

HERKIMER
Country Editor
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My brethren, count it all joy when you fall into various trials,
knowing that the testing of your faith produces patience. James 1:2-3


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Cleaning bird feeders and other January gardening tips

by Leonard Perry,
UVM Horticulturist, and
Charlie Nardozi,
Garden Consultant

Cleaning bird feeders, growing Swedish ivy and brushing snow from shrubs are some of the gardening activities for this month.

Birds deserve clean food surfaces as much as we do. Every few weeks bring the feeders inside and wash them with soap and water into which a little bleach

has been added (one part bleach to nine parts water). Rinse thoroughly. If you have a heated bird-bath, keep it scrubbed and cleaned regularly as well. I keep an old brush just for this purpose, whenever I refill the bath.

When tree and shrub branches bend under the weight of a new snowfall, use a broom to gently brush off the snow. Don't try to remove ice or you might break the branch.

It's possible to save a branch that partially splits from the main trunk if you tie it in place and use long screws (coming from each direction, if necessary) to secure it. If done right away, the tree may callous over the wound and heal itself next season, and not split further.

Peperomia are highly decorative houseplants that are easy to grow (members of the pepper family as you might guess

from the name). Give them bright indirect light, don't overwater and don't let them get much below 60° F for best growth. The blunt-leaved species is upright and has rounded thick, waxy leaves on thick stems. Emerald ripple has dark green, rippled leaf surfaces and makes a mounded habit. Watermelon peperomia has silvery white stripes, similar to a watermelon rind. There are variations you may find on each of these three main species.

If you received a poinsettia or cyclamen as a holiday gift, keep it blooming by providing proper care. Poinsettias need good drainage, so if the pot is still wrapped in foil, make sure there is a hole in the bottom so water drains out. Of course if it's on furniture, place a saucer underneath to protect the finish. Keep

poinsettias away from drafts, such as near doors or windows or hot woodstoves. Keep soil moist, but don't overwater. Keep in bright light.

The latter applies also to cyclamen that can last for weeks if kept cool (65° to 68° F in day, less at night). Too high temperatures, too little water or overwatering or too low light may cause leaves to yellow and drop.

When deicing walks, use one of the granular products with a "chloride" other than sodium component – these are safer on plants. They may cost a bit more, but you often can use less. Calcium chloride works best in the coldest areas (down to about 5° F). If below this temperature, don't use any chemical product but rather sand for traction. Liquid products don't track into buildings

as granular ones often do. Apply any material before ice and snow, if possible, for best results.

While snow makes a good protective cover for plants, if you use salt to melt ice on driveways or walks, be careful not to pile snow from these areas on your plants or where melting snow will drain onto them. Otherwise, once snow melts in spring, flush soil thoroughly with water to help dilute or wash away any salt residue.

Other gardening activities for this month include ordering seeds and plants from catalogs, reviewing garden notes from this past year while planning for this coming season and signing up for a garden tour or spring garden symposium such as in April at Fort Ticonderoga (fortticonderoga.org/visit/kings-garden).



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Safe ways to celebrate the Super Bowl

The Super Bowl is the culmination of the National Football League season, which traditionally begins in early September and ends in early January. The Super Bowl is one of the most anticipated professional sporting events each year.

In most years, around 75,000 fans pack the stadium hosting the game to watch the Super Bowl in person, and millions of people around the globe tune in to view the live simulcast, typically at private parties with friends or alongside fellow fans in sports bars. However, this year Super Bowl watch parties are expected to look quite a bit different.

The 2021 Super Bowl may set the record for the smallest crowd in attendance due to the COVID-19 virus. The game is slated to be played at Raymond James Stadium in Tampa, FL, and ESPN reports that the NFL is

planning for 20% seating capacity at the game. Fans are expected to wear masks and will sit in pods separated by six feet. That capacity restriction would place around 13,000 fans in the stadium. Super Bowl I, which took place in 1967, was the only Super Bowl in history not to sell out, and that drew a crowd of 61,946 fans.

While scoring a ticket to the hottest game in town is often an expensive endeavor, with capacity restrictions for this year's game it likely will be even more difficult for diehard fans to attend the game in person. Instead, individuals can view the game on CBS or stream it through CBS All Access.

Here are some ways to safely celebrate while enjoying the game.

- Go cashless. For those who will be at Raymond James Stadium for the big game, cash is not king. The NFL has partnered

with Visa to employ cashless payment systems for everything at the venue. In addition, there will be reverse ATMs to turn cash into pre-paid cards to use for purchases.

- Order in. The Super Bowl is one of the biggest nights for pizza sales and other takeout. Fans can make it even more so by ordering from their favorite restaurants – many of which have been hit hard during the pandemic.

- Keep gatherings small. The CDC, the World Health Organization and other public health advisory groups continue to maintain that social distancing is the best way to help curb the spread of COVID-19. That means keeping crowds small and separate. If possible, host the party outside, as the virus does not spread as easily outdoors as it does indoors. Encourage guests to dress warmly and provide heat sources, like fire



Individuals can view the game on CBS or stream it through CBS All Access on Sunday, Feb. 7.

pits or propane heaters.

- Host a digital watch party. Video conferencing apps have been used for everything from work to school. Fans can gath-

er online and watch the game simultaneously, but in their own homes. Share the cheers, jeers and some beers over an internet connection.

The Super Bowl may be a bit different this year, but fans can still root for their favorite teams and enjoy this often thrilling game.

Missing cat turns up three years after California disaster

SANTA BARBARA, CA (AP) – A pet cat believed killed along with her owner in a huge mudslide has been found three years later.

The Animal Shelter Assistance Program in Santa Barbara County says the calico named Patches was brought

in as a stray in December and a microchip scan revealed her identity.

Patches had been missing since Jan. 9, 2018, when a rainstorm on the vast burn scar of the Thomas Fire sent a debris-laden torrent crashing down through hillside neigh-

borhoods of Montecito, northwest of Los Angeles.

Twenty-three people were killed, including cat owner Josie Gower. The devastation of the debris flow was so terrible that the bodies of two victims were never found.

The ASAP shelter says Patch-

es was found less than a quarter-mile from where her Montecito home stood.

She was reunited with Gower's partner, Norm Borgatello, on New Year's Eve.

