets or rich foods offered there.

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

Keep an eye on your portions. In the words of the Dietary Guidelines for Americans, "enjoy your foods, but eat less." You can still enjoy those special holiday treats, but keep an eye on the portions and try not to overdo it. Filling up on fruits and vegetables first might help you stick to smaller portions of the richer foods you choose to eat.

Limit your liquid calories. Lots of holiday drinks such as alcoholic beverages, eggnog, and festive coffee drinks contain more calories and sugar than some desserts. So keep an eye

on the beverages that you're choosing, try to fill up on water first, and then treat those richer drinks more like desserts or sweets.

Lastly, try to understand that not all of your holiday eating habits are going to be perfect, so cut yourself some slack and enjoy the season. Don't beat yourself up if you have a bad day.

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



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Sunday, December 2nd 5-7PM
Sunday, December 16th (Christmas at Cornerstone) 4:30-7PM
Our Family Night themes for December will focus around giving.
December 2nd will be Blacklight Night
After a short devotional to start the evening we will be having fun with a variety of games and decorating Christmas cookies. Pizza, beverage and cookies will be served during the evening. Don't miss out on the fun.
December 16th - Christmas at Cornerstone
We will meet at church at 4:30 pm and get instructions for going Christmas caroling in the village of Ames (be sure to dress warm and bring a flashlight.) When we finish caroling there will be snacks and hot chocolate served at the church.
We look forward to having you join us for these events - if you have any questions you may call the church for more information.
Cornerstone Baptist Church
7274 State Hwy 10 • Ames, NY
518-673-3405 or 518-414-4447



Cold Weather Tips

Learn more about how you can protect your health when it is extremely cold

The World Health Organization recommends keeping indoor temperatures between 64 and 75 degrees Fahrenheit for healthy people. The minimum temperature should be kept above 68 degrees Fahrenheit to protect the very young, the elderly or people with health problems.

Watch out for signs of hypothermia. Early signs of hypothermia in adults include shivering, confusion, memory loss, drowsiness, exhaustion and slurred speech. Infants who are suffering from hypothermia may appear to have very low energy and bright red, cold skin.

When outside, take extra precautions to reduce the risk of hypothermia and frostbite. In high wind conditions, cold weather-related health problems are much more likely. Be sure the outer layer of clothing is tightly woven to reduce body-heat loss caused by wind. If

you will be spending time outside, do not ignore shivering – it is an important first sign that the body is losing heat and a signal to quickly return indoors.

Since cold weather puts an extra burden on the heart, if you have cardiac problems or high blood pressure, follow your doctor's orders about shoveling or performing any strenuous exercise outside. Even otherwise-healthy adults should remember that their bodies already are working overtime just to stay warm, and dress appropriately and work slowly when doing heavy outdoor chores.

Stay safe while heating your home

Take precautions to avoid exposure to dangerous levels of carbon monoxide. Carbon monoxide (CO) is a potentially deadly gas. It is colorless, odorless, tasteless and non-irritating. It is produced by burning fuels such as wood, oil, natural gas, kerosene, coal and gasoline.

Symptoms of carbon monoxide poisoning are similar to the flu but do not include a fever. At lower levels of

exposure, a person may experience a headache, fatigue, nausea, vomiting, dizziness and shortness of breath. Exposure to very high levels of carbon monoxide can result in loss of consciousness and even death.

The rising costs of natural gas and oil heat may lead many New Yorkers to use alternative home heating methods to reduce their fuel bills this winter, but wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves can be dangerous unless proper safety precautions are followed.

Never try to thaw a pipe with an open flame or torch and be aware of the potential for electric shock in and around standing water. To keep water pipes from freezing in the home let faucets drip a little to avoid freezing, open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall. Keep the heat on and set no lower than 55 degrees.

Stay warm and be safe.

Now Here's a Tip

by JoAnn Derson

• If you are serving hot rolls on a buffet, line the basket with aluminum foil before you line it with a towel. The foil will help reflect heat, keeping the rolls

warmer longer.

• Metal skewers are great for a barbecue, but the tip also can be used to create fancy designs on an iced cake, just like a pencil.

• "If you get stuck in the snow, try using your car mats to get a little traction. Keep some kitty litter or sand in the trunk too just in case you run into trouble." – D.C. in Michigan

• "Running the heater is expensive, especially when there's only one person in a house. I find that I can get by with a much cooler overall temperature by using my space heater for about 15 minutes in the bathroom and lounging on the couch and in bed with my electric blanket. Those two things cut down on the need to have the house toasty warm, and truly keep my heating bill in

check." – B.J. in Pennsylvania

• A pot of mulling spices on the stovetop will both fill your house with a lovely holiday smell and add a respectable amount of humidity. Simply keep a watch on the kettle or pot, and add water as necessary.

• "Here's a clothing tip on a very cold day: Today's running tights are fantastic under pants as a liner. They are warm, wicking and cut a flattering silhouette as well. Much better than old-fashioned thermals." – M.E. in Montana

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Friday, Dec. 7, 2018

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King Crossword — Weekly SUDOKU —

Answers
Solution time: 24 mins.

