

Winter *in Central Missouri*

DOCTOR'S TIPS
FOR A HEALTHY SEASON

HOLIDAY RECIPES
FOR ENTERTAINING

PREPARING YOUR HOME
FOR SNOWY WEATHER

2024

Doctors' Tips for a Healthy and Safe Holiday Season

(StatePoint) The holiday season is a joyous time of year, but it can also throw your wellness routines out of alignment. Doctors advise prioritizing healthy choices during this period, so you can start 2025 on the right foot.

"Everyone's holiday wish is to be happy, health and safe, but the season is often a time for overindulgence in food and drink, increased stress and exposure to respiratory illness," says Bruce A. Scott, M.D., president of the American Medical Association (AMA).

The AMA recommends taking these steps during the holidays:

1. Vaccines are a safe and remarkably effective defense from a number of serious respiratory viruses that circulate in the fall and winter. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot, as well as the updated COVID-19

vaccine for everyone 6 months and older. Vaccines are also available to protect older adults from severe RSV. Tools to protect infants during RSV season include maternal vaccination as well as the monoclonal antibody immunization. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

2. Watch what you eat. Pay particular attention to labels and avoid processed foods as much as you can, especially those with added sodium and sugar. Consider having a healthy snack before the big meal or offer to bring a healthier dish for the holiday spread. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods like fresh fruits and vegetables alongside richer holiday fare.

3. Stick to your exercise schedule and prioritize physical activity during this busy time of year. A good

rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Brisk walks, bike rides, hikes and even family-friendly sports like basketball and touch football are good for heart health.

4. Use time with relatives to find out whether your family has a history of type 2 diabetes or cardiovascular disease, and whether other family members have been told they have prediabetes. With this information, you can better understand your risk and take charge of your health.

5. Prioritize your mental health. Factors like holiday spending and navigating time with extended family can bring on extra seasonal stress. You can help manage stress by getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.



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6. Make smart choices and plan ahead if you're driving. In December 2021 alone, 1,013 Americans died in alcohol impaired-driving crashes. Do not drive under any circumstances if you intend to drink. And if you are the designated driver, make a 100% commitment to sobriety.

7. Be prepared when traveling. Whether you're flying or taking a road trip, you might be tempted to grab convenient, unhealthy food for the journey. Consider packing your own snacks, such as fresh fruits and vegetables or small portions of dried fruits and nuts.

8. Get New Year's resolutions started early. Speak with your doctor or health care professional about quitting tobacco and nicotine use, and declare your home and car smoke-free to eliminate secondhand smoke exposure.

"The holiday season is a wonderful time to reconnect with family and friends – it's also a chance to reconnect with your physical and mental health," says Dr. Scott.



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Christmas COOKBOOK

• Recipes for the holidays •

Crostini two ways

A perfect blend of crispy, chewy and sweet, these two versions of crostini are sure to have guests going back for more.

Start to finish:
20 minutes
(10 minutes active)
Servings: 4

INGREDIENTS

- 1 baguette of bread
- 1/4 cup olive oil
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup pine nuts
- 115 grams plain goat cheese
- 1 ripe pear, sliced
- 2 sprigs fresh rosemary, leaves removed
- 2 fresh figs, sliced
- A few fresh basil leaves
- 1/4 cup honey
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 175 C (350 F). Cut eight thin slices of baguette. Sprinkle both sides of each slice with olive oil and salt. Place the slices on a baking sheet and bake for about 10 minutes, or until golden brown. Set aside.
2. In a small dry skillet, heat the walnuts then the pine nuts over medium-high heat, stirring constantly, until lightly browned. Set aside.
3. Spread about 15 grams of goat cheese on each slice of bread. Season with salt and
4. Arrange the crostini on a serving board, and drizzle with honey.

pepper. On four of them, place a few pear slices, walnuts and rosemary leaves. On the other four, layer the figs, pine nuts and basil.





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Duck à l'orange

Are you tired of serving turkey for the holidays? This Christmas, break up your routine with this perfectly seasoned duck à l'orange. It's guaranteed to be mouthwatering!

