


HERKIMER

# Country Editor

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Jesus said to him, "Thomas, because you have seen Me, you have believed.  
Blessed are those who have not seen and yet have believed." John 20:29



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## Poland students win 23 awards at regional science fair



Poland Central School District eighth-grader Lily Martin checks the plants in her science fair project, "The Effect of Acid Rain on Plants." She won the Junior Level Grand Championship in the Utica College Regional Science Fair. Photo courtesy of Herkimer BOCES

Poland Central School District students won 23 awards at the virtual Utica College Regional Science Fair including Poland eighth-grader Lily Martin winning the Junior Level Grand Championship.

Poland students qualified for the Utica College Regional Science Fair by winning awards in the Poland Virtual Science Fair.

"Needless to say, we are very proud of the hard work and dedication demonstrated by all of our students who entered the regional fair," Poland science teacher Jessica Meyer said.

Meyer and Poland science teacher Kevin Ford served as the 2020-2021 coordinators for the 33rd annual Poland Science Fair, which took place virtually this year for the first time. Nineteen Poland students then advanced to the virtual Utica College Regional Science Fair, and Utica College announced the winners on Tuesday, March 30.

The following is a complete list of awards that Poland students won at the virtual Utica College Regional Science Fair.

### Junior Level Grand Championship:

- Junior Level Grand Champion: Lily Martin

### Junior Level Overall Winners:

- First Place in Natural Science: Lily Martin
- Third Place in Physical Science: Li-ana Varauk

### Senior Level Overall Winners:

- Second Place in Math/Technology: Seth Walther

- Third Place in Math/Technology: Quintin Weigand

- Fourth Place in Math/Technology: Ben Deragon

- Third Place in Natural Science: Gavin Krauciunas

- Third Place in Physical Science: Forrest Martin

### Special Awards:

- Doc Aaronson Award: Emma Taylor

- Pratt and Whitney Metals Inc. Award: Maddison Haver

- Norman P. Bernstein Award: Seth Walther

- Oneida Research Services Inc. Award: Julia Oczkowski

- Oneida Research Services Inc. Award: Forest Martin

- Asa Gray Biological Society Award: Noah Lamphere

- Association for Women Geoscientists Award: Maddison Haver

- NASA Earth System Science Award: Maddison Haver

- Stockholm Junior Water Prize: Emma Taylor

- AFCEA Award Supported by the Air Force Research Laboratory – Senior Level 1st place: Gavin Krauciunas

- AFCEA Award Supported by the Air Force Research Laboratory – Senior Level Third Place: Ben Deragon

- The Doc Aaronson Award in Biology: Jack Hoffman

- The Sally Lachut Majka '61 and Donald Majka Award in Earth Science of Conservation: Maddison Haver

- Doris Miga Award: Emma Taylor

- The Copernicus Award: Emily Smith

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Sponsorships and Donations for Fireworks and Live Music: Call Matt Stanley at 315-292-2306 or email [streetfaircanjo@gmail.com](mailto:streetfaircanjo@gmail.com)

Activities are being planned for  
a jam packed day of Family Fun!  
Watch for more details

[www.facebook.com/Canajoharie-StreetFair](http://www.facebook.com/Canajoharie-StreetFair)

2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!



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## Home energy programs

Learn about clean energy programs and resources. Access networks of community and local partnerships, get help identifying and engaging the right energy contractor. Receive assistance with available funding and low interest loans. These are some of the steps to reducing your utility costs in the coming winter. The Community Energy Engagement Program (CEEP) offered through NYSERDA and in partnership with CCE Madison County can help. There is support available to help residents and

businesses reduce their energy consumption and energy costs and make informed energy decisions. Community Energy Advisors can connect you to resources and networks that provide cost saving opportunities in your community.

### Community Energy Advisors are available to:

- Help you to make informed energy decisions
- Inform you of financing options for energy efficiency and renewable energy

projects and products

- Guide you through the process of implementing clean energy projects

- Connect you with the right energy contractors who can implement clean energy projects

From now until the end of the year NYSERDA is offering increased incentives that may qualify income eligible households for up to \$10,000 in home weatherization. Call the office for more information or to see what program you qualify for based on your family size and

income. Visit [tinyurl.com/t2j2xjn3](http://tinyurl.com/t2j2xjn3) for more information.

There is also the Assisted Home Performance with ENERGY STAR® program, Visit [tinyurl.com/58a7hck5](http://tinyurl.com/58a7hck5) for more information. The eligibility guidelines have been updated until the end of the year allowing for matching funds and if needed a low interest loan.

To get more information regarding this program and others, contact your local Community Energy Advisor at a CCE office in your county.

## Gingery shrimp and noodles

Light and fresh, this Asian-inspired dish tantalizes with the scents of ginger, soy and green onion. Low-cal shrimp and nearly 2 pounds of nutrient-rich cabbage keep it healthful.

Salt and pepper

3 tablespoons vegetable oil

1 bunch green onions, thinly sliced

1 tablespoon peeled finely chopped fresh ginger

1 pound shelled and deveined 16- to 20-count shrimp, with tail part of shrimp left on, if you like

3/4 cup water

1/3 cup lower-sodium soy sauce

2 bags (14- to 16-ounce) shredded cabbage mix for coleslaw

1 pound rice noodles

1. Heat covered 6-quart pot of water to boiling on high. Add 2 teaspoons salt.

2. In 12-inch skillet, heat oil on medium. Add green onions and ginger; cook 2 minutes, stirring occasionally. Sprinkle shrimp with 1/4 teaspoon freshly ground black pepper. Add shrimp to skillet in single layer; cook 3 to 4 minutes or until shrimp just turn opaque, stirring frequently. Transfer shrimp to medium bowl.

3. To same skillet, add 3/4 cup water and soy sauce, scraping up browned bits. Stir in cabbage mix; cover and cook 6 to 7 minutes or until vegetables are crisp-tender, stirring often.

4. Meanwhile, add noodles to boiling water in pot. Cook minimum time that label directs, stirring occasionally. Drain well; rinse under cold water and drain again. Return to pot; add shrimp and vegetable mixture, tossing until well-combined. Serves 6.

Tip: We like to use flat, 1/8-inch-wide dried rice noodles, often labeled pad Thai, thin rice noodles or rice sticks.

\* Each serving: About 455 calories, 8g total fat (1g saturated), 115mg cholesterol, 1,050mg sodium, 75g total carbohydrate, 4g dietary fiber, 18g protein.

