# Country Editor

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Volume 7 Number 46

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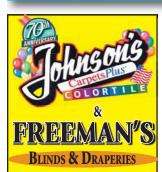
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2 • April 6, 2018 COUNTRY EDITOR



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The proof of the proof of

### Local dairy promotion leaders assume national roles

American Dairy Association North East represented on national boards

SYRACUSE, NY — Three local American Dairy Association North East dairy farmers and board members were recently elected to serve on national dairy promotion boards — Marilyn Hershey, Cochranville, PA; Skip Hardie, Lansing, NY; and Audrey Donahoe, Frankfort, NY.

"We're pleased have our local leaders take on these national roles," said American Dairy Association North East CEO Rick Naczi. "They're all smart, progressive farmers that have a long-range vision for the dairy industry locally, nationally and globally.'

Hershey, a Mid-Atlantic Dairy Association board member, was elected as chair of the Dairy Management, Inc. (DMI) board of directors that guides the DMI staff in checkoff planning and decision-making. Her year-long term is effective immediately and she can be reelected multiple times.

"I look forward to representing my fel-

low dairy farmers in this role, and hope to be a voice for them as we make important decisions that can affect all of us." said Hershev.

Skip Hardie of Lansing, NY, was reelected as DMI board secretary. Hardie is also a member of the American Dairy Association and Dairy Council (ADADC) board of directors and chair of the New York Promotion Advisory Board.

Together Hershey and Hardie will work with vice-chair Steve Maddox, Riverdale, CA, and treasurer Larry Hancock. Muleshoe, Texas.

Audrey Donahoe of Frankfort, NY, an ADADC board member, was named chair of National Dairy Council (NDC) last fall. Funded through checkoff, the NDC focuses on providing sciencebased education about nutrition and health benefits of dairy foods. Her position falls under the United Dairy Industry Association umbrella of which she is one of three second vice-chairs.



Frankfort, NY, dairy farmer Audrey Donohoe conducts an interview at the New York State Fair butter sculpture unveiling.

### **Country Preacher**

by Pastor Dan West Continuing on in the

book of James, in chapter 1 verse 22 we are told to

"be doers of the word and not hearers only." We sometimes come across people, believers and unbelievers. who pride themselves in their Bible knowledge. They can quote scripture, they know the Ten Commandments, they know the beatitudes etc., etc. They think they are right

where God wants them.

But ask them what they

have accomplished in ministry for the Lord, and they draw a blank. Ask them how many people they have led to a saving faith in the Lord Jesus Christ, and they change the subject.

John 15:10 clearly tells us that it is those who keep God's commandments, who DO what He says who will abide in His love and who will have

His joy (v. 11). It is not enough to simply know what God wants of us, we must do it, carry it out in order to please Him.

**James 1:23 - 24** points out "if any be a hearer of the word, and not a doer, he is like a man seeing himself in a mirror;" he sees what he needs, but goes away and neglects caring for his need. Verse 25 continues, whoever

looks in the Word of God and continues in it, not being a forgetful hearer, this person will be blessed.

Do you feel blessed by God? If not, maybe it's because you are not doing what He tells you He wants you to do. Be a doer of His Word, not just a hearer, and you will be blessed.





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Daniel J. Enea, Sole owner and operat









### A Bad Year for Tomatoes, but a good time on stage at the Little Theatre

Comedy about fame and misfortune in a small town closes out 2017-2018 season

ILION, NY — The Ilion Little Theatre closes out its 2017-2018 production season with A Bad Year for Tomatoes on Friday, April 6 at 7:30 p.m.

Written by John Patrick and directed by Art Felshaw, A Bad Year for Tomatoes finds the famous Myra Marlowe fed up with the pressures and demands of her acting career and leasing a house in the tiny New England hamlet of Beaver Haven to settle down and write her autobiography. She is successful in turning aside the offers pressed on her by her long-time agent, but dealing with her nosy, omnipresent neighbors is a different matter. In an

attempt to shoo them away and gain some privacy, Myra invents a mad, homicidal sister—who is kept locked in an upstairs room, but who occasionally escapes long enough to scare off uninvited visitors.

