

Holiday

Gift Guide II



Preserving old photos, passing down family memories

Photo frames, custom ornaments, and other similar memorabilia make some of the most popular gifts during the holiday season. Family photos can remind us where we came from, preserve valuable information, and bring up warm, fun, and often comforting thoughts of times and people gone by. Sometimes, they just make us smile.

“Capturing a moment in time isn’t just about securing a memory - it can help you appreciate your life more every day,” advises Gretchen Rubin in *Good Housekeeping*. “Photos tilt your memories toward the good experiences you’ve had, simply because you’re more likely to take photos of joyful times.”

These days, Americans enjoy capturing photographic images more than ever; in fact, they took some 1.2 trillion digital photos in 2017 alone. While most of those are safely stored in digital files, we often aren’t as efficient when it comes to preserving the analog photos and negatives taken before the advent of digital cameras and smartphones. For many, that can mean those irreplaceable memories are at risk of fading into obscurity if they’re stored away in some damp basement or dusty attic.

Preserving your old analog photos can be done without professional assistance with some of the user-friendly tools now on the market. Consider these tips for making sure your personal history is saved for future generations.

You may be used to carelessly flipping through your older photos, but the truth is the dirt and oil on your hands can easily accumulate and cause damage to old images. Experts recommend wearing non-scratching, microfiber



or nitrile gloves as you sort and process them. Don’t write on them at all (even the backs), and avoid grouping or attaching them with paper clips or rubber bands.

Store loose analog photos and negatives separately from each other in acid-free boxes or in archival-quality photo albums (avoid albums with color pages and/or those labelled “magnetic” or “no stick”). Keep the boxes or albums in rooms that are stable, dry (with only 30% to 40% relative humidity) and clean. Minimal exposure to light, radiators, vents and atmospheric pollutants is ideal, and color photos and film negatives are best stored at temps of 40°F or below.

Of course, the safest way of keeping your photos safe is to make them digital, so they can be safely stored in the cloud. Kodak makes several scanners that can help you make that switch efficiently and effectively, including the self-contained Kodak Scanza, which can almost instantly process shots taken on analog film (in sizes of 35mm, 126, 110, Super 8 and 8mm) and convert them to a digital JPG format without need of a flatbed scanner, processing lab or even a computer. Other handy tools include Kodak’s lightweight, collapsible Mobile Film Scanner which can instantly store old negatives and slides in your smartphone, and Kodak’s Mini Digital Film Scanner, which performs like the Scanza but is palm-sized for easy transport.

The Kodak Photo Printer Dock allows you to print out special shots to place in a handmade or other decorative frame, or give as gifts. When you wish to go from digital to analog, simply connect your smartphone, iPad, digital camera, or USB Memory Stick to edit and print colorful, detailed 4x6 photos. The photos won’t bleed or fade - and they will be waterproof - because photos printed from the Dock feature a special laminated protection layer.

Your analog photos are irreplaceable and well worth keeping safe, for your enjoyment and the enjoyment of future generations. The holidays are a special time for reflection on our families and family memories, and restoring photographs can be a great way to put a little extra magic into a heartfelt gift.

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Staying healthy during the holidays



Holiday travel, endless parties and hours waiting in long shopping lines can take a toll on your health. As the season ramps up, it's a great time to take some steps to support your immune system for extra protection. These common-sense health tips can go a long way toward keeping yourself healthy this holiday season.

Wash (and watch) your hands

Something as simple as hand-washing is one of the most effective ways to stop the spread of germs. Hands - especially when they are used to muffle a sneeze or a cough - can spread germs to people and things.

A good wash requires at least twenty seconds of vigorous rubbing, using soap

and warm water. If you can't get to a sink, a backup is hand sanitizer with alcohol in it. It's also best to keep your hands away from your eyes, nose and mouth.

