



Comfort & Joy

Skip the holi-daze and spend time making memories

Making time to reconnect with loved ones is a wish topping many lists this holiday season, so set aside the chaos and commit to doing more this year. More of what you truly enjoy, that is.

Spread out prep time. If you're busy putting the final touches on a meal as guests begin to arrive, you'll miss out on the excitement as the party begins. Make sides and casseroles ahead of time and freeze them so all you have to do on the big day is pop them in the oven. Mashed potatoes are a notorious last-minute time suck, so make them early in the day and keep them warm in a slow

cooker. Just add a bit of cream and stir periodically to keep them soft and fluffy.

Simplify cleanup. After enjoying a meal surrounded by loved ones, there's no reason to halt the conversation while you slip away to bring order back to the kitchen. Cover dishes and put perishables away then return to your guests for the quality time you deserve. If you use disposable tableware, there's even less to worry about later.

Shop local for shortcuts. Local businesses are feeling the crunch of 2020 in a big way, but you can give them a boost while doing yourself a time-

saving favor. Pick up a pie or specialty dessert from a local bakery. Inquire about family-size sides from restaurants in your community. Also remember many seasonal fundraisers offer pre-made holiday desserts and other treats you can share with guests with minimal effort.

Get out of the house. If you've spent too much time this year looking at your own surroundings, getting away from it all may lift your spirits while saving the hours you'd pour into getting your home ready for entertaining. Community groups with

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Self-Care strategies for staying healthy for the holidays

With the COVID-19 pandemic added to the typical cold and flu season, many Americans are wondering what they can do to protect themselves and others this holiday season and how to respond if they get sick.

Flu vs. COVID-19

If you get sick this season, your first question will likely be whether it's the flu or COVID-19. Both the flu and COVID-19 are contagious respiratory illnesses caused by viruses. The flu is caused by the influenza virus and COVID-19 is caused by a coronavirus called SARS-CoV-2. Some of the symptoms of flu and COVID-19, like fever and cough, are similar, making it difficult to tell the difference based on symptoms alone. Testing may be required for a proper diagnosis. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

Cold and Flu Treatment

For the common cold or flu, there are a variety of products available that contain several active



ingredients commonly used to treat symptoms of respiratory viral infections. For example, Mucinex DM contains dextromethorphan, which helps

to control cough and guaifenesin to help thin and loosen mucus and lasts 12 hours when used as directed. You can identify the right formula to provide relief based on symptoms you are experiencing by using the online tool at Mucinex.com, where you can also find more information regarding self-care remedies.

Holiday Gatherings

If you're hosting or attending a gathering this holiday season, check local and state health sites for restrictions on gathering and guidance beforehand. Take appropriate measures to protect yourself and others, and remind fellow guests to take similar precautions. Don't attend or host an event if you're sick or have had close contact with someone who is sick. If feasible, keep the event outdoors or ensure the space is well ventilated with open windows. Limit the number of attendees so safe social distancing can be maintained between people not from the same household, and wear masks when less than 6 feet apart or indoors. Frequent hand washing and limiting food preparers or servers can also help reduce the spread of germs.

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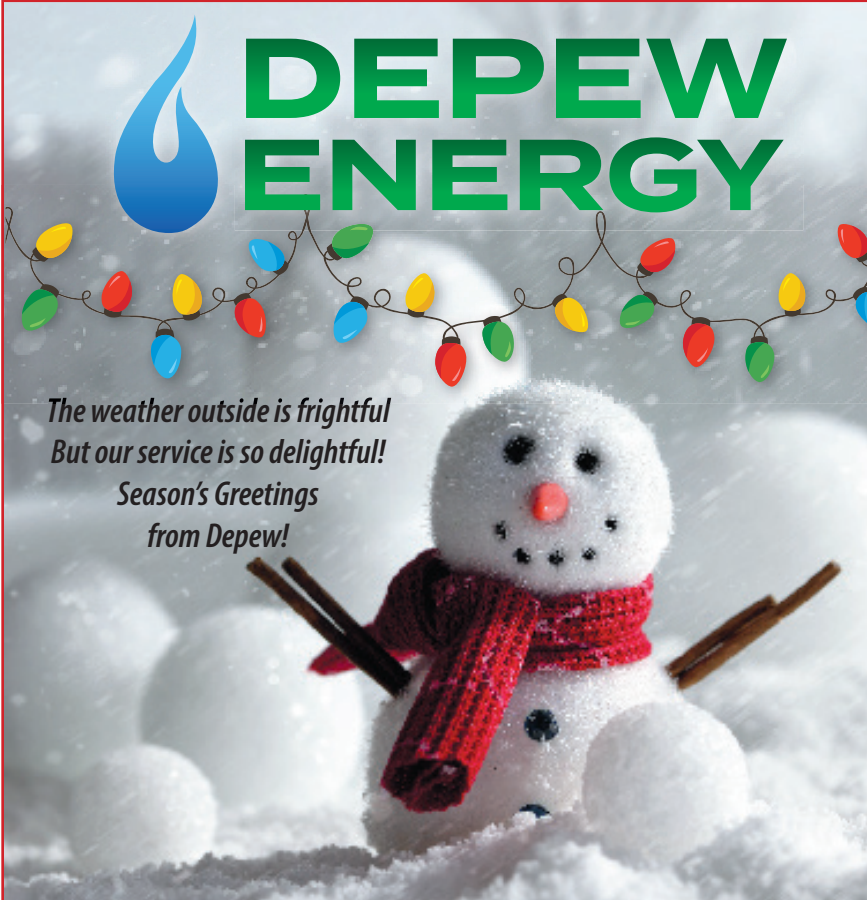
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Skip the holi-daze and spend time making memories