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

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**DOLGEVILLE**  
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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

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Rev. Anthony Bradseth  
21 N. Helmer Ave.  
Church Phone 429-7381  
Sunday Church Service  
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**DOLGEVILLE CHRISTIAN FELLOWSHIP**  
Pastor Marvin Isum  
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Mid-week Service Tuesday 7 PM

**UNITED LUTHERAN**  
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26 E. Faville Ave.  
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Sunday Worship and Sunday School  
9:00 AM

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**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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Father Brian Slezak, Pastor  
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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  
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**LITTLE FALLS**  
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Sunday Morning All Worship 10 AM  
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# Three Herkimer College students receive SUNY Chancellor’s Award for Student Excellence



Carynn Bohley '21, of Salem.



Kaitlyn Jenks '21, of Canajoharie.



Taylor Listovitch '21, of Ilion.  
Photos courtesy of Herkimer College

Three Herkimer County Community College students have received the SUNY Chancellor’s Award for Student Excellence (CASE).

Carynn Bohley, of Salem; Kaitlyn Jenks, of Canajoharie; and Taylor Listovitch, of Ilion, were among the CASE honorees for 2021. The award recognizes students for outstanding achievements that have demonstrated the integration of SUNY excellence in areas such as academics, leadership, campus involvement, community service, or the arts. All three students will graduate in May 2021.

**Carynn Bohley**, a general studies student, was named to the President’s List all four semesters while attending Herkimer College and participated in the Honors Program during her second year. Enrolling at the College through the Internet Academy when she was only 16 years old, Bohley will receive her associate in arts degree before her eighteenth birthday. She has been a leader on campus and contributed an advice piece regarding online learning to the College’s official blog to assist her peers as they transitioned to remote learning due to COVID-19. Bohley also serves as an editor for the College’s student-run news outlet *The General* and its literary and arts publication *Phaethon*.

Outside of the classroom, Bohley is a published author. She has self-published several short stories and a novella, and she was able to sign with publishing company Darkstroke Books in Fall 2020. Bohley released her first fantasy novel, *Darkness Rise*, with the company on Nov. 20. She also runs a writers blog, YouTube channel and dabbles in taxidermy.

**Kaitlyn Jenks**, a communication and media studies student, was named to the President’s List all four semesters while attending Herkimer College and furthered her education by taking courses over the winter and summer terms. She serves as vice president of chapter growth for Herkimer College’s chapter of Phi Theta Kappa, an international honor society. Jenks led the chapter’s 2020 Honors in Action project, where students researched various aspects of COVID-19 safety guidelines and developed informative posters and social media graphics to combat misinformation about the virus. They also held a mask drive and provided custom reusable masks to approximately 100 students. Jenks is also a senator in the College’s Student Government Association, a peer tutor in the Academic Support Center, and an editor for both *The General* and *Phaethon*.

Jenks volunteers with The Shadow Project, a non-profit organization based in Portland, OR, that aims to make school more accessible and engaging for young students with learning disabilities. In her role with the group, Jenks ensures students receive their incentive

awards for reaching specified academic and learning goals, and she assists the communications department with creative outreach and innovation initiatives.

**Taylor Listovitch**, a legal studies student, has been on both the Dean’s List and President’s List and is a member of the College’s Honors Program and the Phi Theta Kappa honor society. She was elected president of the Student Government Association and also holds office as the student trustee on the College’s Board of Trustees. Listovitch also serves on the Faculty-Student Association, the Academic Senate, and Herkimer College President Cathleen McColgin’s Leaders at Lunch

Council. Listovitch represented the student perspective when the College was undergoing its reaccreditation process, speaking to reviewing members of the Middle States Commission on Higher Education about student life at Herkimer College. She works as an on-campus tour guide, a secretary for the College’s Admissions Office, and is a student ambassador for prospective students.

Listovitch is captain of the Herkimer College women’s bowling team and was a contributor to *Phaethon*. She spent her spring semester interning for the Herkimer County board of elections office.

## 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)**

<b>April 17</b> <b>Herkimer County Republican Party Annual Brooks Chicken Barbecue</b> 12 p.m. until sold out. Tickets recommended by contacting <a href="mailto:CLERKSYL5@AOL.COM">CLERKSYL5@AOL.COM</a> .	<b>Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.	<b>Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.
<b>April 21</b> <b>Ilion First Baptist Church Third Wednesday night dinner</b> 4-6 p.m. or sold out at 8 Second Street, Ilion. After Easter Ham Dinner. For more info contact the church office at 315.894.9041.	<b>Craft Festival</b> 2021 event now canceled. 41st year slated for June 11, 2022. Sponsored by the Church Of Christ Uniting in Richfield Springs.	<b>Sept. 13</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.
<b>April 25</b> <b>Central Valley Central School District Foundation to host multiple fundraisers during its Brooks' Chicken Barbecue</b> , noon until sold out, at Beer Belly Bob's, 70 Otsego Street, Ilion. Advance order recommended by calling JoAnn Duga at 315.894.3116.	<b>June 12</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.	<b>October 4</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 4-7 p.m. Register at 607.547.8111, ext 111.
<b>May 17</b> <b>Rabies clinic at Susquehanna</b>	<b>June 14</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 4-7 p.m. Register at 607.547.8111, ext 111.	<b>November 15</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.
	<b>July 12</b> <b>Rabies clinic at Susquehanna</b>	<b>December 13</b> <b>Rabies clinic at Susquehanna Society SPCA</b> 2-5 p.m. Register at 607.547.8111, ext 111.
	<b>August 16</b> <b>Rabies clinic at Susquehanna</b>	



## Bible Trivia

by Wilson Casey

1. Is the book of Nehemiah in the Old or New Testament or neither?
2. From 1 Kings 11, what was the number of wives and princesses, along with 300 concubines of King Solomon? 3, 50, 100, 700
3. When he had a vision, who said "Not so, Lord; for I have never eaten any thing that is common or unclean"? Adam, Reuben, Samson, Peter
4. From Acts 7, who was the first person martyred for his belief in Jesus Christ? Apollos, John the Baptist, Jehu, Stephen

5. When he met King Abimelech, Abraham pretended that Sarah was his...? Mother, Neighbor, Sister, Daughter
  6. Besides Jonah, what other prophet ministered in Nineveh? Nathan, Paul, Nahum, Philip
- ANSWERS:** 1) Old; 2) 700; 3) Peter; 4) Stephen; 5) Sister; 6) Nahum  
*"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in bookstores and online.*  
**(c) 2021 King Features Synd., Inc.**

## Get away without going away Five family staycation ideas that won't break your budget

(eLivingtoday.com) Family vacations are a great way to bond and take a step back from the hectic schedules that accompany everyday life, but sometimes time or money (or both) make planning an elaborate trip a non-starter.

