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**Country Editor**  
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**FEBRUARY 12, 2021**  
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Volume 10 Number 35

And do not be conformed to this world, but be transformed by the renewing of your mind,  
that you may prove what is that good and acceptable and perfect will of God. Romans 12:2

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## Little Falls Public Library to host a Zoom concert featuring pianist / vocalist Martha Regelmann

The Little Falls Public Library announces, just in time for the upcoming Valentine's Day holiday, "I'm in The Mood for Love" a piano-and-vocals performance of romantic tunes as interpreted by Martha Regelmann presented live online through Zoom, on Saturday, Feb. 13 at 1 p.m.

Ms. Regelmann's love of music started early when in the second grade her parents took her into a piano store to browse. She asked her parents why they were there, she was told they'd thought she might want to take piano lessons, and she was hooked from then on. Through her high school years, she gave private lessons to local youths and was the organist/choir director of the family church, eventually leading to higher education in the field, earning a Bachelor's of Music from the Westminster Choir College in New Jersey, majoring in Organ and minoring in Voice.

The main focus of Ms. Regelmann's professional music career was as the main organist and choir di-

rector for Trinity Episcopal Church at Roslyn, NY on Long Island. Alongside those duties, she later expanded into musical education, teaching vocal music and music theory at Friends Academy in Locust Valley and conducted the community choral society for Mineola. She additionally conducted private lessons in piano, organ and vocals throughout that time. In 2018, she retired from full-time education and performance to the Central New York area to be with her sister Patricia LaFontaine and her mother Lucille Smith.

Her Valentine's program "I'm in The Mood for Love" is designed to touch upon the many facets of the holiday and the theme of romance in music, in all of its trickiness, not just the spectacular first blush of young loves, but also the comfort and warmth of long-lasting loves as well as the tumult of loves gone rocky or sour. Selections such as "Almost Like Being in Love" will touch upon that joy, songs like "Don't Get Around Much Anymore" will touch on the sadness, tunes of

beauty and playfulness like "Claire de Lune" and "Bye, Bye Blackbird" filling in those myriad feelings in-between. It is Ms. Regelmann's hope that through this emotionally wide-ranged mix of classical and popular songs that a feeling of hope and connectedness can be fomented despite the physical distances many of us still need to employ over a holiday usually so tied to closeness.

The concert will be available on the Zoom application with the meeting ID 928-0774-4064. For more information, you can visit the Little Falls Public Library's website at [www.lflibrary.org](http://www.lflibrary.org) or check out the library's Facebook at [www.facebook.com/littlefallslibrary](https://www.facebook.com/littlefallslibrary) not only for information of this event but also for other future events like it. The Little Falls Public Library appreciates the opportunity to share local arts and culture with the local community as well as the world at large and hopes to see you online for the pre-Valentine's Day concert.

## To your good health

by Keith Roach, M.D.

### Animals, not men suffer irritable male syndrome

**Dear Dr. Roach:** Is there such a thing as irritable male syndrome, similar to PMS in women? If it is real, does it cycle yearly or monthly? My husband is negative and blames others for things at some times more than others. Also, is there a cure or ways to manage it? — Anon.

**Answer:** The term "irritable male syndrome" was coined in 2002 in a review of animal behavior, among male animals with a strictly seasonal breeding pattern. After mating season in these animals, testosterone levels drop markedly, and the animals exhibited symptoms of nervousness and irrationality.

In humans, low testosterone has a set of common symptoms, including low libido and low overall energy. Loss of

body hair and decreased muscle mass happen after prolonged time without testosterone. Psychiatric symptoms, such as depressed mood and anxiety, are less strongly tied to low testosterone levels.

Most experts do not believe that the findings in animals are analogous to what healthy men experience. While it is possible that your husband has low testosterone, and that this level may be causing a degree of irritability, it is much more likely that his behavior has a different underlying cause than loss of testosterone.

By contrast, premenstrual syndrome, where there are dramatic shifts in hormones, is clearly associated with mood swings, irritability, anxiety and depression. As the hormone changes are cyclical, so the symptoms are cyclical as well. No such cycles exist in men for testosterone.

I have certainly known many irritable males, however, and anybody can be more irritable one day compared with another. I would note that, especially in men, irritability and being easily angered can be a sign of depression, among many other possibilities.

**Dear Dr. Roach:** I am a healthy 73-year-old man who has always had a large prostate. Thirty years ago, my urologist described it more like the size of an orange rather than a walnut. Despite its size, it has never given me any problems - no UTIs,

sudden urination, poor stream, waking me in the middle of the night, etc. Despite not having symptoms, about 10 years ago I was prescribed finasteride at a dose of 5 milligrams, and Rapaflo to "try to keep it in check." In 2018 I had an ultrasound done of my prostate, and it was measured at 185 grams. It was measured again recently and is now 232 grams. My PSA is always in the 3.2-3.5 range.

At what point does a prostate get too large? Should I be concerned even without having any symptoms? To his credit,

my urologist discussed my surgical options, along with the related side effects. I am reluctant to do anything if it's not necessary. — J.J.

**Answer:** The normal prostate gland is about 20 grams, and only 4% of men will develop a prostate over 100 grams. Yours is well past that, though far short of the world record of 2,410 grams.

It is striking that the size of the prostate does not well correlate with a man's symptoms. Since you have no symptoms and a low PSA level (es-

pecially considering the size), there is no indication to do anything surgically. The risk of surgical complications is higher in men with very enlarged prostate glands, so I would certainly be cautious about considering surgery.

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

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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](mailto:cfeditor@leepub.com)**

### February 12 - April 2

**Drive-Thru Fish Fries** - Poland Fire Co. Auxiliary on Fridays, Feb. 12 through April 2. Serving: 4-7 p.m. at Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. No pre-sales or phone orders, no substitutions.

### February 13

**Little Falls Public Library Zoom concert featuring pianist / vocalist Martha Regelmann** at 1 p.m. Zoom meeting ID 928-0774-4064. For more information, visit the Little Falls Public Library's at [www.lflibrary.org](http://www.lflibrary.org).

### 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 ma-

terials included. Pre-registration required by Feb. 8. You can register online at [tinyurl.com/y8jqrn7m](http://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 contact 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 pickup. Walk ins. Reserve dinner at 315.823.1323 or 315.717.9462.

### February 25

**Focus on Farm Safety virtual training** 7-8 p.m. Register at [tinyurl.com/y2gxyk8](http://tinyurl.com/y2gxyk8) or contact Marylynn at [mrm7@cornell.edu](mailto:mrm7@cornell.edu).

### February 26

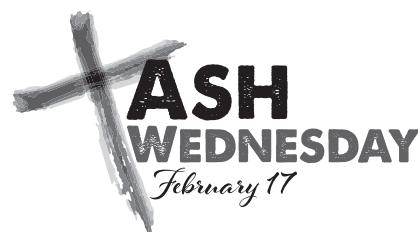
**Hyde Hall and the return of the Silver Goddess** will be live-streamed on Feb. 26 at 8 p.m. and can be viewed on Caffé Lena's YouTube page at [youtube.com/watch?v=-qJzcEasNo](https://youtube.com/watch?v=-qJzcEasNo). For more information about the Musicians of Ma'alwyck, contact Ann-Marie Barker Schwartz, at [annmarie@musiciansofmaalwyck.org](mailto:annmarie@musiciansofmaalwyck.org) or visit [musiciansofmaalwyck.org](http://musiciansofmaalwyck.org).

