

Herkimer County
Country Editor

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ASK, AND IT SHALL BE GIVEN YOU; SEEK, AND YE SHALL FIND; KNOCK, AND IT SHALL BE OPENED UNTO YOU: FOR EVERY ONE THAT
 ASKETH RECEIVETH; AND HE THAT SEEKETH FINDETH; AND TO HIM THAT KNOCKETH IT SHALL BE OPENED. MATTHEW 7:7-8



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Poland students collect more than 350 pounds of plastic film through recycling competition

POLAND – The Poland Central School District Kids Against Pollution, Poverty and Prejudice (KAP) club organized a competition among elementary classes that led to the recycling of 353 pounds of plastic film and tied into STEAM (science, tech, engineering, art and math) lessons.

The goal of the competition was to create positive recycling habits and raise awareness that plastic film such as grocery bags can't be recycled through curbside recycling programs but can be dropped off in boxes at many grocery stores and other retailers.

Poland sixth-grader Madeline Swanson said her knowledge about recycling has increased since the KAP club started plastic film recycling initiatives a few years ago.

"It got me to recycle more," she said. "I'm more aware of it. At home, I tell people not to put the plastic in the garbage and how to recycle it."

Kindergarten through fifth grade participated in the plastic film competition from Monday, Jan. 13 through Friday, Jan. 17. Second grade won the competition by collecting 101 pounds of plastic film. Each student in second grade will receive a reusable bag and a reusable water bottle for winning the competition.

KAP, which is open to students in grades 4 - 12, organized the competition. Poland special education teacher Sally Leahy and English teacher Michael Gagnon are the co-advisors of the club. The competition also tied into STEAM lessons in the classroom of STEAM/keyboarding teacher Beth Lepper.

The plastic film competition this year connects with lessons students are learning in their classes with Lepper. She teaches science to kindergarten to third grade, STEAM to fourth and fifth grade and keyboarding to sixth grade.

Students in the fourth- and fifth-grade STEAM classes helped weigh the plastic film and track the results during class. KAP members in sixth grade also worked on the weighing and tracking during study halls and advisement. The results were announced each morning to let students know which grade level was in the lead and encourage the other grades to try to catch up.

Improving recycling and preventing pollution are major parts of the focus for the KAP club.

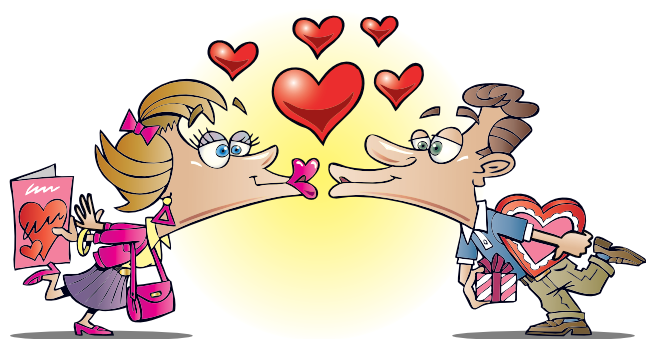
"Even though a lot of people don't do it, it's affecting our climate," he said. "This is why we're seeing



(L - R) Poland Central School District KAP club members Madeline Swanson, Amber Muller and Ariel Pope weigh plastic film for a recycling competition. Kindergarten through fifth grade collected a total of more than 350 pounds of plastic film for recycling.

Photo courtesy of Herkimer BOCES

warmer winters, warmer summers, wetter winters and wetter summers. Climate change is something that impacts everyone every day. People should be aware of how it affects them."





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Moments In Time The History Channel

• On Jan. 31, 1606, at Westminster in London, Guy Fawkes, a conspirator in the plot to blow up the British Parliament building, jumps to his death before his execution for treason. On Nov. 5, 1605, Fawkes had been found lurking in a cellar of Parliament with two tons of gunpowder.

• On Feb. 1, 1781, the Articles of Confederation are finally ratified. The Articles had been signed by Congress and sent to the individual states on Nov. 15, 1777, but bickering between Virginia and Maryland

delayed final ratification for almost four years.

• On Feb. 2, 1887, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, PA. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather.

• On Jan. 30, 1933, Adolf Hitler, leader of the National Socialist German Workers

Party (or Nazi Party), is named chancellor (Fuehrer) of Germany. Hitler immediately ordered a rapid expansion of the state police, the Gestapo.

• On Jan. 27, 1943, future President Ronald Reagan, an Army Air Corps first lieutenant during World War II, is on assignment with the Army's First Motion Picture Unit. He had been tapped to star in a motion picture called "Air Force."

• On Jan. 28, 1964, the U.S. State Department angrily accuses the Soviet Union of

shooting down an American jet that strayed into East German airspace, killing three U.S. officers aboard the plane. The Soviets said the flight was a "gross provocation."

• On Jan. 29, 1977, "Roots," a groundbreaking television program, premieres on ABC. The eight-episode miniseries, which aired on consecutive nights, follows a family from West Africa through generations of slavery and the end of the Civil War.

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

February 1

The Herkimer High School Track and Field Team Bake Sale 10 a.m. - 1 p.m. at Herkimer Tractor Supply. Come stock up on Super Bowl snacks.

Poland Volunteer Fire Company Auxiliary's Chicken & Biscuit Dinner Buffet 4-7 p.m. at Poland Fire Station #1, 216 Main St., Cold Brook. To benefit Kuyahoorra Valley Ambulance Corps. Adult - \$11. Youth (12-6) - \$6. Children 5 & Under - free.

Starts February 1

CVA Girls Basketball Daily Numbers Fundraiser. Donation \$5. Prize of \$200 to be awarded Feb. 15. \$50 other days. Contact 315.894.3116.

Deposits due by February 1

\$50 deposits are being accepted for a **7 day, 6 night trip to Williamsburg, Charleston and Savannah** coordinated by Morning Star UMC. Dates are May 11-17, 2020. \$880 per person single, \$1180 per person double. Contact Margaret at 315.894.9581 for more details.

February 3

Mohawk Valley Choral Society rehearsals have begun. Rehearsals have begun for its May concert, Franz Joseph Haydn's oratorio "The Creation". Amateur and professional singers are invited to join its 38th season. Rehearsals began on Mondays evenings at 7-9 p.m. on Jan. 27 and will continue each Monday until the concert in May. Interested singers should contact the Mohawk Valley Choral Society at mail@mvchoral.org or call 315. 826.3092.

February 7

Black and White Sale at Ilion Masonic Temple, 118 Morgan St. Call 315.269.6493. Pre-orders requested. Pick-up will be 11 a.m.-1 p.m. and 3-6 p.m. at the Third St. (side) door. \$7. Sponsored by Evening Star Valley Chapter #82.

Starts February 10

Herkimer County HealthNet

Three-Week Tobacco Cessation Program called Freshstart beginning Monday, Feb. 10 4:30-6 p.m. at the John Guy Prindle Apartments, 80 E. North St. Ilion. Program will meet Mondays for three consecutive weeks. To register call Herkimer County HealthNet, Executive Director, Elyse Enea at 315.867.1552 or email eenea@herkimercounty.org.

