

DECEMBER 2023  
COMPLIMENTARY  
COMMUNITY RESOURCE  
delivering good news since 2009

# Yht

it's alright here  
in Your Hometowne

SuePhotography.com



GLENVILLE'S FAVORITE WINE & LIQUOR STORE



**300 SARATOGA ROAD**

(next to Market 32 by Price Chopper) 518-399-WINE (9463)

**MON to SAT 9 – 9 • SUN 12 – 6**

**www.pwcwineandliquor.com**

***Have a Safe and Happy Holiday!***

Special Holiday Hours:

**XMAS EVE til 6**

**CLOSED XMAS DAY**

**NEW YEARS EVE til 6**

**OPEN NEW YEAR'S DAY**



**Ho Ho Ho!**  
**Celebrate the Season!**  
**Champagne, Eggnog,**  
**Specials... and more!**

**THROWBACK THURSDAYS**

**15% OFF**

MENTION THIS COUPON OFFER AT CHECKOUT

(CANNOT BE COMBINED WITH OTHER DISCOUNT OFFERS)

**CHECK OUR WEB SITE FOR THE ONLINE COUPON**



**Need an idea for someone special?**  
**Check out our many GIFT SETS while supplies last!**

**Special 10% DISCOUNTS SENIORS + MILITARY & VETERANS**

(SORRY... INDIVIDUAL DISCOUNT OFFERS CANNOT BE COMBINED)



**Stillwater**

**Wood & Iron**

Since 1973

**Solid Wood Furniture and Crafts**

**763 Saratoga Rd, Rte 50,**

**Glenville, 12302**

**SOLID HARDWOOD FURNITURE**

**DINING TABLES • HUTCHES**

**STORAGE CABINETS • BEDROOM FURNITURE**

**DESKS • BENCHES • DRYING RACKS**

**AMERICAN MADE**

**ENTER TO WIN THIS WHITEWOOD FURNITURE Super Kitchen Center**



**Value \$795.00**

**LIVE DRAWING NOON, DEC 21st ON OUR FACEBOOK!!!**

**Simply fill out your Name and Contact Information and drop it off at our store!**

**CONTEST ENTRY**

**Super Kitchen Center**

Drawing Held on December 21st.

(you don't need be present to win)

NAME: \_\_\_\_\_

CONTACT INFO: \_\_\_\_\_

We will not share your information



**Shop online at stillwaterwood.com**

**SHOWROOM HOURS**

**Tues- Sat 9-5 Sun 10-5 Closed Monday**



**TACO & MARGARITA NIGHT!!!**  
Every Wednesday...



Tacos : Chipotle Beef,  
Bbq Chicken & Sweet Chili Pork  
Margaritas : Regular, Blood Orange,  
Blueberry Pomegranate, Strawberry.



Reserve our Semi Private Room, perfect for  
special events and meetings!

Snap our code for  
the full menu



518.382.1038

507 Saratoga Rd (Rt 50) , Glenville, NY, 12302

## How Early is TOO EARLY to Plan YOUR Move?



"Agent Brenda"  
Keeping it "real"  
in Real Estate

Text or call me directly  
at 518-527-0800 (cell)

It's NEVER too early to start planning your move! Of course, the exact time table depends upon the circumstances of your move & whether your move is local or long-distance.

Planning time offers the benefit of thoroughly preparing your house for the market with deep cleaning, de-cluttering & addressing maintenance issues. Thinking about a move in 2024? Together let's plan a smooth & profitable one!

**Want to learn more? My consultation is FREE, with NO-HASSLE, NO OBLIGATION, & NO-PRESSURE. Contact me today!**



**BRENDA MAYETTE**

Associate Real Estate Broker



1482 RT. 9 CLIFTON PARK, NY 12065

EMAIL AGENTBRENDA22@GMAIL.COM

WWW.AGENTBRENDA.NET





***"Cancer didn't bring me to my knees, it brought me to my feet."***

*~Michael Douglas*

If you have been following along with my columns this year, you know we have had one heck of a ride! I used Michael Douglas's quote, because without him, the treatment Ken received may not have been available. He stood up against the stigma of having an HPV related cancer and pioneered an entirely new approach to treating this damn cancer that is the cause of 70% of all throat cancers. But nobody wanted to talk about it. Until Michael Douglas said screw you all, HPV viruses are extremely common, now let's do something about it. His tenacity and his money, changed the way HPV16 cancer can be treated. I say "can be" because it has been 14 years and it is still not "standard of care" to receive low dose chemo and radiation which eradicates this type of cancer. That is why we went to Sloan Kettering to be accepted in the "clinical trial".

***Never be ashamed of a scar. It simply means you were stronger than whatever tried to hurt you.***

*~Unknown*

On Wednesday, November 29th we received the results of the scans that would change our lives forever. Needless to say, we were nervous! The word the Dr. used was "Resolved". We got our lives back last week. We can make plans, fulfill dreams, love grand-babies, be at birthday parties, visit our friends and family. To love without abandon will be how we walk into this next phase of our lives. We are both looking forward to enjoying every minute. As Michael Douglas said, this brought him to his feet, and I am right beside him. This scar changed him, and me too, I believe for the better.

***"The secret of change is to focus all of your energy not on fighting the old, but on building the new."***

*~Socrates*

Changing your actions doesn't mean chucking aside everything you have been doing. Some of your actions may well be working. We are both reviewing what we have been doing. Our goal is to keep the actions which are bringing in results, throw away those which aren't working, and try new methods. No more wasting time doing things which aren't enjoyable or moving us forward.

***"The way I see it, if you want the rainbow, you gotta put up with the rain."***

*~Dolly Parton*

I'll be honest, I love Dolly Parton, I wanted to use her quote. Her smile lights up the room, her attitude is gutsy and warm at the same time. That's how I want us to live the rest of our lives. Gutsy enough to walk away from those who have made us uncomfortable. Warm enough to love not only those we know now, but to welcome good people into our lives. We have both learned many lessons this year, and while I am certainly not grateful he went through pain, I am eternally grateful for how he has now landed on his feet.

***"Storms make trees take deeper roots."***

*~Dolly Parton*

OK, I used her twice, her words are speaking to me. This Christmas will be more special than any that I have had since I watched my little Beaners ripping open packages. I feel different than I did last year, I am paying attention to the little stuff. The big stuff is always there, but that little stuff; that will escape you if you don't open your eyes. The furry old man in the picture (Randy not Ken) he is one of the "little things" I love with all my heart. He has walked Mommy through some tough times, he also knows he knows he can wrap me around his paw with one look...

*~Have a Merry Christmas & a Happy New Year*

*Cheryll, Ken,  
& Randy*



*~Blessings to my Jewish friends,  
I pray for peace for you and your families.*





## ABOUT THAT COVER!



December is upon us!

Of course I am doing my due diligence of shopping local, and I have many places to suggest...but this one came as a total surprise!

Guess where this lamp is located? ACE Hardware in Queensbury. Yup. I said it. That ACE Hardware has it going on!!!

Go see for yourself. Gorgeous holiday decor on steroids.

Clothing. Furniture. Trees. Lights. Perfume. Pillows. Blankets. Candy. Shovels. Paint.

One stop shopping for the family!

You'll make it an annual stop. And... that's where I shot the front cover!!!

Their lamp selection is exquisite!

## Bringing History to You!

I continue to make an effort to shop locally for unique gifts at holiday craft fairs. Some are on historic property with small museums attached, which makes that trip so worth it!