Emphasize healthy habits

Drink plenty of water and get your sleep and exercise. Studies show that all of these activities help prevent our bodies from getting run down. And when you're run down, you are more susceptible to illness. Make time to:

- Stay hydrated by drinking six to eight glasses of fluid - preferably water - daily.
- Getting enough sleep is crucial to a healthy body and immune system. For most adults, eight hours of sleep is considered the norm. You'll need all the

rest you can get in between ugly sweater parties.

- Exercise regularly. Pop into that new spin studio, stream a yoga workout from your living room or take a brisk walk. Research shows a link between moderate, regular exercise and a strong immune system.

Add supplements to your routine

For an extra level of protection year-round, supplement your diet with a personalized vitamin regimen.

"Most people don't eat right 100 percent of the time, which makes it hard to get the nutrition they need. Supplementation can help you fill those nutrient gaps," said

Kerry Grann, principal research scientist, Amway Research & Development.

Nutriline developed individual MyPack supplement packets to provide the optimal blend of vitamins, minerals and phytonutrients. They offer a personalized, simple and convenient experience to help you fill nutrient gaps with men's and women's packs or address specific needs, such as immunity, focus and energy. The Immunity Pack is especially helpful this time of year.



Stay healthy this season so you can enjoy the holidays - and try making it a New Year's resolution to keep these healthy habits all year. - BPT

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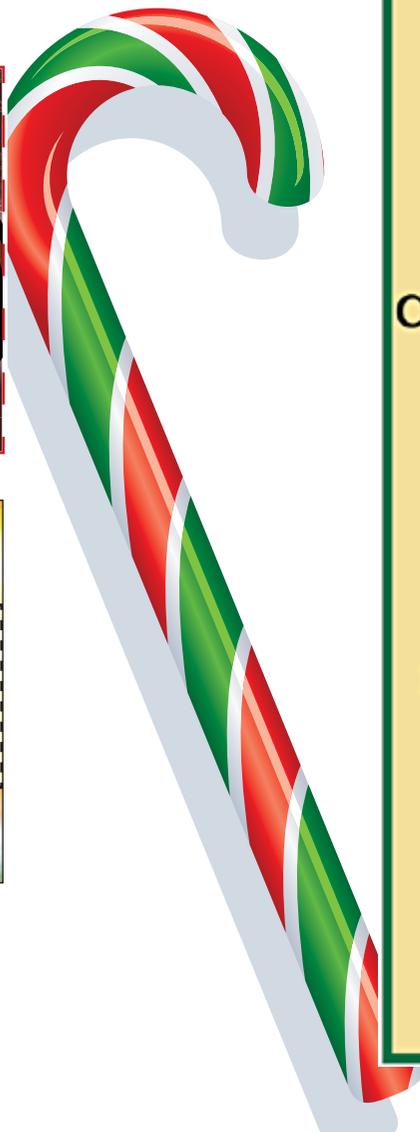
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It's all about the Gingerbread!

Gingerbread cookies and houses are one of the many symbols of the holiday season, alongside Christmas trees and twinkling lights. In fact, few confections symbolize the holidays more so than gingerbread.

Many a child (or a child at heart) has spent hours carefully trying to create decorative gingerbread houses. Although gingerbread recipes span various cultures, gingerbread houses originated

in 16th century Germany.

The fairy tale "Hansel and Gretel" helped solidify the popularity of gingerbread, which became part of

Christmas traditions.

Even though gingerbread houses can be fun to make, there's no denying it can be exacting work - especially for those who strive for perfection. Prepackaged kits attempt to take some of the guesswork out of the equation, but those who are crafting from scratch can employ these tips as they build their gingerbread houses.

• **Go for form and not flavor.** Few gingerbread houses ever get eaten, so focus on finding a dough that will bake up rock

hard as opposed to one that tastes good.



• **Get the right icing texture.** Pastry artist Catherine Beddall says royal icing is the preferred "glue" to adhere gingerbread pieces. Beddall says icing should be thick like peanut butter **and not runny.**

• **Mind the dough.** Do not roll out the gingerbread dough too thin or it may become brittle after being cooked. Always cut out shapes before the gingerbread is baked. Let the baked pieces sit overnight to cool completely before using them to build.