However, a staycation can be much less expensive and fit into nearly any amount of available time with the added bonus of skipping out on potentially stressful travel.

Consider these staycation ideas to take advantage of your local area's attractions and prove you don't have to go far to spend quality time together.

**Visit local landmarks.** Just because it's not a traditional vacation doesn't mean you can't pretend to be tourists. Start by visiting the places you recommend to friends and family from out of town or pick up a city guidebook to uncover hidden spots you may not even know exist. Make a plan to seek out historic sites, visit local landmarks like museums or try an out-of-the-way restaurant (or two) you've never eaten at before.

**Camp out in the backyard.** Camping doesn't have to be done far from home. In fact, it can be done right in your own backyard. Pitch a tent to

sleep under the stars and plan a night full of traditional camping activities like roasting s'mores, telling spooky stories by flashlight and trying to identify stars and constellations.

**Set up a picnic in the park.** Pack a basket with sandwiches, fruit and other treats and head to the park. You can enjoy a casual meal then take advantage of the open space for a family walk or game of tag before retreating to the playground to let the little ones expel any leftover energy.

**Have a home spa day.** If you're looking for some relaxation but don't want to splurge on the full spa treat-

ment, plan an at-home oasis instead. Light some candles, run a bubble bath and break out the facial masks and fingernail polish.

**Visit an amusement park.** No matter where you live, there's probably an amusement or water park within driving distance. A quick online search before you arrive can help prepare a strategy for hitting the most popular thrill rides and waterslides while skipping those that may not provide quite the same entertainment value.

Find more tips and tricks for enjoying family time together at eLivingtoday.com.

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by Angela Shelf Medearis

**An ode to avocados**

I've been preparing, eating, reading and writing about avocados for more than a decade. Never in my wildest dreams did I ever think that avocados would rise to their current heights in the culinary world. Avocados are like the child you have who goes from sitting quietly in the back of the classroom making a "C" at best, to becoming the high-school valedictorian with a full-ride college scholarship to Harvard.

Avocados are considered a fruit. They are one of the few fruits or vegetables that contain fat, but the fat is unsaturated and heart healthy. That healthy fat also is why avocados have such a creamy, delicious mouth-feel.

California avocados are in season from spring to fall, which means they will be easier to find, better quality and more affordable during that time. Avocados are one of the produce items with the least number of pesticides, so there is no reason to buy organic.

Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, magnesium, folate and 60% more potassium per ounce than bananas. They're also cholesterol- and sodium-free. Two tablespoons of mashed avocado (about 1 ounce) or one-fifth of a medium avocado provides about 55 calories.

## The Kitchen Diva

To choose an avocado, squeeze it gently. It should be firm but give to slight pressure. Hard avocados are not yet ripe, but can ripen in a few days. Place the unripe avocado in a brown paper bag for two to five days. Apples or bananas can be added to the bag to shorten the process, because the gas they give off helps ripen the avocados. Ripe avocados can be stored in the refrigerator for two to three days.

Always wash avocados before eating to remove any dirt or bacteria. Cut lengthwise and rotate the halves to separate. Use a spoon to remove the seed and scoop out the meat or peel the skin away from the fruit. Lemon juice, lime juice or white vinegar can help prevent discoloring. You can also press plastic wrap directly on the surface and then wrap to store in the refrigerator

for a few days. If the surface turns brown, just cut off the top layer and eat the rest.

Avocados can be enjoyed in a variety of ways, including mashed and spread on a sandwich in place of mayonnaise, or blending it with oil and vinegar to make a salad dressing. This recipe for Avocado Flatbread is yet another way to enjoy healthy, delicious avocados.

**Avocado flatbread**

This Avocado Flatbread is soft, delicious and vegan. It is an easy-to-make, simple bread recipe that can be prepared in less than 30 minutes. Sprinkle the finished flatbreads with pre-packaged Everything Bagel

Kitchen 9

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## Kitchen from 8

seasoning mix for additional flavor and texture, if desired.

1 large avocado, or 2 to 3 small avocados, ripe, peeled and pitted

1 teaspoon lemon juice

1 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon curry powder or garam masala powder

1 teaspoon onion powder

1 teaspoon garlic powder

3 tablespoons cilantro or parsley leaves, finely chopped

1 1/3 cups all-purpose flour

Water, as needed to moisten dough

3 tablespoons vegetable oil (to cook flatbread)

1. Using a large bowl and a fork, potato masher or a food processor, mash the avocado until smooth. Add the lemon juice, salt, pepper, curry or garam masala

powder, onion powder, garlic powder, cilantro or parsley leaves, and mix well.

2. Add 1/3 cup of flour at a time to the avocado mixture and mix or process well after each addition. Lightly dust the counter or cutting board, and a rolling pin with flour. Knead the mixture on the counter or cutting board to form a soft, smooth dough. If the dough is too loose, add another 1/3 cup of flour. If the dough is too dry, add a tablespoon of water.

3. Cover the dough with a dish towel or plastic wrap, set aside for 15-30 minutes. Divide dough into 8 equal

portions. Roll each portion into a circle or oval shape of even thickness (about 2 inches).

4. Place a heavy-bottom skillet or a griddle over medium-high heat until hot. Place one of the flatbread pieces in the dry skillet or a griddle. Press flatbread lightly with a spatula. After 5 to 7 seconds, when bubbles form on top of the flatbread and the bottom is light brown, spread a teaspoon of oil on top of the flatbread. Flip it over, cook it for another 5-7 seconds, then apply oil to the top of the flatbread, flip again, cook for the last 5-7 seconds. Transfer to a serving plate, cover to keep

warm. Repeat process with remaining flatbread.

5. Freeze or store in an airtight container. Serves 8.

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

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## Donna's Day: Creative family fun

A saucer garden uses kitchen-scrap throwaways from vegetables such as carrots and beets.



by Donna Erickson

### Food scraps grow in saucer garden

When you think about gardening and preschoolers, a spindly bean sprout emerging from a half-pint cardboard milk carton might come to mind. Every child deserves to be initiated into a "green thumb society" with this classic gardening activity.