February 10

Little Falls Community Blood Drive noon to 5 p.m. at Little Falls Elks Lodge. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.REDCROSS (1.800.733.2767).

February 11

Dolgeville Central School Board of Education Meeting 6 p.m. Elementary Library. Visit www.dolgeville.org.

February 12

Herkimer Board of Education meeting 6-7 p.m. Call 315.866.2230. Deposit due before

February 16

Spaghetti dinner 4-7 p.m. at St. Pauls Universalist Church, 565 Albany St., Little Falls. Tickets \$9 at the door. Children 5 and under eat free. Takeout and local delivery available.

February 18-20

Safe Tractor and Machinery Operation Program at Clinton Tractor 8:30 a.m. - 3 p.m. For youth and adults 14 years of age and older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrater by Feb. 11 at: https://reg.cce.cornell.edu/TractorSafety2020-2-2_221 or call the 4-H Office at 315.866.7920 or email Jennifer Collins at jlr34@cornell.edu.

February 20

Roast Pork Dinner 4-7 p.m. or sold out at Emmanuel Episcopal church, The Parish Hall, 594 Albany St., Little Falls. Adults \$10. Kids 5 and under free. Eat in and take out available. Free local deliveries (Little Falls only). Call day of dinner 315.823.1323.

February 27

Poland Central School Board

of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

February 29

Defensive Driving Class 9 a.m.-4 p.m. at East Herkimer Fire Station, 193 Main Road, Herkimer. Break for lunch.\$35. Payment and enrollment is made at the Department of Motor Vehicles, 109 Mary Street, Suite 1111, Herkimer, NY 13350. For further information, please call 315.867.1130.

Register now

Registration is now open for the **Winter 2020 session at Herkimer County Community College.** For more information, go to http://www.herkimer.edu/winter

March 1

Central Valley CSD Foundation to host Cabin Fever Bingo 2 p.m. at Crowley-Barnum American Legion Post 25, Mohawk. Admission \$10. Advance sale tickets available from Foundation members or by calling Foundation President JoAnn Duga at 315.894.3116.

March 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

March 17

Dolgeville Central School Board of Education Meeting High School Cafeteria. Visit www.dolgeville.org.

March 24

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 15

Dolgeville Central School Board of Education Meeting and Top Senior Dinner 5 p.m. High School Cafeteria. Visit www.dolgeville.org.

Preventing respiratory illness

Every year, millions of Americans suffer through the winter months with the runny nose, sore throat, fever and body aches of the common cold – or is it the flu? What if it has progressed to pneumonia? Understanding the differences among these three common illnesses is the first step in treating them appropriately and minimizing or avoiding colds, flu and pneumonia.

According to Lonna Hart, SCHN of the Herkimer County Public Health, viruses that cause colds are many – at least 200 – but there is only one group of viruses, the influenza viruses, that cause flu. Colds are generally not very serious. They last from three to seven days and include coughing, a runny nose, sneezing, body aches and possibly a fever.

Hart said the best treatment for the common cold is to follow your grandmother's advice. "Get plenty of rest, drink hot liquids and soup, gargle with warm salt water and take an over-the-counter cold remedy, such as a decongestant or nasal spray," she said.

Like the common cold, flu is an upper respiratory illness. Flu symptoms include fever (which is often high), cough or sore throat, muscle aches, headache

and fatigue. Flu often lasts longer than a cold – up to two weeks – and requires a different treatment.

"There are four different antiviral medications, available by prescription, that are effective against the flu virus," Hart said.

Flu antivirals are effective only if started within 48 hours of the onset of symptoms. Antivirals can shorten the course of the illness by two or three days and lessen the severity of symptoms.

People who should strongly consider having their flu treated with antivirals include those who are higher risk of developing serious complications from the flu, such as pneumonia. Higher-risk people include those with diabetes, asthma, chronic bronchitis or other chronic illnesses, the elderly and those with immune deficiencies.

Distinguishing between a common cold and the flu is not always easy. "Someone with a severe cold could actually be more sick than someone with a mild case of the flu, so it is sometimes difficult to tell them apart. What we generally use to tell them apart is whether or not there is a local flu outbreak at the

time," Hart said.

"Currently, the Centers for Disease Control and Prevention (CDC) recommends an annual flu vaccination for children ages six to 23 months, people age 50 and older, high-risk people and people who can transmit influenza to those at high risk," she advised.

"If your typical cold or flu symptoms begin to improve within three to five days, you do not have to worry about pneumonia. However, if you are not getting better, if you have been improving and symptoms suddenly worsen, if you have a cough that gets worse, if you feel out of breath or if you develop a fever, you should call your healthcare provider. These are indications you may be developing pneumonia," Hart said.

You should ask your healthcare provider if the pneumococcal vaccine, which protects against a common type of pneumonia, is recommended for you.

For more information on the prevention of the common cold, flu and pneumonia, call the Herkimer County Public Health Department at 315.867.1176. For more information on treatment of any illness, contact your healthcare provider.

Cervical cancer awareness

Herkimer County Public Health reminds parents that when boys and girls receive the HPV vaccine early, at 11 or 12 years old, they're better protected from the serious health problems human papillomavirus (HPV) can cause, including some cancers and genital warts.

Every year in the U.S., HPV causes more than 30,000 cancers in men and women. HPV vaccination can prevent most (about 28,000) of these cancers.

"The HPV vaccine is a simple and safe way to protect preteens, teens and young adults from HPV. The preteen years are the best time to vaccinate. Studies show two doses of vaccine produce a similar or better immune response for younger adolescents compared to young adults who received three shots," said

Amanda Jones, RN, CHN, immunization coordinator at Herkimer County Public Health.

CDC now recommends that 11- to 12-year-olds receive just two doses of HPV vaccine at least six months apart, rather than the previously recommended three doses. Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

It is estimated that one in every four Americans is infected with the HPV virus. Most of them are in their late teens and 20s. For most people, HPV will eventually clear up on its own. But for others, the untreated infection could cause genital warts and certain kinds of cancer.

The HPV vaccine can be given at the same time as other recommended preteen vaccines. If your child has started but not completed the HPV vaccine series, talk with your healthcare provider about completing the series so they will have full protection.

"More than 57 million people have been given the vaccine and there have been no serious safety concerns," said Jones.

The HPV vaccine is recommended by the CDC and the Advisory Committee on Immunization Practices (ACIP), which is a group of medical and public health experts that develops recommendations on how to use vaccines to prevent diseases.

Private insurance plans in New York State are required to cover the cost of HPV vaccine for patients through the age of 18. The federal Vaccines for Children (VFC) Program helps pay for children's vaccines for those uninsured or underinsured.

For more information visit health.ny.gov/hpv or call Herkimer County Public Health at 315.867.1176.

Herkimer County HealthNet offers free tobacco cessation program

Herkimer County HealthNet will offer a free three-week tobacco cessation program called Freshstart beginning Monday, Feb. 10 from 4:30 - 6 p.m. at the John Guy Prindle Apartments, 80 E. North St., Ilion. This program will meet every Monday for three consecutive weeks.

Freshstart is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings and group support.

