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Country Editor
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Give ear, O my people, to my law; Incline your ears to the words of my mouth. Psalm 78:1



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Halloween during the pandemic

The residents of The Mohawk Homestead were unable to participate in the community wide trick or treat night due to the pandemic, so they got a Hallow-

een Party instead. Costumes, music, games and food made their day very special. Staff participated in the party with their own costumes as well.



Residents of The Mohawk Homestead, due to the pandemic, had a Halloween Party at the homestead instead.

Photo courtesy of The Mohawk Homestead

Historic Herkimer County 1834 Jail embarks on makeover in 2021

The Historic Herkimer County 1834 Jail, a mainstay of the Historic Four Corners in the Village of Herkimer, will embark on a makeover in 2021 of restoration and preservation. In December 2018, the Friends of Historic Herkimer County received a grant from the New York Consolidated Funding Program for a \$320,300 project, which includes a match of \$80,800 from Friends. The match was raised in less than a year through the generosity of membership, brick participants and many others.

The restrictions placed on any fundraising activities by the COVID-19 virus made it impossible to schedule annual events that involved large groups of visitors. A reimbursement-type grant requires project activities be paid and subsequently reimbursed by NYS. In order to meet this obligation, the Friends have applied for a bridge loan at M&T Bank. Interest paid on the loan is not covered by the grant, thus the need to raise additional funds. Starting in mid-June 2020, supporters stepped up again to assist with raising those funds. In addition, the Friends have some upcoming events folks may be interested in.

A favorite event at the jail is the grand tour conducted by President Jim Greiner. We are now working on a virtual tour

DVD narrated by Greiner and produced by W.C. Pope Productions. The DVDs will be available in early December, just in time to for a holiday gift list. The December newsletter will have all of the details. The Virtual Tour will also be available at the jail for visitors not able to do the entire "live" tour.

The NYS Daily Evening numbers seemed to be something Friends could offer as a fundraiser event in the safety of the kitchen table. This took off fast and furious; over 680 tickets have been sold to date and the goal is to sell 1,000 tickets. The sale will end on the last day of November. We are hopeful this appeal will continue the momentum for additional sales. The tickets are \$5 each and offer \$25 for a weekday evening number, \$50 for Sundays and \$50 for Christmas and Hanukkah. Tickets are available by calling Katie at 315.867.5036 or the Herkimer Historical Society at 315.866.6413.

A popular event is the engraved brick program and always available. Placing an engraved brick on the grounds of this historical site is a fine way to honor or remember a loved one or an event with an inscription viewed for future generations. Bricks are available in two sizes: 4x8 for \$50 and 8x8 for \$100.


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November 13

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Rabid skunk found in Town of Winfield

Herkimer County Public Health received word on Tuesday, Nov. 3 from Wadsworth Labs that a skunk that was sent in to be tested for rabies on Monday, Nov. 2 from the Town of Winfield has tested positive for rabies.

The skunk was found in a pasture at residence and sent to Wadsworth lab for testing.

The public can protect themselves or their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies.
2. Spay or neuter all animals to reduce the number of strays.
3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Call Public Health at 315.867.1176 or visit www.herkimercounty.org if you have any questions or concerns.



Slow-cooker vegetarian lasagna

We substituted veggie crumbles for greasy ground beef to cut the fat without losing the protein in this super-easy vegetarian lasagna.

- 1 jar (25- to 26-ounce) marinara sauce
 - 1 can (14 1/2-ounce) diced tomatoes
 - 1 package (8- to 9-ounce) oven-ready (no-boil) lasagna noodles
 - 1 container (15-ounce) part-skim ricotta cheese
 - 1 package (8-ounce) shredded Italian cheese blend or shredded mozzarella cheese
 - 1 package (10-ounce) frozen chopped spinach, thawed and squeezed dry
 - 1 cup frozen veggie crumbles*
1. In medium bowl, combine marinara sauce and tomatoes with their juice.
 2. Spray 4 1/2- to 6-quart slow-cooker bowl with nonstick cooking spray. Spoon 1 cup tomato-sauce mixture into bowl. Arrange one-fourth of noodles over sauce, overlapping noodles and breaking into large pieces to cover as much sauce as possible. Spoon about 3/4 cup sauce over noodles, then top with one third of

ricotta (about 1/2 cup), and 1/2 cup shredded cheese. Spread half of spinach over cheese.

3. Repeat layering 2 more times beginning with noodles, but in middle layer, replace spinach with frozen crumbles. Place remaining noodles over spinach, then top with remaining sauce and shredded cheese.

4. Cover slow cooker with lid and cook as manufacturer directs on low setting 2 1/2 to 3 hours or on high setting 1 1/2 to 1 3/4 hours or until noodles are very tender. Makes 8 main-dish servings

*Veggie crumbles are a heat-and-serve vegetarian meat substitute found in your grocer's freezer. If you prefer, you can substitute 8 ounces ground beef, browned, for the crumbles.

* Each serving: About 415 calories, 17g total fat (8g saturated), 37mg cholesterol, 1,120mg sodium, 41g total carbohydrate, 6g dietary fiber, 24g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/food-recipes/.

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Comfort foods made fast and healthy

by Healthy Exchanges

Cheesy Garlic Potatoes

This is a great side dish to accompany any meat — from a simple chicken breast to your favorite meatloaf recipe.

1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup

3/4 cup chunky salsa (mild, medium or hot)

1 1/2 cups (6 ounces) shredded Kraft 2 Percent Milk Cheddar Cheese

1 teaspoon dried minced garlic

1 teaspoon dried parsley flakes

3 1/2 cups (18 ounces) diced cooked potatoes

1. In a large skillet sprayed with olive oil-flavored cooking spray, combine mushroom soup, salsa and Cheddar cheese. Stir in garlic and parsley flakes. Cook over medium heat until cheese starts to melt, stirring occasionally. Add potatoes. Mix well to combine.

2. Lower heat and simmer for 10 minutes or until mixture is heated through, stirring occasionally. Makes 6 (3/4 cup) servings.

* Each serving equals: 185 calories, 5g fat, 10g protein, 25g carbs, 658mg sodium, 233mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb, 1 Meat; Carb Choices: 1 1/2.

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Arc Herkimer's Ernie Davis receives NYSID's 2020 Joslin Award

Arc Herkimer's Ernie Davis has been recognized by NYSID as an "outstanding performer" through the 2020 William B. Joslin awards program.

Davis is employed on a NYSID Preferred Source contract with Herkimer Industries, a division of Arc Herkimer. These contracts provide meaningful em-

ployment and the power of a paycheck to people with disabilities.

This is the 17th year of the Joslin awards program. Arc Herkimer celebrated Davis with an award presentation and reception. In addition to his award, Davis received a check for \$500, and his story published in the NYSID yearbook.



Kevin Crosley (L-R), President/CEO; Ernie Davis, 2020 Joslin Award Winner and Michael Lamb, Vice President of Industrial Operations.
Photos courtesy of Arc Herkimer



Ernie Davis, 2020 Joslin Award Winner, enjoys his cake after receiving his award.



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National Railway Historical Society meeting to feature John Koslosky

John Koslosky once again gives the Utica and Mohawk Valley Chapter of the National Railway Historical Society more of his great railroad videos he has put on the internet for the November meeting.

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, Nov. 13 at the Zion Lutheran Church on the corners of French and Burrstone roads in

New Hartford at 7 p.m. There will be a business portion conducted by Utica and Mohawk Valley Chapter President Harry Lenz with reports on the Adirondack Scenic Railroad, the ongoing repair of New York Central Steam Switcher 6721, Christmas on Main Street and the Toy Train Collectors' Society Train Meet at Utica Union Station along with many other activities and projects for the com-

ing weeks and months.

After the break, Koslosky will have another one of his great video programs he has had featured on Facebook a number of times. The program will feature videos of railroad action in the area that he has taken.

This meeting is open to anyone who enjoys railroads, the railroads of Oneida County and Central New York and rail-

road history. We also like to invite guests who attend our meeting the opportunity to join our chapter as regular members. We would like to invite all active and retired railroad personnel to our meeting as well.

For more information, contact Bradford Paulson at 315.327.8653, 315.853.5400 or Bpaulson909@msn.com.

To your good health

by Keith Roach, M.D.