But there's another favorite my kids enjoyed when they were

young, even before they could say "rutabaga." We called it a saucer garden. It uses kitchen-scrap throwaways from vegetables such as carrots and beets, offers life lessons about care and responsibility and, like the bean seed, this simple garden grows to maturity before the kids go off to college.

### Preparation

Use a pie pan, a 12-inch plastic drainage saucer from a flowerpot or a

large glass or aluminum plate with a rim. Sprinkle clean pebbles you have collected into the container randomly, or cover the bottom completely. Pour water in it to barely cover the pebbles.

Keep a cup with a spout or a pitcher nearby so your child can be responsible for keeping fresh water in the saucer at all times. A spray bottle mister is a fun tool, too, for giving sprouting plants a

shower now and then.

### Growing

Most carrots are generally sold with their "tops"

already cut off. Now you'll grow them back again. While preparing dinner vegetables, slice off the top 3/4-inch of several carrots. Set them cut side down on the container or pebbles, making sure they are almost completely submerged in water. Keep the water level consistent; it can evaporate quickly.

Move to a sunny window when sprouts appear within a week or two. The carrots are especially charming with their feathery green growth.

For extra whimsy, let your kids' creativity sprout, too. Place plastic miniature animals and Lego figures in the container to create a jungle or enchanted island scene. Or, add a few marbles, colorful clear beads and sparkling gems for a platter of jewels.

**Extra growing idea:** You actually can re-grow celery. Cut off the bottom inch of the bunch and place in the container along with the carrot tops. Set it base side down and cut stalks facing upright in the water. When tiny leaves begin to form from the center of the base, they'll grow, turning a darker green. At this stage, you can plant it in soil in a flowerpot or container with drainage holes, covering everything but the leaves. Water regularly. Eventually, transplant the growing base to your outdoor garden. Stalks will start to grow back for you to eat.

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

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## Using summer-dried herbs and flowers

by **Bonnie Kirn Donahue**,  
Extension Master Gardener,  
University of Vermont

Do you have herbs and flowers that you dried or preserved last summer still sitting in your cupboard or freezer? If so, now is a great time to pull them out and put them to good use.

Dried herbs can be used in many ways depending on their variety and flavor profile. Some might be better for sweet dishes, such as lavender and anise hyssop, and some for savory dishes, including dill and tarragon.

Before you start, check to see if there are any signs of mold, moisture or odd smells. If there are, it is best to discard these.

Mint, chamomile and other dried floral herbs are ideal for making tea. Simply place the dried leaves or flowers in a mug or teapot, and then pour in boiling water. Use about a teaspoon of herbs per mug or 1/4 cup per pot. Let steep for 3-5 minutes or to taste.

If you're using an infuser, remove when the tea is steeped to your liking. For loose leaf tea, after steeping you can pass it through a strainer to remove the large pieces.

If you're longing for summer, start experimenting with iced teas. You can combine different varieties of edible dried flowers to make new flavors. Adding lemon, berries or other fruit while steeping the tea allows you to test out new summer flavors.

Prior to experimenting, you may want to check with your doctor to make sure herbal teas are safe for you based on your medical history or medications.

You also can add floral or savory dried herbs to baked goods. Lavender infuses new flavor in butter cookies and other baked goods. Licorice-flavored an-

ise hyssop can transform muffins, cakes and cookies. Savory basil, thyme and dill can turn a regular biscuit into a special treat. Experiment with how much to

add to get the desired taste.

Or add herbs directly to your butter. Beat together a stick of room-temperature butter and dried herbs, such as dill or thyme (to taste), until combined. Use it on toast, eggs, veggies, meats and other foods.

Salves, lotions or soaps are another good way to use up the dried herbs you harvested. Calendula flowers, which dry in vibrant yellows and oranges, can be used for body products, as well as teas, adding a touch of their lovely summer color.

If you froze herbs, they can add a surprising summer flavor to cooked dishes. Before using, discard any herbs that are freezer-burned. Make sure to separate the soft leaves from the woody stems while they are still frozen. Frozen herbs thaw really quickly and can easily turn to mush.

Still have tomatoes in the freezer from last summer? Or maybe a can of tomatoes on the shelf? Use some of those frozen or dried herbs, such as basil, oregano, parsley and garlic to make a quick homemade marinara sauce.

Rethink your weekly protein dishes. How would a marinade or sauce made with dill, cilantro or parsley boost dishes in your meal rotation each week?

Soups are another great way to use extra dried herbs. A quick internet search for recipes that include your herbs will bring up so many possibilities. This could also be the perfect time to try a dish from another culture or cuisine.

While you wait for warmer weather, dig into your pantry or freezer and use the lovely tastes of last summer, to tide you over until you can harvest fresh again.



*Dried calendula flowers can be used for soaps, salves and other body products, as well as teas.*  
Photo by Bonnie Kim Donahue

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## Fresh, spent grounds have various uses in gardening, housekeeping, self-care, more

by **Paul Schattenberg**,  
paschattenberg@ag.tamu.edu

While there are uses for organic waste from every level of the coffee chain, the variety of uses for fresh and spent grounds seem to be limited only by the imagination, said Texas A&M AgriLife experts.

### Coffee grounds going to ground

Probably the most popular and practical use of spent coffee grounds is as a garden soil amendment and for composting.

"Used coffee grounds can add a small amount of nitrogen to your soil or compost," said Daphne Richards, Texas A&M AgriLife Extension Service horticulturist. "You can add the grounds directly onto the soil, as long as you are careful not to create a thick crust. Better yet, fold the coffee grounds a couple of inches down into the soil or add them with other organic material for your compost."

She said adding spent coffee grounds to the soil will improve its structure in both the short and long term. She also noted their usefulness in composting is especially effective because their high carbon-to-nitrogen ratio makes it unnecessary to put any additives into the mix.

"Only a small percent of the nitrogen found in coffee grounds can be used by plants immediately," she said. "Then over time, microorganisms break down the organic matter, converting the suspended nitrogen into a useable form. This creates a steady, slow nitrogen supply for your plants. It also helps retain soil moisture."

Coffee grounds contain the three major nutrients plants and grasses need to thrive — nitrogen, phosphorus and potassium, said Ben Wherley, Ph.D., Texas A&M AgriLife Research turfgrass ecologist. They also contribute minor amounts of important micronutrients such as magnesium, copper and calcium, which are not typically found in synthetic fertilizers.

