

HERKIMER

Country Editor

Serving the Valley for 53 Years

JANUARY 22, 2021

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We then, as workers together with Him also plead with you not to receive the grace of God in vain. For He says: "In an acceptable time I have heard you, And in the day of salvation I have helped you." Behold, now is the accepted time; behold, now is the day of salvation. 2 Corinians 6:1-2



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Central Valley CSD Foundation announces faculty and staff of the quarter

The Central Valley Central School District Foundation announced the faculty and staff of the first quarter at its December meeting.

"Now more than ever we are happy to publicly recognize faculty and staff members who go above and beyond for our students," said JoAnn Duga, Foundation president. "Almost all of 2020 has been incredibly challenging for our educators and support staff. We hope they realize that their commitment to our students does not go unnoticed."

The recognition program, which was implemented during the 2019-2020

school year, acknowledges up to four students and employees each quarter with the hope that there will be recipients from each school building: Fisher and Barringer Elementary Schools, Jarvis Middle School, and CVA High School, as well as the CVCSD bus garage.

This quarter's employee recipients were: Courtney Crim, Barringer Road Elementary School library teacher assistant; Holly Markwardt, Fisher Elementary School library teacher assistant; and Stephanie Szratter, fourth grade teacher at Barringer Road Ele-

mentary School. No nominations were received for Jarvis Middle School, CVA High School, or the CVCSD bus garage.

While the Foundation did not receive any nominations for students within the district, Duga acknowledged the hard work students have been putting in during such a challenging school year.

"They've adapted to an ever-changing way of learning whether it's in-classroom, hybrid, or remote," Duga said. "We know it hasn't been easy, but we are proud of all our students and their parents for working together to

make the best of these unprecedented times."

Community members who would like to nominate a faculty or staff member for the quarterly recognition can find the nomination form at www.cvalleycsdfoundation.org or on the Central Valley Central School District Foundation Facebook page. Selected employees and students will be announced near the end of each marking period.

For more information about the Foundation, contact JoAnn Duga at 315.894.3116 or joanndugaCVAFoundation@yahoo.com.



Courtney Crim, Barringer Road Elementary School library teacher assistant.



Stephanie Szratter, fourth grade teacher at Barringer Road Elementary School.



Holly Markwardt, Fisher Elementary School library teacher assistant.
Photos courtesy of Central Valley Central School District Foundation

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Dolgeville announces Joseph Gilfus as next school superintendent

Joseph Gilfus signed a contract Jan. 12 to become the next Dolgeville Central School District superintendent of schools, pending a formal board appointment this week.

Gilfus will join the district effective May 1, initially as the deputy superintendent. Interim Superintendent Theodore Kawryga will remain in the interim superintendent role through the rest of the 2020-21 school year. As of July 1, Gilfus will become the superintendent of schools.

"There's a lot of tradition at Dolgeville Central School District, and I'm honored to be a part of that now," Gilfus said. "The enthusiasm that everyone from teachers and staff to parents and the school community have for providing students a strong education makes me excited to join the team."

Dolgeville Board of Education members decided on Dec. 16 to select Gilfus as the next superintendent of schools, and Gilfus officially signed the contract Jan. 12. Board members were scheduled to vote on Jan. 19 to formally appoint Gilfus and validate the contract.

Gilfus, currently a director at Delaware-Chenango-Madison-Otsego BOCES, previously served more than 16 years at Thousand Islands Central School District as high school principal and director of physical education/health/wellness up until June 2020. He

began his career in education as a physical education/health teacher and coach, serving in four districts for eight years. He has also served as dean of students, athletic administrator and high school assistant principal prior to his appointment as high school principal at Thousand Island Central School District.

Gilfus is in the process of earning a doctorate degree in educational leadership from Syracuse University, and his prior education background includes a teacher certification program at Wells College, a bachelor of arts/English degree and superintendent development program from SUNY Oswego, a certificate of advanced study in education administration and master of science in physical education/athletic administration at SUNY Brockport, along with other professional certifications and credentials.

The Dolgeville Board of Education hired Gilfus following an extensive search and interview process guided by Herkimer-Fulton-Hamilton-Otsego BOCES District Superintendent Sandra Sherwood and influenced by input from community and stakeholder groups.

"We had 13 highly qualified candidates to choose from for the next superintendent of schools," Dolgeville Board of Education President Scott Hongo II said. "Through a thorough process that involved Zoom interviews, in-person interviews, district and stakehold-

er interviews and a virtual community forum, we feel strongly that we've found the right person for the job. We would like to thank Mrs. Sherwood for her help with the process and every community member who participated – because their opinions helped us know that we selected a candidate that will be a fitting leader for the Dolgeville school community."

Hongo said the district will be in good hands as it transitions from Kawryga to Gilfus.

"Mr. Kawryga has done a great job as interim superintendent leading us through an unprecedented school year and will continue to do so while helping us transition to Mr. Gilfus for the start of the next school year," Hongo said. "We look forward to having them working together this spring and then having Mr. Gilfus move the district forward into a promising future."

Gilfus said he looks forward to getting to know the school community better, keeping students and staff safe through these unusual times with COVID-19 and doing everything possible to ensure a positive learning experience for students.

"There are extra challenges this school year, but the Dolgeville school community knows how to overcome obstacles," Gilfus said. "I'm looking forward to joining the district, moving forward and making sure our students go out into the world well prepared."

Pasta e Piselli

Our fastest soup — just 10 minutes to prepare, 15 minutes to cook. Cousin to the Italian favorite Pasta e Fagioli (pasta and beans), this is made with peas instead. Dust with freshly grated Parmesan for an irresistible touch.

2 cups (about 8 ounces) mixed pasta shapes or elbow macaroni

2 tablespoons olive oil
3 cloves garlic, crushed with side of chef's knife

2 cans (14 1/2-ounce) chicken broth, or 3 1/2 cups homemade chicken broth

1 can (14 1/2-ounce) diced tomatoes

1/4 cup (packed) fresh basil leaves, coarsely chopped

1 package (10-ounce) frozen

peas, thawed

Grated Parmesan cheese (optional)

1. Cook pasta as label directs in boiling salted water; drain.

2. Meanwhile, in 4-quart saucepan or saucepot, heat olive oil over medium heat. Add garlic; cook until golden, about 5 minutes.

3. Remove saucepan from

heat. Then, carefully add chicken broth, tomatoes with their juice, basil and 1/2 cup water. Return to heat; heat to boiling. Reduce heat to low; cover and simmer 5 minutes; discard garlic.

