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DECEMBER 25, 2020
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518-673-3237
Volume 10 Number 28

Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bring forth a Son, and shall call His name Jesus. He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. And He will reign over the house of Jacob forever, and of His kingdom there will be no end." Luke 1:30-33


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Consumer alert: NYS Division of Consumer Protection reminds consumers of NYS refund policy protections

The Division of Consumer Protection recently reminded consumers that New York State law covers refunds. NY General Business Law §218-a requires stores to clearly post their refund policies. When no refund policy is posted, consumers will have 30 days from the purchase date to receive a full refund or a credit (at the consumer's option), with receipt or any other confirmation given to show that 30 days has not elapsed and as long as the merchandise has not been used or damaged.

"Around the holidays, gift givers and receivers often change their minds," said New York Secretary of State Rossana Rosado, who oversees the Division of Consumer Protection. "It is important New Yorkers understand businesses are required to post their policies and let their customers know their refund options. Whether shopping online or in person this holiday season, I encourage all New Yorkers to check a store's refund policy to be sure you are comfortable with the terms."

A store's refund sign

must include the following information (at a minimum):

(a) Whether the store gives refunds and under what circumstances, including:

- on merchandise which had been advertised as "sale" merchandise or marked "as is";
- on merchandise without a proof of purchase;
- at any time or not beyond a point in time specified;

- in cash, or as credit or store credit only; or

- subject to any fees, including a restocking fee, and the dollar or percentage amount of each fee; and

(b) Consumers are entitled to a written copy of the store's refund policy upon request.

Be an informed consumer and follow these savvy holiday shopping tips:

- Ask for a copy of the refund policy.
- Ask if the store imposes a restocking fee for returned merchandise.
- Ask if the merchandise has to be in a certain condition for the return to be accepted.
- Save all receipts for purchases to allow for

ease of returns.

- Ask for details about the advertised rebate.

- Does the store offer rain checks? If yes, find out the terms and when it expires.

- How does the store notify the customer when the product is available?

Consumers having trouble obtaining a store refund are encouraged to file a complaint with the New York State Division of Consumer Protection.

The Division of Consumer Protection provides voluntary mediation, between the consumer and business, when the consumer has been unsuccessful at reaching a resolution on their own. The Consumer Assistance Helpline 1.800.697.1220 is available Monday to Friday from 8:30 a.m. to 4:30 p.m., excluding State Holidays, and consumer complaints can be filed at any time at www.dos.ny.gov/consumer-protection. To view consumer alerts, consumers can visit dos.ny.gov/about/newsroom.html. The Division can also be reached via Twitter at @NYSConsumer or Facebook at facebook.com/nysconsumer.

Now here's a tip

by JoAnn Derson

• B.B. in Massachusetts writes: "I have a rubber disc (used for taking covers off jars) that I keep in my shower. When showering, I put the disc over the drain so the water can accumulate, then I soak my feet at the same time."

• To save yourself some time and aggravation, make a safety set of keys that match your current set exactly. You will never have to go looking for your keys when you are in a hurry, and you won't have to determine if the

key you need is on the ring. It is!

• "Re: your recent tip about storing heirloom quilts in a cedar chest: No, no, a thousand times no! Nothing is worse for quilts — heirloom or otherwise — than storing them in cedar chests. Acids will not only stain them but break down the fabric over time." — B.R. in Washington.

Thanks B.R. Although my grandmother did store quilts and other fabric items in her cedar chest, according to sources at

the National Quilters Circle, the best place for an heirloom quilt may be on a bed. You can stack them, but rotate so that no quilt gets too much sun. — JoAnn

• "For squeaky door hinges, forget about graphite, WD-40 or any of those other messy lubricants that may last for only a few months. Pull the hinge pins, wipe them clean with a dry rag, and then apply a thin coating of Vaseline with your finger. Properly done, your hinges should remain free


of squeaks for at least a year." — F.B. in Colorado

• "If you live in a cold area where you might experience icy sidewalks and you have a dog or cat, don't forget to protect your pet's feet from the salt and/or chemicals that are frequently used to melt ice. Be sure to wipe down your pet's feet after a walk outside." — F.F. in Alaska

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Poland transitions to new transportation supervisor

After 10 years' service as Poland Central School District transportation supervisor, Jeff DeLucia has shifted into retirement, and new Transportation Supervisor Eric Taylor has taken the wheel.

Whether it's DeLucia reflecting on his more than 30-year career at Poland Central School District as bus driver and transportation supervisor or Taylor looking ahead to the future of the department, safely getting students to and from school is their predominant goal.

DeLucia worked his last day as transportation supervisor on Monday, Nov. 30, which was also Taylor's first day with the district. Although DeLucia is officially retired, Poland Superintendent Laura Dutton said that DeLucia was offered the opportunity to receive some per diem days to support Taylor's transition. DeLucia also has been appointed as a substitute bus driver on days he's available.

DeLucia said he considers keeping students safe to be the most important focus during his time as supervisor.

"The safety of the students was always my biggest concern," he said. "If all the kids got home safe at the end of the day, then everything else was just minor."

Prepared, productive, proud

DeLucia started at Poland in October 1990 as a school bus driver and never would have anticipated becoming the transportation supervisor.

When he first started, DeLucia recalls, "I didn't think I'd be here five years."

He went on to spend about 20 years as a bus driver – including a BOCES bus run and special education bus run – before applying for and becoming the transportation supervisor in 2010.

A couple of the accomplishments he is proud of are working with district leadership to get a bigger "drivers' room" for Transportation Department meetings and training and standardizing the school bus fleet with IC buses to make parts and repair functions more efficient.

Most of all, he thinks about students arriving at school and back at home safely each day and times such as snowstorms when his biggest worries were about students being transported safely and all drivers getting back at the end of the day.

"I'm really proud of all the transportation staff," DeLucia said. "They do the job very well. Most people don't know all they do."

Experience and Poland connections

Taylor has worked in transportation for more than 20 years, with a full 19 years at Birnie Bus Service, where he held multiple positions including terminal manager, area general manager, regional manager and vice president of operations.

"Most importantly, I was a school bus driver," he said. These years as bus driver were Taylor's first experiences with school transportation. "That's your main job of getting kids from home to school."

Although Taylor is a certified school

bus driving instructor and NYSDMV 19A examiner, he continued to drive school buses throughout his time in the various administrative positions at Birnie Bus Services.

After having about 800 employees at Birnie Bus Service, Taylor is looking forward to working more closely with the school community and the close-knit

employees in the Poland Transportation Department.

"I'm happy to be back in this kind of smaller scale where I can interact more with the drivers, parents and students," he said. "It's just been nice to kind of come back to the basics of the job."

Poland 4



Now-retired Poland Central School District Transportation Supervisor Jeff DeLucia (l) and new Transportation Supervisor Eric Taylor pose by a school bus on Dec. 2. Taylor started with the district on Nov. 30, bringing with him more than 20 years of experience in transportation.

