

Mohawk Valley Country Editor

December 22,
2018

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BUT WHEN THE FULLNESS OF THE TIME HAD COME, GOD SENT FORTH HIS SON, BORN OF A WOMAN, BORN UNDER THE LAW,
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060: **NEW LISTING!!!** 764 E. Lykers Road, **SPRAKERS:** This property is located on a triangular lot (1 acre), in the country on a fairly quiet road. The house needs to either be totally gutted or taken down. If you are looking for a location to build a small home in a semi-private area, then check out this location. The condition of the well and septic are unknown. The owner is

see where it goes. **Asking \$22,000**



292: **NEW LISTING!!!** 3338 State Highway 29, **JOHNSTOWN:** Great location! Beautiful view and located just minutes away from downtown Johnstown. Property has been stripped down to the studs waiting for the new owner to make it their own or tear it down and build. Property has a huge Amish built shed that is great for storage or a workshop. **Asking \$25,000**



612: 22 Porteus Street, **LITTLE FALLS:** Two-story home that's priced to sell and waiting for your new beginnings! Large home with 4 bedrooms. Located on a nice street. Front porch. **Asking \$34,500**



958: 785 Mapletown Road, **CANAJOHARIE:** This is a great property (28 acres) with a pond, open fields and woods and would make an awesome camping area or build your new home. It passed a perk test. **Asking \$34,900**



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Lee Publications Outreach Program collects food for local church



The Lee Publications Outreach Program collected food for the River of Jubilee Church, where Pastor Gail Adamoschek received the donation from our Editor Joan Kark-Wren.

Good Housekeeping

Eggnog Hot Chocolate

Start off Christmas morning in a very special way with this rich and creamy Eggnog Hot Chocolate.

2 1/2 cups milk
12 ounces bittersweet chocolate, finely chopped
4 cups eggnog
1 teaspoon vanilla extract
1/4 cup coffee liqueur (optional)
Whipped cream
Cinnamon or peppermint sticks, for garnish (optional)

1. In a medium saucepan, bring milk and chocolate just to a simmer; remove from heat. Let stand 2 minutes. Whisk chocolate until melted and smooth.

2. Stir in eggnog. Gently heat over low heat until very warm. Stir in vanilla and coffee liqueur, if using.

3. Pour into mugs. Top with whipped cream and cinnamon sticks, if desired. Makes 8 (1 cup) servings.

* Each serving: About 458 calories, 33g total fat, 42g total carbohydrate, 11g protein.

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

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Paw's Corner

by Sam Mazzotta

Should shelters lower the cost of adoption?

Dear Paw's: My local shelter has started holding "free" adoption days twice a year. It drops the \$100 fee to adopt a pet (although people still need to pay a \$10 processing fee, and they get a collar and ID tag with that). Taking care of pets can be expensive, and I think these kinds of promotions attract owners who aren't going to invest in their new pet and keep them healthy. What do you think about low-cost shelter adoptions? — Colin H., via email

Dear Colin: If a lower adoption fee helps shelters find homes for pets, and reduces shelter populations, I'm in favor of it. However, I understand your reservations. In some ways, it's a gamble that the shelter takes on each new person to come through its door. Will this person be the forever family for a traumatized dog? Can a family with kids care for a cat with special needs?

Some shelters vet potential owners before allowing them to adopt, while others follow the more familiar "open adoption" practice, where the criteria are not so strict.

Pet adoption fees are not about gatekeeping. These fees cover the cost of caring for animals at the shelter: their food and health care, as well as administration. In return, new owners often receive a voucher or coupon for a free vet visit and steeply discounted services like vaccination and deworming. And the fee is far lower than the cost of buying a pet through a breeder or at a pet store.

Whether a lower-cost promotion is in place or not, potential new owners should always visit their nearest shelter first as they search for their new pet.

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Strange but True

by Samantha Weaver

• It was New York Times columnist Maureen Dowd who made the following sage observation: "The minute you settle for less than you deserve, you get even less than you settled for."

• A law in Memphis, TN, states that it is illegal for a woman to drive a car unless a man walks in front of it to warn approaching motorists and pedestrians.

• Martha Stewart got her start in business by catering from her home.

• It takes 40 gallons of maple sap to make one gallon of the maple syrup you put on your pancakes.

• The Tom Thumb locomotive and Jell-O were invented by the same person.

• Ancient Egyptians often were buried with opium, boats and artificial limbs for use in the afterlife. And it wasn't unusual to have a model of the deceased's home included, as well — just in case shelter was needed.

• England's Prince Philip was born on a kitchen table in Greece.

• The word "widget" was coined by an American humorist in the 1930s and referred to an imaginary gadget or machine. In the 1990s, however, widgets moved out of the realm of fiction when the makers of beverage cans invented a device that releases carbon dioxide to make foam after a can has been opened — and they named it a "widget."

• In its entire lifetime — four to six weeks — a single worker bee produces a sum total of about 1.5 teaspoons of honey.

• North Carolina once outlawed cats and dogs fighting with each other.

Thought for the Day: "No matter what side of an argument you're on, you always find some people on your side that you wish were on the other side." — Jascha Heifetz

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Publisher, President **Frederick W. Lee**
V.P., General Manager **Bruce Button**
V.P., Treasurer **Janet Lee Stanley**

Classified Ad Manager.....Peggy Patrei
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Managing Editor.....Joan Kark-Wren
Production Coordinator.....Jessica Mackay
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AD SALES

John Snyder, Sales Manager
518-673-0129, jsnyder@leepub.com

Jordan Hurd, Sales Associate
518-673-0131, jhurd@leepub.com

Mary Skinner, Sales Associate
518-673-0130, mskinner@leepub.com

Reader ads 518-673-0111 or 800-218-5586

Accounting/Billing - Pauline Tripp
518-673-0150, ptripp@leepub.com

Commercial Printing
518-673-0101, commercialprint@leepub.com

Send all correspondence to:
PO Box 121, Palatine Bridge, NY 13428
Advertising email: jsnyder@leepub.com
Editorial email: jkarkwren@leepub.com
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Local musician donates piano to the Fort Plain Free Library

FORT PLAIN, NY — Local musician Dick Solberg literally "brought the music" to the Fort Plain Free Library the week before Thanksgiving: In support of open-mic and other musical events at the library, the now-retired performer — professionally known as the Sun Mountain Fiddler — presented an 88-key Etsey spinet to the organization.

The piano, which is more compact than an upright, was a gift he hand-delivered to the library in the back of his van. Its arrival has resonated with music lovers and staff who are planning to orchestrate events in the upcoming year.

Solberg said he read that the library wanted to host open mic events. When he saw an ad for a free piano in a local publication, he conferred with library Director Whitney Hubbard then arranged to pick up the instrument from its Cobleskill owner, Steve Harris.

Despite the bitter cold and the challenge of loading the piano sideways into his vehicle from the top of a 10-step deck, "It went perfectly," Solberg said. He was assisted in the loading and unloading of the piano by Fort Plain resident Phil Scalia and library construction crew members John Lauterbach and Joe Proctor.

Once the piano was established in its new home, Solberg said, "It's beautiful! Just what this library needs!"

Hubbard expressed gratitude and added, "It's awesome that someone of his stature thought of using the Fort Plain Free Library as a venue for musical events. He's such a talented individual, and I'm honored he saw the possibilities at our library!"



