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Galatians 6:9



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# How cold is too cold for dogs? Winter pet care questions, answered

## A veterinarian advises on winter pet care, outlines steps to take should a pet experience frostbite

**by Dr. Pillai, Valley Vet Supply**

While some pets are naturally equipped for the cold weather, many are not. Learn more from Asitha Pillai, DVM, who is an emergency clinician with Oklahoma State University's Veterinary Medical Hospital. Below, she shares answers to common questions pet lovers may have about winter pet care.

**How cold is too cold for dogs?**

It's a common belief that pets can tolerate cold weather better than humans. When it is cold for us, it is cold for them. But if we can walk outside, they can also walk outside. However, your pet's ability to tolerate cold weather can vary depending on their coat, fat stores, age, health status and activity level. The time your dog spends outside during cold weather needs to be adjusted based on individual tolerance limits. If it is below freezing, let them outside only briefly for potty time. If you don't see your pet for a few minutes after you come inside, be sure to double-check he is safely inside the house.

**How can cold weather be harmful to my pet?**

Cold-weather injuries are found more often on a pet's extremities, meaning their tail, ear tips and paws. Depending on the height of dog and level of snow, a dog's belly also can be at risk for frostbite. Additionally, the salt used to melt snow and ice can cause irritation and pain when these chemicals come in contact with the cracks in your pet's paws. And while any form of deicer chemical can be toxic, some can be life-threatening. If you suspect that your dog or cat has been exposed to antifreeze, especially one containing ethylene glycol [the most life-threatening of antifreeze chemicals], immediately take them to an emergency veterinary facility.

**How do I know if my pet has a cold-weather injury?**

Pale, bluish or greyish discoloration of skin, pain, swelling and injuries like blister formation are indications there may be injury. Their legs also can be very stiff. When pets have frostbite, their body temperatures also can be low, putting them at risk for hypothermia.

**What should I do if my pet has frostbite?**

Cold-weather injuries can be mild or sometimes, they can be really serious injuries to a point we can see the paw pads or ear tips completely cut off from blood supply. If you fear your pet may have experienced a cold-weather injury such as frostbite, take these steps immediately:

- Bring pets inside where it is warm.
- Remove any ice or snow from their paws.
- Cover them with a warm blanket.
- Call your primary or emergency care veterinarian.

**How should I care for "outside dogs?"**

While dogs should be kept inside most of the time during the winter, in the case that you have an outside dog, definitely provide them with a warm shelter, and make sure that their water is not frozen and that you have a heated pan for water.



**Are there special considerations for senior dogs or pets with medical conditions?**

Yes, be mindful of senior dogs with diseases, such as heart disease, kidney disease, hypothyroidism, diabetes or arthritis because these diseases may reduce their ability to regulate body temperature. Arthritic dogs can become very stiff outside in the winter and may slip and fall. They also can experience more pain. Schedule a wellness exam with your primary care veterinarian to ask important questions to help keep your senior dog comfortable, such as helping them maintain regular exercise, prevent pain and manage a normal body temperature.

**How do I keep cats safe during wintertime?**

It is important to keep in mind that cats will seek their own shelter during the cold weather, and one of the main shelters they will find is a warm car engine. They tend to hide underneath your car, or they will climb up and hide inside your hood, near the engine. By making noise or tapping the hood of your car, you can save their life, should they be tucked inside.

Help ensure animals are safe during the cold weather ahead. Share Dr. Pillai's advice above with your network of friends and family, and visit veterinarian-founded ValleyVet.com to help protect pets against cold weather.

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## Fundraiser to benefit CVA senior Ronaldo Benavides who is battling cancer

The Central Valley Academy Student Council's April 2021 Daily Drawings fundraiser will benefit CVA Senior Ronaldo Benavides, who is battling cancer.

The fundraiser is being conducted by Jon Cole and Timothy Lawrence, Student Council Advisors and Madison Obreza, Student Council President.

**A \$5 donation gives the ticket holder the chance to win:**

- \$50 each day in April for the win-

ning number

- \$10 each day in April for the number above and below the winning number

There will be a special \$200 for the winning number on April 15.

All winners will be notified and awards paid to them promptly.

This fundraiser is limited to 1,000 tickets.

All the money raised will benefit Be-

navides' medical expenses

The winning number is determined by the New York State Lottery's evening 3-number drawing.

Tickets are available now and may be purchased from:

- Any Student Council member or advisor

- CVA, Jarvis, Barringer Rd. and Fisher Schools

And these businesses:

- Cut it up North Beauty Salon, Jane North, Ilion

- Village Market, Mohawk
- Or call 315.894.3116 and a ticket can be sent to you.

The CVA Student Council thanks you for your continued support of their endeavors.

The Central Valley Central School District Foundation sponsors this fundraiser.

## Now here's a tip

by JoAnn Derson

• Line your veggie and fruit drawers with plain paper towels to avoid messes in the refrigerator. Check through produce daily to remove any spoiled items.

• "For grease stains on fabric, I don't reach any further than my kitchen sink. I saturate it with dishwashing liquid and throw it in the washer. it works better than any stain stick." — W.D. in PA

• "Everyone knows probably five uses for pantyhose with runs in them. Here's one I heard from a friend that I had never heard before. Scrunch one leg up and use it like a dusting mitt on upholstered furniture to get rid of cat hair. I guess it would work for all pet hair, but I do this every day now, and it's so easy." — G.T. in WA

• If you have a stinky sink problem, check your garbage disposal. The plastic insert in the drain will usually pull out to give you a better look. Sometimes, all that is needed is to clean the plastic insert — it can collect a nasty food slime on the disposal-facing side. You can also try running it for a few minutes with ice cubes, citrus peels or baking soda and vinegar.

• If you have many books on a bookcase, here's a tip that'll blow you away: Use a hair dryer on the cool

setting to blow dust off the top of the books. Work from the top down, wipe the visible shelf with a microfiber cloth, then vacuum the floor.

• "In one of my pizza boxes, I noticed a sheet of plastic netting that keeps the pizza crust crispy during delivery. I saved it, thinking I would find a use for it. I did — in my dishwasher! I had several small plastic containers that kept flipping up and collecting water, so I lined them up and placed the netting over them. I laid a spatula on top to keep it in place. It totally worked." — A.A. in FL

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

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## Bible Trivia

by Wilson Casey

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

2. From Revelation 21, what perfectly square city is described as having walls made of jasper? New Damascus, Jericho, New Jerusalem, Philadelphia

3. In Matthew 5, to what two things did Jesus compare Christians, salt and ...? Water, Bread, Light, Mountains

4. Saint Luke said Jesus was about how old when he began to teach? 18, 22, 30, 45

5. Who became leader of the children of Israel after Moses' death? Isaac, Joshua, Aaron, Abraham


6. What was the trade of Paul? Shepherd, Carpenter, Tentmaker, Tax collector

**ANSWERS:** 1) Old; 2) New Jerusalem; 3) Light; 4) 30; 5) Joshua; 6) Tentmaker





"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions

by columnist Wilson Casey, is available in stores and online.


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## To your good health

by Keith Roach, M.D.

### Vestibular migraines often include vertigo

**Dear Dr. Roach:** Can you shed light on how vestibular migraines are diagnosed and the best treatment? — J.H.

**Answer:** The vestibule of the ear is where the organ of balance is located, so vestibular symptoms relate to balance issues in general, but most commonly, it means vertigo. The term “vestibular migraine” means vestibular symptoms attributed to migraine.

Vestibular migraine thus includes migraine headache - not everyone will have headache with every episode, but most people with vestibular migraine will have headache with at least some of the episodes - and vestibular symptoms. These could include vertigo (a sensation of movement when still), unsteadiness or movement symptoms with a change in head

position that persists long after the head has moved. Abnormal sensitivity to sound and vision are also prominent in vestibular migraine.