I try to visit our local fairs annually in Glenville and Burnt Hills along with the Brookside Museums Holiday Craft Fair in Ballston Spa.

One of the most unique locations I have found so far is at the Shaker Heritage Society Holiday Craft Fair located inside the original 1848, acoustically perfect Shaker Meeting House, at 25 Meeting House Road in Colonie. I had no idea that that location was America's first Shaker Settlement.

No longer an active Shaker site, the property is preserved for historic purposes now by Albany County. The Shaker Meeting House has a small Shaker Museum attached which showcases Shaker furniture, family photos, and agricultural endeavors.

One Shaker made chair is currently being raffled off. All under one roof! For more history, go to:  
[www.shakerheritage.org](http://www.shakerheritage.org)

Ending on a grateful note, I want to take the time this holiday season to recognize the folks who quietly chip away at mankind's gaps, to make a better world for all. We can't thank-you enough.

Marley Jacobs words of regret to Scrooge will always be the gold standard for a better world - "Mankind was my business"



**Merry Christmas and Happy New Year, from my home to yours! ~Sue**

To see or purchase some of Sue's work visit  
**[suephotography.com](http://suephotography.com)**

Sue Clark M.Ed., Fine Arts Photographer, Visual Storyteller  
Member: Saratoga Arts  
Contact: [suec.photography@gmail.com](mailto:suec.photography@gmail.com)



# INNERWOOD GALLERY



Framing Memories  
for Christmas! But Hurry!

PICTURE FRAMING  
by  
GAYLE BENNETT  
518.399.8504

Shadow Boxes  
Oval Mats and  
Frames  
Mirrors  
Object Framing  
Needleart  
Photographs  
Original Art  
Canvas  
Multi-opening Mats  
Decorative Mats

1021 Saratoga Rd, Rt 50  
Ballston Lake, 12019



## HOME RENOVATION & MAINTENANCE Services

HOME RENOVATION ✓  
HOME MAINTENANCE ✓  
CUSTOM CARPENTRY ✓  
INSPECTIONS ✓

Since 2014



Informative Project Solutions

604 Saratoga Road  
next to  
High Mills Garage

518-728-1292 C.

[www.InformativeProjectSolutions.com](http://www.InformativeProjectSolutions.com)



@InformativeHomeInspections  
AndProjectSolutions

## FEAR NO STORM

WITH A TORO SNOWBLOWER

**TORO**



**TORO 38757**  
**\$949<sup>00</sup>**

- Self Propel
- Throw snow 40 feet
- Push button Easy Start
- 252 cc 4-cycle OHV engine.



**TORO 37805**  
**\$1,499<sup>00</sup>**

- Self Propel
- Throw snow 40 feet
- Push button Easy Start
- 252 cc 4-cycle OHV engine.



**TORO 38830**  
**\$1,999<sup>00</sup>**

- Self Propel
- Throw snow 40 feet
- Push button Easy Start
- 252 cc 4-cycle OHV engine.

**ALL SEASONS  
EQUIPMENT INC.**

"Buy Where Service Counts"

518-372-5611

[www.AllSeasonsEquipinc.com](http://www.AllSeasonsEquipinc.com)

MON, TUE, FRI 8-5  
WED, THUR 8-6 SAT 8-2

60 Freemans Bridge Road,  
Scotia, NY





## CUSTOMER APPRECIATION 2 DAY EVENT!

On Wed, Dec. 13th & Thurs, Dec. 14th.

You Will Get 15% Off Wines 750ml Or Larger And \$2 Off Liquor 750ml Or Larger All Day. We Will Have A Wine & Spirit Tasting On Both Days From 3:30p-6:30p As Well As Food, Cheese Platter & Snacks! Don't Miss This Special 2 Day Event!

Not Responsible For Cancellations Or Changes Of Tastings!

*We Have Amazing Products That Will Make Great Gifts!*



**Johnnie Walker  
Moments to Share  
Gift Set**  
**\$85.99**

Comes With One  
750ml Bottle of  
Black And 50ml  
Bottles of Green,

Gold, 18 Yr Old & Blue. *Record A  
Message To That Special Someone!*



**Jim Beam Black  
Extra Aged  
Bourbon**  
1.75L  
Special  
**\$39.99**

*Amazingly Low  
Price*



*New!*  
**The Federalist  
Pinot Noir**  
750ml  
**\$20.99**

*Excellent Choice  
For Your  
Holiday Dinner!*



**Z. Alexander Brown  
Cabernet Sauvignon,  
Pinot Noir  
& Red Blend**  
750ml  
**\$14.99**

*New Low Price!*



**Jack Daniel's  
Tennessee Whiskey**  
1.75L  
Special  
**\$49.99**

*Outstanding Price  
And It's In A  
Gift Set!*



**Mandriola de Lisboa  
Vinho Branco  
Form Portugal**  
750ml  
**\$12.99**

*Semi-Dry White  
Wine  
That Pairs Well  
With Ham!*



**Jim Beam Vanilla**  
1.0L  
Special  
**\$15.99**

*Never Been This  
Low Of A Price!*



**Caymus-Suisun  
Grand Durif  
Petite Sirah**  
750ml  
Special **\$49.99**

*Absolutely  
Delicious!*

## Celebrate New Year's Eve With These Great Champagnes!



**Mirabelle Brut  
California  
Champagne**  
750ml  
**\$38.99**

*Celebrate In  
Style!*



**Ballatore  
Gran Spumante**  
750ml  
**\$9.99**



**Isotta  
Prosecco**  
750ml  
Special  
**\$13.66**



**Bourrasque Brut  
From France**  
750ml  
**\$11.99**



**Moet &  
Chandon  
Imperial Brut**  
750ml  
Special  
**\$49.99**



**Cavicchioli 1928  
Prosecco**  
750ml  
**\$13.99**



**La Luca  
Prosecco Rose**  
750ml  
**\$13.99**



**Le Rughe  
Prosecco**  
750ml  
**\$18.99**

*We Have Many Selections Of Fine Whiskeys Of All Categories! We Also Have A Great Selections Of Port & 10 Year Old Tawny Ports That Are Delicious! We Have Free Gift Bags And We'll Be Happy To Wrap Your Bottle. We Have Tasting Events Throuhout December, So Like Us On Facebook And Check For Schedules. Happy Holidays And Happy New Year!*

**OPEN Christmas Eve 10 am-6pm & New Year's Eve 10 am-7pm • CLOSED Christmas Day & New Year's Day**  
**518-399-1405 • 443 Saratoga Rd, Point Plaza, Glenville**





The Apple Barn and  
Ye Olde Farmhouse Gift Shop  
will be open until Christmas Eve  
7 days a week 9 a.m. until 5 p.m.  
Cookie Platters available in  
our Apple Barn




336 Schaubert Road  
Ballston Lake • 518-399-8359  
[www.LakesideFarmsCiderMill.com](http://www.LakesideFarmsCiderMill.com)




## UPSCALE CONSIGNMENT SHOP FOR WOMEN

NEW & GENTLY WORN LADIES CONSIGNMENT CLOTHING & ACCESSORIES

# WORTH Repeating

Gift Certificates Available

Beautiful Holiday Accessories & Gifts

Magnificent Natural & Faux Furs

SPECTACULAR VINTAGE JEWELRY

518.384.0946

SOCHA PLAZA  
123 SARATOGA ROAD, RT. 50  
GLENVILLE, NY 12302  
[WWW.WORTHREPEATING123.COM](http://WWW.WORTHREPEATING123.COM)  
[WORTHREPEATING123@GMAIL.COM](mailto:WORTHREPEATING123@GMAIL.COM)

OPEN  
TUES-FRI 10-5  
SAT 10-4  
CLOSED SUN, MON

KATE SPADE • LOUIS VUITTON • COACH  
CHICOS • CHANEL • FENDI & MORE!