The day after delivering an Etsey spinet piano to the Fort Plain Free Library, professional musician Dick Solberg, a.k.a. The Sun Mountain Fiddler, tests its performance. He donated the piano so the library can host open mic and other musical events.

merry
christmas

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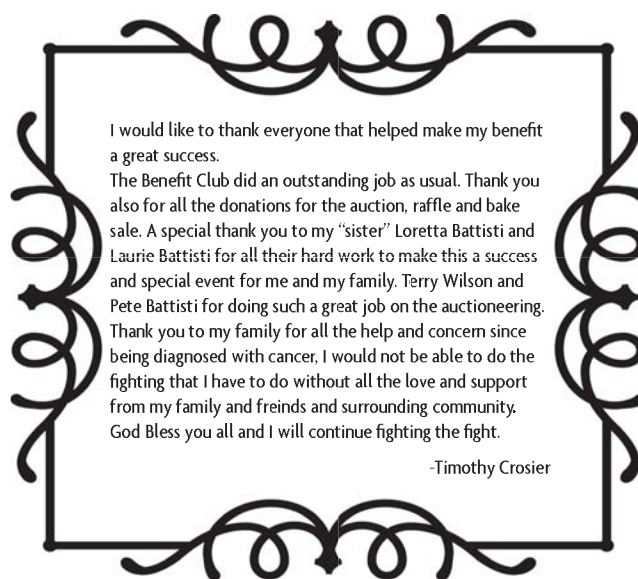
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THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Ft. Plain, NY. Sunday School 10am. Morning Worship 11am.

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I would like to thank everyone that helped make my benefit a great success. The Benefit Club did an outstanding job as usual. Thank you also for all the donations for the auction, raffle and bake sale. A special thank you to my "sister" Loretta Battisti and Laurie Battisti for all their hard work to make this a success and special event for me and my family. Terry Wilson and Pete Battisti for doing such a great job on the auctioneering. Thank you to my family for all the help and concern since being diagnosed with cancer, I would not be able to do the fighting that I have to do without all the love and support from my family and freinds and surrounding community. God Bless you all and I will continue fighting the fight.

-Timothy Crosier



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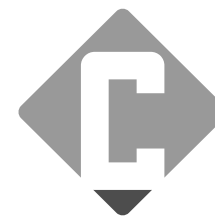
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HEAP VENDOR

by Terry and Kim Kovel
Paper Poster

How can you tell if a paper poster is old or new? Many have been reproduced. Sometimes a magnifying glass helps. Reprinted posters usually have small dots visible when examined with a magnifying glass. If the original is a photograph, the copy is harder to spot. Look for extra words at the bottom. Original Currier and Ives prints have a title and perhaps a reference to the Library of Congress.

Reprints from calendars have added titles mentioning the company. The calendar was not meant to deceive, but when the pictures are sold separately and framed under glass, it is easy to be fooled. Buy posters from a source you trust.

We started buying advertising art in the 1960s. One of our first buys was from the man who started "Desperate Enterprises," the company that later made millions of reproduction metal signs and paper posters used to decorate restaurants or family rooms. He sold us the famous "Satin Skin Powder" poster, which pictured a woman with a fan and packages of skin cream, for about \$30. A few days later, he called and gave us a partial refund. He found a stack of mint-condition signs — hundreds of them — and cut the price. Today, there still are many original signs, as well as copies in many sizes.

This sign was made for the Alfred F. Wood Perfume Manufacturing Co. of Detroit. It started in 1883 and lasted until about 1910. The company made many cosmetics and perfume. The creams were advertised in newspapers as a cure for "cuts, burns, bruises, scratches and chaps." Samples were available.

Kovels: Antiques and Collecting

The original Satin Skin Cream sign is a chromolithograph and is 40 1/2 by 26 1/2 inches in size. Repros are smaller. An original should cost \$250 to \$450, while a large mounted and framed reproduction sells for about \$100 to \$200.

G: My father has a group of very old telephones and even a 1910 operator's headset in very good condition. He wants to sell them, but is at a loss as to what they are worth. Any help would be greatly appreciated.

A: Old telephones sell at auctions and at antiques shows and shops. Prices vary depending on the age and style of the phone. Old rotary phones sell for \$42-\$135. Old wall-mounted crank phones sell for \$75 to \$120. Most will not work on a new phone line.

Current prices

- Sign, Coca-Cola, woman, white feather hat, green border, paper on wood, 26 x 37 inches, \$50.
- Side Table, round, human legs, pink skirt, shoes, 35 x 24 inches, \$240.
- Washing machine, Shaker, walnut, brass parts, three tubs, hand cranked turning wheel, model, 3 1/4 x 11 inches, \$1,880.
- Lamp, Dirk Van Erp,

electric, hanging, bean pot, copper, hammered, mica, 1915-29, 10 x 11 inches, \$5,320.

Tip: Beware! We hung a 1950s L'il Abner game board on the wall near a window. The sun re-

moved all of the yellow color in a year. The grass in the print is now blue.

For more collecting news, tips and resources, visit www.Kovels.com

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This famous sign has been copied many times, but the original is 40 1/2 by 26 1/2, the size of this sign sold by Bertola Auctions.

Whatchamacallits

This week's Whatchamacallit is a chisel. However, this differs from previous chisels — it was used for stone. The name of this chisel is the claw (or teeth) chisel.

There are many steps involved in carving stone. As most steps involve sub-steps, this will be as general as



possible for simplicity.

The steps involved are planning, layout, roughing out, defining and finishing. The step which would use the claw chisel is defining. At this part of the process, the stone block or slab has taken its main shape but has many rough edges. The craftsman would hold the claw chisel at a 45° angle, gently tapping the end of the chisel with a mallet to refine the

shapes and grooves of the stone. All teeth of the chisel would need to be touching the stone or else the crafter would risk damaging their chisel or bruising the stone.

After using the claw chisel, a flat chisel would be used to erase the teeth marks from the stone. This would be the end to the defining process before finishing.

The chisels featured look to be

made of iron and have carvings in the handles, most likely the name of the owner of the chisel. The mallet is made of strong wood, possibly oak, but is not the usual mallet used for stone work. The preferred mallet would be made of copper, have a copper head or be made completely out of some other metal to prevent the chisel from damaging the mallet.



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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.



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Fort Plain Free Library hosts stamp lovers' group

FORT PLAIN — “Get Stuck on Stamps” at the Fort Plain Free Library Thursday, Dec. 27, as people who think stamps are beautiful and interesting gather to share their common interest. Stamp lovers of all ages and experience levels are invited to take part in the casual monthly get-together.

The free, drop-in group meets at the 19 Willett St. library on the last Thursday of each month from 6:30 to 8 p.m. It is facilitated by stamp collector and American Philatelic Society member Keith Seeber and is open to the public.

Call 518.993.4646 for information.

Sports Quiz

by Chris Richcreek

1. Who holds the major league record for most consecutive games reaching base safely at least twice per game?
 2. Which of the following major league players known for their longevity pitched in the fewest major league seasons: Tommy John, Jim Kaat, Jesse Orosco or Nolan Ryan?
 3. Name the last player before Cleveland's Terrelle Pryor in 2016 to have three rushes, three receptions and three passes attempted in the same NFL game.
 4. Name the last NCAA men's college basketball team to reach three consecutive NCAA championship games.
 5. Who was the last NHL player before Washington's Evgeny Kuznetsov in 2018 to have a four-assist game in the Stanley Cup Final?
6. When was the last time before 2018 that the U.S. women's hockey team won Olympic gold?
 7. In 2018, Brooks Koepka became the fifth golfer to win the U.S. Open and PGA Championship in the same year. Name two of the four others to do it.

