

Herkimer County
Country Editor
January 17, 2020

Largest Circulation Publication in Herkimer County
Delivered Weekly by the U.S. Postal Service

Volume 9
Number 31

WHEREFORE GIRD UP THE LOINS OF YOUR MIND, BE SOBER, AND HOPE TO THE END FOR THE GRACE
THAT IS TO BE BROUGHT UNTO YOU AT THE REVELATION OF JESUS CHRIST. 1 PETER 1:13

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Willis (Skip) Ernest Barshied, Jr. – 1930-2020

Skip Barshied passed away peacefully at home on January 6, 2020, surrounded by his friends. Born June 3, 1930 in Amsterdam, NY, Mr. Barshied grew up in Marshville and graduated from Canajoharie High School in 1948. That year, he married Ethel Nellis and moved to the Nellis Farm. He resided in Stone Arabia for 70 years. Skip worked on the Nellis Farm for 10 years. He was also secretary of a small fire insurance company.

Mr. Barshied was an accomplished historical preservationist. He was one of the founders of a group dedicated to the preservation of Fort Klock near St. Johnsville. He participated in the restoration of the Windfall

Dutch Barn at Salt Springville. He restored the Conrad Kilts Farm at Stone Arabia.

Willis was a participant in many Mohawk Valley organizations. He was one of the founders of Stone Arabia Preservation Society and a Trustee of Canajoharie Library. In 2008, he received the 2008 Liberty Bell Award from the Montgomery County Bar Association and the National Historic Preservation Medal from the DAR.

A prolific writer, Skip wrote the book "Shoes for John" as well as many newspaper features for Country Editor, including his famous "Whatchamacallits." Many of his musings can still be enjoyed online at www.DutchBarnFarm.com/essaysbyskip.php. Everyone here at Lee Newspapers will miss him.

Mr. Barshied was predeceased by his wife of 58 years, Ethel Nellis Barshied, as well as his brother Robert and sister-in-law Penny. He is survived by his son Andy

and daughter-in-law Maureen, of Averill Park, NY. He had four grandchildren: Ben (and Claire) Barshied, of New York, NY; Mathew (and Lauren) Barshied of Ross, CA; Gregory (and Alexandra) Barshied of Grand Rapids, MI; and Kristen (and Tim) Shehan of Pleasant Valley, NY; and 12 great-grandchildren. His nephew Scott Barshied resides in Mechanicsville.

Services will be at Lenz and Betz Funeral Home, 69 Otsego St., Canajoharie, NY 13317. There will be a viewing on Friday, January 17 from 4:00 - 7:00 p.m. and a funeral service at the same location at 11:00 a.m. on Saturday, January 18. The service will be followed by a dish to share lunch at Salem United Methodist Church, 1254 Stone Arabia Rd., Fort Plain, NY. In lieu of flowers, please send donations in remembrance of Skip to either Fort Klock, P.O. Box 42, St. Johnsville, NY 13452, or the Fort Plain Library, 19 Willett St., Fort Plain, NY 13339.



Willis (Skip) Ernest Barshied, Jr.

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Food and water safety in the event of a power outage

In rural areas during a power outage you may be forced to gather water for personal use from other sources. Avoid drinking water from a source that may have become contaminated, to avoid becoming ill from bacteria or other microorganisms (germs) that may be in the water. You can also become ill from germs on your hands or in contaminated food. Food may become contaminated if not properly stored. Avoid eating food that has become contaminated during a power outage.

Follow these recommendations to make sure your water is safe:

- Observe “boil water” and other notices about your water supply.
- Use bottled water that has been purchased from a known source. If bottled water is not available, tap water can be boiled for safety.
- Practice good personal hygiene. Wash your hands carefully with soap and water after using the bathroom and before eating and make sure that your other family members do too. If you do not have clean water, use an antibacterial hand gel.

Follow these recommendations to make sure any food you consume is safe, but “when in doubt, throw it out!”

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- The refrigerator will keep food safely cold for up to four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) and the door remains closed.
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after four hours without power.
- Food may be safely refrozen if it still contains ice crystals or is at 40° F or below when checked with a food thermometer.
- Never taste a food to determine its safety!
- Obtain dry or block ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for two days.

• If the power has been out for several days, check the temperature of the freezer with an appliance thermometer. If the appliance thermometer reads 40° F or below, the food is safe to refreeze.

• If a thermometer has not been kept in the freezer, check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.

• In cold weather, animal safe food storage containers may be used outdoors as long as the temperature remains under 40°.

Source: “Keeping Food Safe during an Emergency” at tinyurl.com/jpsacur.

Utica Zoo Live Camera receives international recognition

UTICA – The Utica Zoo’s live camera inside their Cotton Top Tamarin and Rhinoceros Iguana exhibit recently received international recognition as part of EarthCam’s Top 25 Most Interesting Web Cameras of 2019 awards. EarthCam, the camera’s host and service provider, recently announced their top 25 award winners after a lengthy nomination and judging process. The panel of judges selected their top 25 winners from thousands of cameras around the world as part of EarthCam’s network. The winners were chosen by image quality, uniqueness of content and achievements in webcam technology and represent a wide cross section of

camera content from numerous global locations.

Other cameras winning Top 25 awards included Abbey Road in London, the Djuma Wild Game Preserve in South Africa, the Nautilus DeepSea Submersible, the Zhangjiajie Glass Suspension Bridge in China and several domestic locations including the Empire State Building and San Diego Zoo, which hosts eight different cameras around their zoo.

“Our Cotton Top Tamarin and Rhinoceros Iguana camera has been a huge hit since the day we turned it on and winning this award in our first year is simply outstanding,” said Utica Zoo Marketing Coordinator

Mark Simon. “We were fortunate enough to win this camera system and hosting for five years, and now we are able to tell our story to people all over the world and share our animals with people who may never get the opportunity to see these magnificent species. Cotton Top Tamarins are critically endangered and to have people contact us from countries all over the world and ask questions about them is really quite surreal. To be voted as one of the Top 25 out of thousands of cameras all over the world is truly a great honor and

we are just thrilled to receive this award.”

The zoo has dedicated this award to the memory of Brutus, the zoo’s Cotton Top Tamarin who passed away earlier this week. Brutus’s mate, Dharma, and their two offspring, Tom and Sawyer, along with their exhibit mates Stubby and Blackfoot, continue to welcome viewers from all over the world.