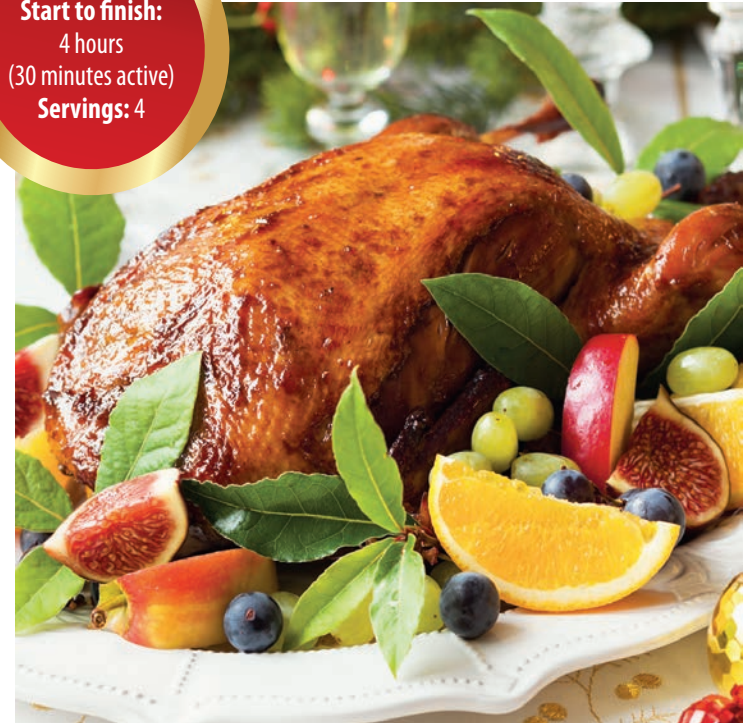
INGREDIENTS

- 1 whole duck, about 2.5 kilograms
- 2 cloves garlic
- 2 French shallots, peeled
- 1 lemon, quartered
- 1 apple, quartered
- A few sprigs fresh thyme
- 1 cup honey
- 2 tablespoons molasses
- 3 tablespoons orange juice
- 1 tablespoon soy sauce
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Salt and pepper, to taste

DIRECTIONS

1. Remove the giblets from the cavity of the duck, if necessary. Pat the skin dry with paper towels and leave uncovered overnight in the fridge.
2. Preheat the oven to 150 C (300 F). Using a knife, score the fat on the breasts, taking care not to cut the flesh. Salt the outside and inside of the duck evenly. Stuff the cavity with the garlic, shallots, lemon, apple and thyme. Close the cavity with butcher's twine or toothpicks.
3. Place the duck in a baking dish, breast side up, and bake for 1 hour. Turn the duck, breast side down, and bake for another hour. Turn it over one last time and bake for one last hour.
4. Meanwhile, in a small saucepan, bring the remaining ingredients to a boil. Reduce the heat and simmer for about 10 minutes, until the glaze thickens.
5. After it's cooked for 3 hours, remove the duck from the oven and increase the temperature to 205 C (400 F). Brush the duck with the glaze and place it in the oven for 10 minutes. Baste the duck with the glaze again, and bake for another 10 minutes.
6. Let the duck stand for at least 15 minutes, then present it on a large platter garnished with holly leaves, oranges and fresh fruit.

Start to finish:
4 hours
(30 minutes active)
Servings: 4



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Mushroom ravioli

Do you love mushrooms? If so, you'll want to head straight to the grocery store to pick up the ingredients for this earthy ravioli dish.

INGREDIENTS

- 1-1/2 cups all-purpose flour
- 2 eggs
- 1 teaspoon salt
- 3 tablespoons olive oil, divided
- 100 grams dried wild mushrooms
- 2 tablespoons butter
- 2 large French shallots (or 3 small ones), minced
- 4 cloves garlic, chopped
- 150 grams mushrooms, finely chopped, divided
- 150 grams cremini mushrooms, finely chopped, divided
- 2 cups very hot water
- 10 sprigs fresh thyme, leaves removed
- 1/2 cup white wine
- 1/2 cup ricotta cheese
- 1-1/2 cups cooking cream
- Leafy greens of your choice, to garnish
- Salt and pepper, to taste