Answers

1. Boston's Ted Williams, with 21 games.
 2. Orosco pitched in 24 seasons, trailing Ryan (27), John (26) and Kaat (25).
 3. San Francisco's Billy Kilmer, in 1964.
 4. Kentucky (1996 - 1998).
 5. Colorado's Joe Sakic, in 1996.
 6. It was 1998.
 7. Ben Hogan (1948), Jack Nicklaus (1980), Gene Sarazen (1922) and Tiger Woods (2000).
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 - Financial planners can expand your investment options. Financial planners sometimes have access to products that are not directly available to everyone. Some financial product providers work exclusively through intermediaries (i.e., planners), so working with a financial planner can give investors more options in regard to how to invest their money.
 - Financial planners do the legwork. Even seasoned investors with a firm grasp of financial products and services may not have the time to stay up on all the latest investment options. Financial planners do so for a living. A good planner will inform his or clients of the latest products available and then help clients decide if such products are right for them. That's a lot of work that busy professionals often do not have the time to do on their own.
 - Financial planners are certified. Investors should only work with certified financial planners. Certification standards vary by country, but certified planners have been vetted by third party organizations and have met rigorous professional standards. In addition, to maintain their certification, certified planners are required to provide their clients with straightforward advice and put clients' needs ahead of their own. Those that don't could be held financially accountable for providing misinformation or bad advice to clients.

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 24

Christmas Eve Service. 6 p.m. Church of the Good Shepherd, 26 Moyer St. Canajoharie. Candlelight service with Carols.

Fort Plain Free Library hosts **stamp lovers' group.** Dec. 27. 6:30-8 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Get Stuck on Stamps Group. Call Fort Plain Free Library at 518.993.4646.

rent updates will be found at the Fort Plain Community Activity Council Facebook page. Call the village office at 518.993.4271 for more information.

Dec 27

Creative Textile Fibers Group to meet at the Fort Plain Free Library Thursdays in December, including Dec. 27. 12:30-3 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Contact Fort Plain Free Library at 518.993.4646.

Writers' group to meet at Fort Plain Free Library Thursdays in December, including Dec 27. 3-5 p.m. Fort Plain Free Library, 19 Willett St., Fort Plain. Call Fort Plain Free Library at 518.993.4646.

Dec 31

Fort Plain to host Gala Last Night Celebration. The Village of Fort Plain, under the directorship of the Fort Plain Community Activity Council, is hosting the event Dec. 31, 2018. Current

Jan 19

Canajoharie Forest, Fish and Game Association Rabbit Hunt. Registration Jan. 18 5-8 p.m. See their ad for more information.

Feb 9

Canajoharie Forest, Fish and Game Association Coyote Hunt. Feb 9 19. Registration Feb. 8, 5-8 p.m.

The Kitchen Diva

by Angela Shelf Medearis

Ring in the new year with eggnog

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

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

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

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



Eggnog with cinnamon for Christmas and winter holidays.
Photo by Depositphoto

Easy Eggnog

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

6 Eggland's Best eggs

1/2 cup sugar

1/4 teaspoon salt

1 teaspoon vanilla

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1 quart milk

Garnishes or stir-ins, optional*

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

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

2. In a smaller microwave-safe bowl, cook the milk in the microwave on high or full power, about 3 minutes. Stir and continue to cook on high power for an-

other 3 minutes or until bubbles form at the edges of the milk.

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

4. Return the mixture to the microwave and cook on high for another 2 to 3 minutes. Cover the bowl with plastic wrap and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, pour

the eggnog into a punch bowl or a pitcher. Garnish or add stir-ins, if desired. Serve immediately. Makes 1 1/2 quarts, or 12 (1/2-cup) servings.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis



Happy Holidays

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What it costs to raise kids today

A generation ago, it was common to see families with four or more children. But things are a bit

different today.

Pew Social Trends indicates that parents now have 2.4 children on average, a number that has remained fairly stable for two decades. In addition, since 1976, the share of mothers at the end of their childbearing years who have one child has doubled, from 11 percent to 22 percent.

While shrinking families may be based on many different factors, including postponing having children until later in life, the rising costs

of raising kids may have something to do with it as well.

The USDA says the cost of raising a child today has climbed to \$233,610, which excludes the expenses of college. A 2011 article that appeared in the Canadian publication MoneySense estimated childrearing costs to be \$12,824 per year, which adds up to \$243,656 by the time a child reaches age 18.

It's also well documented that more adult children are living with their

parents for longer than kids used to stay with Mom and Dad. Pew Research has found that roughly one-third of women and half of men between the ages of 18 and 34 are still living at home, surpassing records set in the 1940s. This means expenditures on child-rearing may continue long after kids reach adulthood. As a result, it is easy to see how having multiple children can be a major source of financial stress for the average middle-income family.

The financial planning resource NerdWallet estimates that the cost of raising a child today is higher than the DOA figures, coming in at roughly \$260,000 – and that is just for the basic essentials. Throw in tiered levels of care, including everything from more expensive choices for food and clothing, and extras for early childhood care, sports lessons, music instruction and electronics/gaming, and the cost can get as high as \$745,634.

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by Mike Marland

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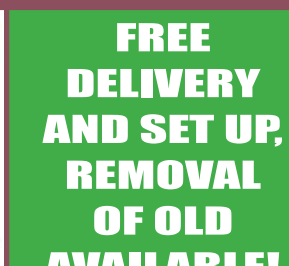
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A simple, tasty holiday treat

Baking is a holiday tradition in many families. Gingerbread cookies may be the first baked goods that come to mind when people envision the holiday season, but celebrants need not limit themselves when preparing special treats for their families.

Macaroons are one beloved baked good that busy holiday hosts may believe are too time-consuming to prepare. However, the following recipe for "Coconut Macaroons with Dried Cherries" from Laurey Master-ton's "The Fresh Honey Cookbook" (Storey) is easy to whip up and makes for a tasty holiday treat.

Coconut Macaroons with Dried Cherries

Makes 25 to 30 small cookies

1 cup unsweetened flaked coconut

1 cup sweetened flaked coconut

8 egg whites

Salt

1/4 cup dried cherries

2 tablespoons butter

1 tablespoon honey, preferably orange blossom honey

1. Preheat the oven to 350°F.

2. Combine the unsweetened and sweetened coconut on a baking sheet. Lightly toast in the oven for 5 to 10 minutes. Keep close watch so the mixture does not burn, though you do want a nice toasted golden brown color. Remove from the oven and set aside to cool.

3. Reduce the oven temperature to 325°F. (If using a convection oven, leave at 350°F.)

4. Whip the egg whites with a pinch of salt in a medium bowl until the whites stiffen into firm peaks.

5. Fold the toasted coconut into the egg white mixture.

6. Line a baking sheet with parchment paper. Drop tablespoon-size rounds, perhaps using a small ice cream scoop, of the coconut mixture onto the baking sheet. Press one or two dried cherries into the top of each macaroon.

7. Melt the butter and honey together in a microwave on high for 20 seconds. Drizzle the mixture over the top of each macaroon. Sprinkle with a tiny pinch of salt.

8. Bake the macaroons for 20 to 25 minutes, until lightly browned (watch carefully to avoid burning), or for 8 to 10 minutes if using a convection oven. The macaroons should be dry to the touch. You may need to bake them longer if it is a humid day. If you live in a dry area, these will keep well for a week.

Chef's note: If you want to be really fancy, melt some chocolate and dip each one halfway into it.

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Whip up a batch of these beloved treats for your family.

Gift Guide

The Kitchen Diva

by **Angela Shelf Medearis**
A holiday dinner for every appetite

Every year, my sisters and I start planning our family holiday gatherings a few weeks ahead of time. In our immediate family of 25 adults and children, we have folks who can happily eat anything, diabetics, gluten-intolerant, no-sodium, vegetarians and vegans. We also have dinner guests who have chosen to eliminate large categories of food for a number of reasons, including health, religious rules, human rights, animal rights and concern about the environment.

Planning meals for so many people with so many different nutritional and dietary requirements can be a challenge. If possible, prepare dishes that everyone can eat as a main course or as a side dish or dessert, and simply adjust the ingredients as needed for those with special dietary needs. I've provided some tips, techniques and recipes suitable for those with dietary needs that everyone at your celebrations will enjoy!