"Though we don't know exactly what she's been doing with her life for the past three

years, we can see that both Patches and Norm are thrilled to be reunited," the shelter said in a Facebook post.

A livestream ceremony to remember the 23 victims was held on the third anniversary of what has become known as the "1/9 Debris Flow."



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Impress guests with slow cooked brisket

Slow cooking can really whet the appetite. On days when a slow cooker is in use, the whole house tends to get filled with the aromas of delicious food, making everyone inside the home eagerly anticipate the arrival of dinnertime.

Slow-cooked brisket can be especially savory, as brisket is a dish many home cooks are hesitant to try because of the perceived difficulty of preparing it. Novices may find that slow cooking brisket as opposed to smoking it can be a great way to get their feet wet while still serving up a delicious meal. This recipe for “Beef Brisket with Prunes and Oranges” from Andrew Schloss’ “Cooking Slow: Recipes for Slowing Down and Cooking More” (Chronicle Books) cooks for roughly half a day, giving cooks and their families something to look forward to all day long.

Beef Brisket with Prunes and Oranges

- Makes 8 servings
- 1/4 cup finely ground coffee
- 1 teaspoon ground cinnamon
- 4 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 3 pounds beef brisket, trimmed of excess fat

- 2 tablespoons vegetable oil
 - 2 large Spanish onions, cut into thick wedges
 - 8 celery stalks, cut into 1-inch pieces
 - 4 garlic cloves, minced
 - 1/4 cup brandy
 - 1/2 cup cider vinegar
 - 6 tablespoons firmly packed dark brown sugar
 - 2 cups vegetable cocktail juice, such as V8
 - Juice and julienned zest of 2 oranges
 - 16 pitted prunes
- Mix together the coffee grounds, cinnamon, salt, and pepper in a small bowl. Rub half of the mixture over the brisket. Refrigerate for at least 1 hour and up to overnight.
- Preheat the oven to 200 F.
- Heat 1 tablespoon of the oil in a large Dutch oven over high heat. Add the brisket and sear until nicely browned on both sides, about 5 minutes per side. Transfer to a plate.
- Add the remaining 1 tablespoon oil to the pot. Add the onions and celery and sauté until lightly browned, about 8 minutes. Add the garlic and sauté just until aromatic, about 1 minute more. Add the brandy and

bring to a boil. Add the vinegar, brown sugar, vegetable juice, and the remaining coffee mixture and return to a boil. Add the orange juice and zest, the prunes, and any meat juices that accumulated on the plate. Return the brisket to the pot and spoon the liquid in the pot over to submerge the meat. Cover and transfer to the oven. Braise until the meat can be pierced easily with a fork, 6 to 10 hours.

Using two large forks, transfer the brisket to a cutting board and let rest for 15 minutes. Carve the brisket crosswise against the grain into thin slices and arrange the slices on a platter. Spoon the sauce and braised vegetables over and around the brisket and serve.

Beetle keeps rivals off scent of food buried for offspring

by Marion Renault, Associated Press

Some beetles go to great – and disgusting – lengths for their children.

They scout for a dead mouse or bird, dig a hole and bury it, pluck its fur or feathers, roll its flesh into a ball and cover it in goop – all to feed their future offspring.

Now scientists think that goo might do more than just slow decay. It also appears to hide the scent of the decomposing bounty and boosts another odor that repels competitors.

“It helps them to hide their resource from others,” said Stephen Trumbo, who studies animal behavior at the University of Connecticut and led the new research, published recently in The American Naturalist. “They try to keep everyone away.”

The beetles, called burying beetles, aren’t the only creatures who try to deceive their competitors or prey with subtle, sneaky tactics.

Large blue butterflies, for example, will imitate certain sounds to manipulate ants. Corpse flowers produce rotting odors to attract insect pollinators that feed on decomposing matter.

The importance of these interactions are being recognized more and more, said Alexandre Figueiredo, a biologist at University of Zurich, who was not involved in the new study.

Burying beetles and other things that feed on dead animals – including vultures, opossums and maggots – race each other to track down carcasses. Competition is stiff even among burying beetles, which use special antennae to detect the remains from afar.

Burying beetles are relatively large, about an inch long, and black with orange markings. The gut secretions they spread on a carcass are antibacterial, and slow down decomposition. Trumbo and his colleagues wondered whether they also prevented rivals from

picking up the scent.

To find out, they collected the gases wafting off dead hairless mice preserved by a kind of burying beetle that is found in forests across North America. The researchers then compared the gases to those from untouched carcasses.

The beetle-prepped ones gave off much less of an onion-smelling compound that usually attracts burying beetles to fresh remains. They also discovered an increase in another gas from decay that’s known to deter other insects that feed on dead animals.

Next, they dropped off the dead mice in a Connecticut forest. They found the beetle’s rivals were less likely to discover the ones covered in goop.

“If you can deter other scavengers, even for a little bit of time, it can buy you a lot,” said Daniel Rozen, a biologist at Leiden University in the Netherlands who was not involved in the new study.



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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

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 Clin-

ton 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.

February 17

Valentine’s Week Fancy Chicken

Dinner 4-6 p.m. or sold out at First Baptist Church, 8 Second St., Ilion. A 3rd Wednesday night dinner. For more info contract 315.894.9041.

February 18

Roast Pork Dinner 4-7 p.m. or sold out Emmanuel Episcopal Church, 594 East Albany St., Little Falls. Take out only. Curbside pick up. Walk ins. Reserve dinner at 315.823.1323 or 315.717.9462.

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Tuesday Bible Study 7 PM

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Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

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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
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Father Brian Slezak, Pastor
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Mass 9 AM Sunday

**EAST SCHUYLER
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Sunday Mass 8 & 10:30 AM

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Reverend Richard Riggle
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Church Service 10:30 AM
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Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

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On Jan. 3, Sheri's East Side Diner stopped by to drop off donated supplies and \$500 for the Herkimer County Humane Society.
Photo courtesy of HCHS

Herkimer County Humane Society adopts out 1,000 animals in 2020

The Herkimer County Humane Society recently wrapped up its biggest fundraiser of the year, the Staffworks Fund Save-a-Life Matching Program, which lasted the entire month of December. "We greatly rely on the money raised this month to help us with our expenses in the new year and are grateful to Staffworks for always partnering with us in all our fundraising efforts," said Gina Werczynski, vice president of HCHS.