There is a similarly named condition, basilar migraine, which also has vestibular symptoms. However, basilar migraine has additional symptoms seen during the early, or aura, phase coming from the brainstem, deep in the brain, such as clumsy movements or confusion. These occur most commonly five minutes to an hour before the headache.

Making the diagnosis of vestibular migraine is challenging, since there are many clinical entities with similar symptoms. There is no conclusive laboratory or radiology tests to confirm the diagnosis. In practice, the diagnosis of probable vestibular migraine is made in people with recurrent migraine symptoms associated

with vertigo. Often, treatment is begun when the condition is considered probable, and if the person does not respond well to treatment, a more thorough evaluation is considered.

Treatment for vestibular migraine is broken down into treatment for acute attacks and treatment to prevent attacks. Many neurologists use diazepam (Valium) and similar drugs for acute attacks. Preventive medicines come in many different families, and the choice of the best agent depends often on other conditions the person has. Everyone with migraine should try to find and avoid triggers. This includes eating on a reasonable schedule and good sleep hygiene.

If medications are needed, prescription choices include blood pressure medicines (beta blockers like propranolol and calcium channel blockers), antidepressants and seizure

medicines. Over-the-counter options include riboflavin, magnesium, feverfew and coenzyme Q10, all of which have some but not conclusive evidence of benefit superior to placebo.

**Dear Dr. Roach:** Can you tell me the possible causes of psoriasis? I have read that it is related to chronic inflammation. What type of inflammation might this be? — C.K.

**Answer:** Psoriasis, a chronic skin condition that can sometimes affect the joints, is indeed an inflammatory condition, but inflammation is a set of symptoms and observable signs, not an underlying cause or diagnosis. There are five cardinal signs of inflammation: redness, swelling, pain, warmth and loss of function.

Psoriasis appears to be a problem of a dysregulated immune system. It is unclear what triggers the body to begin responding with inflammation

to the skin, but some proteins (called antimicrobial peptides) made by skin cells may start the process. These can be triggered by trauma to the skin, but also by some medications, alcohol, cigarette smoking, infections and stress, all of which can also act as triggers for people with psoriasis. These make the immune system cells specific to the skin become much more active.

Understanding the immune system issues in psoriasis has led to newer and more effective treatments, especially for more-severe psoriasis.

*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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## When are pets considered adults?

Kittens and puppies grow up fast. One minute they're small, fluffy balls of fur, and the next minute they're taking up your entire sofa.

Young animals are full of seemingly boundless energy. Young pets may sprint from room to room as they explore the world around them, sniffing, scratching and chewing along the way. All of this can be adorable for the first few months, but many pet owners are left scratching their heads wondering when their pets are going to “grow up” and be less of a full-time job.

The pet resource Rover.com says that puppies are generally considered adults by the time they reach their first birthday. This may vary depending on the breed. The home life guide TheNest.com says that kittens take about a year to reach adulthood.

Just because a cat or dog is considered an adult does not mean he or she will behave more maturely. In

fact, adulthood often means the pet simply won't grow any more. Many behavioral issues associated with young animals may continue into adulthood.

A pet's journey to emotional maturity can take quite a while, but it will come. Hormonal surges will even out, and the animal will begin to settle down. Only when that point is reached will pet owners get an idea of what their animals will be like over the long haul.

It can take a cat up to four years to reach emotional maturity. Dogs' journeys to maturity will vary depend-

ing on the breed and the size of the animal. The pet food company Pedigree says a large dog breed will mature into an adult between 15 months and two years, while smaller breeds may only act like puppies for nine months.

Since emotional maturity varies from pet to pet, these signs may indicate it has happened or is just about there:

- Settles down more readily and has fewer episodes of “the zoomies.”
- Listens better.
- Responds to social cues from other animals.
- Older animals treat the animal like an adult.
- Responds appropriately to training.
- Doesn't get into the same level of puppy or kitty trouble around the house.

Even as cats and dogs mature physically and emotionally, they may still have some bouts of youngster behavior. But in general, after a year or two pets start to show their true colors and behave more maturely.



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## Calendar of events

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

### February 19

**Mid-Winter Break Programming at the Utica Zoo.** The Zoo will be offering In-Person Guided Expeditions to different areas of the zoo beginning at 11:30 a.m. Full details are available at [UticaZoo.org/mid-winterbreak](http://UticaZoo.org/mid-winterbreak).

### February 23

**Marketing Your Farm Products 101: Rules & Regulations, Funding Sources** by John Piseck, Herkimer County IDA 6:30-8 p.m. Register [tinyurl.com/yyuh32wf](http://tinyurl.com/yyuh32wf) or contact CCE Herkimer County at 315.866.7920 or [herkimer@cornell.edu](mailto:herkimer@cornell.edu).

### February 24

**Adirondacks: “Get Heat Smart”** webinar 7 p.m. Register at [bit.ly/HeatSmartAdirondacks](http://bit.ly/HeatSmartAdirondacks).

### February 25

**Focus on Farm Safety virtual training** 7-8 p.m. Register at [tinyurl.com/y2gxylk8](http://tinyurl.com/y2gxylk8) or contact Marylynn at [mrm7@cornell.edu](mailto:mrm7@cornell.edu).

**Herkimer County Local Early Intervention Coordinating Council Meeting** 2 p.m. on Zoom. Contact JoAnn Dickenson, Supervisor at 315.867.1176.

### 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=-q\\_JzcEasNo](https://youtube.com/watch?v=-q_JzcEasNo). 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).



# Area Church Services

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

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

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

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

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

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

**ST. JOSEPH'S ROMAN  
CATHOLIC CHURCH**  
Father Brian Slezak, Pastor  
31 N. Helmer Ave.  
Phone 315-823-3410  
Mass 9 AM Sunday

**EAST SCHUYLER  
CHRISTIAN ASSEMBLY OF SCHUYLER**  
Pastor Mark Sowersby  
3659 Route 5, East Schuyler  
Sunday Worship 10:30 AM  
Wednesday Night 6:30 PM  
Phone 315-895-0926  
Christianassemblyofschuyler.com

**FRANKFORT  
OUR LADY QUEEN OF APOSTLES**  
414 Frankfort St., Frankfort, NY  
Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
Mass Schedule: Saturday 5:30 PM;  
Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

**HERKIMER  
SS PETER and PAUL ORTHODOX CHURCH**  
Fr Vasil Dubee & Fr Dn Demetrius Richards  
305 Main Rd., Herkimer  
Phone (315) 866-3272  
Saturday Vespers -  
5 PM (spring/summer months)  
4 PM (fall/winter months)  
Sunday Divine Liturgy 9:30 AM Sundays

**HERKIMER  
TEMPLE BETH JOSEPH**  
327 N. Prospect St.  
Phone 866-4270  
Friday 7 PM

**ST. FRANCIS de SALES CHURCH**  
Rev. Mark Cunningham, Pastor  
219 N. Bellinger St.  
Phone 866-4282  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS  
ANTHONY and JOSEPH**  
229 S. Main St.  
Phone 866-6373  
Sunday Mass 10 AM  
No Saturday Vigil

**REDEEMER CHURCH**  
Pastor Michael Servello  
931 Herkimer Rd.  
Utica, NY 13503  
Phone 792-4748  
Saturday 6 PM • Sunday 9 & 11 AM

**OAK RIDGE FREE METHODIST CHURCH**  
Pastor Chris Schumske  
838 W. German St.  
Worship Service for adults & children  
8:30 AM & 10:30 AM  
with Ridgekids for the children (0-5th grade)  
Phone 866-0575

**UKRAINIAN ORTHODOX CHURCH OF  
ST. MARY'S PROTECTRESS**  
326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

**NEW LIFE CHURCH**  
Pastor David Hayner  
337 Protection Ave.  
Phone 866-1164 • www.nlc-mc.org  
Worship 10 AM  
Wednesday Worship 6:30 PM

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Sunday Worship Services  
9 AM Spoken Service  
9 AM Faith Formation Sunday School  
10:30 AM Service with Music  
Bible Studies on Thursday Mornings at 10 AM