No-Salt Spice Mix

No- or Low-Salt Diet: This recipe can be used for all savory dishes and provides an abundance of flavorful spices to compensate for the lack of salt. Using this all-purpose spice mix is a healthier way to cook for your guests. For those who want to add salt, simply place a saltshaker on the table.

1 cup (8-ounce jar) onion powder
 1 cup (8-ounce jar) garlic powder
 3 tablespoons poultry seasoning
 3 tablespoons ground black pepper

1 tablespoon paprika
 1/8 teaspoon ground cloves
 1/8 teaspoon sugar or stevia

Combine all ingredients in a small jar with a shaker top and use to season all savory dishes. Makes about 2 3/4 cups.

Root Veggie Au Gratin

Serve up this vegan, vegetarian and gluten-free au gratin as a main dish or side. The blend of cashews, nutritional yeast (which is healthy and tastes like cheese) and the broth from the cooked vegetables mimic the butter and cheese flavors in traditional au gratin dishes. Serves 8.

1 medium butternut squash, peeled, seeds discarded, and cut into pieces

1 large parsnip or carrot, cut in half

1 large sweet potato or baking potato, whole, not peeled

1 medium-large turnip or rutabaga, whole, not peeled

1 medium onion

8 ounces curly kale, ribs discarded, leaves chopped (5 packed cups)

2 tablespoons olive oil

2 1/2 tablespoons All-Purpose No-Salt Spice Mix

Zest of 1 small lemon

1 cup raw, unsalted cashews, soaked for at least 10 minutes

2 tablespoons rice flour
 2 tablespoons nutritional yeast

1. Place the butternut squash, carrot or parsnip, sweet or baking potato, and turnip or rutabaga into a large pot and cover with water. Bring water to a boil and cook for 30 minutes.

2. Strain the vegetables from the water and reserve 2 cups of the liquid for later use. Let the vegetables cool.

3. Slice the cooked vegetables and the onion into medium-sized rounds of even size and thickness. Place the cooked vegetables, onion and kale into a large bowl. Season with 1 tablespoon of olive oil, 2 tablespoons of the spice mix and the lemon zest. Toss to combine.

4. Heat oven to 350°F. Lightly oil an 8-by-8-inch baking dish with 1/2 tablespoon olive oil. Layer the root vegetables in the dish as desired until the vegetables are almost to the top of the dish. Set dish aside while you make the sauce.

5. Strain the water from the cashews and place the cashews in a blender along with 2 cups of reserved cooking water from the vegetables, remaining 1/2 tablespoon olive oil, 1/2 tablespoon no-salt seasoning, the rice flour and the nutritional yeast. Blend until ingredients are combined and no more cashew pieces remain.

6. Pour the cashew mixture over the layered root vegetables and bake for 35 minutes, until golden brown and bubbling.

Gluten-Free Brownies

Here's a diabetic-friendly, gluten-and-dairy free, four-ingredient brownie recipe that's rich, delicious and sure to be a hit with your guests!

1 cup fresh or canned pumpkin or sweet potato puree

1/2 cup soft almond butter

2/3 cup cocoa powder
 2 teaspoons stevia

1. Heat oven to 350°F. Coat a 6-by-6-inch loaf pan with cooking spray and set aside. (A smaller pan yields thicker brownies.)

2. Place all ingredients into a high-speed

blender, food processor or large bowl, and mix until batter is thick and fully combined.

3. Transfer brownie batter to loaf pan and bake for 12-15 minutes, rotating pan after 6 or 7 minutes, until a skewer comes out almost clean. Allow the brownies to cool in the pan completely before slicing into bars. Serves 6.

Tip: For those who want a topping, a dollop of vegan or dairy-free vanilla yogurt is delicious!

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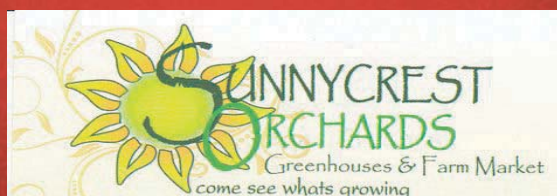
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Gingerbread makes the perfect holiday treat

The holiday season is synonymous with many things, including family gatherings, shopping, elaborate lighting displays, and Santa Claus. For foodies, this time of year is the perfect opportunity to indulge one's love of baked goods.

Between office parties and gatherings with family and friends, it's hard to avoid baked treats come the holiday season. Perhaps no baked good is more closely linked to the holidays than gingerbread, an indulgence many people enjoy only around Christmastime. Holiday hosts or those who want to bring a dessert to their next holiday gathering can whip up this recipe for "Sticky Chocolate Gingerbread" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

Sticky Chocolate Gingerbread

Makes an 8-inch cake

- 2 1/3 cups dark molasses
- 6 ounces dark chocolate (60 to 70 percent cocoa solids), grated
- 1 3/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 5 ounces whole pieces preserved stem ginger, drained and roughly chopped

1 stick (8 tablespoons) unsalted butter, softened
1/2 cup plus 2 tablespoons dark brown sugar, sifted (to remove lumps)

2 medium eggs, beaten

1/2 teaspoon baking soda

2 tablespoons milk, warmed

A pinch of salt

Extra-large crystallized ginger pieces, to scatter (optional)

A deep 8-inch square cake pan or 8 x 6 x 3-inch oval cake pan

Preheat the oven to 325°F. Grease and line the base and sides of the cake pan with nonstick parchment paper.

Put the molasses in a pan and heat gently until hot, but do not allow it to boil. Remove the pan from the heat and add the chocolate. Stir until melted.

Sift the flour, ground ginger and salt together in a bowl. Add the stem ginger and toss it around in the flour until every piece is coated.

Using an electric mixer, cream the butter and sugar in a large bowl. Beat in the eggs, then the molasses and chocolate mixture and finally the flour mixture. Dissolve the baking soda in the milk and gradually beat this into the batter.

Pour into the prepared cake pan, scatter with the crystallized ginger, if using, and bake for 45 minutes. Reduce the oven temperature to 300°F and bake for another 30 minutes. (If using the oval pan, cook for about 45 minutes at the higher temperature, then about one hour at the lower temperature, as it will be deeper.) A metal skewer inserted into the center should come out clean. Let cool for five minutes in the pan, then turn out onto a wire rack and let cool completely. When cold, store in an airtight container for at least a couple of days to mature and become sticky. Don't worry if it sinks a bit in the middle — this is normal.



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**Gift
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To Your Good Health

by Keith Roach, M.D.

Strange 'pimples' are rare disease

Dear Dr. Roach: After having several strange-looking "pimples" on my thighs and one on my face, I was told it is lymphomatoid papulosis. One or two people in a million are diagnosed with this. I know that it is not contagious, but what is it? What causes it, how is it treated, and what can I do to avoid these? They take weeks to heal. — R.R.

Answer: Lymphomatoid papulosis is a rare disease. It is in the category of cutaneous lymphoproliferative disorders. It is a chronic dis-

ease, and lasts years or even decades. The underlying cause is not known exactly, but it is related in many ways to other lymphoproliferative diseases, such as mycosis fungoides and Hodgkin's lymphoma. The cells of the skin lesions you notice have similar genetic rearrangements as lymphoma cells. Fortunately, LyP has an excellent prognosis, although people with LyP are at increased risk for developing one of these serious conditions.

The papules of LyP can appear on the extremities or the hands and face, and less commonly on other places on the body.

They may start off as small red papules, get larger and then crust over. Often, several exist at different stages.

Diagnosis may not be easy, as it takes an experienced dermatopathologist (pathologist with special training in skin diseases) and enough tissue to look at the genetics of the cells. Treatment is not necessary for every person with LyP. But for those who do require it, one might be ultraviolet-light treatment. More severe cases may require methotrexate, but this needs to be managed by an expert.