Photo courtesy of Herkimer BOCES



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Consumer Alert: NYS Division of Consumer Protection informs consumers about warranties and service contracts

Life does not have guarantees, but your warranty should

Pay special attention to warranties and service contracts when making large purchases

As part of its seven-part consumer alert holiday series, the New York State Division of Consumer Protection (DCP) recently informed New Yorkers about the differences between warranties and service contracts to help consumers navigate the marketplace this holiday season. Warranties are included in the price of a purchase and service contracts are a separate cost. Consumers are encouraged to understand what is already covered in the warranty before purchasing a separate service contract.

"Warranties and service contracts are often confused in the marketplace," said New York State Secretary of State Rosana Rosado, who oversees the Division of Consumer Protection. "This holiday season don't overpay for something that may be covered under an existing warranty, and always read the terms and conditions to understand what is covered before you buy."

Warranties

Warranties are legally enforceable assurances about certain parts of a

transaction. Ordinarily, the warranty involves representations about the item being purchased. For example, a watchmaker may warrant that his or her watches can withstand submersion underneath one hundred feet of water, or an appliance company warrants their appliances will be covered for defects up to one year after purchase.

Under New York Law, warranties may be made orally or in writing and can even arise by implication without any verbal statement. Proving a warranty was made is always easier with proper documentation.

Service Contracts

Some products, such as automobiles and appliances, may offer a service contract. Although similar to a warranty and often called an "extended warranty," a service contract is not a warranty. Service contracts are contracts to perform repairs or maintenance on a product. To determine whether you need a service contract, consider the following:

- whether the warranty already

covers the repairs and the time period of coverage that you would get under the service contract;

- whether the product is likely to need repairs and the potential costs of such repairs;

- the duration of the service contract; and

- the reputation of the company offering the service contract.

Unlike a warranty, service contracts are not included in the price of the purchase. If a warranty is already provided and covers repairs, you may be paying extra for a largely unnecessary service contract, particularly if the service contract is limited to repair of defects. An express warranty is one that is written in the product warranty, whereas an implied warranty is a legally enforceable promise that something will work as intended.

DCP recommends optimizing product and service warranties with the following tips:

- **Get it in writing.** Request oral warranties in writing before purchasing the product.

- **Check company reviews.** Go online and search for the company name and "warranty complaints" or similar search to see whether consumers face issues with that company's warranties.

• **Read and understand the warranty before you purchase the product.** Typically, companies will post their warranty terms and follow-up information on their company website so you can review them.

• **Save all necessary paperwork such as the original receipt, a copy of the warranty and any maintenance or repair records.** When there are issues, the company will ask for basic information like model number, serial number and date of purchase.

Use the product according to the specifications – including getting regular maintenance. Comply with all warranty requirements by maintaining and using the product in the manner specified in the warranty paperwork.

If something happens and you need to initiate a warranty:

1. If there is a written warranty, read it first. The terms of your agreement are essential because they are almost always controlling. Even if the warranty has been breached, the remedy for breach may be dramatically altered by contract.

2. Next, contact the warrantor. Write to or call the entity that issued the

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Poland from 3

It's different compared to his time at Birnie Bus Service, but he prefers it this way.

"I enjoy talking to parents; seeing the kids," he said. "It's a closer relationship with the staff and students and parents."

Taylor also is returning to what he considers to be a very "family-oriented school," where he has some fond memories and family connections. He attended Poland Elementary while in first grade.

"My uncle was my bus driver," he said, with a laugh. "I can remember my teachers and everything."

His uncle, Brian Taylor, was a school bus driver at Poland for about six years and retired from the district as a maintenance employee. Additionally, his daughter, Jessica Meyer, is currently a Poland science teacher.

Poland School Business Official Chad Hess said Taylor has exactly the set of skills and background that Poland wanted for a new transportation supervisor.

"It's great to find someone with a connection to the district who also has a high number of years of experience in the transportation field including various leadership posi-

tions," Hess said. "We're very pleased to have him as transportation supervisor and are excited to

have him working with the drivers and staff in moving the transportation department forward."



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Festive and flavorful holiday snacks

(Family Features) The holidays are filled with delicious food - from indulgent breakfasts to decadent desserts - but snacks can get overlooked. Spice up this holiday season with festive snacks that are perfect for a quick on-the-go bite or a taste of your favorite holiday dessert.

Although beloved in pie, pecans are a versatile nut that can be used beyond the pie shell - add them to a snack mix, incorporate them into granola or munch on them straight from the bag. Delicious and nutritious, 1 ounce of pecans offers 3 grams of plant-based protein and 3 grams of fiber, plus 12 grams of "good" monounsaturated fats and only 2 grams of saturated fat - perfect to power you through long days of holiday

shopping.

This holiday season, nosh on a handful of these spiced Gingerbread Pecans for a sweet and savory snack while decorating the house or wrapping presents late at night, or set out a bowl for the family to enjoy.

You can also make snack-sized versions of your favorite holiday desserts to have on-hand when you're craving a quick and tasty treat. Chopped pecans add a flavorful and nutrient-dense crunch to these paleo-friendly No-Bake Pumpkin Pecan Pie Bites, while pecan halves provide a festive touch to these Reindeer Pecan Brownies.

Discover more nutritious, delicious and festive recipes at AmericanPecan.com.

Reindeer Pecan Brownies

Prep time: 20 minutes
Cook time: 15 minutes
Yield: 20 brownies
Nonstick cooking spray
1 stick (1/2 cup) unsalted butter, melted
1 tablespoon pecan or canola oil
1 cup, plus 2 tablespoons, granulated sugar
2 large eggs
1 teaspoon vanilla extract
1/2 cup all-purpose flour
1/2 cup cocoa powder
1 teaspoon espresso powder (optional)
1/4 teaspoon kosher salt
20 raw pecan halves, cut in half
40 candy eyeballs
20 red chocolate candies

1/4 cup chocolate chips

Preheat oven to 350 F. Spray mini muffin tin with nonstick cooking spray.

In large bowl, whisk melted butter, oil and sugar until well combined. Add eggs and vanilla extract; beat until mixture is thick and pale in color, about 1 minute.

Sift in flour and cocoa powder. Add espresso powder, if desired, and salt. Using rubber spatula, fold dry ingredients into butter mixture until just combined. Batter should be thick.

Using 1-tablespoon cookie scoop, transfer batter to prepared mini muffin tin. Bake 13-15 minutes until toothpick inserted in center comes out mostly clean, with some lingering crumbs.

Add chocolate chips to heat-proof bowl; microwave until smooth and melted. Pour melted chocolate into sandwich bag and cut off small portion of one corner to use as tip. Use melted chocolate to "glue" on pecan antlers, candy eyeballs and red candy noses to brownies.

Allow chocolate to set before transferring brownies to airtight container.

Note: Brownies will stay fresh for up to three days.

Gingerbread Pecans

Prep time: 5 minutes
Cook time: 40 minutes
Yield: 2 cups (6 servings)
1 large egg white, beaten
2 cups raw pecan halves

Festive 6



Published weekly on Friday by Lee Newspapers
6113 St. Hwy. 5, Palatine Bridge, NY 13428

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Consumer from 4

warranty. Your warranty should list the appropriate contact and that company's mailing address. If mailing, send all letters by certified mail and save copies of the correspondence for future reference.