Freshstart incorporates the most current guidelines for tobacco cessation support into face-to-face group support sessions. Program participants choose a combination of techniques and cessation treatments they will use in their quit attempt.

The Freshstart evidence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and

guide them in making a successful quit attempt through information, activities and discussion. The evidence-based components of Freshstart include motivational intervention activities, practical counseling, social support and education about medication and different approaches to quitting.

Freshstart participants can expect a participant guide handed out at the beginning of the first session to use in the program sessions and for personal review outside of class. They can also expect group support from other program participants, the opportunity to learn from past quit attempts and new techniques to incorporate into their future quit attempt.

For more information or to register for this program call Herkimer County HealthNet Executive Director Elyse Enea at 315.867.1552 or email eneae@herkimercounty.org.

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Mon. Feb. 3rd - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Mon. Feb. 10th - Normal Monday Sale & Monthly Heifer Sale

Mon. Feb. 17th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

SALES TO WATCH FOR 2020:

Sat. March 28th - Premier Spring All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle. – Call to advertise your group! This sale fills up fast so don't miss out!

Sat. April 4th - Rhineback, NY. 9AM. Annual consignment Auction At Kesicke Farm. Agricultural & Construction Equip. To Consign contact Frank 845-590-9642.

Sat. April 11th - Sherburne, NY. Estate of Louise Davenport- selling Farm Equipment and large quantity of tools & parts.

Sat. April 18th - Annual Spring Machinery Consignment Sale – at our facility.

Sat. April 25th - reserved for on the farm Machinery Sale

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Sat. Oct. 31st - Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle -

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Herkimer BOCES Pathways Academy Student Council organizes fundraiser for 10-year-old with cancer

ILION – Herkimer-Fulton-Hamilton-Otsego BOCES programs at the Remington school building raised \$530 in money and gift cards and filled a car with Christmas presents for 10-year-old Central Valley student Anna LaBella, who is undergoing treatment for sarcoma cancer.

The Herkimer BOCES Pathways Academy Student Council organized the fundraiser with help from various programs.

“Since the medical expenses are very high for the family and they have to travel a lot to Albany for her treat-

ments, Christmas was going to be very tight for them,” said Cheri Evangelista, a Pathways Academy teacher’s assistant and Student Council advisor. “The Student Council here at Pathways wanted to help and asked for each grade level to bring in different items and us as a school to collect money.”

LaBella attended an assembly on Dec. 20 at the Remington school building to be recognized and receive the gifts for her and her younger brother.

Pathways Academy grades 7 and 8 collected arts and

crafts supplies, grades 9 and 10 collected items for movie and game nights and grades 11 and 12 collected “comfy” items such as blankets, socks and pajamas, Evangelista said.

Employees from the Adult Literacy, Adult Practical Nursing and Migrant Education programs in the other part of the Remington school building donated as well.

“We also reached out to the other side of our building, and they jumped right on board,” Evangelista said. “Corie Lupino and Juli Metz helped with collecting on their side.”



Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington Student Council members and advisors pose with Anna LaBella. (Front row, L - R) TA/Student Council advisor Cheri Evangelista, council member Destiny Charles, council member Veronica Cavaretta, Central Valley student Anna LaBella, art teacher and council advisor Dina DeSarro and council member Johnna Geweye. (Back row) Council members Emily Shephard, Thomas Almas, Sam Lynch, Ah’Nari Garrett, Matthew Backus and Alyssa Snyder.

Photo courtesy of Herkimer BOCES

Canned food safety pointers

Canned food is convenient. Pantries that include a variety of canned foods make it possible to whip up last-minute meals. And because canned foods have longer shelf lives than fresh items, making them a part of your pantry can reduce food waste. That’s a significant benefit for shoppers’ bottom lines as well as the planet, as the Food and Agriculture Organization of the United Nations notes that roughly one-third of the food produced in the world for human consumption every year gets lost or wasted.

Canned foods may be more convenient than fresh foods, but home cooks should still follow a few simple pointers to ensure canned items are safe to eat.

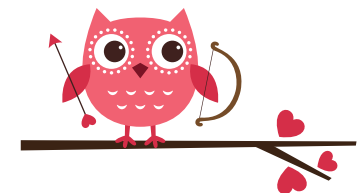
• Don’t presume that canned foods last forever. The Food Safety and Inspection Service, a division of the USDA, notes that there are limits to how long canned

foods will remain preserved. Always adhere to the expiration date on the can. If an item has expired, do not eat it or serve it.

• Be especially careful with high-acid canned foods. The FSIS notes that canned foods, and especially certain high-acid foods, such as tomatoes, have natural chemicals that can react with the container over time. This can cause changes in the texture and taste of the foods, and may even adversely affect their nutritional value. If the can is corroded or the foods’ appearance is abnormal, do not eat or serve it.

• Avoid storing canned foods at high temperatures. According to the FSIS, the risk of spoilage increases sharply as the storage temperatures rise. Temperatures 100° F and above are harmful to canned goods, so do your best to keep storage conditions mild.

• Store items in dry places. In addition to storing canned foods in cool places, make sure they’re stored in dry areas. Never keep canned foods beneath a sink or beside a stove. Extra storage in garages or basements may seem like great places to store canned items purchased in bulk, but such areas tend to be damp and often experience extreme temperature changes between seasons. Both of those conditions can compromise canned foods.



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 Choir Rehearsal 11:30 AM
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Herkimer BOCES VP-TECH seniors tour Danfoss Silicon Power

Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School seniors toured a potential future employer for them on Jan. 8 by visiting Danfoss Silicon Power.

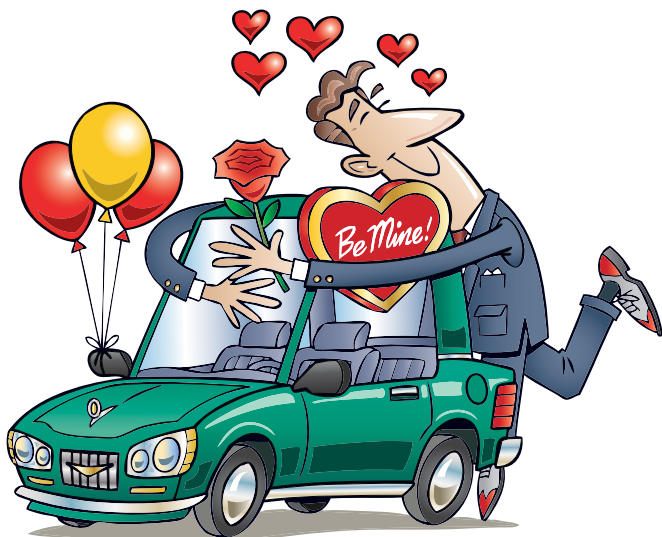
VP-TECH focuses on technology, project-based learning and real-world work situations. Students can spend four to six years in the program to earn a Regents diploma, an associate degree in quality assurance from Herkimer College for free, a certification in advanced manufacturing and connections with local businesses.

Danfoss Silicon Power is a technology company located on the SUNY Polytechnic Institute Utica Campus. The company leads the industry for customized power modules for automotive (batteries for Tesla vehicles), solar, wind and industrial applications.