• **Patience is key.** Allow the icing to dry for at least a couple of hours after adhering each piece and before moving and handling the house, says Beddall. Work in stages so that individual items can be decorated and allowed to dry. Then the walls can be put together, followed by the roof pieces.

• **Kids likely will need help.** Children may not have the patience or steadiness to handle complete gingerbread construction. They can decorate the separate pieces of the house while the components are laying flat, which is easier for kids. Adults can do the main assembly later on.

• **Utilize a template.** Free-handing may not be easy. Cut out templates using cardboard or posterboard for various gingerbread pieces.

One of the most important tips is to have fun. Don't take gingerbread house making too seriously as a novice. Rather, enjoy the experience and the centuries-old tradition.

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



been baking gingerbread in various shapes or forms for more than 200 years, and the recipes even pre-date the American revolution. However, gingerbread dates back even further to the Shakespearean era, with The Bard having mentioned it in one of his plays. Gingerbread's name can be traced to medieval England and once referred to any kind of preserved ginger. The term went on to reference ginger-flavored cakes in the 15th century, and gingerbread eventually became popular throughout the world. Even though gingerbread cakes and cookies have been made for centuries, Germans are often credited with creating gingerbread houses, according to Smithsonian. They were probably modeled after the witch's candy cottage in the German fairy tale, "Hansel and Gretel." Even though gingerbread can be made any time of year, it is particularly associated with the Christmas season, with gingerbread men and other fanciful shapes turning up on cookie platters.

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White Hot Chocolate

- 3 cups Half & Half
- 2/3 cup white chocolate baking pieces
- 1 3 inch cinnamon stick
- 1/8 tsp ground nutmeg
- 1 tsp vanilla
- 1/4 tsp almond extract
- Ground Cinnamon (optional)
- Whipped Cream (optional)

In a medium saucepan combine 1/4 of the half & half, white chocolate baking pieces, cinnamon stick and nutmeg. Stir over low to medium heat until white chocolate is melted.

Add remaining half & half. Stir and cook until heated through. Remove from heat. Discard cinnamon stick.

Add in vanilla and almond extract. Stir until mixed through.

Pour into a mug(s). Top with whipped cream and sprinkle with ground cinnamon.

Recipe adapted from Better Homes and Gardens Cookbook. Find more recipes at Culinary.net.

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Not your mama's party invitation!

Technology has changed nearly every facet of everyday life, and that includes holiday hosting. Whereas hosts once had to worry about getting invitations stamped, sealed and sent out on time, "evites," have simplified the invitation process immensely.

Invitations are still sent the old-fashioned way, but now preexisting templates can be used to design invitations in minutes and send them out to all of their guests.

If it's been awhile since you sent a holiday invitation, this refresher course on what to include can ensure guests know all they need to know about your holiday party.

· **Date and time:** The date and time of the party should be clearly stated on the invitation. The holiday season is one of the busiest social seasons of the year, with family gatherings and office parties dotting December schedules. Leave nothing to the imagination on your invitation and clearly indicate the day of your party and what time it begins.

· **Location:** It might seem like a no-brainer, but don't forget to include the location of the party on your invitation. Even if you annually host a holiday party at

home, include your full address so guests, especially new invitees, have something to enter into their GPS systems.

· **Degree of formality:** Guests will want to know if the party is formal or casual, so let them know via the invitation. If no dress code information is included, guests will likely assume the affair is casual.

· **Menu:** If you plan to serve a meal, include information about the menu on the invitation and request that guests with specific food allergies inform you or bring their own food to the party.

· **Theme:** Holiday parties sometimes have themes. So if you want everyone to dress up as a favorite holiday movie character or if you want to throw a Santa-themed soiree, make sure to include such information on the invitation.