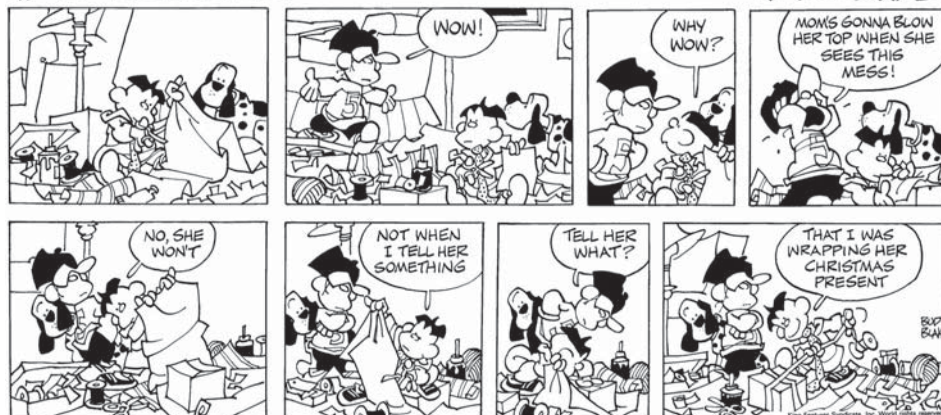
	S	A	L	E	S		G	A	U	G	E	
P	E	R	U	K	E		A	R	R	I	V	E
L	I	N	G	E	R		S	I	N	G	E	R
A	D	O		D	I	C	T	A		O	N	O
T	E	L	L		F	U	R		S	L	E	D
O	L	D	I	E		Z	I	P	C	O	D	E
			E	E	R		C	U	R			
W	A	G	G	L	E	S		G	A	B	L	E
O	G	L	E		T	U	B		M	E	A	N
L	E	A		B	O	N	E	D		A	P	T
F	I	N	G	E	R		Z	I	N	G	E	R
E	S	C	O	R	T		E	V	I	L	L	Y
	M	E	A	T	S		L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

Answer

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



TIGER



Stickelers Answer

The answer is a) 41.

by BUD BLAKE

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2019 TOYOTA COROLLA LE



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\$500 Toyota Rebate - or - Lease for **\$139/mo**† w/ \$2,999 down
Lease Includes \$750 TFS Rebate. Cap Cost \$19,403.

2019 TOYOTA CAMRY LE



Model# 2532

Lease for **\$189/mo**† w/ \$2,999 down
Cap Cost \$23,578.

2018 TOYOTA PRIUS PRIME PLUS



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Cap Cost \$33,863

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R116	2018	Toyota	Tundra 4x4	1K	\$37990	\$595	P19126A	2015	Toyota	Tundra DBL TRD Pro	24K	\$36990	\$579
R115	2018	Toyota	Camry Hybrid	7K	\$28490	\$439	19102A	2015	Toyota	Venza XLE AWD	39K	\$23990	\$364
R114	2018	Toyota	Camry XSE	6K	\$2,990	\$414	19049A	2015	Kia	Sorento LX AWD	33K	\$17990	\$264
181006A	2018	Toyota	C-HR XLE	15K	\$20850	\$312	18985B	2015	Toyota	Camry SE	47K	\$15990	\$231
P1887	2017	Toyota	Tacoma DBL Sr5 TRD	11K	\$32740	\$509	18888A	2015	Jeep	Wrangler Unlimited Sport 59K		\$27990	\$430
18822B	2017	Toyota	Tacoma LTD	5K	\$35990	\$562	18817A	2015	Hyundai	Sonata SE	82K	\$10995	\$149
17974	2017	Toyota	Rav4 SE	31K	\$25990	\$397	P1955	2014	Chevy	Silverado 1500 LTZ DBL 49K		\$29990	\$463
P1963	2016	Toyota	Tacoma DBL SPT	21K	\$32990	\$513	181086A	2014	Toyota	Rav4 LTD	70K	\$18490	\$273
P1958	2016	Toyota	4Runner SR5	38K	\$30990	\$480	181054A	2014	Jeep	Cherokee Trailhawk	44K	\$21990	\$331
P1956	2016	Chevy	Silverado 1500 DBL LT	32K	\$29990	\$463	19077A	2014	Toyota	4Runner Premium	68K	\$27990	\$430
P1953	2016	Toyota	Highlander XLE	29K	\$32990	\$513	18939A	2014	Ram	1500 Big Horn	74K	\$21840	\$328
P1947	2016	Toyota	Prius Two Eco	37K	\$18990	\$281	18878A	2014	Chevy	Silverado LT Z71	73K	\$26995	\$414
P1930	2016	Toyota	Tundra Double SR5	30K	\$33720	\$525	18402A	2014	Kia	Soul	57K	\$8630	\$109
P1911	2016	Toyota	Tacoma ACC Cab TRD	22K	\$28940	\$446	181056A	2013	Dodge	Durango SXT	92K	\$15990	\$231
181041A	2016	Ford	Fusion SE	51K	\$15990	\$231	19021A	2013	Toyota	Corolla LE	60K	\$10695	\$144
181035A	2016	Ram	3500 Crew Diesel	27K	\$43660	\$690	18926A	2013	Ram	1500 Reg Cab 4WD	78K	\$17960	\$264
19112A	2016	Toyota	Avalon LTD	30K	\$26990	\$414	18102A	2012	Chevy	Cruze LTZ	83K	\$9960	\$131
18983A	2016	Toyota	Tacoma Acc Cab TRD	50K	\$27650	\$425	19085A	2012	Toyota	Camry XLE	94K	\$12490	\$173
P1962	2015	Toyota	Rav4 XLE	36K	\$19990	\$298	P1954	2011	Toyota	Camry	75K	\$9995	\$132
P1959	2015	Toyota	Rav4 LE	44K	\$18990	\$281	181045A	2011	Ford	Ranger Reg Cab 2WD	60K	\$11990	\$165
P1922	2015	Toyota	Camry SE	35K	\$17650	\$259	19138A	2011	Audi	A4 AWD	70K	\$12990	\$182
P1914A	2015	Toyota	Camry XLE	35K	\$18640	\$275	P1952A	2010	Toyota	Tundra Double Cab	80K	\$19990	\$298
P1910	2015	Nissan	Murano S AWD	24K	\$22130	\$333	19142B	2010	Toyota	Corolla	80K	\$8990	\$115
P1905A	2015	GMC	Sierra 1500 Denali	41K	\$39990	\$629	P1960A	2009	Nissan	Rogue S AWD	92K	\$8490	\$131

