



Super Snack Sunday

(with Gladiator Dip and Upping your Game Chex Mix)

Remember the old days of Playboy magazine when people claimed that they only bought that lad mag for the cartoons? I'm like that about the upcoming Super Bowl Game this Sunday between the Chickadees and

by
**KATHERINE
WHITESIDE**

the Brady Bunch. In the past I watched the entire bone-crushing gladiator event but now I'm only interested in the commercials and the half-time show. Oh yeah, and the snacks. Definitely the

This year the commercials include a very funny one directed by the Coen Brothers. Your kids might not get it. Genius! <http://www.rollingstone.com/tv/news/watch-coen-brothers-eyerider-inspired-super-bowl->

51-ad-w463520 And the half time show is Lady Gaga. She says she has wanted to sing at the Super Bowl since she was four years old. My kids will explain her part of the show to me.

But, the snacks! Oh yeah, the snacks! Everyone understands those!

Gladiator Dip

My Boss might have recently mentioned that I didn't necessarily need to mention kale and carrots in every column. I will try...

Here's What You Need

- Ale-kay: Left-over cooked or freshly steamed, one cup cooked and cooled
- Sour cream: one cup
- Garlic: one clove, peeled and crushed
- Red pepper flakes: one pinch



- Lemon: one half, fresh
- Sea salt and freshly ground pepper: to taste
- Celery: tender ribs, washed and cut into batons
- Arrots-cay: scrubbed and cut into batons

Just Do This:

1. Press as much liquid out of the cold, cooked ale-kay as possible.
2. Place the ale-kay, sour cream, garlic, red pepper flakes into the blender or food processor. Squeeze the juice from 1/2 of a lemon into the mix.
3. Process at high speed, yelling and roaring louder than the blender noise. This is why it's called Gladiator Dip and not Ale-kay Dip.
4. When smooth, taste and add salt and pepper if needed.
5. Place in fridge to chill for at least one hour.
6. Serve with celery and arrot-cay sticks and hear

your family roar YUMMM!

Upping Your Game Chex Mix

The recipe for Chex Mix originally appeared on boxes of Chex cereals starting in 1952. By the time the first Super Bowl was played in 1967, home-baked Chex Mix was carted to every family event in metal cookie tins by my favorite chain-smoking, frock-wearing, loud-laughing Aunt Jan. All of us little kids adored her, gobbled her Chex Mix, and guzzled the ridiculously sweet iced tea she brought along to wash down her tangy, salty snacks.

In 1985, Chex Mix went seriously wrong and was sold commercially, pre-assembled in crinkly bags. Unfortunately, there is now an entire generation of people who think that the orange, dusty, stale stuff lingering on

racks at gas stations is what Chex Mix is all about. Sad!

This year I'm bringing back the thrill. I now make Chex Mix sorta like the original recipe, but have taken out and added a few things to make it halfway healthy. Also, I only use Corn Chex as it is far superior in taste and texture to its bland, prickly sister Chex (aka rice and wheat.) Be like Aunt Jan (except for the smoking part) and bring this Upping Your Game Chex Mix to the next Super Bowl party. Your family will cheer!

Here's What You Need

- Corn Chex: six cups (about 1/2 big box)
- Nuts: one cup roasted mix, broken pieces great, no peanuts (I hate peanuts)
- Pretzels: one cup bite-sized sourdough, Herr's brand delish
- Butter: two tablespoons
- Dried minced garlic: NOT garlic powder and NOT garlic salt, one teaspoon
- Dry mustard: big pinch
- Red pepper flakes: small pinch
- Worcester sauce: two tablespoons
- Sea salt: to taste
- Optional: Nutritional yeast, one teaspoon

Just Do This:

1. Preheat the oven to 250 degrees
2. In a large bowl, mix the Corn Chex, nuts, and pretzels.

3. In a saucepan on top of the stove, melt the butter over low heat. Turn off heat and stir in the dried garlic, dry mustard, red pepper flakes, Worcester sauce.

4. Pour the butter mix over the cereal mix and stir to mix. Don't overdo it and make it all dusty.

5. Sample and add salt if you think it needs it. Add the optional nutritional yeast (It's super-tasty and healthy.) Stir to mix.

6. Spread mix in shallow layer in a large roasting pan. Bake one hour, stirring with a pancake flipper every 20 minutes.

7. When finished baking, spread mix on paper towels to cool. It will crisp up as it cools.

8. Store in that metal cookie tin you have saved forever and not used once since you ate all the cookies. Now you will use it often because everyone will beg you to make your special Chex Mix forever! Game on!

This is the 331st Gardening Gusto column Katherine has written. Stay tuned here every week for tried-and-true organic gardening tips and simply delicious family recipes. Katherine is the author of six books, including The Way We Garden Now, illustrated by pediatrician/gardener/artist Peter Gergey.