· **Accommodations:** The U.S. Department of Transportation notes that, each year, hundreds of people die in drunk driving crashes during the week between Christmas and New Year's Day. If you plan to serve alcohol, let guests know on the invitation and let them know you will arrange for safe transportation home, if necessary. Ridesharing apps have made it easier than ever to get home safely,



but hosts should still keep the phone numbers of local taxi companies on hand and make sure guests rooms are ready to accommodate guests who get a little too festive.

Party invitations have changed dramatically over the last couple of decades. But they still serve as a guests' primary source of party information.

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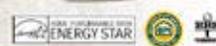
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A handful of holiday gift ideas

The holiday season is synonymous with many things, including exchanging gifts with friends and loved ones. Each year, certain items prove more trendy than others. Get the scoop on the gear and gadgets that are bound to be on the top of wish lists this year.

Fitbit fitness tracker: A Fitbit product is certain to be a winner for fitness enthusiasts. The Fitbit Charge HR Wireless Activity Wristband is an affordable option capable of tracking workouts. It also can sync with a phone and is water-resistant.

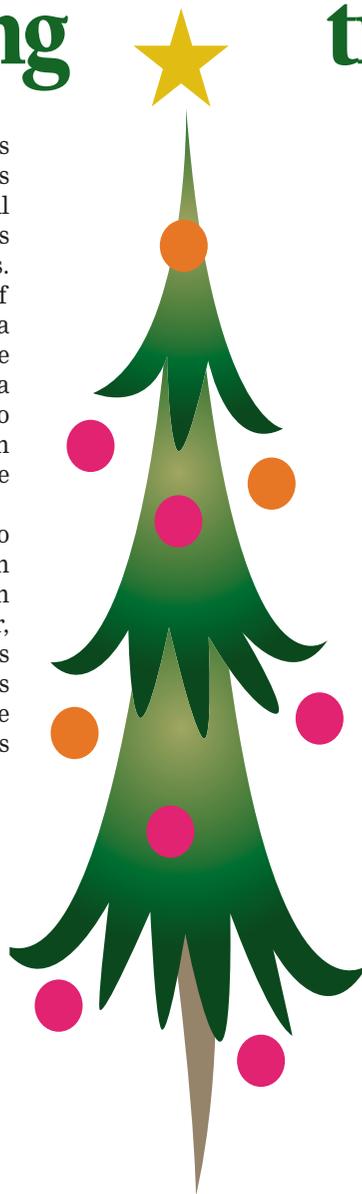
Amazon Echo Show 5: This is the latest incarnation of the Echo Show at a more affordable price point than past incarnations. The screen is a smart display and enables users to make video calls, play games, watch videos, check the weather, and control smart home devices. A new privacy feature allows users to turn off the camera and microphone when the device isn't in use.

Tile Trackers: Handy Tile gadgets connect to keys, bags and other belongings that frequently go missing. Simply connect to the app and the device will ring, identifying the location. The upgraded version covers 200 feet and has a louder volume.

iRobot Braava Robot Mop: This powerful robot will mop and sweep tile and hardwood floors. Pair it with the traditional iRobot vacuum and an entire house can be cleaned without lifting a finger.

These are just a handful of the items that will be coveted this holiday season.

Festive tree-trimming tips and techniques



People have visited forests to select their Christmas trees for centuries. While tree sellers conveniently stationed in store parking lots and artificial trees displayed in various retailers have led fewer people to venture into the wilderness, the Christmas tree is still an important component of holiday celebrations.

Long before the spread of Christianity, evergreen plants and trees held special meaning for people during the winter. Boughs and garlands were hung in homes and over doors and windows to repel evil spirits and illnesses. On the winter solstice, the greenery would represent that spring would once again arrive and banish winter's dreariness.

Germans who decorated trees inside of their homes are credited with starting Christian Christmas tree traditions during the 16th century. Early Americans were

late to adopt Christmas trees because early Puritan settlers thought the tradition - as well as carols and other concepts - were Pagan influences. It took the popularity of England's Queen Victoria and her German Prince Albert appearing around a decorated Christmas tree to eventually win over much of Europe, Canada and the United States.