### March 3

**Soybean and Small Grain Summit** 12:40-3:35 p.m. on Zoom. Register at [cnydfc.cce.cornell.edu/event.php?id=1488](http://cnydfc.cce.cornell.edu/event.php?id=1488).

### March 9 and 11

**2021 Central NY Dairy Day** 12:30-2:30 p.m. on Zoom. Register at [cnydfc.cce.cornell.edu/event.php?id=1485](http://cnydfc.cce.cornell.edu/event.php?id=1485).



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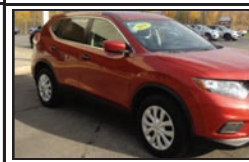
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## Hyde Hall and the return of the Silver Goddess

Hyde Hall in Cooperstown has partnered with The Musicians of Ma'alwyck, a Capital Region-based ensemble, to revive early music in its archives. The pair is set to release a CD album of those recordings,

tion and reintroduction of The Otsego Polka, a captivatingly sweet number, "Composed and Respectfully inscribed to the Young Ladies of Mrs. Cotes' Seminary, Springfield, NY by J.A. Fowler," in 1847.

who are so passionate and committed to Hyde Hall and its story, made the project truly a labor of love for all of us," adding that "the acoustics were warm and detailed." Jonathan Maney, Hyde Hall's executive director,

wealth of the Clarke family in the 1830s and 40s, that they secured a sizable collection of melodies and transcriptions of popular opera. The family was musical themselves, having owned two pianos, and with many

at HydeHall.org or at MusiciansofMaalwyck.org on Feb. 26.

The event will be live-streamed on Feb. 26 at 8 p.m. and can be viewed on Caffé Lena's YouTube page at youtube.com/watch?v=-q\_Jz-

cEasNo. For more information about the Musicians of Ma'alwyck, contact Ann-Marie Barker Schwartz, at annmarie@musiciansofmaalwyck.org or visit musiciansofmaalwyck.org.



Hyde Hall has partnered with The Musicians of Ma'alwyck, a Capital Region-based ensemble, to revive early music in its archives. Photos courtesy of Hyde Hall



An exciting piece on the album for Otsego County and Central New York is the transcription and reintroduction of The Otsego Polka.

titled Hyde Hall and the Silver Goddess: Operatic Brilliance of Auber, Bellini, Meyerbeer & Rossini from the Drawing Room on Feb. 26 at 8 p.m. That evening, Caffé Lena in Saratoga Springs will host a worldwide release party live-streamed through Youtube—copies will be available that night.

The project began in early 2020, three months before the start of the COVID-19 pandemic, when Ann-Marie Barker Schwartz, director, and violinist for the Musicians of Ma'alwyck, visited Hyde Hall to explore its archives. What she discovered was a trove of rare, early operatic transcriptions. Ann-Marie, along with Sten Isachsen (guitar), and Norman Thibodeau (flute), first intended to host a concert at Hyde Hall. When COVID-19 canceled their plans, they reimagined the project, creating instrumental recordings.

The group recorded works from Hyde Hall's music archives and other collections—including pieces by Auber, Bellini, Rossini, and Meyerbeer. An exciting piece on the album for Otsego County and Central New York is the transcrip-

According to Ann-Marie, "the repertory was instrumental opera transcriptions, with the exception of the charming Otsego Polka!" She remarked that "working in this very special historic site with staff members

said, "we are thrilled to revive the wonderful music that once filled this house in the 1820s and 30s. Ann-Marie and her ensemble have truly brought this era back to life."

It is because of the

members having studied the flute. It has been over 150 years since these rare pieces have echoed through the halls of the mansion, but now music lovers anywhere can enjoy them, too. Copies will be available for purchase



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Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

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Church Office (315) 866-0551  
Email: christchurchherkimer@mail.com  
www.christchurchherkimer.org  
Sunday Services: 10:30 AM  
Free Community Dinner: Last Saturday of the  
month, 5:00 PM on Mary Street Entrance

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Sunday Worship 10 AM  
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EPISCOPAL CHURCH**  
Bishop - Dan Herzog  
78 2nd Street  
Phone: (315) 894-3775  
Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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

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

**MORNING STAR UNITED  
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Pastor Joelle Faulks  
Sunday Worship 10:30 AM  
November 1 - May 1  
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Sunday School Classes 9:00 AM (nursery  
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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

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Thursday Bible Study 6:30 PM

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Sunday School 10 AM

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**by Terry and Kim Kovel**  
**Caviar server**

You probably won't find a blue cut-to-clear glass caviar server like this one that just sold for \$2,318 at a recent Neal Auction in New Orleans, but you might want to serve caviar the right way for a party. The event will be the talk of the town. Here's

the proper Victorian way. Serve the caviar in a chilled double bowl, a large bowl filled with ice chips holding a smaller bowl filled with the caviar. And yes, you must have a correct silver caviar spoon. The expensive eggs are served in very small portions on a blini, a small Russian buck-

## Kovels: Antiques and collecting

wheat pancake that is topped with creme fraise or sour cream then rolled to be held like a taco. Or you can make toast points and top with a slice of hard-boiled egg and caviar with a wedge of lemon to be squeezed for juice on top. Do not ever cook caviar. But you can top soup with a little bit. Serve with vodka or champagne. The fancy service is part of the charm, so find two suitable antique glass bowls and impress your party friends.

**Q:** I have my first Barbie, from about 1959. She has red hair in a ponytail and is wearing a black-and-white striped swimsuit. I got Ken with fuzzy hair, Midge, Allen, Skipper, and Scooter as they were produced, and also have the pink sports car and other things. Is it worth the trouble to try to sell them?

**A:** The first Barbie doll came out in 1959. The doll was designed by Ruth Handler, co-founder of Mattel, Inc., and came with blond or brunette hair. The doll was named Barbie after her daughter. Ken was introduced

in 1961 and was named after her son. Barbie No. 1 has upside-down V-shaped eyebrows and holes in the bottom of her feet, which fit into a special stand. Barbie No. 5 was the first Barbie with a red or auburn ponytail (a color Mattel calls Titian). It was introduced in 1961. Barbie dolls, her friends, clothes, and accessories sell at auctions, shows, flea markets and online for prices ranging from \$10 or less to several hundred dollars. Barbie No. 1 sold at auction last year for over \$4,000.

### Current prices

Box, playing cards: tartan print with playing cards design, wood base, two compartments, hinged lid, Tartanware, c. 1880, 11 x 7 inches, \$1,525.

Tea and coffee set: tea pot, coffee pot, sugar and creamer, lobes, ebonized handle, silver, Italy, 1965, 4 pieces, \$3,250.

Garden lounge: wire frame, white, cushion, Richard Schultz, Knoll, 1960s, \$4,550.

Tiffany Studios lamp: Zodiac, 1-light, turtle-back tiles, gilt bronze,

stamped, 1920s, 14 x 10 1/2 inches, \$5,940.

**TIP:** Some repairs make the sale of an antique very difficult and lower the price. Don't buff pewter. Don't wash ivory. Don't repaint old toys.