**THE SALVATION ARMY**  
Lieutenants John and Lori Wood  
429 N. Prospect St.  
Phone 866-1240  
www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

**FIRST UNITED  
METHODIST CHURCH  
OF HERKIMER AND LITTLE FALLS**  
Pastor Joelle Faulks  
Prospect St & Park Ave.  
Sunday Worship and Sunday School  
9:00 AM

**HERKIMER  
CHURCH OF JESUS CHRIST  
OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
315-866-7189

**HERKIMER REFORMED CHURCH**  
102 Church St.  
Phone 866-1523  
Worship 9:30 AM  
Sunday School 11 AM  
Shepherd's Table:  
Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
300 N. Main St.  
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

**ILION  
ILION COMMUNITY CHURCH**  
Pastor Dean Mabry  
44 Central Plaza  
Sunday Worship 10 AM  
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**SAINT AUGUSTINE'S  
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**  
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Reverend Richard Riggie  
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  
METHODIST CHURCH**  
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Sunday Worship 10:30 AM  
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May 1 - November 1  
36 Second Street, Ilion

**ILION  
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109 West Street, Ilion, NY  
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Deacon: Micheal Carbone  
Mass Schedule: Saturday 4:00 PM; Sunday  
11:00 AM; Monday & Wednesday 9:00 AM

**LITTLE FALLS  
FIRST BAPTIST CHURCH**  
555 Albany St.  
315-823-3392  
Morning Worship 10:15 AM  
Rev. Chris J. Wintermute, Lead Pastor  
Rev William Whalen, Associate Pastor  
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Sunday School Classes 9:00 AM (nursery  
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Sunday Service & Religious Education 10 AM

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

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

**LITTLE FALLS  
FIRST ASSEMBLY OF GOD**  
Senior Pastor Timothy Parisi  
559 E. Jefferson St.  
Phone 823-4043 • firstaglf@gmail.com  
Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

**HOLY TRINITY LUTHERAN CHURCH**  
512 E. Gansevoort St.  
Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
16 Jackson St.  
Phone: 315-823-3004  
Email Iffirstpres@gmail.com  
www.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

**LITTLE FALLS  
INGHAMS MILLS BAPTIST CHURCH**  
Rev. Gary L. Busch, Pastor  
Sunday Worship Service 10 AM  
443 Inghams Mills Rd.  
Little Falls, NY 13365  
Pastor's Phone (315) 717-9936

**MIDDLEVILLE  
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METHODIST CHURCH**  
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Church Services 8 AM - 9 AM

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GRACE EPISCOPAL CHURCH**  
7 E. Main St.  
Phone 315-866-4782  
or 315-520-4723  
Holy Eucharist 10 AM

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

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September - June

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

**MOHAWK  
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Rev. Mark Cunningham,  
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Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

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www.christianbiblechurch.us  
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Sunday Worship 10 AM  
Wednesday Bible Study  
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Sunday Worship at 9:45 AM

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Phone 315-292-1303  
www.kuyahorracc.org  
Weekly Service Sunday 10:08 AM

**ST. JOHN THE BAPTIST CATHOLIC CHURCH**  
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Saturday Vigil 4 PM  
Sunday Mass 8:30 AM

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## Nicole Eckler receives her Certified Perioperative Nurse Certification

Little Falls Hospital, OneBassett, announces that Nicole Eckler MSN, RN-BC, CSPM, CNOR, has achieved the Certified Perioperative Nurse (CNOR) certification. CNOR certification validates that a nurse has the skills and expertise to care for patients before, during and after surgery. CNOR certified nurses are knowledgeable of the latest standards of practice and care and have the training and skills necessary to provide the highest quality of care to their patients.

The certifications eligibility requires an active RN licensure, at least 2-years of full-time practice as a registered nurse and 2,400 plus hours of Perioperative nursing experience.

"Professional development is an integral component

of staying informed on new findings and best practices in a continuously changing field," says Eckler. "Earning the CNOR certification is a personal accomplishment that will make me a better advocate for staff and patient safety in the perioperative setting."

Nicole Eckler



## Did you know?

Pets groom themselves to stay clean, but when allergies are present, dogs and cats may spend extended periods of time scratching, licking and biting. While these actions can be problematic for the animals themselves, for those sensitive to sounds, the repetition may induce un-

settled feelings. Psychology Today says "misphonia" is an extreme emotional and physical response to seemingly innocuous, repetitive sounds. While chewing and lip-smacking are common triggers, noises made by pets (like barking or licking) also can cause an issue. The re-

sult is a fight-or-flight response to these noises, along with physical tension, disproportionate anger and possible hatred or disgust toward the person or animal responsible for the trigger noise. While studies into misphonia are in their juvenile stages and only recently gained trac-

tion, symptoms are thought to begin in childhood or adolescence and increase in severity. Treatment for misphonia is varied, but if aversion to the noise a pet is making can be alleviated by addressing the pet's underlying issue, then people's misphonia may be alleviated as well.

## New Orleans-style rice and beans

Our easy take on this classic Southern recipe is as hearty and satisfying as its longer-cooking cousin. Enjoy with your favorite hot pepper sauce.

- 1 1/3 cups long-grain white rice
- 1 tablespoon olive oil
- 1 large onion
- 1 stalk celery
- 3 cloves garlic
- 1 can low-sodium red kidney beans

- 1 can low-sodium pink beans
- 1 reduced-sodium ham steak, 1/2-inch thick
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1. Cook rice as label directs.

2. Meanwhile, in nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion, celery and garlic, and cook 7-8 minutes or until vegetables are tender and lightly browned, stirring occasionally.

3. Stir in beans with their liquid, ham steak, thyme and pepper; heat to boiling over medium-high heat. Reduce heat to low; simmer 10 minutes or until mixture thickens slightly.

4. To serve, spoon rice into deep platter; top with bean mixture. Makes 4 main-dish servings.

For thousands of triple-tested recipes, visit [good-housekeeping.com/food-recipes/](http://good-housekeeping.com/food-recipes/).

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## View to host Virtual Lecture with Sculpture Artist Stephen Saracino on March 6

View, the Center for Arts and Culture in Old Forge, will host the lecture "Narratives: Ideation Generated for a Troubled Era" by artist Stephen Saracino via Zoom on Saturday, March 6 at 2 p.m.

Saracino is a Professor of Metalsmithing Design at Buffalo State College. His metalwork has been exhibited in 88 galleries and museums throughout the United States and in Japan and has been included into public and private collections. For two years he was Director of SUNY's long-running overseas program in Siena, Italy. More recently his studio endeavors have turned to an extensive study of Political and Social themes

that contemporize issues while keeping a jewelry idiom to inform his narrative.

His research resulted in a series of works that have been exhibited nationally in exhibitions relating to themes of the pervasive violence taking place domestically in the U.S. and throughout the world.

Saracino's work is presently on exhibit at View in the New York State Juried Sculpture Exhibit through March 27. His pieces in the exhibition have won first place and honorable mention.

You must register to join the lecture and View is offering the option to pay what you can.

The different donation options available during registration will help to make this lecture more accessible to everyone. After registration the Zoom lecture information will be emailed to you.

View is located at 3273 State Route 28 in Old Forge.

*Stephen Saracino is a Professor of Metalsmithing Design at Buffalo State College. His work is presently on exhibit at View in the New York State Juried Sculpture Exhibit through March 27.*

*Photo courtesy of View*



## Signs dogs are having vision problems

Dog owners take their furry friends' health very seriously. Like their human companions, dogs can experience health problems that seemingly come out of nowhere. But unlike the men and women who take care of them, dogs cannot call the doctor when something is bothering them. That responsibility rests on the shoulders of their owners.

A dog's eyes can be a window into the animal's overall health. According to the pet care professionals at Memphis Veterinary Specialists & Emergency, serious conditions such as liver disease, diabetes and autoimmune diseases can all present indicators in a dog's eyes. The American Kennel Club Canine Health Foundation® says that dogs can experience physical and/

or behavioral problems when they're experiencing eye trouble.