3. Contact the

Division of Consumer Protection and file a complaint. The Division mediates consumer complaints with businesses. If you are unsuccessful getting your warranty claim covered, file a complaint online at dos.ny.gov/consumerprotection.

For additional information on warranties, consult the Federal Trade Commission at tinyurl.com/hdht9b7.

The Consumer Assistance Helpline 1.800.697.1220 is available Monday to Friday from 8:30 a.m. to 4:30 p.m., excluding State Holidays, and consumer

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Poland senior turns running hobby into three cross country 1st places

Without participating in a single practice due to soccer commitments, Poland Central School District senior Christopher Gauthier won the first three cross country races he ever competed in.

After starting to run as a hobby and then being encouraged to join the team by Poland cross country coach Sandy Hitt, Gauthier decided to attempt cross country as a dual sport athlete this fall when he could fit it in around soccer.

"I figured it's my senior year, I can try and see how I do," he said. "And I did pretty good."

The cross country season started on Oct. 3, but because he chose soccer as his primary sport, Gauthier, 17, wasn't able to join the team until Oct. 24. In the span of about a week, he ran – and won – all three of his standard races for the season and competed in multiple soccer games.

"It wasn't easy," he said.

Learning on the fly

Gauthier's first race took place in Little Falls, and when Hitt saw him coming in about a minute and a half ahead of the second place boys runner, she partially wondered if he had accidentally skipped a turn.

Gauthier remembers a different aspect of the race though – that he had a pretty big lead, but started to hear the clicks of a girls runner's shoes getting closer to him. He was jogging at this point, but the girls runner was in a full sprint, so he sped up to make sure he finished the race before anyone else.

"I thought, 'Oh, that's how you're supposed to finish,'" he said.

Gauthier's second race was a home meet against Herkimer, except he had never been through the Poland home course before, so he did a walkthrough about a half hour before the meet. The course is challenging and slippery when it's wet, and it was a cold and rainy day, he said.

"Our team had home field advantage – I was the only one on the team that didn't have the advantage," he said.

That didn't stop him from winning again.

"He didn't train one single practice," Hitt said. "So he's learning on the fly."

Gauthier then also won his third race.

"He really had three good races in a row," Hitt said.

Next, he competed in the Center State Conference championship race, but didn't win that. The races were conducted with just two teams at a time due to COVID-19, so it was hard for him to judge how fast he needed to run – especially without much experience in cross country – so he didn't place as highly as he might have if he had runners ahead of him to try to catch, he and Hitt agreed.

Gauthier said he went into cross country with a mindset of trying his best and not worrying too much about what place he got.

"It's more of a do your best sport, instead of win, win, win," he said.

Once he won his debut race though, his mindset shifted somewhat.

"After I won that first race, I thought it would be pretty cool to win all three races," he said.



Poland Central School District senior Christopher Gauthier and cross country coach Sandy Hitt pose for a photo in the new school gymnasium. Hitt encouraged Gauthier to turn his running hobby into a spot on the school cross country team, and Gauthier won first place in his first three races. Photo courtesy of Herkimer BOCES

Challenging yourself

Gauthier said he started running on his own just to get in better shape, and he enjoys the individual responsibility of running.

"It's me pushing myself," he said. "I like the fact that it's just you, and you're challenging yourself."

Over time, he got his mile down from 10 minutes to five minutes and 30 seconds.

"It started to become a hobby, and I started to enjoy it more," he said. "You get good at it, and you kind of just want to get better every time you do it."

Gauthier said Hitt, who is a health teacher at Poland, asking him to join the team helped motivate him, and she was a great and supportive coach.

"It just made me want to join that much more," he said. "When a teacher is saying you should do it, you kind of think maybe I'm actually good at it."

Hitt said she encouraged Gauthier to join the team from seeing him running around the community and during soccer games.

"I just tried to convince him to do it," Hitt said. "I knew he was good. I just didn't know how good he was."

Gauthier thought this would be a good chance to try cross country along with soccer, and he wants to run indoor and outdoor track this school year if possible.

"I figured it's my senior year – just go all out and see what I can do," he said.

Hitt tried to recruit Gauthier in previous years, but Gauthier doesn't wish he joined sooner because he made a lot of progress while running to stay productive since COVID-19 started that put him in position for success this year.

"I wouldn't have been able to compete at the level I did this year," he said, of if he had started cross country sooner.

Gauthier's brother, Poland graduate Kyle Gauthier, is about 10 years older and also ran on the Poland cross country team. Running together when they were younger was another big influence on Christopher Gauthier getting into running, he said.

Christopher Gauthier said his brother used to always beat him in races, but now he has some bragging rights of his own.

"He never got a first place, and I'll always have that over him," Christopher Gauthier said, with a smile.

Festive from 5

- 2 tablespoons granulated sugar
- 2 tablespoons light brown sugar
- 2 teaspoons gingerbread spice blend
- 1 pinch salt

Preheat oven to 300 F. Line baking sheet with parchment paper; set aside.

In large bowl, use fork to whisk beaten egg until frothy. Add pecans and stir until coated. Sprinkle pecans with granulated sugar, brown sugar, gingerbread spice and salt. Stir to coat evenly. Spread pecans in even layer on prepared baking sheet.

Bake pecans 40 minutes, stirring halfway through. Allow pecans to cool completely.

Note: Pecans can be stored in airtight container for up to four days.

No-Bake Pumpkin Pecan Pie Bites

Prep time: 15 minutes

Chill time: 1 hour

Yield: 12 bites (6 servings)

Crust:

1 1/2 cups raw pecan pieces

3/4 cup pitted medjool dates (about 7 dates), soaked in hot water 10 minutes

1 pinch pink salt

Filling:

1/3 cup pumpkin puree

1/3 cup full fat coconut milk

1 teaspoon pumpkin spice

1/4 cup maple syrup

1 pinch pink salt

1 scoop collagen peptides (optional)

12 raw pecan halves, for topping

To make crust: In food processor, process pecan pieces, drained dates and salt until combined and

"dough" starts to form into ball.

To make filling: In bowl, combine pumpkin puree, coconut milk, pumpkin spice, maple syrup, pink salt and collagen peptides, if desired. Whisk until smooth.

Line cupcake tin and evenly distribute crust mixture, about 1 1/2 tablespoons in each cupcake open-

ing. Use fingers to press crust into even layer.

Evenly disperse pumpkin pie filling among openings until tins are about half full.

Top each with one pecan half and place in freezer at least one hour.