4. Add peas and pasta; heat through. Serve soup with grated Parmesan cheese if you like. Serves 5.

* Each serving: About 290 calories, 7g total fat (1g saturated), 8mg cholesterol, 705 mg sodium, 46g carb., 11g protein.

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

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Scholarship applications now available through local foundation

The Herkimer Region College & Career Scholarship Foundation is accepting applications for scholarships for 2021. Each year, this local foundation presents approximately a dozen scholarships.

Students eligible for these scholarships include those who are majoring in technical education in their high school program and plan to go to college next year. This includes virtually all students enrolled in the Technical Education Center located at Herkimer-Fulton-Hamilton-Otsego BOCES. Also eligible are those adults who wish to enroll in vocational training, such as practical nursing, at Herkimer BOCES.

New this year, the scholarship foundation will also offer a Career Award for students who gain employment in a Career and Technical Education field prior to or soon after graduation and incur expenses as a result of that employment. This award allows the reimbursement of up to \$750 for trade-specific expenses such as employment clothing, personal protective equipment, tools, supplies, certifications, credentials and/or licenses.

Aside from the scholarships that students apply for, there are special incentive awards available for those pursuing careers in certain areas. These special funds are administered by the Herkimer Region College & Career Scholarship Foundation and are in addition to the scholarships offered through the general fund.

The special incentive awards are:

- The Paul A. Bouck Memorial Fund provides a scholarship to a student who is entering a field of study that relates to agriculture, a rural-related field or other related areas.
- The Robert A. Moore Memorial Scholarship provides a scholarship to a student who has completed the Herkimer BOCES Visual Communications Media Arts program and plans to further their training in the

field of radio and TV broadcasting.

- The Special Nursing Fund provides a scholarship to a nursing student in need of financial assistance.
- The Mower Family Farm Fund provides a scholarship to a student who will be pursuing occupations in the field of agriculture.
- The William E. Whitehill Jr. Scholarship provides a scholarship to a student in the Technical Education Center who demonstrates the most improvement while in the program.
- The Chris Brockway Memorial Scholarship Award provides a scholarship to a student who completes the Criminal Justice program.
- The Papaleo/Dady Family Scholarship provides a scholarship to a student who successfully completes a two-year technical education program at BOCES with a minimum GPA of 85%.
- The Harry J. Enea Sr. Memorial Scholarship provides a scholarship to a student entering the mortuary science field.
- The Chester A. Scerra Memorial Scholarship provides a scholarship to a student pursuing an education in the field of culinary arts.
- The William E. Busacker Scholarship Award provides a scholarship to a student who has demonstrated leadership in causes that promote change to the status quo, compassion for the less fortunate, animal rights or other issues.
- The Hummel Family Scholarship Award provides a scholarship to a student who demonstrated community-minded focus throughout the student's high school career.

Application forms are now available from guidance counselors in all Herkimer BOCES area school districts, the Technical Education office at the Herkimer BOCES William E. Busacker Complex at 352 Gros

Blvd., East Herkimer, online at herkimer-boces.org/scholarshipfoundation or by calling Shawn Maxson at Herkimer BOCES at 315.867.2023. The deadline for submitting an application is March 1.

The Herkimer Region College & Career Scholarship Foundation is unique because all scholarships go to technical education majors, Herkimer Region College & Career Scholarship Foundation Board President Sharon Baisley said. Among the colleges being attended by winners of last year's scholarships are Herkimer College, Marywood University, SUNY Polytechnic Institute and Brown University. Several nursing students were awarded scholarships to attend the Herkimer BOCES School for Practical Nursing.



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Consumer alert: NYSDOT and DMV warn of text message phishing schemes

The NYS Departments of Transportation and Motor Vehicles recently warned New Yorkers of ongoing text message phishing schemes. These illegitimate text messages ask recipients to update their driver license information. The messages link to a non-listed URL. Anyone who received such a text message should delete it right away.

Phishing texts are fraudulent messages scammers use to obtain data or sensitive personal information. That information can be used to commit identity theft or trick the recipient into installing malicious software onto a computer or mobile device.

To help protect against phishing

or smishing (SMS phishing) scams, the NYS Office of Information Technology Services (ITS) recommends the following precautions:

- **Do exercise caution** with all communications you receive, including those that appear to be from a trusted entity. Inspect the sender's information to confirm the message was generated from a legitimate source.
- **Do keep an eye out** for tell-tale signs of phishing – poor spelling or grammar, the use of threats, the URL does not match that of the legitimate site. If the message does not feel right, chances are it is not.
- **Don't click on links** embedded in an unsolicited message from an unverified source.

- **Don't send your personal information** via text. Legitimate businesses will not ask users to send sensitive personal information through text message.
- **Don't post sensitive information** online. The less information you post, the less data you make available to a cybercriminal for use in developing a potential attack or scam.

For more information on phishing scams, as well as steps to mitigate a phishing attempt, visit the NYS Office of ITS Phishing Awareness resources page at ITS.NY.gov/resources or the Division of Consumer Protection Phishing Scam Prevention Tips page at tinyurl.com/y5hb3jqj.

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

January 30

Chicken Barbecue 3 p.m. Stratford United Methodist Church, 1511 State Route 29A, Stratford. Call 315.429.7058. Wear mask. Social distance. Take out only.

February 16-18

Tractor Safety Certification for youth and adults 14 years of age and older. at the VFW next to Clinton Tractor, 49 Franklin Ave., Clinton. 8:30 a.m. – 3 p.m. each

day. 4-H members \$25. Non 4-H members \$35. Lunch and program materials included. Pre-registration required by Feb. 8. You can register online at tinyurl.com/y8jqrn7m or by calling the Herkimer County 4-H Office at 315.866.7920.