A host of factors can contribute to vision problems in dogs. Age is one such factor, but diseases such as diabetes and hereditary conditions, including progressive retinal atrophy, also can lead to visual impairment. Before dog owners can work with veterinarians to determine the cause of their furry friends' vision loss, they must first learn to recognize signs of impairment. The AKC notes that some of these signs may be obvious while others are more subtle.

- Bumping into walls or furniture: This is a clear indicator that a dog is experiencing vision problems. Dog owners who notice this is happening even when there's nothing to obstruct their dogs' path should book a vet appointment immediately.

- Trouble locating food or toys: Most dogs love to eat and drink and play with their toys. So a sudden inability to find food or water bowls or a favorite toy could indicate the dog is having vision problems.

- Reluctance to jump on or off a couch: This symptom can be less noticeable than bumping into furniture or having trouble finding food. Dogs that once loved to jump on or off a couch but now stick to the floor may be doing so due to impaired vision and the fear of not being able to see where they're jumping.

- Clinginess: The AKC notes that some dogs cling to their owners as they experience vision loss.

- Aggressiveness: Dogs may begin to show aggression as they experience vision loss. That's because the loss of their eyesight can make them feel vulnerable, leading some to act offensively as a defense mechanism.

- Physical indicators/behaviors: Dog owners should be on the lookout for red, puffy or swollen eyes. In addition, Memphis Veterinary Specialists & Emergency notes that some dogs may paw at their face in response to vision loss.

Vision loss in dogs can be caused by many things. The first step to helping dogs overcome diminished vision is recognizing its symptoms.

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## Chow Line: Saving money on meals using slow cookers

One of my resolutions this year is to eat healthier but save time and money on food. Got any ideas?

One easy, budget-friendly way to save money, time, and energy on food at home is to prepare a hearty meal using a slow cooker.

Not only are slow cookers convenient, but they can also help families save money by making less expensive, tougher cuts of meat—such as shoulder, round, and chuck steak—more tender and shrink less. That's a significant consideration for many, considering that food prices are forecast to increase this year, according to the USDA's Economic Research Service.

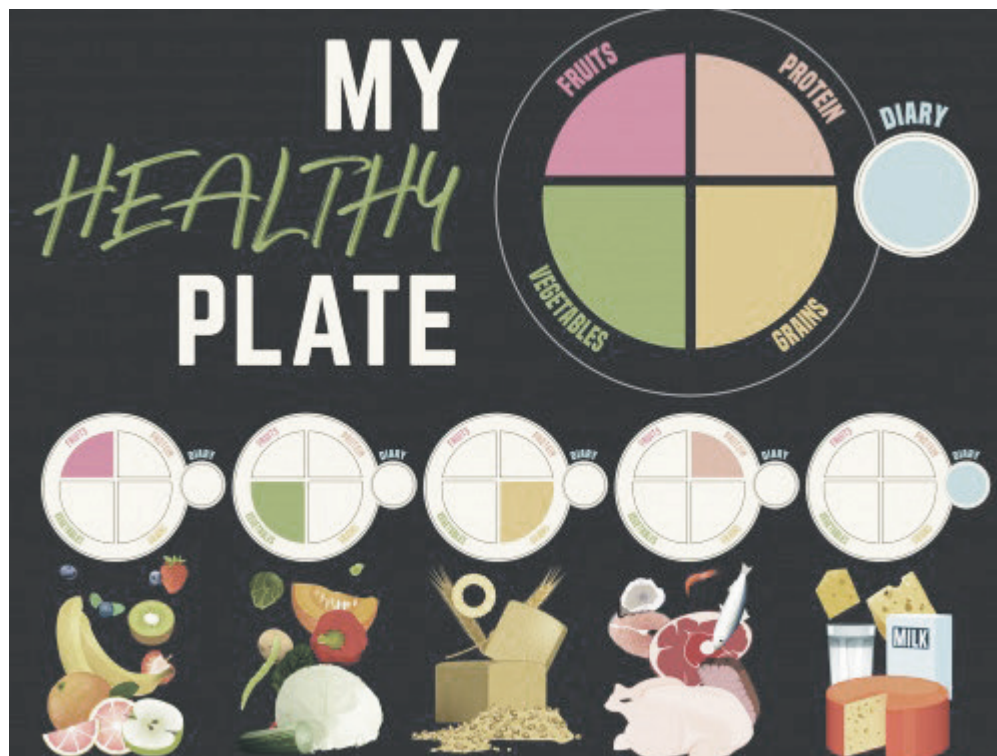
Their research found that food purchased at grocery stores is projected to increase an additional 1% to 2%, and food-away-from-home is projected to increase between 2% and 3% in 2021.

As mentioned in a previous Chow Line, when using a slow cooker, however, there are some precautions you should take to ensure that the meals you cook are both safe and nutritious to eat. For example, two of the more popular food items to prepare using a slow cooker are meats and poultry, which need to be time- and temperature-controlled for safety.

According to the USDA's Food Safety and Inspection Service, it's important to avoid cooking frozen meats and poultry in a slow cooker. Always thaw them first. This is because frozen beef and poultry won't reach 140° Fahrenheit quickly enough, which could cause a foodborne illness.

Slow cookers work by cooking foods at lower temperatures—typically between 170 to 280 degrees—for several hours. This could be a concern for some foods because the bacteria that cause food poisoning multiply quickest in the "danger zone" between 40 and 140 degrees, according to Foodsafety.gov.

Use a food thermometer to accurately deter-



As mentioned in a previous Chow Line, when using a slow cooker, however, there are some precautions you should take to ensure that the meals you cook are both safe and nutritious to eat.

mine if your food has reached the proper internal temperature to kill harmful bacteria.

Here are some other tips from the

USDA:

- Keep perishable foods, especially pre-sliced vegetables, refrigerated and out of the danger zone. Bacteria mul-

tiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the slow cooker.

- Make sure your foods fit. The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly.

- Position foods that take longer to cook on the bottom of the slow cooker, then arrange other solid ingredients on top, making sure to spread them out evenly.

- Keep the lid on. It's important to retain the heat when making a slow cooker meal. Only remove the lid to stir or check for doneness.

- If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time.

- Foods take different times to cook depending on the setting used. While foods will cook faster on high than on low, for all-day cooking or for less tender cuts, you may want to use the low setting.

- If you have any leftovers, it's important to store them in a shallow, covered container in the refrigerator within two hours after being cooked. And, when reheating leftovers, don't use your slow cooker. Use your stove top, microwave, or conventional oven to heat the food to at least 165° before eating it.

*Chow Line is a service of The Ohio State University College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line author Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or [turner.490@osu.edu](mailto:turner.490@osu.edu).*

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## How to avoid wedding reception seating mistakes

Weddings are great opportunities for people to gather and celebrate the melding of two families into one. Weddings are a melting pot, and while the ultimate goal is for all guests invited to mingle and have a good time, preexisting relationships may cause some wedding-day interactions to be strained. However, with careful planning and some best behavior on the parts of all involved, getting hitched can go off without a hitch.

It's possible for guests who may have tumultuous pasts to keep the peace, but this also can be ensured through careful seating arrangements.



This is just one factor couples need to consider when deciding where guests will sit and dine at receptions. It's important to avoid some common mistakes.

**Mistake #1:** Not having a seating plan. Let guests sit where they want and chaos may ensue. People may think they're entitled to certain seats, may hop into seats vacated by someone getting up to use the restroom or any number of other scenarios. Seating arrangements also ensure everyone is accounted for across the room.

**Mistake #2:** Seating families separately. Unless there are rifts between certain family members, it's best to seat parents and children at the same tables.

**Mistake #3:** Trying to force new friendships. Avoid trying to figure out who will get along by creating a potpourri table. A cousin in a band will not necessarily want to sit next to your coworker who plays guitar simply be-

cause they have a shared love of music. A wedding is not the time to try to create new friendships. If it's meant to be, they'll connect in a more organic way.