The December Save-a-Life Fundraiser raised \$106,000, so HCHS reached the maximum payout from Staffworks – resulting in a \$30,000 payout for a total of \$136,103. "We are so proud and thankful. This will help us tremendously in our mission to safely re-home and care for the animals of Herkimer County and beyond!" Werczynski said.

The humane society's biggest yearly expense is veterinary care bills. All animals have to be spayed/neutered, fully vaccinated and have necessary testing completed for conditions such as Lyme disease and heartworm, deworming and flea/tick treatment before being available for adoption, as well as ensuring they are healthy overall and addressing any medical concerns.

HCHS has a \$300,000 annual budget, with approximately 85% of that pro-

vided by donations. With pandemic restrictions, they weren't able to host their usual events to solicit donations.

"We are very proud to say our biggest accomplishment this year was remaining open during the entire pandemic following COVID-19 guidelines, allowing us to provide roughly 1,000 animals the gift of adoption and leaving our facility to live their best lives with new families!" Werczynski said.

She continued, "We are thankful for our supporters who donate, volunteer, foster, share our available shelter residents and the adopters who directly contribute to our success."

Some good news kicked off 2021 too: Sheri's East Side Diner in Utica collected supplies for the shelter and provided a \$500 donation as well.

To view animals available for adoption or find ways to support the Herkimer County Humane Society, visit herkhumane.org.



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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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An appetizing starter perfect for the big game

Each year, American football's championship game is one of the most-watched television broadcasts across the globe. The Super Bowl might not kick off until early evening in the eastern U.S., but the day's festivities typically begin much earlier than that.

Super Bowl parties typically bring people from all walks of life together. Football fans mingle with non-fans who are more anxious to see the famed Super Bowl advertisements than they are the big game. But one thing all Super Bowl viewers can enjoy together is the food. Food is as much a part of Super Bowl Sunday as the game itself. That should be comforting in a year when Super Bowl parties figure to be atypical as the world continues to confront the pandemic. Large

gatherings likely aren't on the docket for Super Bowl LV, and the game itself may be played in a largely empty stadium. But fans at home can still cook up traditional Super Bowl Sunday foods this year.

The focus of Super Bowl Sunday fare is not often about an entrée, but rather the bevy of snacks and starters people can enjoy in small doses throughout the game. That makes the big game a good fit for scaled back celebrating. This recipe for "Beer-Braised Meatballs" from "Cooking With Beer" by the editors at Publications International Ltd. makes 20 meatballs, making it ideal no matter the size of your Super Bowl Sunday party.

Beer-Braised Meatballs

Makes 20 meatballs
1 lb. ground beef
1/2 cup seasoned dry

bread crumbs

1/2 cup grated Parmesan cheese

2 eggs, lightly beaten

1/3 cup finely chopped onion

2 cloves garlic, minced

Salt and black pepper

1 bottle (12 oz.) light-colored beer, such as a lager

1 1/2 cups tomato sauce
1 cup ketchup
2 tablespoons tomato paste

1/2 cup packed brown sugar

1. Preheat the oven to 400° F. Line broiler pan with foil; spray rack with nonstick cooking spray.

2. Combine beef, bread crumbs, cheese, eggs, onion, garlic, salt and pepper in large bowl; stir to blend. Shape mixture into 1-inch balls. Place meatballs on prepared rack. Bake 10 minutes or until browned.

3. Bring beer, tomato



Each year, American football's championship game is one of the most-watched television broadcasts across the globe.

sauce, ketchup, tomato paste and brown sugar to a boil in a Dutch oven.

Add meatballs and reduce heat to medium-low. Cover; simmer for 20 to 30

minutes or until meatballs are cooked through, stirring occasionally.

Trees and shrubs for sale at Herkimer County SWCD

The Herkimer County SWCD is taking orders for trees and shrubs now through March 22. Avail-

able for planning this spring are low-cost bare root evergreen seedlings and transplants, decid-

uous trees, a variety of bushes and shrubs, semi-dwarf apple trees and wildflower seeds.

Also available are bluebird nest boxes and rain barrels. Among the many

planting accessories being offered are tree mats and tree shelters, hardwood stakes, compost, fertilizer tablets and animal repellent.

For a complete list of

the many items available, including descriptions, prices and order information, visit herkimercountyswcd.com or call 315.866.2520 ext. 5.

Orders are accepted

through Monday, March 22. Pick-up dates are Friday, April 23 and Saturday, April 24. Quantities are limited and orders will be filled on a first come, first served basis.

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Dog and goat serving as mayor raise money for a playground

FAIR HAVEN, VT (AP) – A goat and a dog who were each elected mayor have helped raise money to renovate a Vermont

community playground.

The oddball idea of pet mayor elections to raise money to rehabilitate the playground and to help get local kids civically involved came from a local town manager.

In 2018, Fair Haven residents elected Lincoln the goat as its honorary mayor. Lincoln helped raise about \$10,000 while the current mayor, Murfee, a Cavalier King Charles spaniel,

has raised \$20,000, Town Manager Joe Gunter told the Rutland Herald. The town chipped in another \$20,000.

Murfee's owner, Linda Barker, said that when she was talked into having Murfee get involved in politics, she thought it would be easy to raise money through T-shirts. Then the pandemic struck.

So she shifted to masks. She's made nearly

1,000 of them, and will be making another round of them for Valentine's Day. She raised more than \$5,000 from the masks and a similar amount from basket raffles.

The town was also recently awarded a \$50,000 grant from the federal Land and Water Conservation Fund, she said.

Ironically, the honorary mayor is not welcome on the playground. Barker said there's a "no dogs allowed" sign.

"Murfee is going to take that up with the town," Barker said with a chuckle. "He's going to contest that."



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Great game day grub



Photo courtesy of Getty Images

(Family Features) – While you may not be able to enjoy game day with thousands of your closest friends at the stadium this year, that doesn't mean you can't still enjoy tailgate-worthy grub at home with a smaller group of friends and loved ones.

Step up your home-gate with an appetizing pre-game lineup featuring customized hot dogs and bratwursts as the main course with other plate-filling appetizers on the side to keep the noshing going right up to game time like bacon-wrapped potatoes, sweet cinnamon churros and a savory take on guacamole.