Employees from Danfoss also mentor VP-TECH students once a month. During the mentoring program, they discuss a variety of subjects, such as professionalism in the workplace, interviewing, how to write a resume, the importance of extracurricular activities in high school and social media etiquette.



Herkimer-Fulton-Hamilton-Otsego BOCES VP-TECH seniors pose for a photo while touring Danfoss Silicon Power on Jan. 8. Photo courtesy of Herkimer BOCES



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Herkimer College to bring esports to campus in Fall 2020

Herkimer County Community College will be bringing competitive video game playing to campus in Fall 2020 with a soft launch of its official esports athletics program.

Herkimer College has been exploring the idea of creating esports at both the club and varsity levels for the past year. College representatives have visited several other colleges with esports teams to learn about their programs, technology and facilities, as well as academic programs related to esports.

The college plans to launch its program with a limited number of esports teams in autumn 2020, and to add teams and an esports center in autumn 2021. The esports center will be housed in the Technology Center, with specialized equipment and technology to facilitate the speed and quality needed in online competitive gaming. Academic eligibility requirements will be the same for varsity esports as they are for all other NJCAA sports.

In an announcement to the campus community, President Cathleen McColgin said bringing esports to Herkimer College will help garner interest in Herkimer College among prospective students, as 15 states now recognize esports as a high school varsity sport, according to Inside Higher Education findings. Similarly, according to a recent article in EdTech Magazine, in 2018 the number of high schools with esports teams participating

in the High School Esports League (HSEL) grew from 200 to more than 1,200. Additionally, there is a potential for developing new articulation agreements between Herkimer College's existing academic programs, such as Business Administration, and four-year colleges with bachelor's degrees specific to esports, marketing, video game design, etc.

McColgin also stressed the importance of strengthening the college's student-centered campus culture. "Participating in club or varsity esports teams provides a feeling of belonging and connectedness to the school and to their fellow students for some young people who might otherwise lack effective avenues for developing this sense of community and school pride."

Currently, there are approximately 200 colleges nationwide participating in esports with the National Association of Collegiate Esports, Eastern College Athletic Conference and National Junior College Athletic Association (NJCAA). There is an "ever increasing number of schools exploring esports," according to the National Association of Collegiate Esports. Moreover, esports has grown into a billion-dollar industry and is projected to continue to grow. Recent tournaments have sold out major venues such as Madison Square Garden, and workforce opportunities related to esports are expanding along with the popularity of these competitions.

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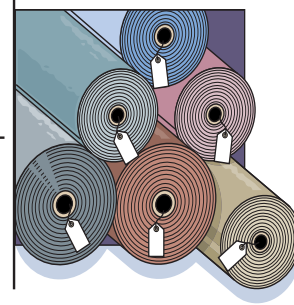
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by Donna Erickson

Bundt pans give form to winter ice lanterns

Ice is nice! Especially when you create a warm welcome to your home with a creative, icy greeting on a dark winter's night. From popular snowball-size ice candles to large blocks, they all sparkle and glow to line a pathway to your front door.

Easy for me to say, I know, since I live in snow-covered Minnesota, where it's usually below freezing all winter long. But I proved that I could light the night and create an ice luminary in a moderate climate when I invited friends to our California cabin recently. Two days before the party, I rooted through cupboards in search of a Bundt pan. I then filled the mold with water and let it freeze in our freezer.

Before friends arrived the next evening, I popped the beautifully shaped "ice lantern" out of the mold, set it on a rimmed tray (to catch melting ice) and placed it on the front porch step with a lighted votive in the inside cavity. Once guests arrived, oohing and ahing with "How did you make that?" queries, I brought it inside for a magical buffet centerpiece. Although it was partially melted by evening's end, another luminary was prepping in the freezer for another night.

If you have a Bundt pan hiding in your cupboards, bring it out and make ice lanterns with your kids. The price

is right with this enjoyable craft – your only cost is water and candles! Here's how:

Bundt pan ice lantern

Here's the stuff you need:

- One metal Bundt pan (plastic pans may crack)
- Water
- Votive or small pillar candle
- Citrus slices, floral greens and sticks, etc. (optional)
- Food coloring (optional)

1. Fill the pan with water to within an inch of the rim. Wedge in floral objects between the sides of the pan, if you wish. Small objects, such as plastic fish, add whimsy. Or, add a drop of food coloring.

2. Place pan in the freezer or outside if it is below freezing.

3. When frozen, turn upside-down in a sink. Let it thaw a bit, and slowly lift pan. Or, run water over pan to release.

4. Set a candle inside. At sunset, an adult can light the candle.

Note: An adult should always be present when burning candles.

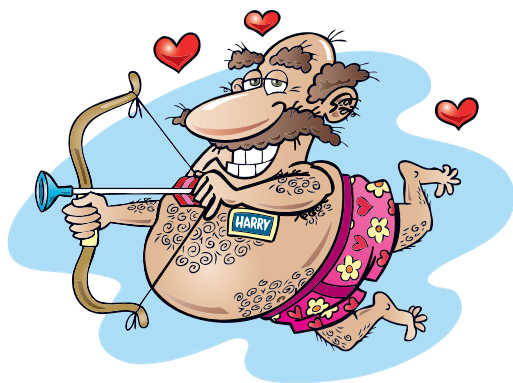
"Happy Brrrrr-thday" idea: If you live in snow country, make two Bundt pan ice lanterns to create an ice cake. Go outside and stack them on top of one another, with snow spread like icing between layers. Top with pretend candles nestled in snow. "A slice of ice, anyone?"

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Wow your friends with this easy to make luminary.



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No Super Bowl Sunday is complete without chicken wings

Few events generate as much enthusiasm among sports fans and non-sports fans as the Super Bowl. For sports fans who can't wait to see the NFL crown a new champion, the game itself is a must-watch event. For those who aren't fans of the game, Super Bowl Sunday is still a chance to chow down and socialize with friends and family.

There's no right or wrong way to watch the Super Bowl, but some might consider a Super Bowl soiree without chicken wings a major faux pas. For those who want to avoid such a misstep, this recipe for "Virgil's Smoked Chicken Wings With Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press) is sure to please.

Virgil's Smoked Chicken Wings With Blue Cheese Dip

- Serves 4
- Blue Cheese Dip
- 2 cups blue cheese crumbles, divided
- 1 cup mayonnaise
- ½ cup buttermilk
- 2 tsp hot sauce
- 1 tsp Worcestershire sauce
- ½ tsp kosher salt
- ¼ cup finely chopped scallions
- ¼ cup finely chopped celery
- Marinade
- ½ cup vegetable oil
- ½ cup hot sauce
- 4 tbsp Virgil's Dry Rub (see below)
- 4 tbsp granulated garlic
- 4 tbsp granulated onion
- Juice of ½ lemon

- Wings
- 8 large chicken wings
- ½ cup Virgil's Dry Rub (see below)
- Sauce
- 10 tbsp unsalted butter
- 1 tsp cornstarch
- 4 tbsp white vinegar
- ¾ cup hot sauce
- ¼ tsp cayenne pepper

1. To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce and salt in the bowl of a food processor and blend on low until smooth.

2. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.

3. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.

4. Preheat the grill or smoker to 245° F.

5. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.

6. Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners.

7. Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165° F when cooked).

8. While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl.

9. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.

10. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.

11. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a

platter, with the blue cheese dip on the side.

Virgil's Dry Rub

- Makes 5 to 5½ cups
- 2½ cups sweet paprika
- 1 cup granulated sugar
- ½ cup Texas-style chili powder
- ½ cup minced onion
- ½ cup granulated garlic
- ¼ cup dried parsley flakes
- 6 tbsp kosher salt

Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.



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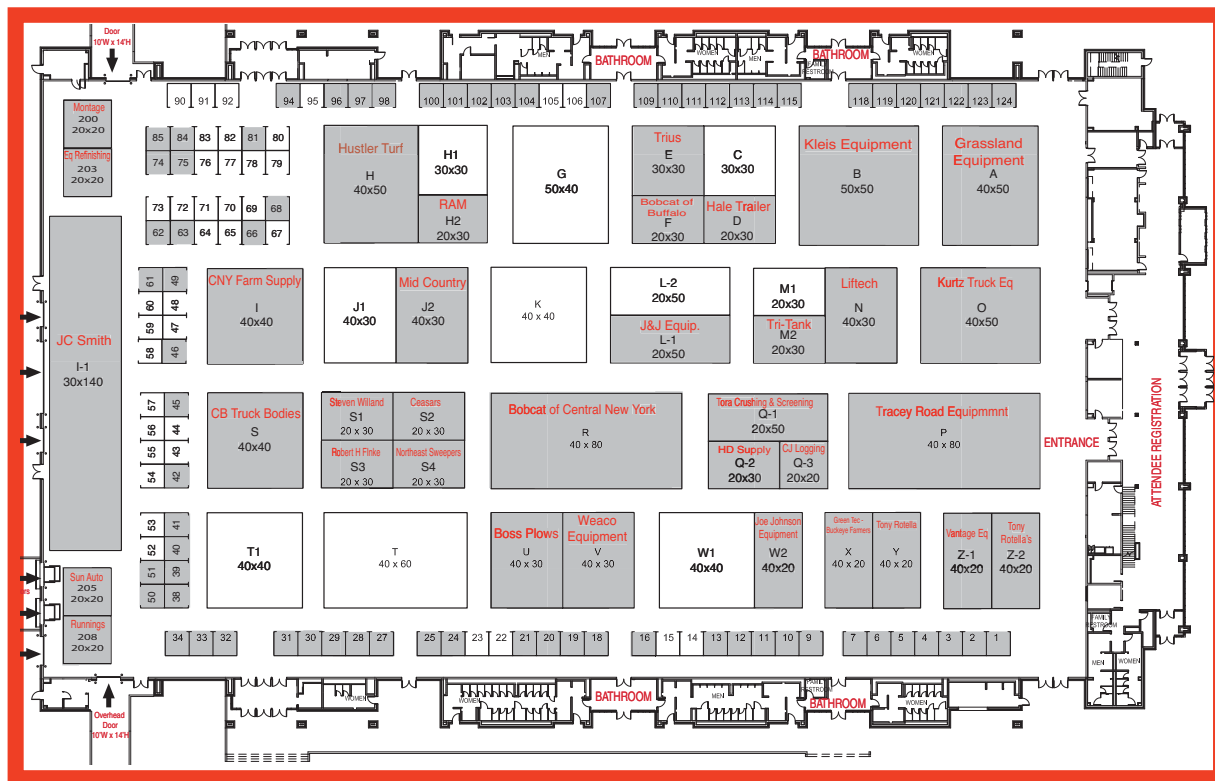
HARD HAT EXPO

April 8 & 9, 2020

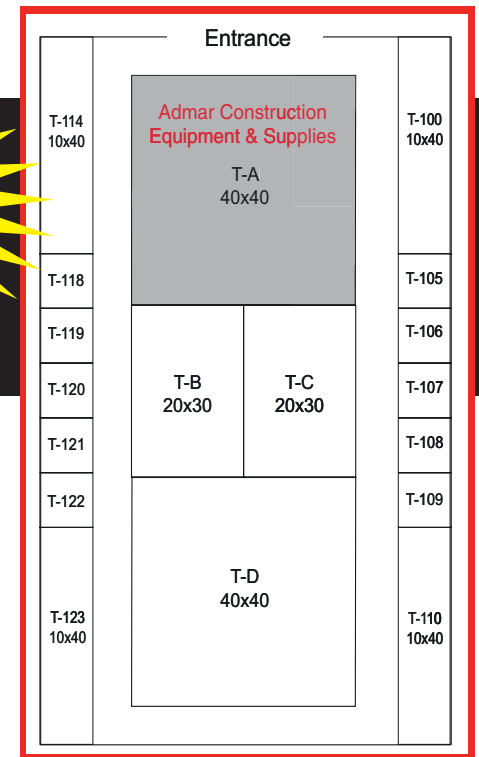
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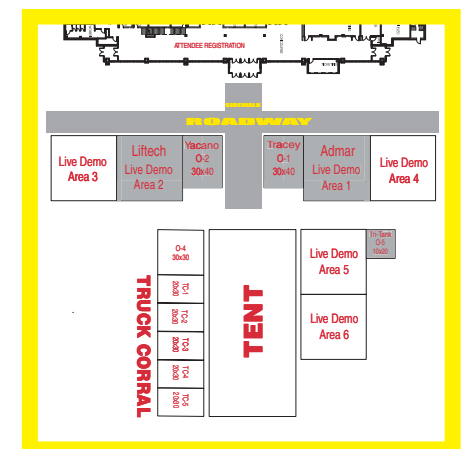
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Outside Areas



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- Auctions International • 39
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- Bobcat of Central New York • R
- Bon Tool Co • 49
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- Brenntag Lubricants • 30
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- JC Smith Inc • I-1
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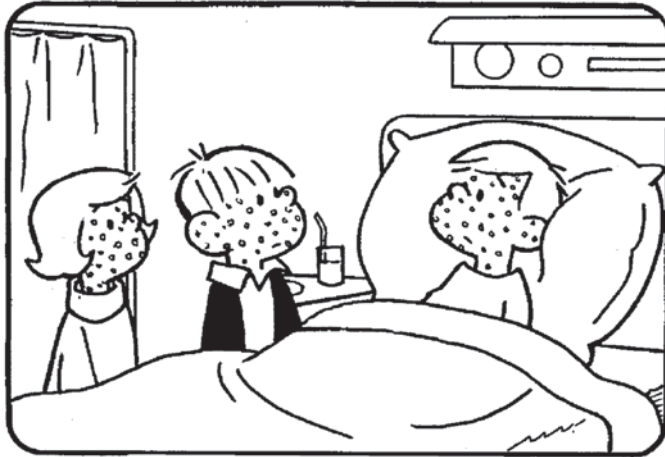
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HOW MANY OF THE FOLLOWING TYPES OF EQUIPMENT DO YOU OWN OR LEASE?