The Cotton Top Tamarin and Rhinoceros Iguana Live Camera can be viewed at UticaZoo.org/livcam.

Trees and shrubs for sale at Herkimer County Soil and Water Conservation

The Herkimer County Soil and Water Conservation District is taking orders for Trees and Shrubs now through March 23. Available for planning this spring are low-cost bare root evergreen seedlings and transplants, deciduous trees, a variety of bushes and shrubs, semi-dwarf apple trees, and wildflower seeds.

Also available are barley straw for pond maintenance, bluebird nest boxes and rain barrels. Among the many planting accessories being offered are tree mats and tree shelters, hardwood stakes, compost, fertilizer tablets and animal repellent.

For a complete list of the many items available, including descriptions, prices and order information, visit our website at www.herkimercountyswcd.com or call 315.866.2520, ext. 5.

Orders are accepted through Monday, March 23. Pick-up dates are Friday, April 24, and Saturday, April 25. Quantities are limited and orders will be filled on a first come, first served basis.

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Mon. Jan. 20th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. **Special:** Pleasant Valley Farm Retirement Dispersal – George & Laurie Keith – Sangerfield, NY. 65 Cows & Bred Heifers. Majority Holsteins and a few crosses. 25 fresh in the last 60 days with 15 more due now until March. Dairy will start at 1:00.

Mon. Jan. 27th – Normal Monday Sale & Monthly Organic Day.

Mon. Feb. 3rd – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

SALES TO WATCH FOR 2020:

Sat. March 28th – Premier Spring All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle. – Call to advertise your group! This sale fills up fast so don’t miss out!

Sat. April 18th – Annual Spring Machinery Consignment Sale – at our facility.

Sat. May 2nd – reserved for on the farm Machinery Sale

Sat. May 9th – reserved for on the farm Machinery Sale

Sat. Oct. 31st – Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle –

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DETRIMMING THE TREE! Christmas trees come down a lot faster than they go up. How many ornaments can you count in the above picture? It's up to you to decide.

SUMMING SEVEN IS SIMPLE! See if you can arrange these seven numbers so that they add up to 100:

Answer: 15 + 36 + 47 + 2 = 100.

1 2 3 4 5 6 7 = 100



TRY CHEWING ON THIS ONE! It's blue ribbon time if you can find the following "cow" words. All of the words get progressively longer, and they all start with the word COW. Use the following definitions:

1. COW (in place).
2. Monk's hood.
3. Frightened off.
4. Cattle herder.
5. Tuft of hair.
6. Yellow primroses.

1. Cow. 2. Cow. 3. Cow. 4. Cow. 5. Cow. 6. Cow.

Junior Whirl

by Charles Barry Townsend

FEET
FEAT
FLAT
FLAY
CLAY



DOWN THE LADDER!

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move you must change one letter in the previous word so as to form a new word. In our example we changed FEET to CLAY in four moves. See if you can change the following five words in four moves.

1. CAMP to SITE
2. WORK to FAME
3. BELL to ROPE
4. LIMP to CANE
5. DADO to CUTS

1. CAMP, CAME, SAME, SATE, SITE.
2. WORK, FORK, FORE, FARE, FAME.
3. BELL, BOLL, ROLL, ROLE, ROPE.
4. LIMP, LIME, LINE, LANE, CANE.
5. DADO, DADS, DUDS, CUTS, CUTS.

Illustrated by David Coulson

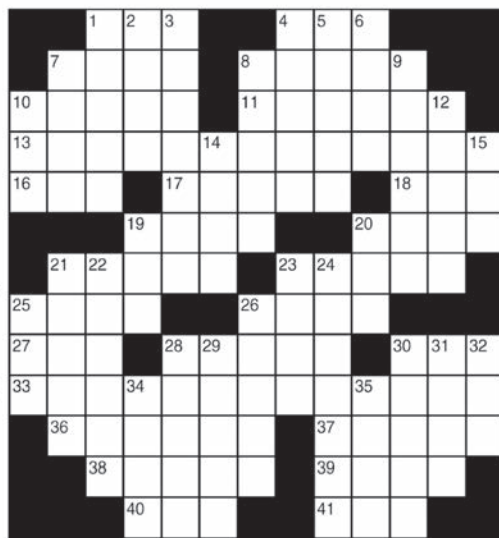
1. COW
2. COW
3. COW
4. COW
5. COW
6. COW



King Crossword

ACROSS

- 1 Possesses
- 4 Cribbage scorer
- 7 Ringlet
- 8 Preclude
- 10 "M*A*S*H" setting
- 11 Scents
- 13 Kitchen pair
- 16 — and outs
- 17 "The — Show With Jon Stewart"
- 18 Whopper
- 19 Citi Field team
- 20 Marching musicmakers
- 21 Topper for Miss USA
- 23 Rushmore or Rainier



- 25 Responsibility
- 26 Cried
- 27 Lawyers' org.
- 28 Memorable mission
- 30 Shooter ammo
- 33 13-Across, e.g.
- 36 African desert wind
- 37 Ointment
- 38 Military subdivision
- 39 Unattractive
- 40 Mauna —

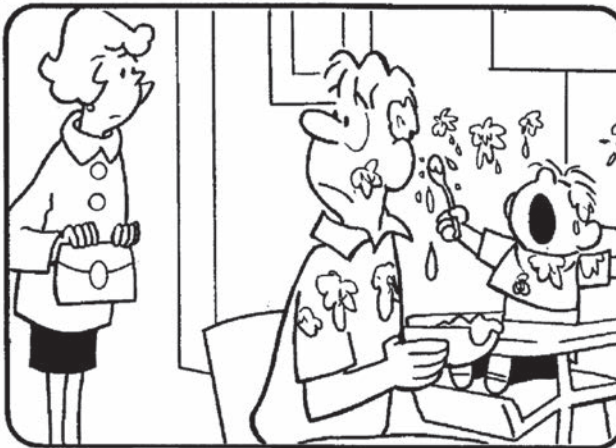
DOWN

- 1 Throws hard
- 2 Neighborhood
- 3 — : spoken :: libel : written
- 4 Danger
- 5 Black wood
- 6 Ready for action
- 7 Quarter, e.g.
- 8 CSA president
- 9 Overcoat
- 10 Japanese pond carp
- 12 Epithet for Simon Templar (with "The")
- 14 Information
- 15 Scarlet
- 19 Spring month
- 20 On the other hand
- 21 Big brass
- 22 Slanted, as lettering
- 23 Viral Web
- sleeve
- phenom
- 24 One skilled in playing dead
- 25 "— Kapital"
- 26 Goes up a few degrees
- 28 Worship
- 29 Parkinson's treatment
- 30 Doctor's orders?
- 31 Jealousy
- 32 Iron or Bronze
- 34 Out of control
- 35 Long story

