

A Healthier You for 2011

by Chef Nick Cavataio



When we think about a healthier lifestyle, two nasty words come to mind (exercise and diet). Exercise and Diet really don't have to be bad things. I guess the old saying "Today is the first day of the rest of my life" is appropriate at any age.

Here are a couple sample recipes to start out the New Year.

Jalapeno - Swiss - Turkey Burgers

- 1 lb ground turkey
- 1 small onion, chopped
- 1 jalapeno pepper, sliced
- 8 slices Swiss cheese
- 4 wheat burger buns
- Pinch sea salt and pepper

Mix turkey and chopped onion in a bowl, then form into 4 patties. Cook in skillet on medium heat for 7 minutes, then flip. After 5 minutes, add a slice of cheese and the jalapeños to burgers. After 2 more minutes, add the other slice of cheese.

Spicy Halibut with Horseradish Sauce

Sauce:

- 1 cup nonfat sour cream
- 1T Dijon mustard
- 1T minced fresh garlic
- 1T prepared horseradish
- ½ t black pepper
- ¼ t sea salt

Halibut:

- 1t dry oregano
- 1t cumin powder

- 1t onion powder
- 1t garlic powder
- 1t black pepper
- 1t chili powder
- 1t sea salt
- 4 halibut fillets, 6 oz each
- 1T olive oil

In a medium bowl, combine sour cream, mustard, garlic, horseradish, pepper and salt. Mix well and set aside. In a small bowl, combine oregano, cumin, onion powder, garlic powder, black pepper, chili powder and salt. Lightly coat halibut with olive oil and dredge each fillet in the spice mixture. Grill on high heat for about 4 minutes on each side or until done. Serve with ¼ cup sauce.

Ok, that covers the food topic, with a couple bonus recipes. Now let's talk about Exercise.

Let's be honest, there is no easy shortcuts to good health and fitness. It is hard work. What you can do is prepare, plan and be consistent. There are some basic steps you can take to get started. You will have to figure out exactly what kind of exercise is right for you.

- Set your goals
- Set a timeframe for your goals
- Figure out how to meet your goals with an exercise program
- Structure your program for you
- Maintain your program

Tioga Chamber Officers for 2011

The Tioga County Chamber of Commerce is pleased to announce the names of the new officers and members of the Board of Directors for 2011.

Officers: Chairman: James VonEsch, Owego Treadway Inn, First Vice Chairman: Deborah Howard, NYS Assemblyman Gary Finch, Second Vice Chairman: Joe Doty, The Cellular Connection, Third Vice Chairman: Judy Baust, Field Afar, Treasurer: Ed Butler, Visions Federal Credit Union, Secretary: Florence Rossi, Community Bank N.A., Past Chairman: David Woodburn, Tioga Opportunities, Inc

New Board Members: Chris

Byrne, Tioga State Bank, Val Demkovich, Tioga County Boys and Girls Club, Kevin Gillette, Tioga Hardwoods, Paul Price, Law Office of Paul M. Price, Esq., Scott Poulton, Tri-Town Insurance., Beth Winters, Lockheed Martin, Owego

Pancake Breakfasts

January 8, Saturday 8am to 10am Candor Valley Riders Snowmobile Club will hold a good will donation pancake breakfast at Beebee Sap House, Route 96 Candor

January 16, Sunday, 8am to 11am, The Candor Fire Department will be having their Pancake Breakfast at the Fire Station

January 23, Sunday 7am - 11 am the Little Meadows Fire Department will hold a Pancake Breakfast at White Tails Bar & Grill, Rt 858, Little Meadows Pa.

Tioga United Way Annual Meeting & Election of Officers

The Tioga United Way has scheduled its 2010 Annual Meeting and the election of officers for Tuesday, January 18th. The meeting will be held in the Large Group Instruction (LGI) area of the Owego Free Academy at 6:00 P.M. Along with the election of new officers, a 2010 report will be presented.

In addition to the above, service awards will be presented to

Mrs. Georgianna Horvath, outgoing board president, and Mr. Kenneth Davis, board past president, for their exemplary commitment as board members and volunteers.

All members of the public are invited to attend. Anyone wishing additional information may contact the Tioga United Way office at (607) 687-4028 or e-mail tiogaunitedway@stny.rr.com.

The Friendly Neighborhood Tavern
 Serving Lunch & Dinner or Just a Snack!
 • Wed - Shrimp Nite • Thurs - Clam Nite
THE HEYMAKERS
January 28th
Sat Jan 8th Closed till 4 pm
 TRIVIA - Last Sat of the month
 KEROKIE - First Sat of the month

The Terrace
 The Friendly Neighborhood Tavern
 Rt. 434, Apalachin, New York **625-3935**

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