**Life is too short for loose ends,  
for feelings that were never acted upon,  
gestures that were never taken.  
So take the damn chance.**


Get on the plane, send that person an I'm sorry,  
tell them that you love them,  
drive all night to see someone in the morning.  
I don't care if it makes you vulnerable, if it exposes you.

**Expose yourself. Open the hell up.**  
Let life fill you with hurt, with happiness;  
let it weather you, let it teach you.

**Let it inspire you,**  
let it break you down and build you up.

You are here to risk your heart,  
Please don't ever forget that.  
**Please don't ever forget that  
love is always the answer.**

- Bianca Sparacino -  
| TheMindsJournal





# Pallotolo's

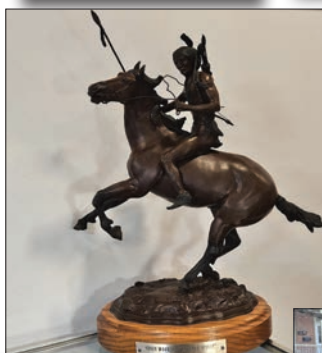
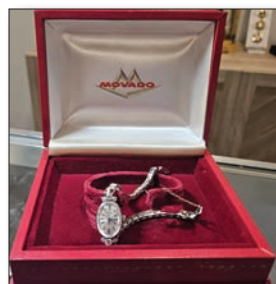
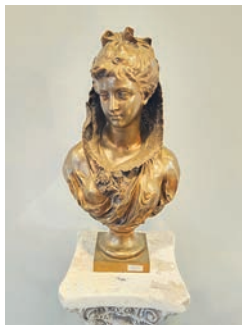
**OPEN MON - FRI 10-4,  
SAT 11-4**

## **BUYING & SELLING WATCHES, GOLD, SILVER, ESTATE JEWELRY & COINS**

*WE MATCH OR BEAT EVERYONE'S PRICING*

**Designer Watches - Rolex, IWC, Cartier, Hamilton, Omega, and more.**

*Looking for a unique gift?  
We have stamped/signed sculptures,  
limited edition framed prints,  
collectible coins and a variety of  
luxury items at a great price, right  
here in Ballston Spa.*



**MERRY CHRISTMAS!  
\$25 OFF**

**Purchase of  
\$250 or More**

**PALLOTOLO'S 518.490.2052**

*Not valid with any other offer.*



**518.490.2052  
258 Milton Ave. Ballston Spa, NY 12020  
pallotoloswatchesandjewelry.com**



**Country, Primitive & Transitional  
Quality Furniture • Made in the USA**

**CELEBRATING OUR 46TH YEAR!**



## DECEMBER SALE

**To show our appreciation  
to our customers...  
we will deduct the amount equal to  
the sales tax from all purchases!**



Featuring Hallagan Fine Upholstered Furniture, Zimmerman Chair, Handcrafted Wood and Classic Amish Furnishings.

At Kugler's Red Barn, livable style and lasting quality come together to make furniture built for life.

Tues, Wed, Fri, Sat 10am-5pm • Thurs. 10am-8pm  
SUN & MON CLOSED DECEMBER & JANUARY  
425 Consaul Road, Schenectady • 518-370-2468  
[www.kuglersredbarn.com](http://www.kuglersredbarn.com)

May your  
Holiday & the  
New Year be  
filled with  
health,  
happiness &  
prosperity

**R.M. PENNA INC.**  
WINDOWS • DOORS • INSULATION  
SIDING • GUTTERS • STONE

518-384-7362  
761 ROUTE 50 BURNT HILLS, NY 12027  
[RMPENAWINDOWS.COM](http://RMPENAWINDOWS.COM)

*We are all like a  
Snowflake  
all different in our own  
Beautiful Way*





# SEASONS GREETINGS

*Wishing you and yours  
a blessed and safe holiday.*

*May your new year bring you  
hope, love and happiness.*

*From Your Neighbors at  
Glenville Funeral Home*



Licensed Funeral Directors:  
Alicia DiCerbo, Brittany DeMarco,  
Michael DeMarco & Michael F. Maso



518-399-1630

[glenvillefuneralhome.com](http://glenvillefuneralhome.com)



I am honored to host this special evening alongside my colleagues and family. Join fellow Glenville Funeral Home families as we pay tribute to our loved ones. Acknowledging that the holiday season is difficult for each unique grief journey. We will find strength and inspiration together while blessing the new year with peace.

Over the past 37 years, we have created lasting bonds of friendship and support with those we have served. Whether a loved one passed away in 1986 or 2023, we welcome you back to Glenville Funeral Home to remember them in our loving home.

Our evening will include light refreshments,  
fellowship, music, guidance, and a  
remembrance ceremony at 5:30 PM.

Please RSVP by calling

518-399-1630

to reserve tribute and honor in program.

Or by emailing [glenvillefuneral@gmail.com](mailto:glenvillefuneral@gmail.com)

-Your name

-Name of loved one and their date of death

-Guests attending

We look forward to seeing you



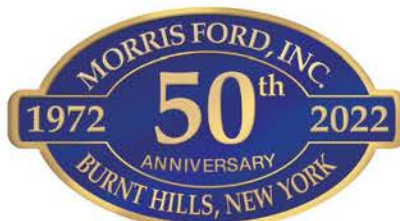


# MERRY CHRISTMAS AND HAPPY NEW YEAR FROM ALL OF US AT MORRIS FORD!



## MAKE THE HOLIDAYS BRIGHT SALES EVENT IS HAPPENING NOW !

\*Certified Vehicles Include  
12-Month/12,000-Mile  
Bumper to Bumper  
7-Year/100,000-Mile  
Limited Powertrain  
Warranty Coverage



[morrisford.com](http://morrisford.com)

Open:  
MON - THUR 9-8  
FRI 9-6 SAT 9-1



872 Saratoga Road Route 50 Burnt Hills NY 12027 • (518) 399-9188



# You know what the Best Christmas Present is? A pre-loved Vehicle from Morris Ford!



**Winner of the 2022 President's Award  
for Outstanding Service!**

**\$17,995**



2020 Ford Fusion SE Sedan I-4 cyl  
FWD, Lane Departure, Rear  
Parking Camera, Seats 5,  
61,122 miles  
Stk#P7437A

**\$34,995**



2016 Toyota 4 Runner SUV V-6 cyl  
4X4, Outstanding Off-Road  
Capability, Touchscreen Audio  
Interface  
30,476 miles  
Stk# 23285A

**\$15,995**



2018 Kia Sorento 2.4L LX SUV  
I-4 cyl, Bluetooth, Split Folding 2nd  
Row Seats, Heated Outside Mirrors,  
Back up Camera and more!  
88,102 miles  
Stk# P7414A

**29,995**



2022 Ford EcoSport Titanium SUV  
I-4 cyl, 4X4, Leather, Remote Start,  
Power Moonroof, B&O Sound,  
Navigation, and more!  
**ONLY 1,766 miles!**  
Stk# P7431

**\$30,995**



2020 Ford Explorer XLT SUV  
I-4 cyl, **ONE OWNER**, Ford Gold  
Certified, Heated 1st & 2nd Row  
Seats, Heated Steering Wheel,  
26,021 miles  
Stk #P7410