Source: American Pecan Council

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Mon. Dec. 28th – Normal Monday sale & Monthly Organic Day

Mon. Jan. 4th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

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UNITED METHODIST CHURCH**
467 Main St.
Sunday Worship 10:30 AM

**DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP**
Pastor Peter Spiak
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

**DOLGEVILLE UNITED
METHODIST CHURCH**
Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

**UNITED LUTHERAN
PRESBYTERIAN PARISH**
26 E. Faville Ave.
Worship 11 AM

**ST. JOSEPH'S ROMAN
CATHOLIC CHURCH**
Father Brian Slezak, Pastor
31 N. Helmer Ave.
Phone 315-823-3410
Mass 9 AM Sunday

**EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER**
Pastor Mark Sowersby
3659 Route 5, East Schuyler
Sunday Worship 10:30 AM
Wednesday Night 6:30 PM
Phone 315-895-0926
Christianassemblyofschuyler.com

**FRANKFORT
OUR LADY QUEEN OF APOSTLES**
414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 5:30 PM;
Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

**HERKIMER
SS PETER and PAUL ORTHODOX CHURCH**
Fr Vasil Dubee & Fr Dn Demetrius Richards
305 Main Rd., Herkimer
Phone (315) 866-3272
Saturday Vespers -
5 PM (spring/summer months)
4 PM (fall/winter months)
Sunday Divine Liturgy 9:30 AM Sundays

**HERKIMER
TEMPLE BETH JOSEPH**
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

ST. FRANCIS de SALES CHURCH
Rev. Mark Cunningham, Pastor
219 N. Bellinger St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS
ANTHONY and JOSEPH**
229 S. Main St.
Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

REDEEMER CHURCH
Pastor Michael Servello
931 Herkimer Rd.
Utica, NY 13503
Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
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Phone 866-0575

**UKRAINIAN ORTHODOX CHURCH OF
ST. MARY'S PROTECTRESS**
326 Moore Ave.
Sunday Divine Liturgy 10 AM
Holy Day Liturgy 9 AM
Phone 866-1336

NEW LIFE CHURCH
Pastor David Hayner
337 Protection Ave.
Phone 866-1164 • www.nlc-mc.org
Worship 10 AM
Wednesday Worship 6:30 PM

**TRINITY EVANGELICAL
LUTHERAN CHURCH**
Corner of West German & Henry Streets
Phone (315) 866-6474
Sunday Worship Services
9 AM Spoken Service
9 AM Faith Formation Sunday School
10:30 AM Service with Music
Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY
Lieutenants John and Lori Wood
429 N. Prospect St.
Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

**FIRST UNITED
METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS**
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship and Sunday School
9:00 AM

**HERKIMER
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OF LATTER-DAY SAINTS (MORMONS)**
Branch President Blake Francisco
Gros. Blvd., East Herkimer
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Priesthood/Relief Society 12:10 PM
Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

HERKIMER REFORMED CHURCH
102 Church St.
Phone 866-1523
Worship 9:30 AM
Sunday School 11 AM
Shepherd's Table:
Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@mail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Free Community Dinner: Last Saturday of the
month, 5:00 PM on Mary Street Entrance

**ILION
ILION COMMUNITY CHURCH**
Pastor Dean Mabry
44 Central Plaza
Sunday Worship 10 AM
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**SAINT AUGUSTINE'S
EPISCOPAL CHURCH**
Bishop - Dan Herzog
78 2nd Street
Phone: (315) 894-3775
Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggie
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

FIRST BAPTIST CHURCH
8 Second Street
Reverend John Partise
Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

**MORNING STAR UNITED
METHODIST CHURCH**
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

**ILION
ANNUNCIATION CHURCH**
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 PM; Sunday
11:00 AM; Monday & Wednesday 9:00 AM

**LITTLE FALLS
FIRST BAPTIST CHURCH**
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315-823-3392
Morning Worship 10:15 AM
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Rev William Whalen, Associate Pastor
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Meet and Greet Sunday at 8:30 AM
Sunday School Classes 9:00 AM (nursery
through adult)
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**ST. PAUL'S UNITARIAN
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Minister Jeffrey J. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS**
Father Brian Slezak, Pastor
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

**LITTLE FALLS
FIRST ASSEMBLY OF GOD**
Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH
512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email Ifirstpres@gmail.com
www.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

**LITTLE FALLS
INGHAM'S MILLS BAPTIST CHURCH**
Rev. Gary L. Busch, Pastor
Sunday Worship Service 10 AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

**MIDDLEVILLE
MIDDLEVILLE UNITED
METHODIST CHURCH**
24 Fairfield St.
Church Services 8 AM - 9 AM

**MOHAWK
GRACE EPISCOPAL CHURCH**
7 E. Main St.
Phone 315-866-4782
or 315-520-4723
Holy Eucharist 10 AM

**DENNISON CORNERS
COMMUNITY CHURCH**
Pastor Donald King
219 Robinson Rd. • Phone 866-5215
Sunday:
Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
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Morning Worship:
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Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

EMMANUEL BIBLE CHURCH
Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

**MOHAWK
CHURCH OF THE BLESSED SACRAMENT**
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH
H. Ed Reed, Pastor/Teacher
167 Ward Rd. • Phone 858-1282
www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

**MOHAWK
THE WORD CHRISTIAN CENTER**
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Sunday Services at 10 AM
Intercession - Tuesdays at 6 PM

**NEWPORT
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7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45 AM

UNITED METHODIST
Pastor Robbin Harris • Phone 845-8730
Morning Service 11:15 AM

KUYAHOORA COMMUNITY CHURCH
Pastor Dwayne Durand
West Canada Valley
High School Auditorium
5447 St. Rt. 28
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Middleville, NY 13406
Phone 315-292-1303
www.kuyahorracc.org
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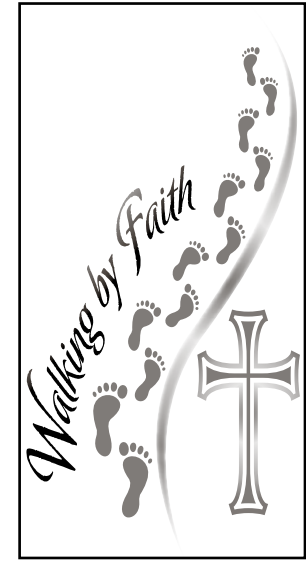
ST. JOHN THE BAPTIST CATHOLIC CHURCH
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Saturday Vigil 4 PM
Sunday Mass 8:30 AM

**PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST**
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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Church offered during the service

**SALISBURY CENTER
UNITED METHODIST CHURCH**
2545 State Route 29
Pastor Mark Hediger • 315-429-9085
pastormark@aol.com
Sunday Worship:10:30 AM
Weekly Bible Studies


**STRATFORD
STRATFORD UNITED METHODIST CHURCH**
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Childrens' Sunday School: 9:00 AM
Weekly Bible Studies