CPAP could help with sleep apnea

Dear Dr. Roach: How are sleep apnea, sighing and heart failure related? Recently, I was told that I have severe sleep apnea and that I must use a CPAP machine. I have noticed that during the day I frequently take a spontaneous deep breath. Is that sleep apnea while awake? I have coronary heart disease and have three stents. Will the CPAP machine help me in any way? — A.P.

It's complicated.

By far, the most common type of sleep apnea is obstructive sleep apnea. This happens in people who are overweight, or in people whose neck anatomy predisposes them to the condition. During sleep, the upper airway collapses, pre-

venting proper inspiration. This can be noticed by a sleep partner as choking, gasping or just not breathing for a prolonged time. The person eventually will wake up enough, due to lack of oxygen, to be able to take in a good breath, but will then fall back asleep. The process may happen hundreds of times a night, with the person often unaware.

Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

In severe sleep apnea, the oxygen level in the blood can

be so low for so long that the heart and lungs can be damaged, eventually leading to a type of heart failure of the right side of the heart.

However, the situation is even more complex. People who have other kinds of heart failure, such as from repeated heart attacks, can develop the less common form of sleep apnea, central sleep apnea. Although this also may be treated by CPAP, it is critical to treat the underlying heart failure as well. Your doctor can tell you whether you have central or obstructive sleep apnea.

Spontaneous deep breaths, sighs, are a part of normal human physiology. Sighs have several purposes, but the most important is to help keep the lungs properly expanded. Sighs might be more common

in people with heart failure, but I do not know of any correlation with sleep apnea.

Dear Dr. Roach: Are deodorants containing aluminum safe to use? The brands that do not contain aluminum are much less effective. I am concerned about absorbing the aluminum from the deodorant and its effect on the brain. — D.M.

Answer: That's a myth.

The amount of aluminum in antiperspirants is negligible. Deodorants that aren't also antiperspirants don't contain aluminum. The aluminum mechanically blocks the sweat glands in the armpit, and 99.99% of it is not absorbed into the body. Long-term studies of people taking aluminum-based antacid (which is also poorly absorbed) have

shown no increased risk of dementia. The body has several ways of removing the small amounts of aluminum we absorb, mostly via the kidneys. Aluminum toxicity IS a potential problem for people with kidney disease on dialysis, but the small amounts of aluminum in antiperspirants is too small to worry about even in those cases.

There is absolutely no reason to be concerned about the health effects of aluminum on the brain.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Bible Trivia

by Wilson Casey

1. Is the book of Ananias in the Old or New Testament or neither?

2. From Micah 7:19, where does God place forgiven sins? Depths of sea, Heathen hearts, Past the stars, Fiery pits

3. In the book of Revelation, Jesus said, "I am Alpha

and ..."? Beta, Omega, Eternity, Delta

4. From Psalms 60:8, David said, "Moab is my ..."? Terrier, Washpot, Courier, Warrior

5. What was the home of Peter, Andrew and Philip? Caesarea, Assos, Sardis, Bethsaida

6. On which mount did King Saul die? Sinai, Moriah,

Pisgah, Gilboa

ANSWERS: 1) Neither; 2) Depths of sea; 3) Omega; 4) Washpot; 5) Bethsaida; 6) Gilboa

Comments? More Trivia? Gift ideas? Visit www.TriviaGuy.com

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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

November 13 and 14

Indoor Yard Sale 9 a.m. - 3 p.m. both days at the Old Dolgeville Library building at 20 N. Main Street in Dolgeville. Proceeds will benefit the Dolgeville C.A.T. Project, an all-volunteer group organized under Dolgeville Forward to help reduce the number of outdoor cats in a humane way through a Trap-Neuter-Return program. Masks will be required and hand sanitizer will be available at the entrance. For more information, call Penny at 315.717.5823.

November 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop. 9 a.m. - 4 p.m. at Arc Herkimer's main building, 350 S. Washington St., Herkimer. Call Kelly Bunce at 315.574.7982 to register.

Free Clothing Give-Away 9-11

a.m. at Valley Alliance Church, State Highway 5, one mile east of the Nelliston traffic light. Doors open at 8:45 a.m.

Christmas Arrangements Sale 10 a.m. - 4 p.m. at the VFW, Acme Road, Frankfort. Sale conducted by the Grace Church of Mohawk.

Outdoor Christian Concert 2-4:30 p.m. at the Salisbury Volunteer Fire Department Pavilion. Hosted by Stratford United Methodist Church. Gospel singing and the Good News. Collecting canned goods for the needy in our area. COVID protocols.

November 15

Boy Scouts of America Troop 25 in Mohawk, NY Chicken and Biscuit Dinner 12-4 p.m. at the Mohawk American Legion. Takeout only. All proceeds divided among troop members to help offset cost for future

summer camps or high adventure trips being planned. Tickets at the door.

November 25

Annual Thanksgiving Pie and Pumpkin Roll Sale 9 a.m.-2 p.m. Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Call to place your order: 315.717.9462 or 315.823.1323. Leave message with phone number if no answer. All orders must be received no later than Nov. 20.

December 14

One Day Bus Trip to visit Destiny USA Mall in Syracuse and a tour through the spectacular "Lights on the Lake" around Onondaga Lake. Departing from Clinton and Herkimer. For more information, call the Herkimer County Historical Society at 315.866.6413.



How to create an on-the-go handwashing kit

Fall road trip season has arrived, and it promises to be unlike any other in recent memory. The outbreak of the novel coronavirus COVID-19 has changed how people go about their daily lives, including how they travel.

Travel may involve some risk until a treatment or vaccine for COVID-19 is developed, but day trips by car are among the safer ways to get out and about and experience the majesty of nature this fall. Fall foliage and moderate temperatures make autumn an ideal time to hit the open road, and drivers can do so without sacrificing their personal safety.

The Centers for Disease Control and Prevention recommends that anyone who intends to travel take certain steps to protect themselves while away from home. The CDC advises travelers to wash their hands

often while traveling, but fully operational restrooms may not be easy to find while on the road, as many communities have closed such facilities in an effort to stop the spread of COVID-19. But that doesn't mean drivers and their passengers can't keep their hands clean as they take to the road this fall. An on-the-go handwashing kit that includes the following items is easy to carry and makes for an effective way to wash your hands while on the road this fall.

- Water bottle(s) with cap: Pack enough water bottles with caps to accommodate your entire traveling party.

- Antibacterial soap/hand sanitizer: The CDC advises washing hands with soap and water for at least 20 seconds after going out in public, touching surfaces frequently touched by others and/or after blowing

your nose, coughing or sneezing. If you bring hand sanitizer, make sure it's at least 60 percent alcohol.

- Paper towels/wash cloths: Pack paper towels or wash cloths so you can dry your hands after washing them.

- Garbage bag: If you're visiting a park or trails, remember to bring a garbage bag along so you do not leave dirty towels or empty water bottles behind. A plastic bag from the grocery store can suffice if your traveling party is small.

The 2020 fall road trip season may differ from seasons past, but drivers can still take to the roads this autumn. Some simple safety measures, like packing an on-the-go handwashing kit, can help drivers reduce their risk of getting the COVID-19 virus without compromising the entertainment value of their trips.

Hearty chili for autumn days

People choose to adhere to a vegetarian or vegan diet for various reasons. Some people avoid animal products because of ethics, while others want to control their weight with low-calorie foods. Still others may have food allergies or intolerances that make a vegetable-based diet their best option.

Cooking vegetarian or vegan can introduce a person to a wide variety

of new foods and flavors. That's why even people who eat meat like to periodically experiment with vegetarian or vegan foods.

When the weather starts to cool, soups and stews become staples of many people's diets. With this recipe for "Four Bean Chili" from "Vegan Cooking for Beginners" (Publications International, Ltd.) by the PIL editors, home cooks can experiment with a meatless

chili that doesn't skimp on flavor even if it isn't brimming with beef, pork or lamb.