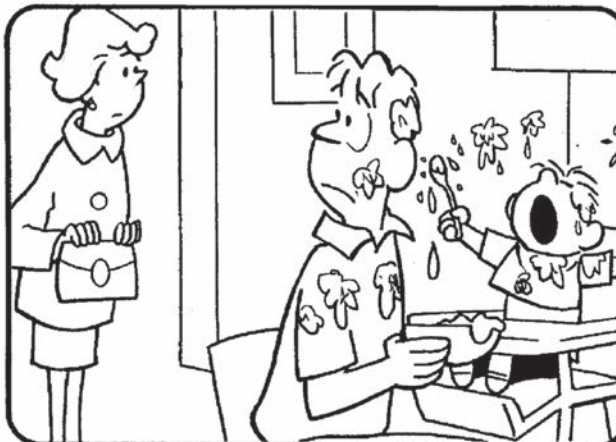
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Button is missing. 2. Skirt is different. 3. Food splat is missing. 4. Chair back is lower. 5. Nose is smaller. 6. Hair is different.

Weekly SUDOKU

by Linda Thistle

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

- Limit one entry per person. All entry forms must be filled out in full and received by April 15th, 2020.
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- Everyone submitting entries must be at least 18 years of age on the entry deadline date.
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Scholarship applications now available through local foundation

The Herkimer Region College & Career Scholarship Foundation is accepting applications for scholarships for the 2020-21 college year. Each year, this local foundation presents approximately a dozen scholarships.

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

There are special incentive awards available for those pursuing careers in certain areas. These special funds are administered by the Herkimer Region

College & Career Scholarship Foundation and are in addition to the scholarships offered through the general fund.

The special incentive awards are:

- The Paul A. Bouck Memorial Fund provides a scholarship to a student who is entering a field of study that relates to agriculture, a rural-related field or other related areas.
- The Robert A. Moore Memorial Scholarship provides a scholarship to a student who has completed the Herkimer BOCES Visual Communications Media Arts program and plans to further their training in the field of radio and TV broadcasting.
- The Special Nursing Fund provides a scholarship to a nursing student in need of financial assistance.
- The Mower Family Farm Fund provides a scholarship to

a student who will be pursuing occupations in the field of agriculture.

- The William E. Whitehill Jr. Scholarship provides a scholarship to a student in the Technical Education Center who demonstrates the most improvement while in the program.
- The Chris Brockway Memorial Scholarship Award provides a scholarship to a student who completes the Criminal Justice program.
- The Papaleo/Dady Family Scholarship provides a scholarship to a student who successfully completes a two-year technical education program at BOCES with a minimum GPA of 85%.
- The Harry J. Enea Sr. Memorial Scholarship provides a scholarship to a student entering the mortuary science field.

- The Chester A. Scerra Memorial Scholarship provides a scholarship to a student pursuing an education in the field of culinary arts.
- The William E. Busacker Scholarship Award provides a scholarship to a student who has demonstrated leadership in causes that promote change to the status quo, compassion for the less-fortunate, animal rights or other issues.
- The Hummel Family Scholarship Award provides a scholarship to a student who demonstrated community-minded focus throughout the student's high school career.

Application forms are now available from guidance counselors in all Herkimer BOCES area school districts, the Technical Education office at the Herkimer BOCES Complex at 352 Gros Blvd. in East Her-

kimer or by calling Shawn Maxson at Herkimer BOCES at 315.867.2023. The deadline for submitting an application is March 2.

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

Herkimer County HealthNet offers free three-week tobacco cessation program

Herkimer County HealthNet will offer a free three-week tobacco cessation program called Freshstart beginning Monday, Feb. 10 from 4:30 - 6 p.m. at

the John Guy Prindle Apartments, 80 E. North St., Ilion. This program will meet every Monday for three consecutive weeks.

Freshstart is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings and group support.

Freshstart incorporates the most current guidelines for tobacco cessation support into face-to-face group support sessions. Program participants choose a combination of techniques and cessation treatments they will use in their quit attempt.

The Freshstart evidence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt through information, activities and discussion. The evidence-based components of Freshstart include motivational

intervention activities, practical counseling, social support and education about medication and different approaches to quitting.

Freshstart program participants can expect a participant guide handed out at the beginning of the first session to use in the program sessions and for personal review outside of class. They can also expect group support from other program participants, the opportunity to learn from past quit attempts and new techniques to incorporate into their future quit attempt.

For more information or to register for this program call Herkimer County HealthNet Executive Director Elyse Enea at 315.867.1552 or email eneae@herkimercounty.org.

— King Crossword —

Answers

Solution time: 25 mins.

	H	A	S			P	E	G	
	C	U	R	L		D	E	B	A
K	O	R	E	A		A	R	O	M
O	I	L	A	N	D	V	I	N	E
I	N	S		D	A	I	L	Y	L
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— Weekly SUDOKU —

Answer

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

Just Like Cats & Dogs

by Dave T. Phipps



This Week's Holidays

- Jan. 18 – Thesaurus Day
- Jan. 19 – National Popcorn Day
- Jan. 20 – Penguin Awareness Day
- Jan. 21 – Squirrel Appreciation Day
- Jan. 23 – National Handwriting Day
- Jan. 24 – Compliment Day

Valley Residential Services announces winter promotion

Valley Residential Services (VRS) announces their winter promotion! Are you looking for a lifestyle experience? Are you looking to downsize your home, have more time for leisure activities, amenities and a restaurant-style dining atmosphere? If that is your goal, then VRS is the place for you!

VRS is the first Enriched Housing and Assisted Living facility in Herkimer County, located at 323 Pine Grove Rd., Herkimer. The winter promotion is valid on their newly expanded apartments and is available for private pay admissions. This promotion guarantees the first month rent-free when admitted by April 1.