Featuring Kim Darling, Stephen Wagner, George Lyon, Rebecca Mataya, Charlene Lyon, Ava Jaunzems and Steve Kocuba.

A Bad Year for Tomatoes closes out the Little Theatre's 2017-2018 Season and takes the stage for six performances — April 6, 7, 13, and 14 at 7:30 p.m. along with two matinee performances April 8 and 15 at 2 p.m.

General Admission is \$14 and \$10 for students, available at the door. Advance tickets are available through the Little Theatre website at ilionlittletheatre.org/tickets.

The Ilion Little Theatre is located at 13 Remington Ave., in the Village of Ilion, directly behind Remington Arms.

### **Good Housekeeping**

### Sticky Toffee Pudding

In England, the term "pudding" refers to many kinds of desserts. This pudding is a moist cake with a sticky broiled-on brown-sugar topping.

- 1 cup dates, chopped and pitted
- 1 teaspoon baking soda
- 1 cup sugar
- 10 tablespoon (1 1/4 sticks) margarine, softened
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup packed brown sugar
- 1/4 cup heavy cream
- Whipped cream
- 1. Grease 13-inch by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 1/2 cups boiling water; let stand 15 minutes.
- 2. Heat oven to 350°F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin).
- 3. Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.
- 4. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons mar-

garine or butter to boiling over medium heat; boil 1 minute. Set aside.

- 5. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds.
- 6. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Makes 12 servings.
- \* Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g carb., 3g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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### Donna's Day: Creative family fun

### by Donna Erickson

### Seed-starting pots made from newspaper

It's growing season, an ideal time for your family to

poke around and play in dirt. Begin indoors! Popular plants are easily started inside during spring months to give a jump-start to your summer garden.



You'll discover with this kid-friendly activity that you can save money by making your own growing containers for seedlings out of this newspaper

ing kits, you'll discover with this kid-friendly activity that you can save money by making your own growing containers for seedlings out of this newspaper when you finish reading it. Once you get started, you'll be rolling them out in minutes.

Fill the mini starting pots with fresh damp potting soil, tuck in seeds and you're on your way to growing

While many serious gardeners purchase seed-start-

Fill the mini starting pots with fresh damp potting soil, tuck in seeds and you're on your way to growing bedding plants you can transplant in your backyard or deck garden, pot and all, since the newspaper will dissolve like a peat pot.

Here's what you'll need:

- black-and-white print newspaper
- ruler
- marker
- scissors
- 6-ounce can, such as a tomato paste can, for a mold. Use a larger can or plastic water bottle for a bigger pot
  - tape
  - fresh seed-starting potting soil
- seeds packaged for 2018, such as parsley, tomatoes, peppers, squash, cucumbers and melon. (Carrots, beets and radishes do best when sown directly in the garden)
- wood craft sticks for markers
- waterproof tray, such as a recycled deli container Here's the fun:
- 1. Help your child measure and cut a 6-by-22-inch long strip of newspaper (for a bigger pot, use a larger can and adjust newspaper size accordingly).
- 2. Set the can sideways along one end of the newspaper strip. Leave about 1 3/4 inches beyond the base of the can. Your child will enjoy rolling the newspaper evenly around the can to make a cylinder. Add tape at the end to secure paper in place.
- 3. Starting at the outer seam, fold the paper edge several times over the bottom of the pot to create a flat base. Tape in place. Remove can and fold the top of the pot inward 1/2 inch to form a rim.
- 4. Fill pot with moistened soil. Plant seeds and water. Write plant name on a wooden craft stick and insert it in the pot. Set on the waterproof tray.

Repeat with more pots and seeds.

Keep pots out of direct sun until seeds sprout, then move to a sunny window. Water when dry to the touch, being careful not to overwater.