Area Church Services

COLD BROOK
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UNITED METHODIST CHURCH
467 Main St.
Sunday Worship 10:30 AM

DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP
Pastor Peter Spiak
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
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Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
26 E. Faville Ave.
Worship 11 AM

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
Father Brian Slezak, Pastor
31 N. Helmer Ave.
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Mass 9 AM Sunday

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Friday 7 PM

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Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

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229 S. Main St.
Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

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Holy Day Liturgy 9 AM
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Morning Worship 11 AM

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Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship and Sunday School
9:00 AM

HERKIMER
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Phone 315-866-8095
Priesthood/Relief Society 12:10 PM
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Sunday School 11 AM
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Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

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Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggie
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

FIRST BAPTIST CHURCH
8 Second Street
Reverend John Partise
Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

ILION
ANNUNCIATION CHURCH
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 PM; Sunday
11:00 AM; Monday & Wednesday 9:00 AM

LITTLE FALLS
FIRST BAPTIST CHURCH
555 Albany St.
315-823-3392
Morning Worship 10:15 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev William Whalen, Associate Pastor
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Meet and Greet Sunday at 8:30 AM
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565 Albany St.
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Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS
Father Brian Slezak, Pastor
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

LITTLE FALLS
FIRST ASSEMBLY OF GOD
Senior Pastor Timothy Parisi
559 E. Jefferson St.
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Thursday Bible Study 6:30 PM

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Sunday School 9:15 AM
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Rev. Gary L. Busch, Pastor
Sunday Worship Service 10 AM
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GRACE EPISCOPAL CHURCH
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or 315-520-4723
Holy Eucharist 10 AM

DENNISON CORNERS
COMMUNITY CHURCH
Pastor Donald King
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Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
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Youth Sunday School (Pre-K - Sr. High) 9 AM
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& Couples) 9:30 AM
September - June

EMMANUEL BIBLE CHURCH
Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

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Sr. Mary Jo Tallman, CSJ,
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Rev. Mark Cunningham,
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Sunday Mass 9:30 AM

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SBA re-opens Paycheck Protection Program

The U.S. Small Business Administration, in consultation with the U.S. Treasury Department, re-opened the Paycheck Protection Program (PPP) loan portal to PPP-eligible lenders with \$1 billion or less in assets for First and Second Draw applications on Friday, Jan. 15. The portal fully opened on Tuesday, Jan. 19, to all participating PPP lenders to submit First and Second Draw loan applications to SBA.

Earlier the same week, SBA granted dedicated PPP access to Community Financial Institutions (CFIs) which include Community Development Financial Institutions (CDFIs), Minority Depository Institutions (MDIs), Certified Development Companies (CDCs), and Microloan Intermediaries as part of the agency's ongoing efforts to reach underserved and minority small businesses.

SBA will continue its emphasis on reaching smaller lenders and businesses by opening to approximately 5,000 more lenders, including community banks, credit unions, and farm credit institutions. Moreover,

the agency also plans to have dedicated service hours for these smaller lenders after the portal fully re-opens.

"A second round of PPP could not have come at a better time, and the SBA is making every effort to ensure small businesses have the emergency financial support they need to continuing weathering this time of uncertainty," said SBA Administrator Jovita Carranza. "SBA has worked expeditiously to ensure our policies and systems are re-launched so that this vital small business aid helps communities hardest hit by the pandemic. I strongly encourage America's entrepreneurs needing financial assistance to apply for a First or Second Draw PPP loan."

"We are pleased to have opened PPP loans to CDFIs, MDIs, CDCs, and Microloan Intermediaries. The PPP is already providing America's small businesses hardest hit by the pandemic with vital economic relief," said Secretary of the Treasury Steven T. Mnuchin. "As the Program re-opens for all First and Second Draw

borrowers next week, the PPP will allow small businesses to keep workers on payroll and connected to their health insurance."

First Draw PPP Loans are for those borrowers who have not received a PPP loan before Aug. 8, 2020. The first round of the PPP, which ran from March to August 2020, was a historic success helping 5.2 million small businesses keep 51 million American workers employed.

Second Draw PPP Loans are for eligible small businesses with 300 employees or less, that previously received a First Draw PPP Loan and will use or have used the full amount only for authorized uses, and that can demonstrate at least a 25% reduction in gross receipts between comparable quarters in 2019 and 2020. The maximum amount of a Second Draw PPP loan is \$2 million.

Updated PPP Lender forms, guidance, and resources are available at www.sba.gov/ppp and www.treasury.gov/cares.x

Strange but true

by Lucie Winborne

- To train new operatives during the Cold War, the Soviets built fully functional replicas of American towns. Their residents consisted of retired deep-cover operatives who taught the trainees everything they needed to know about blending into American life.

- In 1963, the Bronx Zoo had an exhibit called "The Most Dangerous Animal in the World." It was a mirror.

- The U.S. Navy has a tradition that no submarine is ever considered lost at sea. Subs that don't return, including 52 lost during World War II, are considered "still on patrol." Every year at

Christmas, sailors manning communications hubs send holiday greetings to those listed as still on patrol.

- An outbreak of the common cold occurred at an Antarctic base after 17 weeks of complete isolation.

- In the category of Best Song Titles Ever, country music stars Loretta Lynn and Conway Twitty recorded a duet titled "You're the Reason Our Kids Are So Ugly." (Despite which fact, the lyrics make clear that the couple is still in love.)

- After high school senior Allison Closs dressed up a cardboard cutout of Danny DeVito to go with her to prom, the actor returned the favor by bringing

a cardboard cutout of Allison to the set of "It's Always Sunny in Philadelphia."

- A \$3 million lottery winner was sentenced to 21 years in prison after using his winnings to finance a meth trafficking ring.

- Actual town names in the U.S. include Rabbit Hash (KY), Two Egg (FL), Ding Dong (Texas) and Bacon (DE).

- Ever have trouble finishing your veggies? Try taking a tip from Leigh Knight, who in 2006 sold an unwanted brussels sprout left over from his Christmas dinner for £1,550 (\$2,100.72 USD) to aid cancer research.

Thought for the Day: "May your coffee kick in before reality does." -- Unknown

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The Kitchen Diva

by Angela Shelf Medearis
**Help for the
common cold**

Like many others, I try different methods to avoid catching a cold or flu during the winter months. Despite my best efforts, I often get a little "under the weather" during the month of January. This year I've decided to work on ways to boost my immune system before the worst part of the cold and flu season hits.

"One thing to remember is that simple diet choices can boost our immune system," said Susan Mills-Gray, nutrition and health education specialist with University of Missouri Extension.

Here are a variety of ways to help your immune system to work at peak

performance.

— Get plenty of liquids to help prevent viruses and bacteria from taking up residence in your body. According to Dr. Riva Rahl of the Cooper Clinic in Dallas: "The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well-hydrated, it dries up and doesn't provide that barrier."

— Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

— Choose foods rich in vitamins C and E. These antioxidant-rich vitamins protect cells -- including those of your immune system -- from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens,

almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

— Eat probiotic foods to help build up the good bacteria in the intestines. These bacteria play a role in helping fend off illnesses. Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

— Add a zinc-rich food to your daily diet to increase production of white blood cells in your body. Research shows this can reduce the number of days you'll suffer from a cold. Foods rich in zinc include yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.

Thai hot and sour soup

Thai hot and sour soup contains spicy hot chili and a burst of citrus to provide a boost to your immune system and some relief for cold and flu symptoms.