Start to finish:
1 hour
Servings: 4

DIRECTIONS

1. On a clean work surface, place the flour and form it into the shape of a nest, using your fingers to create a bowl-sized divot in the centre. Crack the eggs into the nest, and add the salt and a tablespoon of olive oil. Using a fork, gently whisk the eggs, adding a little bit of flour at a time, making sure not to break the nest. As the dough begins to form, use your hands to incorporate all the ingredients. If the dough is too dry, add 1 teaspoon of warm water. Knead the dough for about 5 minutes, until it's smooth and shiny. Wrap it in plastic wrap, and let it rest at room temperature.
2. In a small bowl pour the dried mushrooms, and add the 2 cups of water. Set aside.
3. In a large skillet, heat 1 tablespoon of olive oil and 1 tablespoon of butter. Sauté half the shallots until they're translucent. Add half of the garlic, 100 grams of the button mushrooms, 100 grams of the cremini mushrooms and half of the thyme leaves. Continue to sauté over high heat until all the water from the mushrooms has evaporated. Season with salt and pepper. Deglaze the skillet with white wine and reduce until it's dry. Pour the mushroom mixture into a bowl, let it cool for a few minutes, then add the ricotta cheese. Mix well and adjust the seasoning as needed. Set aside.
4. Drain the dried mushrooms, setting aside 1 cup of the water. Place the mushrooms on paper towels or a clean cloth.
5. In a large skillet, heat the remaining olive oil and butter. Sauté the other half of the shallots until they're translucent. Add the other half of the garlic, the rest of the button and cremini mushrooms, the remaining thyme leaves and the rehydrated dried mushrooms. Continue to sauté over high heat until all the water from the mushrooms has evaporated. Season with salt and pepper. Deglaze the skillet with the water from the dried mushrooms and reduce until it's dry. Lower the heat, add the cream and let it simmer over low heat for about 5 minutes. Blend the sauce in a blender until it has a smooth, uniform texture. Set aside.
6. Using a rolling pin, roll out the dough until it's about 5 millimetres (1/4 of an inch) thick and separate it into two large sheets. On one sheet of dough place 1 tablespoon of the mushroom filling every 5 centimetres, and then cover it with the other sheet of dough. Using a round cookie cutter, cut the ravioli into rounds that are about 5 centimetres in diameter.
7. In a large pot of boiling salted water, cook the ravioli for 3 minutes. Drain the pasta, and divide it evenly among four serving bowls. Top with the cream sauce, and garnish with a few leafy greens.





CAR MAINTENANCE



Winter must-dos



Winter fuel additives: do you really need them?

Winter fuel additives are often marketed as essential for maintaining vehicle performance during cold weather, but are they necessary? Here's what you need to know.

WHAT ARE FUEL ADDITIVES?

Winter fuel additives are chemical compounds designed to prevent common cold-weather issues like fuel gelling and water condensation.

For example, diesel fuel is particularly susceptible to gelling, where wax crystals form and clog the fuel filter. Additives lower the fuel's pour point and prevent these crystals from forming. For gasoline engines, additives help prevent water in the fuel system from freezing, which can block fuel lines and hinder engine performance.

CONSIDERATIONS

Here are three things you should consider before buying fuel additives:

1. Climate. Winter fuel additives can be beneficial in extremely cold conditions, especially for diesel vehicles. In areas where temperatures frequently drop well below freezing, additives can ensure reliable engine starts and smooth operation. Assess your local weather conditions to determine if the investment in fuel additives is warranted.

2. Fuel quality. Some fuel suppliers offer winterized fuel, which already contains additives to combat cold-weather issues. If you regularly use high-quality, winterized fuel, additional additives may be redundant.

3. Vehicle-specific needs. Modern vehicles are equipped with advanced fuel systems that may already handle cold-weather conditions effectively. Consult your vehicle's manual or manufacturer to determine if additional additives are recommended for your specific make and model. Some manufacturers may have specific guide-



lines or restrictions regarding the use of fuel additives.

If you're still unsure whether fuel additives are a good idea for your vehicle this winter, talk to a local mechanic for expert advice.



Winter tires Silent heroes

Winter is here! It's essential to remember the significance of winter tires, the often overlooked but truly silent heroes of winter driving. These specialized tires are not just another accessory; they're crucial for enhancing road safety in ways many drivers might not realize.

1. They provide enhanced grip. The deeper tread patterns and specially designed grooves in winter tires efficiently channel water away from the tire surface, maintaining contact with the road and preventing dangerous skids. This is especially important in winter when melted snow can create slushy conditions that are just as hazardous as ice.