Don't tape old paper. Don't wash oil paintings.

Subscribe to the Kovels' free weekly email, Kovels' Comments, at [www.Kovels.com](http://www.Kovels.com).

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*This cut-glass globe holds ice and caviar at fancy parties. It is part of the elaborate way caviar is properly served. It auctioned for over \$2,000.*



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## Dr. S. Scott Ferguson named executive director of The Institute for Rural Vitality at SUNY Cobleskill

Dr. S. Scott Ferguson, professor of business and management at SUNY Cobleskill, has been named executive director of the College's Institute for Rural Vitality. Ferguson will lead the Institute's continued work in engaging regional partners in a collective effort to enhance the community and economic vitality in rural New York.

A presence on the SUNY Cobleskill campus for more than 12 years, Dr. Ferguson has served in multiple roles in addition to his tenure as a professor in the Business Administration degree program. He served as the college's inaugural chief diversity officer and has led the planning and implementation of many campus-wide initiatives, including serving as chair for SUNY Cobleskill's 2017 Strategic Planning program.

Outside of his experience at SUNY Cobleskill, Dr. Ferguson is an ambitious entrepreneur and business management professional, with successes to his credit ranging from small business start-ups to multinational, Fortune 500 companies. As an extension of his business ventures, he currently serves on the Schoharie County Chamber

of Commerce's Education Committee and is a former president of the Chamber's Board of Directors. He also serves as president of the Cobleskill Auxiliary Services Board of Directors and vice president of the Canajoharie Central School District Board of Education.

"Dr. Ferguson's leadership qualities have served to enhance many facets of our institution, and he has played an instrumental role in defining and advancing the values of SUNY Cobleskill," said Marion Terenzio, president of SUNY Cobleskill. "His expertise in economic and community development will be of great resource as the Institute for Rural Vitality continues to elevate its mission in the spirit of collaboration and stewardship."

The Institute for Rural Vitality was introduced in 2016 through a \$749,000 grant from the USDA and a unique partnership with Albany Law School. The Institute addresses the region's most pressing issues in economic development and education, from college access and career readiness to legal support for agricultural businesses. Its distinct centers

place SUNY Cobleskill students and faculty at the forefront of

community partnerships and coalitions, adding their expe-

rience in support these initiatives.

SUNY Cobleskill was recently awarded an additional \$761,141 through a USDA Agriculture Innovation Center grant. The Institute for Rural Vitality directed the funding to expand the services of the Farm & Food Business Incubator, a program offered in partnership with the Center for Agricultural Development & Entrepreneurship (CADE) to better equip growers and producers in the Mohawk Valley in addressing the farming industry's diversification and profitability challenges.

To date, the Institute has been instrumental in securing more than \$6 million for community-based economic development projects and actively recruited a private partner poised to build an \$84 million grow center on campus. The Institute's commitment to regional development has recently been recognized by the American Association of State Colleges and Universities (AASCU) as the recipient of its 2019 Excellence and Innovation Award for Regional and Economic Development.



Dr. S. Scott Ferguson, professor of business and management at SUNY Cobleskill, has been named executive director of the College's Institute for Rural Vitality.

Photo courtesy of SUNY Cobleskill

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## Utica Zoo has you covered for Valentine's Day gifts

With Valentine's Day around the corner, the Utica Zoo has some unique gifts for that special someone in your life. With a variety of options available, the Utica Zoo is encouraging gift givers to think outside the box and give a gift that also helps the animals.

Gifts such as Animal Encounters, Adoptions, and Memberships are a great way to make memories and enjoy the zoo all year round. Plus, the Utica Zoo is a great place for a date, and with all of the trouble it is to find a unique date that is also COVID friendly, the zoo is encouraging a visit to the zoo to spend some with your special someone and get some fresh air and exercise while the zoo is quiet and visitors can essentially have the zoo to themselves.

"Our community is very fortunate to have a

quality of life asset such as the Utica Zoo throughout the year. Especially

when it comes to special holidays and gift giving," said Mark Simon, visitor

experience and marketing manager at the Utica Zoo. "We have gifts that you

can't find anywhere else, and when it comes to experiences and making

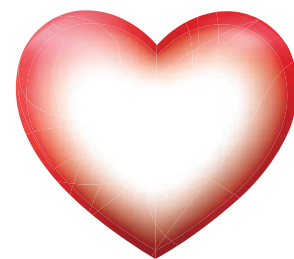
memories together, there is no better place in the Mohawk Valley than the Utica Zoo. The best part is that every dollar spent here at the zoo helps us continue to provide exceptional care for our animals all year."

Visit [UticaZoo.org/valentinesdaygifts](http://UticaZoo.org/valentinesdaygifts) to learn more about these unique gifts and purchase yours today. The Utica Zoo and Gift Shop are open daily from 10 a.m.-4 p.m. For more information on this or anything else Utica Zoo related, visit [UticaZoo.org](http://UticaZoo.org) or follow on Facebook, Instagram, and Twitter @UticaZoo.



## VALENTINE'S DAY GIFT GUIDE

With Valentine's Day around the corner, the Utica Zoo has some unique gifts for that special someone in your life. Photo courtesy of Utica Zoo



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## Pointers before preparing chicken

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

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

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

• **Thaw frozen chicken correctly.** It can be tempting to take chicken out of the freezer and leave it on the counter to thaw in the hours before dinnertime. But that's potentially very dangerous. The USDA notes that strains of bacteria such as salmonella and E. coli can be found on raw chicken.

These bacteria thrive at room temperature, leaving you and others vulnerable to foodborne illnesses. When thawing frozen chicken, place the chicken in the refrigerator in a sealable plastic bag. Chicken also can be thawed in a microwave, but the online medical resource Healthline notes that chicken that has thawed in a microwave must be cooked immediately afterward to kill any bacteria.



• **Be careful when rinsing chicken with water.** The Australian Chicken Meat Federation notes that rinsing uncooked chicken with water can lead to contamination if chicken juices and any accompanying bacteria are splashed into the sink or onto surrounding surfaces, such as countertops. If you rinse chicken with water, make sure the water is running low to reduce splashing, and clean any

areas that may have been contaminated, including the sink, immediately afterward.

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

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

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

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



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

## Mussels Marinere with Bacon Frisee Salad

Planning a romantic dinner for two? Serve this mussels dish with bacon frisee salad and a fresh baguette. It takes just 20 minutes to prepare.

2 slices thick-cut bacon, cut into 1/2-inch pieces  
2 tablespoons sherry vinegar

1 small (4-5 ounces) head frisee, leaves separated  
Pepper  
1 tablespoon olive oil  
1 tablespoon margarine or butter  
1 medium (6-8 ounces) onion, finely chopped

2 cloves garlic, crushed with press

1 cup dry white wine  
3 pounds mussels, beards removed, well-washed  
1/2 cup packed fresh parsley leaves, finely chopped  
1 small (7 ounces) baguette, cut in half and toasted  
1. In 12-inch skillet, cook bacon on medium 6-8 minutes or until crisp and browned. With slotted spoon, transfer to paper-towel-lined plate; set aside.