**Mistake #4:** The dreaded kids' table. Young children can probably get away with sitting at a dedicated kids' table, although it may mean their parents have to interrupt their experiences by checking on their kids throughout the night. A bigger faux pas is to sit teenagers or twenty-somethings at the kids table even if they seem like youngsters to you. Set a strict cut-off age for a children's table.

**Mistake #5:** Being too strict in seating. It's one thing to direct couples or singletons to specific tables, quite another to assign specific seats. Do not dictate exactly where at the table a guest should sit. Some people arrive early, others late, and it is up to them to work out how to arrange themselves at the table.

**Mistake #6:** Failing to



Weddings are great opportunities for people to gather and celebrate the melding of two families into one.

get family feedback. Always check with your parents and future in-laws as resources about how to seat certain guests. They'll likely know who will make the best table-mates, especially if couples are not familiar with everyone on

the guest list.

**Mistake #7:** Not being aware of disabilities or needs. Be conscious of guests' needs. An elderly relative may not be comfortable in front of the DJ table. A person in a wheelchair may need easy

access to and from the reception room. It's important to be mindful of these special needs.

A seating plan for wedding receptions is an important consideration so that every guest can feel comfortable.

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## Guidelines when adopting a shelter dog

If there was a silver lining to 2020 and the upheaval caused by COVID-19, it's that more people have found they have more time on their hands to care for a new pet.

"Adopt don't shop" is a mantra popular among many pet

lovers. It calls to mind that there are thousands of dogs currently residing in shelters that are in need of good homes. Supporters of "adopt don't shop" urge people in the market for new pets to adopt animals from local shelters rather than buy them from

breeders.

The Humane Society of the United States says that there were approximately 10,000 puppy mills operating in the United States in 2019. Prospective pet owners who want to do their part against animal cruelty can

adopt a needy pet from an area shelter. Some shelters are filled with pets from the local area. Other shelters work with rescue groups that transport dogs from various parts of the country. When adopting a shelter dog, keep these tips in mind.

### Understand the responsibility first

Dogs make wonderful, boisterous and loving additions to a home. Much like having a child, welcoming a puppy into a home means spending weeks or months training the animal. This may result in initial damage to belongings and time constraints on people's schedules. Older dogs may be set in their ways and also require training, or they may have special medical needs. Be sure to weigh all of the requirements carefully before adopting the animal.

### Get a behavioral and health assessment

The Humane Society of Ocean City indicates that an established shelter that prides itself on animal rescue will provide health and behavioral assessments for all dogs. Personality, energy level, shyness, and aggression levels will be determined before putting the dog up for adoption. This helps people find a dog that meshes with their expectations and lifestyles.

### Match the household

Consider the household's lifestyle and pace pre-pandemic to see if it is conducive to having a pet. While there may be plenty of time now when people are working remotely and children are not attending in-person classes, things may change in the months to come as life returns to normal. Can a dog still fit in when responsibilities change? Can you modify to accommodate the dog?

### Look at the shelter itself

Make sure you adopt from a shelter that is clean, friendly and organized and has follow-up resources. Reliable shelters typically conduct interviews of prospective pet owners and will ask for references. Be leery of rescues or shelters that are dirty, do not ask pertinent questions and seem to have dogs that appear unwell.

### Expect a fee

Shelters and rescue groups vary in regard to adoption costs. Anything from \$150 to \$400 may be collected. Keep in mind that 25 to 30 percent of dogs in shelters are purebreds, according to a report by CBS News. Adoption fees can be a small price to pay for a loving dog.

Adopting a shelter dog can be a great way to welcome a new pet into a home.



*If there was a silver lining to 2020 and the upheaval caused by COVID-19, it's that more people have found they have more time on their hands to care for a new pet.*

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## Kovels: Antiques and collecting

by Terry and Kim Kovel

### Penny toys

Children's toys are valuable records of what life was like in the past. From about 1880 to 1914, inexpensive, mechanical lithographed tin toys known as "penny toys" were popular and affordable in America. A toy rickshaw with a driver and a lady in a small cart was made by George Fischer of Nuremberg, Germany in the early 1900s. The company made many different penny toys, all based on the life of the times. His trademark on most toys was "G.F." in capital letters. But was there really a rickshaw powered by a man riding a bicycle?

Yes. It is thought that the first rickshaw was invented about 1869 by an American missionary to Japan who used it to transport his invalid wife. The idea became popular, and by 1872 there were about 40,000 rickshaws in use in Japan. There are many styles and names like bike taxi, pedicab, tricycle taxi and even modern electric models. Men pushed or pedaled the rickshaw because they were less expensive than a horse. The driver and passenger of the Fischer rickshaw pictured here are wearing 1910 clothes, so the toy may have been made then. The price for this toy is no longer a penny; it sold for \$5,400 at a Bertoia auction.

**G:** I have a J.H. Cutter bottle similar to a bottle pictured on your website that

sold for over \$300 a few years ago. Mine isn't a clear amber color like the one pictured on your site, unless it's held up to the light. It has an iridescent color down one side with shades of blue-green and orange, maybe from something that was stored in it. I found it near the Boston seaport. Any information would be greatly appreciated.

**A:** The color of a bottle affects the price. Bottles in rare or desirable colors sell for more than those in other colors. "Amber" can include honey amber, olive amber, orange amber, deep tobacco amber and other shades. Sun turns glass lavender or dirty brownish beige. Iridescence on the outside can come from being in water; on the inside it might be from contact with food. It takes an expert to tell the difference and determine the value of the bottle.

### Current prices

Birdcage: green base, shell door, hoop shaped stand, 66 inches, \$25.

Popeye game: dexterity puzzle, Popeye the Juggler, painted metal frame, metal balls, Wimpy and Olive Oyl, Bar Zim Toys, 1920s, \$195.

Folk art wood carving: eagle, wings tucked in, remnants of gilding, American, early 19th century, 14 x 8 inches, \$340.

Butter print: maple, round, carved, 6 leaves, 2 hearts, lollipop handle, signed & dated, WR 1846, Pennsylvania, 8 x 4 inches, \$470.



*Penny toys are becoming harder to find, but at an appropriate auction of an old collection, they rarely sell for less than \$50.*

**TIP:** If you are remodeling or redecorating, think about any antiques and collectibles displayed in the work area. Someone could hammer on a wall without worrying about the shelves on the other side.

For more collecting news, tips and resources, and to subscribe to the Kovels' free weekly email, Kovels Komments, visit [Kovels.com](http://Kovels.com).

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## The Herkimer County Local Early Intervention Coordinating Council will meet February 25

The Herkimer County Local Early Intervention Coordinating Council (LEICC) will meet on Thursday, Feb. 25, at 2 p.m. The meeting will take place by Zoom. This meeting is open to the general public. If you are the parent of a child

currently receiving Early Intervention services or who has received services within the past 10 years and would like to become a member of the council to advise on the policies of the program, we welcome your participation. Parents are our

most valuable resource in creating the best program for the children. If you would like information to attend this meeting, or have any questions about Early Intervention, please contact JoAnn Dickenson, Supervisor at 315.867.1176.