VRS's new expansion project of 14 one-bedroom apartments are large enough for couples. With its fully staffed wellness and fitness center, restaurant-style dining and a variety of activities and events, VRS is the ideal location

for seniors who want to experience an enriching and independent lifestyle.

There will be an opportunity for the public to tour the independent living apartments and meet with staff at the open house event on Thursday, Jan. 23 from 10 a.m. - noon. For more information on the winter promotion or to RSVP for the open house, contact Christine Shephardson, Director of Community Life, at 315.219.5700 ext. 3239.



The safest place for kids in the car

Riding in a vehicle can be an exciting prospect for children. Such rides provide a chance to see the world outside of the house, and the speed with which scenery is flying by can be exhilarating for young minds.

Children are first introduced to riding in cars as babies, when child safety seats will keep them secure. Although laws vary depending on where people are driving, the American Academy of Pediatrics advises that children remain in a rear-facing car seat until age 2 or older. As they get older and gain weight, children who have outgrown the rear-facing weight or height limit for their seats should use a forward-facing seat with a harness for as long as possible, up to the highest weight or height allowed by their car seat manufacturer,

says the AAP.

When children are old enough to graduate from car seat to booster seat to sitting in the car with only a seat belt, parents may wonder about where their youngsters can sit when riding in a vehicle. One area of the car tends to be safer than others for children. Researchers from the University of Buffalo who studied crash-related fatalities in relation to seat location discovered that the back-seat is 59 to 86 percent safer than the front seat. What's more, the middle seat in the back of the car is 25 percent safer than the window seats.

The science behind the study is that the middle seat offers the most distance from impact during a collision, or what the industry calls "the crumple zone." The outer seats will be more affected,

while the middle seat remains more insulated. However, the middle seat is only the safest when used with a full seat belt, rather than just a lap harness; otherwise, children should sit in the back where a full three-point seat belt is available, advises the National Highway Traffic Safety Administration.

In addition, it can be tempting to cave under pressure and allow tweens to ride in the front of the car when they ask to do so or say that it is embarrassing to ride in

back — since all of their friends are riding up front. The organization Safe Ride 4 Kids says studies show the safest place in the car for tweens is the back, until they are at least 13 years of age.

Riding in the middle seat in the back of the car is the safest place for passengers, including children. Parents and caregivers should keep safety in mind when kids are in the car.



Studies have shown that the rear middle seat is the safest in the vehicle if a 3-point seat belt is available.



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How to reduce skin cancer risk in winter

Sunscreen and the great outdoors go hand-in-hand during the warmer months of the year. For instance, few people can imagine spending a day at the beach without first covering their skin in sunscreen. But skin also must be protected when spending time outdoors in winter.

The World Health Organization notes that one in every three cancers diagnosed across the globe is skin cancer. While that's a scary notion, it's important to note that many skin cancer cases are preventable. Protecting skin in winter, a time when many people mistakenly believe their skin is not vulnerable to damage caused by the sun, is one way for people to reduce their risk of developing skin cancer.

- Don't put sunscreen in storage. Even if you won't be beachfront and basking in the sun's rays, it's still important to apply sunscreen in winter. The Dana-Farber Cancer Institute, which specializes in cancer treatment and actively seeks tomorrow's cures through cutting-edge research, recommends applying a sunscreen with a minimum sun-protection factor (SPF) of 30. Make sure to apply sunscreen to all areas that may be exposed to the sun, including the face, neck, ears and hands.

- Frequently reapply sunscreen. The "set it and forget it" approach does not

apply to protecting the skin with sunscreen. Reapply sunscreen every 90 minutes that you are outdoors to ensure your skin is fully protected at all times. Skiers should recognize that they are much closer to the sun as they traverse the slopes, and that means the UV radiation is more intense on the mountain than it might be in the foothills or lower elevation areas. That heightened intensity only underscores the importance of reapplying sunscreen.

- Don't forget to protect your lips. The DFCI notes that the lower lip is especially vulnerable to the sun's rays. A lip balm with an SPF of 30 or higher should be applied before going outside and then frequently reapplied while outdoors. In addition, women can use makeup with SPF to further protect their lips and their skin.

- Avoid tanning booths. Indoor tanning booths increase users' risk for skin cancer and premature skin aging. In fact, the DFCI notes that cancer researchers have found that the risk of developing melanoma is 60% greater among people who have been exposed to UV radiation from indoor tanning. And that risk only increases with each visit to a tanning booth.

- Don't forget to protect the skin while on vacation. People who vacation in warm climates during the winter may



Unprotected skin is vulnerable to sun damage and skin cancer year-round, including when the temperatures dip below freezing.

be the envy of coworkers and neighbors upon returning home with a tan, but it's imperative that travelers prioritize protecting their skin while on vacation. Embrace the same principles of skin protec-

tion, including applying sunscreen and wearing wide-brimmed hats and sunglasses, that you would when lounging by the pool or visiting the beach in the summer.

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Donna's Day: Creative family fun

by Donna Erickson

Keeping family resolutions in 2020

Last month's holiday celebrations have passed, but perhaps one tradition hangs on. How many of us have put into practice the resolutions we shared with others before the stroke of midnight New Year's Eve? Hmmm, not as easy to accomplish as hoped?

With the flurry of family life, the days slip by, don't they? But it's still January, a fresh time to think about those resolutions, maybe reset them and talk with your kids about the possibilities that 2020 holds. Set realistic goals with action plans you can put in motion. Write them down, or encourage your kids to express them creatively in drawings.

I recently was inspired by my cousin's six-year-old grandson Gavin's artwork hanging on her kitchen wall. He didn't just say what his resolutions for 2020 were, he drew them. The "selfie" sketch

depicted him guarding the goal for his youth hockey team with a background crowd cheering him on. He told me his "goalie goals" were to "be on time, skate well and do my best."

This positive athletic boy motivated me to look at possibilities big and small for 2020. How about you, especially when it comes to family time?

Consider these ideas for setting family goals. Maybe you have others. Write down or draw them, and may they inspire and encourage you.

Eat dinner together

Designate evenings for your family to sit down at the table and share a meal. Get the kids involved with age-appropriate tasks, and get cooking. Did you get a gadget or appliance for a holiday gift? Don't stash it away for another day. Use it together. For example, if you got a spiralizer, look for recipes using fresh vegetables you can transform into fun pasta-like noodles for a

healthy start to the year.