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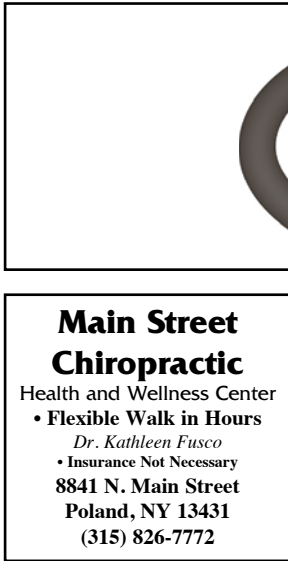
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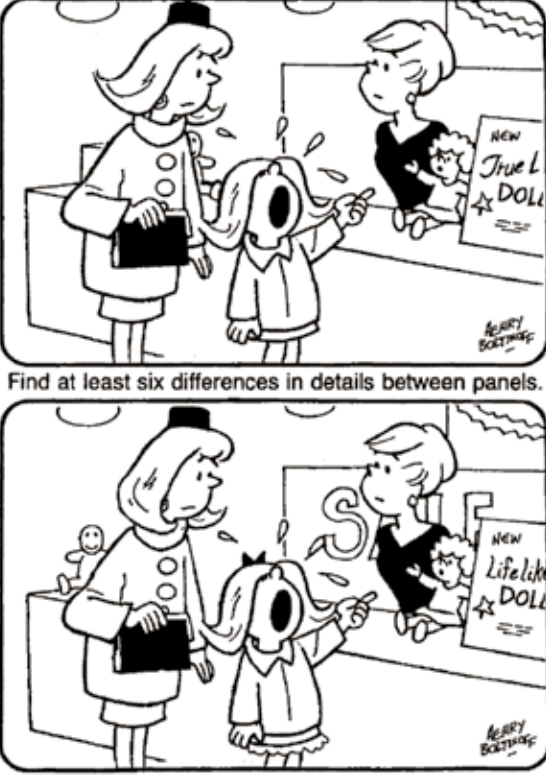




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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

Differences: 1. Mom's hair is different. 2. Doll on left has been moved. 3. "Sale" sign is added. 4. Girl's skirt has a bow. 5. Doll is different. 6. Girl has hair bow.

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MAGIC MAZE ● — BLUES

EXVSQNKYIFDAXVT
QMOMJHFRLCAYDWU
RPENLJATLEDHEFD
BZXMCVTNNRPHTQO
MKIPPHHUA FDSRBZ
YWVMUHI OIITIORQ
ONAUNLICDKSTIGI
HWFJ **KANSASCITYS**
SDCAZXWVNGURUSO
RQNACIRFAOOBNOU
MKJICIRTCELEHFL

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: THE MOTOR CITY

African	Country	Jump	Punk
British	Delta	Kansas City	Soul
Canadian	Electric	Louisiana	Swamp
Chicago	Gospel	Memphis	

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King Crossword

ACROSS

1 Porter's burdens
5 Before
8 Dull sound of impact
12 Enticement
13 Blend
14 Abundant
15 Opera show-stopper
16 U.K. broadcaster
17 Black, in verse
18 Fight
20 Like a lot
22 Solid ground
26 Entire
29 Smack
30 Zilch
31 Bees' home
32 Parsons or Gaffigan
33 Slangy negative
34 — out a living
35 One of the Brady Bunch
36 Grown-up bug
37 Brownish orange
40 Warmonger
41 Barbershop tools
45 First victim
47 Luau bowlful
49 "American —"
50 Ring out

DOWN

1 Spill the beans
2 Emanation
3 Determination
4 Birthplace of Starbucks
5 Fireplace bit
6 Cage component
7 Cry out
8 Italian fountain site
9 Ireland
10 Venusian vessel?
11 Lair
19 Appomattox surrenderer
21 Frequently
23 Serengeti beast
24 Chinese dynasty
25 Choir member
26 Sharpen
27 Raise

51 Barn bird
52 Alaskan metropolis
53 Vortex
54 — Aviv
55 Get larger

28 Above
32 Lotto win
33 Incredible
35 Mandible
36 Call — day
38 Make a comeback
39 Warble
42 Bloodhound's clue
43 Quarterback Tony
44 Dispatched
45 Mimic
46 Foundation
48 Didn't pay yet

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals E

XS V WRVY NRYR VQQLNRU PL
KYRKVYR JLSSRR LY PRV, JLGQU
ALG PMRH OVA MR NVO WYGXH?

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Weekly SUDOKU

by Linda Thistle

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

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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*Based on Power Products Marketing North American 2018 sales data for the pure utility vehicle (PUV) segment. © Kubota Tractor Corporation, 2020. \$0 Down, 0% A.P.R. financing for up to 48 months or customer instant rebates of \$400 are available on purchases of new Kubota RTV-X Series equipment from participating dealers' in-stock inventory. Promotional rate available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Example: 48 monthly payments of \$20.83 per \$1,000 financed. \$400 rebate is not available with 0% A.P.R. or other promotional financing. Some exceptions apply. Offers expire 12/31/20. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your Dealer or KubotaUSA.com.

Community Foundation welcomes two new trustees

Robert Bojanek, Kay Parker join volunteer board

The Community Foundation of Herkimer and Oneida Counties has appointed two new members to its Board of Trustees. Joining the volunteer board in 2021 are:

Robert Bojanek

Robert Bojanek is co-founder of ShoreGroup Inc. and Optanix Inc., where he served as executive vice president of operations and assisted with the growth of both companies from start-up to becoming international network and system management firms. As an innovator, he is listed as a co-inventor in a dozen patents related to systems management. An active member of the community, Bojanek is involved in work with various community foundations and non-profit organizations with a focus on education and

youth development. He holds a master's degree in electrical engineering from Syracuse University, and a bachelor's degree in electrical and computer engineering from the University at Buffalo.

Oghenekovie (Kay) Evi-Parker

Kay Parker is a quality engineering applications specialist at Indium Corporation, where she has held a number of engineering-related roles since 2015. She is a Certified SMT Process Engineer and is focused on improving different manufacturing processes, equipment, techniques, and materials to optimize industry applications. Kay holds a bachelor's degree in applied mathematics with a minor in engineering science from the State University of New York Polytechnic Institute, where she started an award-win-

ning robotics club among refugee students that was sponsored by a National Science Foundation grant. She studied chemical engineering at the Federal University of Technology in Owerri, Nigeria, before moving to the Mohawk Valley. For years, she has been involved with community organizations and is passionate about making a difference in the lives of individuals in our community. Some organizations she has worked with include Midtown Utica Community Center, OnPoint for College, Rescue Mission of Utica, Mohawk Valley Community Action Agency and Upstate Cerebral Palsy.

Other members of the Board of Trustees are:
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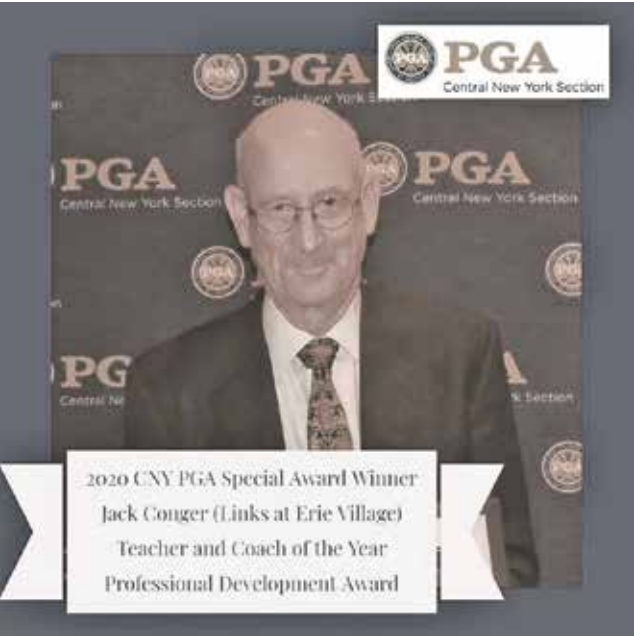
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Herkimer Generals assistant golf coach named Teacher, Coach of the Year by CNY PGA

Herkimer County Community College Assistant Golf Coach Jack Conger has been named the 2020 Teacher and Coach of the Year by the Central New York Professional Golf Association. He also won the 2020 Player Development Award.