*Model Year 2010 and Newer - 72 mos. @ 4.99%, 2009 and Older 60 mos. @ 6.99%. \$1999 Down. Must be Credit Qualified. Taxes & Fees Extra.



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Christmas fun at the Elks Lodge



Michele and Ed Whiteman greeted guests as they came in the door.

Photos by Rachael Takacs

by Rachael Takacs

Children and adults alike packed the Canajoharie-Fort Plain Elks Lodge early this December. It was with good reason, as a very festive morning was about to take place. It was time for the annual Breakfast with Santa, a morning filled with arts and crafts, face painting, music and laughter – and a delicious breakfast made and served with love by the members of the Elks Lodge.

Andrea Null was serving breakfast as well as many smiles in her elf attire. She explained this was only one small part of all the wonderful

things the Elks Lodge hosts every year. “The Elks is an organization that does things for people in the community throughout the whole year. We do Hoop Shoot, drug awareness programs, benefits and much more,” she explained. She also stated that Nancy Swartz, the chair of the Elks Lodge, was the organizer of this particular event. Swartz was busy taking pictures of all the children as they excitedly greeted Santa Claus and told him their hearts’ desires, while upstairs in the Lodge, Jeremy Whiteman was hard at work editing and printing the pictures.

In addition to visiting with Santa, children were decorating Christmas cards for veterans with festive stickers, markers and well wishes. Many were also getting their

faces painted with cheery snowmen, reindeer noses and even a few Fortnite characters. Many were also enjoying the tasty breakfast prepared by the Lodge members – so much so that Bob Saltzman, one of the chefs behind the scenes, reported that they went through 75 pounds of bacon by the end of the morning.

That morning, the Lodge was brimming with Christmas cheer. Children and parents alike really appreciated and enjoyed all that the members did to make their holiday season even more special. Jamie Suiter, who had brought his three young children to the event, displayed such enthusiasm. He said that it was their first time in attendance, and that it certainly wouldn’t be their last. “We love it!” he exclaimed. “It’s great!”

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Jasmine Rumrill and her cousin Allison Lamphere pose for the camera with their freshly painted faces.



Santa Claus holding the sweet, 10-month-old Hattie Kretser.

Welcoming the holidays

Linda Hudyncia and Deb Riley of the Mohawk Valley Women's Club had fun decorating the welcome sign planters for the holidays. Linda used pine boughs pruned from her property and spray-painted thistles from her garden to tie into the silver street light ornamentation in town. Deb donated bows she saved from prior holiday decorations to add the finishing touch. MVWC encourages everyone to recycle and re-purpose items whenever possible and wishes everyone a happy holiday season.

Heads up on the group's next project. "Holiday Hello" will take place on Friday, Dec. 21, 3 p.m. at the Arkell Center. They are having a holiday tea with the residents to give these ladies a bit of attention during the holidays when their families may not be able to visit as often. Holiday treats and a basket of gifts will be brought for them to share. Plans are also in the works to visit residents at Palatine Nursing Home but details haven't been finalized yet.



Linda Hudyncia and Deb Riley of the Mohawk Valley Women's Club hope the decorations get people into the holiday spirit.

Photo courtesy of Mohawk Valley Women's Club



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