**\$20,995**



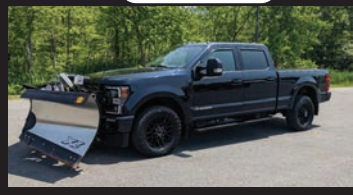
2020 Ford Escape SE SUV  
I-3 cyl AWD,  
Voice Activated Navigation, Ford  
Co Pilot 360 Assist,  
45,226 Miles  
Stk# P7417

**\$ 37,995**



2020 Ford F-150 SuperCrew Cab  
V-6 cyl, 2.7 EcoBoost, Chrome  
Package, Trailer Tow Package, FX4  
Off Road, Ford Gold Certified  
32,437 miles  
Stk#23417A

**\$ 73,995**



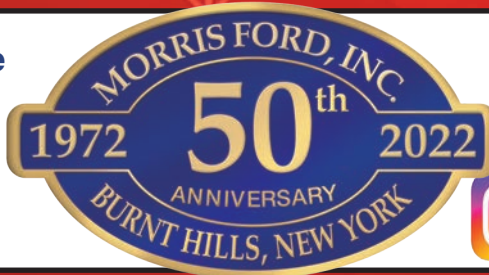
2021 Ford F-350 Crew Cab V-8 cyl  
6.7 Diesel, Lariat Black, FX4 Off  
Road Package, Leather Heated Seats  
Navigation, Remote Start,  
33,081 miles  
Stk#P7326

**\$34,995**



2021 Ford Ranger SuperCrew I-4 cyl  
Reverse Sensing System, Sliding Rear  
Window, Remote Start, Sprayed Bed  
Liner, Ford Gold Certified  
30,346 miles  
Stk#: P7401

**\*Certified Vehicles Include  
12-Month/12,000-Mile  
Bumper to Bumper  
7-Year/100,000-Mile  
Limited Powertrain  
Warranty Coverage**



**Open:  
MON - THUR 9-8  
FRI 9-6 SAT 9-1  
morrisford.com**



**872 Saratoga Road Route 50 Burnt Hills NY 12027 • (518) 399-9188**



# Merry Christmas & Happy New Year !

from Rick and Candy LeClair



50 Years Ago!

Thank you to our  
community, for 50 plus  
years of trusting us to  
keep your vehicles  
running smooth!



Time to  
Retire!

Special thank you to our sons, Marc & Michael  
for being a part of our business, and understanding the commitment of  
being a small business owner.

Thank you to Dan, Vince and Steve for being on our team!

*Every new beginning comes from some other beginning's end.*

208 Sacandaga Road, Scotia, NY 12302

## GET AHEAD OF THE STORM



**ARIENS SNOW BLOWERS**  
Unparalleled performance. Built right.  
Engineered for durability and reliable results.



**ALL SEASONS  
EQUIPMENT INC.**

*"Buy Where Service Counts!"*

**ARIENS**

**60 FREEMANS BRIDGE RD, SCOTIA 372-5611**

Mon, Tue, Fri 8-5  
Wed, Thur 8-6  
Sat 8-2  
Closed Sunday



# SANTA DESERVES A NEW SLEIGH

THE ALL NEW 2024 GMC SIERRA



## Mangino

Mrs. Claus Deserves *Whatever She Wants...*



CHEVROLET 

MANGINO CHEVROLET  
4477 NEW YORK 30, AMSTERDAM, NY 12010  
SALES: (518) 770-1220 | SERVICE: (518) 770-1223  
[WWW.MANGINOCHEVY.COM](http://WWW.MANGINOCHEVY.COM)



BUICK

GMC

MANGINO BUICK GMC  
1484 SARATOGA ROAD, BALLSTON SPA, NY 12020  
SALES: (518) 490-1269 | SERVICE: (518) 40-1272  
[WWW.MANGINOBUICKGMC.COM](http://WWW.MANGINOBUICKGMC.COM)



# New Year's Financial Resolutions



Now that we've reached 2024, you might be thinking about your goals and hopes for the new year. But in addition to whatever personal resolutions you might make — volunteering, going to the gym more, learning a new language and others — why not make some financial resolutions, too?

Here are a few to consider:

- **Boost your retirement savings.** If you can afford it, try to increase your contributions to your IRA and 401(k) or similar employer-sponsored retirement plan. The more you put away in these accounts, the greater your chances of reaching your retirement goals. At a minimum, contribute enough to your 401(k) to earn your employer's match, if one is offered. And whenever your salary goes up, consider raising the amount you put in to your 401(k).

- **Reduce your debts.** It's not always easy to reduce your debts — but it's worth the effort. The lower your debt load, the greater your monthly cash flow. So, look for ways to consolidate debts or find other, possibly more productive, ways of using credit. And if you truly can't afford something that's nonessential, don't go into debt for it. "Live within your means" is an old piece of advice, but it's just as valid now as ever.

- **Build an emergency fund.** If you suddenly needed a major home or car repair, or received a large medical bill not fully covered by insurance, would you have the funds available? If not, you might be forced to dip into your retirement accounts or other long-term investments. To avoid this possibility, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account that's separate from the ones you use to meet your daily expenses. It can take a while to build such a fund, but if you make it a priority and contribute regular amounts each month, you can make good progress.

- **Avoid emotional decisions.** Too many people overreact to events in the financial markets because they let their emotions get the better of them. If the market is temporarily down, it doesn't mean you need to sell investments to "cut your losses" — especially if these investments still have good fundamentals and are still appropriate for your portfolio. It can be hard to ignore market volatility, but you'll be better off if you focus on the long term and continue following an investment strategy that's designed to meet your needs.

- **Review your goals.** Over time, your goals may have changed. For example, while you once might have wanted to retire early, and planned for it, you may now find that you'd like to work a few more years. If that's the case, you may also need to adjust your financial and investment strategies.

- **Revisit your estate plans.** If you've married, divorced, remarried or added children to your family within the past few years, you may need to review the account titling and beneficiary designations on your 401(k) and other retirement assets, along with your estate-planning documents, such as your will or living trust. You might also need to revise these documents in other ways.

Of course, you may not be able to tackle all these resolutions at one time, but if you can work at them throughout the year, you can potentially brighten your financial outlook in 2024 — and beyond.

*Chris Nyhan runs the Edward Jones office in Burnt Hills, NY. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Investors should understand the risks involved of owning investments. The value of investments fluctuates and investors can lose some or all of their principal.*

Chris can be reached at  
(518) 399-5087 or  
[chris.nyhan@edwardjones.com](mailto:chris.nyhan@edwardjones.com)  
801 Saratoga Rd  
Burnt Hills, NY 12027







City Mission offers clothing, free of charge, for men, women and children staying at our shelters. We also partner with local agencies to help their clients with free clothing through a referral voucher system.

### PREPARE OTHERS FOR SUCCESS

We help men and women prepare for job interviews by providing them with a business suit or other professional clothing items. Volunteers and staff help men and women put together outfits that are appropriate for the workplace so they have the greatest chance of success!

### OPERATION WARM & SAFE

During the cold winter months, we provide over 1,300 winter coats for men, women and children in need. We also give away hats, gloves, boots, scarves and other winter gear to keep people safe from the cold.

### SCHOOL CLOTHING ROOMS

Your donations make a difference beyond City Mission's campus by supporting clothing rooms in local schools! Schools are able to provide clothing for their students and families in need right at the school.