Herkimer County Community College Assistant Golf Coach Jack Conger has been named the 2020 Teacher and Coach of the Year by the Central New York Professional Golf Association. He also won the 2020 Player Development Award. Photo courtesy of Herkimer County Community College

The Teacher and Coach of the Year honor recognizes a PGA Professional who is an outstanding teacher of golf among the ranks of PGA membership, according to the Association. This award is based on a professional's overall performance in teaching; unusual, innovative and special teaching programs initiated or implemented; articles published; as well as outstanding golfers the professional has instructed. Conger is deeply committed to utilizing the latest techniques to help his students improve their game. He incorporates professional-level technology into his coaching, including the use of video services like Hudl for video review and performance analysis; Flight-Scope, the world's first 3D Doppler tracking radar for

golf; Blast Motion, a professional-level sensor for putting; and FastFirst Golf for measuring and increasing their swing speed. The Player Development Award honors Conger's "extraordinary and exemplary contributions and achievements in the area of player development," according to the CNY PGA, including leadership commitment. Conger is a decorated golf coach. He was inducted into the CNY PGA Hall of Fame last year, and this is his fourth Section Teacher of the Year award, having won in 1991, 2004, and 2006. This is also his second time winning the Player Development Award, having previously taken home the honor in 2014.

Paw's Corner

by Sam Mazzotta
Small holiday gathering can still stress pets
Dear Paw's Corner:

This year, we are only going to have a few family members over on Christmas Day. In past years, I've put our dog, cat and rabbit in the back of the house with plenty of water and beds to sleep in, so the noise and lights and strange people don't stress them out. I feel like we can safely keep the pets in their usual spots this year because there will only be eight people here for dinner and presents. What do you think? - Cheryl in Lake City, FL.

Dear Cheryl: That's your call. You know your pets. In addition to the size of the gathering, you should consider the personalities of your guests: Are any of them timid or afraid around pets, and would anyone be upset if your dog starts barking? The big question here is how many strangers each of your pets can handle. Rabbits, for example, are

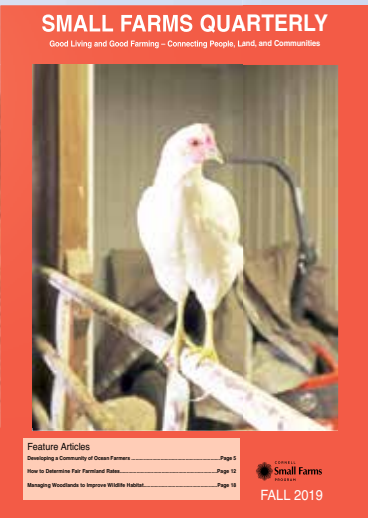
very susceptible to stress and should be kept in a quiet spot and not handled too much by visitors. A calm, well-socialized dog may be able to handle the influx of people. Same with your cat, who will simply disappear to a hiding spot if things get a little overwhelming. Even though it's a smaller crowd this year, make a plan and share it. How much time should the pets spend with visitors around? When should they be placed in a separate area? (During dinner or when presents are opened, for example.) If a pet shows signs of stress, such as barking, yelping, meowing, hissing or growling, who will grab them and take them to the quiet spot to calm down? When everyone knows the strategy, they can act quickly to keep the party calm and pets healthy and safe. Send your tips, comments and questions to ask@pawscorner.com. (c) 2020 King Features Synd., Inc.

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Arc Herkimer Respite Center gets new bed thanks to J.M. McDonald Foundation Inc.

Arc Herkimer's William H. Privett Respite Center in Little Falls, NY, has received a new SleepSafe bed thanks to the J.M. McDonald Foundation Inc.

The William H. Privett Respite Center provides overnight, weekend, and other needed support for parents and guardians. While at the center, individuals feel at home and staff provide recreational opportunities to engage in.

The SleepSafe-style bed allows the agency to provide a safe place for individuals who are unable to utilize a "typical" bed.

With the generosity of the J.M. McDonald Foundation, Arc Herkimer's Respite Center now has two SleepSafe beds to help accommodate more children, and to provide support to more families.



Pictured is the SleepSafe bed that was purchased for Arc Herkimer's Respite Center. Photo courtesy of Arc Herkimer

Strange but true

by Lucie Winborne

• Doc Martens come in all different colors and sizes now, but the first

pair was created using old tires.

• There actually aren't "57 varieties" of Heinz

ketchup, and never were. Company founder H.J. Heinz thought his product should have a num-

ber, and he just happened to like 57.

• March 3 is known as "What if Cats and Dogs Had Opposable Thumbs Day."

• The number of permutations within a deck of cards is mind-bogglingly large: an 8 with 67 zeroes after it. That means there are more card combinations than stars in the Milky Way, which amount to as many as 400 billion!

• Cataract surgery was possible as early as the 6th century B.C.

• Barbie's physical appearance was inspired by a German doll named

Bild Lilli, created in 1952 and based on a high-end call girl named Lilli who was featured in the comic strip "Bild-Zeitung." She was sold as an adult novelty in bars and tobacco shops — definitely not as a children's toy. Barbie inventor Ruth Handler saw the doll while vacationing in Europe and brought it home.

• Sunsets on Mars are blue.

• The Gate Tower Building in Osaka, Japan, has a highway that passes through the building, between the fifth and seventh floors.

• A Paris morgue needed help identifying bodies

in the 1860s, so decided to open its doors to the public. They probably underestimated people's morbid curiosity, though, as soon 40,000 people a day were coming to look at corpses.

• Mob boss Vincent Gigante would wander around New York in his bathrobe to convince the police he was insane, and thus avoid capture.

Thought for the Day: "Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble, courage in your own." — Adam Lindsay Gordon

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The Kitchen Diva

by Angela Shelf Medearis Christmas Tradition Gets a Modern Twist

It seems like I was just planning and preparing our Thanksgiving dinner and now Christmas is upon us. If you want to change things up a little for your Christmas dinner, try modernizing an old traditional recipe.

Recently, I've been reading about Christmas customs and holiday meals in Europe. I discovered a tradition called The Feast of the Seven Fishes, along with several delicious recipes for preparing fish. The fish is often used as a symbol of Christianity. Because of the persecution faced by the early church, when a Christian met a stranger in the road, the Christian sometimes drew one arc of the simple fish outline in the dirt. If the stranger drew the other arc, both believers knew they were in good company.

Preparing and eating seafood on Christmas Eve in celebration of the birth of Jesus Christ is an old European tradition with Italian roots. Many families abstain from eating meat and serve only fish or other types of seafood on Christmas Eve. This traditional holiday meal is called The Feast of the Seven Fishes. A typical feast features cod, eel, octopus, calamari, mussels, clams, shrimp and lobster.

This year, you might want to create a holiday dinner menu based on a variation of the Feast of the Seven Fishes. These recipes are budget-friendly ways to incorporate an ancient holiday tradition into a simplified, modern Christmas Eve dinner using just one pot or pan. Merry Christmas and Happy Holidays, ya'll!