1/4 pound small (30-35 count) shrimp, peeled and butterflied



Thai hot and sour soup contains spicy hot chili and a burst of citrus to provide a boost to your immune system and some relief for cold and flu symptoms.

2 ounces thin vermicelli noodles
2 quarts chicken broth
1 stalk fresh lemon grass, cut into 2-inch pieces, smashed
1/4 cup Thai fish sauce (also called Nam Pla)
2 tablespoons olive oil

1/4 teaspoon red pepper flakes
2 teaspoons lime zest
1/2 small pickled or fresh jalapeno chili pepper, seeds and ribs removed
2 slices fresh ginger, chopped, or 1 teaspoon powdered ginger
Juice of 1 lemon
Juice of 1 lime
1/3 cup fresh, or drained canned straw mushrooms
1/4 cup chopped cilantro or parsley
2 green onions, green and white parts chopped, roots discarded

1. Bring a medium-sized pot of water to a boil. Add the shrimp and boil until cooked through, about 3 minutes. Use a slotted spoon to transfer the shrimp to colander. Rinse under cold water, drain and set the shrimp aside.

2. Cook the noodles in the same pot of boiling water until tender, 2 to 3 minutes. Drain, rinse under cold water and drain again. Set aside.

3. Combine the broth with the lemon grass, fish sauce, oil, red pepper flakes, lime zest, chili pepper and the ginger in a wok or soup pot. Bring to a simmer and cook for 10 minutes. Strain or use a slotted spoon to remove the lemon grass pieces. Stir in the lemon and lime juice.

4. Distribute the rice noodles, shrimp and mushrooms between 8 heated soup bowls. Pour in the broth and sprinkle with the cilantro or parsley and green onions evenly between each bowl, and serve. Makes 8 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her latest cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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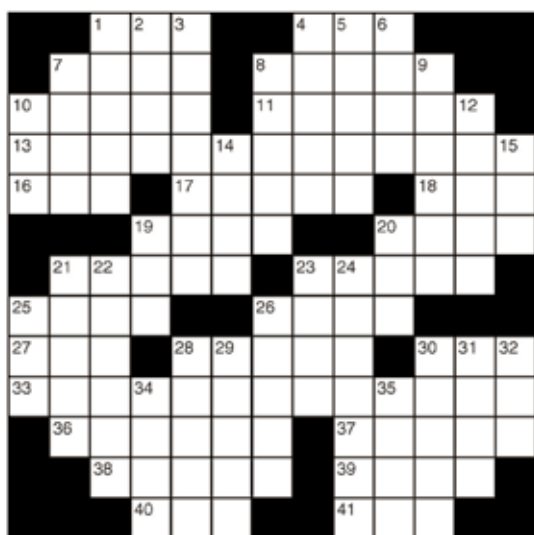
Coffee Break



King Crossword

ACROSS

- 1 Opening
- 4 Cartoon frame
- 7 Vend
- 8 "Dallas" matriarch
- 10 Sleep problem
- 11 Court hammers
- 13 1998 Bruce Willis thriller
- 16 Shock partner
- 17 Hoodwinks
- 18 Water tester
- 19 Gum flavor
- 20 Roll call reply
- 21 Fry lightly
- 23 Belted area
- 25 Cooking fat
- 26 Uttered
- 27 Chemical suffix
- 28 Up and about
- 30 Quilters' get-together
- 33 Wimbledon champ of 2008
- 36 Wife of Jacob
- 37 Edition
- 38 Nodded off
- 39 D.C. baseball team
- 40 Picnic crasher



DOWN

- 1 Category
- 2 Sir Guinness
- 3 Enthusiastic approval
- 4 County of Ireland
- 5 Graceland idol
- 6 Fibs
- 7 Gush
- 8 Pharaoh's
- 9 Upper crust
- 10 Docs' org.
- 12 Bull's sound
- 14 Ancient letter
- 15 "My word!"
- 19 Wet dirt
- 20 Secreted
- 21 Less loony
- 22 Sports venues
- 23 Banshee's cry
- 24 Delta, for one
- 25 Actress Tyler
- 26 Long-legged shorebird
- 28 Wan
- 29 Used a broom
- 30 Butter up the turkey
- 31 Flightless birds
- 32 Compass pt.
- 34 Bruins' sch.
- 35 Caesar's "vidi"

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Weekly SUDOKU

by Linda Thistle

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

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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MAGIC MAZE • "101 DALMATIANS" CHARACTERS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: — DE VIL

- | | | | |
|----------|--------|---------|------------|
| Amber | Jasper | Perdita | Sgt. Tibbs |
| Anita | Lucky | Pongo | Tripod |
| Dipstick | Nanny | Roger | Whizzer |
| Horace | Pepper | Rolly | |

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Amber Waves

by Dave T. Phipps



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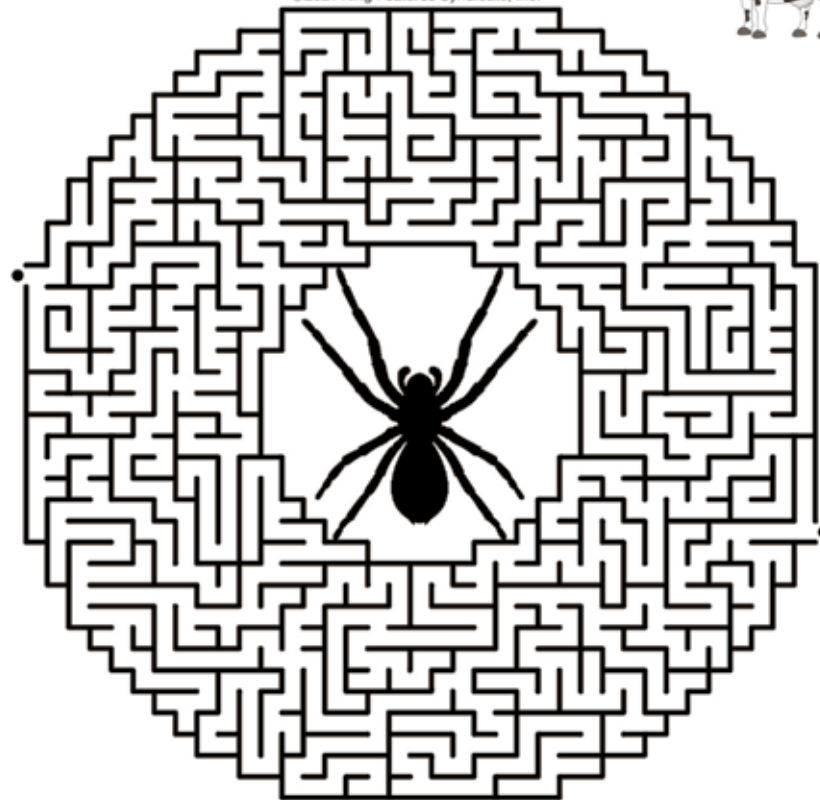
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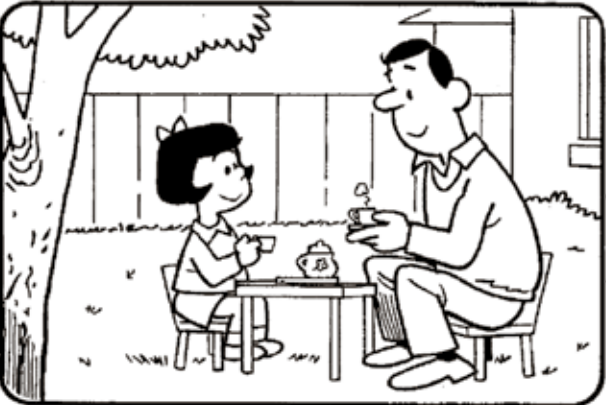
Coffee Break