### Other well-grounded uses

Besides the garden, coffee grounds have a

number of uses in the home and for self-care. Some of these uses include:

— **Odor neutralizer.** Coffee grounds can help absorb and eliminate odors. Placing an open container of coffee grounds in the refrigerator or freezer can help neutralize odors from spoiled or smelly foods. Coffee grounds in an arable holder like a cloth bag or old sock can help deodorize a gym bag or laundry hamper. A bowl or container of used coffee grounds kept near the sink can also be used to help remove strong food odors from hands.

— **Household cleaning scrub.** The sturdy and abrasive qualities of coffee grounds make them useful as a scrub for hard-to-clean surfaces. They can also help remove buildup on sinks

and kitchen utensils as well as remove caked-on food from cookware.

— **Exfoliating scrub.** Those same coarse spent coffee particles work as an exfoliant to help remove dirt and dead skin cells. Mix the grounds with water and some coconut oil and apply the mixture directly to your face and body.

— **Natural dye.** Wet coffee grounds produce an all-natural dye for coloring cotton, linen rayon and other materials, plus it can give them an older or vintage look. Coffee grounds can also be used as a dye for darker hair or for coloring Easter eggs.

Some artists also use the dye in water-color paintings to give them a look similar to that of an old sepia-tone photograph.

— **Furniture renewal.** If a piece of wood fur-

niture, say a coffee table, has a small scratch or unsightly scuff mark on it, you can disguise it with a mixture of coffee grounds and olive oil. Take one tablespoon of coffee grounds and mix with one teaspoon of olive oil, then apply the mixture with a cloth, cotton swab or cotton ball and wipe dry.

— **Cosmetic purposes.** While tea bags have long been used as a home treatment for dark circles under the eyes, spent coffee grounds may be just as effective. Coffee grounds contain antioxidants and caffeine, which help prevent the appearance of aging and help shrink under-eye circles. Add water or coconut oil to spent coffee grounds and apply the mixture under the eyes. Wait 5 to 10 minutes and then rinse it off.

— **Cooking.** Coffee grounds can be used as a meat tenderizer because they contain natural acids and enzymes that help soften the meat. Add a few tablespoons of used coffee grounds to your favorite dry rub and apply it two hours before cooking. The grounds will also give the meat a dark, crisp crust as it cooks. And using instant

coffee grounds or brewed coffee instead of water in recipes for foods such as chocolate cakes and chili can enhance their flavor.

Wizzie Brown, AgriLife Extension entomologist, Travis County, noted that while many websites indicate coffee grounds can be used as an insect

**Fresh 12**

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## Fresh from 12

repellent, that may not be entirely accurate.

"Molly Keck, the AgriLife Extension entomologist for Bexar County, and I did some yard trials to see what effect coffee grounds may have as a fire ant repellent, but they had little or no effect. However, the grounds may contain some compounds or have a smell some insects don't like, and that may help keep them away."

### Other ways coffee 'leftovers' are reused

While coffee is not grown to a large extent in the U.S., Rodrigo Chavez, coffee training and program director at the Center for Coffee Research and Education, part of the Borlaug Institute for International Agriculture at Texas A&M University in Bryan-College Station, was formerly a coffee grower in Guatemala. He said some organic waste is recycled or repurposed at almost every step of the coffee production process.

"Once the cherry is plucked from the coffee tree, the shell or "cascara" needs to be removed to expose the bean," Chavez said. "And during the drying process, there is a husk that needs to be removed from the bean. Both are organic materials frequently used in compost on the coffee farm."

He also noted the coffee cascara, once dried and processed, can be sold at a higher price than the coffee itself for a variety of uses from tea-like infusion to making flour for cooking.

Chavez said branches cut from coffee trees during pruning, along with other organic material derived from processing the coffee at the farm level, also can be shredded into compost material or turned into bio-char for use as a soil amendment.

"I know some people have extracted oils from spent coffee grounds and used them in the production of biodiesel," he said. "I've also seen where spent coffee grounds are mixed in with polymers to make household items

like coffee cups and plates. There are also briquettes and fireplace logs made with spent coffee grounds."

Other innovative products being made using fresh

or spent coffee grounds as a component include soaps, face creams, yarn and fabrics, lamps, printing ink and furniture.



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**WANTED TO BUY:** Vintage Clothing, Early Postcard & Greeting Card Albums, OLD... Window Displays, Oak Bookcases, Decorated Stoneware, Garden Statues, Gnomes, Axes, Folk Art, Nautical Items, Adirondack Things, Display Cases, General Store Stuff, Coin & Watch Collections, Jewelry, Beer Related, Milk Bottles, Train Sets, Old Signs, Comics, Oddities, Rookwood Pottery, Cigar Related, Unusual Enamelware, Pyrex, Old Christmas Elves, Santas, Snowmen & Ornaments. Vintage Tablecloths, Hankies, Quilts, Doilies. Also Old Paintings, Frames, Stained Glass, & Signed Fritz Vogt Drawings (1800's). We DO NOT buy anything made after 1975... Keepin' It Old! We don't take the winter off, Free House Calls, Cash Paid! Call 315-823-1177, Showcase Antiques, Leave Message For Dave



## Attachments

### UNIVERSAL ATTACHMENTS

#### PALLET FORKS

♦ 2000# **\$490**

♦ 4200# **\$650**

♦ 5500# **\$750**

#### BALE SPEARS

#### LP BUCKETS

#### MATERIAL BUCKETS

#### ROCK BUCKETS

#### MANURE FORKS

529 Hardscrabble Rd.

Little Falls, NY

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### Scratch & Dent Appliances

Refrigerators .....\$85-\$799

Washer .....\$399-\$599

Water Heaters .....\$279-\$419

Freezers .....\$399-\$949

### #2 Building Materials

OSB .....Call

Plywood..1/2 \$25, 5/8 \$27, 3/4 \$30

2x4x8' to 16' .....\$5.40-\$10.70

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4'x8' foam.1"-\$11, 1.5"-\$16, 2"-\$20

Exterior Doors Starting at.\$180

#2 Galvalume Roofing..\$1.55 LF

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**BUSINESS CARDS: 1,000 for only \$60.00, full color glossy.** Give us your existing card or we will design one for you! Set up & sales tax additional. **FREE SHIPPING** included. Call Lee Newspapers Inc. at 518-673-0101 email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

## For Rent

**CROP LAND:** Rental of 60 acres of in Town of Danube available now. 315-823-2759, 315-832-1691

**ILION:** Beautifully remodeled first floor 1 bedroom apartment. Includes all utilities, stove and refrigerator, no smoking, no pets.Lease, security deposit, references, credit check. 315-894-8415