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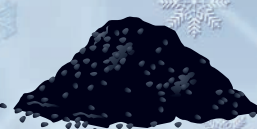


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I F D H G B Z X E P W B U O L  
M A E R C E C I O B T S Q R T  
O N A Z Z I P T L S D J H E A  
F V D C A E R Y A W V E T S E  
Y E T A L O C O H C S Q K S M  
P N L P A S R E G R U B M A H  
K I P S G N I L P M U D H C B  
F A T S A P E C B Z Y W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

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

- Apple pie  
Baked beans  
Casseroles  
Chili
- Chocolate  
Cornbread  
Custard  
Dumplings
- Hamburgers  
Ice cream  
Meatloaf  
Pasta
- Pizza  
Pot roast  
Roast beef

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## Weekly SUDOKU

by Linda Thistle

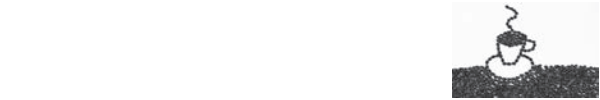
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		9	2					7
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	7				4	6		
		5		1			8	
6			5	2				4
		4	6			9		
9					8		3	
	6	3		5				1

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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### ACROSS

- 1 To boot  
5 Tummy muscles  
8 Writer Rice  
12 Appeared suddenly  
14 Earth  
15 Regatta  
16 Pout  
17 "— a Camera"  
18 Decisive moments  
20 A Musketeer  
23 Prejudice  
24 Reddish horse  
25 Lake activity  
28 CCV x X  
29 Pre-diploma hurdles  
30 Dig in  
32 Straw hats  
34 Carton sealer  
35 School orgs.  
36 Used a sponge  
37 Stir-fry veggie  
40 Crony  
41 Slanted type (Abbr.)  
42 Yacht lover's event  
47 French 101 verb  
48 Veteran  
49 Easy targets  
50 Ballot marks

1	2	3	4		5	6	7		8	9	10	11
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49					50				51			

- 51 Whig's rival  
10 Egyptian river  
11 BPOE members  
13 Historic times  
19 "Phooey!"  
20 Branch  
21 Pyramid, maybe  
22 Saintly ring  
23 Wild pigs  
25 Challah holder  
26 Tide variety  
27 Be slack-jawed  
29 "Beetle Bailey" dog  
31 Danson of
- "Cheers"  
33 Granny Smiths  
34 Mild cheese  
36 Bulb measure  
37 Slapstick arsenal  
38 Jazzy James  
39 Seniors' org.  
40 Cushions  
43 Flamenco cheer  
44 Med. plan option  
45 Not 'neath  
46 Like some humor

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# Coffee Break



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Snowman's hat is different. 2. Boy has a scarf. 3. Snowballs have been added. 4. Tree is missing. 5. Teacher's nose is different. 6. Boy is holding an apple.

The Garden Bug

Soil temperatures

Tree and shrub roots can be damaged or killed if the temperature of the **soil** around them dips to 10°F or lower. To help protect roots, look for deep ruts or cracks in the soil around the roots, and fill them in with additional soil, tamping down lightly. Watering well in autumn helps to prepare the soil to better protect the roots from dangerous conditions. Covering the root zone **only** (not against the trunk) with 4-6 inches of organic mulch, as well as allowing snow to cover the mulch, will form a barrier that can help the soil retain optimal temperatures for root health. — Brenda Weaver

Source: pss.uvm.edu

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Americanisms

“Live simply, love generously, care deeply, speak kindly, leave the rest to God.”  
— Ronald Reagan

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## Amber Waves

HERE YOU GO, HONEY. TRY YOUR MOM'S CASSEROLE.

WHAT IF I'M CERTAIN I WON'T LIKE IT BEFORE I TRY IT?

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## Just Like Cats & Dogs

by Dave T. Phipps

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E	T	A	L
P	A	S	R
P	S	G	N
A	T	S	A

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\*Class is based on these models: Polaris Ranger XP 900, John Deere XUV835M & Kawasaki Mule PRO-FXR. The handling comparison was performed on the FSAE SKIDPAD course in gravel conditions. © Kubota Tractor Corporation, 2021. Offer is limited to in-stock models with MSRP of \$13,651: RTV-XG850G-A, RTV-XG850CAG-A, RTV-XG850EVO-A. \$0 Down, 0% A.P.R. financing for up to 60 months or customer instant rebates of \$1,750 are available on purchases of new Kubota RTV-XG850 Series equipment from participating dealers' in-stock inventory. Promotional rate available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Example: 60 monthly payments of \$16.67 per \$1,000 financed. Customer instant rebates of \$1,750 are available on qualifying cash or standard rate finance purchases. Rebate is not available with 0% A.P.R. promotional financing. Some exceptions apply. Offers expire 2/28/2021. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your Dealer or KubotaUSA.com.



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The Herkimer County Soil and Water Conservation District is still taking orders for Trees and Shrubs through March 22. Available for planning this spring are low-cost bare root evergreen

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Also available are bluebird nest boxes and conservation rain

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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.

## Pros and cons to pet doors

Pets quickly take up residence in their owners' homes and hearts. Many pet parents treat their pets as full-fledged members of the family, with the same privileges and attention they devote to other family members.

A 2016 Harris Poll found 95 percent of Americans consider their pets to be part of the family, and there is not much they won't do for their companion animals. One area where pet owners may focus their attention is giving their pets more freedom to explore the outdoors. This can be achieved with the installation of a pet door. With busy schedules taking many pet parents away from home, pets may spend many hours home alone. An outdoor retreat could be just what the veterinarian ordered for pets who need more fresh air. Before pet owners install doors for their four-legged friends, it may behoove them to consider the advantages and disadvantages to doing so.

### Pros

Pet doors can be very convenient for pet owners and pets. Unencumbered bathroom breaks is one of the prime reasons to get a pet door. Not having to wake up early in the morning or rush home from work to let out a pup can give pet owners more freedom. Cat owners may choose to have their cats soil outdoors, removing the hassle and odor of indoor litter boxes.

A pet door provides a way for pets to regulate when they need to go and not be at the mercy of their human companions. This is handy when training a puppy who cannot hold his bladder for more than a few hours. Avoiding indoor accidents can be a great reason to install a pet door.

Pets need exercise and stimulation to alleviate boredom and avoid destructive behaviors. Access

to the outdoors promotes physical activity and mental stimulation. Cats may chase bugs or small animals. Dogs may run around the yard and play with a ball or stick. Easy access to outdoor play can take some of the burden off of busy pet owners.

### Cons

As convenient as pet doors can be, they may disconnect pet owners from their pets. People may feel they don't need to spend the time in the yard or walking the animal, and that can adversely affect the bonds between pet owner and pet.

Another potential disadvantage concerns alpha-driven pets. Giving pets control over their comings and goings may reinforce ego and potentially cause the animal to be less responsive to his owner's commands.

Safety is another con-



Pet doors can provide convenience and extra freedom to pets and owners.

cern. Although there are smart doors that can only open when triggered by a chip on the pet's collar, one never knows what pets may bring indoors. Cats may present dead rodents and dogs may dirty the house with muddy paws.

Weather is another concern. In colder climates, pet doors may be another source of drafts, contributing to inefficient heating and cooling situations.

Dogs or cats who are prone to roaming could get into trouble if left to their own devices outside.

Pet owners should consider a host of factors before installing pet doors in their homes.

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## How to add high-quality protein to your diet

(BPT) - Recent diet trends encourage balancing food sources for optimal health. If you're following the Mediterranean, keto or paleo diets, you're probably aware that lean meats like beef play a vital role as part of an overall healthy eating plan, balanced with plant-based foods like vegetables and legumes.

Elsewhere in the world, however, access to high-quality sources of protein is a serious challenge. Malnutrition is a significant global public health issue, and recent global nutrition reports show that countries with the lowest meat access have some of the highest rates of malnutrition. Beef plays an important role in ensuring that the world is well-nourished.

### Beef provides protein

According to the USDA, one three-ounce serving of beef delivers approximately 25 grams of high-quality protein, which is essential for building and maintaining strength for your mind and body.

How do relatively high-protein grains compare with beef? The USDA's Food

Data Central database reports that to get the 25 grams of protein found in one 3-ounce serving of cooked beef, you would need to eat three cups of quinoa - which is more than three times the typical serving size for cooked quinoa of 140 grams, about 3/4 cup.

### Beef and iron

Another global nutrition challenge is iron deficiency, which is a concern among adolescent girls and women worldwide. A particular kind of iron called heme iron, which is critical to addressing this deficiency, is found only in animal foods like beef, not plant foods.