2. To drippings in skillet, add vinegar and cook 1 minute on medium. Pour into medium bowl (do not scrape browned bits from bottom of pan), add frisee and 1/8 teaspoon freshly ground black pepper. Toss to coat.

3. In wide 8-quart saucepot, heat oil and margarine on medium-high until margarine melts. Add onion and garlic, and cook 2 minutes or until almost translucent, stirring. Add wine and heat to boiling. Add mussels, stir once, cover, and cook 1 minute. Stir again; cover and cook 1-2 minutes longer or just until mussels open; do not overcook.

3. Immediately divide mussels and cooking liquid between 2 large serving bowls and top with parsley. Divide salad between 2 serving plates and top with reserved bacon. Serve mussels and salad with baguette.

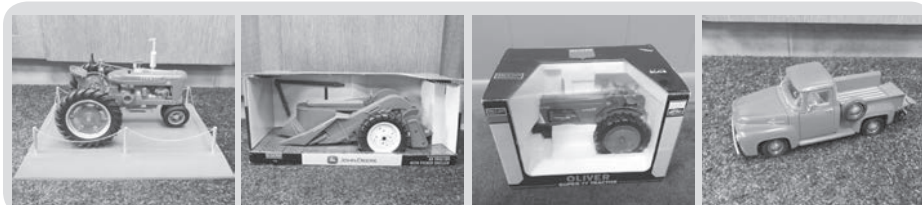
\* Each serving (includes mussels, salad and half a baguette): About 790 calories, 39g total fat (11g saturated), 66mg cholesterol, 1,420mg sodium, 73g total carbohydrate, 8g dietary fiber, 33g protein.

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# Coffee Break

## LAFF - A - DAY



### King Crossword

1	2	3	4	5	6	7	8	9	10	11
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54				55				56		

- ACROSS
- 1 Saudi native
  - 5 Job-safety org.
  - 9 Old CIA foe
  - 12 Mentor
  - 13 Err
  - 14 Shoe width
  - 15 Secondhand
  - 16 Watch chains
  - 17 Away from SSW
  - 18 Slightly
  - 19 And so on (Abbr.)
  - 20 Tackles weeds
  - 21 Longing
  - 23 Hearty quaff
  - 25 Ex-hausted
  - 28 Castor's twin
  - 32 Silents star Mary
  - 33 Country singer Shelton
  - 34 Arrest
  - 36 Dwellings
  - 37 Meadow
  - 38 Dancer Charisse
  - 39 Rage
  - 42 Trio after Q
  - 44 Raw minerals
  - 48 Exist
  - 49 — Domini
  - 50 "Damn Yankees" vamp
  - 51 Irrate

- DOWN
- 1 Oaxaca water
  - 2 Reddish brown
  - 3 Region
  - 4 "That'll Be the Day" singer
  - 5 Insult
  - 6 Coin aperture
  - 7 Wheel cover
  - 8 Six-pack
  - 9 Vegas game
  - 10 Hereditary unit
  - 11 Honey bunch?
  - 20 Louis Armstrong song
  - 22 Haunting
  - 24 Hotel area
  - 25 "Humbug!"
  - 26 "Suits" network
  - 27 Disco guy on "The Simpsons"
  - 29 Young fellow
  - 30 Guitar's kin
  - 31 Ballot marks
  - 35 Aslan's land
  - 36 Oscar contenders
  - 39 Notoriety
  - 40 Russian river
  - 41 Some wines
  - 43 Crisp cookie
  - 45 Libertine
  - 46 Mideast airline
  - 47 Author Bellow
  - 49 100%

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"I did something wrong, didn't I?"

### Americanisms



"If we are strong, our strength will speak for itself. If we are weak, words will be of no help."  
— John F. Kennedy

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### Weekly SUDOKU

by Linda Thistle

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

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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### Homemade Ricotta Cheese by Dairy Ambassador Morgan Tweed



What's better than cheese?  
Homemade cheese.  
Hello everyone, I'm Morgan Tweed, a Susquehanna County Dairy Ambassador. I've made mozzarella and cheddar cheese with success and now I've found a recipe for ricotta cheese.

Ricotta is an Italian whey cheese that can be made from cow, goat or sheep milk. I have found this simple recipe for homemade Ricotta made from cow's milk.

Ingredients:  
7 cups whole milk (not ultra pasteurized)  
1 cup heavy cream  
3/4 teaspoon salt  
3 tablespoons lemon juice  
Directions:  
Line a large, fine mesh strainer with a double layer of cheesecloth. Place over a large bowl and set aside.

In a heavy Dutch oven combine the milk, cream and salt. Slowly cook over medium heat until boiling, stirring frequently. Do not allow it to boil over. Remove from heat. Stir in lemon juice until mixture curdles. Let it stand 1 or 2 minutes. Put curdled mixture into prepared

strainer. Drain curds about 30 minutes, gently stirring occasionally. Discard the liquid. Store curds covered in the refrigerator. Best if used the same day but may be stored in the refrigerator up to two days.

I hope you take the time to try this homemade Ricotta cheese recipe and remember to get your "3 Every Day" servings of dairy, milk, cheese or yogurt.

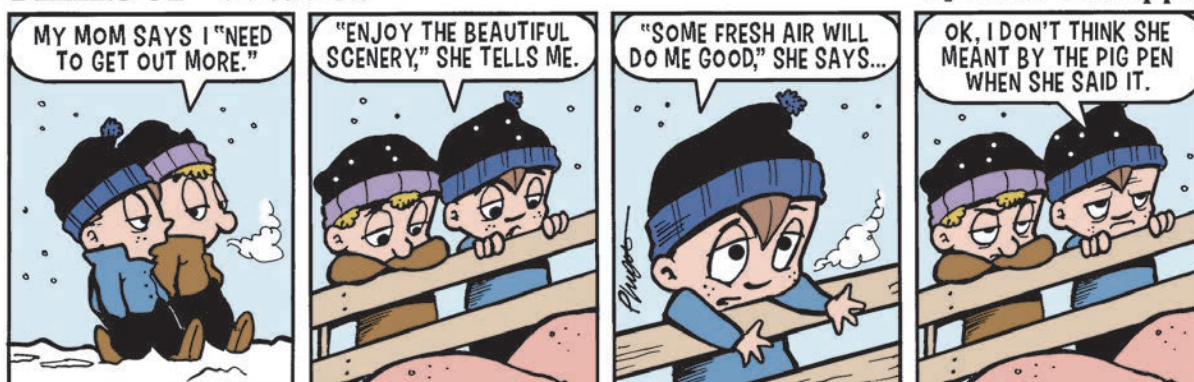




# Coffee Break



# Amber Waves



## by Dave T. Phipps

**MAGIC MAZE ● — DEGREE**

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: HE WAS GIVEN THE — DEGREE

Academic	College	Honorary	Science
Advanced	First	Law	Second
Associate	Graduate	Master's	To some
Bachelor's	Highest	Nursing	

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**Solution time: 21 mins.**

**Answers**

— King Crossword —

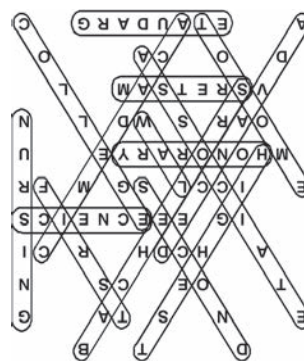
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9	4	8	2	3	6	5	1	7		
7	2	5	1	8	9	3	4	6		
3	1	6	4	5	7	8	9	2		
5	7	4	8	9	2	1	6	3		
2	6	1	3	4	5	7	8	9		
8	3	9	7	6	1	4	2	5		

Answer

## Weekly SUBOKU



**"The Figbys just called. ... He says they'll be late, she says they won't be."**



—DEGREE

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



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\*Based on EDA tractor sales data of under 20 horsepower models from 2009 to 2019.



