

Those of you with Internet access might enjoy checking out the pair of bald eagles that have returned to their nest at the National Arboretum in Washington, DC. The eagles began nesting there in 2015 and have fledged eaglets each year since then. The pair are back at the nest, bringing in sticks and making preparations for another successful nesting season. Check out www.dceaglecam.org There are live streaming solar powered cameras designed and built by staff and students from Alfred State College and SUNY College of Technology.

Microphones have been installed. It's interesting to read the narratives from naturalists monitoring the nest. It won't be long before the eagles in our area return to their nests. Carcasses of deer might be laying in fields along our area's roadsides and perhaps you'll be fortunate to spot eagles and other birds of prey feeding on them!

It's the first time I've ever heard the weather term "bomb cyclone" used when predicting a winter storm moving up the East Coast. Thank God we were on the cusp of that storm although the winds that were produced from it did find there way to the Route 20 Corridor. The freezing temperatures have the winter songbirds visiting neighborhood feeding stations.

Hanging a hunk of beef suet or a suet cake will attract woodpeckers, white breasted nuthatches, and chickadees.

Emma Hershberger's Bird Suet Recipe: 1 cup lard, shortening, or melted suet; 1 cup crunchy peanut butter, 2 cups quick oatmeal, 2 cups cornmeal, 1 cup wheat flour. Melt the lard and peanut butter. Take off the heat and mix in the rest of the ingredients. Place the warm mixture in a loaf pan or muffin cups. Cool.

Cut in the various sizes you'll need and freeze. (This mixture is far better than those seeded suet cakes sold in stores. Most ingredients can be found at your local bulk food store. Making these cakes is a great supervised activity to do with your children.) The

birds will thank you many times as they go back and forth to this source of energy that they need for the wintertime.

The many days of temperatures hovering at or below zero brought warnings to dress in layers and warnings of hypothermia. Under normal healthy conditions the human body maintains a relatively stable temperature of around 98.6 degrees Fahrenheit. If the environment gets too cold or the body's heat production decreases, the body's temperature can drop and hypothermia can develop.

Signs and symptoms of hypothermia are shivering, slurred speech, weak pulse, clumsiness, drowsiness or low energy, confusion or memory loss and slow shallow breathing. Infants lose body heat more easily. Treatment for hypothermia can range from rewarming a person by moving them to a dry heated environment. Using warming devices externally such as hot water bottles or warm forced air will help a person with the beginning signs of hypothermia. People who have extreme hypothermia need to be seen immediately at a hospital where warmed intravenous fluids to rewarm the body.

Betty was sitting on a lawn sunning and reading, when she was startled by a car crashing through a hedge and coming to rest on her lawn. She helped the elderly driver out and sat him on a lawn chair. "My goodness," she exclaimed, "you are quite old to be driving!" "Yes", he replied, "I am old enough that I don't need a license." "What...NO LICENSE?" "Nope! The last time I went to my doctor he examined me, and asked if I had a driving license. I told him I did have one and handed it to him. He took scissors out of a drawer, cut the license into pieces, threw them in the wastebasket and said, 'You won't be need this anymore.' So, I thanked him and left."

I bet you've read this popular short



What's On!

by Bruce Watson

story about life: A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?" 200 hands went up. He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up. He then asked, "Who still wants it?" All 200 hands were still raised. "Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes. He picked it up, and showed it to the crowd. The bill was all crumpled and dirty. "Now who still wants it?" All the hands still went up. "My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are

special – Don't ever forget it!

Oh boy! In January we can look forward to football playoffs prior to Super Bowl Sunday on Feb. 4. Start planning your Super Bowl party and join with others watching the television coverage of a football game and clever commercials! Watch for details on the 2018 Richfield Springs Lions Club's winter carnival events.

No doubt there will be January clearance sales, garden and seed catalogs will arrive in the mail and hopefully January thaw! Wouldn't it be something if the sap in the maple trees started to "run" if we have some cold nights and warm days? This month a "super moon" occurred on January 1 and another will occur on January 31. When there are two full moons in the same month the second is called a blue moon. The average distance between the Earth and the moon is 238,000 miles. When the moon tracks less than 223,000 miles from the Earth during its full phase, it's considered a "super moon" because it appears to be larger and brighter in the sky particularly when it rises on the horizon. A lunar eclipse will be occurring on the morning of Jan. 31. Although it is considered a full lunar eclipse, experts say people in most parts of the eastern United States will not be able to enjoy the full effect because the moon will be so low in the sky during the full phase of the eclipse. A lunar eclipse occurs when the moon passes through the earth's shadow, blocking the light that the sun normally reflects off the moon's surface — the light that makes the moon appear to glow. I sound like I know all about astronomy...but I gleaned all that information off the Internet. My junior high science teacher would be so pleased.

Have you driven along Main Street at night and seen the classroom on the west end of RSCS with the purple, blue, and pink colored lights? Mr. Gee, our technology teacher and Mrs. Davis, high school science teacher, co-

teach a class entitled "Agriculture Technology". The course is designed to provide an introduction to the fundamental principals of scientific agriculture. The students are growing plants with an emphasis on hydroponics and aquaponics. Food production, national and local agriculture and learning how food production and consumption relates to population growth are learned. There are even live fish that are a part of the process in that classroom. I'll have to write about that undertaking and the exciting things going on in that class in a future article.

January's a month when hearty stews, soups and chili make for yummy lunches and suppers. Mr. Food's recipe for Hearty Chicken Stew makes a fabulous meal in the wintertime. This is a one-pot meal that thickens up as it sits, so you might want to add additional water if you reheat any leftovers. It's a stick-to-your-ribs supper that's quick and ready for a hungry gang and you don't want to resort to ordering fast-food for dinner. You will need: 10 cups of chicken broth, 4 potatoes-peeled and cut into chunks, 1 small onion cut into 1-inch pieces, 2 celery stalks cut into half inch chunks, 1 carrot-peeled and sliced thin, 2 teaspoons salt, one half teaspoon black pepper, 12-ounce box of bowtie pasta, 3 cups of cooked, skinned, boned and shredded chicken.

Directions: In a soup pot over medium-high heat combine broth, potatoes, onion, celery, carrot, salt and pepper. Bring to boil and cook 10 minutes. Stir in pasta and cook for 8 minutes. Add chicken and cook an additional 4-5 minutes or until chicken is heated through. Spoon into bowls and serve immediately. This recipes serves 6 and serving it with crusty bread, biscuits or crackers will get your guests asking you to making it again and again!

That's What's On. Thanks for reading. Email: whatson@stny.rr.com