Putnam Readies for New Kindergartners

Registration for Mahopac High School Class of 2030

By ERIC GROSS

Kindergarten registration for the Mahopac High School Class of 2030 gets underway today (Tuesday) at the school's Mahopac Falls District office.

School officials stress that registration is by appointment only with specific dates set aside for each of the district's three elementary schools.

In addition to today, children attending Austin Road Elementary may be registered on Feb. 2 and 22.

Students enrolled at the

Fulmar Road School may register on Feb. 6, 8 and 24 while boys and girls attending the Lakeview Elementary School in September may register on Feb. 14 and 26.

Superintendent Dennis Creedon asks parents to schedule an appointment and request a registration packet by contacting the Mahopac School Office of Central Registration at 621-0656, ext. 13902. Registration packets are also available on the school's website at www.mahopac.k12.ny.us.

Kindergarten Registration Scheduled in Brewster

Parents of children who will be enrolled as members of the Brewster High School Class of 2030 are being requested to gather documentation needed for the registration process.

Kindergarten registration in the Brewster School District takes place from Feb. 27 through March 3 with children who will be 5 years of age on or before Dec. 1 eligible to register for September's classes.

Superintendent of Schools Valerie Henning-Piedmonte has asked parents to bring their child's original birth certificate and immunization records indicating proof of protection against Diphtheria-tetanus-pertussis, polio, hepatitis B, measles, mumps, rubella and Varicella along with a current physical exam to the registration session that will take place at the John F. Kennedy Elementary School.

Principal Robin Young requested this week that

parents make an appointment by calling 279-2087, ext. 4111.

Henning Piedmonte called registration "critical as our district plans for its future during difficult economic times."

The superintendent added: "According to the Strategic Coherence Plan adopted by our Board of Education last spring, kindergarten children entering school in the next few years will live, work and learn well beyond the 21st century. They will be the next generation of innovators, critical thinkers, problem solvers and citizens. Our plan describes the cross cutting academic and social-emotional competencies that children will need to survive and thrive in this innovation driven era. This important work starts in kindergarten. Now is the time for families to register eligible age children for Brewster's full-day kindergarten experience."

Eric Gross

Carbon Monoxide Safety on the Minds of County Officials

By ERIC GROSS

Emergency responders around the county have experienced a number of calls in recent days for carbon monoxide detector activations.

While thankfully Putnam has experienced no CO-related deaths in recent years, more than 500 Americans perished in 2016 while thousands more were injured as the result of carbon monoxide poisoning.

Commissioner of Emergency Services Tony Sutton reminded the public that carbon monoxide was a "colorless, tasteless and odorless compound produced by incomplete combustion of carbon containing materials. It is often referred to as the 'silent killer' because it is virtu-

ally undetectable without using detection technology and most people do not realize they are being poisoned."

Sutton said detectors are designed to "measure CO levels over time and sound an alarm before dangerous levels of CO accumulate in an environment, giving people adequate warning to safely ventilate the area or evacuate. Some system-connected detectors also alert a monitoring service that can dispatch emergency services if necessary."

While CO detectors do not serve as smoke detectors and vice versa, dual smoke/CO detectors are sold. Smoke detectors detect the smoke generated by flaming or smoldering fires, whereas CO detectors detect and warn

people about dangerous CO buildup caused, for example, by a malfunctioning fuel-burning device. In the home, some common sources of CO include open flames, space heaters, water heaters, blocked chimneys or running a car inside a garage.

Acting Commissioner of Health Dr. Michael Nesheiwat reminded the public that CO poisoning was "completely preventable."

He suggested that detectors be installed on all levels of a home including those heated with electric heat.

Putnam County's Emergency Services Safety Advisory Board (ESSAB)

also reminded the public to "hear the beep" by making sure all homes are equipped with working carbon monoxide detectors.

At its meeting last week, the ESSAB was advised of an emergency call in Kent when a residence lost electric power in the middle of the night. An automatic generator kicked in and an hour later, the family's CO detector awakened the man of the house who felt dizzy.

He immediately called 9-1-1 and evacuated his young family. Kent FD personnel responded and discovered high levels of carbon monoxide inside the residence.

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Are you and your family protected?

When was the last time you looked at your will? Has it been reviewed by an attorney? Do you know how to locate the original documents? Or, better yet, have you ever hired an attorney to draft your will, power of attorney or health care proxy? Has the thought crossed your mind that it may be time to get your estate in order? Are you familiar with the changes in law that may have an impact on your overall estate and planning for the future? Have you thought of Medicaid planning and probate avoidance?

If interested in a free review of your estate plan and consultation, call Rachel Flanagan Frost, Esq., (in home appointments available upon request).

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