**VILLAGE OF FRANKFORT:** 2 bedroom second floor apartment. For details and visual tour: Real Estate Rentals ([crossettires.com](http://crossettires.com)) Applications 315-894-8557

## For Sale

**RAFFLE TICKETS** - 250-\$60, 500-\$65, 1,000-\$80, 1,500 - \$95. Other quantities available. Set up & sales tax additional. Shipping extra. **Call Lee Newspapers Inc. 518-673-0101** or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

## Garage Sales

### FLEA MARKET

**Sat. April 17<sup>th</sup>**

**10:00 am - 4:00 pm**

**Ilion/Frankfort VFW**

**Acme Rd., Frankfort**

**Proceeds Benefit**

**HALO**

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**EMPLOYMENT OPPORTUNITY:** Herkimer County: Looking for help in freestall or tiestall dairy with milking parlor, experience preferred, own transportation, part-time, full-time. Please call: 315-717-9366

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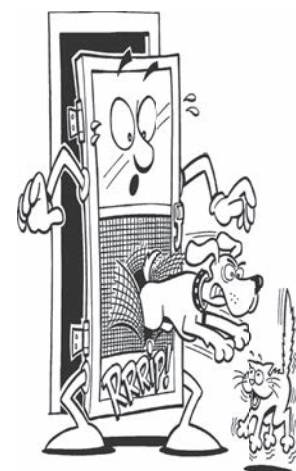
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Herkimer County

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_____	_____	_____	_____	_____
_____	_____	_____	14 words - \$4.00	_____
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_____	_____	_____	24 words - \$5.00	_____
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# Coffee Break



## King Crossword

**ACROSS**  
1 Zilch  
5 Male swan  
8 "Ditto"  
12 Mideast air-line  
13 Glacial  
14 "Let's go!"  
15 Pattern  
17 Help a hood  
18 Old photo tint  
19 Walks with pride  
21 Yuletide tune  
24 Archipelago unit (Abbr.)  
25 Verifiable  
28 Carton sealer  
30 Mimic  
33 Hostel  
34 Goes belly up  
35 Water tester  
36 "Acid"  
37 French 101 verb  
38 Quick look  
39 Online address  
41 Ump's call  
43 Steak choices  
46 Toy bricks  
50 Actor McGregor  
51 Intensify  
54 Damon of Hollywood  
55 Essen exclamation  
56 Grand tale

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18						19	20			
21			22	23		24				
25	26	27		28		29		30	31	32
33				34				35		
36				37				38		
39			40			41	42			
43	44			45		46		47	48	49
50				51	52	53				
54				55			56			
57				58			59			

**DOWN**  
1 Tennis barriers  
2 Sheltered  
3 Slightly wet  
4 Skiing style  
5 Spy org.  
6 Halloween mo.  
7 Tournament passes  
8 Surgery reminders  
9 Walk  
10 Champagne brand  
11 Tolkien creatures  
16 Thai language  
20 Cravats  
22 Coup d' —  
23 Hideaways  
25 Up to  
26 ER workers  
27 Move in waves  
29 Entreaty  
31 "The Raven" writer  
32 "A mouse!"  
34 Fedora fabric  
38 Kitchen gadget  
40 Oscar de la —  
42 Ga. neighbor  
43 Disaster aid org.  
44 "As — saying ..."  
45 Barking critter  
47 Be slack-jawed  
48 Elevator name  
49 Faction  
52 High school subj.  
53 "Evita" role

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## MAGIC MAZE ● SMOOTHIE INGREDIENTS

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

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

- Banana  
Blueberries  
Chocolate  
Honey
- Ice cream  
Ice  
Kale  
Milk
- Nuts  
Protein  
Seeds  
Spinach
- Syrup  
Tea  
Whey

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## Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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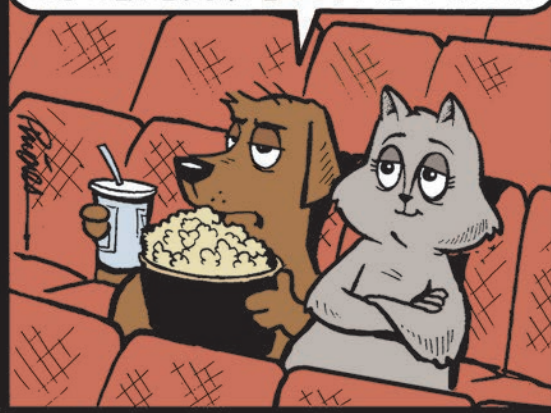
**ON THE FARM TIRE SERVICE**



## Just Like Cats & Dogs

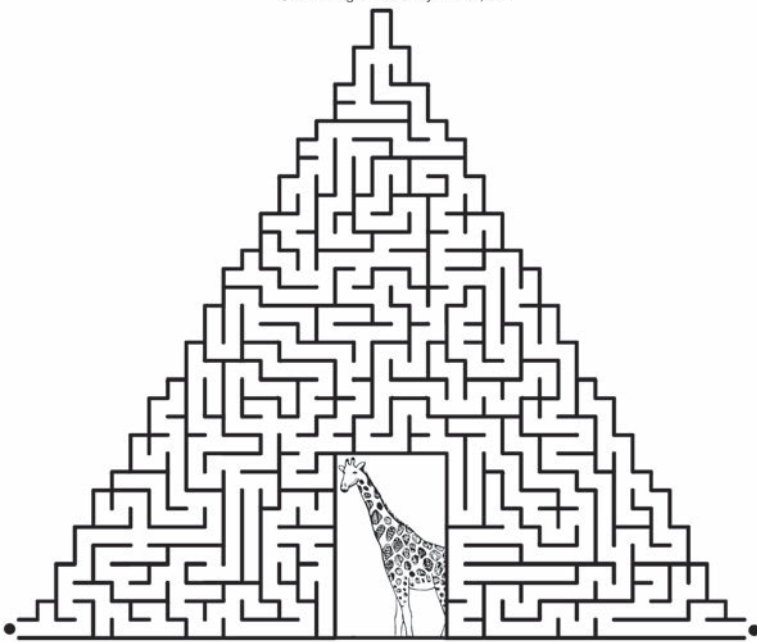
by Dave T. Phipps

AFTER SEEING ONLY TEN MINUTES OF THIS ROMANTIC COMEDY I GET THE FEELING THIS THEATER ISN'T EMPTY DUE TO COVID.