Exercise together

Get ready to hop, skip and jump! Find common interests and commit time to movement – even spontaneously. Did it snow last night? Or is it raining today? Put on your boots and walk or snowshoe to your local store instead of driving when you need a few groceries.

Play together

Make play a part of every day. Sounds easy and natural, and it is – especially when kids lead the way in finding playful moments. When you return from work and your child has a fun game for you to try, toss your to-do list aside for a bit, turn off your phone and take the opportunity to find silly or light-hearted ways to connect with your child.

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Gavin Johnson, 6, drew his hockey resolution to be a good goalie for his team.

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Slat-back chair

Ever see an old chair that seems different – the parts are a little more curved, the stretchers between the legs have more shape and the seat seems a little low? The informal slat-back chairs made in Canada and what would become the United States in the 17th and early 18th centuries are often very different looking. Both countries had slat-backs, but Canada was influenced by formal French designs, made in the American colonies by the English. The back of the Canadian chair made in the late 17th century and later had three or four double scroll slats. The American chair had three to six horizontal slats that were almost straight. The turned arms of the Canadian chair went through the seat to the stretcher, where it ended in a point. The American chair's arms went to the seat. Legs that looked like a string of sausages were used in Canada, while in America, the legs were plain round or square rods, perhaps with a small foot. But the easiest clue is the seat. A Canadian chair seat is woven splint that is 15 inches from the floor. It was made to hold a cushion that raised the seat to 16 or 17 inches, the height of an American chair seat. At a Skinner auction in Boston, a late-18th-century Canadian chair that was painted black sold for \$1,200 – more than twice the estimate.

Q: I have an old steamer trunk made by John H. Dick, Chicago. I don't know anything about the trunk and can't find any information on this company.

A: John H. Dick was in business in Chicago and made trunks and other travel bags in the late 1880s and later. Steamship travel became popular in the late 1800s and wealthy travelers took several trunks of clothing and other items. A steamer trunk is a flat-top trunk not more than 14 inches high that could fit under the bunk. Travelers also used larger flat-top bureau or dresser trunks, tall wardrobe trunks fitted with hangers and drawers, dome-top trunks and small trunks for special items. Trunks by Louis Vuitton or other famous makers sell for high prices, often thousands of dollars, but more common flat-top steamer trunks sell for \$10 to \$50.

Current prices

- Pewter dish, overlapping leaves, handle, J. Despres, Avallon, 8 x 18 inches, \$60.
- Match holder, monkey, standing, dressed, butcher clothes, etched apron, kettle, 2½ x 4 inches, \$175.
- Whiskey bottle, cut glass, flat hob star plug stopper, notched handle, ray-cut base, W.C. Anderson, 9½ inches, \$420.
- American flag, 13 stars, Confederate southern cross, red, blue, white, 1925, 61¼ x 35 inches, \$720.

Tip: Ultrasonic cleaners for jewelry are now sold for home use. Be careful – the vibrations can damage stones. Never use them with pearls, opals, lapis or peridot. Be very careful with costume jewelry too, as "stones" could be real or glass, or even plastic.

For more collecting news, tips and resources, visit www.Kovels.com.

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A Canadian slat-back chair is sometimes found in the United States. There were many more chair makers in the United States than in Canada, so the chairs are harder to find. This Canadian chair sold for \$1,200, well over the estimated price.

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Tips for waterproofing a basement or crawl space

Water can be a homeowner's worst nightmare. Few things have the potential to damage a home as much as water. From leaks to flooding to moisture problems like mold, water can wreak havoc on a home.

Basements or crawl spaces are areas of a home where water can do the most damage. Basements and crawl spaces tend to be the lowest-lying spots in a home, and therefore prime spots for water to enter. Water problems in these areas can contribute to the demise of the structural integrity of the foundation.

According to Olshan, a foundation solutions company, water can enter homes in numerous ways. Many building materials, including concrete, that seem solid at first glance actually are quite porous. As ground water collects around these materials, the weight of the accumulated water, called hydrostatic pressure, can weaken the materials, causing cracks where water can seep through. Water also can enter subterranean spaces through basement windows and gaps between footings and concrete slabs, or push up through foundation floors when homes are in areas with high water tables.

Remedying water issues in a home generally breaks down into two methodologies: exterior waterproofing and interior waterproofing. Depending on the cause and severity of the water issue, one or the other, or even both, may be recommended.

Exterior waterproofing

Exterior waterproofing aims to keep water away from and out of the home. The home improvement information resource DoItYourself.com says that exterior waterproofing generally includes the application of a waterproofing agent to the concrete foundation. In addition, exterior waterproofing also could include excavation so a drainage system can be installed around the entire footing of the home. Regrading a property and properly relocating gutters and downspouts can help with many water issues.

Interior waterproofing

When water in a basement or crawl space needs to be remediated indoors, a system to collect, drain and remove water may be necessary. This can include sump pumps, drains, gravity discharge systems, and more. Moisture barriers, which can include special paints or products applied to the foundation walls and floor, also can help keep water from entering the space.

Moisture solutions

Keeping water out is only one part of the equation. Homeowners also need to manage moisture, like excessive humidity. A marriage of HVAC and waterproofing techniques may be necessary to improve air flow and remove humidity in the air.

While many homeowners have attempted to address



Remedying water issues in a home generally breaks down into two methodologies: exterior waterproofing and interior waterproofing.

water issues on their own, many times it is a job best left to the professionals. Because water penetration can have multifaceted causes, a professional can best assess the situation and create solutions that fit with homeowners' budgets and needs. The review and advice site Angie's List suggests finding at least three waterproofing companies that offer both interior and ex-

terior waterproofing services that can provide the best ideas for fixing the issue.

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Strange But True

by Samantha Weaver

• It was nonviolent Indian activist Mahatma Gandhi who made the following sage observation: "First they ignore you, then they laugh at you, then they fight you, then you win."

• In 1905, Sir Arthur Conan Doyle, author of the Sherlock Holmes stories, became one of the first people ever to be fined for speeding.

• Appropriately, the patron saint of bankers is St. Meingold.

• Ever wonder how BVDs came to be called that? From the names of the men who originally manufac-

tured them: Bradley, Voorhies and Day.

• Less than half the people in the world use a spoon, fork and knife to eat. The rest use chopsticks, just a knife or their hands.