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is moved. 5. Hair is different. 6. Cuffs are missing.

LAFF - A - DAY



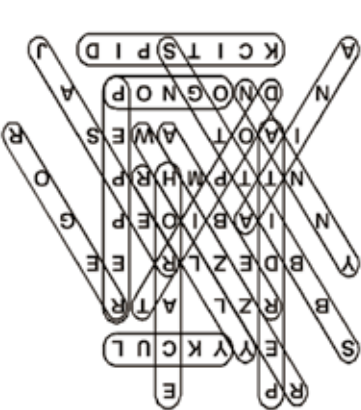
"That sure WAS a surprise party. She actually gave her right age!"

Americanisms



"Injustice anywhere is a threat to justice everywhere."
— Martin Luther King Jr.

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CHARACTERS
"101 DALMATIANS"



Solution time: 24 mins.

Answers

King Crossword

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

Answer

Weekly Sudoku

Just Like Cats & Dogs by Dave T. Phipps



Mega Maze

Solution

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To your good health

by Keith Roach, M.D.

Office test alone can't diagnose COPD

Dear Dr. Roach: I am a healthy 70-year-old woman. The only prescription medication I take is for dry eyes. I recently visited my new primary physician for the first time, and she had me do a breathing test, where I exhaled into a tube to measure airflow. I was told to breathe deeply and exhale completely into the tube three times in succession. It took less than a minute to complete. It is apparently a routine test she orders for new patients.

She then told me I have COPD, on the basis of that test alone. She asked if I had ever smoked or been exposed to secondhand smoke. That was her only question — coughing or shortness of breath was never mentioned. I have never smoked, but my father was a smoker when I was growing up. I actually do have a slightly productive cough most mornings. I probably walk about 10 miles a week, and I do notice some shortness of breath on long uphill sections, though I can walk briskly in level areas for miles with no problem.

She said it is not advanced enough to require an inhaler at this time. I am bothered by this very easy "diagnosis" on the basis of one simple test. I wonder if I should ask to be referred to a pulmonologist for a more thorough evaluation. — O.P.

Answer: The test your doctor performed is called office spirometry, and it is useful for monitoring known pulmonary diseases, especially COPD and asthma. However, by itself, it is inadequate to make the diagnosis of COPD, which I am not sure you have.

The diagnosis of COPD is made in people with persistent respiratory symptoms, usually shortness of breath or coughing. Spirometry will usually show obstruction to airflow. Formal pulmonary function testing, which is an extensive process taking an hour or so with a skilled and experienced technician, is ideal for determining severity.

The problem with getting a breathing test in someone who has no significant symptoms is that you can find someone whose test results are at or just below

the lower limit of normal, and the diagnosis is unclear. The prognosis for people with mild airway obstruction but with no symptoms of COPD is much better than for people with COPD and who continue to smoke. For this reason, using spirometry as a screening test for everyone is not recommended.

Without knowing the exact results of your spirometry, I suspect you do not have COPD, given your absence of smoking and your extremely mild symptoms. A comprehensive exam by a pulmonologist would be definitive and may help you be less anxious about the results you have now.

Dear Dr. Roach: I saw your recent column on enlarged prostate, and I have the same problem. I have no history of cancer, but I do have a high PSA and symptoms of frequent urination. Because of other

medications, I cannot take ibuprofen, so I am curious if Tylenol has the same anti-inflammatory effect. I do occasionally use Tylenol for headaches and arthritis pain. — J.B.

Answer: The exact mechanism of how Tylenol reduces pain remains a mystery. However, it is not an anti-inflammatory drug like ibuprofen, so would not be expected to have the benefit in prostate symptoms that some men get from taking an ibuprofen at bedtime.

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 Ur in the Old or New Testament or neither?

2. From Genesis, what was the act of God in making the heavens and the earth bringing forth life? Confirmation, Calvary, Creation, Communion

3. When the disciples argued about who would be the greatest, who/what did Jesus point to? Peter, Birds, Lilies, Little child

4. How many books of the Bible (KJV) begin with the letter "E"? 0, 2, 5, 6

5. From 2 Timothy 1, who was Timothy's devout grandmother? Dorcas, Lydia, Lois, Hannah

6. In biblical times, a "daric" was a Persian ...? Gold coin, Headwear, Sailing ship, Well

ANSWERS: 1) Neither; 2) Creation; 3) Little child; 4) Six (Ecclesiastes Ephesians, Esther, Exodus, Ezekiel, Ezra); 5) Lois; 6) Gold coin

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

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How to welcome a new puppy to the family

(Family Features) Introducing a new puppy to your household can bring many rewards. However, getting the hang of things can take some time, especially for first-time pet owners.

In fact, it takes the average pet owner almost four months to get into the flow with a new four-legged family member, according to a survey by Royal Canin. Eight in 10 respondents said the first year of pet ownership is the most important, but that doesn't mean it's easy. The survey found 64% believe the first year is also the most difficult and deciding how to train a new pet was cited as the most important decision pet parents have to make. "Bringing a puppy home is a hugely reward-

ing experience for pet owners, but it's also a time of huge challenges and steep learning curves," said Dr. Jill Cline, pet nutritionist and site director of Royal Canin's Pet Health and Nutrition Center. "In addition to helping your puppy adjust to its new home, you can support your puppy's health now and always with a nutritionally complete diet tailored to its specific needs."

Make welcoming a new puppy a rewarding experience for the whole family with these tips.