Here in the U.S., lean beef contributes 8% of the iron in a typical diet. At a time when many are deficient in this essential nutrient, eliminating beef could worsen the problem of iron deficiency.

### Red meat is not contributing to obesity

Americans are consuming 600 more calories a day, on average, than they did 40 years ago. These extra calories are coming from refined grains, added fats

and oils, not red meat. Americans, on average, eat fewer than two ounces of beef daily, which is in line with 2015 Dietary Guidelines.

Our diet is already plant-based - and has become increasingly more so over the last four decades, when obesity has also increased.

### Beef promotes lifelong health

The nutrients in beef promote health beginning in childhood. The American Academy of Pediatrics, the Women Infants and Children's Program and now for the first time ever, the 2020 Dietary Guidelines Advisory Committee recommend introducing solid, nutrient-rich foods, like beef, to infants and toddlers, in order to pack in every bite with pro-

tein, iron, zinc and choline.

These nutrients continue to sustain people throughout their lives, and protein becomes especially important as people get older. Adults over 50 are at risk for losing muscle mass, which can lead to falls and frailty that affect their ability to age independently.

Balancing your diet with multiple sources of crucial nutrients, including high-quality proteins like beef along with vitamin-rich vegetables, fruit and whole grains, helps support your overall health all your life.

Learn more about beef and nutrition at BeefItsWhatsforDinner.com, managed by the National Cattlemen's Beef Association, a contractor to the Beef Checkoff.



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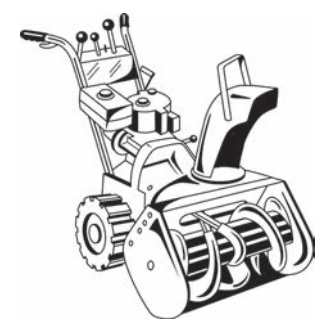
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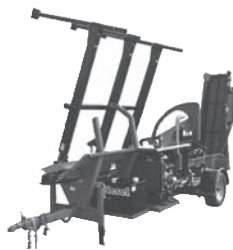
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## More people are concerned about their financial future: Four steps to protect yours

(BPT) - Finances are consistently a top concern for many Americans, with "saving money" a top-10 most common New Year's resolution. This year, Americans are more concerned than ever before due to the uncertainty created by the COVID-19 pandemic.

USE Credit Union reported that more than 75% of non-transactional calls received since the start of the pandemic were from members concerned about their financial future, citing economic hardship as the primary reason for concern. The economy and job market remain in a state of constant flux, which is causing many families to worry about their ability to pay an unexpected bill, continue to pay off student loans, mortgages or credit card debt, or save money for the future.

"Saving money is more than just putting spare change into a coffee can, or simply ordering take-out less often," said Jeff Schroeder, vice president and chief product officer at Mercury Insurance. "Sure, those things can add up over time, but people may find that their greatest savings can come from taking a look at the necessary expenses they pay for every month, such as insurance."

Schroeder recommends these four tips to help protect your finances in the coming year:

1) Check your auto insurance coverages. There's no reason to pay for more coverage than you need, but being underinsured can leave you exposed. "The cost of repairs after a collision has grown in recent years, as a result of more crossovers and SUVs on the road, and more technologically advanced vehicles," said Schroeder. "Beyond paying for more expensive repairs if your insurance doesn't cover it, if you're underinsured, you may also be responsible for paying out of pocket for medical bills, which could potentially devastate savings for a down payment on a house, your child's college tuition or a future vacation. It's vitally important to make sure you have the right amount of

auto insurance coverage to protect against unforeseen events."

2) Know what your homeowners insurance covers. First and foremost, be sure to read your policy so you're clear about what it does and doesn't cover. It's a good idea to check in with your insurance agent each year to ensure you have adequate coverage, especially if you've made renovations, own collectible or valuable items, or live in an area that's prone to flooding or earthquakes, as standard homeowners insurance policies typically don't cover these situations. Also, maintain a home inventory to make sure to have an accurate record of your belongings and property.

3) Be aware of potential gaps in coverage. A standard homeowners insurance policy often doesn't cover mechanical failures to your home's appliances, HVAC or other essential systems, nor does it cover a break to service lines on your property that supply your home with electricity, gas or sewer functions. In either of these scenarios, this means you would be responsible for writing a big check to a repair compa-

ny or having to purchase a pricey replacement. However, adding home systems protection and service line protection endorsements can help provide coverage for costly repairs and replacements, saving money and your peace of mind. Pennies spent now can save you thousands of dollars later.

4) Regularly shop for the best coverage and price. Insurance prices can vary significantly from company to company, so it's a good idea to take a few minutes to see if you're getting a good deal. Shop around at least once a year - making sure to look for the exact same coverage limits - to see if you can find a more affordable rate.

"Often, regional insurers like Mercury Insurance are more attuned to their policyholders' needs and can offer better rates," Schroeder added.

The most effective way to make sure your finances are minimally impacted by insurance costs this year is to speak to an independent insurance agent. They can help make sure you have the proper amount and type of coverage to keep yourself, your family and property protected.



## Saucy Creole shrimp Sweet, succulent shrimp and zesty Creole spices is an unbeatable combination.

4 tablespoons butter  
2 stalk celery  
1 large green pepper  
1 medium onion  
1 teaspoon salt-free Creole seasoning  
1/4 cup all-purpose flour  
2 medium tomatoes  
8 ounces clam juice  
1 1/2 pound peeled, deveined shrimp  
1 tablespoon Worcestershire sauce  
1 tablespoon Louisiana-style hot sauce  
1 1/2 cup cooked white rice

1. In 5-quart saucepot, melt butter on medium. Add celery, green pepper, onion and Creole seasoning. Cook 15 minutes or until vegetables are tender, stirring occasionally.

2. Sprinkle flour over vegetables. Cook 2 minutes, stirring. Add tomatoes; cook 2 minutes or until tomatoes are very soft, scraping up browned bits. Stir in clam juice. Heat to simmering on high.

3. Add shrimp, Worcestershire sauce and hot sauce. Simmer 5 minutes or until shrimp are just cooked through, stirring occasionally. Serve over rice with additional hot sauce, if desired. Makes 6 servings.

For thousands of triple-tested recipes, visit [goodhousekeeping.com/food-recipes/](http://goodhousekeeping.com/food-recipes/).

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**Mon. Mar. 1st** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

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## New Year's resolutions you can actually stick to

(BPT) - It's always a good idea to commit to improving your well-being or creating healthy habits in the new year, but if you approach your resolutions

as something you want to do versus something you should do, you're much more likely to follow through on your goals. So, why not rethink the whole new year's resolution premise? What have you always wanted to do, but never given yourself permission to spend time pursuing? Here are a couple nontraditional resolutions that you might actually want to stick to.

1. Dance like nobody's watching

In the comfort of your own living room, you don't have to worry about what you look like - literally, no one will be watching - so it's easy to learn how to dance.

Look for YouTube videos with tutorials on dancing and see what catches your interest. Whether it's an old-fashioned Charleston or the Woah, you can enjoy the thrill of movement,

alone or with your partner. You could even try a new dance each month to keep it fresh all year long - there are so many types, and there are guides all over the internet.