• In Babylon 4,000 years ago, it was accepted practice that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer, and so that time became known as the honey month – what we know today as the honeymoon.

• People who pick chili peppers in Costa Rica have to wear special suits to avoid getting blisters just from

coming into contact with them.

• The Pledge of Allegiance was published in 1892 in celebration of the 400th anniversary of Columbus's voyage to the New World. It didn't contain the words "under God," though, until 1954, when they were added by an act of Congress in an attempt to check the creeping advance of "Godless Communism."

• Abraham Lincoln was the only American president to witness battle firsthand while in office.

• A caterpillar has 4,000 muscles.

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Senior News Line

by Matilda Charles

Senior flu vaccine leaves us vulnerable

You got your flu shot this year, right? Even though it's no longer the beginning of the flu season, it's never too late to get your shot. At this point we're only in the middle of an elevated-level flu season with months still to go.

Flu hits seniors harder than any other demographic. More of us end up hospitalized and with complications if we get the flu. At least 70% of deaths from flu are seniors.

There's a special shot for us with three types of vaccine at four times the strength. Our shot contains two A virus strains and one B. I asked my pharmacist, "Why don't they give us all four vaccine types?" His answer was that decision makers calculate each year which flu three strains will be strongest and go with those ... to save money.

This year, however, a B virus, which usually comes out in February, was the flu that launched the season.

How do we get the flu? From others, often by breathing air that has the virus in it from someone's sneeze or cough (from six feet away and airborne for several hours) or by touching a hard surface that has flu germs on it from someone else (for 24 hours).

Some of the ways of protecting ourselves are so simple we have no excuse for not following them. Take

sanitizing wipes with you in a baggie when you go to the store and wipe down the cart handle. (Then throw the wipe away.) Wrap sanitizing wipes around the doorknobs in your home and let them dry overnight. Wash your hands often. And get your flu shot.

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**DOLGEVILLE
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Pastor Pat Andreoli
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 Byarty
12 Van Buren St.
Sunday School (All Ages) 10-11 AM
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**
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
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
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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**
Rev. Thaddeus Franta
305 Main Rd., East Herkimer
Phone 866-3272
Wednesday Vespers 5PM
Saturday Evening Vespers 5 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

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
Saturday Vigil Mass 6 PM
Sunday Mass 10 AM

REDEEMER CHURCH
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Utica, NY 13503
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Saturday 6 PM • Sunday 9 & 11 AM

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Holy Day Liturgy 9 AM
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www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

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Sacrament Meeting 10 AM
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appointment; please leave a message at
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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@gmail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Free Community Dinner: Next-to-last and Last
Saturday of the month 5:00 PM (Parish Hall)
Entrance to Parish Hall is on Mary Street

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Sunday Worship 10 AM
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78 2nd Street
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Sunday School at 8:45 AM
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Holy Eucharist at 9:35 AM

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

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

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Sunday Mass 10:30 AM

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

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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 lffirstpres@gmail.com
www.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

INGHAMS MILLS BAPTIST CHURCH
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Worship Service 9:30 AM

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Holy Eucharist 10 AM

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September - June

EMMANUEL BIBLE CHURCH
Pastor Gary Wilcox
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Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

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Morning Service 11 AM

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To Your Good Health

by Keith Roach, M.D.

Doctors disagree on blood pressure target

Dear Dr. Roach: I am a 91-year-old male. When I switched primary care physicians, my new doctor shook his head because my previous doctor had never told me about my low GFR readings and being borderline diabetic. In the past I had assumed that if the doctor didn't mention any low or high blood test results, everything must be okay. I no longer assume: I ask for a copy of the results and question them.

The new doctor referred me to a nephrologist. My

blood pressure at the time was usually in the 130-140/60-70 range. He told me that for a person of my age, that was too low. He gave me a target of 159/89. Then on my next visit to primary care, I was told that my blood pressure was too high; I was prescribed losartan. I am testing my blood pressure daily, and the past few days it has been in the 170s. So, what is a good target for my blood pressure? Which doctor is correct? — A.L.

Answer: There is no absolute right answer to your question. On the one hand, overaggressive treatment

of blood pressure in a 91-year-old is unnecessary and may lead to symptoms of lightheadedness, especially upon standing. Other blood pressure drugs may have additional side effects.

On the other hand, a 91-year-old has a higher risk for heart disease and stroke, and in someone with a low GFR reading (a measurement of kidney function) and borderline diabetes (which further increases the risk of heart attack and stroke), most experts would aim for a blood pressure goal that is closer to 120-130/80-85, as long as it isn't causing annoying symptoms. I'm not clear why the doctor wasn't happy with your usual blood pressure, since a level of 130-140/60s seems very reasonable for a man your age if you aren't having side effects. If 170 is the usual systolic pressure on your new regimen, I would ask about going back to the old one.

Dear Dr. Roach: I always have had small breasts. Suddenly, in my mid-70s, my breasts grew, and now at 80 I have outgrown most of my clothes. My doctor said that it is fat, but I have gained only a few pounds. Could this be hormonal? Have you addressed this issue before? — S.F.

Answer: I haven't addressed this before. Breasts change size during a woman's life for many reasons. Breast tissue is a mixture of fat and glandular tissue. For young women, there's proportionally more glandular tissue, the amount of which tends to decrease over time. After menopause, the breasts become less glandular; what is lost is replaced by fat, as there is less estrogen.

About 20% of women will notice significantly larger breasts after menopause; however, this usually occurs along with overall weight gain. Significant breast enlargement without much weight gain is not common in my experience.

Hopefully, your doctor did a thorough examination. However, I think it is very unlikely that your breast size changes represent a tumor. Very rarely, there are estrogen-producing tumors, so if there were other reasons to be concerned, your doctor might check blood levels of hormones, including estrogen.

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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@leapub.com

January 21

Dolgeville Central School Board of Education Meeting 6 p.m. High School Cafeteria. Visit www.dolgeville.org.

January 22

Herkimer Board of Education Meeting 6-7 p.m. Call 315.866.2230.

January 23

Little Falls Hospital's Lunch & Learn Series — Know Your Health Numbers 12-1 p.m. at Little Falls Hospital, Conference Room A. Call 315.823.5326 to reserve your seat.