Experts have recommended six-month visits

to evaluate for early signs of enlarging lymph nodes, which might indicate the development of a lymphoproliferative disorder.

Dear Dr. Roach: I would like your opinion, as a noninterested party, on laser therapy. I see many ads touting its advantages and success in treating bone-on-bone knee osteoarthritis.

My orthopedic doctor recommended knee replacements on both my knees. I had arthroscopic surgery on the left knee four years ago and was recommended total knee replacement on the right knee about three years ago. How long can I put off surgery, and what is

the outlook if I don't have it done?

I am an 80-year-old female in good health, except for the osteoarthritis. I use naproxen when needed. If it works, I think laser therapy would be less pain and downtime.

Answer: Low-level laser therapy has been studied in people with osteoarthritis, and some of the studies have shown reductions in pain and stiffness. The laser is thought to have an effect on circulation. However, the laser generally has been effective in people with mild to moderate disease, and bone-on-bone is severe. I think

laser may help some people, but some of the benefit probably is due to placebo effect.

As far as putting off your knee replacements, I have been through this many times with my own patients. Some get it done right away; others avoid surgery until they can't take it any longer, with worsening pain, stiffness and inability to exercise. Most people have told me that they wish they had done the surgery sooner.

By the way, I am interested in helping people, but have no conflicts of interest.

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The Kitchen Diva

by Angela Shelf Medearis

Omelets are the answer for holiday brunches

Christmas brunch is a holiday tradition at our house, and eggs are always the star of the show. Year after year, eggs have been my choice for a healthy and inexpensive way to feed a crowd. My Oven-Baked Omelet recipe is quick and easy to make, and is a crowd-pleaser for breakfast, brunch or a light supper.

This Oven-Baked Omelet recipe is a convenient, creative way to prepare and serve a buffet-style breakfast or brunch for a crowd. I love providing my guests with their choice of different types of pre-cooked meats, diced vegetables and a variety of cheeses to personalize their omelets. The savory tomato topping and the ingredient selections can be pre-cooked the day before, refrigerated and re-heated to save time.

Oven-Baked Omelets

The pre-cooked toppings for these oven-baked omelets can be set up buffet style and quickly re-heated in the microwave, using an electric skillet or on the stovetop in a sauté pan.

Cooking oil spray, butter or vegetable oil for sauté and baking pans

- 6 large Eggland's Best eggs, separated
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon grated onion
- 3 tablespoons flour
- 2 tablespoons Italian seasoning
- 1/2 cup each, pre-cooked meat and vegetable toppings*

Cheese for sprinkling or topping: Parmesan, Cheddar, American, Gouda, Goat cheese, etc.

*andouille sausage, salmon, Canadian bacon, ham, pork sausage, pork or turkey bacon, black beans, mushrooms, baby spinach leaves, chopped green onions, diced zucchini, diced squash, chopped onions or bell peppers, sliced black olives, etc.

1. Heat oven to 350°F. Grease two 8-inch round cake pans with cooking oil spray, butter or vegetable oil. Place the pans in the oven to heat. In a large bowl, beat together egg whites and 3/4 teaspoons of the salt with an electric hand mixer until soft peaks form. Do not overbeat.

2. In another bowl, mix the egg yolks, remaining 1/4 teaspoon salt, pepper, grated onion, flour and Italian seasoning. Beat until the mixture is thick and thoroughly blended. Gently fold in the egg whites. Spread mixture in the hot cake pans. Bake for 15 minutes, or until a knife inserted in the center comes out clean.

3. Use a knife to loosen the omelets from the sides of the pans. Invert the layers, bottom-side down, onto serving plates. Cut the omelets into wedges. Cover the pieces with foil to keep them warm.

4. Have your guests select the pre-cooked meats and vegetables of their choice. Add 1/2 teaspoon oil to medium sauté pan and heat over medium-high heat. Add 2 to 3 tablespoons of the pre-made tomato topping per serving to the pan, and heat for 2 minutes over low heat. Add your guest's topping selections to the hot tomato topping and mix until warm, about 2 minutes. Spoon the topping mixture over the omelet slice. Sprinkle with cheese, if desired. Serve immediately with sliced fruit and hot biscuits or rolls. Serves 12.

NOTE: If using a microwave, mix 2 to 3 tablespoons of the tomato topping and your guest's pre-cooked topping choices together in a bowl. Micro-cook on high for 1 minute.

Tomato Topping:

- 2 tablespoons of olive oil
- 8 ounces cherry tomatoes, diced
- 1 tablespoon Italian seasoning
- 1 clove garlic, finely minced
- 1 teaspoon salt
- 1 teaspoon pepper

Using a medium pan over medium-high heat, heat the oil. Add cherry tomatoes, Italian seasoning, garlic, salt and pepper. Sauté for 5 to 8 minutes, until the tomatoes begin to soften.

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King Crossword

ACROSS

1 Leno's net-work

4 Plant bristle

7 Outdoor garment

11 Cupid's alias

13 Luau dish

14 "Do — others ..."

15 Hindu wrap

16 Type measures

17 Adolescent

18 Gear parts

20 Tempo

22 Gratuity

24 In the same place (Lat.)

28 Swiss Guards' site

32 Japanese cartoon art

33 Verve

34 Fix the soundtrack

36 Smile

37 Harsh

39 Pavlova performances

41 Improved

43 Sticky stuff

44 Aware of

46 16 ounces

50 Overly proper person

53 Witty one

55 — gin fizz

56 Apiece

1 2 3 4 5 6 7 8 9 10

11 12 13 14

15 16 17

18 19 20 21

22 23 24 25 26 27

28 29 30 31 32

33 34 35 36

37 38 39 40

41 42 43

44 45 46 47 48 49

50 51 52 53 54 55

56 57 58

59 60 61

57 Ostrich's cousin

58 Tackles' teammates

59 Sharpen

60 Actress Susan

61 Request

DOWN

1 Bird's home

2 Scottish hillside

3 Heart of an apple

4 Gorilla

5 Sonogram area

6 Some Japan-

ese-Americans

7 Acting without restraint

8 Individual

9 Devoured

10 Heavy weight

12 Not budging

19 Toper's interruption

21 "The — Daba Honeymoon"

23 Cushion

25 Tragic

26 Send out

27 Clothing store section

28 Part of speech

29 Lotion additive

30 Without slack

31 Gist

35 Satchel

38 Coop dweller

40 Prune

42 Plied the oars

45 Appellation

47 Arm bone

48 Agrees silently

49 Dilbert's furniture

50 Church seat

51 Cheery remark?

52 "Rocks"

54 Fellow

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Jewelry rack is missing. 2. List is shorter. 3. Feathers are missing. 4. Pendant is missing. 5. Skirt is different. 6. Sign is different.