When ready to transplant, bring the plant-filled tray outdoors for a day to adjust, then plant the whole pots in the ground or in a container on your deck.

TIP: Make and plant seed-starting pots with other families and share the seeds.

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### **King** Crossword

### **ACROSS**

- Old clothes 5 Chantilly, for
- 9 Wicked
- 12 Persian Gulf nation
- 13 History chap-
- 14 Wish otherwise
- 15 Options list
- 16 Shopping
- area
- 17 Raw rock
- 18 Long story 19 Japanese
- sash 20 Trade
- 21 Operate 23 Barrister's
- 25 Tools for
- duels 28 Poinsettia
- family 32 Downright
- 34 Trojan War
- hero 36 Siesta cover 37 Whatever
- amount 38 Victory sign
- 39 Put something over
- 42 Shelter 44 Arp's style
- 48 Likely

- 49 Elliptical
- 50 Physical 51 Dog's doc
- 52 Rapid 53 Choir voice 33 Wouldn't shut 54 Tokyo's old
  - name 55 Start the pot 56 Welsh
  - emblem
  - DOWN 1 Optician's
  - selection Vicinity
  - Jets or Sharks
  - 4 One of a daily trio

- 5 Slot machine losers
- 6 Spirited horse 35 Forest-related
- Tooth decay "Guinness
- Book" suffix 9 Forehead
- 10 Emanation 11 Profound
- 20 Roosevelt program
- 22 City-related 24 Binge
- 25 Health resort
- 26 Hearty brew
- 27 Burger holder 47 Uncontrolled
- 29 Genetic abbr. 49 Son-gun link 30 Red-staters'

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### *MAGIC MAZE* ● CURVED

LVROLIFCZWTQHNK IHFCZWURPTMOJHE CZOXUASQNNCLJGE C(GOOSENECK) ZXVTR PNSLKJCAEHECAYW EHCRASVYNTRPNLK IHGEECSBZAPXWUS RPTRBTOMLJBRIGE DBCYIATUSKSWALC YXWCCBREKCOROHU

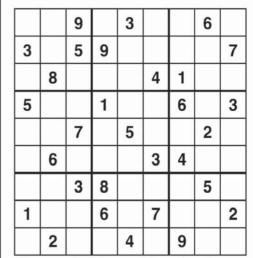
TSKQPSSALTUCOBN Find the listed words in the diagram. They run in all

directions forward, backward, up, down and diagonally Hockey stick Banana Rocker Crescent Beaks Cutlass Hook Scythe Bow Gooseneck Letter "s' Tusks Harp Ribs

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### Weekly **SUDOKU**

by Linda Thistle



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

### **DIFFICULTY THIS WEEK:** ♦◆

♦ Moderate ◆◆ Challenging ♦♦♦ HOO BOY!

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### Amber Waves







WSW

36 Slim and trim

39 Most popular,

for short

40 Pundit's col-

Bailey" dog

43 Sunrise site

45 Wheelbase

46 Birth certifi-

terminus

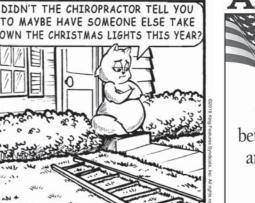
umn

41 "Beetle





Just Like Cats & Dogs





"There's zero correlation between being the best talker and having the best ideas." —Susan Cain

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### Mega Maze

### **HOCUS-FOCUS**

by Dave T. Phipps



Find at least six differences in details between panels.



4. Arm is moved. 5. Sign is missing. 6. Log is smaller. troll is missing. 2. Cap is different. 3. Sun is missing. New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

## STICKELER

You may know a pentagon has five sides-a hexagon--six sides and an octagon--8 sides...but can you match these polygon names with their number of sides?

- 1) Hexdecagon
- 2) Hectagon
- 3) Enneadecagon
- 4) Myriagon 5) Triskaidecagon
- B. 10,000 sides C. 13 sides
- D. 16 sides E. 100 sides

A. 19 sides

### LAFF-A-DAY



"...Have a nice weekend."