***Brenda, of Truly Framing Custom Framing Shop in Burnt Hills is offering vouchers towards custom framing when you donate a gently used coat at her shop. See the information in their ad to the***



Thrift Store Location

416 Saratoga Rd (Route 50) Glenville NY 12302  
Monday - Saturday 10am-5pm

# TRULY YOURS

## CUSTOM FRAMING, INC.

### Share the warmth...

Donate a Gently Used Coat and Receive a \$5 voucher towards framing order. Coats will be donated to the Schenectady City Mission.

**With Dignity**

\*Maximum 2 vouchers per custom order



**(518) 280-2233**

**714 Saratoga Road, Burnt Hills, New York 12027**





Unique Gifts for All  
Handmade by Local Artisans  
Socha Plaza, Bldg #1



Thistle Be Perfect Too, Socha Plaza, Bldg #2

Tartans,  
Textiles,  
Threads,  
& More



Excellent Gift!

518.888-7970  
123 Saratoga Rd, Socha Plaza



Tom's  
Barber Shop

Merry Christmas  
And Happy New Year  
From all of us  
at Tom's  
Barber Shop!



\$2 off  
Active Military,  
Veterans, Men 65+,  
First Responders &  
Kids 10 & under

Open  
Mon, Tues, Wed 8- 5:30 • Thur, Fri 6:30 - 5:30  
Sat 6:30 - 4 • Closed Sunday



518.399.8411  
795 Route 50 • Saratoga Road, Burnt Hills 12027



FUEL OIL-KEROSENE-DIESEL



CHARLTON OIL CO.

24 Hour Emergency Service  
Auto Delivery - Budget Plan  
Volume Discount  
Competitive Pricing

518-399-3568



# Making your House a Home for the Holidays



It's the holiday season & more so than ever, it's when we want our houses to feel like HOME! I know that I'm excited to get our daughters back under our roof for a bit & host Christmas Day with my parents, brother & his family. Making a house feel like a home for the holidays is all

about creating a cozy and festive atmosphere. Are you hosting guests this season? Here are a few tips to make your house feel warm and inviting:

\* **Decorate with holiday accents:** Deck the halls with festive decorations such as twinkling lights, garlands, ornaments, and wreaths. Incorporate seasonal colors like red, green, gold, and silver to create a joyful ambiance.

\* **Set up a holiday tree:** A beautifully decorated Christmas tree instantly brings the holiday spirit into your home. Choose ornaments and lights that reflect your personal style and add a touch of nostalgia with sentimental decorations.

\* **Add seasonal scents:** Fill your home with the delightful aromas of the holidays. Light scented candles or use essential oils in fragrances like cinnamon, pine, or gingerbread. Consider baking cookies or brewing spiced cider to create a comforting and inviting smell.

\* **Cozy up with textiles:** Add warmth and texture to your home with soft blankets, plush pillows, and cozy area rugs. Use seasonal-themed pillow covers and throws to create a cozy nook for relaxation and quality time with loved ones.

\* **Create a holiday playlist:** Music sets the mood, so curate a playlist with your favorite holiday tunes. Enjoy the sounds of the season while decorating, cooking, or simply spending time together.

\* **Engage the senses:** Consider hosting a holiday movie night with popcorn and hot chocolate or indulge in our family favorite of building a gingerbread house together. Engaging all the senses will elevate the holiday experience and make your home feel even more special.

Remember, the most important aspect of making a house a home for the holidays is creating moments and memories with your loved ones. As "they" say: "It's not about what's under the tree, it's about who's around it". Embrace the spirit of togetherness, gratitude, and joy, and let that radiate throughout your home.

*~Happy Holidays!  
Brenda*

BRENDA MAYETTE

Associate Real Estate Broker

Text or call me directly at 518-527-0800 (cell)

OR EMAIL [AGENTBRENDA22@GMAIL.COM](mailto:AGENTBRENDA22@GMAIL.COM)

[WWW.AGENTBRENDA.NET](http://WWW.AGENTBRENDA.NET)

1482 RT 9 CLIFTON PARK, NY 12065





# Estate Planning with a Disabled Beneficiary



If you have a child with special needs or disabilities, before making a gift during life or by inheritance, you should be concerned whether their government benefits and programs may be disrupted. The applicable Government programs have stringent eligibility requirements – some

health-related and some financial.

## ***What government benefits are available for Special Needs Individuals in New York?***

### ***Supplemental Security Income (SSI)***

was created to ensure that the elderly, blind, and disabled have a guaranteed minimum monthly income for living expenses. Eligibility is strictly based on financial need – total assets valued less than \$2,000, with limited exemptions. People who qualify for SSI may also qualify for Medicaid that covers many health care costs

### ***Social Security Disability Income (SSDI)***

pays benefits to those who paid into Social Security through payroll taxes, but are now unable to work according to the very strict Social Security definition of disability. After two years of receiving SSDI benefits, the beneficiary automatically becomes eligible to receive Medicare, even if they are under age 65.



## ***Differences Between New York Special Needs Trusts and New York Supplemental Trusts***

In many states, the terms “special needs trust” and “supplemental needs trust” are used interchangeably.

More precisely, a “special needs trust” is set up to hold assets already owned by the disabled person, sometimes as the result of a personal injury or medical malpractice settlement or judgment. Any money that remains in the fund after the beneficiary’s death must be used to reimburse Medicaid. A variation on this includes a “Pooled Trust” which must be administered by a non-profit organization with the assets/income of the disabled person held in a separate account for their benefit. Most commonly, the remaining account balance on the death of the person will stay with the administering charity to benefit other disabled individuals. If not, Medicaid must be reimbursed.

A “supplemental needs trust” is set up for a person with disabilities by a third party, such as a parent of a child with a disability. The trust usually covers things like education, clothing, recreation, uncovered medical care, etc. Because the assets were never owned directly by the person, the beneficiary of a supplemental needs trust can still receive benefits from government programs. In most cases, no payback is required after the beneficiary’s death.

More important than the terminology is to make sure that the trust meets the requirements of the government program benefits currently receiving or anticipated. If the trust doesn’t comply with these requirements, the person with special needs (the trust beneficiary) would likely lose their government benefits.

### ***These are highly technical areas with strict regulations.***

Don’t rely on the internet or your friends for answers! We can help with the estate planning with trusts, powers of attorney and advance directives, obtaining a Guardian authorized to make ongoing decisions for the special needs person and applying for New York Medicaid.

Contact us for all of your Elder Law, Estate Planning, and Estate Administration needs :

**Toombslawny.com.**

Law Office of Kathleen M. Toombs  
157 Barrett Street, Schenectady, NY 12305  
(518) 688-2846



**We wish you a  
Very Merry Christmas and  
a Happy New Year !  
From all of Us at  
All Seasons Equipment !**

No matter the season,  
there is always a reason to keep your home  
merry & bright!



**ALL SEASONS**  
EQUIPMENT INC.  
"Buy Where Service Counts"

518-372-5611  
60 Freemans Bridge Road,  
Scotia, NY

*The Speckled Hen*  
GIFT SHOP AND HOME DECOR



locally made,  
making your house  
a home



14 SARATOGA RD • GLENVILLE • 12302  
518.369.8771



LAW OFFICE OF  
**KATHLEEN M.  
TOOMBS**

*Your Life, Your Legacy, Protected*

*Elder Law and Estate Planning for  
Retirees and Young Families*



Kathleen M. Toombs, Esq.  
Kris M. McMore, Esq.