According to StatisticsBrain, 10 million artificial trees are sold in the United States each year, while 34.5 million real trees are sold annually. Such trees require decorating, and the following secrets and tips

can help celebrants do just that.

- Prune the tree first. Be sure to shape the tree as desired, since natural trees will have branches sticking out. Wear gardening gloves to avoid being covered in sap.

- Position trees away from heat sources, such as fireplaces, vents or radiators, which can cause the tree to dry out prematurely and become a fire risk.

- For added safety, anchor a tree to a wall or ceiling, so it will not tumble over onto children or curious pets.

- In homage of the first German Christmas trees, decorate with natural ingredients, such as berries and pinecones. Also, use apples, nuts and marzipan candies.

- To free up more space for presents, place a narrow tree stand inside of a waterproof planting container. Place the tree inside. This will provide a more streamlined look that's neater than a tree skirt.

- The more lights the better, especially on dense trees.

- Make handcrafted ornaments with the whole family.

- Step back and enjoy your handiwork, which will also give you a chance to find any blank spots that need filling in.

Tree trimming is one of the most enjoyable aspects of the holiday season, and there are no rules other than safety guidelines when it comes to decorating.

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Poinsettias
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Christmas Tree Lane

UPCOMING EVENTS

Sat. Nov. 30 **MEET SANTA!**
OPENING DAY! Nov 30-Dec 1
 10 am - 2 pm

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 Priced according to size
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 Christmas Crafts • Wreaths • Baked Goods • Homemade Chocolate
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Manza Family Farm
 730 St. Rt. 211, Montgomery www.manzafamilyfarm.net
 Quickway Exit 120E towards Montgomery on left or Rt. 17K to Rt. 211, Montgomery - 4 mi. on right.
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HOLIDAY FUN!
 FREE Kids Maze plus **SANTA & his ELF**
 weekends starting Nov. 29

Refreshment Stand

Visit our Farm Animals every day!

FREE Coloring Book & Candy Cane for Each Child

Get Christmas crafty with family and friends

Host a homemade ornament gathering

Handmade gifts, trinkets and treats help make the holiday season special. Although cookies and other baked goods are some of the most popular homemade creations this time of year, gift-givers young and old can put their talents to use with various craft projects. Ornaments and decorations are one such idea. Here are some clever and, not-too-time-consuming craft projects to try this holiday season.

· **Mini sleighs:** Create miniature replicas of Santa's famous sleigh. Paint several popsicle sticks to form the main body of the sleigh and glue them together. Put one at the top perpendicular to the others to serve as the steering rudder. Two silver-painted popsicle sticks placed on their thin sides act as the blades of a sled.

· **Popcorn garland:** Garland made of popcorn is a classic handmade holiday project. For a new twist, toss the popcorn with food coloring and allow it to dry before stringing for some bright color on the tree.

· **Photo ornaments:** Print out several different photos that you love. Purchase round or square thin wood pieces from a craft store and attach the photos with Mod Podge®. When dry, drill a hole through the top and thread with twine.

· **Advent calendar:** Make an Advent calendar to count down to Christmas by covering a foam board with fabric. Use paper tags or small ornaments and write a number



on each for each day of the month. Hang these all from the board. As each day passes, move the tag or ornament to the tree.

· **Wooden snowflakes:** Have children collect small twigs from outdoors, as well as holly leaves and some sprigs of evergreen. Arrange similarly sized twigs in the shape of snowflakes and glue together, or tie with twine. Embellish with stickers, glitter, dried berries, and more.

· **Dough ornaments:** Anyone can have fun molding their own ornaments, letting them dry and then painting them. Use cookie cutters to get perfect holiday shapes. Craft stores sell various types of modeling clays and lightweight modeling materials. Or, make your own salt dough.

· **Reindeer bottle topper:** Put to use any wine corks you have lying around. Attach googly eyes and a small fuzzy nose to the front of a cork. Insert twisted, brown pipe cleaners to make the antlers up top. Add ribbons, small snippets of faux fur or any other extras you desire.