Find more game day recipes worth cheering about at Culinary.net. The game will air on Sunday, Feb. 7.

Build-Your-Own Brat Bar

A simple and tasty main course, hot dogs and bratwursts are mainstays on game day and can be easily topped and customized to match each guests' taste buds, regardless of age. Consider setting out a variety of garnishes and topping

options such as ketchup, mustard, relish, onions, chili, nacho cheese, shredded cheese, jalapeno peppers, diced tomatoes, sauerkraut, cole slaw, pickle spears, barbecue sauce and Sriracha.

A bacon-wrapped winner

Creating a mouthwatering game day spread is all about teamwork, and it's hard to find a better set of teammates than crispy bacon and potatoes.

Take one to the house with these Pigskin Potatoes that cut down on prep time and cleanup as an easy-to-eat finger food that can be made in advance. Just prep the potatoes and wrap with

bacon a day or two ahead of time then throw in the oven an hour or so before kickoff.

Your base ingredient in these tasty, touchdown-worthy snacks, potatoes, are low in calories, high in fiber and a source of vitamin B6, potassium, vitamin C and antioxidants.

Find more game day inspiration at eatwisconsinpotatoes.com.

Pigskin Potatoes

Recipe courtesy of The Little Potato Company on behalf of Wisconsin Potatoes.

Great 9



Photo courtesy of The Little Potato Company

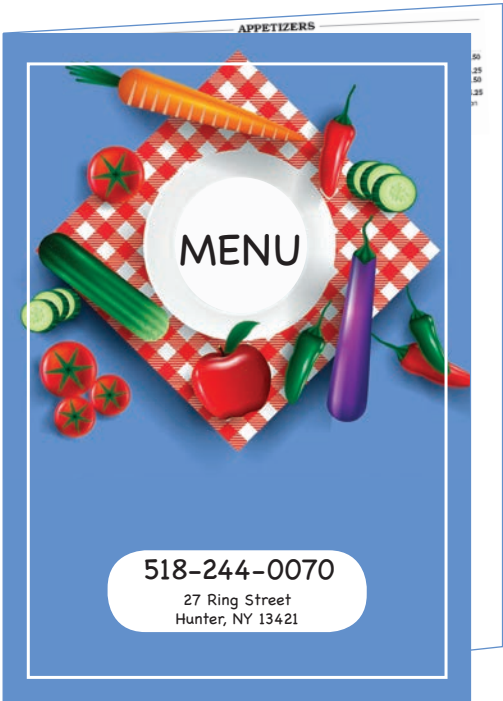
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Great from 8

Prep time: 20 minutes

Cook time: 44 minutes

Serves: 8

1 1/2 lbs. Boomer Gold Little Potatoes

6 oz. plain cream cheese, at room temperature

1/3 cup orange cheddar cheese, finely shredded

3 tablespoons fresh chives, finely chopped

1/8 teaspoon salt

1/8 teaspoon pepper

Jalapenos, to taste (optional)

1 lb. bacon, thinly sliced, rashers cut in half

Preheat oven to 400° F.

Boil potatoes until fork tender, approximately 15-20 minutes. Cut in half and allow to cool.

In bowl, use spatula to combine cream cheese, cheddar, chives, salt, pepper and jalapenos, if desired.

Once potatoes cool, spread cream cheese on one half of each cut potato and sandwich using other half. Wrap each potato using half rasher of bacon around cut middle to secure cheese filling.

Bake on middle rack 10 minutes to allow bacon to set. Flip and bake 10 minutes.

Turn oven to broil. Broil 2 minutes, turn and broil 2 minutes until bacon reaches desired crispiness.

Tip: Bacon-wrapped potatoes can be made ahead of time and kept in refrigerator until ready to bake.

A Sweet Cinnamon Snack

Sweet, handheld snacks make for perfect teammates while watching a game at home, and these churros are an ideal example of a quick, fun bite that's made with ease.

Requiring less than an hour in the kitchen, they can be made in short order without missing your favorite team's first play. Lightly coated with fresh cinnamon and flavored with C&H Golden Brown Sugar, these deep-fried delights are as simple to make as they are delicious.

Find more home-gating recipe ideas at chsugar.com.

Churros

Prep time: 20 minutes

Cook time: 20 minutes

Yield: 45 churros

1 1/4 cups water

1/2 cup (1 stick) unsalted butter

2 teaspoons golden brown sugar

1/4 teaspoon salt

1 cup all-purpose flour

3 large eggs, lightly beaten

3 cups canola oil, for frying

1 cup granulated sugar

Great 10

Photo courtesy of C&H Sugar



Photo courtesy of Avocados From Mexico



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Recruiting farms for the 2021 Herkimer County Local Foods Map

Cornell Cooperative Extension of Herkimer County (CCE) is updating the Herkimer County Local Foods Map for 2021. All farms listed on the 2020 map will be contacted for updates. However, if your farm was not on the 2020 map and you would like to be considered for the 2021 map,

call CCE at 315.866.7920.

To be part of the map, you need to produce a local food product and your farm must be located in Herkimer County. The deadline to be listed on the map is Friday, Feb. 19. See the 2020 map at bit.ly/CCEHerkCoLocalFoodsMap.



What is the 50-30-20 approach?

Effective financial strategies vary depending on which stage of life a person is in. For example, a recent college graduate working his or her first professional job will not have the same financial strategy as someone on the cusp of retirement.

But one financial strategy that people of all ages can look to for guidance is the 50-30-20 approach. Popularized by United States Senator Elizabeth Warren, the 50-30-20 approach to financial planning can be a valuable resource for anyone trying

to develop a budget. The approach is simple yet effective. Under the 50-30-20 approach, income is allocated based on this breakdown:

- 50 percent of money is spent on needs, including housing costs, health insurance, car payments,

and groceries

- 30 percent of money is spent on wants, including hobbies, dining out and travel

- 20 percent of money is allocated to savings

Proponents of the 50-30-20 approach note that calculations should

be based on after-tax income, or what's often referred to as "take-home pay." Professionals with steady paychecks can easily determine their 50-30-20 breakdowns by saving a month's worth of pay stubs and establishing their monthly

budget based on what's coming in. The task can be trickier for self-employed or freelance workers, who may benefit from working with financial planners as they seek to create monthly budgets based on the 50-30-20 approach.