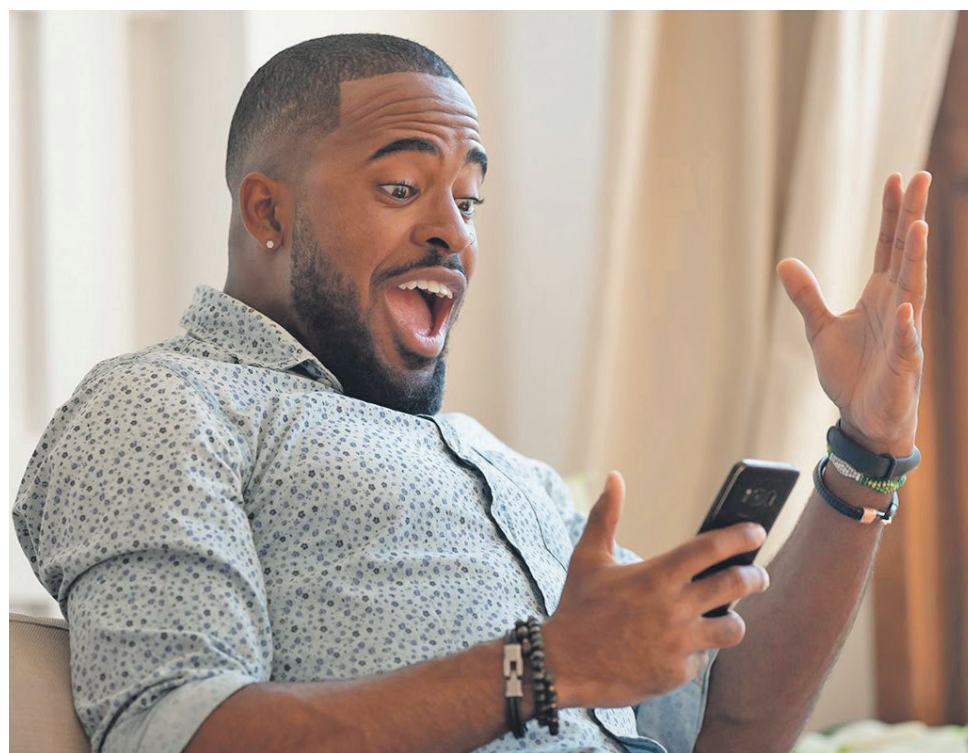
Not only is dancing a ton of fun, it's also a great form of exercise.

2. Learn a new language

Exploring a new language is enriching and fun - and it also keeps your brain active while allowing you to explore other cultures. Already know a bit about a language, but haven't put your skills to good use since high school or college? What better resolution than to brush up on learning a language?

Becoming fluent is a great way to boost your confidence, and it's easy to get started with apps like Rosetta Stone. Rosetta Stone helps you get ready for real-world conversations by using a "Dynamic Immersion" approach with exercises that take advantage of the brain's natural language processing ability. In short, that means it helps you learn fast.

Rosetta Stone offers 25 different languages for you to choose from. Their program is mobile-friendly, so keeping up with your learning will be a breeze.



The amount of time and investment that you thought you needed to learn a new language might surprise you.

3. Boost your career

Looking to advance your career? These days, classes, training courses and certifications are right at your fingertips. Where to start, though?

First, figure out what skills would help you develop an edge in the job market, allowing you to move ahead or even change careers. Second, seek out experts and companies in that field who can point you toward

learning resources.

Better yet, consider combining two resolutions into one. Learning a new language is one sure way to boost your resume. What countries does your company do business with? Who are your company's business partners and customers? Learning their language can be a great way to stand out from the crowd when it comes to the next round of promotions.

4. Plan future adventures

Yes, most travel plans are on hold right now - especially international travel. But there's no reason you can't make a resolution to plan your next overseas adventure.

Where have you always wanted to go? Research the area and make a plan to learn more about the geography, cuisine and history of that region. Prepare yourself for your future trip by learning how to speak like a local, understand the signage, and find your way around easily. Having time to

plan and practice means you'll be that much more prepared when you get there.=

5. Create culinary masterpieces

You can start with a modest goal - like making more plant-based dishes or using healthier cooking methods. But why not expand your skills? Thanks to cable channels devoted to cooking, plus countless how-to's on Instagram and YouTube, you can find classes and tutorials on making just about anything that sounds tasty - right in your own kitchen. Even better, if you're planning a trip in the future, why not match up your culinary ambitions with your plans, and try making one of the signature dishes native to your next destination?

New Year's resolutions don't have to be all about putting yourself through grueling new regimens. Find resolutions that bring real enjoyment and meaning to your life, and they'll stick with you for even longer.

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## Tips to find the right dog trainer

Dogs add an entirely new component to the dynamic of a household. Whether a dog is being welcomed into the bustling home of a family or the more sedate environment of a singleton's apartment, the four-legged friend will soon acclimate to its new surroundings and become a beloved member of the family.

The transition from a pet-free home to one with a dog is not always smooth, especially if the dog exhibits certain behaviors. Chewing is a common behavior exhibited by dogs after they enter a new home that may alarm new dog owners. The ASPCA notes that it's normal for puppies and dogs to chew on objects as they explore the world. Some dogs may do so to alleviate pain stemming from incoming teeth, while others chew to keep their jaws strong.

Destructive chewing may be a byproduct of anxiety or frustration, and such behavior can be especially hard for new dog owners to comprehend and corral. In such instances, dog owners

can benefit from working with professional dog trainers. The American Kennel Club notes that dog training is an unregulated industry, which can complicate the process of finding trustworthy trainers. In recognition of that difficulty, the AKC offers the following tips to dog owners searching for the right trainer.

- Ask about a trainer's philosophy. Dog trainers use various methods, but the AKC emphasizes the importance of finding trainers who use positive reinforcement training. Such a philosophy rewards appropriate behavior and teaches alternative behaviors in place of inappropriate ones. The AKC notes that positive reinforcement training is science-based and fosters a love of learning in dogs while strengthening the bond between dogs and their owners.

- Find out which services the trainer offers. Trainers offer different services. Some may specialize in one-on-one training, while others train in class-like environments that can promote socialization.



The AKC offers the following tips to dog owners searching for the right trainer.

Each dog is different, so a training environment that works for one dog may not work for another. Speak with various trainers about their services and then choose the one that most aligns with your dog's personality.

- Ask for a trainer's credentials. The AKC notes that certification with certain organiza-

tions is not mandatory, though certifications may indicate how serious a trainer is about training dogs. Trainers should be forthcoming about their credentials, including any certifications they may have. The Association of Professional Dog Trainers ([www.apdt.com](http://www.apdt.com)) can help dog owners learn about the various types of

certification so they can make the most informed decisions possible when choosing a trainer for their dogs.

- Take note of your own comfort level with the trainer. The AKC reminds dog owners that dog trainers teach dog owners, who will need to be comfortable with a trainer to get the most of his

or her services. Ask to observe a training class and take note of the trainer's interactions with both the dogs and their owners.

Dog trainers can help dogs acclimate to new homes and help their owners adjust to their new roles. More information about dog trainers can be found at [www.akc.org](http://www.akc.org).



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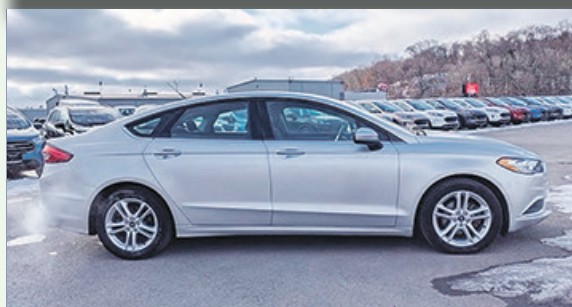
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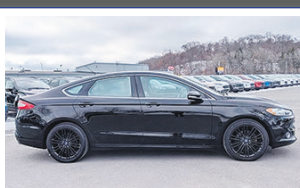
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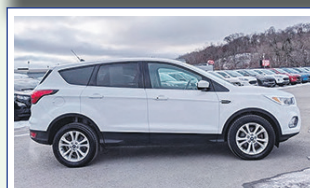
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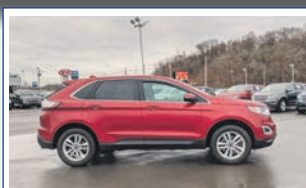
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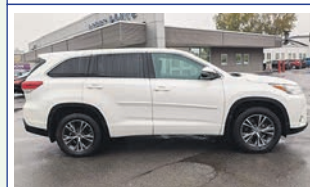
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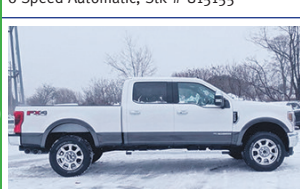
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