Christmas Eve seafood paella

1/3 cup extra-virgin olive oil
8 ounces (16 to 20) shelled, deveined shrimp
8 ounces squid (bodies), rinsed, patted dry and sliced into rounds
1 1/2 teaspoons salt
1 teaspoon turmeric
1 teaspoon paprika
1 medium onion, finely chopped
1 can (14 ounces) fire-roasted diced tomatoes, drained
1/4 teaspoon red chili

flakes or cayenne pepper
3 cloves garlic, chopped
1 1/2 cups Arborio rice
3 1/2 cups seafood, chicken or vegetable broth

1 bottle (8 ounces) clam juice
12 littleneck clams, scrubbed

Parsley and lemon wedges, for garnish

1. In a deep 12-inch cast iron skillet, heat oil on medium-high until hot but not smoking. Add shrimp, squid, 1/2 teaspoon of the salt, 1/2 teaspoon of the turmeric and 1/2 teaspoon of the paprika. Cook 2 minutes or until shrimp start to brown, stirring once. With slotted spoon, transfer the shrimp and squid to medium bowl.

2. Reduce heat to medium. Add the onion, tomatoes and the remaining salt, turmeric, paprika and the chili flakes or cayenne pepper. Cook 8 minutes, stirring often. Add garlic; cook 2 minutes. Add rice; cook 2 minutes, stirring.

3. To skillet, add broth and clam juice, stirring to distribute rice evenly in pan. Heat to boiling on medium-high. Boil, without stirring, 15 minutes.

4. Gently press the shrimp, squid and clams on top of the rice. Cov-

er skillet with lid or foil; cook another 10 to 16 minutes or until the clams open and rice is just tender. Remove from heat. Let stand, covered, 10 minutes before serving. Garnish with parsley and lemons. Makes 6 servings.

Spicy seafood stew

2 pounds potatoes, peeled and diced (new potatoes, fingerling potatoes, red bliss or Yukon Gold)

1 pound carrots, sliced
1 small yellow onion, chopped

3 stalks celery, sliced
2 teaspoons minced garlic

Juice and zest of 1/2 lemon

2 cups frozen corn kernels

1 jar (24 ounces) pasta sauce

1 1/2 teaspoons ground turmeric

1 teaspoon cayenne pepper

1 teaspoon salt

1 teaspoon ground black pepper

1 1/2 cups seafood stock or clam juice, or chicken or vegetable broth, or water

1 pound sea scallops, dry-packed or bay type, or 1 pound thin white fish filets (sole or flounder), fresh or frozen and

Kitchen 13



This year, you might want to create a holiday dinner menu based on a variation of the Feast of the Seven Fishes.

Pet Pals

Nobody is more passionate about animals than pet owners - and that's why Country Editor is introducing its new Pet Pals section! Every month, we'll be bringing you heartwarming stories, tips, tricks, educational and entertaining news and stories - and photos of your fuzzy friends. We'll share our news with you, and you can share your best snaps of puppies and kitties (and others!). We'll print as many as space will allow.

You'll also learn about local businesses that offer services and necessities so you can pamper your pets. Find out about groomers, trainers and toy providers through Pet Pals!

For more information, contact members of our Editorial Department - Joan at jkarkwren@leepub.com, or Courtney at cllewellyn@leepub.com.

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by Keith Roach, M.D.

Prostate-shrinking medicines and cancer

Dear Dr. Roach: I've had low-grade prostate cancer for several years and am presently on "active surveillance." My PSAs have been high but steady, running around 7.8 to 9.2. I have a greatly enlarged prostate, which I believe contributes to the high PSA numbers.

I would like your opinion regarding finasteride (Proscar), as I am considering taking it. I see one of its side effects is that it increases the risk of developing a very serious form of prostate cancer. Since I already have this cancer, am I at an increased risk of mine growing more aggressive? — D.N.W.

Answer: A 2013 study showed that although finasteride reduced the overall risk of prostate cancer from 15% to 10% in men followed up to 18 years on finasteride, there was a small increase in high-grade, aggressive prostate cancer, from 3% to 3.5%. However, there was no increased risk of prostate cancer death among treated men.

Several follow-up studies have suggested that the apparent small increase in aggressive prostate cancers reflected an easier ability to find these cancers, since finasteride shrinks prostate tissue, making it easier to both biopsy and read the results. My view is that the apparent increase in aggressive prostate cancer is unlikely to represent a real danger in taking finasteride. There is no evidence to suggest that finasteride would change the behavior of an existing tumor.

Dear Dr. Roach: I have breast cancer and am being recommended anastrozole. Can you tell me the side effects, both short term and long term? — Anon.

Answer: Anastrozole is an inhibitor of the enzyme aromatase, which converts androgens made in the adrenal gland to estrogens. Anastrozole thus has the effect of dramatically reducing estrogen levels in the blood. For women with estrogen-sensitive tumors, this

To your good health

means less stimulus for the tumors to grow. Aromatase inhibitors like anastrozole have had a significant effect on improving cure rates and survival in women with estrogen receptor-positive breast cancer.



we wish you a very

Merry Christmas

and Happy New Year



Aromatase inhibitors have been used for over 20 years; however, that's still not long enough for a comprehensive understanding of long-term effects. There are short-term effects, and these limit the ability of some women to tolerate their use for the five years they are usually prescribed. About a third of women do not complete the course.

The most common reason I see for women stopping anastrozole is the musculoskeletal pain that often accompanies it. Symptoms can be severe in up to a third of women, but regular exercise and anti-inflammatory drugs are effective in reducing these symptoms.

There are sexual side effects for many women. The loss of estrogen due to anastrozole can cause vaginal dryness, which may lead to painful intercourse. This can be treated with lubricants, and most data suggests that low-dose vaginal estrogen is both safe and effective, although I recommend an individualized discussion with her oncologist before a woman takes that.

Fatigue, forgetfulness and poor sleep are often reported by women on anastrozole. Bone loss (osteopenia and osteoporosis) is more common in women on anastrozole. Nonpharmacologic strategies include regular exercise, calcium and vitamin D, and smoking cessation. However, many women need medical therapy if the bone density becomes dangerously low despite this.

While there are certainly downsides to taking anastrozole, they need to be balanced against the improved survival rates in women who take them compared with other treatments.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Kitchen from 12

thawed

- 1 pound uncooked shrimp (31-40 per pound); thawed, peeled and deveined
- 1 cup chopped parsley leaves
- 2 large lemons cut into wedges

1. In a 5 quart slow cooker, combine the potatoes, carrots, onion, celery, garlic, lemon juice and zest, corn, pasta sauce, turmeric, cayenne pepper, salt and black pepper. Stir to combine. Cook, covered, on low until potatoes are tender, 4 1/2 to 5 hours.

2. Stir in stock, broth or water, and the scallops or fish, and shrimp. Cook, covered, until scallops are opaque, and shrimp turn pink, about 4-6 minutes longer.