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Weekly SUDOKU

by Linda Thistle

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

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

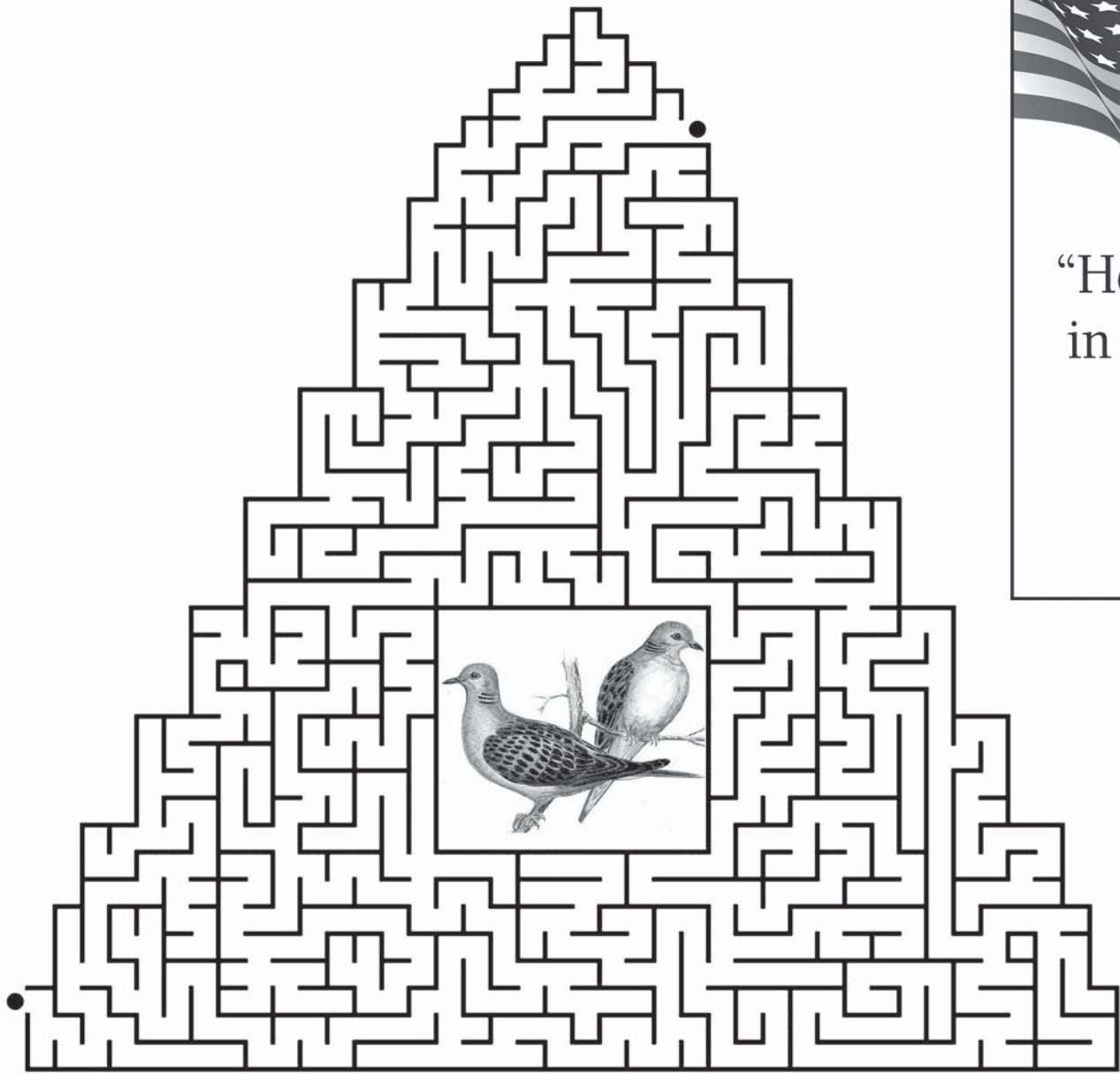
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Mega Maze

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Americanisms



"He who has not Christmas in his heart will never find it under a tree."
— Roy L. Smith

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Prepare for a sledding adventure

Dashing through the snow in a one-horse open sleigh... Winter holidays are made all the more merry with the addition of some outdoor recreation.

Sleighs and sleds are par for the Christmas course, especially when a bounty of snow is in the forecast. Sledding has been part of snowy celebrations for ages. Sledding is a fun-

filled activity, but it can be made an even better time, and a little safer, if revelers learn a little more about it. **Sled styles** Sleds come in many dif-

ferent styles, each with its own advantages. Sleds with metal blades will work like ice skates, balancing riders' weight on two metal runners. These sleds can work well during icy conditions or with hard-packed snow. Toboggans can fit multiple people, which can increase the fun factor and downhill speeds. Saucer-style sleds are good for one or two people. Foam liners on some saucers can absorb shock for riders, making those downhill bumps a little easier on the backside. Keep in mind that sleds with steering mechanisms are easier to control, which can equate to safer sled-

ers when going sledding. Even if it seems warm at home, it may be colder and windier at the top of hills. Sweating when it's cold out can increase a person's risk for hypothermia. According to experts at Timberline Trails, a person who works up a sweat and comes in contact with ambient air when taking a break will feel an immediate chill. This is called evaporative danger, and can be remedied by dressing in layers and trying to stay dry. **Invest in a helmet** Sledding requires the use of a helmet. At high speeds, a blow to the head can cause a concussion or worse. **Let others go first** Wait until some sled-

ders have already gone downhill, allowing them to compact the snow, which should make for a smooth ride. Choose safe hills, such as those that are free of bare spots, holes, trees, and obstructions, and do not end abruptly at a road. Hills with a long, flat areas at the end make for easy, safe stopping. **Safety first** Put safety first when sledding. Sled during the daytime so visibility is better. Keep arms and legs on the sled, and only sled feet-first, advises the National Safety Council. By keeping these guidelines in mind, sledders can make sure this popular winter activity is as safe as it is fun.



King Crossword — Answers

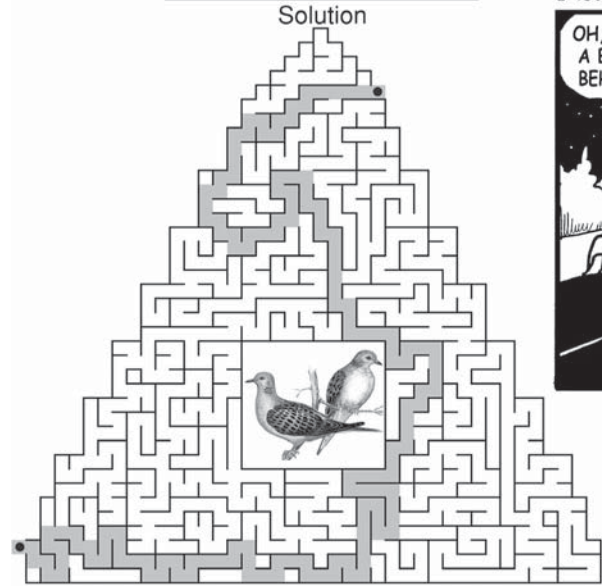
Solution time: 21 mins.

N	B	C		A	W	N		C	O	A	T
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Weekly SUDOKU — Answer

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

Mega Maze



Just Like Cats & Dogs by Dave T. Phipps



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- Elves Night Out
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Moments in Time
The History Channel

- On Dec. 29, 1170, Archbishop Thomas Becket is brutally murdered in Canterbury Cathedral by four knights of King Henry II of England, apparently on orders of the king. The Christian world was shocked, and in 1173 Becket was canonized a Catholic saint.
- On Dec. 26, 1606, William Shakespeare's play "King Lear" is performed at the court of King James I of England. Lear was one of Shakespeare's later works.
- On Dec. 30, 1853, the U.S. minister to Mexico and the president of Mexico sign the Gadsden Purchase in Mexico City. The treaty established the final boundaries of the southern United States. For \$10 million, the U.S. acquired 30,000 square miles of land in what is now New Mexico and Arizona.
- On Dec. 27, 1927, Agnes Nixon, the creator of the long-running television soap operas "One Life to Live" and "All My Children," is born in Chicago. Nixon is credited with introducing social issues into soaps.
- On Dec. 25, 1941, "White Christmas," written by composer and lyricist Irving Berlin, receives its world premiere on Bing Crosby's weekly NBC radio program, "The Kraft Music Hall." It went on to become one of the most commercially successful singles of all time.
- On Dec. 28, 1975, ice hockey fans watch the Central Red Army team from the Soviet Union defeat the New York Rangers 7-3 at New York's Madison Square Garden. It marked the start of the first midseason exhibition games between Soviet and National Hockey League teams, held from 1975 to 1991.