Four Bean Chili

Makes 8 to 10 servings

2 tablespoons olive oil
1 onion, finely chopped
2 medium carrots, chopped

1 red bell pepper, chopped

3 cloves garlic, minced
2 tablespoons tomato paste

2 tablespoons packed dark brown sugar

3 tablespoons chili powder

2 tablespoons ground cumin

1 tablespoon dried oregano

1 teaspoon salt

1 can (28 ounces) diced tomatoes

1 can (15 ounces) tomato sauce

1 can (15 ounces) small white beans, rinsed and drained

1 can (15 ounces) light kidney beans, rinsed and drained

1 can (15 ounces) dark kidney beans, rinsed and drained

1 can (15 ounces) pinto beans, rinsed and drained

1 cup vegetable broth

1 can (4 ounces) diced mild green chiles

1 ounce unsweetened baking chocolate, chopped

1 tablespoon cider vinegar.

Heat oil in large saucepan over medium-high heat. Add onions, carrots and bell pepper; cook and stir 10 minutes or until vegetables are tender. Add garlic, tomato paste, brown sugar, chili powder, cumin, oregano and salt; cook and stir 1 minute.

Stir in tomatoes, tomato sauce, beans, broth, chiles, and chocolate; bring to a boil. Reduce heat to medium; simmer 20 minutes, stirring occasionally. Stir in vinegar.

Chili is even better served with cornbread. Make batter while the vegetables are cooking in step one and bake it while the chili is simmering.

Cornbread

Makes 12 servings

3 tablespoons boiling water

1 tablespoon ground flaxseed

1 1/4 cups all-purpose



flour

3/4 cup yellow cornmeal

1/3 cup sugar

2 teaspoons baking powder

1 teaspoon salt

1 1/4 cups plain unsweetened almond or soy-milk

1/4 cup vegetable oil

Preheat oven to 400 F. Spray 8-inch square baking dish or pan with non-stick cooking spray. Combine boiling water and flaxseed in small bowl; let stand until cool.

Combine flour, cornmeal, sugar, baking powder, and salt in large bowl; mix well. Whisk almond milk and oil in medium bowl until well blended. Add to flour mixture with flaxseed mixture; stir just until dry ingredients are moistened. Pour batter into prepared baking dish.

Bake 25 minutes or until top is browned and toothpick inserted into center comes out clean.

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Wick named VHS' Employee of the Quarter Rickard is VHS' Employee of Third Quarter 2020



Jennifer (Jennie) Wick

Jennifer (Jennie) Wick has been named as Valley Health Services' Employee of the Third Quarter 2020. Wick joined the staff at VHS on Jan. 9, 2019 as a Resident Aide and became a CNA on March 3, 2019, working on the 11 p.m. to 7 a.m. shift. Her co-workers say Jennie is kind and compassionate, noting that she has the residents' best interests at heart.

Jennie says she loves her work at Valley Health Services and the residents she cares for every night.

Jennie's desire to do a great job is evident as she may work on different units. Jennie says her colleagues are super helpful. "We work together well. We are a family."

Jennie is focused on her next goal of attending school to become an LPN. She is a graduate of Fort Plain High School. Jennie lives in Herkimer with her husband, Forrest, who has also made his career at Valley Health Services.

Paw's Corner

by Sam Mazzotta

Does COVID restrict travel with pets?

Dear Paw's Corner: I'm driving from New York to Colorado for a long-term contract job, and my two dogs will be coming with me. My roommate in New York is flying with my cat about a week later, because I don't think my cat will do well on a long car trip (and I'm worried about her escaping). Are there any restrictions on pets traveling by plane or staying in hotels at this time? — Beth G., Brooklyn

Dear Beth: It sounds like you're doing your planning well in advance, and that's great.

Your dogs should be secured in the car while you're traveling. Depending on their size and the type of car, they can be placed in a large kennel cage in the cargo area (with comfy beds, chew toys and access to water). Or they can stretch out on the back seat — use a restraint device designed to keep dogs from sliding around the car or escaping from the vehicle.

Many hotels are pet-friendly and have modified their cleaning procedures so that the hotel rooms will be clean and ready for the next guest.

And more good news: Your friend and your cat can probably travel together in the airline cabin, as long as your cat is in a carrier (hard or soft sided) that will fit underneath the seat in front of your friend. (Some airlines are no longer shipping pets in the cargo area due to the disrupted flight schedules.)

Book the airline seat with a pet option as soon as possible. Airlines allow a limited number of pets to travel in the cabin, even in a carrier. Those slots may fill up fast.

Likewise for hotels: Book the rooms as soon as possible so that you know a pet-friendly room is waiting for you and your dogs.

Send your tips, comments and questions to ask@pawscorner.com.

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by Angela Shelf Medearis Cactus is a prickly treat

I was shopping in an ethnic grocery store when I saw a huge pile of fresh Prickly Pear cactus pads in the produce section. Prickly Pear cactus is thought to be native to Mexico and is eaten as a vegetable. The cactus is called "nopal" in Spanish, and the pads or stems are called "nopales." Mexico exports 40,000 pounds of nopales pads to Texas every day. They're also grown as an export crop in Central America and Israel.

The pear-shaped fruit on the ends of the nopal pads are called "tunas," and range in color from a greenish-white to purple. If the tuna fruit are sweet, they're eaten raw or used to make wine or as a sweet syrup. If sour, they're cooked and incorporated into a variety of recipes. I've always wondered about the first adventurous cook to take this prickly crop and turn it into a delightful dish!

Preparing the fresh cactus pads takes time and care, as all of the prickly spines and thorns must be carefully removed. After the pads have been prepped, they're grilled or boiled until tender. When sliced thinly, the nopales are called "nopalitas." They look like French-cut green beans and have a similar texture.

You can buy nopalitas in a can or jar, and both the fresh nopales and the canned variety are widely available in ethnic supermarkets. I prefer the ease and convenience of using the canned nopalitas because it's difficult to prepare them properly the first few times. Be sure to rinse the canned nopales well before using them.

Nopalitas are a popular ingredient in Mexican dishes. They're scrambled with eggs and served during the Mexican celebration of Lent, used as a taco filling, as a vegetable in soups, or breaded and eaten like French fries.

I used breaded nopalitas as a crunchy topping for this unusual Fried Cactus Salad. Enjoy this taste of Mexico, and try nopalitas in your recipes to give your dinner a South-of-the-Border flair.

Fried cactus salad

1 cup fresh nopalitas, rinsed, drained and patted dry

1/3 cup all-purpose flour

2/3 cup cornmeal

1 teaspoon chili powder

1 1/2 teaspoon salt

1 teaspoon ground black pepper

1/8 teaspoon cayenne

1 cup vegetable oil

1. To make the fried cactus, place flour, cornmeal, 1 teaspoon salt, black pepper and cayenne pepper in a small bag. Shake the bag to mix the ingredients. Drop the rinsed and drained nopalitas into the bag. Shake until the strips are well-coated.

2. Heat oil in a medium-sized skillet, about 2 to 3 minutes. Fry the strips until they are golden brown. Place strips on a paper towel to drain, sprinkle with the remaining salt, and set aside.

Salad:

3 tablespoons chopped white or sweet onion

1/2 cup chopped fresh cilantro

1/2 teaspoon dried oregano or 2 teaspoons fresh

Romaine Lettuce, torn into bite-sized pieces

1/4 cup prepared Ital-

The Kitchen Diva



ian Dressing

Topping:

3 tomatoes, sliced

1/3 cup chopped fresh

cilantro

1/3 cup crumbled queso fresco or anejo or Monterey jack cheese

1/3 cup purple onion rings

1 avocado, peeled and sliced (optional)

Place the onion, cilantro, oregano and lettuce into a large bowl. Drizzle with the salad dressing. Toss to combine. Top with the tomato slices, cilantro, cheese, onion rings and avocado. Sprinkle the fried nopalitas over and around the salad. Makes about 4 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. (www.tickettodream.org)

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Donna's Day: Creative family fun

by Donna Erickson
Gilded pumpkin vase for Thanks-giving

Halloween is over, but those uncarved orange pumpkins and heirloom gourds on your porch or mantel can have a new purpose and life for a fresh decor look right now — as well as serve as a stunning centerpiece for your Thanksgiving table. Coat them with an artistic gold shine, then hollow them with kids' assistance for a natural vase.

If you don't have any pumpkins, they are still abundant and cheap this month at farms, garden centers and in the produce section of grocery stores. A medium size pumpkin is ideal for a centerpiece, but you might think about gilding mini pumpkins, too. Transform them into alluring votive candleholders to add a seasonal sparkle on your table or buffet between the turkey, cranber-ries and pies.