3. Sprinkle with parsley and serve with lemon wedges and warm crusty bread. Make 9 servings (about 2 quarts).

TIP: If you're peeling and deveining your shrimp, use the shells to make shrimp stock. Place the rinsed shrimp shells, 1 chopped carrot and stalk of celery, the onion skin and parsley stems in a large saucepan. Cover with 2 cups of cold water. Bring to a boil, then reduce heat and simmer uncovered for 30 minutes while preparing the recipe. Use the shrimp stock according to directions above.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Donna's Day: Creative family fun

by Donna Erickson

Make marbleized paper at family wrap party

Whether we're children or adults, we all like to feel useful and part of the holiday festivities. Now's the time to enlist the kids in the fun and creative job of gift-wrapping. But before you go out and purchase rolls of wrap, save money by making a beautiful batch for this year's gifts.

Gather big paper bags from your recycling bin, plus marbles and bright poster paint, and you'll be ready for family fun.

Here's the stuff you'll need:

- One large, sturdy cardboard gift box approximately 12 by 18 inches, or similar container with sides
- several marbles (one for each paint color)
- liquid poster paint in several colors
- spoons (one for each color)
- plain brown paper grocery bags, construction paper or butcher paper
- recycled deli or margarine tubs
- scissors

- newspaper

Here's the fun:

1. Cover your work surface with newspaper. Cut open the paper bags and trim a sheet to fit the bottom of the box. (Or, if using construction paper or butcher paper, cut to size.) Place the paper inside. Pour a small amount of each color of paint into the containers.

2. Drop a marble in one of the paint containers. Shake the container gently until the marble is thoroughly coated with paint, or use a spoon to move the marble around in the paint. With a spoon, drop the marble in the box and shift the box back and forth so the marble rolls in all directions, leaving paint on the paper. Repeat the process, using a different marble for each color of paint desired.

2. When the colorful, abstract design is complete, remove your paper of modern art and let it dry.

TIP: For smaller packages, "shake and create" gift wrap using a clean, large cylindrical potato-chip can with a lid.

Loosely roll a sheet of paper inside the can so that it lines the interior. Using one color at a time, roll a marble or two in paint (as described above) and drop in the can. Snap on the lid, shake a few times, remove the lid and put the marble or marbles onto newspaper. Repeat with a marble or two in another color. Remove the paper to reveal your art. You might want to paint jingle bells along with the marbles for a fun, festive sound while shaking.

Find more family fun in Donna's book "Donna Erickson's Fabulous Fun-stuff for Families."

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Make marbleized paper at family wrap party.

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Comfort foods made fast and healthy

by Healthy Exchanges

Chocolate chip peanut butter cookies

What's a holiday without a few holiday goodies — not too festive, that's what! This ultra-easy cookie should brighten things up.

- 1/2 cup cold water
- 1 1/2 cups nonfat dry milk powder
- Granular sugar substitute to equal 1/2 cup sugar, suitable for baking
- 3/4 cup reduced-fat peanut butter
- 2 teaspoons vanilla extract
- 2 cups reduced-fat baking mix
- 1/4 cup mini-chocolate chips

1. Place cold water in a 2-cup glass measuring cup. Stir in dry milk powder until mixture makes a smooth paste. Cover and microwave on HIGH (100% pow-

er) for 45 to 60 seconds or until mixture is very hot but not to the boiling point. Add sugar substitute. Mix well to combine. Cover and refrigerate for at least 2 hours. (What you've just made is fat-free and sugar-free sweetened condensed milk!)

2. When ready to make cookies, preheat oven to 375 F. In a large bowl, combine cooled milk mixture, peanut butter and vanilla extract. Add baking mix. Mix well to combine. Stir in chocolate chips. Shape into 36 (1-inch) balls. Place balls on an ungreased baking sheet. Flatten each ball with a fork.

3. Bake for 6 to 8 minutes. Remove cookies from baking sheets and cool on wire racks. Makes 12 (3 cookies each) servings.

** Each serving equals: About 203 calories, 7g fat, 8g protein, 27g carb., 349mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Fat.*

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Holiday eggnog

**Rich, creamy - and safe,
because it starts with cooked eggs.**

- 12 large eggs
- 1 1/4 cups sugar
- 1/2 teaspoon salt
- 2 quarts whole milk
- 1 cup dark rum (optional)
- 2 tablespoons vanilla extract
- 1 teaspoon ground nutmeg plus additional for sprinkling
- 1 cup heavy or whipping cream

1. In heavy 4-quart saucepan, with wire whisk, beat eggs, sugar and salt until blended. Gradually stir in 1 quart milk and cook over low heat, stirring constantly, until custard thickens and coats the back of a spoon well, about 25 minutes (mixture should be about 160 F, but do not boil or it will curdle).

2. Pour custard into large bowl; stir in rum, if using, vanilla extract, 1 teaspoon ground nutmeg and remaining 1 quart milk. Cover and refrigerate until well chilled, at least 3 hours.

3. In small bowl, with mixer at medium speed, beat heavy or whipping cream until soft peaks form. With wire whisk, gently fold whipped cream into custard mixture.

4. To serve, pour eggnog into chilled 5-quart punch bowl; sprinkle with nutmeg for garnish. Makes about 16 cups or 32 servings.

** Each serving: About 125 calories, 5g protein, 11g carbohydrate, 7g total fat (4g saturated), 0g fiber, 98mg cholesterol, 90mg sodium.*

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

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Bible Trivia

by Wilson Casey

1. Is the book of Immanuel in the Old or New Testament or neither?

2. Who visited Jesus on the night of His birth and found Mary, Joseph and the babe lying in a manger? Innkeeper, Shepherds, Herod, Magi

3. By biblical accounts, what animals were present and around the manger at Jesus' birth? Lions and bears, Sheep and goats, Donkeys and chickens, No mention of animals

4. When the wise men (Magi) arrived in the Holy Land, where did they go first? Jerusalem, Beersheba, Haifa, Tel Aviv

5. Which of these wasn't biblically stated as a gift

from the Magi? Silver, Myrrh, Gold, Frankincense

6. Which Old Testament prophet said the most about the birth of Christ? Isaiah, Daniel, Ezekiel, Jeremiah

ANSWERS: 1) Neither; 2) Shepherds; 3) No mention of animals; 4) Jerusalem (Mat 2:1-2); 5) Silver; 6) Isaiah

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answer

If a bear were allowed to prepare coffee or tea, could you then say he was bruin?



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Answer

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

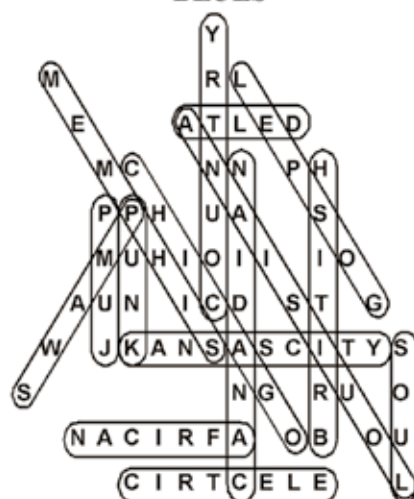
King Crossword

Answers

Solution time: 25 mins.

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

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815 Motorcycles
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820 Nurseries
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975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
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1205 Wanted

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