## What to look for in a new career

Many people begin a new year determined to make positive changes in their lives. Some may aspire to read more books in the year ahead, while others may aim to master a new hobby. Professional goals also factor heavily into many people's New Year's resolutions.

In a 2019 survey of baby boomers, who are generally defined as people born between 1946 and 1964, the Bureau of Labor Statistics found that the average person has 12 jobs in his or her lifetime. That means that the average professional is likely to change jobs at various points during his or her career.

Working professionals who have resolved to make a career change but don't know where to begin can facilitate the process by determining what they want out of their next career. Knowing what to look for in a career can help people land a job they will enjoy, and might even prevent them from changing jobs as many as a dozen times before retirement.

- Salary: Few people would

scoff at being offered higher salaries, but it's important that professionals looking to change careers don't place too great an emphasis on a high salary. A recent survey from the online career resource Indeed found that 58% of workers would accept a pay cut to change industries. That suggests that salary isn't everything. However, established professionals no doubt also have an established quality of life, and some may not be comfortable if a lesser salary means they have to give up some of the luxuries they've grown accustomed to. Take some time to determine how much money you need to maintain your current quality of life and if giving up certain things, like the ability to travel or dine out whenever you'd like, is a price you're willing to pay for a new career.

- Opportunity for advancement: A 2015 survey from the employment-oriented social media service LinkedIn found that the number one reason people switched jobs was re-

lated to opportunities for career advancement. The survey asked 10,000 people who recently left their jobs why they did so and 45% indicated they were concerned about the lack of opportunities for advancement at their old jobs. Switching careers is a significant decision that affects all aspects of professionals' lives, including their families. When looking for a new career, look for one that provides opportunities for advancement after you get your foot in the door. If no such opportunities are available, you may soon find yourself switching jobs once again.

- Positive environment: It can be hard to gauge if a company you don't work for fosters a positive or negative work environment, but exercising due diligence to determine this can have profound benefits. A 2008 study published in the International Journal on Disability and Human Development found that negative work environments contribute to insomnia, anxiety and depression. In



The average professional is likely to change jobs at various points during his or her career.

addition, 36% of respondents to the LinkedIn survey indicated they left their old job due to dissatisfaction with the work environment. When looking for a new career, it's important that professionals don't overlook the value of a positive work

environment.

Professionals who have resolved to change careers in the year ahead can make their transition more successful by recognizing certain variables that can make work more enjoyable.

## Consider food allergies when planning wedding menu

Wedding guests will remember many aspects of the ceremony and reception. For guests who have food allergies or require specialized diets, dinner can be memorable for all of the wrong reasons. But it doesn't have to be.

Even though weddings are all about the happy couple's wants and needs, special attention should be placed on ensuring guests' comfort. Individuals with allergies and dietary restrictions warrant extra caution. Any food can cause an allergic reaction, but eight types in particular, often referred to as the "Big 8," are responsible for the greatest numbers of adverse reactions. Milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soy comprise the Big 8. The University of Nebraska-Lincoln's Food Allergy Research and Resource Program says the Big 8 accounts for about 90 percent of all food allergies in the United States.

Couples need to recognize the likelihood that at least one person at the wedding will have a specialized food need. Most people with dietary restrictions will be very understanding that eating out is a challenge, espe-

cially at a wedding. But couples can take steps to ensure that guests with food allergies don't go hungry.

- Ask about allergies on the response card. Some couples request that guests choose their food preferences on their RSVPs. Include a spot where guests can mention serious food allergies.

- Choose a caterer very carefully. Caterers are increasingly adapting to common food restrictions. Express specific food avoidances or what you want to be included

and find a caterer who specializes in this type of cooking.

- Offer allergen-free appetizers. Martha Stewart Weddings suggests serving customized bite-sized hors d'oeuvres during cocktail hour to allow for easier customization. This gives guests with allergies the ability to pick and choose their pre-entrée bites.

- Label foods and let guests with severe aller-

gies dine first. Buffets should be clearly labeled so those with allergies can avoid certain foods. Also, those with severe food allergies should have first shot at the buffet to limit cross-contamination from serving utensils.

- Create separate meals. A caterer may be able to make separate meals for certain guests, particularly if they have advanced notice.

- Don't forget desserts

and drinks. Allergens can be included in drinks and desserts as well. Offer gluten-free desserts and gluten-free beer as well.

Dietary restrictions are another factor that couples must consider when planning their weddings.

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## Saving the snappers

by Courtney Llewellyn

While not exactly "pets," this past summer the staff at *Country Editor* did their part to save a wave of snapping turtle hatchlings who thought the newspaper's parking lot was a good place to start their lives outside their shells. (It was not.)

The common snapping turtle is noted for its combative disposition when out of the water with its powerful beak-like jaws and highly mobile head and neck. In the water, they're likely to flee and hide themselves underwater in sediment. Snapping turtles have a life-history strategy characterized by high and variable mortality of embryos and hatchlings – meaning that even though a lot of eggs are laid, not many tiny turtles make it very far. Their lifespan in the wild is not well known at all, but long-term data from Ontario, Canada, suggest a maximum age over 100 years.

The first hatchling at *Country Editor* was spotted on a warm summer morning, so caked in mud that it looked more like a clump of dry dirt than a turtle. A gentle poking proved the little reptile was still alive (and kicking!), so we picked it

up, rinsed it off and gave it a little bucket to relax in until we figured out what to do with it. We decided to bring it to a nearby slow-moving stream.

But our turtle adventure was just beginning. The next day, we discovered more than a dozen more of the first hatchling's siblings trying to make their way across a very hot parking lot (and not doing a great job at it). We needed two buckets this time. At the end

of this day, we brought them all to a portion of Otsquago Creek in Fort Plain, which empties into the Erie Canal.

As we lowered the buckets in, some of the baby turtles took off faster than Michael Phelps leaping from the blocks. Others took a more leisurely approach, just floating in the water. The rest immediately headed for rocks to rest on – or under.

We found a few more

turtles in the following days, and found new homes for them as well.

It will take a while for them to reach adulthood. Here in the North, snappers don't mature until they're about 15 years old. In the wild, they usually weigh up to 35 pounds, but the current record holder for largest wild snapping turtle is 75 pounds! They eat both plant and animal matter, often as scavengers but sometimes as hunters.



By the second day we needed two buckets to keep the hatchlings in.



Upon release this little Snapper went straight to the rocks to check out the surroundings.

A female snapper will lay anywhere from 25 to 80 eggs. We're not sure how many of this brood we actually ended up relocating, but we hope they're hibernating safely this winter.