Here are three simple steps for mak- ing a gilded pumpkin floral arrange- ment:

1. On a newspaper-covered surface, an adult should cut off the top with stem of a medium-size, firm and smooth pumpkin, creating an opening that is 4-5 inches in diameter. Save the top portion. Kids can dig in and scoop out the pulp and seeds with their hands and a spoon. Wash the outside with a damp cloth. Let dry.

2. On a newspaper-covered surface

outside, an adult should spray the ex- terior of the pumpkin and the cut-off top portion and stem with gold metallic spray paint available at craft and hard- ware stores. Let dry.

3. Line the inside of the pumpkin with foil or plastic wrap. Place a chunk of damp florist foam trimmed to fit snugly in the hollowed-out portion. Kids may poke trimmed stems of flowers, leaves and twigs into the foam, one at a time, until the arrangement is complete. Set on an attractive waterproof plate.

4. For an added touch, poke a florist pick or trimmed skewer into the center of the saved top and stem of the pump- kin. Poke the opposite end into the side of the rim.

5. Add water to the foam as necessary to keep flowers fresh.

Bonus Idea: For golden pumpkin vo- tive candleholders for your table, set a tea light and its metal casing or glass tea light jar inside the carved out cavity, or use a battery-operated tea light. An adult should always be present when burning candles.

Note: Acrylic paint in a metallic gold shade also works if you prefer not to use spray paint, although it takes longer to dry and may require an additional coat.

Donna Erickson's latest book is "Don- na Erickson's Fabulous Funstuff for Families."

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Kovels: Antiques and collecting

by Terry and Kim Kovel

Galoshes ad

Ever wonder when rubber boots replaced shoes on rainy days? Hessian soldiers wore leather boots, and



Some advertising collectibles are bargains. This picture was the top of an 1898 calendar probably given to customers who bought the Hood company rubber boots. The framed picture cost only \$74 plus a 10% buyer's premium.

Arthur Wellesley, the first Duke of Wellington, decided boots made of rubber would be more useful and keep feet drier. Charles Goodyear had vulcanized natural rubber in the 1850s to make tires, and he sold the use of the patent to Hiram Hutchinson in 1853 to use for boots. They became a fashion statement for a few years, but then farmers began to wear them, and then soldiers in both World Wars — the trenches often held rainwater and the boots kept feet dry. The boots continue to be used by many and they have changed from a semi-pointed toe to a rounded toe, to even a metal toe to avoid accidents.

Boots were first made of leather and went to the knees in the 1840s, then to the calf in the 1850s and to the ankle by the 1860s. Today, the terms "wellies," "gummies" or "gumboots" are used to describe rain boots. The original high Wellington boot is still popular for people in places or jobs where there are puddles and floods.

This picture is part of an 1898 calendar advertising Hood Rubber Boots for children. They are high enough to be considered Wellington boots. The sign, in a gold leaf frame, 14 by 24 inches, sold at a Kimbell Sterling auction in Johnson City, TN, for a bargain at \$81.40. The company called the boots "galoshes."

G: My mother-in-law gave us a beautiful green Hull baking dish, and I'm trying to get some information about it. It looks like something I'd love to bake with, but I'm not sure if I can still use it and if so, what temperature would be safe. It reads "Oven-Proof Hull USA No. 28-8" on the bottom.

A: Hull pottery was made in Crooksville, Ohio, from 1905 to 1986. Hull began making "oven-proof" pottery in the 1930s. This 8-inch baking dish, with its handle and lid marked "No. 28-8," usually is described as a Dutch oven. It should be safe to use in the oven at normal baking temperatures, usually not higher than 400 degrees, if there are no cracks. It sells online for



\$19 to \$24.

Current prices

Minton portrait plate: woman, jewelry, veil, "behold all my treasures," pink, 9 inches, \$160.

Jade urn: lid, double dragon handles, reticulated, puzzle ball, rings, 14 x 13 1/2 inches, \$320.

Cookie jar: cockatiel, ruby art glass, silvered brass head, Murano, Italy, 12 x 7 1/4 inches, \$540.

Stump planter: burl wood, knobby, hollowed out, 18 x 15 inches, \$1,020.

TIP: Don't store an oil painting in a damp basement or a hot or cold attic.

"Kovels' Antiques & Collectibles Price Guide" — the all new 2021 edition — is now available in bookstores and online, or visit www.Kovels.com for a special offer.

For more collecting news, tips and resources, visit www.Kovels.com.

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Town built on guns ponders future after Remington plant sale

by Michael Hill,
Associated Press

ILION, NY (AP) — Workers at the sprawling Remington factory in this upstate New York village took pride in a local gun-making tradition stretching back to the days of flintlock rifles. Now they're looking ahead with uncertainty.

Jacquie Sweeney and her husband were among almost 600 workers fired by the company this week, a few months after Remington Outdoor Co. sought bankruptcy protection for the second time in two years.

Successful bidders for the idled plant in bankruptcy proceedings have said they plan to restart at least some production, though details remain scarce.

There are high hopes for a successful reload of the plant that dominates the local economy. But these hopes are tempered by questions about how many workers will come back, and when.

"My husband, he's looking for work, just like everybody else. And I plan on going back to college unless I find a job before I start that up," said Sweeney, recording secretary for the local unit of the United Mine Workers of America. "That's all we can really do. We can't sit

around and wait for forever."

It's common for people here to say that Ilion is Remington and Remington is Ilion. Company founder Eliphalet Remington started making flintlock rifles on his father's forge near here in 1816, and the Ilion factory site dates to 1828. Though the company moved its headquarters to Madison, NC, the old factory dominates — literally and figuratively — a village that has long depended on workers making rifles and shotguns to power the economy.

Union signs reading "United We Stand with Remington Workers" are in the windows of local businesses that sell everything from pizza slices to steel-toed boots. At Beer Belly Bob's beverage center across the street from the plant, Bob McDowell recalled the sales bump on Thursdays and Fridays after shifts ended at 3 p.m.

"I used to call it the beer train," McDowell said with a smile. "It was busy, and it is gone."

Remington's recent history has been a roller coaster ride with a lot of drops. Layoffs have been common. The plant, which employed around 1,200 people eight years

ago, was down recently to about 600 union workers plus an estimated 100 or so salaried workers. The company began moving two production lines to a new plant in Huntsville, AL, in 2014.

Remington dealt not only with the volatile gun market, but also legal action, after the 2012 Sandy Hook school massacre. The gunman who killed 20 children and six educators at the Connecticut school used a Bushmaster AR-15 rifle, which once was made here.

Most workers were furloughed at the end of September as the company went through bankruptcy proceedings. Locals wondered whether it would ever restart.

The company was divvied up by multiple buyers. The bankruptcy court approved Sturm, Ruger & Co.'s \$30 million bid for Marlin Firearms, which were made here, and Anoka, Minnesota-based Vista Outdoor's \$81.4 million bid for Remington's ammunition and accessories businesses.

Roundhill Group's \$13 million bid included the Ilion firearms plant and a handgun barrel factory in Lenoir City, TN.

Roundhill partner Richmond Italia, a paint-

ball industry veteran, said he was approached by Remington CEO Ken D'Arcy about the opportunity, according to documents filed in the bankruptcy case.

"I believe I was approached by Mr. D'Arcy due to my manufacturing business in the paintball gun market and apparently Mr. D'Arcy believed that there may be some synergy," Italia said in court papers.

Roundhill pledged in court documents to bring back at least 200 workers. They could eventually add hundreds more, but details are not clear.

Roundhill partners did not respond to calls and emails asking about their plans. But Italia told WUTR-TV last week they plan to bring back as many workers as possible within "a couple of months."

Local officials believe a number of pieces need to be in place before

production starts, from a collective bargaining agreement with the union to a new federal firearms license.

One likely product would be Remington's Model 870 shotguns, said Jamie Rudwall, a district representative for the union. He said the new owners can rely on a trained workforce to produce shotguns for a hot market.

The FBI reports that it has processed more background checks to purchase or possess a firearm in the first nine months of 2020 than any previous year.

"We certainly have that capability of putting every single person back to work at 870s making literally between 1,200 and 1,800 every day. And every one of them will be sold," said Rudwall, who once worked at the plant.