Great from 9

2 tablespoons ground cinnamon

In medium saucepan over high heat, combine water, butter, sugar and salt; bring to boil.

Reduce heat and add flour. Using wooden spoon, mix vigorously until mixture forms into dough. Remove from heat.

While stirring, gradually add eggs into dough. Mix well. Place dough in pastry bag fitted with large star tip.

In heavy pot over medium-high heat, heat oil until it reaches 365° F.

On plate, mix granulated sugar and cinnamon; set aside.

Squeeze churro dough in 4-inch strips into hot oil. Fry 5-6 churros in batches until golden brown, about 2 minutes per side. When ready, transfer to plate lined with paper towels.

Roll churros in sugar-cinnamon mix.

A tasty take on a tailgate favorite

Even at home, game day means good times with friends and family while enjoying moments together watching your favorite teams. A menu full of flavor-

ful favorites takes the experience to another level, and tackling your spread by starting with a tasty dip is a sure way to fire up the crowd.

No tailgate or home-gate is complete without fresh guacamole made with avocados. Because they're always in season, you can enjoy guac during your favorite sporting events and beyond.

Take it to the house with a twist on a game day classic by testing out this Bacon Chipotle Guacamole, a tailgate-worthy snack loaded with crowd-pleasing flavor. Because it's such a fan-favorite, you might find yourself making another round at halftime.

To find this recipe and more ways to take your tailgate to new heights, including more than 200 guacamole recipes to choose from, visit avocadosfrommexico.com.

Bacon Chipotle Guacamole

3 avocados, halved, pitted and peeled
3 tablespoons shallot, minced
2 garlic cloves, minced
1/2 cup cilantro, finely chopped
1 lime, juice only

8 oz. applewood smoked bacon, cooked and crumbled

1/2 cup tomatoes, small diced

2 canned chipotle chiles, finely chopped

Ground cumin to taste

Salt, to taste

Pepper, to taste

In large bowl, mash avocados with shallots, garlic, cilantro and lime juice to desired consistency. Fold in bacon, tomatoes and chipotle chiles until well combined. Season with cumin, salt and pepper, to taste.

Source: Family Features

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Senator Oberacker sworn in for first term

State Sen. Peter Oberacker (R/C – Schenectady) took the oath of office earlier this month for his first New York State Senate term. Oberacker was sworn in at the Town of Maryland courthouse where his mother, Carol Oberacker, served as a town justice for over two and half decades.

Due to COVID-19 restrictions, Oberacker limited the gathering to a small circle of family and close friends. Following the swearing-in ceremony, Oberacker addressed supporters and

well-wishers, offering thoughts on his plans for his first term representing the 51st Senate District and New York State:

"It is my great honor to take on this esteemed position and I look forward to serving the people of the 51st Senate District. We are living in challenging times; however, I am certain that we will overcome the obstacles in front of us and move forward together. After traveling throughout the region over the past several months, it is clear to me that the people who

live and work here are our greatest assets.

"Families and individuals along with our small businesses, schools, local governments and countless community groups have persevered during the COVID pandemic – that is our nature here in upstate New York. Now, as we prepare to open a new legislative session, it is time for Albany to take commonsense steps to truly improve our state.

"Delivering high speed broadband for all, strengthening our Main Street businesses, investing in our farms and backing our first responders and frontline healthcare providers are just a few initiatives I will fight for in my first term.

"As I begin my first term, I do so with a great support system of family and friends, including my longtime representative, Senator James L. Seward. I look forward to



Senator Peter Oberacker, joined by his wife Shannon, takes the oath of office at the Town of Maryland Courthouse, administered by Town of Maryland Justice Honorable Joseph Staruck.

Photo courtesy of Peter Oberacker

continuing his strong record of public service.

"I ran for the state senate to make a positive difference in the lives of those who I now have the

privilege to represent. It is a great responsibility and one I am deeply committed to fulfilling."

New York's 51st Senate District encompasses all

of Schoharie, Otsego and Cortland counties as well as parts of Tompkins, Herkimer, Chenango, Cayuga, Delaware and Ulster counties.



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Extra Income From your Employer

- Accessory
Addendum
Addition
Appendage
- Appendix
Dividend
Encore
Extra
- Makeup
Patch
Plug-in
Postscript
- Premium
Sequel
Supplement

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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Wordsworth work
5 Spasm
8 Billie — King
12 Against
13 Granada gold
14 Sea eagle
15 500 sheets
16 Chess piece
17 Right on the map?
18 On an angle
20 Dines
22 Donald Duck's outfit
26 Birth-related
29 "Exodus" hero
30 Vitamin stat
31 Prior nights
32 Pvt.'s superior
33 Grant basis, at times
34 Seminary subj.
35 Take to court
36 Smartens (up)
37 Produce aisle display
40 Pan handler?
41 Rookie
45 Boyfriend
47 Business mag
49 Press
50 Formerly, once
51 French vineyard

1	2	3	4		5	6	7		8	9	10	11
12						13				14		
15						16				17		
18					19			20	21			
				22			23				24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
		40					41			42	43	44
45	46					47	48			49		
50						51				52		
53						54				55		

- 52 Bandleader Puente
53 Makes lace
54 "Dig in!"
55 Salty septet
6 Lyricist Gershwin
7 Monarch's spouse
8 Army vehicles
9 Test-paper smudges
10 Reply (Abbr.)
11 Court divider
19 Chum
21 Swiss canton
23 Beer type
24 Nantes notion
25 Tiny amounts
26 Soft ball?
27 Say it's so
28 Put on the air
32 Be enough
33 Blockheads
35 That lady
36 Golfer Michelle
38 Closes
39 Full-length
42 Party cheese
43 Greek vowel
44 Seth's son
45 Wager
46 Historic period
48 Big D.C. lobby

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STICKELERS [sic]
by Terry Stickels