Remember, though, snapping turtles are not ideal pets. Their necks are very flexible, and a wild turtle can bite its

handler even if picked up by the sides of its shell. The claws are about as sharp as dogs' claws, but they can't be trimmed. The best way to take care of wild animals is to keep them in the wild!

Have you had an adventure in your own life? Send your story and photos to *Country Editor* at [cllewellyn@leepub.com](mailto:cllewellyn@leepub.com).

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## Donna's Day: Creative family fun

by Donna Erickson

### Beat the winter blahs

Except for stray pine needles hiding between sofa cushions and underneath area rugs, our holiday decor with all its warm scents, glitter and glow is out of mind, now stored away for 11 months in our chilly attic.

I miss the sparkle of it all, especially during these long, dark, winter days when I need an extra push to get outside for a charge of energy. While it will take many weeks to pick up more hours of daylight, I'm all for tricking my mind into thinking it's spring, even when it's not.

If you are on the same mission, think "perky" with these easy tips and tricks to brighten your home and sweep away the "blahs."

Find new uses for everyday items: You and

your kids can create a bright arrangement on your kitchen counter or table. First, pick up a bouquet of the springiest of flowers, tulips! Let the kids trim the stems and arrange them in a bright container. How about a teapot? It doesn't have to sit on a stove all the time, after all. Think toys, too. A bright-yellow truck can haul a fresh new mini pot of growing ivy into the arrangement. Set a few packets of 2021 veggie seeds in the cab as a reminder of outdoor gardening fun on the horizon.

Clear the clutter and move things around: Get rid of stuff that's no longer used or useful. Give away and recycle books, old and broken toys and furniture. While you are at it, rearrange beds, desks and bookcases together

in your kids' rooms. What child doesn't love the feeling of waking up the next morning to a new look?

It's also refreshing on the eyes to move living-room and family-room furniture. Do it while the kids are at school, and watch their eyes pop when they walk in the door.

Wash windows: This one sounds like work, but it's worth it. Grab squeegees, newspaper and rags to scrub and wipe away the grime. It's amazing how looking through a clean window will brighten everyone's day.

Find more family fun and recipes at [www.donnaerickson.com](http://www.donnaerickson.com). Write to Donna at [Info@donnaerickson.com](mailto:Info@donnaerickson.com)

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Think "perky" with these easy tips and tricks to brighten your home and sweep away the "blahs."

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## How to choose the right lighting inside your home

Lighting in a home serves both practical and aesthetic purposes. It's easy to maneuver around a well-lit home, reducing the risk of slips and falls, and the right lighting can help homeowners create their desired ambiance, which typically changes depending on which room you're in.

When choosing lighting for their homes, homeowners must walk a fine line between appearance and functionality. A fixture in the foyer that instantly impresses visitors likely won't prove as awe-inspiring if it's installed in the living room. When choosing lighting for a home, some general rules about what works in each room can help homeowners make the most informed decision.

### Kitchen

Kitchens are often the busiest room in a home, so lighting

here can be especially important. A kitchen often benefits, both practically and aesthetically, from different types of lighting. For example, pendant lighting above kitchen islands can make meal preparation easier and safer, but such lighting likely won't work in breakfast nooks and informal dining areas in the kitchen. Recessed lighting works best in such areas. In kitchens with no island, under-cabinet lighting can be used to illuminate countertops and simplify meal preparation.

### Formal dining room

Many people enjoy the look of chandeliers in formal dining rooms, and such fixtures can be installed directly above the dinner table. The interior design experts at Better Homes & Gardens advise hanging chandeliers roughly 33 inches above the table in dining rooms

with eight-foot ceilings, adding three inches for each additional foot above eight feet. Darkened dining areas may be ideal in restaurants, but homeowners may want to split the difference at home and choose dimmable chandeliers for their dining rooms. This allows homeowners to dim the lights for romantic dinners but turn them up for family gatherings with lots of people around the table.

### Living room

Adaptability also is important in the living room, where homeowners may host anything from movie nights to book clubs to parties for the big game. It can be a tall order to accommodate such a wide range of activities, and many homeowners come down to deciding between recessed lighting and track lighting. If the living room currently has neither style, homeowners

should recognize that it will cost considerably less to install track lighting than recessed lighting. Better Homes & Gardens notes that flexible track lighting provides ambient, task or accent lighting, and track lights can even be moved to change lighting schemes at any time, making them a budget-friendly option for homeowners whose living rooms are multi-purpose spaces. Recessed lighting also works well in living rooms, especially ones with low ceilings. That's because recessed lighting is installed into the ceiling, meaning it does not take up any visual space in the room. That can help living rooms feel bigger.

### Bedroom

The home improvement experts at BobVila.com note that bedroom lighting should provide enough light when getting

dressed, but also be able to be toned down as residents prepare for their bedtime routines. Both portable and installed lighting can be used in bedrooms to serve these various functions. Recessed fixtures that dim can ensure there's ample light to get dressed in the morning, but they also can be dimmed at night as residents try to get ready to sleep. Portable nightstand lights can make it easier for couples sharing a bedroom, allowing one person to stay up and read while the other goes to sleep.

Homeowners have many options and many needs when choosing lighting for their homes. A professional consultation with a lighting expert or interior decorator can help homeowners find lights that provide both practical and aesthetic appeal.



Kitchens are often the busiest room in a home, so lighting here can be especially important.

## Bible trivia

by Wilson Casey

1. Is the book of Simeon in the Old or New Testament or neither?
2. In which book's 13:12 does Jesus predict children rebelling against their parents to be a sign of end times? Matthew, Mark, Luke, John
3. After hearing many things, what did Job call the ones after they tried to console him? Sore losers, Miserable comforters, Wretched sons, Cowardly lions
4. From 2 Samuel 4, what 5-year-old boy was dropped by his nurse and lamed for life? Moses, Mephibosheth, Peter, Andronicus
5. How many times in the Bible (KJV) do the words "Christian" or "Christians" appear? 3, 13, 30, 300
6. What prophet was the son of Elkanah and Hannah? Samuel, Huldah, Daniel, Nathan

**ANSWERS:** 1) Neither; 2) Mark; 3) Miserable comforters (Job 16:2); 4) Mephibosheth; 5) 3 (Acts 11:26, Acts 26:28, 1 Peter 4:16); 6) Samuel

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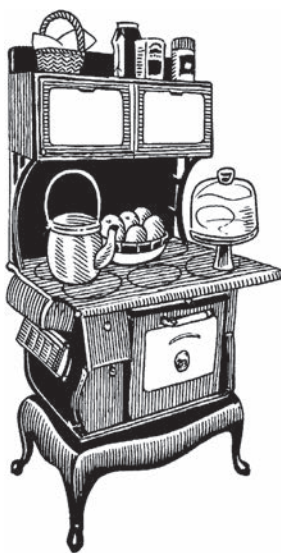
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## How expenses can change during retirement

Work is a major component of daily life, so much so that Andrew Naber, an industrial and organizational psychologist and an associate behavioral scientist at RAND Corp., determined that the average person spends 90,000 hours at work over the course of their lifetime. According to a 2014 Gallup poll, the average American retires at age 62, but roughly 64% of professionals bid farewell to the workplace between ages 55 and 65.