Wills, Trusts, Estates,  
Nursing Home & At Home Medicaid



**518-688-2846 • 157 Barrett Street • Schenectady • [www.toombslawny.com](http://www.toombslawny.com)**

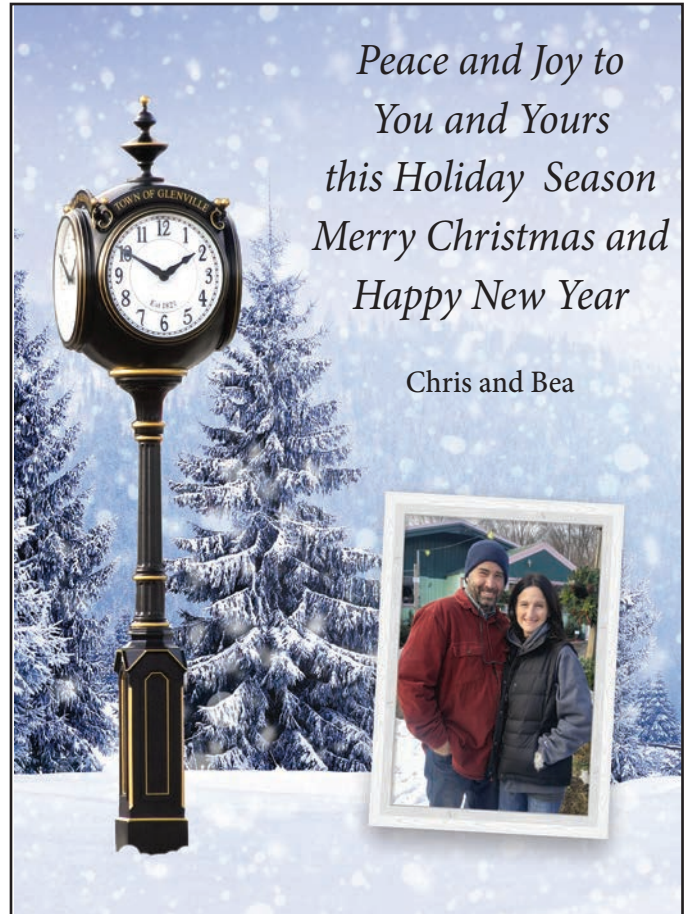




**Merry Christmas and  
Happy New Year  
to everyone in our Community!**



**Tel: (518) 382-0054  
RJD ENTERPRIZE AUTO SALES  
178 FREEMANS BRIDGE ROAD,  
SCOTIA, NY 12302**



*Peace and Joy to  
You and Yours  
this Holiday Season  
Merry Christmas and  
Happy New Year*

Chris and Bea



**View our Menu and Order Online**



**Fresh Ingredients • Cooked to Order**


**Lunch  
Dinner  
Homemade Soups  
Catering**



**518-952-4101**

**80 Freeman's Bridge Road, Glenville NY 12302**





*kindness*  
is like snow-  
It beautifies  
everything  
it covers.  
-Kahlil Gibran

# VISCUSI'S



**Our Awnings Keep You Covered**



Residential and Commercial

**Custom Made Awnings  
For Doors, Windows & Patios  
Retractable Awning Specialists  
Screen Enclosures & Storm Doors**

Quality Installation • Professional Sales  
& Advice • Expert Service

viscusis.com    **518-377-1344**  
Open Mon- Fri 8:30- 5





LAKE GEORGE  
*Winter Carnival*  
**FEBRUARY WEEKENDS 2024**

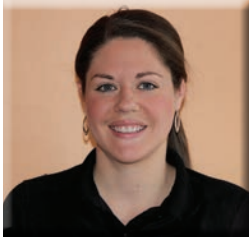
LAKE GEORGE, NY

**FOLLOW OUR FACEBOOK PAGE FOR UPDATES**






## Tongue Tie: Can a Chiropractor Help?



Yes!

A chiropractor with pediatric training can help the baby before and after tongue tie surgery, if surgery is even needed. Sometimes babies' tongues are tight because of increased or decreased nerve supply. It may

not be tight solely because of tethered oral tissues. When an infant has a tight tongue, mother's may notice pain when breastfeeding their baby. Additionally, your baby may have trouble transferring milk. Another way a tight tongue may have an effect on baby is frequent spitting up due to the inability to completely swallow.

A pediatric trained chiropractor can help! We make small adjustments to the neck, the cranial bones and the soft tissue to reduce nerve interference and reduce tension in the dural meningeal system. Since the tongue muscles are attached to the bones of the head and neck, if there are misalignments in this area, the soft tissue will be pulled and the baby may have a restricted tongue.

You may be thinking, "well why would I take my baby before the tongue tie surgery"? We can help make the surgery easier for the surgeon by making it easier to see inside the baby's mouth and make the tissue easier to work with. This can also facilitate healing because the structures will already be in the proper alignment before surgery.

After surgery, we can help to rehabilitate the spine, the head and the tongue. This will also promote

We also see infants in the office to ensure the baby's spine and nervous system is developing/functioning properly! Trauma/nerve stress can manifest as nursing/latching troubles, colic, or trouble sleeping. This birth trauma can cause issues later on in life if left uncorrected. Many things can cause birth trauma in infants: very short labor, very long labor, restricted birthing positions of the mother, the use of forceps or vacuum extraction, C-sections, pain medications, pitocin to induce or strengthen contractions, and pulling or twisting on the infant's head to deliver the baby.

Dr. Amy is a certified Sacro Occipital Technique (SOT) pediatric practitioner. Birth through age six is the most influential period of growth and development and damage at any stage prior to the preliminary development of these functions (prior to age six) will cause compensatory patterns. Chiropractic adjustments for kids and babies are safe, gentle, effective and look much different than an adjustment for an adult.

Schedule a check-up for your child today!

***Call/text or book online to  
reserve your appointment today!***

**(518) 399-3810**

353 Saratoga Rd, Glenville, NY 12302

**Thrive**  
**Chiropractic**  
Amplify Your Life







## NEW YORK STATE INSPIRED RECIPES



### Sweet Potato Hash with Eggs

#### Ingredients

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)



#### Directions:

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on "keep warm" setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.



### Superfood Pecan Energy Bars

#### Ingredients

- 15 dates (9 ounces)
- 1 cup pecan pieces
- 1/2 cup gluten-free oats
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon kosher salt



#### Preheat oven to 200 F.

In food processor, process or pulse dates until chopped and rough texture forms. Add pecan pieces, oats, chia seeds, vanilla extract, cinnamon and kosher salt; process about 1 minute until crumbly dough forms.

Line baking sheet or jelly roll pan with parchment paper. Dump dough into center of parchment paper and use rolling pin to roll into 6-by-10 1/2-inch rectangle. Cut dough into 14 bars about 1 1/2-by-3 inches or into desired shapes.

Bake bars 30 minutes. Cool bars to room temperature then refrigerate in sealed container between sheets of wax paper.

To package for on-the-go snacking, cut 4-by-6-inch rectangles of wax paper, wrap around bars and secure with tape.