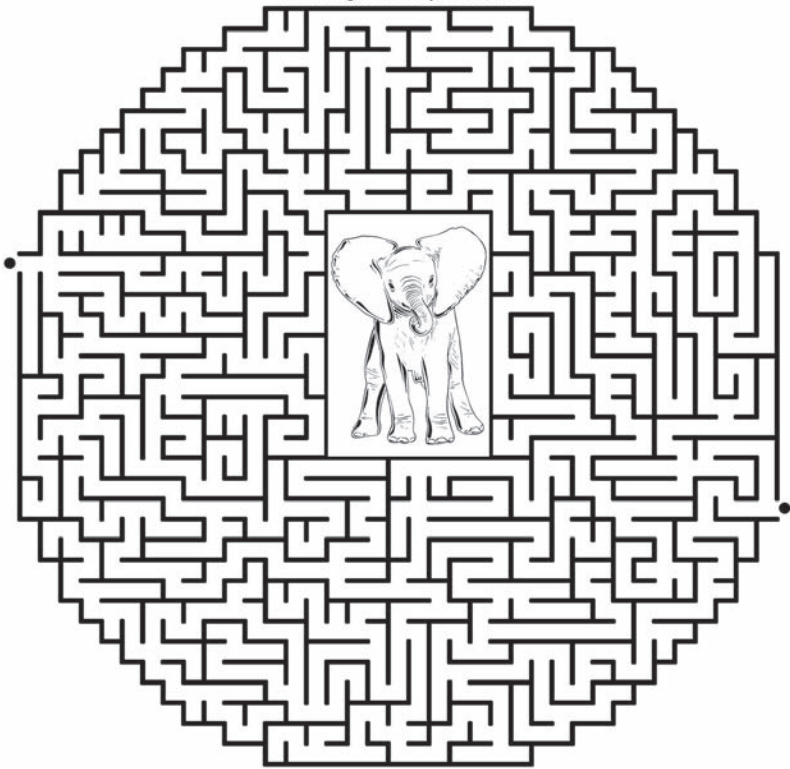
How many anagrams can you find
for the word "retains"?

All words must be found in a
dictionary or in other reliable
reference materials.

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Mega Maze

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Songbirds in winter

Missing your wild feathered friends? If you stand near some trees and make soft “psh-psh-psh” sounds, this is bird parlance for “a predator is near,” and even in winter, some birds may pop by to investigate! They may also make a few short “call notes” of their own to help warn of danger. Your best ally in this trick is the black-capped chickadee, often the first to respond. They can vary the rate or urgency of their calls to convey the distance or the immediacy of the threat. – Brenda Weaver

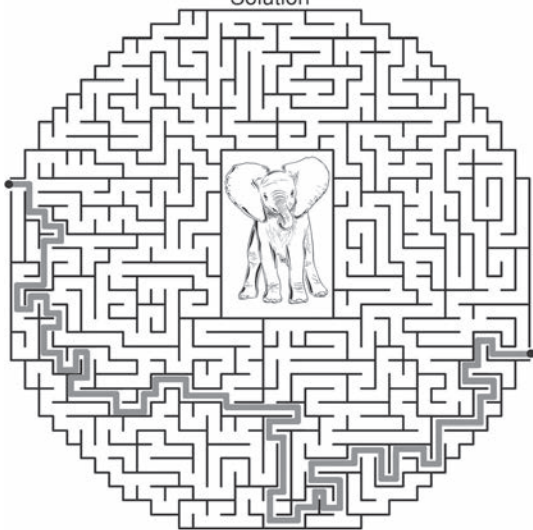
Source: northernwoodlands.org



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Mega Maze

Solution



Weekly SUDOKU

Answer

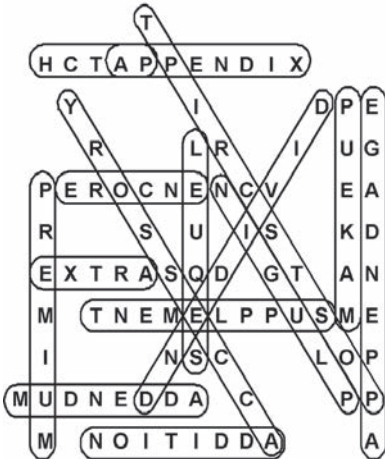
3	5	4	6	9	1	7	8	2
6	8	1	2	4	7	3	9	5
2	9	7	5	8	3	4	1	6
4	1	3	8	7	6	2	5	9
8	6	2	4	5	9	1	3	7
5	7	9	1	3	2	8	6	4
1	2	8	7	6	5	9	4	3
7	3	5	9	1	4	6	2	8
9	4	6	3	2	8	5	7	1

LAFF - A - DAY



“I warned you not to forget to ask the waiter for a doggie bag.”

ADD-ONS



Amber Waves

by Dave T. Phipps



King Crossword

Answers

Solution time: 25 mins.

POEM	TIC	JEAN
ANTI	ORO	ERNE
REAM	MAN	EAST
ASLOPE	SUPS	
	SAILORS	SUIT
NATAL	ARI	RDA
EVES	SGT	NEED
REL	SUE	WISES
FRESH	FRUIT	
	CHEF	NEWBIE
BEAU	INC	IRON
ERST	CRU	TITO
TATS	EAT	SEAS

Stickelers Answer

Here are some of the words we found: nastier, antsier, ratines, restrain, retsina, stainer and stearin.



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Herkimer College adds Psychology, A.A. degree program

Herkimer County Community College is now offering an associate of arts degree in psychology.

The psychology program is designed to provide a solid foundation

in psychological studies by familiarizing students with the various fields of study, putting them in a more-informed position to focus their interests and career goals when

transferring to a four-year college or university. The program will cover key topics like development, childhood, or adolescent psychology; abnormal psychology; marriage and

family dynamics; social psychology; and more.

In addition to traditional in-person learning, the new A.A. degree is also available for completion entirely online through

Herkimer College's Internet Academy.

Applications are currently being accepted, with students able to enroll in the program as early as the upcoming

Spring 2021 semester.

For more information, contact the Admissions Office at 315.574.4028 or admissions@herkimer.edu.