The UMW said it has held "productive discus-

sions" with Roundhill. Meanwhile, it also has excoriated the outgoing owners for terminating 585 workers this week along with their health care and other contractual benefits. The union said the company is refusing to pay severance and accrued vacation benefits, sparking pickets in Ilion this week.

Local officials say the new owners have also expressed concerns about the efficiency of the old four-story factory, preferring a modern one-floor plant. Vincent Bono, chairman of the Herkimer County Legislature, met with them Thursday and said he believes something can be worked out to keep the long local tradition of gun production alive.

"We're optimistic that Remington's going to have a home here," Bono said. "To what degree, we really don't know."





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Different ways children can give back

Children can learn about the importance of giving back at an early age. Youngsters who become accustomed to volunteering and supporting charities may be more inclined to continue doing so as they get older.

Parents magazine reports that the number of parents with young children who are volunteering and getting involved has increased in recent years. As family schedules continue to be busy, charitable work done as a family unit can be an ideal way to spend time together and engage in activities for the greater good.

Kids can get involved in many different charitable efforts. Quite often children are forward thinkers and innovators and may have their own unique ideas in regard to volunteering or charitable work, but the following are some ways kids can get involved in giving back.

- **Donate food.** Children can easily gather food to donate to a food pantry in the area. Set aside a bag to donate and pick one item for the donation bin each time the family visits the supermarket. When the bag is full, deliver it to an organization in need. Children also may work with their schools to have a collection box on campus and encourage other families to donate.

- **Participate in a "walk" or "run."** Walks or runs for a cause are popular events in which participants solicit pledges tied to their performances. While these are traditionally group efforts, COVID-19 may change the way future walks are organized. Participants may be able to do a walk or run on their own and still raise funds for local charities.

- **Be a buddy.** Children can be paired up with a senior at a nursing home, a child at a children's hospital or even a kid who is new to the neighborhood and hasn't yet made school friends. Companionship can be a great gift.

- **Get involved in a cleanup campaign.** Picking up litter from parks, beaches, streets, and even around school grounds can be a great foray into volunteer work. Go beyond just removing trash. Organize a planting event or remove brush and weeds as well.

- **Collect funds.** Children can learn the joy of charitable giving by starting small. Keep a change collection jar at home and toss change from shopping ex-



cursions or coins they may find while out and about in the community. When the jar is filled, cash in the coins and donate to a charity of your child's choosing.

Children can begin learning about the benefits of being charitable individuals at a young age when their parents introduce them to volunteerism and other ways to give back.



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Precautions that can keep wedding guests safe during the pandemic

Happy couples planning to tie the knot in 2020 confronted a challenge they likely never saw coming. While many couples fear inclement weather on their wedding days, 2020's prospective brides and grooms had to contend with something far more fearful than rain clouds.

The outbreak of the novel coronavirus that began in the winter of 2019-20 and was ultimately declared a pandemic by the World Health Organization put many couples' wedding plans in peril. In an effort to stop the spread of the virus and protect those most vulnerable to it, governments across the globe

placed restrictions on social gatherings, including weddings. Those restrictions prompted some couples to postpone their nuptials until 2021, while others tied the knot at considerably smaller ceremonies than they initially planned for.

Couples planning to tie the knot in the months ahead can still do so, but the WHO recommends they take certain precautions as they organize their ceremonies and receptions.

- Confirm local regulations. Restrictions related to COVID-19 differ greatly by region. Areas that were not hit hard by the virus may not have as many restrictions in place as those



Couples planning to tie the knot in the months ahead can still do so, but the WHO recommends they take certain precautions as they organize their ceremonies and receptions.

that were devastated by the outbreak. In addition, cities or regions whose responses to the virus have been successful may have relaxed restrictions more than areas that are still struggling. The WHO notes the importance of checking local guidelines prior to planning an event, and that's especially important for couples who hope to get married in towns or cities where they do not currently reside.

- Keep guests up to date about precautions. Include detailed information about the safety measures that will be implemented during the wedding on your wedding website. Insert a card detailing this information into your invitation envelopes as well so all guests know what to expect when they accept the invitation. In addition, remind guests of the safety precautions throughout the ceremony.

- Provide sanitary supplies. Make sure hand sanitizer, soap, water, and masks are readily available for all guests. Social distance markers also can be placed on the ground throughout the venue to make it easy for guests to stay six feet apart from one another.

- Choose an outdoor venue. The Centers for Disease Control and Prevention notes that the COVID-19 virus spreads very easily through person-to-person contact and that the risk of spreading the virus is greater when spending time indoors. Couples can mitigate some of that risk by tying the knot outdoors and then hosting an outdoor reception where tables are kept at least six feet apart.

Weddings will be different until the world puts COVID-19 in its rearview mirror. In the meantime, it's up to happy couples to keep their guests safe come the big day.




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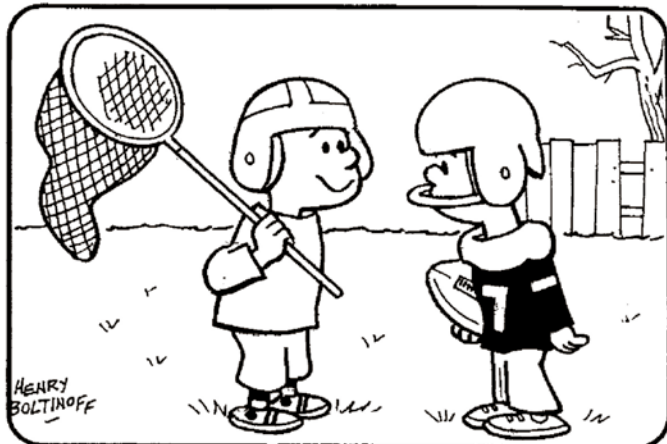
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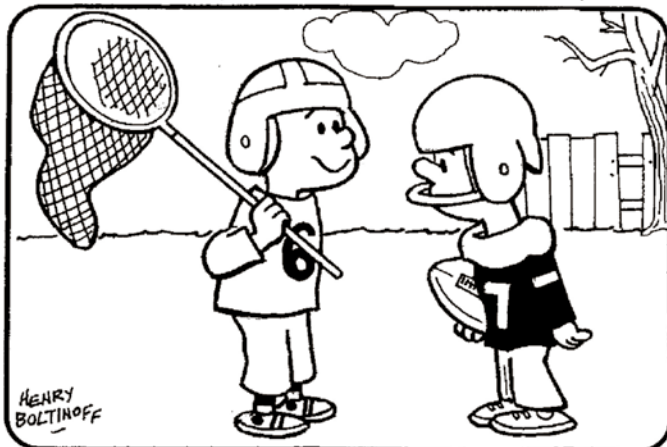
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BY
HENRY BOLTINOFF

Find at least six differences in details between panels.

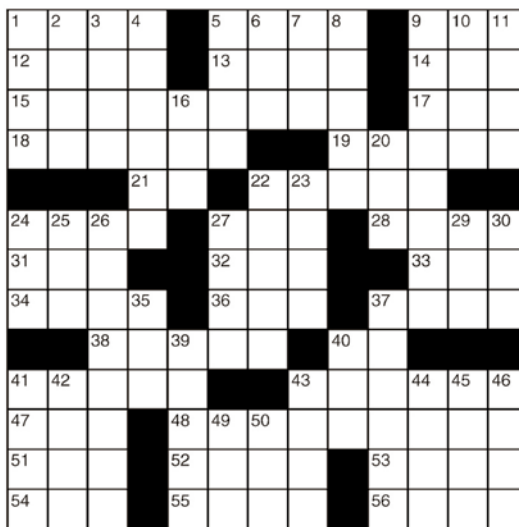


Differences: 1. Cloud is added. 2. Grass is missing. 3. Boy on left is taller. 4. Tree is in front of fence. 5. Nose is larger. 6. Number added to shirt.