Starts January 24

Pierogi and Golumbki sale from 11 a.m. on Fridays Jan. 24 and Jan. 31 and from 9:30 a.m. to 2 p.m. on Friday, Jan. 31 and Saturday, Feb. 1 at St Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Traditional pierogi sell for \$7 a dozen and Golumbki sell for \$13 a half dozen; \$26 a dozen or three-piece for \$6.50.

January 27

Oil Painting Class with Wilson Bickford 5:30-9:30 p.m. at Auskerada Place, 78 S. Main St., Dolgeville, NY. \$50 fee includes all supplies. "Winterberry Chickadee" (8" x 10"). Call "Diane" at 315.429.3618 to register.

January 28

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

Starts February 10

Herkimer County HealthNet Three-Week Tobacco Cessation Program called Freshstart beginning Monday, Feb. 10 4:30-6 p.m. at the John Guy Prindle Apartments, 80 E. North St. Ilion. Program will meet Mondays for three consecutive weeks. To register call Herkimer County HealthNet, Executive Director, Elyse Enea at 315.867.1552 or email eenae@herkimercounty.org.

February 11

Dolgeville Central School Board of

Education Meeting 6 p.m. Elementary Library. Visit www.dolgeville.org.

February 12

Herkimer Board of Education meeting 6-7 p.m. Call 315.866.2230. Deposit due before

Deposits due by February 1

\$50 deposits are being accepted for a **7 day, 6 night trip to Williamsburg, Charleston and Savannah** coordinated by Morning Star UMC. Dates are May 11-17, 2020. \$880 per person single, \$1180 per person double. Contact Margaret at 315.894.9581 for more details.

February 16

Spaghetti Dinner 4-7 p.m. at St. Pauls Universalist Church in Little Falls. Tickets are \$9 and will be available at the door. Children 5 and younger eat free. Takeout and local delivery available.

January 17-18

Pierogi and Golumbki sales 11 a.m.-1 p.m. on Fridays, Jan. 10 and 17 and from 9:30 a.m.-2 p.m. on Saturdays, Jan. 11 and 18 at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Traditional pierogi sell for \$7 a dozen and golumbki sell for \$13 a half-dozen.

February 18-20

Safe Tractor and Machinery Operation Program at Clinton Tractor 8:30 a.m. – 3 p.m. For youth and adults 14 years of age and older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrater by Feb. 11 at: <https://reg.cce.cornell.edu/TractorSafety2020-2-221> or call the 4-H Office at 315.866.7920 or email Jennifer Collins at jlrc34@cornell.edu.

February 27

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

Register now

Registration is now open for the

Winter 2020 session at Herkimer County Community College. For more information, go to <http://www.herkimer.edu/winter>

March 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

March 17

Dolgeville Central School Board of Education Meeting High School Cafeteria. Visit www.dolgeville.org.

March 24

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 15

Dolgeville Central School Board of Education Meeting and Top Senior Dinner 5 p.m. High School Cafeteria. Visit www.dolgeville.org.

April 15

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 21

Dolgeville Central School Board of Education Meeting and Tenure Celebration High School Cafeteria. Visit www.dolgeville.org.

May 5

Poland Central School Board of Education Meeting. Budget Hearing 6 p.m. Call 315.826.7900 or visit www.polandcs.org.

May 9

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

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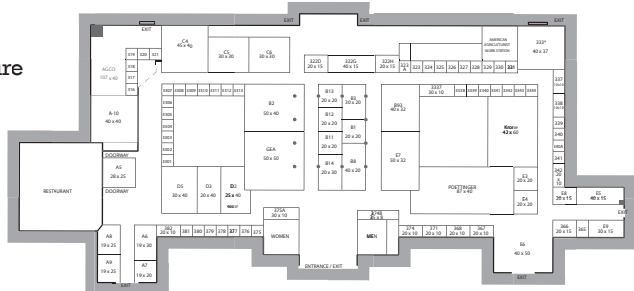
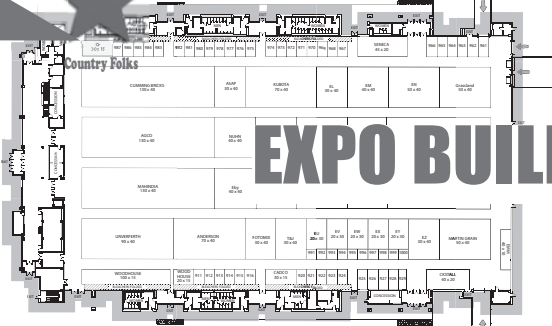


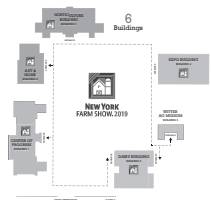
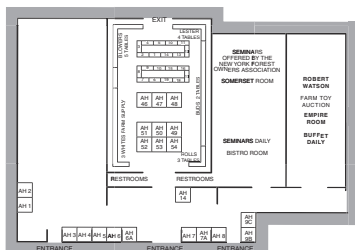
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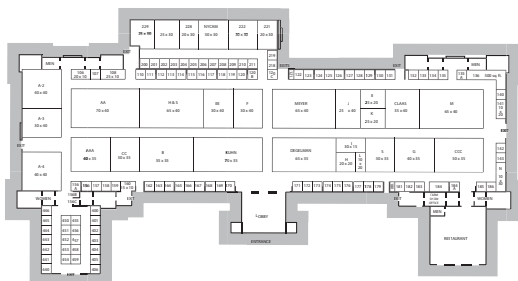
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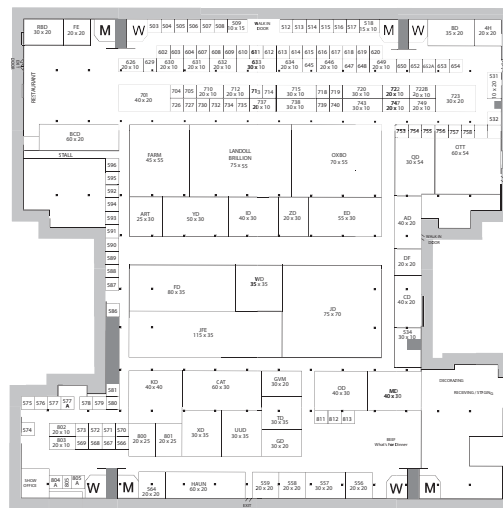
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The Kitchen Diva

by Angela Shelf Medearis

Dorm room dining

The start of a new year means that many students are headed back to college. One of the downsides of college life is the dreaded "freshman 15" – the extra pounds that many students gain from poor eating habits. Establishing good eating habits as a college student may help form the basis for how and what you eat later in life.