Bible trivia

by Wilson Casey

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

2. In 1 Peter 2, all believers are called to be part of a royal ...? Family, Priesthood, Flock, Wedding

3. From Judges 11, what judge of Israel was a prostitute's son? Hosea, Jephthah, Samson, Lot

4. In Revelation 12:3, how is Satan depicted? Silver goat, Black horse, Red dragon, 7-winged bat

5. From 2 Kings 23, where was King Josiah killed? Megiddo, Anathoth, Philadelphia, Jericho

6. In Esther 1, what king did she marry? Jehu, Omri, Ahasuerus, Zedekiah

ANSWERS: 1) Neither; 2) Priesthood;

3) Jephthah; 4) Red dragon; 5) Megiddo; 6) Ahasuerus

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

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To your good health

by Keith Roach, M.D.

No cure, just treatment for rare skin disorder

Dear Dr. Roach: My girlfriend has necrobiosis lipoidica. She suffers from this on her shins, as did her mother. She is not diabetic. We cannot find good information on how to rid her of this. The information we find is not about cures, but treatments that mask the symptom, such as steroids. We cannot even find a doctor that specifically treats this condition. Can you help? — M.B.

Answer: Periodically I get letters referencing a condition like this one that I know absolutely nothing about. Fortunately, I have the time to do a lot of reading, and I talked to several people with the condition. Here is what I found.

Necrobiosis lipoidica is a rare skin disorder, usually but not always associated with diabetes. It occurs mostly in young adults (the average is 25 years old when associated with diabetes, 46 years if not), and is more common in women. It may also be associated with thyroid disorders and celiac disease. The cause is unknown.

The diagnosis is made by skin biopsy. The appearance is usually of a large, variably colored and elevated patch of skin, most commonly on the shins, as your girlfriend's is, but it can spread to other parts of the body, especially skin that has been scraped or damaged. Because necrobiosis lipoidica can occasionally transform to skin cancer, it needs careful surveillance.

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There is no cure for necrobiosis lipoidica. However, there are treatments that can reduce the inflammation. Steroids, either topical or injected, are the usual first choice. Topical steroids are more effective if they are given as ointment and covered with an air- and water-tight dressing. If topical steroids are not as effective, there are many other therapies that have been tried, including: the medication tacrolimus, which decreases the immune response; ultraviolet light A; antimalarial drugs (also used for autoimmune diseases); and others. The disease normally progresses slowly, then stabilizes, but it can spontaneously resolve in some people.

Necrobiosis lipoidica may also ulcerate, at which point a wound care specialist may be of tremendous value.

It may not be easy to find an expert dermatologist for this condition.

I would start with a support group, as you can get expertise from others who have been living with this condition. I found one large group on Facebook. I read some tips on makeup and temporary tattoos for cosmetic improvement.

I found two clinical trials recruiting subjects, one in Boston and one in Pennsylvania. You can find clinical trial information at clinicaltrials.gov. More good information is available at tinyurl.com/NLskin.

Dear Dr. Roach: My granddaughter, age 21, suddenly developed a nut allergy while away at college, when she had grown up eating every type of nut there is. She had such a reaction that she had to be taken to the emergency room, tested and was given an EpiPen, which she will have to carry with her everywhere. Is this a common occurrence? Is it possible that she can grow out of this in the future? — V.P.

Answer: Although food allergies most often start in adulthood, they may develop at any time of life. Peanuts and tree nuts are among the most common food allergies that develop in adults. Outgrowing a peanut allergy is uncommon, but when it does happen, it usually happens at a young age. I would not expect her to grow out of it.

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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Mon. Feb. 22nd – Normal Monday Sale & Monthly Organic Day
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Strange but true

by Lucie Winborne

• The most leaves ever found on a clover is 56.

• In 2012, General Mills sent professional basketball player Jeremy Lin a special jersey made entirely out of Fruit Roll-Ups after he tweeted about his love for the snack.

• The southern polar region of Enceladus, one of Saturn's moons, contains cryovolcanoes, an exotic type of geyser that spews ice instead of magma.

• Aluminum is infinitely recyclable, with nearly 75% of all aluminum ever produced still in use today.

• The first footprints on the moon will remain there for a million years.

• A Kansas man requested that an Iowa court grant his motion for trial by combat. His opponents? His ex-wife and her attorney, whom he desired to meet "on the field of battle" in order to "rend their souls from their corporeal bodies."

• The world's largest recorded snowflake measured 15 inches wide and 8 inches thick.

• Similar to how human

babies suck their thumbs for comfort, baby elephants suck on their trunks.

• In the Middle Ages, a man's wealth was measured by his stockpile of pepper.

• A 639-year performance by an automated organ, based on avant-garde composer John Cage's "As Slow as Possible," started in September 2001 and is still running at St. Burchard Church in Germany. Progressing so slowly that visitors have to wait months for a chord change, it is scheduled to conclude in 2640.

• Apollo 11 astronaut Buzz Aldrin brought a chalice, bread and wine to the moon to take communion.

Thought for the Day: "Yet I had rather be remembered as those brave beginners are, though many of them missed the triumph, than as the late-comers will be, who only beat the drums and wave the banners when the victory is won." — Louisa May Alcott

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Herkimer College appoints assistant professor

Herkimer County Community College has appointed Elizabeth M. Pogonowski, PT, DPT, to the role of assistant professor in the Physical Therapy Assistant Program. She will also serve as the program's academic coordinator of clinical education.

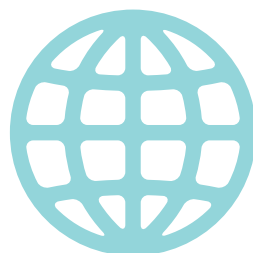
Pogonowski, of Newport, received her BS degree from Virginia Polytechnic Institute and State University in Human Nutrition, Foods and Exercise, with a concentration in Exercise Science and Health Promotion. She then went on to receive her Doctorate of Physical Therapy from Utica College in 2012.

Pogonowski was previously employed as a physical therapist at Sitrin Medical Rehabilitation Center in New Hartford since 2012, where she was the primary therapist for the Neurocare Unit and the Long-term Care Unit. She had also been teaching PTA courses at the college as an adjunct instructor since 2019 and is a member of the American Physical Therapy Association.

In her new role, Pogonowski will help maintain, manage, plan, develop, coordinate and facilitate the clinical education components of the PTA program.