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Now Here's a Tip

by JoAnn Derson

- Hairspray spritzed on the end of a thread will stiffen it long enough to get it through a needle head. You also can thread your needle in front of a surface that's an opposing color (i.e. a white piece of paper while threading a needle with black thread).
- Here's an interesting tip for getting Christmas tree resin or sap off your hands: Treat your hands liberally with hand sanitizer. If that doesn't work, try cooking oil.
- Want a fun way to clean road ice off the bottom of your car? If you catch a warm day, run a sprinkler under the car for a few minutes.
- "Three small words: Nutella hot chocolate! It's the best, and we love it at our house. Just stir a teaspoon of Nutella into your hot chocolate and get ready for heaven." — T.F. in Missouri
- Freshen your pillows in the dryer for 10-15 minutes. Change your pillowcase at least once a week, and try a silk or silk-style pillowcase; they are easier on your hair and skin.
- "With four girls sharing one bathroom, we were stuck for space, and the vanity was always covered with bottles and jars of this and that! My dad installed a low shelf and gave each of us a bin for our things, and it helps to keep things organized. Now we can keep the vanity cleared off." — Y.A. in Mississippi

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Improve crossword-solving skills

Crossword puzzles are an integral component of newspapers. In addition to their entertainment quality, crossword puzzles can help improve cognition and brain health in individuals of all ages.

The first known crossword puzzle to be published was created by a British journalist named Arthur Wynne, who is often credited as the inventor of crosswords. The first puzzle appeared in the New York World on Dec. 21, 1913. The original crossword was diamond-shaped and did not feature the familiar black squares.

Throughout the 1920s, crossword puzzles became a standard offering in many newspapers. During this period, puzzle shapes evolved to the more familiar form, and certain puzzle standards were established. Puzzles now appearing in most North American newspapers and magazines feature solid areas of white squares. Each letter is usually part of both an “across” word and a “down” word, and usually each answer must contain at least three letters. In these puzzles, shaded squares are typically limited to about one-sixth of the total.

It is estimated that around 50 million people in America routinely partake in crossword puzzles. Each year, one best-of-the-best is crowned in the American Crossword Puzzle Tournament.

Everyone wants to improve his or her crossword-puzzling skills. These tips can help.

- Practice ... a lot. Practice makes perfect, even with crossword puzzles. Start with simple puzzles and work up to the more difficult ones.
- Divide and conquer. Divide the puzzle into smaller sections and complete each cluster before moving on. It's easier than completing all of the across or down clues.
- Watch “Jeopardy.” Puzzles used to be comprised

largely of definitions, but they now incorporate just about every subject. Improving general knowledge and perhaps watching trivia shows can help with puzzle completion.

- Learn repeat offenders. Over time you may recognize certain words appear in puzzle after puzzle. You'll soon be able to match the clues to these repeat words.
- Familiarize yourself with multiple word meanings. Remember to think like a puzzle creator, who is prob-

ably trying to stump you. The word “flower” may not imply the blooming plant. It may represent something that “flows.”

- Take a break. Taking a few moments to step away from the puzzle before returning to it can clear the mind and make answers more apparent.

Crossword puzzles are a popular component of daily and weekly newspapers. They're fun to fill out and boast a rich history.



Good Housekeeping

Holiday bread

Bake this simple stollen, a quick version of the traditional sweet bread, a day ahead and set it out for everyone to enjoy on Christmas morning with their tea or coffee. Or you can prepare several loaves ahead to freeze. Wrap in foil and seal in freezer-weight plastic bags — they'll stay good up to a month.

2 1/3 cups all-purpose flour

1/2 cup sugar

1 1/2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup (1 stick) cold butter or margarine

1 cup part-skim ricotta cheese

1 cup dried tart cherries or other dried fruit, coarsely chopped

1/3 cup pecans, toasted and chopped

1 teaspoon vanilla extract

1/2 teaspoon grated fresh lemon peel

2 large eggs

Confectioners' sugar (optional)

1. Heat oven to 325°F. Grease large cookie sheet.

2. In large bowl, stir together flour, sugar, baking powder and salt. With pastry blender or using two knives scissors-fashion,

ion, cut in butter until mixture resembles fine crumbs. Stir in ricotta, dried cherries, pecans, vanilla, lemon peel and eggs until well-combined.

3. Turn dough onto lightly floured surface. With floured hands, gently knead dough two or three times to blend. With floured rolling pin, roll dough into 10 by 8 inch oval. Fold oval lengthwise, bringing top half over so that bottom of dough extends by about 1 inch.

4. Place stollen on prepared cookie sheet. Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Transfer stollen to wire rack; cool completely. Sprinkle with confectioners' sugar to coat just before serving, if you like. Yields 16 slices.

* Each serving: About 205 calories, 10g total fat (5g saturated), 48mg cholesterol, 165mg sodium, 27g total carbohydrate, 1g dietary fiber, 5g protein.

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

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Village to host Gala Last Night Celebration

FORT PLAIN — New Year's Eve is almost here and that means another gala Last Night celebration, complete with a gigantic fireworks display at 9 p.m., for residents of the Mohawk Valley. The Village of Fort Plain, under the directorship of the Fort Plain Community Activity Council, is hosting the event Dec. 31, 2018. Current updates will be found at the Fort Plain Community Activity Council Facebook page. The public can also telephone the village office at 518.993.4271 for more information.

There are no admission buttons to buy this year; revelers are just asked to make a free-will donation at the entrance of any venue. The Fort Plain Last Night celebration features many warm and cozy venues along Canal Street and, new this year, a huge, heated Entertainment Tent on Legion Street, adjacent to Haslett Park.

Why wait for sundown to begin the festivities? From noon, until sold out, enjoy a chicken BBQ at the Entertainment Tent. Half-chickens are just \$8 and complete dinners including half-chicken, salt potatoes, cole slaw, dinner roll and a bottle of water are just \$12. There will be seating in the tent and a drive through will be available.

Children's activities will take place at the newly renovated Fort Plain Free Library from 5 p.m. to 7:45 p.m. Mickey Boslet will get the evening started at the heated Entertainment Tent from 6 to 9 p.m. when the tent will empty for the gigantic fireworks display.

Hay rides begin at 6 p.m. at the True Value parking lot and run until 9 p.m. This is a great way to tour the village and enjoy the festive holiday displays.

The Fort Plain Senior Center on Canal Street will be the home of Mohawk Valley Has Talent, an open mic style program from 6 to 9 p.m. Please call Janel Hearn at 518.752.9677 to enter.

Ready for some free cookies, coffee or hot cocoa? Make your way to the Masonic Lodge on Canal Street where you can use the restrooms, warm up and visit

with Lodge members who will be giving tours of their museum.

The Sportsman's Den is sponsoring the ever-popular Scavenger Hunt from 7 to 9:30 p.m. Pick up a list of things to find and get started; there will be prizes for first, second and third place finishers. Don't forget to stop at 9 p.m. sharp for the gigantic fireworks display.

Hungry again? The Ayers House, on Canal Street, has chili, a sausage & peppers sandwich, mac & cheese and corn chowder on the menu from 7 to 10 p.m. Wash it all down with hot coffee or tea.

The Delnero Family Band will perform from 8 to 10 p.m. at the Highwheeler Cafe on Canal Street. Refreshments will be available for purchase.

It is Fire and Ice Nite at Erie Station, Canal Street, from 8 p.m. to midnight. Enjoy DJ music during the evening. A Midnight Buffet will be available for purchase.

(All venues will pause at 9 p.m. so everyone can enjoy the gigantic fireworks display over Haslett Park. The fireworks will be best observed from the area surrounding the Entertainment Tent.)

The Alex, Jim and Jan Band take over the Senior Center at 8:30 p.m. for some easy listening Motown, Uptown and soft rock until 11:30 p.m. Refreshments will be served.