Arriving home

Your puppy may be feeling stressed by new sights, sounds, smells and the separation from its mother. Manage the noise and activity to avoid adding to this stress.



Introducing a new puppy to your household can bring many rewards. However, getting the hang of things can take some time, especially for first-time pet owners.
Photo courtesy of Getty Images

As soon as you get home, take your puppy to your yard or outside area so it can go to the bathroom. Use positive verbal reinforcement when the job is done.

Once indoors, block off a safe area and let your puppy sniff and explore on its own time. Getting acquainted with a new place takes time and lots of exploring. Some puppies can be overwhelmed by too much human contact, so allow your puppy to come to you.

Getting settled

Puppies like to know

what to expect. Plan your routine for feeding, potty trips, exercise and grooming so you can get started on day one. If you know what routine your puppy had before adoption, it's best to continue for consistency until your puppy is settled.

Any sudden dietary changes can cause stress or digestive problems, so for the first week or two, give your puppy the same food as its previous owner, following the feeding recommendations on the package. Nutrition tailored to specific developmental needs can help fragile, young puppies grow into strong, healthy dogs. It's important to se-

lect a high-quality food based on age and expected adult size.

Your puppy's eating spot should be away from where you and any other pets eat. Allow your puppy to eat in peace to prevent it from feeling nervous or protective.

Puppies tire easily and need as much as 18-20 hours of sleep per day for healthy development. A crate near where you sleep lets your puppy see and smell you but keeps it from wandering off. Put something that carries your scent in your puppy's bed along with a blanket to snuggle into.

Remember to schedule regular veterinarian vis-

its and gradually introduce your puppy to new experiences like sounds, car travel, walks and other animals. It's also important to begin behavior training right away to develop good habits from the start.

If you're interested in getting a new puppy, before making a decision on which breed best suits your family and lifestyle, you can see all 196 registered breeds during the 2021 AKC National Championship. Find more advice for welcoming a new puppy into your home at RoyalCanin.com/puppies.

Source: Royal Canin

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Create quality school day meals with simple shortcuts

(Family Features) The seemingly constant rush of hectic school days and nights often leaves busy families feeling like there's no time for a homemade meal around the table. However, taking shortcuts that don't skip out on quality can mean more time together enjoying flavorful dishes without spending hours in the kitchen.

For starters, an easy yet filling breakfast like these Sausage, Egg and Cheese Muffins can help you begin your day the right way while calling for a simple list of ingredients and just a few steps.

Perfect for grabbing on the way out the door to power you through the day or enjoying at home as you manage double duty as parent and best teacher on the block. They're made with ground turkey sausage, eggs, melty cheddar cheese and Success Tri-Color Quinoa, which is simplified even more by the "boil-in-bag" cooking process. Just add water to a saucepan, drop the convenient BPA-free bag into the water, boil 10 minutes and remove with a fork for a no-measure, no-mess shortcut.

When the dinner bell dings at the end of a long day of learning, feed your family an effortless recipe that allows the oven to do most of the work. The array of flavors and textures in these Vegetable and Rice Power Bowls can bring warmth to your loved ones while requiring little effort.

Sweet and buttery flavors of maple-roasted sweet potatoes, butternut squash and beets pair with the convenience, taste, texture and quality of Success Jasmine Rice, lentils, pumpkin seeds, goat cheese and balsamic vinaigrette for an abundance of flavors that help recharge and refuel with loads of nutrients combined in one comforting dish.

Find more ways to add ease to school day meals at successrice.com.



Sausage, Egg and Cheese Muffins

Sausage, Egg and Cheese Muffins
Total time: 30 minutes
Servings: 16
1 bag Success Tri-Color Quinoa
nonstick cooking spray
1 package (9.6 ounces) cooked turkey sausage crumbles
2 cups prepared baking mix
1 cup cheddar cheese
1 cup milk
4 whole eggs, lightly beaten
maple syrup (optional)
Prepare quinoa according to package directions. Preheat oven to 400 F. Coat 16 muffin cups with nonstick cooking spray.
In large bowl, combine quinoa, sausage, baking mix and cheese. Stir in milk and eggs; blend well. Pour 3/4 cup mixture into each muffin cup.
Bake 18-20 minutes.
Serve warm with maple syrup, if desired. Refrigerate leftovers.
Substitution: In place of baking mix, substitute 2 cups all-purpose flour plus 1 tablespoon baking powder and 1 pinch of salt.

Vegetable and Rice Power Bowls
Total time: 45 minutes
Servings: 6
2 cups chopped butternut squash
2 cups chopped sweet potatoes
3 tablespoons olive oil, divided



Vegetable and Rice Power Bowls

1 tablespoon fresh thyme leaves
1 tablespoon maple syrup
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups peeled, chopped beets
2 bags Success Jasmine Rice
4 cups mixed greens
1 can (15 ounces) brown lentils, drained and rinsed
1/2 cup crumbled goat cheese
1/3 cup pumpkin seeds
1/2 cup prepared balsamic dressing
Preheat oven to 400 F. In large bowl, toss together butternut squash, sweet potatoes, 2 tablespoons oil, thyme, maple syrup, salt and pepper. Arrange in single layer on parchment paper-lined baking sheet.
In same bowl, toss beets with remaining oil until well coated; add to baking sheet with butternut squash and sweet potatoes. Bake 30-35 minutes, or until golden brown and tender.
Prepare rice according to package directions; divide among six bowls. Top each with greens, roasted vegetables, lentils, goat cheese and pumpkin seeds. Drizzle with balsamic dressing.

Source: Success Rice

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Kovels: Antiques and collecting

by Terry and Kim Kovel
Porcelain figurines

Many small porcelain figures were made in France, Germany and England in the 18th century, and many were made to resemble the work of the German Meissen factory. Realistic figures dressed in the robes of an unfamiliar country, or vases with scenes and additional raised floral decoration were best sellers even if the factory marks were symbols or initials that were nearly unknown. Jacob Mardochee Petit (1796-1868) started a porcelain factory in Bellville, France, in 1830. He also bought another

factory in Fontainebleau, then moved it to Avon in 1851. The company went out of business in 1862. Its early ware sold well, but in later years the firm concentrated on making Meissen and other copies. It made small figures and vases less than six inches high. The work in the 1850s was of lower quality and was less popular.

But today Jacob Petit perfume bottles are favorites of perfume bottle collectors, and there seem to be a few in every perfume bottle auction. Many are unmarked. The best-known mark is the underglaze letters "JP" in blue or incised.