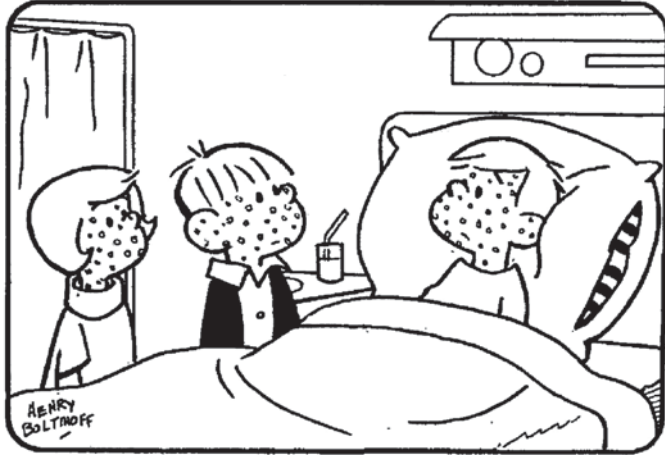
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- Trucks _____
- Backhoes, TLB's _____
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

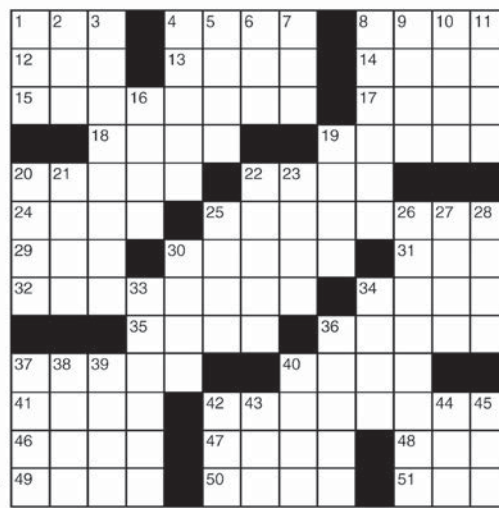


Differences: 1. Button is added. 2. Straw is moved. 3. Pillow is different. 4. Hair is different. 5. Knob is moved. 6. Sleeve is shorter.

ACROSS

- 1 Venomous viper
- 4 Incense
- 8 Pop
- 12 Ball-bearing item
- 13 Beelzebub's doings
- 14 From square one
- 15 Supreme Court Justice Thurgood —
- 17 Calm before the storm
- 18 Comedian Rivers
- 19 Refuge
- 20 Downright
- 22 Road's shoulder
- 24 Hard to find
- 25 Almond confection
- 29 "— Got a Secret"
- 30 Left-hand page
- 31 Ostrich's cousin
- 32 Union
- 34 Valhalla VIP
- 35 Loathe
- 36 Loses traction
- 37 Drive away
- 40 "Wozzeck" composer
- 41 Summertime treats
- 42 — Thatcher
- 46 Command-

King Crossword

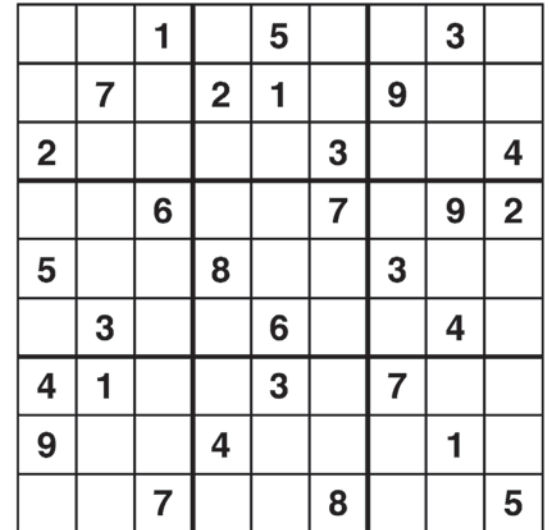


- 6 "— Abner"
- 7 Right angle
- 8 Sandwich sausage
- 9 Burden
- 10 Place to buy 8-Down
- 11 Piercing tools
- 16 Slightly
- 19 Ricelike pasta
- 20 — and proper
- 21 Volcanic spillage
- 22 Cleopatra's boat
- 23 Gaelic
- 25 Vegan's no-no
- 26 Distinguished ancestry
- 27 In the thick of
- 28 Sisters
- 30 Test tube
- 33 Variety of macaque
- 34 Gumbo base
- 36 Music transition
- 37 Ceremony
- 38 Canyon phenomenon
- 39 Lowly worker
- 40 Author Stoker
- 42 Encountered
- 43 "— was saying ..."
- 44 Mess up
- 45 Bill

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Weekly SUDOKU

by Linda Thistle

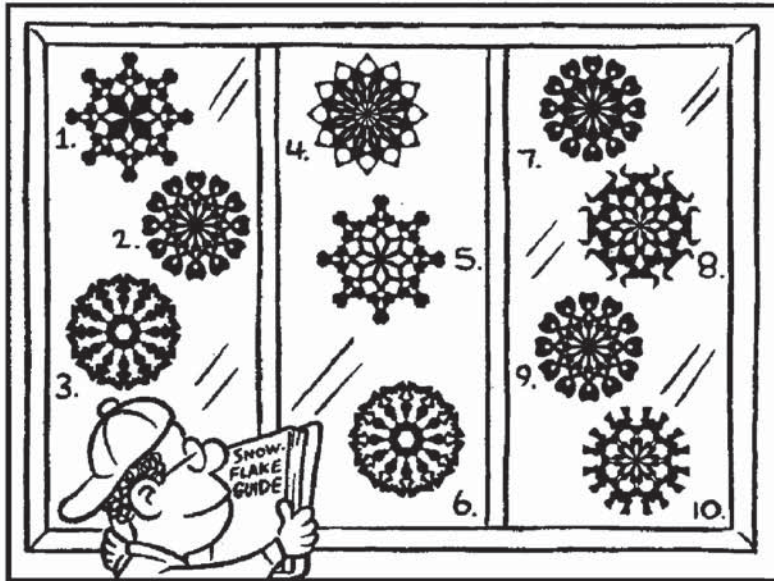


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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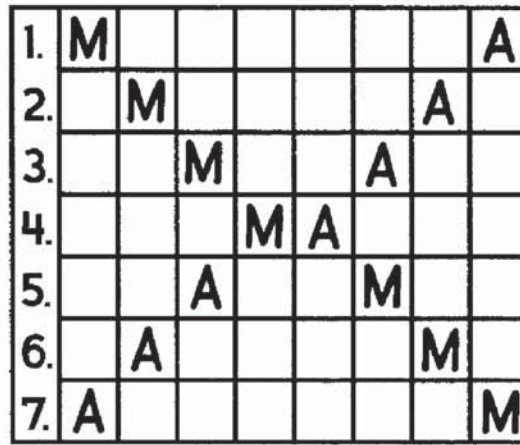


A FLAKY PROBLEM! Unlike nature, two of the snowflakes hanging in this school window are exactly alike. Can you spot them in less than a minute? Don't melt under this time pressure.

Answer: 2 and 9.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

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FIND THE BIG WORDS!

Using the clues below, find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words must be unscrambled and used to form the word asked for.