## Mega Maze

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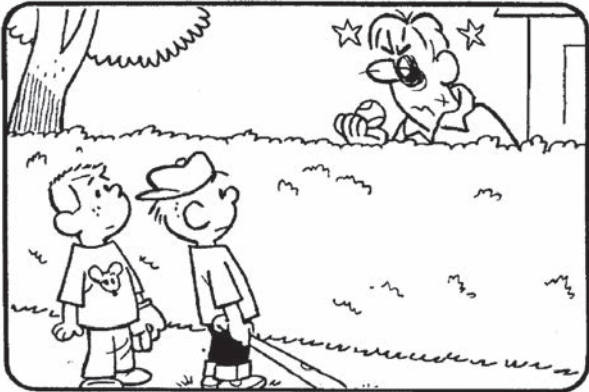




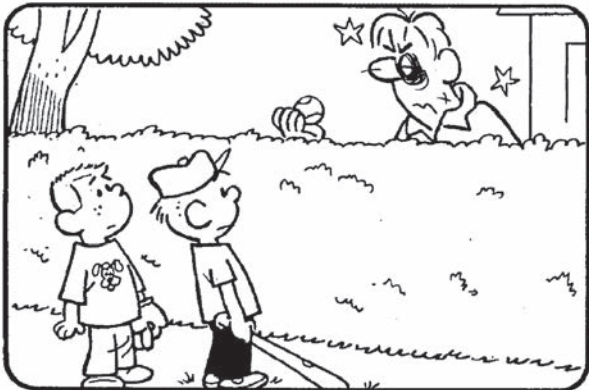
# Coffee Break

HOCUS-FOCUS

BY HENRY BOLTINOFF

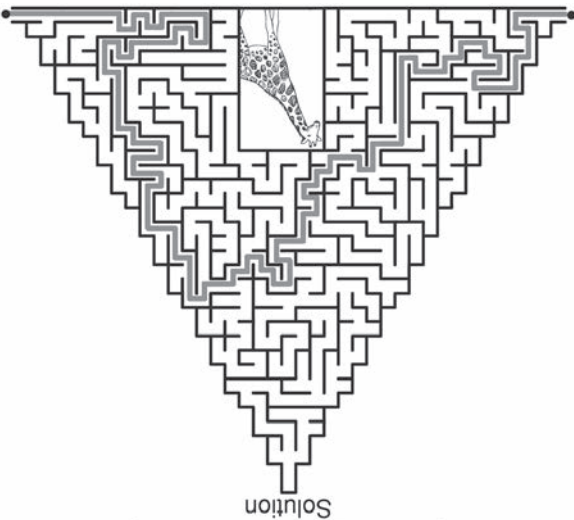


FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.



Differences: 1. Hand is shorter. 2. Star is missing. 3. Sleeve is shorter. 4. Hand is shorter. 5. Star is missing. 6. Shift is different.

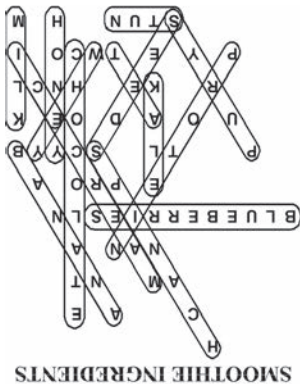
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Mega Maze

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

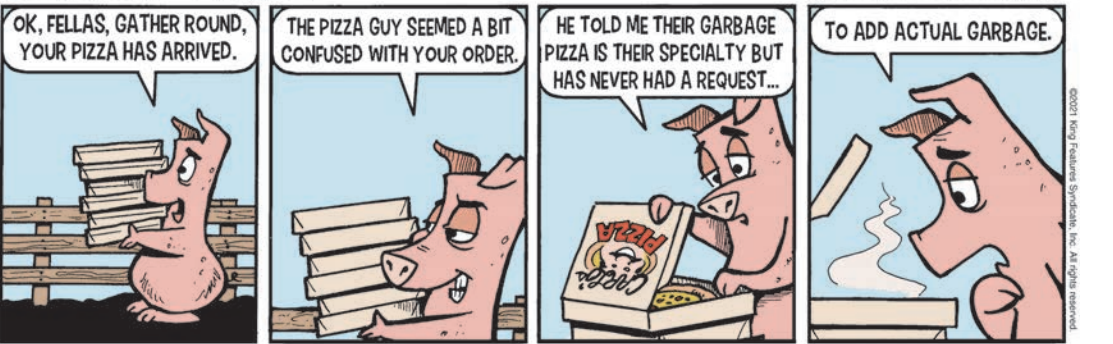
Weekly SUDOKU



SMOOTHIE INGREDIENTS

## Amber Waves

by Dave T. Phipps



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The Garden Bug

Birds use plants

Birds forage among plants for seeds, flower nectar, berries, fruit, nuts and grains. They collect dried grass, pine needles, lichen, moss, twigs, small plant roots, plant down, plant stems, sticks and weeds to use in building their nests. Their favorite places for shelter are in a thorny hedge, spiky plants or trees, in high tree canopy, in densely foliated trees such as conifers, in the cavities of tree trunks or branches, flowering shrubs or in dense ground cover. – Brenda Weaver

Sources: [www.vandusengarden.org](http://www.vandusengarden.org), [www.allaboutbirds.org](http://www.allaboutbirds.org)

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"That feels perfect! Let's try a size smaller."

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

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## Comfort foods made fast and healthy

by Healthy Exchanges

### Peanut butter kisses muffins

You'll get more than your share of hugs and kisses from everyone who finds these goodies tucked inside their lunch bags or waiting for them at the breakfast table!

1 1/2 cups reduced-fat biscuit baking mix

Sugar substitute to equal 1/4 cup sugar, suitable for baking

1/2 cup fat-free milk

1/3 cup no-fat sour cream

6 tablespoons reduced-fat peanut butter

1 teaspoon vanilla extract

1/4 cup mini chocolate chips

1. Preheat oven to 350 F. Spray 8 wells of a 12-hole muffin pan with butter-flavored cooking spray, or line with paper liners.

2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, peanut butter and vanilla extract. Mix well just to combine. Fold in chocolate chips.

3. Evenly spoon batter into prepared muffin wells. Bake for 20 to 25 minutes or until golden brown. Place muffin pan on a wire rack and let set for 5 minutes. Remove muffins from pan and continue cooling on wire rack. Makes 8 servings.

\* Each serving equals: 183 calories, 7g fat, 5g pro-

tein, 25g carbs., 339mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Meat, 1/2 Fat.