# DECEMBER CROSSWORD

## ACROSS

- 1) Classic recording label
- 6) Christmas kings
- 10) Car juice
- 13) Even a bit
- 14) "... happily \_\_\_\_ after."
- 15) Trunk of a tree
- 16) Waste no time in traveling to
- 19) Great deal
- 20) "\_\_\_\_ a beautiful morning"
- 21) Detonate
- 22) Gives birth to
- 23) Foils
- 24) Commotion or type of room
- 28) A smaller amount
- 29) Beatles song "Any Time \_\_\_\_"
- 30) Citrus flavor
- 31) Singer Simone
- 35) Do the apples-to-oranges thing
- 38) Small farm building
- 39) Vagabond
- 40) Colonizing insect
- 41) It can get into a jam
- 42) Give a hard time to
- 43) Categorizes
- 47) Deck swabber's need
- 48) Labor organizer Cesar
- 49) It may be written in stone
- 50) Move little by little
- 54) Emulate Nostradamus
- 57) "Happy Days" actress Moran
- 58) Pitches in
- 59) Bitterly pungent
- 60) Female sib
- 61) Run the party
- 62) If-\_\_\_\_ (computer routines)

## DOWN

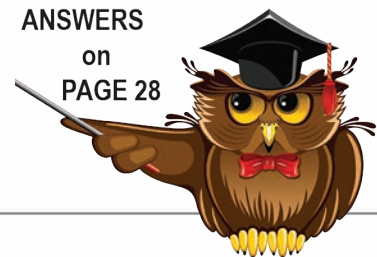
- 1) Bonneville and Hoover
- 2) Substitute for the unnamed
- 3) Birthday party centerpiece
- 4) Ball of thread
- 5) Chicken \_\_\_\_ king
- 6) Track season events
- 7) Park and Madison (Abbr.)
- 8) Mousse, for one
- 9) Arm of the North Atlantic
- 10) Find attractive
- 11) Floating above ground
- 12) Lowly laborers
- 15) \_\_\_\_-carotene
- 17) Unfairness
- 18) Fresh information
- 22) \_\_\_\_ hoop
- 23) Musician's speed
- 24) St. Louis gridders
- 25) Beehive State
- 26) Construct
- 27) Appealed, as for mercy
- 28) Dance requiring a pole
- 30) Takes as spoils
- 31) "\_\_\_\_ Island" (Jodie Foster film)
- 32) Doctrines, informally
- 33) December air
- 34) Poker pay-in
- 36) Audacity
- 37) Get, as profits
- 41) Rug-buyer's concern
- 42) Kachina doll makers
- 43) Apexes
- 44) Lewis with Lamb Chop
- 45) Rice beverages
- 46) Range section
- 47) Center
- 49) Winery choices
- 50) Draw with acid
- 51) In \_\_\_\_ straits
- 52) "Whole Lotta Shakin' \_\_\_\_ On"
- 53) Ultimate purposes
- 55) Lead-in for "Branco" or "Bravo"
- 56) Garfield, for one

## PRODUCTION COMPANY

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
16					17				18		
19					20			21			
				22			23				
24	25	26	27			28					
29					30				31	32	33
35					36				37		
38					39				40		
				41				42			
43	44	45	46				47				
48						49			50	51	52
54						55			56		
57						58			59		
60						61			62		

## ANSWERS

on  
PAGE 28





## *Good tidings of Comfort and Joy*

I was dashing through the snow for a few last minute errands knowing Santa was on his way. Thank goodness I was dressed up like an Eskimo. The snow was glistening and Jack Frost kept nipping at my nose. When I arrived home it was such a beautiful night. The picket fence was wrapped in white pine roping with twinkling white lights. It made my spirit bright.

It's beginning to look a lot like Christmas. The tree is a glow all red and all green making the room quite a festive scene. My flannel pj's are comfy and cozy. My Santa mug is red and white with cheeks so rosy. The angel watches with love and grace blessing all who are in this place. The fire is roaring... YIKES! I think I might have been snoring.

### **I WAS DREAMING OF A WHITE CHRISTMAS...**

I awoke to what I thought was a clatter. I had to see what was the matter. Jumped to my feet and to the kitchen I go. To my amazement they were putting on a show. The mischievous elves were mixing and a-mingling with their jingling feet. It was a treat to see them keep the jingle bell beat. The villagers were having fun once the jingle hop had begun. They all danced and pranced in the square. They didn't seem to mind the frosty air. It was such a beautiful sight. Everyone was happy tonight. As they jingle bell rocked the night away – in the distance you could hear the faint sound of a sleigh. Sleigh bells ring are you listening. The jingling was quickening. They knew it was St. Nick. He would soon be visiting. Giddy up and pick up your feet. We need to get home and off the street. As the villagers settled in their beds the visions of sugar plums were still dancing in their heads. As the town fell into a silent night all was calm and all was bright. If you listen very carefully you may just hear...

**“Merry Christmas to all  
and to all a good night.”**

Pattie Rakvica – Nutritional Therapist  
rakvicahealth@gmail.com







1	D	E	C	C	A		6	M	A	G	I		10	G	A	S
13	A	T	A	L	L		14	E	V	E	R		15	B	O	L
16	M	A	K	E	A		17	B	E	E	L	I	N	E	F	O
19	S	L	E	W		20	I	T	S		21	S	E	T	O	F
						22	H	A	S		23	T	H	W	A	R
24	R	U	M	P	U	S		28	L	E	S	S				
29	A	T	A	L	L		30	L	I	M	E		31	N	I	N
35	M	A	K	E	A		36	C	O	M	P	A	R	I	S	O
38	S	H	E	D		39	H	O	B	O		40	E	M	M	E
						41	A	U	T	O		42	H	A	S	S
43	A	S	S	O	R	T	S		47	M	O	P				
48	C	H	A	V	E	Z		49	R	I	P		50	E	D	G
54	M	A	K	E	A	P	R	E	D	I	C	T	I	O	N	
57	E	R	I	N		58	A	I	D	S		59	A	C	R	I
60	S	I	S			61	H	O	S	T		62	T	H	E	N

ANSWERS  
FROM  
PAGE 26



**INFORMATIVE  
PROJECT  
SOLUTIONS**



**Call or Text  
518-728-1292**

**InformativeProjectSolutions.com**

## **Now Offering Yard Services!**

### **Tractor and Operator For Hire**

- Drainage
- Site Clean up  
(down trees, large rocks,demo)
- Material Handling (pallets)
- Planting Bed Prep/Cleanout
- Spreading Mulch, Top Soil, etc.





# Wanted: Natural Remedies



Am I the only one noticing how unhealthy we have become, as a community? We need to be more involved in our, and our children's health. More questions need to be asked. And we need answers from our trusted Medical Doctors. Start researching ways of Natural healing. You will be amazed at

how much your body can heal itself. Let's say it out loud: Big Pharma does not make money by healing. It makes money by keeping us sick.

It was not long ago that I was considered a conspiracy theorist. Some may still feel that way. Have you ever heard of MedBeds? These are healing beds with the original Tesla technology. People thought I was crazy. Now you can look up Tesla Biohealing , and see that there are many across the US. There are even MedBed Hotels. For \$500, you and your partner can rejuvenate your bodies in these Technological wonders. They work by emitting Biophotons,(healing light), into your body, and rejuvenating your Stem Cells. But there is a much more direct, and inexpensive way of doing this, in the comfort of your own home.

I am speaking of a Technology that was invented by Dr. David Schmidt. It is called LifeWave. It is a Patching System. LifeWave, like MedBeds, work by light energy. But The difference is that LifeWave uses your own body's light energy. Unbelievable? No Way. I feel amazing. No more synthetics have gone into mine, or my husband's body. No more arthritis pain. Great sleep, energy, digestion, and brain function. My parents, age 81 and 85, are doing amazingly well. Their Doctor's visits are great. The Dynamic Duo, X39, and X49 patches work together for muscle mass, bone density, exercise performance and recovery, and a healthy circulatory system. These work well for some certain issues , like Stroke and Heart illnesses, that have recently become very prevalent, in even the young.