Other marks are "JP" with a dot below and above the J and a dot below the P. There also is a diamond-shaped mark with the letter J outside the left corner and the letter P outside the right. Beware, they are best known for making copies of Chinese Export, Sevres and Meissen pieces that have fooled many collectors. A pair of authentic 7 1/2-inch-high figures of a Sultan and Sultana

in elaborate clothing sold at a 2019 Neal Auction in New Orleans for \$1,220.

G: My stepdaughter has a Chatty Cathy doll that she received about 1970. We are wondering if it has any value.

A: Chatty Cathy dolls were made by Mattel from 1960 until 1964. They were re-issued in 1969 and again in 1998-99. The original dolls were vinyl and 20 inches tall. They were available with

blue or brown eyes, and blonde, brunette or red hair. Dolls made closer to 1964 had hard plastic faces. In played-with condition, 1960s Chatty Cathy dolls sell for \$25 to \$75. In mint condition and in the original box, the value is closer to \$100 to \$150. The most expensive Chatty Cathy dolls are African American versions from the early 1960s. Examples of these dolls have sold

from \$450 to more than \$800.

Current prices

Lladro figurine: "Over the clouds," boy, airplane, bomber jacket, goggles, blue, No. 5697, box, 5 inches, \$80.

Baccarat perfume bottle: glass, opaque, pink, brass top, 4 1/2 inches, \$120.

Kate Greenaway glass dresser box: women chatting, seated, blue, flowers, brass mount, C.F. Monroe, 4 x 6 inches, \$420.

Lalique vase: Orchidee, opalescent orchids, 6 1/2 x 8 inches, \$650.

TIP: When vacuuming an Oriental rug, don't push the sweeper too close to the fringe. Leave about six inches. The vacuum may catch a thread and pull it.

Subscribe to the Kovels' free weekly email, Kovels Komments, at www.Kovels.com.

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It took a bid of \$1,220 to own this pair of Jacob Petit figurines, made about 1850. They were properly marked with the blue letters "JP."

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Donna's Day

by Donna Erickson
Transform photo cards into game for toddlers

Turn holiday photo cards into a matching game for toddlers and preschoolers. They'll enjoy playtime trying to pair up the faces and settings in your colorful pictures that you cut in half and mount on boxes.

This mix-and-match game is a creative way to help kids become familiar with important people in their lives and where they live. Plus, since they are matching the two parts of a photo card, they'll be developing the important cognitive skill of observing details as they try to figure out how the two parts relate. Exploring why they go together is important in developing basic skills for future reading when they'll be matching alphabet letters to sounds.

Before you begin mak-

ing the game, go through your holiday photo greetings and choose cards you can cut in half with an individual or several people on each side. (If you prefer not to cut the original card, make a photocopy to use for the game.) You'll also want to start collecting empty single-portion cereal boxes or other cardboard boxes of a similar size before they hit the recycle bin.

Here's what you'll need for six sets of pairs:

- 12 small, empty rectangular single-portion cereal boxes or similar size boxes
- 6 holiday photo cards
- paint or adhesive-backed paper
- scissors
- household glue or spray craft glue
- empty grapefruit or orange net bag for storage (optional)

Here's the fun:

1. Paint all of the boxes or cover with adhesive-backed paper.

2. For each photo, trim off holiday greetings, then cut in two parts to fit the top of two boxes. Glue in place.

3. To play, mix up the boxes and start matching pairs. You might say the names of the people or locations to your child as you go, as well as how they are related. Share a story or two about them.

When done, keep box pieces in an empty net bag. If you weave a string through the tops, you can hang them on a hook for easy storage between play.

Find more recipes and family fun at www.donnaerickson.com. Write to Donna at Info@donnaerickson.com

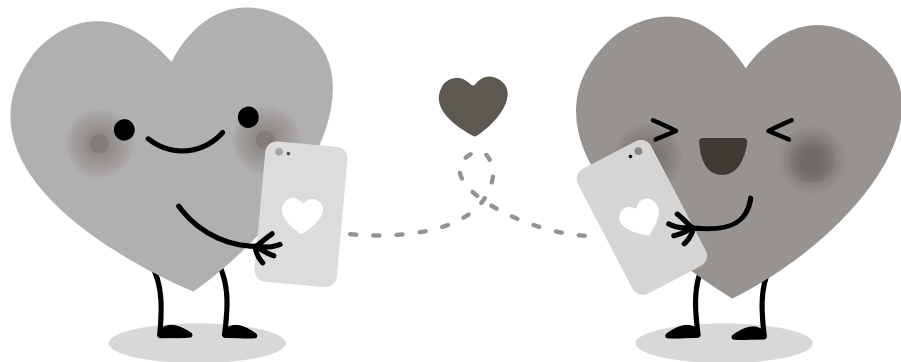
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This mix-and-match game is a creative way to help kids become familiar with important people in their lives and where they live.

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Now here's a tip

by JoAnn Derson

• N.B. of Texas, writes: "I never could find the time to exercise. When I got home, I had to rush to get supper, etc., and afterward all I wanted to do was plop down and watch television. Then I got an exercise mat and a stationary bicycle. When I couldn't work out very long, I worked out during commercials. I've lost 3 pounds so far!" Great idea for all those with fitness on their New Year's Resolution lists.

• Two wonderful tips came in from G.K. of Minnesota: "To protect floors from being damaged by chairs being pushed around, glue rounds of carpeting beneath the chair legs. They are easily removed for replacing as they wear down. Also, when making bread or rolls, warm the flour in the oven or microwave so as not to chill the butter. The dough will rise faster."

• B.W. of Colorado swears by brake cleaner to get rid of bad spots on carpets. "Regular automotive brake cleaner on the spot and a clean rag will remove almost all stains," he says.

• "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you sleep. Pull it next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." — B.M. in NY

• If your animals try to get out when you go into or out of the house, keep some toys or treats in your pocket or near the door to throw across the room, giving you a few seconds to slip in or out.

• As tax time draws closer, try taping a large manila envelope to the fridge, leaving the top open. Im-

mediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes, all items will be together and easy to find.

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

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Paw's Corner

by Sam Mazzotta

Emergency help for hungry pets

Dear Paw's Corner:

So many people are out of work right now, and there is little to no assistance available to them just to pay rent, much less buy food for themselves. I am wondering how will people be able to feed their pets in this desperate situation? — Jamie G., Atlanta

Dear Jamie: One of the bright spots in this pandemic is the way that individuals have responded to help each other and fill the needs of tens of thousands — maybe millions — of pets.

Shelters in many parts of the country have opened or expanded food pantries for pets to help owners keep their dogs and cats healthy and fed. Napa County, CA, for example, transformed two empty shipping containers into a community pet pantry offering free supplies this summer. (Search for "Napa County's new pet pantry" to learn more.)