ACROSS

- 1 Coagulate
- 5 Chooses
- 9 Evil
- 12 Staffer
- 13 Father of Japheth
- 14 Time of your life?
- 15 Battle zone, often
- 17 Member of a pride
- 18 Unsophisticated
- 19 Creates
- 21 Yon bloke
- 22 Use
- 24 Cage components
- 27 Cattle call
- 28 Glasgow gal
- 31 Retirement plan acronym
- 32 Museum fill
- 33 Agt.
- 34 Quarter-bushel
- 36 Where — at
- 37 Crucial time
- 38 Fate
- 40 Circle ratio
- 41 Alamo combatant
- 43 More considerate
- 47 — Locka, Fla.
- 48 Half a golf course
- 51 Prohibit

King Crossword



- 52 Green land
- 53 Sportscaster
- 54 On in years
- 55 Judicial garment
- 56 Start over
- 7 Author Amy
- 8 Sometime
- 9 BBQ site, often
- 10 Chills and fever
- 11 Society newcomers
- 16 Definite article
- 20 Completely
- 22 Heart line?
- 23 Cookware
- 24 Rend
- 25 Anger
- 26 Contrarily
- 27 Cripple
- 29 Vast expanse
- 30 Bond, for one
- 35 Chiang — shek
- 37 Main meal
- 39 Allude (to)
- 40 Orchestra's location
- 41 Newsom of baseball lore
- 42 October birthstone
- 43 Dandling site
- 44 Tragic
- 45 Oklahoma city
- 46 Former attorney general
- 49 Carnival city
- 50 Sphere

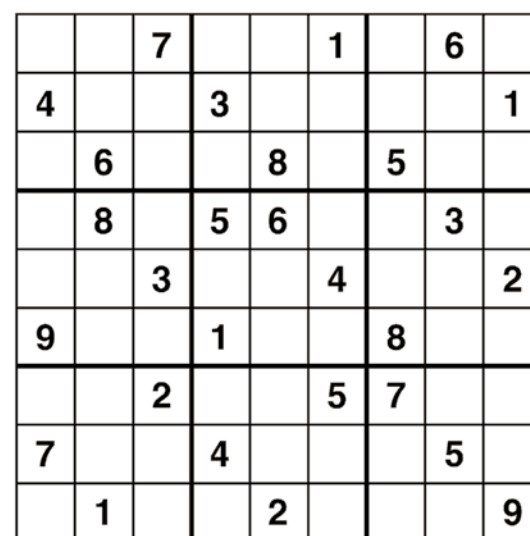
DOWN

- 1 Eatery
- 2 Old Italian money
- 3 Smell
- 4 Cents to dimes, or dimes to dollars
- 5 Sans siblings
- 6 Luau bowlful

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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 RHYMING RIDDLE!

Pray tell me, ladies,
if you can,
Who is that highly
favored man,
Who, though he has
married many a wife,
May still live single
all his life?

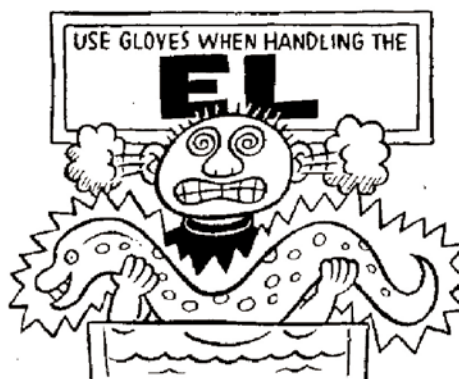


PUZZLE CARD! Can you fathom the Jolly Jester's confusing conundrum?

Answer: A clergyman.

Junior Whirl

by Charles Barry Townsend



KNOW YOUR ALPHABET!

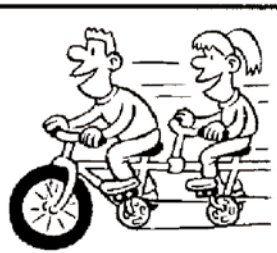
See if you can answer the following questions by using just one, two or three letters from the alphabet. (Each letter must be pronounced separately.)

What letters spell ...

1. a slang expression?
2. a two-digit number?
3. a form of jealousy?
4. a likeness or image?
5. special movie actions?
6. comfort?
7. a poetic lament or song?
8. a hated foe?
9. a rundown neighborhood?
10. to feel great happiness?

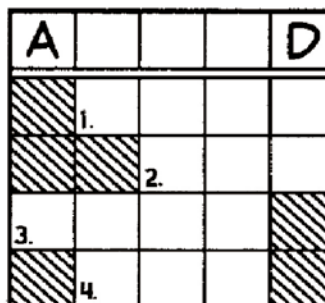
HERE COME THE OLSEN KIDS! Each boy in the Olsen family has as many sisters as brothers. Each sister has half as many sisters as she has brothers. How many brothers and sisters are there on this "Bicycle Built For ..."?

Answer: There are four brothers and three sisters.



FIND-A-WORD! On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

1. To fix something.
2. The very limit.
3. A statement of approval.
4. Pieces in a board game.



Illustrated by David Coulson

Answers: 1. O-G (oh gee). 2. A-T (eighty). 3. N-V (envy). 4. F-E-G (effigy). 5. F-X (effects). 6. E's (ease). 7. L-E-G (elegy). 8. N-M-E (enemy). 9. C-D (seedly). 10. X-T-C (ecstasy).

Answers: 1. Mend. 2. End. 3. Amen. 4. Men. Mystery word: Amend.

Potential substitutes when you're missing an ingredient

When cooking or baking at home, few things can prove as frustrating as preparing a dish only to realize you're missing a key item from the ingredients list. Such realizations often force cooks to stop what they're doing and make emergency trips to a nearby grocery store. That can delay dinner time or make cooks feel rushed when they ultimately return from the store. But what if there was a way to substitute ingredients without risking flavor? Thankfully, there is.

According to AllRecipes.com, cooks can easily make their own ingredient substitutions if they suddenly realize they're missing an item listed in a recipe and don't want to run to the store. But many substitutions won't be direct,

meaning 1 tablespoon of a particular ingredient will not always translate to 1 tablespoon of a substitute ingredient. The following substitution guide, courtesy of AllRecipes.com, can help cooks overcome the last-minute surprises regarding missing ingredients.

Ingredient: Allspice

Amount: 1 teaspoon

Substitute: 1/2 teaspoon cinnamon, 1/4 teaspoon ginger and 1/4 teaspoon cloves

Ingredient: Baking Powder

Amount: 1 teaspoon

Substitute: 1/4 teaspoon baking soda plus 1/2 teaspoon of cream tartar OR 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)

Ingredient: Bread crumbs

Amount: 1 cup

Substitute: 1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats

Ingredient: Brown sugar

Amount: 1 cup, packed

Substitute: 1 cup white sugar plus 1/4 cup molasses and decrease the liquid in the recipe by 1/4 cup OR 1 cup white sugar OR 1 1/4 cup confectioners' sugar

Ingredient: Butter (salted)

Amount: 1 cup

Substitute: 1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt

Ingredient: Butter (unsalted)

Amount: 1 cup

Substitute: 1 cup shortening OR 7/8 cup vegetable oil OR 7/8 cup lard

Ingredient: Cocoa

Amount: 1/4 cup

Substitute: 1 1-ounce square unsweetened chocolate

Ingredient: Corn syrup

Amount: 1 cup

Substitute: 1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup

Ingredient: Egg

Amount: 1 whole (3 tablespoons or 1.7 ounces)

Substitute: 2 1/2 tablespoons of powdered egg substitute plus 2 1/2 tablespoons water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu pureed OR 3 tablespoons mayonnaise OR half a banana mashed with 1/2 teaspoon baking powder OR 1 tablespoon powdered flax seed soaked in 3 tablespoons water

Ingredient: Garlic

Amount: 1 clove

Substitute: 1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt (reduce salt in recipe)

Ingredient: Honey

Amount: 1 cup

Substitute: 1 1/4 cup white sugar

plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup

Ingredient: Lemon juice

Amount: 1 teaspoon

Substitute: 1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice

Ingredient: Lime juice

Amount: 1 teaspoon

Substitute: 1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice

Ingredient: Mayonnaise

Amount: 1 cup

Substitute: 1 cup sour cream OR 1 cup plain yogurt

Ingredient: Onion

Amount: 1 cup, chopped

Substitute: 1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR 1/4 cup dried minced onion OR 1/4 cup onion powder

Ingredient: Semisweet chocolate chips

Amount: 1 cup

Substitute: 1 cup chocolate candies OR 1 cup peanut butter or other flavored chips OR 1 cup chopped nuts OR 1 cup chopped dried fruit

Ingredient: Shortening

Amount: 1 cup

Substitute: 1 cup butter OR 1 cup margarine minus 1/2 teaspoon salt from recipe

Ingredient: Stock — beef or chicken

Amount: 1 cup

Substitute: 1 cube beef or chicken bouillon dissolved in 1 cup water

Ingredient: Vegetable oil (for baking)

Amount: 1 cup

Substitute: 1 cup applesauce OR 1 cup fruit puree

Ingredient: Vegetable oil (for frying)

Amount: 1 cup

Substitute: 1 cup lard OR 1 cup vegetable shortening





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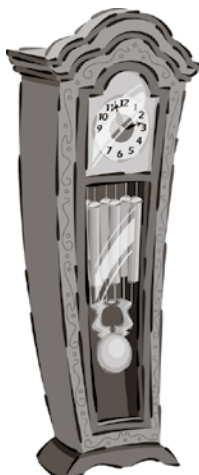
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Six advantages to dining out

Dining out was once a rarity reserved for special occasions. More recently, consumption of food away from home has played an increasingly larger role in everyday life.