Big Pharma is making more money than ever.  
Yes; I said it.



And ,yes, this is a Network Marketing Business. And for a very good reason. The FDA and other Government agencies would love to get their hands on this, for regulating price, so people like us wouldn't be able to afford it. It's too late to put it behind the curtain, like MedBeds, for so many years. It's too late; We The People have already awakened, and we are taking control. Another reason for this business plan is to allow us to share, and in turn, get our patches for free. And it doesn't take long.

For more information on LifeWave; go to - [startX39.com](http://startX39.com), then to my website at [lifewave.com/lisarusso](http://lifewave.com/lisarusso).

Or simply call/text me at 518-229-6730. These Patches have changed my life, and many millions, in 81 countries. LifeWave can change yours.

## New Years Resolution Special

\$100 off of a Silver Membership. That means \$300 worth of patches for \$200 , and a free "Self Healing with Light", reference book. Over 150 Patch Protocols, covering everything from Acne and Autism, Blood Clots and Cancer, Parkinsons and Wheezing.

Good until the end of January, 2024.

**Call Lisa Russo at 518-229-6730.**

LifeWave, [lifewave.com/lisarusso](http://lifewave.com/lisarusso)

7K Metals, [7kmetals.com/russoglassgirl](http://7kmetals.com/russoglassgirl).

These Companies do more than supply a product. They prepare us for our bright future.



# 7K today





## Delivering Good News Since 2009

### Advertise in Your Hometowne

Directly Mailed to 14,500 Residents and Business Owners from Scotia to Ballston Lake. Let YHT connect your business to your customers in a unique & interesting way, through a combination of advertisements • business biographies • local news • expert columns

Ad Size	1x	3 Month Contract	11 Month Contract
<b>1/6 Page</b> (3.5" x 3.0")	\$180	\$495/165 per month	\$1650/\$150 per month
<b>1/4 Page</b> (3.5" x 4.75")	\$225	\$570/190 per month	\$1980/180 per month
<b>1/3 Page</b> Horizontal (7.25" X 3") Vertical (3.5 x 6)	\$250	\$675/225 per month	\$2200/200 per month
<b>1/2 Page</b> Horizontal (7.25" X 4.75") Vertical (3.5 X 9.75)	\$350	\$960/320 per month	\$3300/300 per month
<b>Full Page</b> (7.25" X 9.75")	\$575	\$1,575/525 per month	\$5700/475 per month
Service Directory/ Business Card Ad \$90 per month			

*Back Cover - Inside Cover - Page 3 - Premium Position - Inquire About Availability*

### Expert Columns

Editorial column space is available for professionals to write about their field of expertise. Educate your potential customer about your field of expertise

- 3-month minimum contract is required.
- Once an expert is approved to write the column, he or she is guaranteed exclusivity for that category for the duration of the agreement. Minimum 3 Month Commitment

**1/2 Page \$200 per month**  
**Full Page \$350 per month**



### 1x Set up fee \$30 Unless Camera Ready Art Provided

Submitted Print Ad Requirements  
CMYK Color; 300dpi in JPEG or PDF  
Bleed Size: add 1/4" on four sides  
Deadline: The 20th of each month.

### POSTCARD SERVICES • DISCOUNTED POSTAGE

Designed • Printed • Mailed  
Mail Anywhere, 500 or 20,000

Bulk Mail Postage Rates • Price Based on Quantity  
Professional, Thorough, Knowledgeable

Cheryll Hill, Publisher & Fellow Business Owner Phone:  
518-265-1105

E-Mail: [yourhometowne@gmail.com](mailto:yourhometowne@gmail.com)  
Facebook, Twitter & Instagram: Your Hometowne  
[www.your-hometowne.com](http://www.your-hometowne.com)





### 2021 GMC Acadia Denali SUV



**\$33,995**

SUV AWD, I-4 CYL  
7 passenger, Split folding rear seat, Smooth gearshifts, Dynamic Stability Control  
21,913 miles  
Stk# P3083

### 2019 Chevrolet Equinox LT w/2LT SUV



**\$23,995**

SUV AWD, I-4 cyl  
Turbocharged, 200 HP, AWD, Stability Control  
54,844 miles  
Stk# P2978

### 2021 Chevrolet Colorado Z71 Truck Crew Cab



**LOW MILES**

**\$39,995**

4x4, V-6 cyl  
Infotainment 3 Plus System w/Navi, BOSE sound, rear step bumper, seats 5  
17,872 miles  
Stk# P3116

### 2021 GMC Sierra 1500 SLE Truck Crew Cab



**\$44,995**

4WD, Powerful 8 CYL, Power X31 Off-Road Package, Mirrors, Crew Cab, Seats 6  
19,123 miles  
Stk# P3068

### 2018 Chevrolet Silverado 1500 LT w/1LT Truck Double Cab



**\$38,995**

V6 4x4, Rear Step Bumper, Fully Automatic Headlights, And 1-Touch Window Functionality.  
17,872 miles  
Stk# P3116

### 2022 Chevrolet Silverado 2500 HD High Country Truck Crew Cab



**\$72,995**

SDuramax 6.6L Turbo-Diesel V8, Dual 730 Cold-Cranking Amps 1st row LCD monitors BOSE sound, Absolutely Gorgeous!  
15,653 miles  
Stk# P2905

### 2021 Subaru Forester Premium



**\$ 25,995**

All-wheel Drive, 2.5 4 cyl  
Variable Transmission  
Roof rack, Ready to Play! Comfort, Safety And Convenience  
53,313 miles  
Stk# N8780

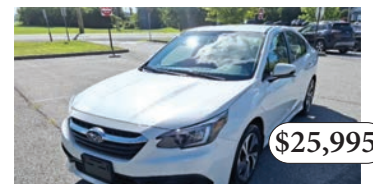
### 2022 Subaru Outback Premium



**\$ 30,995**

AWD, H-4 cyl  
Lane Departure, Heated Front Seats, Approach lighting,  
16,42 miles  
Stk# N8851

### 2020 Subaru Legacy Premium Sedan



**\$25,995**

H-4 cyl, Variable Transmission  
Front dual-zone AC, Cruise, Stability Control, Practical and Stylish!  
36,345 miles  
Stk# N8633



\*taxes, title and fees not included

[capitalandsubaru.net](http://capitalandsubaru.net)

Open:  
MON - FRI 9-6 • SAT 9-4

WE ARE PROFESSIONAL GRADE

\*taxes, title and fees not included

[capitalandgmc.com](http://capitalandgmc.com)

**37-47 Saratoga Road (Route 50) Glenville NY 12302 • (518) 399-9999**



**Iht**  
Community Resource  
Since 2009  
For info call Cheryl 518.265.1105

Presorted Standard  
US POSTAGE  
PAID  
Albany NY,  
Permit No. 986

ECRWSS

POSTAL CUSTOMER

**GMC**  
WE ARE PROFESSIONAL GRADE

**Capitaland Motors**

**SUBARU**  
*Confidence in Motion*

**Merry Christmas and Happy New Year**  
from all of us  
**at Capitaland Motors!**

Check out our pre-owned vehicles  
on the back of this page!

Your Only GM Facility in  
Schenectady County

[CapitalandGMC.com](http://CapitalandGMC.com)  
[CapitalandSubaru.net](http://CapitalandSubaru.net)

**518-399-9999**  
37-47 Saratoga Rd., Rt. 50  
Glenville NY, 12027