In Tuscon, Cody's Friends, a charity started

in 2010 by a 10-year-old boy, has seen a huge surge of demand for pet food and is distributing to area shelters and clinics as fast as possible (codysfriends.org). And in North Carolina, the Davidson County Animal Alliance extended its holiday pet food collection drive because there was so much need.

If you are struggling to pay for pet food for any reason, contact your local shelter first and ask if there is a pet food program available. You may not be able to pick up food directly from a shelter; it may be distributed at a different location. Contact local food banks, churches and municipal offices. And of course, search online or on Facebook for these services as well.

Also, if you've been waiting to donate food, pet supplies or cash to a local shelter or charity, now is your moment to shine.

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

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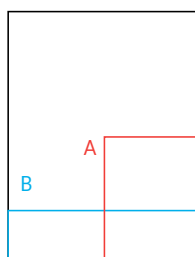
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Announcements

Announcements

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(Week Prior to Each Friday Dated Paper)

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The Country Editor

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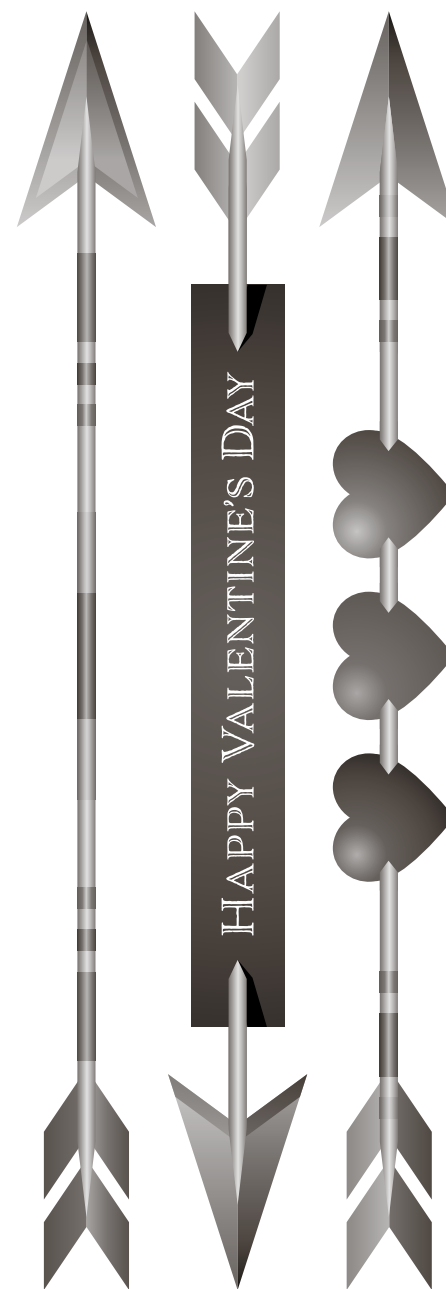
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Italian tuna and white bean salad

Packed with protein, this tuna-topped salad is appropriate for lunch or dinner. Serve with a warm, flaky baguette to round out the meal.

- 1 lemon
- 1 can (6 ounces) solid white tuna in water, drained
- 1 can (15 to 19 ounces) white kidney beans (cannellini), rinsed and drained
- 1 medium tomato
- 1/2 fennel bulb (about 1 1/4 cups), cored and chopped
- 2 tablespoons red onion, chopped
- 2 tablespoons kalamata olives, chopped
- 2 teaspoons fresh rosemary leaves, finely chopped
- 1 tablespoon olive oil
- Salt
- 1 bag mixed greens
- 1. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice; place in medium bowl.
- 2. With fork, flake tuna into bowl with lemon. Add beans, tomato, fennel, onion, olives, rosemary, oil and 1/2 teaspoon salt. Toss to mix well. (Tuna salad can be made ahead up to 6 hours; refrigerate, covered.)
- 3. To serve, divide greens among 4 dinner plates; top each with tuna salad.

* Each serving: About 215 calories, 5g total fat (1g saturated), 16mg cholesterol, 680mg sodium, 25g carb., 8g fiber, 16g 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

Creamed celery and peas

Usually vegetable dishes get no respect. Kids and husbands often say, "Thanks, but no thanks" unless it's french fries. But we're betting this ultra-easy veggie dish will get remarks more like, "Wow, this is good! When can we have this again!?"

- 1 1/2 cups finely chopped celery
- 1 (2-ounce) jar chopped pimiento, undrained
- 2 cups frozen peas, thawed
- 1/3 cup fat-free sour cream
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often.

2. Add sour cream and parsley flakes. Mix well to combine. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

* Each serving equals: 80 calories, 0g fat, 5g protein, 15g carb., 148mg sodium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

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(Family Features) Whether you're thinking about a bathroom update, kitchen overhaul or any other type of home improvement project, these tips from the experts at the National Association of the Remodeling Industry and eLivingtoday.com can help you get started.

Improving your home can be one of the most exciting projects to undertake. Start by setting realistic expectations, determining your goals and needs, finding inspiration and, perhaps most importantly, setting a budget.

You can improve your home's usability and increase its value with bathroom updates or a full renovation. Before you get started, think about these factors: the amount of space and storage you need, features that are important to you, sustainability concerns and accessibility considerations.

The kitchen serves as command-central for most homes, and you can get the most enjoyment out of yours by making purposeful changes, re-considering the physical space, re-evaluating your shopping style and choosing appliances with care.

If it's time for a serious undertaking, a full-blown remodel may be necessary (or simply desired). Remodeling typically calls for hiring a professional contractor, a process you can go about by gathering local recommendations, asking for licensing and insurance, checking references and comparing bids.

Find more home improvement ideas and solutions at remodeling-doneright.com and eLivingtoday.com.

Source: National Association of the Remodeling Industry



The kitchen serves as command-central for most homes, and you can get the most enjoyment out of yours by making purposeful changes, reconsidering the physical space, re-evaluating your shopping style and choosing appliances with care.

Nobody is more passionate about animals than pet owners – and that's why Country Editor is introducing its new Pet Pals section! Every month, we'll be bringing you heartwarming stories, tips, tricks, educational and entertaining news and stories – and photos of your fuzzy friends. We'll share our news with you, and you can share your best snaps of puppies and kitties (and others!). We'll print as many as space will allow.

You'll also learn about local businesses that offer services and necessities so you can pamper your pets. Find out about groomers, trainers and toy providers through Pet Pals!

For more information, contact members of our Editorial Department – Joan at jkarkwren@leepub.com, or Courtney at cllewellyn@leepub.com.

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