· **Sweet sentiments:** Use old Scrabble® letter tiles to form a favorite holiday phrase, like "Joy to the World." Glue the tiles together and hang from the tree on a piece of ribbon.

STONEHEDGE
 Rt. 17K & 302
 Bullville
 located on the corner
 of Rt. 302 & Rt. 17K
 361-4014

Mon-Sat
 8am-7pm

Sun
 8am-6pm

FARM MARKET

Wreaths
 Fresh Cut Christmas Trees
 Cemetery Pieces

Farm Fresh
Christmas Trees
 Wreaths • Roping • Poinsettias • Live Plants

Beck's
 Home & Garden
 home • farm • garden • pet
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Christmas on the FARM
 531 River Road, Montgomery
 845-457-1991

Weekends only 10-6pm

TREES

- Kids make a centerpiece \$10
- Ninja Warrior obstacle course **FREE**
- Afternoon Bonfires and hot chocolate
- Dec. 14 & 15 **FREE** Christmas Pageant at 6 p.m.

WREATHS

TWIN PONDS www.TwinPondsontheFARM.Com

'Tis the season for streaming favorite holiday movies

At home, you have ultimate control over your entertainment environment. Now, with today's technology, you can create the same viewing experience wherever you are, even if that means you are miles away from your favorite spot on the couch.

With a video on-demand service like Tubi, which offers access to more than 15,000 movies and TV shows - more than double the content library of other popular streaming providers - you can watch your favorite shows both new and old on more than 25 different streaming devices, including Android and iOS mobile devices, video game consoles and more.

Consider these ways streaming services make it easier to stay up to date on the latest in entertainment:

On-Demand

One of the biggest benefits of streaming media is the ability to watch shows and movies on your schedule. There's no need to program your DVR to record your favorite show, most services make whole seasons available all at once so you can binge watch to your heart's desire.



Storage

Because media is available on-demand - provided you are connected to the internet - there's no need for an extra storage device or an attachment to plug in to view your favorite movies or television shows.

Price

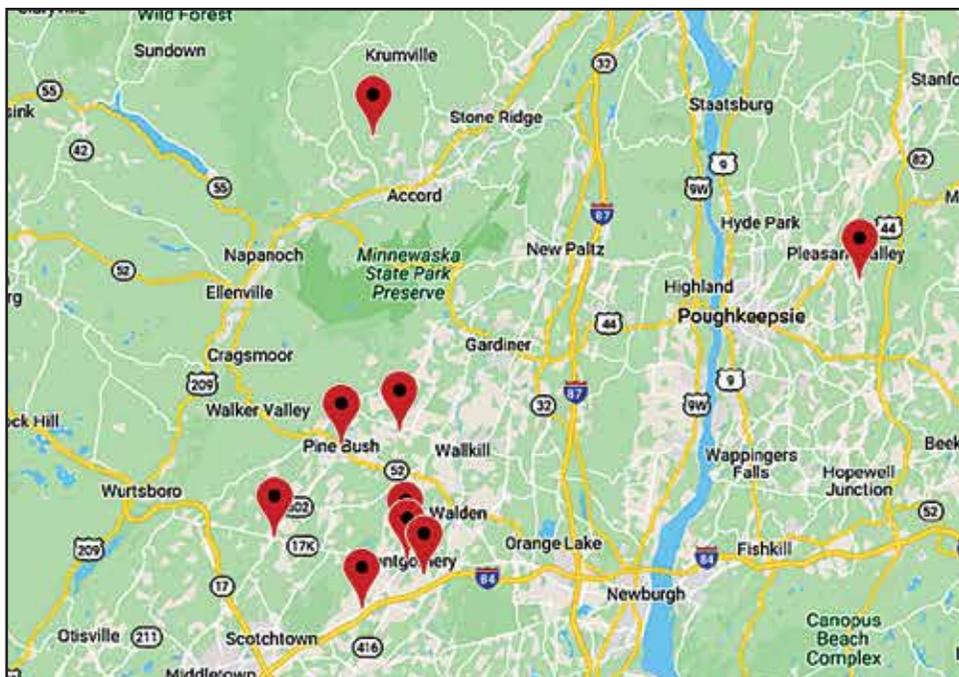
The cost of streaming services typically pales in comparison to the monthly price of cable or satellite television. A service like Tubi, for example, is advertising-supported, meaning the 20 million people who use it each month can access their favorite shows and movies for free without the hassle of credit cards and subscription fees.