2. They improve braking. Winter tires are made of soft rubber compounds that remain flexible at low temperatures, ensuring a better grip and shorter stopping distances. This can be crucial during sudden temperature drops.

3. They offer superior stability. The enhanced grip and traction provided by winter tires help drivers maintain control in sharp turns and during sudden manoeuvres. This stability is vital for avoiding accidents in unpredictable winter weather.

4. They minimize wear and tear on your vehicle. By providing better traction and control, winter tires can help reduce the strain on your car's drivetrain and braking system, potentially lowering maintenance costs in the long run.

Although winter tires aren't mandatory everywhere, it's important to assess your risk. Winter tires are a smart choice for anyone living in areas where winter brings snow and ice to the roads. However, winter tires are a good idea for anyone driving in temperatures below 7 C.

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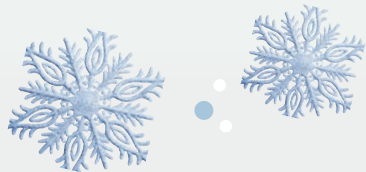
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Winter 101: prevent ice dams on your roof

Ice dams form when heat from the upper roof melts snow, the resulting water refreezing at the colder eaves and blocking drainage. Consider the following guidelines to maintain a secure roof during winter:

- Keep your roof temperature consistent by evaluating the insulation in your attic. The recommended minimum R-value for attic insulation is R-50. Proper insulation limits heat loss and helps in maintaining a uniformly cold roof.
- Identify and seal any air leaks from your living spaces to the attic with weatherstrip and caulking; also, apply gaskets and tapes. Fill the gaps around pipes, chimneys and light fixtures with caulk or foam to prevent warm air infiltration.

- Routinely clear your gutters and downspouts to ensure they're free of debris. Clogged gutters can exacerbate ice dam formation by impeding proper drainage.

- After a heavy snowfall, use a roof rake to remove excess snow from your roof edges. This practice helps prevent snow and ice accumulation, reducing the risk of ice dams.

If you follow these practical measures, you can effectively prevent ice dams and safeguard your roof. Feeling uneasy about doing these tasks on your own? Hire a local professional to handle the job and give you peace of mind throughout the winter season.



5 DIY home insulation tips for this fall and winter

As summer fades and the air gets crisp, keeping your home warm becomes a priority. Here are five DIY tricks to boost your home's insulation and keep the warmth in, saving you money on energy bills:

- 1. Seal the drafts.** Drafty windows and doors are significant culprits for heat loss. Invest in weatherstrip or caulk to seal gaps. Make draft excluders from fabric tubes filled with rice or beans.
- 2. Think curtains.** Thick curtains or blinds act as extra insulation. Look for thermal curtains with a lining that traps heat during the cold months.
- 3. Don't forget the floor.** Drafty floors can make your

house feel chilly, especially for rooms above crawlspaces. If you have exposed floorboards, consider laying down rugs or insulating mats.

- 4. Maximize fireplace efficiency.** If you have a fireplace, ensure the damper is closed when not in use. Open dampers act like vents, letting warm air escape.
- 5. Reflect the heat back in.** During the day, open your curtains to let sunlight in. Sun naturally heats your space. At night, close the curtains to trap the warmth inside.

By following these simple DIY tips, you can make a big difference in keeping your home cozy and warm throughout the autumn and winter.



5 holiday trends for your home



Do you want to transform your holiday decor this year? If so, here are five looks for 2022 that may inspire you.

1. NATURE THEMED

Natural elements like tree branches and pinecones, and organic materials like wood and hemp are trending choices for Christmas decor.

2. RETRO INSPIRED

A vintage holiday look is currently all the rage. Bring out your old-fashioned ornaments or find new ones that match this theme.

3. UPCYCLED

Turn used items into decorative pieces or shop for ornaments made from reclaimed materials. You can take this trend a step further by wrapping your gifts in fabric, flyers or newspapers.

4. DRIED FRUIT

Dried limes, oranges and lemons can be made into garlands and tree orna-

ments or displayed in glass jars. As a bonus, they smell great!

5. SHIMMER AND SHINE

Shiny decor is sure to put you in a festive mood. Use metallic items in shades like blue and green or silver and gold that can be used year after year.

For more ideas, and to find everything you need, visit your local stores.