According to the United States Department of Agriculture's Economic Research Service, the increase in dining out since the 1970s is owed to a larger share of two-income households, more convenient and affordable food outlets, increased advertising and promotion by food chains, and the smaller size of most households.

One shouldn't discount the wide array of options and the convenience that dining out can provide. There are many advantages to dining out, and the decision to do so during the pandemic can help local restaurants stay afloat as they continue to confront the challenges of

the COVID-19 outbreak.

1. It's fun and exciting

Dining out can be a fun and exciting experience that takes people away from the routine of daily life. Dining out presents an opportunity to look forward to a specific day on the calendar. For many, it can be a respite from making meals at home. Dining out is a social endeavor, even if you aren't interacting with that many other people in the restaurant.

2. Introduces new foods

Dining at a restaurant can be eye-opening for customers willing to try new things. Restaurants that specialize in ethnic cuisine can introduce diners to classic recipes from around the world — something they may not normally try if they do not dine out.

3. Prolongs the dinner hour

Dining out gives din-

ers a chance to linger and converse without the distractions of home and daily schedules. A restaurant can be a good way to focus on communication with family and friends.

4. Escape workplace distractions

A workday lunch or business meeting held at a restaurant can help coworkers escape workplace pressures and distractions. Such meals also can be a great way for managers to foster strong relationships and build camaraderie within their teams.

5. Convenience

One of the best arguments for eating out is the convenience factor. When time is of the essence, making a reservation, eating out and allowing the restaurant to handle everything from service to cleanup cuts down on work at home. This frees up opportunities to do other tasks,

including spending time with one another.

6. Variety

Many households are comprised of people with different palates. Restaurants have many offer-

ings, which means that each member of the dining party can choose his or her own unique dish. This is not something easily achieved at home.

Dining out has been

gaining popularity for more than 40 years. Individuals and families can explore the many different advantages to enjoying a meal at a local eatery.



There are many advantages to dining out, and the decision to do so during the pandemic can help local restaurants stay afloat as they continue to confront the challenges of the COVID-19 outbreak.

Stock up on must-have kitchen tools

Cooking meals is advantageous for a variety of reasons. Cooking at home is a budget-friendly way to feed a family, and home chefs have strict control over the ingredients they use, which can make it easier to adhere to a particular diet and avoid foods that may trigger allergic reactions. Cooking at home also enables families to spend time together preparing meals and then eating the fruits of their labor.

Of course, preparing quality recipes at home requires not only having nutritious ingredients on hand, but also the right tools for meal-making. A combination of basic utensils and some other handy gadgets can make crafting winning meals that much easier. Here's how to stock your cabinets and drawers accordingly.

• **Chef's knife:** A quality chef's knife is one of the unsung tools of the kitchen. Chef's knives can be used for chopping, dicing and generalized cutting. Choose a knife that feels comfortable in your hand. It should be easy to control and not too heavy but also sturdy.

• **Food thermometer:** Foodborne illnesses are no joke. That means it's essential to have a thermometer for checking the internal temperature of poultry and meat.

• **Various spatulas:** Invest in metal spatulas of various sizes to make easy work of flipping everything from burgers to pancakes.

• **Silicone/rubber spatulas:** These tools make easy work of scraping down the sides of mixing bowls or cleaning out food processors.

• **Kitchen shears:** Sometimes a knife won't cut it. Kitchen shears are useful for snipping herbs or trimming fats from meat. Heavy duty shears can cut through bones on chickens for easily dividing up whole birds.

• **Food processor/food mill:** Grind up foods or chop them easily with a food processor. You can invest in a separate appliance, or some multipurpose blenders that tackle food processing duties in addition to mixing.

• **Cast iron skillet:** Pots and pans are made from various materials that speak to their durability and nonstick nature. One of the more versatile materials is cast iron. It heats evenly to high temperatures and retains heat for a long time. Cast iron also goes easily from stove top to oven. Caring for pans properly will help them last a lifetime.

• **Nonstick skillet:** These pans are ideal for scrambling eggs or making pan-fried dishes. Look for ceramic coatings, which are better for your health than chemical coatings.

• **Spoons and ladles:** Having a variety of spoons and ladles at the ready can simplify scooping and stirring.

• **Slow cooker:** This appliance is ideal for cooking meals slowly. They're easily set in the morning and can be returned to in the evening for a fully cooked meal.

• **Air fryer:** One of the newer gadgets on the market, air fryers cook by circulating hot air around food. They create the texture and taste of deep-fried foods without extra grease or fat.

These are just some of the handy kitchen tools to have available. Visit a department store or specialty culinary retailer for more great additions.



A chef's knife is just one of the many key tools to have on hand for home cooking.



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Like magic: Multiply your trees, shrubs by using cuttings

by Lee Reich, Associated Press

How magical: Stick a piece of wood in the ground and next year it becomes a plant.

That stick is a hardwood cutting, an easy way to multiply some favorite trees, vines and shrubs. They're called "hardwood" because the pieces are mature and woody rather than young and succulent.

Not every woody plant will magically take root and start to grow from hardwood cuttings. Expect close to a 100% "take" with plants such as grape, currant, gooseberry, privet, spiraea, and honeysuckle. But don't even bother trying this method to make new apple, maple or oak trees.

Because they lack leaves, hardwood cuttings are less perishable than "softwood cuttings," whose leaves can dry rooting stems out before roots form.

If you want to make your thumbs feel greener, try hardwood cuttings of willow, a plant I've seen take root from branches inadvertently left on top of the ground through the winter. Most other plants demand a little more finesse.

Take the cuttings

If you'd like to multiply a favorite plant by hardwood cuttings, now is a good time of year to start. Step back and look at the plant, and select some shoots that grew this past season — the youngest shoots. Those most likely to root have moderate vigor; they're not too fat or too thin for the particular species.

Cut the shoots into manageable lengths of a half-foot or so, the upper cuts just above a swollen node where a leaf was attached, and the lower cuts just below a swollen node. Make sure you remember which end was up (furthest from the root). Professionals do this by cutting the bottoms off squarely and the tops at an angle so the ends are not mixed up during planting.

All that's needed, then, is to slide the bottom of each cutting into some well-drained soil, deeply enough so that only the top node still shows. If you plant cuttings in autumn, mulch them to keep the soil warmer and prevent freezing and thawing of the ground from heaving them up out of the soil during winter. If you plant the cuttings in a nursery bed, the rooted plants should be ready to move to their permanent homes by next fall.

Options in planting and storing cuttings

You could, instead, stick the cuttings in the ground in spring. I prefer fall planting because the cuttings have a chance to make some roots before the tops start growing in spring. New shoots can't grow until after they've experienced winter cold.

Spring planted cuttings are often so overanxious to begin growth that new top growth is underway before root growth begins. The shoots soon realize there are no roots to sustain them, then flop over and die.

If you would rather plant in the spring, the cuttings need to be kept cool and moist through the winter. The traditional storage method is to bundle the cuttings together and bury them upside down in the soil. This lets the bottoms of the cuttings be first to feel the warming effects of spring sun beating on the ground, while the shoot buds are held in check, buried deeper in cold ground.