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Killed Veggies	\$1.25
Braised	\$1.25
Cup of Soup	\$1.25

**We Also Offer Restaurant Menus & Covers, Placemats, Table Tents, Gift Certificates and More.  
Ask us about how you can get your menus and placemats printed at **NO Cost To You!****





24 CHURCH STREET  
CANAJOHARIE, NY 13317  
(UNDER THE VILLAGE CLOCK)

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NYS THRUWAY

## CABIN FEVER?

Stop in for a visit. Wander through  
3 historic buildings in downtown Canajoharie.  
A gift shop full of gifts for all occasions!

Home Decor, Table Top, Candles, Wall Decor, Wreaths,  
Indoor/Outdoor Decorations, Primitives, Rugs, Pillows, Jewelry, Toys,  
Charlie Bears, Cards, Journals, Puzzles, Games, Soaps, Men's Personal  
Care Products, NEW Inish Fragrance and Body Care, Spring Scarves,  
Neck Ties, Socks and the list keeps going and going...

## Did You Know?

- We always will gift wrap for free
- We carry gifts for all occasions, not just Christmas!
- We are family owned and operated! Shop Small... That's US!
- We offer a lay-a-way program year round
- We offer free local delivery or can ship worldwide!

OPEN 7 DAYS A WEEK 10AM-5PM

Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare

SOMETHING FOR EVERYONE & EVERY BUDGET!







# AT STEET-PONTE FORD



## CARS CARS CARS



**2018 TOYOTA COROLLA L**  
Slate, 21K Miles, CVT  
1.8L I-4 cyl, Stk # U15395  
**\$17,495**



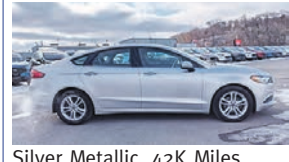
**2019 SUBARU IMPREZA 2.0i**  
Crimson Red Pearl, 28K Miles, 2.4L H-4, CVT  
Lineartronic, Stk # U15352  
**\$16,995**

**2020 FORD  
MUSTANG COUPE**  
**\$35,995**



Velocity Blue Metallic, 15K Miles,  
V8 10Spd Auto, Stk # U15349

**2018 FORD  
FUSION SE**  
**\$16,495**



Silver Metallic, 42K Miles,  
FWD, 6-Speed Automatic,  
Stk # U15176

**2017 LINCOLN  
MKZ RESERVE**  
**\$25,995**



White Platinum, 20K Miles,  
AWD, 6-Speed Automatic, Stk  
# U15238

**2013 FORD  
FUSION SE SEDAN**  
**\$12,995**



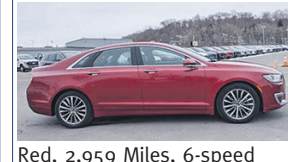
Tuxedo Black, 47K Miles, 1.6L  
I-4, 6-Speed Automatic,  
Stk # U15370

**2017 FORD  
TAURUS SEL**  
**\$18,495**



Smoke Quartz Tinted, 62K  
Miles, 3.5L V-6, 6 Speed Auto,  
Stk # U15415

**2019 LINCOLN  
MKZ RESERVE**  
**\$30,995**



Red, 2,959 Miles, 6-speed  
Auto w/Select-Shift,  
Stk # U15338

## SUVS SUVS SUVS



Shadow Black, 31K Miles, 1.5L I-4,  
6-Speed Automatic, Stk # U15428

**2018  
FORD  
ESCAPE  
SE**  
**\$20,995**



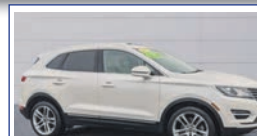
White Platinum Metallic, 22K  
Miles, 4x4, 6-Speed Automatic with  
Select-Shift, Stk # U15186

**2019  
EXPLORER  
PLATINUM**  
**\$40,995**



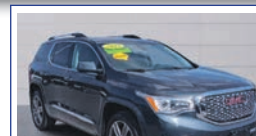
Black Currant, 50K Miles, AWD,  
6-Speed Automatic, Stk # U15052

**2017  
TOYOTA  
RAV4**  
**\$38,995**



White Platinum Tri-Coat, 41,766 Miles,  
AWD, 6-Speed Automatic, Stk # U15209

**2017  
LINCOLN  
MKC  
RESERVE**  
**\$24,495**



Dark Sky, 24K Miles, 3.6L V-6, 6 Spd  
Automatic, Stk # U15376

**2019  
GMC ACADIA  
DENALI**  
**\$37,995**



Iced Mocha, 17K Miles, 3.7L V-6,  
6-Speed Automatic, Stk # U15412

**2018  
LINCOLN  
MKX  
RESERVE**  
**\$34,995**



Black Velvet, 16K Miles, 2.0L I-4  
6-Speed Automatic, Stk # U15394

**2018  
LINCOLN  
MKC  
RESERVE**  
**\$29,995**



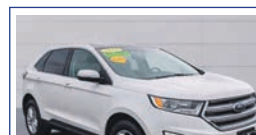
Super White, 42K Miles,  
6-Speed Automatic, Stk # U15322

**2018  
TOYOTA  
RAV4 SE**  
**\$23,495**



Remington Red Metallic, 23K Miles,  
6-Speed Automatic w/Sportmatic,  
Stk # U15333

**2018  
KIA  
SORENTO EX**  
**\$25,495**



White Platinum, 12K Miles, 2.0L I-4,  
6-Speed Automatic, Stk # U15373

**2018  
FORD EDGE  
SEL**  
**\$28,995**

## TRUCKS TRUCKS TRUCKS

**2018 FORD F-150  
SUPER CREW CAB**  
**\$35,995**



Lead Foot Ext, 35K Miles,  
V6 10Spd Auto, Stk # U15301

**2019 GMC SIERRA 1500  
ELEVATION TRUCK DOUBLE CAB**  
**\$40,995**



Red Quartz Tintcoat, 51K Miles, 5.3L V-8,  
8-Speed Automatic, Stk # U15378

**2015  
GMC SIERRA  
1500 SLT  
DOUBLE CAB**  
**\$28,995**



Onyx Black, 68K Miles, V8,  
6-Speed Automatic Electronic  
w/Overdrive, Stk # U15313

**2018  
FORD  
F-150  
SUPERCREW**  
**\$37,995**



3.5L V-6 cyl, 43K Miles, V-6, 10-Speed  
Automatic, Stk # U15359

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For An Extra**

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