Wondering where the teenagers are? Look no further than the Fort Plain Fire House. Balloons, beach balls, dance floor lighting and music by local "Chelle Shock DJ" Michelle Searles all starting at 8:30 p.m. Snacks and beverages will be available all night; enter the raffle to win fantastic prizes. The fun ends at 11:30 p.m.

The Spike Brown Band will rock the Entertainment Tent from 9 p.m. until midnight. Starting at 10:30 p.m., a Mini Times Square will organize outside the Entertainment Tent with ceremonial fire pits as revelers get ready for the final countdown and dropping of the ceremonial ball, a four-foot diameter lighted globe, to usher in 2019.

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Creative Textile Fibers Group to meet

FORT PLAIN — Do you like to knit or crochet? Do you enjoy the traditional arts of felting, beading or needle-crafting? If so, you are invited to the Fort Plain Free Library Thursdays between 12:30 and 2:30 p.m. to take part in the weekly Creative Textile Fibers Group. Each week, participants meet in a casual setting where they share tips, ideas, and patterns; or they work on their own fiber-based projects.

The free, drop-in gathering at the 19 Willett St. library is open to the public. Call 518.993.4646 for information.

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1. In a large bowl, combine cabbage, broccoli, cranberries, onion, pecans and bacon bits. In a small bowl, combine mayonnaise, Splenda and vinegar. Add dressing mixture to cabbage mixture. Mix gently to combine.

2. Cover and refrigerate for at least 1 hour. Gently stir again just before serving. Makes 6 (1 cup) servings.

* Each serving: About 117 calories, 5g fat, 4g protein, 14g carbs, 419mg sodium, 38mg calcium, 4g fiber; Diabetic Exchanges: 1 Vegetable, 1 Fat, 1/2 Carb; Carb Choices: 1.

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Donna's Day: Creative family fun

by Donna Erickson
**Make Easy French
'Chocolate Mousse'**

French-born Nicole Winters enjoys telling the story of serving her favorite chocolate dessert from her childhood at a Christmas party gathering of over 20 friends and family. When her 3-year-old grandson, Jacob, stepped up to the dessert table after the meal, a woman offered

him a small bowl and asked, "Would you like some chocolate pudding?" "It's not pudding, it's 'mousse au chocolat'!" he confidently exclaimed with a perfect French accent. "I was so surprised," said Nicole. "He had just been in the kitchen cooking with me the day before when I taught him how to say those French words.

Cooking together is an enjoyable way for me to pass on family food traditions from my background and culture to my children and grandchildren, which I believe is so important." Since her easy blender version of rich "mousse au chocolat" (chocolate mousse) doesn't use raw eggs like the traditional French recipe, and it comes together effortlessly

in just 10 minutes, it captured my attention for our family holiday menus. I gave it a whirl in our blender, poured it into small dessert bowls, and let it chill in the refrigerator overnight. Topped with fresh raspberries or a dollop of whipped cream, it's a keeper.

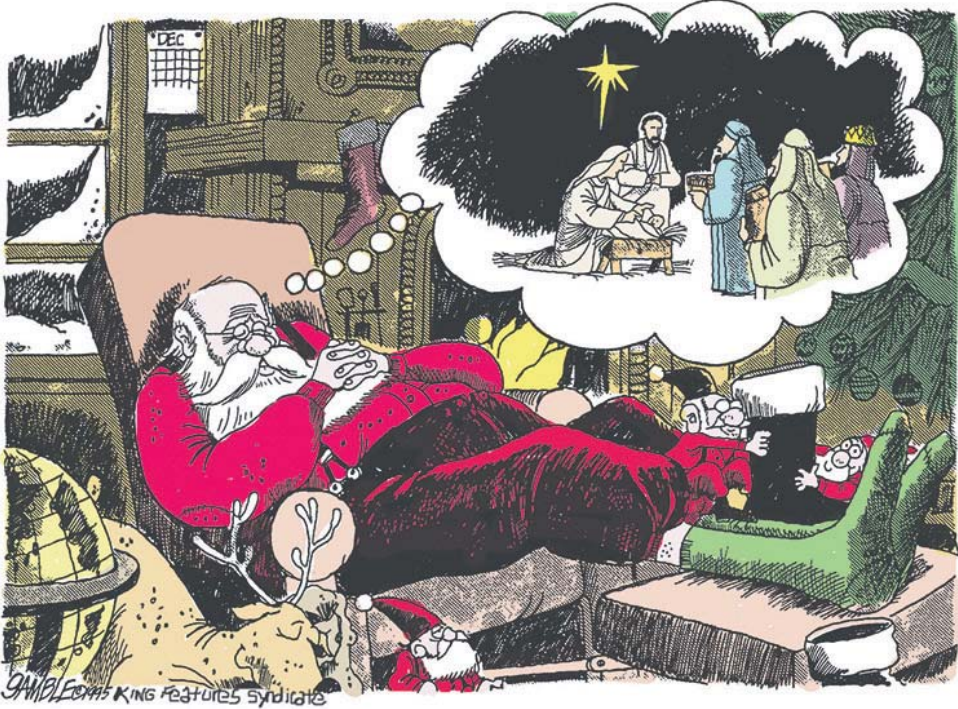
Easy Blender Chocolate Mousse

- 1 cup mini semi-sweet chocolate chips
 - 2 tablespoons sugar
 - 1 teaspoon vanilla extract
 - 3/4 cup whole milk
 - Cream cheese (3 ounces), cut into several pieces
- Fresh raspberries or whipped cream for topping
1. Place chocolate chips, sugar and vanilla in your blender.
 2. Heat milk in a saucepan to almost scalding. It should be steaming. Immediately pour it into the blender over the chocolate chips, sugar and vanilla, cover and blend for 30 seconds.
 3. Add cream cheese pieces and blend until

smooth.

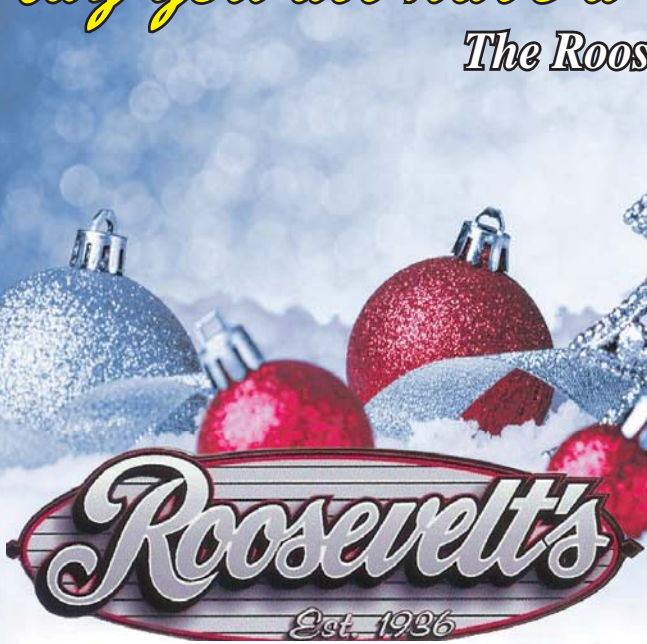
4. Pour into six small dessert dishes or a dessert bowl. Refrigerate at least two hours, until set.
5. To serve, top each dish or serving dish with a few raspberries or a dollop of whipped cream. A little sprig of fresh mint is a nice touch for a special occasion. Makes 6 servings.

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and COMING SOON... the Tinsel Tea Room**

**Closing 3pm on Christmas Eve!
Closed Christmas and New Year's Day**



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SOMETHING FOR EVERYONE & EVERY BUDGET!

**NEW WINTER HOURS EFFECTIVE
FOR MONTHS OF JANUARY AND FEBRUARY
OPEN WED-SUN 10-5, CLOSED MON & TUES**