Definitions: **Anagrams:**

- 1. Spanish scarf
- 2. Of an empire
- 3. Express resentment
- 4. Searched thoroughly
- 5. Railroad worker
- 6. New York sandwich
- 7. Waiting area
- malt + nail
- amir + pile
- lamp + coin
- game + drum
- mane + bark
- mast + pair
- tome + roan



- 1. Mantilla. 2. Imperial.
- 3. Complain. 4. Rummaged.
- 5. Brakeman. 6. Pastrami.
- 7. Anteroom.

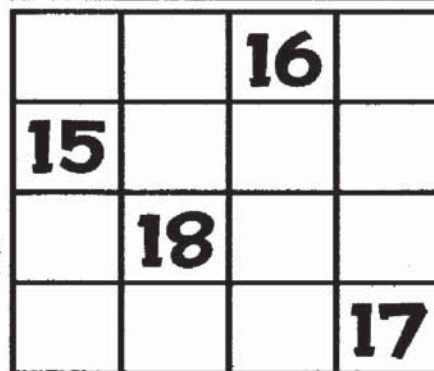
BRAIN TEASER! One night, two fathers and two sons played poker. When the game was over, there were three dollars in chips to be split up. Each player received exactly one dollar. How was this possible?

There were only three players: grandfather, father and son.



IT'S MAGIC! Use the numbers three through 18 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 42. We've filled in the numbers 15 through 18. The rest is up to you. Use trial and error -- and a good eraser!

First row: 10, 13, 16, 3. Second row: 15, 4, 9, 14. Third row: 5, 18, 11, 8. Fourth row: 12, 7, 6, 17.



Recruiting farms for the 2020 Herkimer County Local Foods Map

Cornell Cooperative Extension of Herkimer County (CCE) is updating the Herkimer County Local Foods Map for 2020. All farms listed on the 2019 map will be contacted for updates.

However if your farm was not on the 2019 map and you would like to be considered for the 2020 map, call CCE at 315.866.7920. To be part of the map, you need to produce a local

food product and your farm must be located in Herkimer County. The map is Friday, Feb. 21. See the 2019 map at bit.ly/CCEHerkCoLocalFoodsMap. The deadline to be listed on

Mohawk Valley Choral Society begins rehearsals

The Mohawk Valley Choral Society is beginning rehearsals for its May concert when the chorus, under the direction of Randy Davis, will present Franz Joseph Haydn's oratorio "The Creation."

The Choral Society invites amateur and professional singers throughout the area to join its 38th season. Rehearsals began on Monday, Jan. 27 at 7 p.m., in the

Vocal Music Room of Central Valley Academy in Ilion. The two-hour rehearsals will take place each Monday evening until the concert in May.

The Mohawk Valley Choral Society, a non-audition choral group, is composed of singers ranging in age from teenagers to those in their eighties. Anyone who has an interest in singing, has Monday evenings free

and is willing to commit to weekly two-hour rehearsals is invited to come sing with the Mohawk Valley Choral Society.

Singers with questions about the Mohawk Valley Choral Society or seeking more information about the spring concert are invited to email mail@mvchoral.org or call 315.826.3092.

Notable plays in recent Super Bowl history

As the annual championship game of the National Football League, the Super Bowl is one of the world's most watched events every year – and for good reason, as the game is never short on dramatic moments. The following are a handful of the many notable plays in the recent history of the Super Bowl.

• **Malcolm Butler's interception, Super Bowl XLIX, Feb. 1, 2015:** An epic battle between the reigning Super Bowl champion Seattle Seahawks and the New England Patriots effectively ended when one of the most questionable play calls in NFL history resulted in a goal-line interception by Patriots cornerback Malcolm Butler. With just 26 seconds to go and trailing 28-24, Seattle decided to pass the ball from New England's 1-yard line. The more conventional play call would have been to hand the ball off to running back Marshawn Lynch, who had already scored a touchdown and run for more than 100 yards in the game. But Seattle chose to pass, and Russell Wilson's throw was intercepted, resulting in the Patriots winning their first Super Bowl in a decade.

• **David Tyree's catch, Super Bowl XLII, Feb. 3, 2008:** It's fitting that this Super Bowl is widely regarded as one of the greatest upsets in Super Bowl history, as it also featured one of the most unlikely heroes in the sport's history. With his team trailing the New En-

gland Patriots 14-10 late in the fourth quarter, New York Giant David Tyree, a little-used wide receiver and special teams stalwart, made a miraculous catch on

third down, leaping into the air and pinning the ball to his helmet. That 32-yard reception kept the eventual game-winning drive alive. The loss would mark the Patriots' only defeat of the season.

• **Mike Jones's tackle, Super Bowl XXXIV, Jan. 30, 2000:** A thrilling affair that featured a 16-point comeback from the Tennessee Titans, Super Bowl XXXIV came down to the final play of the game. With just six seconds remaining, the Titans trailed the St. Louis Rams 23-16 but had the ball at the Rams's 10-yard line. Titans quarterback Steve McNair completed a pass to wide receiver Kevin Dyson, only to see Rams linebacker Mike Jones tackle Dyson at the 1-yard line as time expired, stopping another Titans comeback and earning the Rams their first Super Bowl victory.

• **James White's touchdown run, Super Bowl LI, Feb. 5, 2017:** While the moment itself may not be as amazing as other Super Bowl plays, it remains among the most memorable for what it represented. Trailing the Atlanta Falcons 28-3 midway through the third quarter, the New England Patriots were written off by viewers across the globe. But those eulogies proved premature, as the Patriots orchestrated the largest comeback in Super Bowl history, culminating with White's 2-yard overtime scamper into the end zone to seal the victory for New England.



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 - 1040 Services Offered
 - 1075 Snowblowers
 - 1080 Snowmobiles
 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
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Announcements

Announcements

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The Country Editor
 Call Peg at **1-800-836-2888**
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 or email classified@leepub.com

Announcements

BLACK AND WHITE HERO SALE Friday, February 7th, Ilion Masonic Temple, Pick-up 11am-1pm, 3pm-6pm, pre-order 315-269-6493. Sponsored by OES Chapter #82



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Antiques

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2012 DODGE Grand Caravan V8-3.6, 83K, store and go seats, white, new tires, one owner. 315-894-4411



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Country Editor

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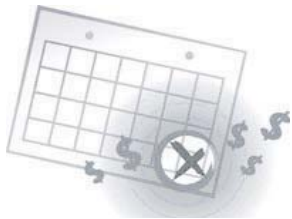
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Mohawk Valley Choral Society begins rehearsals

by Angela Shelf Medearis

Small changes build healthy eating habits

A new year brings about a desire for change, so let's start with your health! When it comes to our daily meal routine, change can sometimes be challenging. Studies have shown that it takes from two to eight months to form a new habit. You can create a positive eating "habit" by making small changes over time, like eliminating sugary drinks and high-sodium foods.

Consider making healthy changes that reflect your personal preferences, culture and traditions. Think of each change as a "win" as you build good habits and find solutions that reflect your new healthy eating style. Use the tips below courtesy of My Plate (www.choosemyplate.gov/start-small-changes) to find little victories that work for you!