Continued from front page

their own facilities often have space available to rent, and these spaces are typically large enough to maintain social distancing requirements and are subject to rigorous cleaning protocols. Alternately, if you're keeping the guest list small, renting a vacation home offers the opportunity to turn the seasonal celebration into a short road trip for added memories and joy. Add some simple decorations, you can create a fun atmosphere for your holiday event and skip the headaches.

Go short and sweet. If the idea of a full-fledged dinner event is stretching you thin, look for festive ways to scale back. For example, a dessert-only party lets you gather with loved ones and keep the focus on the company rather than the food. Plan themed stations with different styles of desserts and consider asking family members to help stock each station with their own favorite treats. Placing a stack of



dessert plates at each station so guests can sample all their favorites while they mingle. Include wine glasses for a beverage table or single servings of desserts like mousse or parfaits.

Invite technology to the party. With group gatherings and travel restrictions likely to continue in many parts of the country through the holiday season, there's a good chance you may not be able to gather with

everyone you'd like. However, the pandemic has shown how simple it can be to use technology to stay connected. Go ahead and schedule a virtual party or make time to jump on a video chat during your celebration to include those who can't be there in person. To help add a touch of normalcy to the festivities, consider packaging and sending small boxes of party essentials in advance to each person who'll join the virtual party.

Make giving a group effort. Helping those in need is a tradition many people honor around the holidays, but this year your giving is likely to be especially impactful. When you join efforts with family or friends, your contributions can go even further, and it's a way to bond over your shared experience. Consider volunteering as a group at a food pantry, adopting a family or two together or finding another local cause that could use some extra help and count your blessings while you enjoy the extra time together.

Simplify gift-giving. As families grow, the gift lists get longer. However, especially in a year like this, not many wallets have expanded to keep up with the pace. Forgo the time and money required to buy for everyone in the family and start a new tradition by drawing names and instead of buying smaller items for a lot of people, put a little more toward a single item your recipient truly wants or needs.

(FAMILY FEATURES)

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To find out information on how
to nominate a local family
before the December 13th
deadline please email
tomstrong23ny@gmail.com



The #TOMSTRONG Community Response Team will be accepting nominations until
Sunday, December 13 at 11:59 PM. Selections will be made on December 14
Selected families will receive over \$500 in gift cards and other special gifts

Pair and pour some festive holiday cheer

While holiday traditions and celebrations will likely look different this year, the season is still special. Set the scene for a celebratory occasion by mixing festive cocktails or creating the perfect spread to complement your wines, beers, cheeses and even chocolates.

You can help make your spread delicious and affordable by relying on high-quality ingredients like those at ALDI. If you need inspiration, sommelier and lifestyle expert Sarah Tracey can help guide your palate with these festive ALDI-exclusive pairings and seasonal cocktail ideas:



pairing it with the Emporium Selection Plain Goat Cheese Log and Winternacht Milk Chocolate Domino Cubes.

Light and Refreshing

With aromas of Meyer lemon and flavors of fresh green apple and white peach, the crisp Landshut Riesling has a touch of delicate sweetness while still being juicy and refreshing. For a savory-and-sweet combination, try

Rich and Decadent

Indulge your senses with the aromas of butterscotch, warm baking spices and the velvety dark fruit notes of the Quarter Cut Bourbon Barrel Red

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Blend. This decadent red blend offers a smooth finish, similar to mulled wine without the extra work. The rich flavor pairs well with a smoked cheese like Emporium Selection Smoked Gouda as well as the Moser Roth Dark Chocolate Collection Caramel Sea Salt.