Retirees must make a number of adjustments once they call it a career. No such adjustment is as significant as the financial one. Most people find their post-retirement income is considerably less than when they were working full-time. That is why financial planners often recommend saving and investing enough during working years to be able to replace 80% of preretirement income. Certain expenses get lower after retirement, but some will rise. Here's a look at what to expect when the bills come due

during retirement.

- **Food costs:** Food costs may go down in retirement because shopping and preparing meals for one or two people is much less costly than feeding a family of four or more. However, dining out may increase as you have more free time to visit local eateries.

- **Automotive costs:** According to data from the U.S. Department of Transportation, the average commuter spends 25.8 minutes behind the wheel twice a day, and the average driver puts in 13,474 miles behind the wheel each year – with people between the ages of 35 and 54 clocking close to 15,000 miles. Less time spent in the car means fewer gasoline fill-ups and longer durations between oil changes and other services. In addition, based on the IRS reimbursement rate of 58 cents per mile, a typical commute of 20 to 30 miles a day costs \$11 to \$16 a day or \$55 to \$80 a week. In a year, you could easily be spending \$2,000 to \$4,000 commuting if

you live within 15 miles of your job. Without commuting, that cash stays in your pocket.

- **Taxes:** Many people can expect to be done paying federal income taxes when they are retired and no longer earning an income. If the majority of retirement savings were in Roth IRA accounts, contributions are available for withdrawal tax- and penalty-free at any age.

- **Housing:** Your mortgage may be paid off before or soon after retirement. That eliminates the single largest expense in many people's budgets. If your home will not be paid off, it's possible to downsize to reduce monthly payments.

- **Travel:** While many other expenses can go down, travel is one expense that can shoot up during retirement. But many people are happy to bear this cost. With more time for travel, retirees may allocate more funds toward vacations and other great escapes.

- **Healthcare:** Seniors often see their health care needs and costs go up after retirement. It's



The average American retires at age 62, but roughly 64% of professionals bid farewell to the workplace between ages 55 and 65.

important to understand what is covered by health plans, and it's equally important to set money aside for unforeseen medical expenses.

Many costs of living decrease after retirement. However, it is wise to take in the whole picture to understand how to budget for retirement.

## The basics of feeding cats

Cats create a whole new dynamic when they're brought into a home. First-time cat owners may have a host of questions about their new furry friends, but foremost on that list likely concerns what to feed their felines.

The ASPCA recommends speaking with a veterinarian prior to designing a diet for your cat. The vet will recommend a diet based on a host of variables, including the cat's age, its activity level and its overall health. That last component is especially important when adopting a full-grown cat, as some cats may not be coming from good homes. That means some cats may be malnourished or have developed diseases in their previous homes. Such cats still make wonderful additions to a home, but special consideration will likely need to

given to their diets to return them to full health and/or promote their long-term health.

In addition to speaking with a veterinarian, the ASPCA recommends new cat owners keep the following tips in mind when designing diets for their furry friends.

- Look for age-specific balanced foods. The ASPCA notes that cats require the essential amino acid taurine, which promotes eye and heart health. Cat foods are designed based on the life stage of the feline, and choosing the right balanced food for your cat's age will ensure it gets enough taurine in its diet to thrive.

- Provide fresh, clean water at all times. PetMD notes that cats need less water than dogs to stay healthy, but it's still vital that cats have access to fresh, clean water at all

times. Bowls should be cleaned at least once per day and water should be refilled daily.

- Limit treats. The ASPCA says treats should be no more than between 5 and 10 percent of the cat's diet.

- Be careful with baby food. Some cat owners find that feeding finicky kittens baby foods gets them to eat when they're refusing their own food. But the ASPCA warns cat owners to read baby food labels carefully before feeding any to a pet. Onion or garlic powder, which can be found in some baby foods, can be poisonous to cats.

- Don't wait to go to the vet if the cat is exhibiting signs of illness. The ASPCA advises cat owners to take their cats to the vet if the animals exhibit signs of anorexia, diarrhea, vomiting, or lethargy for

more than two days.

New cat owners should speak with their veter-

inarians about how to feed their cats and should never hesitate to express

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## How to lower the cost of auto insurance

Auto insurance is a must-have for drivers. While it might seem hard to believe, as of 2019 there are still some places in the U.S. where auto insurance is not mandatory.

Many people, even those in places where auto insurance is not mandatory, recognize the importance of being insured before they get behind the wheel. However, that doesn't mean those

same drivers would not like to cut the cost of their auto insurance policies. A 2019 analysis from the online financial resource NerdWallet found that the average cost of car insurance in the U.S. is \$1,621 per year.

No matter where drivers live, chances are they would love to lower their auto insurance costs. While there's no one-size-fits-all solution to cut auto insurance pre-

miums, drivers can try various strategies to save money on their policies.

- **Raise your policy's deductibles.** Higher deductibles may sound scary to drivers, but raising the deductibles is a great way to lower the cost of auto insurance. The auto insurance provider Progressive notes that deductibles typically range from \$100 to \$2,000. A driver whose policy has a \$100 deductible will pay considerably more on his policy per month than a driver with a higher deductible. In fact, the Insurance Information Institute notes that drivers who increase their deductibles from \$200 to \$1,000 can save 40% or more on their coverage costs. Drivers who choose this option should always be sure they have enough money in the bank to cover the cost of their deductibles.

- **Bundle your policies.** Some drivers save money on their auto insurance policies by buying two or more types of insurance from the same provider. For example, homeowners may save



While there's no one-size-fits-all solution to cut auto insurance premiums, drivers can try various strategies to save money on their policies.

money by buying homeowners insurance from their auto insurance providers or vice versa.

- **Research potential discounts.** The Insurance Information Institute notes that many companies offer discounts to policyholders, even if those discounts are not

necessarily promoted. Drivers can contact their insurance companies, or shop around with other providers, to ask about various discounts that can save them money on their policies. Anti-theft devices, defensive driving courses, low annual mileage and a strong credit

record are just a handful of the many potential discounts drivers may be eligible for.

Drivers can reduce the cost of their auto insurance policies in various ways, potentially saving themselves hundreds of dollars each year as a result.

## Now here's a tip

by JoAnn Derson

- Save and thoroughly clean foam egg cartons for kids' paint palettes. The wells keep colors contained, and the flat space on the lid side is great for resting brushes. They are easy to rinse off and just as easy to recycle if you

are done with them.

- To help insulate your home to prevent heat loss, build up a mound of snow about 3 feet high at the foundation. Snow is a terrific insulator! — E.S. in Michigan

- When topping a pie with meringue, make sure

that it touches all the edges of the pie crust. Otherwise it will shrink.

- Wrinkled ribbons? You can use your curling iron or flat iron to give the satin a quick freshening up.

- "You can use a little bit of cooking oil to re-

move the last bits of sticker adhesive from a glass picture frame. Remove as much of the paper sticker as possible, then dab the spot with oil on a paper towel. Rub off. When all the adhesive is removed, use glass cleaner." — R.H. in SC

- Got stale bread? If it's not too stale, you can try to bring it back in the oven. Set on a low heat alongside — but not in — a pan with water. If it's too far gone, you can always cut it up into cubes and make it croutons, or toast and grind into bread-crumbs. No waste.