Device Flexibility

Your device needs can vary depending on what type of entertainment attracts you. For example, streaming video requires more sophisticated features than basic games or downloaded music. However, many devices, including smartphones, tablets, laptops and game consoles, can provide the display capabilities to deliver the experience you desire.

To learn more and start streaming for free, visit Tubi.TV.

- Family Features



CHRISTMAS TREE GUIDE

MONTGOMERY FIRE HOUSE FUNDRAISER



Buy your tree from Montgomery Fire House to help support your local fire house. We have Douglas Fir, Fraser Fir and Christmas Tree wreaths. Starting November 29th - December 24 (or sold out). 136 Ward St., Montgomery. M-F 10-5, Sa 9-9, Su 10-6

TWIN PONDS CHRISTMAS ON THE FARM



We have Balsam Trees, live wreaths, kissing balls and centerpieces made with mixed greens. Open Monday-Saturday at the greenhouse 9-6, Sunday 11-5. At the FARM Saturday and Sundays 10-6, only. 2865 Albany Post Rd, Montgomery. twinpondsgreenhouses.com.

BELL'S CHRISTMAS TREES



IT'S CHRISTMAS. KEEP IT REAL. Opens the day after Thanksgiving. Santa arrives on November 30th at 1 p.m. NYS Grown and Certified. 1000s of Trees to Choose From! Trees up to 15+ feet. 647 Mettakahonts Rd., Accord. 845-626-7849. bellschristmastrees.com.

TREES AND POINSETTIAS



Hoeffner Farms has trees! Stop in to get yours because they go quickly. While you're here, check out our variety of poinsettias and holiday foods like pies and eggnog. Everything is fresh! 405 Goodwill Rd., Montgomery, NY. (845) 457-3453. Find us on facebook.

WORTH THE DRIVE FOR THE PERFECT TREE



Bilmar Invites You To Take A Ride Out Into The Country and Cut Your Own Christmas Tree. Our 200 acre farm offers the best cut-your-own experiences. bilmarny.com. 26 Bilmar Blvd/Traver Rd., Pleasant Valley, NY. 845-554-4529.

CHRISTMAS ON THE MANZA FAMILY FARM



Starts starts FRIDAY NOVEMBER 29th at Manza Family Farm in Montgomery. Large selection of freshly cut Douglas, Fraser, Concolor and Blue Spruce trees. Holiday gift items in our Christmas Shop. 730 State Route 211, Montgomery, NY. (845) 692-4364. manzafamilyfarm.net.

WE ALSO SELL TREES



In the Christmas season, Beck's Home & Garden stocks trees, live wreaths, door swags, poinsettias as well other winter necessities. 105 Depot St., Pine Bush, NY. (845) 744-2011. pinebushagway.com.

'TIS THE SEASON FOR FAMILY FUN



Christmas Tree Lane opens Saturday, November 30 with a guest appearance of Santa Claus. Live trees, pre-cuts, wreaths and activities for the whole family. 9 Christmas Tree Drive, Wallkill NY. (845) 895-3536. christmastreelaneny.com.

CHRISTMAS AT STONEHENGE



STONEHENGE FARM

We have the full holiday experience: Fresh cut Christmas trees, wreaths, holiday food and decorations, even cemetery pieces. 1401 State Route 302, Bullville, NY. Facebook @ stonehengefarmmarket.