Savory with Brew

If a craft beer is more your style, consider a rich and creamy dark ale like a stout. Its robust flavors of roasted coffee beans and bittersweet cocoa combine for a sweet yet savory, earthy finish. Serve it with rich flavors like Emporium Selection Premium English Truffle Cheddar and add a touch of chocolatey sweetness with Specially Selected Cocoa Dusted Truffles.

Signature Libations

Up the ante on your holiday celebration with a special yet simple cocktail you can mix at home with

confidence. The secret to making the Mistletoe Mule is the 3-2-1 method: just pour wine for three counts, ginger beer for two counts and pomegranate juice for one count.

Mistletoe Mule

Servings: 2

Sugar
4 1/2 ounces Tournier Brut Sparkling
3 ounces Summit Ginger Beer
1.5 ounces 100% Pomegranate Juice
lime juice
fresh cranberries, for garnish (optional)

Rim two glasses with sugar.

In separate mixer or glass, combine wine, ginger beer and pomegranate juice using 3-2-1 method.



To serve, pour over ice in prepared glasses then top with fresh lime juice. Garnish each glass with cranberries, if desired.

Find more holiday recipes at aldi.us/holiday-guide.

(FAMILY FEATURES)

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1

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3

CHRISTMAS TREE LANE

Opening Day Sat., Nov. 28. Following Covid 19 Guidelines. Cut your own tree, Food by Nicole, milk & honey taps, donations being accepted for WK Class of 2021 Graduation Celebration. 9 Christmas Tree Dr., Wallkill, 845-895-3536, christmastreelane.com

2

Beck's Home & Garden

BECK'S HOME AND GARDEN

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, 845-744-2011, pinebushagway.com

4

MANZA FAMILY FARM

Seasonal Opening Day Nov. 25, masks required. Live & fresh cut Christmas trees, wreaths, roping, Christmas gift shop, Country Christmas on the Farm, free kids maze, Santa, farm animals, refreshment stand, free coloring book and candy cane. 730 State Route 211, Montgomery, 845-692-4364. manzafamilyfarm.net

5

HOEFFNER FARMS

Open Mon-Sat 9-5, Sun 9-4. Fresh cut trees, wreaths, roping, poinsettias, farm fresh produce, milk, eggs, pies. 405 Goodwill Rd., Montgomery. 457-3453

6

MONTGOMERY FIRE HOUSE

Christmas Tree & Wreath Fundraiser Starts Black Friday, 9am-9pm Nov. 27 - Dec 24 or until sold out. Mon-Fri. 5pm-9pm, Sat. 9am-9pm, Sun. 10am-6pm 136 Ward St., Montgomery, We have Douglas & Fraser fir trees!, Come out and support your local fire house!

Reaching out to others

In addition to seasonal cabin fever, this year another factor comes into play: social distancing and voluntary quarantine as a result of the novel coronavirus COVID-19. Even those who may venture outside to socialize, particularly around the holiday season, may be hesitant or unable to do so to help prevent the spread of the virus. In these instances, friends and loved ones can mitigate feelings of isolation in various ways.

Video conferencing apps have become the communication vehicles of choice during the era of social distancing. Different applications and services continue to evolve and help people stay in touch. Plan regular chats, either once or twice per week with isolated or vulnerable people. Try to organize a large group chat on the holiday itself so no one has to spend Christmas or Chanukah alone.

Even though supermarket shop-from-home and other delivery services have normalized somewhat since the start of the pandemic, treat individuals who may be isolated to some personalized attention. Put together care packages of supplies or holiday treats and deliver them in person so you can see the smiles that



result from being able to visit with someone familiar.

Children or even adults can make personalized cards and mail them to loved ones at home or those who may be in long-term care facilities. Send new mailings every week or two so that residents always have something

to look forward to in the mail.

A book club or another shared interest can be the catalyst for more frequent communication. A club puts everyone on the same page and enables them to come together, via phone or video chat, for a discussion.

Along the same vein as a virtual club, lessons on everything from woodworking to crochet to making favorite holiday recipes can be conducted online. Give an isolated individual daily purpose and distraction by engaging him or her with online lessons or even an exercise class. The possibilities are endless!

Isolation and feelings of loneliness can affect anyone who normally suffers from cabin fever. However, this year it may be more pronounced, as it could be coupled with social distancing precautions that have already been in effect for some time.

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2020 LIVE CHRISTMAS TREE GUIDE



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