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

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**Mon. Feb. 1st** – Sold 250 head Cull Dairy ave. \$.43 top cow \$.60, Ave. \$.66 – top cow \$.82, Bulls/Steers \$.70, Grassfed Organic bull \$.80, bull calves top calf \$1.15 top beef calf \$2.45, heifer calf top \$.15 top beef calf \$2.25, Dairy feeders \$.20 – \$.85.

**Mon. Feb. 15th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Fri. Feb. 19th** – Blizzard Date Feb. 20th – 9:30AM. Sale held on the Farm – Truxton, NY. Park Family Farm Complete Registered & Grade Herd Dispersal. 300 Head of Freestall Parlor trained Dairy Cows – Mostly Holsteins, few Swiss. SCC 110,000 DHI RHA 22,326 4.0 892 3.3 727 cows are ave. 72#/day. One of the finest Freestall herds you'll ever walk through – smashing udders with tremendous feet & legs. A rare opportunity! Owners: Luke Park 607-745-8817. GPS: 5278 Chenango Road, Truxton, NY

**Mon. Feb. 22nd** – Normal Monday Sale & Monthly Organic Day

**Mon. Mar. 1st** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale  
Mark your calendar:

**Sat. March 27th** – Premier Spring All Breed Sale 11:30 AM. Accepting 150 head for this sale of Registered All Breed Dairy Cattle. This sale fills up fast so if you need someone to come visit give us a call or if you have a consignment get us your info asap. Consignments already coming in!

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## Six advantages to dining out

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

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

One shouldn't discount the wide array of options and the convenience that dining out can provide. There are many advantages to dining out, and the decision to do so during the pandemic can help local restaurants stay afloat as they continue to confront the challenges of the COVID-19 outbreak.

### 1. It's fun and exciting.

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

### 2. Introduces new foods.

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

### 3. Prolongs the dinner hour.

Dining out gives diners a chance to linger and converse without the distractions of home and daily schedules. A restaurant can be a good way to

focus on communication with family and friends.

### 4. Escape workplace distractions.

A workday lunch or business meeting at a

restaurant can help co-workers escape workplace pressures and distractions. Such meals also can be a great way for managers to foster strong

relationships and build camaraderie within their teams.

### 5. Convenience.

One of the best arguments for eating out is the

convenience factor. When time is of the essence, making a reservation, eating out and allowing the restaurant to handle everything from service

to cleanup cuts down on work at home. This frees up opportunities to do other tasks, including spending time with one another.

### 6. Variety.

Many households are comprised of people with different palates. Restaurants have many offerings, which means that each member of the dining party can choose their own unique dish. This is not something easily achieved at home.

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



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## Prevent pet-related damage to the house

The benefits of having a pet are innumerable. Pets can be companions, protectors, service animals, and even help produce products that can be sold, such as eggs from chickens. While there are many positive attributes to pets, one potential concern is the impact they have on the home.

Pet-related damage can occur when pets are angry or happy. Boisterous animals may scratch or claw at furniture and floors. Some animals may climb or chew. Woodwork and furniture can be damaged by pet paws and teeth, but that's not where it ends. The following are some potential pet-damage problems and how to avoid them.

### Marking

Many animals use scent markers to establish their territory and communicate with other animals. As a result, both male and female pets may spray urine in certain areas of the house. While it may not eliminate the problem immediately, making sure to neuter or spay cats and dogs can

reduce the likelihood that they'll mark indoors or attempt to seek out and mate with feral animals they smell canvassing the property.

### Accidents

In addition to marking, pets that have not been properly trained or were trained and are experiencing a behavioral or medical issue may begin soiling in improper areas, such as outside of the litter box or in the home. Obedience training can head off some issues, but if a medical condition is suspected, consult with a veterinarian promptly.

### Dirt, fur and more

An investment in regular grooming can help keep certain damage at bay, states Home Advisor. Regularly brushing and trimming coats, keeping nails clipped and bathing will keep a home fresh and minimize damage. Other pets may not be groomed but require cleaning of cages or other habitats. Bird droppings and feathers can get on surfaces. Cleaning daily or very frequently can help keep a home tidy.

### Provide toys and scratching posts

Pets need an outlet to tame anxiety and energy. If they don't have suitable outlets, pets may cause damage to a home. Cats will take to furniture to stretch their paws if they don't have scratching posts or special mats. Dogs, particularly puppies, can be orally fixated. When the urge to chew sets in, unless there are appropriate chew toys, furniture, moldings and other items around the house may become fair game.

It is important to note that declawing a cat to prevent damage should not be a consideration. It is a surgery that can cause ongoing health problems. Nail caps can be used as a safe alternative.

### Escape artists

In some cases, pets may chew or scratch their way through doors and window screens. Others may dig under fencing or climb, leaving damage in their wake. Boredom, anxiety or lack of training may be behind these behaviors, according to Pets

Weekly. However, the urge to roam also may be tied to pets not being fixed. Work with the vet or a

trainer to help stop these issues.

Pets can cause damage around the house. But

certain strategies can help decrease the likelihood that pets cause damage around the house.



*Pet-related damage can occur when pets are angry or happy. Boisterous animals may scratch or claw at furniture and floors.*

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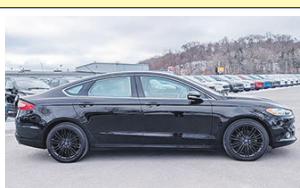
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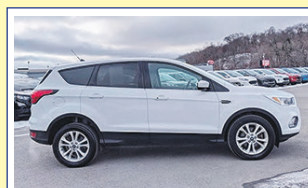
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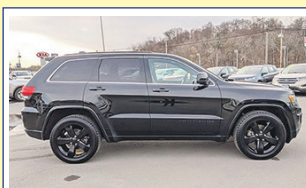
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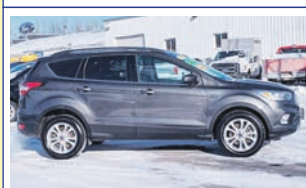
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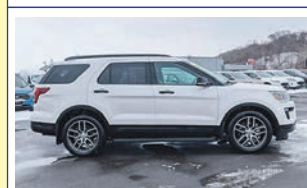
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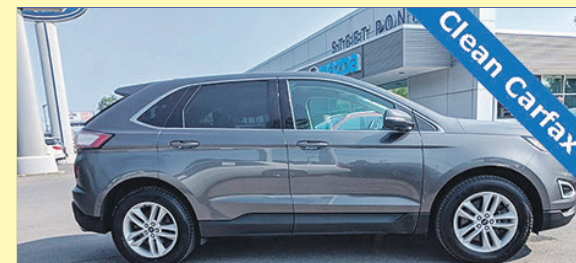
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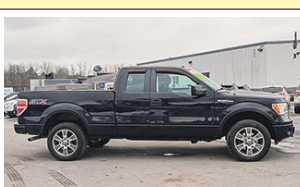
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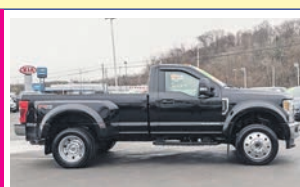
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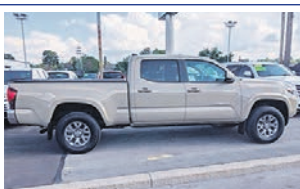
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