Make half your plate fruits & vegetables

Focus on whole fruits more often than drinking 100% juice. Snack on fresh, frozen, canned or dried fruits instead of cookies, brownies or other sugar-sweetened treats. Offer whole fruits without saturated fat, sodium or added sugars as dessert.

Vary your veggies to include green, red and orange choices. Add fresh, frozen or canned vegetables to salads, side dishes and recipes. Prepare your vegetables without sauces, gravies or glazes to lower the amount of sodium, saturat-

ed fat and added sugars.

Make half your grains whole grains

Choose whole-grain foods more often than refined grains. Make at least half the amount of grains you eat each day whole grains. Find high fiber, whole-grain foods by reading the nutrition facts label and ingredients list. Some common whole grains include oatmeal, whole-wheat flour and popcorn.

Move to low-fat & fat-free dairy

Choose low-fat or fat-free milk and yogurt. Buy low-fat or fat-free cheese more often than regular cheese. Regular cream cheese, butter and cream are not in the dairy food group because they have little or no calcium. They also are high in saturated fat.

Vary your protein routine

Mix up protein foods to include seafood, beans, nuts, seeds, soy, eggs, lean meats and poultry. Select seafood twice a week, including fish and shellfish. Add beans or peas, unsalted nuts and seeds and soy in main dishes and snacks.

When planning your daily meals, try healthy new ways to prepare family favorites. This recipe for Greek Pork Chops with Veggie Rice incorporates fresh fruit and juices into savory dishes and mixes grains and vegetables.

Greek Pork Chops with Veggie Rice

1 lb pork cutlets (or 4 boneless pork chops)

- 2 tbsp vegetable oil
- ½ cup orange juice
- 2 tsp soy sauce
- 1 tbsp dried oregano
- 2 cloves garlic (peeled and minced)
- ½ tsp salt
- 1 tsp black pepper
- ¼ tsp dried crushed red pepper
- 4 (¼-inch-thick) orange slices

1. Make a marinade for the pork by combining 1 tablespoon of the oil, the orange juice, soy sauce, oregano and garlic in a glass bowl or re-sealable plastic bag; mix well. Cover bowl, if using, and refrigerate the pork chops for at least 4 hours or overnight.

2. Remove the pork chops from the marinade and discard the marinade. Sprinkle pork chops with the salt and the black and red pepper.

3. Place a large skillet on the stove over high heat. When hot, add the remaining tablespoon of oil to the skillet. Add the pork chops to the pan, waiting about 30 seconds between each addition.

4. Cook about 3 minutes on each side until crispy. Set pork chops aside on a plate and add the orange slices to the pan; cook on each side about 30 seconds. Serve pork chops over a bed of Mixed Veggie Rice and top with the orange slices. Serves 4.

Mixed Veggie Rice

If using leftover, already cooked veg-

etables, add them to the hot cooked rice immediately, cover and let them come up to temperature for 3 to 5 minutes before serving.

- 1 tbsp olive oil
- 1 cup uncooked long grain rice
- ½ onion, diced
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1 tsp salt
- 1 tsp ground black pepper
- 2 cups water (or 1 cup water and 1 cup low-sodium chicken or vegetable broth)

2 cups frozen mixed vegetables or 2 cups fresh, diced vegetables

1. In a large saucepan over medium-high heat, add the oil. Add in the rice, onion, garlic, oregano and the salt and pepper. Cook, stirring, for 2 minutes to toast the rice.

2. Pour in the water and/or the broth. Stir and bring the rice to a boil. Add the vegetables; return to a boil. Reduce heat to low and cover pot with a tight-fitting lid. Do not remove lid during the cooking process!

3. After 15 minutes, cut off the heat and let the rice sit, covered, for another 5 minutes to steam. Fluff rice and vegetables with a fork and serve immediately. Serves 4 to 6.

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

A	S	P		R	I	L	E		S	O	D	A	
T	E	E		E	V	I	L		A	N	E	W	
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E	O	N	S		T	I	M	E		E	R	B	

Just Like Cats & Dogs

by Dave T. Phipps



This Week's Holidays

- Feb. 1 – Eat Ice Cream for Breakfast Day
- Feb. 2 – Groundhog Day
- Feb. 3 – Feed the Birds Day
- Feb. 4 – Thank a Mail Carrier Day
- Feb. 6 – National Chopsticks Day
- Feb. 7 – Bubble Gum Day

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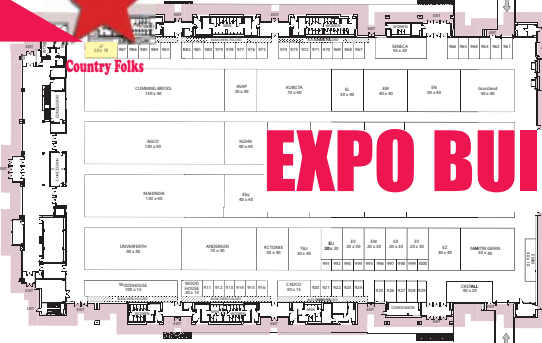


Horticulture Building

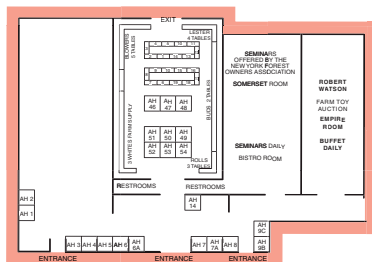


EXHIBIT LOCATOR
Exhibits are identified first by building code, followed by booth number.

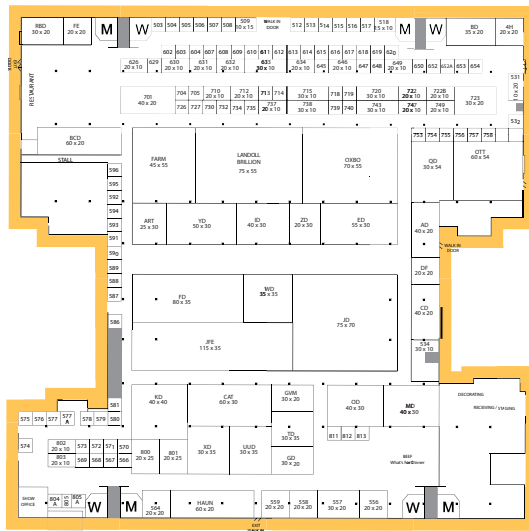
AH	Art & Home Center
CP	Center of Progress
D	Dairy Building
E	Expo Building
HT	Horticulture Building
W	Witter Ag Museum



EXPO BUILDING

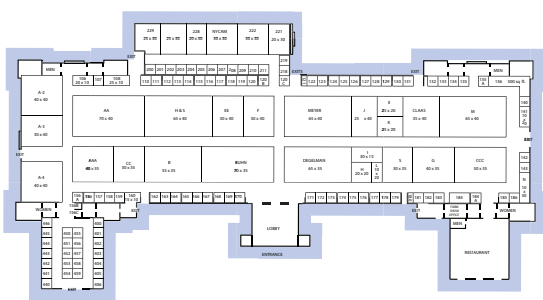


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