Elizabeth Pogonowski



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585 Guns
587 Hair Styling
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610 Help Wanted
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700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
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Announcements

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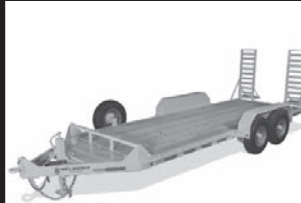
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Paw's Corner

by Sam Mazzotta

Cat frees crickets, gecko goes hungry

Dear Paw's Corner: I have a leopard gecko named Lenetta, and I wouldn't trade her for the world. There's a problem, though. I also have a cat, and that cat always finds a way into the room where Lenetta is kept, and spends his time chasing the crickets through the plastic "kritter keeper." Sometimes it gets flipped over and the crickets escape. Then I have nothing to feed to Lenetta, and there are loose crickets all over the house. How do I get this cat to stop obeying his instinct to chase these bugs? Help, before any more crickets get loose. — Josiah from NY

Dear Josiah: Ah, that's the thing: It's a cat's instinct to chase small, hopping things. Cats think it's awesome.

Rather than try and teach your cat not to chase crickets -- a tough job that will require long-term commitment, daily training sessions and possibly some genetic manipulation to remove that hunting instinct -- make it tougher for the kritter keeper to get turned over.

Solution 1: Duct tape. One piece on each side of the lid, being careful not to cover the air vents. If you use a cricket shaker or something similar, take out the shaker tube and secure the lid.

Solution 2: Camouflage. Make the cricket cage invisible. Put it on a shelf that the cat can't reach. Cover it with a thin cloth (that air can get through) or place it behind other objects. Out of sight, out of mind.

Solution 3: Keep the door to Lenetta's room closed. This may be more difficult because your cat clearly has figured out how to get in. Think about other ways to discourage his entry.

Good luck.

Send your pet care questions to ask@pawscorner.com.

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The Kitchen Diva

by **Angela Shelf Medearis**
Soupify your supper

January is National Soup Month, and I've been busy making home-made chicken stock in my slow cooker and using the flavorful broth as a base for several belly-warming bowls of soup. I've also enjoyed exploring new soup recipes, starting with a unique new cookbook.

"SOUPified: Soups Inspired by Your Favorite Dishes" contains 31 cozy, comforting recipes -- one for every day of January. Created by Michele Di Pietro, it transforms supper recipes into soups. "SOUPified" was released to coincide and celebrate National Soup Month, as well as inspire readers during another season of sheltering in place.

Chef, culinary consultant and rising social media star (50k with a bullet), Di Pietro didn't set out to create the perfect response to another snowy pandemic winter season, but that's precisely what she did with her new book.

"I once read that every

good soup tells a story," Michele says. "So true! These soups were born out of the quarantine period of the COVID-19 pandemic, when I spent countless days being cooped up in a one-bedroom New York City apartment with no outdoor space and a lot of extra time on my hands. I needed to focus on something

positive, challenging and delicious," she said. "I began by transforming a handful of favorite dishes into soup versions — things that were nourishing, hearty and spoonable — while still keeping the true essence of the dishes intact, or, in my parlance, I SOUPified them. My desire soon grew into a full cookbook of SOUPified

recipes, which has never been done before."

Recipes include SOUPified versions of Eggplant Parm, Lasagna, Shrimp Scampi, Philly Cheesesteak, Clams Casino, Chinese Egg Roll and one of my favorite suppers, Chicken Marsala in "Soupified" form. Portions are generous, and each recipe is scaled to feed either 4 to 6 or 6 to 8 hungry diners, yielding multiple meals in some instances, or freezer stashes for the future. SOUPified is a salute to National Soup Month, and the perfect way to spoon up a bowlful of your favorite comfort foods on a chilly winter day.

Soupified chicken Marsala

You can save time by using a 1 pound chopped, roasted or rotisserie chicken, and omitting the steps in the recipe for preparing and searing the raw chicken breast. Follow the recipe as directed for preparing the vegetables, and add the chopped roasted or rotisserie chicken into the pot along with the

mushrooms and continue the recipe as directed.

1 pound boneless, skinless chicken breasts
1 1/2 teaspoons salt
1 1/2 teaspoon ground black pepper

3/4 cup all-purpose flour, divided

7 tablespoons unsalted butter, divided

2 cups diced shallots (about 4 shallots), or 1 small yellow onion, chopped

1 cup diced celery (about 3 to 4 ribs)

1 1/2 cups dry Marsala wine or grape juice

4 cups low-sodium chicken broth

1 pound white mushrooms, coarsely chopped

1/2 cup chopped sun-dried tomatoes, drained

1/4 cup heavy cream

2 cups cooked egg noodles or rice, optional

1. Pat chicken breasts dry with paper towel and season both sides with 1 teaspoon of the salt and the pepper. Dredge breasts in 1/2 cup flour until coated on both sides. Shake off any excess flour. Set chicken aside on a plate.

2. Melt 4 tablespoons of the butter in 6-quart pot or Dutch oven over me-

dium-high heat. Transfer chicken breasts to pot and sear until browned on both sides (about 3 to 4 minutes per side). The chicken does not need to be fully cooked at this point. Transfer seared breasts to cutting board and let them rest for 3 minutes. Then cut them into bite-sized pieces (about 3/4-inch dice). Set aside.

3. Add remaining 3 tablespoons butter to pot and melt over medium heat. Add shallots or onions and celery, and cook for 3 to 4 minutes or until vegetables have softened a bit, stirring occasionally.

4. Sprinkle remaining 1/4 cup flour on top of shallot mixture; stir to coat, and continue stirring for 1 to 2 minutes while flour cooks. Gradually pour in wine or grape juice, and whisk mixture quickly to fully incorporate flour into liquid until smooth. Then stir to loosen and scrape up any browned bits on bottom of pot.

5. Add broth, mushrooms, sun-dried tomatoes, the remaining salt and pepper, and reserved chicken. Mix until all ingredients are well combined.

6. Cover pot and bring mixture to a simmer, stirring occasionally. Simmer, partially covered, until celery is soft and chicken is fully cooked (if using the seared chicken breasts, about 15 minutes).


7. Reduce heat to low. Then, whisk in cream and cook for another 3 minutes while stirring. Stir in the cooked egg noodles or rice, if desired. Remove the soup from the heat and serve immediately. Makes 6-8 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new 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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Soupified chicken Marsala



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