A refrigerator also works: Seal the cuttings in a plastic bag, wrap the bag in a wet paper towel, and then seal the whole thing in yet another plastic bag. Either way, plant the cuttings as early as possible in spring, as soon as winter's excess moisture has drained from the ground.



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by JoAnn Derson

- Yard sales sponsored by churches and other charities can be a great source of bargains, especially at this time of year.

Now here's a tip

Since they are a fundraiser, usually with donated items, they are motivated to sell, even if it's at a lower price. Oftentimes you can get items that still have tags, which make great gifts.

- "If your toothpaste is almost done, just snip off the top and dip your brush in the container. There's usually more in the tube." — T.D. in Kentucky
- If someone has written on your dry erase board with a permanent marker, try writing over it with a dry erase marker. Sometimes this works to remove the permanent marker.
- Wrap a bit of tape

sticky side out around a straightened-out paper clip. You can GENTLY put it in the headphone jack to get out lint that is otherwise inaccessible. Also, keep a lint-free cloth that comes with glasses handy to clean the screen of your smartphone.

- "If you are inundated by paper, here are some things you can do to at least stem the tide: First, if you can't bear to shred something because you think it might be important, scan it first. If you're the kind of person who prints out and saves things like online bill payment receipts, print to PDF and save it electronically." — W.L. in

Illinois

- "It's really annoying when I put a shirt on or take one off and I get foundation on the collar. When that happens, I use shaving cream to remove it. After removing the garment, I squirt a dollop of shaving cream on the stain and rub it in. Sometimes I try to use a paper towel to remove some of it before I put it in the washer. Always check it before you put it in the dryer!" — L.M. in Washington

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.
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King Crossword

Answers

Solution time: 25 mins.

C	L	O	T		O	P	T	S		B	A	D
A	I	D	E		N	O	A	H		A	G	E
F	R	O	N	T	L	I	N	E		C	U	B
E	A	R	T	H	Y				M	A	K	E
		H	E		A	P	P	L	Y			
R	I	B	S		M	O	O		L	A	S	S
I	R	A			A	R	T			R	E	P
P	E	C	K		I	T	S		D	D	A	Y
		K	A	R	M	A		P	I			
B	O	W	I	E			K	I	N	D	E	R
O	P	A			F	R	O	N	T	N	I	N
B	A	R			E	I	R	E		E	R	I
O	L	D			R	O	B	E		R	E	D

Weekly SUDOKU

Answer

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

Just Like Cats & Dogs

by Dave T. Phipps



- This Week's Holidays**
- Nov. 13 – Sadie Hawkins Day
 - Nov. 14 – Operating Room Nurse Day
 - Nov. 15 – America Recycles Day
 - Nov. 16 – International Tolerance Day
 - Nov. 17 – Take A Hike Day
 - Nov. 18 – Occult Day
 - Nov. 19 – Great American Smokeout
 - Nov. 20 – Absurdity Day



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Pointers before preparing chicken

Chicken is a versatile food that can be found on menus at restaurants across the globe. Whether it's stuffed chicken on the menu at an Italian restaurant or a spicy chicken dish from a local Indian eatery, chicken can be served in an assortment of ways.

As a global pandemic took hold in the winter of 2019-20, many people found themselves cooking at home more than ever before, and the versatility of chicken made it a go-to on home menus. People thrust into cooking duties despite little or no previous culinary experience should know that chicken can be cooked in a variety of ways and goes well with myriad side dishes. That makes chicken an ideal item to consider when planning meals for yourself and/or your family.

Millions of people across the globe eat chicken without incident every day. However, the threat of food poisoning is there when cooking chicken, so it's wise for home cooks to take a few precautionary measures when making meals with chicken.

• **Thaw frozen chicken correctly.** It can be tempting to take chicken out of the freezer and leave it on the counter to thaw in the hours before dinnertime. But that's potentially very dangerous. The United States Department of Agriculture notes that strains of bacteria such as salmonella and E. coli can be found on raw chicken. These bacteria thrive at room temperature, leaving you and others vulnerable to food-borne illnesses. When thawing frozen chicken, place the chicken in the refrigerator in a sealable plastic bag. Chicken also can be thawed in a microwave, but the online medical resource Healthline notes that chicken that has thawed in a microwave must be cooked immediately afterward to kill any bacteria.

• **Be careful when rinsing chicken with water.** The Australian Chicken Meat Federation notes that rinsing

uncooked chicken with water can lead to contamination if chicken juices and any accompanying bacteria are splashed into the sink or onto surrounding surfaces, such as countertops. If you rinse chicken with water, make sure the water is running low to reduce splashing, and clean any areas that may have been contaminated, including the sink, immediately afterward.

• **Clean all surfaces that have come into contact with raw chicken.** Even if you don't rinse chicken with water, all surfaces that have come into contact with raw chicken should be cleaned immediately. WebMD advises using hot, soapy water to clean surfaces that have or may have come into contact with raw chicken or chicken juices.

• **Confirm chicken is thoroughly cooked before**

serving. WebMD notes that chicken can be checked for doneness by cutting a slit into the thickest part of the chicken piece to see if it is cooked through. Juices from cooked chicken run clear, not pink. If the juice or meat is pink, the chicken needs further cooking.

• **Don't baste with your marinade.** If you're marinating chicken prior to cooking it, discard the marinade once you remove the raw chicken from it. Raw chicken marinade may contain bacteria that can make people sick, so never baste cooking chicken with the same marinade you used when the chicken was raw.

Chicken is a versatile food that can be served in myriad ways. Safety should always be a priority when thawing, preparing, cooking, and serving chicken.



It's wise for home cooks to take a few precautionary measures when making meals with chicken.

Happy Holidays

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Safe entertaining options

Entertaining has changed quite a bit in 2020. Government-issued restrictions dictated how many people you could invite into your home or even your backyard. Large family gatherings, such as weddings or birthday parties, were put on hold. Many people are still cautious about crowds and maintaining their distance, even from close friends and family and even as safety protocols have been loosened.

Those who are eagerly awaiting hosting dinner parties or backyard gatherings can take various steps to ensure the health and safety of their guests. These guidelines can help make entertaining that much safer.

Keep the guest list small

While you may want to invite as many people as possible, keeping the guest list small can help you keep better track of contact tracing should anyone develop symptoms or feel ill. It also limits the number of people with whom you come in contact. If you plan on entertaining routinely, stick to the same guest list over and over rather than inviting new people.

Maintain social distancing

The Centers for Disease Control and Prevention continues to urge people to remain at least six feet apart from one another. Spread happens when an infected person coughs, sneezes or talks and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets also can be inhaled into the lungs. The CDC and other health organizations maintain that keeping at least a six feet from others reduces the likelihood that respiratory droplets will land on another person. More distance is always better. Leave room between seats around the dining table, and discourage crowding around entertaining areas.

Wear masks

Masks can be worn when maintaining distance is not possible. Although masks may not always be comfortable or fashionable, there are ways to incorporate them into the theme of your gathering. Ask everyone to wear a specific color or style of mask. Purchase extra masks for guests if you suspect someone may not own one.

Offer individual portions

Self-service buffets and drink bars may be risky. Instead, you can don proper safety gear and serve



Hosting a gathering in the era of COVID-19 can be challenging. However, it's possible to do so safely if hosts and their guests adhere to safety precautions set forth by local governments and the CDC.

food to your guests to minimize the amount of people touching food or beverages.

Have individual drinks

Canned soft drinks, beers or small bottles of wine may also help limit the spread of the virus by providing individually portioned beverages rather than having people pour or ladle drinks out of communal offerings.

Provide hand-cleaning options

Encourage guests to wash their hands frequently

and make sure there's plenty of soap in the bathroom. Individual paper towels, while not as eco-friendly as reusable cloth towels, also can improve bathroom hygiene. Keep containers of hand sanitizer in high-traffic spots around the entertaining area as well.

Check for symptoms

No one wants to play bouncer at their own dinner party, but checking to make sure guests are well or experiencing symptoms can minimize risk. The CDC urges anyone who is feeling unwell to avoid gatherings.

Hosting a gathering in the era of COVID-19 can be challenging. However, it's possible to do so safely if hosts and their guests adhere to safety precautions set forth by local governments and the CDC.

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