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Lookin' at Cookin'?

Locally sourced, step-by-step recipes

Beth Day

Mad kitchen experimenter extraordinaire

The Winner! Again

The results are in from the Methodist Church’s shredded meat contest, and apparently my Hawaiian Pulled Pork is as popular as my white chili! (The recipe is in last week’s paper.) So I’ll brag a little bit and note I won.

Why is this important? I think that by winning a couple contests it somewhat validates my column. That means total strangers like what I cook! This last contest was blind tasting, no one knew who made what.

Many thanks go out to all the judges (aka diners) and to the local companies who contributed to the prize, “A Taste of Wamego”. I had fun splitting that up with the second place entry from TJ and Amanda Bullock.

A little birdie (Pastor Alex) has told me the next one might be a soup contest when the weather cools down in the fall, so get those recipes ready! Yes, I’m already planning – an old favorite, or do I invent a new one for the occasion?

So, that brings me to this week’s recipe – lemon pepper chicken. It’s easy and cooks up beautifully. I serve it with noodles using this wonderful lemon dill sauce that I purchase from that great, big Swedish store!

This is a nice one for a low-salt diet, as there are so many flavors I use only the barest hint of salt.

The key to it is the removal of the skin and double seasoning. It really lets the flavor seep in to the chicken.

Lemon Pepper Chicken

Ingredients

8 Chicken Thighs, skin on, bone in

Dill Weed

Garlic Powder

Lemon Pepper

Salt if desired

Directions

1. Carefully loosen the skin from the chicken thighs.

2. Heavily season the bottom of a cookie sheet with the dill, garlic and lemon pepper. Use a very light sprinkle of salt if desired.

3. Lift up the skin of the chicken, and season well with all three ingredients. Return the skin to the chicken and place in pan. Now season again.

4. Roast at 350 for 45 minutes to an hour, until the chicken is between 150-155 temp near the bone. Let rest for 10 minutes to bring the interior temperature to 165.

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OPINION

Our wish for all our area MOMS!

HAPPY MOTHER’S DAY

From your friends at

THE TIMES

POTTAWATOMIE COUNTY, KS

St. George

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gym, etc.

“Several students suggested a public restroom at the park,” she said. “there is no place to go. It can also be used for a safety shelter.”

“What impressed me the most was some of the logical, common sense things,” said council member Judd McCormack. “We’ve also been think of some of these thinks such as the bathroom and tornado shelter. I overlooked a community garden, for example, and I’m really, really impressed and pretty embarrassed it had not crossed my mind. I didn’t give them enough credit.”

Later in the meeting, the council partially acted on one of those recommendations by unanimously voting to place a handicapped port-a-potty in the park for the summer.

APPRECIATED EMPLOYEE

St. George Police Chief Dale Burton, commended Christine Moylan, code enforcement officer, for her efforts in the last two years and presented her with a certificate of appreciation.

Moylan is moving on to Virginia Beach at the end of the month.

“She has been here almost two years,” Burton said, “and has done a really good job. She has put up with a lot, especially from the city and a lot from me. She wants the best for St. George and she goes around and helps implement it.”

AUDIT REPORT

Alex Mittie with Adams Brown, presented the 2024 audit report. “There were no material weaknesses or significant deficiencies,” he said, noting that the biggest issue was “segregation of duties” which is common in a small office.

ANNIVERSARY



Chet and Grace Wienstroer

Wienstroers to celebrate 60th Wedding Anniversary

Friends are invited to join Chet and Grace Wienstroer and their family in celebrating their 60th Wedding Anniversary.

A celebration will be held from 1-3 p.m., Sunday, May 18, at the Wamego Senior Center 501 Ash Wamego, Kan. The couple requests no gifts please.

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“This is an unmodified opinion,” he continued. “That is the best opinion we can give.”

The council accepted the report on a 4-0 vote, Jeremy Holiday was absent.

CITY HALL LAND

McCormack reported the request for proposals to contractors for the land owned by the city has been sent out. He noted it was mostly the same as the earlier one, with the elimination of references to the Scorpius development. “It’s not officially dead, but dead,” he said.

The RFP has a 90 day deadline.

On a related issue, he said the city needed to order some parking signs for that area. “Some people don’t realize the gravel area is a parking area,” he said. “We need to raise awareness.”

WATER TREATMENT PLANT

Brian Foster, B&G, the

city engineer, gave an update on the isotope testing the city wants to do on its wells. “KDHE did respond,” he said. “Because of funding it could be July before they could do it.” Foster said KDHE put him in contact with a private lab which could do it for less than \$500.

The council gave a consensus that mayor Debbie Werth could authorize the tests.


SAFE STREETS

Brandy Sutherland, Blue Valley Consultants, visited with the council concerning the Safe Streets for All program. She is working to put together a county wide grant request for the program.

“It helps with trains, bike paths, connecting those important pieces of infrastructure in the safest possible way without the risk of the vehicle.”

She noted it was a two-phase project, the first is planning.

The council agreed to participate in the program.



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Edward Jones

MAKING SENSE OF INVESTING

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Adam Greenwalt

Financial Advisor

Financial moves for a growing family

If you’re adding a child to your family, it’s an exciting time, and you have much to anticipate. Of course, this new addition will bring many changes in your life, so you’ll want to be prepared — especially in terms of your finances.

What financial moves should you make as you welcome your new child? Here are a few to consider:

- **Estimate expenses** — and create a new budget. You will likely have several new expenses associated with a new child, ranging from relatively minor purchases — car seat, stroller, crib, etc. — to potentially much larger costs, such as a vehicle with more space or even a new home. You’ll need to estimate what you can afford for these initial expenses and then work in to your budget the everyday additional costs — food, clothing, uncovered medical expenses and so on.
- **Look at options to support taking time off work.** Depending on where you live and where you work, you might have some sources of support if you take time off from work after the arrival of your child. These options may include paid time off — such as sick leave and vacation time — paid family leave, short-term disability insurance, and some benefits from the Family Medical and Leave Act.
- **Determine how child care will be provided.** Child care can be expensive and, in some areas, hard to find. Well before the arrival of your child, start looking for child care, so you can explore your options and start factoring in the costs to your cash flow and monthly budget. During your search, look at offerings from local community centers, religious institutions and nonprofit organizations, some of which may offer low-cost child care programs.
- **Contribute to your emergency fund.** It’s generally a good idea to keep up to six months’ worth of living expenses in a liquid, low-risk account to pay for unexpected costs — and with a growing family, these costs may well increase as your child grows older.
- **Look at your tax situation.** You may want to consult with a tax professional to determine whether you qualify for credits or deductions, such as the dependent care credit, the federal child tax credit, and adoption-related credits (if you adopted a child). Also, you may want to update your Form W-4 to add a dependent — a move that may lower your tax withholding and increase your take-home pay.
- **Start your education planning.** It’s never too soon to think about paying for costs associated with your child’s education. You might want to consider a 529 education savings plan, which offers tax benefits and can be used for college and many vocational programs, as well as some K-12 costs. A financial advisor can help you explore all available education savings options.
- **Check your insurance.** You’ll need to add your child to your existing health insurance, but if you don’t have insurance, see whether you qualify for Medicaid or the Children’s Health Insurance Program (CHIP), or look for a marketplace plan at healthcare.gov. You might also need to purchase additional life insurance coverage. And with a growing family to support, you might want to add disability coverage to protect your income against short- or long-term disabilities.

Bringing a new child into your life is certainly a joyous occasion — and by being financially prepared, you can make the whole experience even more enjoyable.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.