Eating fruits and vegetables boosts your immune system and helps ward off illness, calcium helps you build bones to avoid problems later in life and eating breakfast contributes to academic performance. But don't forget that food is to be enjoyed! Eating and preparing foods with others builds community and can help alleviate the stress of college life.

There are quick, easy and healthy eating options if you're faced with dining in your dorm room. Don't have a stove or oven? Don't despair! Here are some quick, easy and healthy ideas for dorm rooms with only a small refrigerator and a microwave:

- Combine fresh or frozen fruit, yogurt and fruit juice for a breakfast smoothie. You don't need a blender – just put ingredients in a jar and shake vigorously.

- Top a fresh salad with grilled or oven-roasted chicken strips; include fruits and milk to make this a quick meal.

- An easy and filling meal could include low-sodium canned soup, whole wheat crackers with a single serving of hummus and milk.

- Another meal option is a mozzarella stick, canned three-bean salad and milk.

- Tasty options include canned chili. Add a fresh salad or baby carrots with hummus, fruit and milk for a complete meal. If you don't have time to make a fresh salad, add canned or frozen and thawed vegetables to the chili.

- Wrap it up! Spread a whole-wheat tortilla with drained and mashed canned beans, salad greens, chopped red pepper and salsa. Serve with canned fruit and yogurt to make a complete meal.

- Make a fresh salad with pre-packaged salad greens, canned beans, nuts and a low-fat dressing. For a complete meal, add tuna or salmon in one-serving pouches, whole wheat crackers, canned or fresh fruit and milk to the menu.

If you have access to a microwave, stove or oven, here are some more quick, easy and good-for-you meal ideas:

- For breakfast, try a whole wheat frozen waffle topped with yogurt or fruit, or have oatmeal topped with fruit.

- Baked potatoes are filling and a good base for healthy toppings. Choose sweet potatoes for the vitamin A, top with salsa and frozen vegetables. Add fruit and milk to make it a full meal.

- Boil hot water and pour it over whole wheat couscous. Couscous is very small pasta and only takes a few minutes to cook when combined with hot water and covered to steam. Add chopped red pepper, chopped onions and other vegetables or canned beans. You also can add dried fruit or nuts for a different fla-

vor. Choose milk or juice for a beverage.

- Leftovers from last night's supper are quick and easy. Add fresh vegetables to leftover pizza and heat. Serve with a salad, fresh fruit and milk for a complete meal.

- Stir-fry meals are quick and easy – and you control what goes into the dish. Include pasta, stir-fry vegetables, beans, lean poultry or other meat. Serve with fruit and milk for a complete meal.

What about frozen meals?

Try to find frozen meals that have a lot of vegetables and whole grains, which contribute fiber and other nutrients. Add a salad, additional vegetables and whole grains if the portion sizes are too small. Frozen meals are notoriously low in fiber, so try to find meals that have at least 3 - 5 grams. Stay away from foods that have been dipped in batter or are covered in sauce – they have more fat and calories. Bowl meals may contain more vegetables, but they probably also have more pasta or sauce.

Here's an easy and healthy recipe for a Veggie Burrito Bowl for lunch or dinner. Have a great new school year and remember to eat healthy!



Veggie Burrito Bowl
Photo by Depositphotos

Veggie Burrito Bowl

1 cup cooked brown rice (or frozen pre-cooked brown rice)

½ (15-oz) can black beans or pinto beans, drained and rinsed

2-3 tbsp salsa

1 tsp salt

1 tsp black pepper

1 tbsp plain Greek yogurt

1 tbsp shredded cheddar or Mexican-blend cheese

Toppings as desired

1. Prepare brown rice according to package instructions.

2. In a microwave-safe bowl, combine rice, black beans, mild or hot salsa, and salt and pepper. Microwave on high for 30-60 seconds, or until heated through.

3. Add select toppings, such as diced avocado, diced tomato, guacamole, pico de gallo, sauteed veggies, cooked shredded or cubed chicken, tofu, chickpeas or corn.

4. Top off your burrito bowl with Greek yogurt and cheese, with a drizzle of salsa and a dollop of guacamole or sliced avocado, if desired. Makes 1 serving.

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Affordable features to consider when revamping your kitchen

Kitchens are popular gathering spots in many homes. That popularity is reflected in various ways, including how many homeowners choose to remodel their kitchens.

A 2019 report from the home renovation and design resource Houzz found that kitchens were the most popular room to renovate in 2018. Homeowners considering kitchen remodels should know that the Houzz report also indicated that spending on kitchen remodels increased by 27 percent in 2018.

Homeowners concerned by the cost of remodeling a kitchen should know that there are ways to give kitchens a whole new feel without breaking the bank.

Appliances

Consumer Reports notes that luxury home buyers expect high-end features, including professional ranges and built-in refrigerators that match the surrounding cabinetry. However, many mainstream brands offer "faux pro" features that can equal more expensive alternatives. Consumer Reports even notes that many budget-friendly faux pro appliances outperformed their high-end counterparts in terms of reliability.

Countertops

Countertops tend to capture the eye's attention when walking into a kitchen. Outdated and/or damaged countertops grab that attention for all the wrong reasons, while updated countertops made from today's most popular materials provide that wow factor homeowners seek. If granite is a must-have, Consumer Reports notes that homeowners can save substantial amounts of money by choosing granite from remnants at the stone yard. If marble is your ideal countertop, save money by choosing a domestic product as op-

posed to one imported from overseas.

Cabinets

Custom-built cabinets may be a dream, but they tend to be a very expensive one. Such cabinets are designed to adhere to the dimensions of the kitchen, and Consumer Reports notes that they can cost tens of thousands of dollars. If that estimate would bust your budget, examine the current layout of the exist-

ing cabinets. If the layout is fine but the cabinets need work, you can give them a whole new look by refinishing them. If the cabinets must go, stock units or semi-custom cabinets can provide a new look without busting the budget.

Kitchen remodels can be expensive. But there are many affordable ways to revamp a kitchen.



There are many affordable ways to revamp a kitchen.

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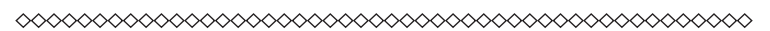
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