### Poland student gains 'great experience' from Pen in Hand writers' conference

Poland Central School District sophomore Bailey Dunn joined students from across the region for the recent Pen in Hand writers' conference — learning not only about writing but also about the interests she shared with other students.

"It was like, 'Wow, there are a lot of people who love to read and write," she said.

Pen in Hand took place on Friday, March 9, and Saturday, March 10, at the Travel Lodge in Little Falls. The event featured four authors who did readings, workshops and craft talks. Students also participated in peer-led workshops by student organizers and had an open mic night on Friday.

"It was a great experience," Bailey said. Poland English teacher Michael Gagnon encouraged Bailey to apply for the conference and gave her the form, she said. She sent in the application along with some poems she had written. She was accepted and was thankful that the school covered her costs of attending, she said.

Bailey, 15, wants to become an English teacher and hopes to keep writing poetry on the side and have her poetry published.

"I really like to write," she said. "I try to write as often as I can."

The open mic night at the conference provided a rare opportunity for Bailey to participate in a "slam poetry" style event, she said.

"So, it was nice to have that — especially because all the people there are fellow writers," she said.

During the open mic night, Bailey read from her application submissions and other work she wrote.

Of the featured authors at the event, two were poets and two were novelists. There was a store set up with books and shirts, and Bailey bought some books and had them autographed by the au-

The author craft talks were about getting a feel for writing, getting into a routine and finding your spot as far as what you like to write. The author and student-led workshops involved writing and discussing.

One activity involved going around with each person saying one word to collectively tell a story. Other activities involved working on character development and writing in response to prompts or using MacGuffins.

In one workshop, students were asked to pull an item out of their pockets and make that item the MacGuffin of their story. Bailey went with a large lip balm.

"So it was pretty interesting because some of us pulled some pretty weird stuff out of our pockets," she said.

Another time, students were asked to select a food they don't like and make

that the MacGuffin of the story. Bailey chose calamari as the food she doesn't like. Most of her story took place 10 years in the future, and the character wanted calamari, but it was nearly impossible to find anymore because it was discovered that calamari gives superpowers, she said, with a laugh.

Bailey is able to keep in touch with students from the conference thanks to a Snapchat group chat that student organizers set up. There were originally supposed to be 64 students in attendance, but there were only 21 this year because of the winter weather, so it resulted in a tight-knit group of students, she said.

### Consumer alert for older adults

Herkimer County Office number in Adams, NY. All for the Aging/NY Connects has been made aware of a phone scam that has been occurring in Herkimer County. Several older adults have reported that a caller posing as Medicare have called their home and asked for their name, age, and social security number. The caller was calling from a

residents should NEVER give name, age or social security number to anyone that calls you on the phone posing from Medicare or any other government agencies. These agencies do not call you to ask for this information. If you receive a call like this just hang up. If you need additional

nects at 315.867.1121. Or visit our website at www.herkimercounty.org , Departments, then Office for the Aging, then links, Federal Trade Commission-Phone Scams.

information on scams or

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### **PUBLIC AUCTION** SATURDAY, APRIL 14th • 9:30 AM

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GOATS- 3 dairy goats does (1 alpine/obershasli, 1 alpine/Nubian, 1 toggenburg, all proven); 2 Pygora C class fiber goats, self shedding (1 ewe 1 wether); 1 nigerian dwarf wether. RABBITS: 4 long haired mini rabbits.

LIVESTOCK FARMING SUPPLIES & GEAR: Heated buckets, rubber and plastic buckets, Sheep/goat wire panels, Sheep/goat wire stall panels-4'x4', 5', 6' lengths, some 3' high with screw style connectors; 2 customer built Premier style feeders - 8' and 10'; Water troughs-rubber, plastic & metal, from 12 gallon to 100 gallon; assorted rubber and plastic feed holders-hanging types and dish types; bunk feeders; hog feeder; various types/sizes of hay feeders; solar heater waterer; first aid kit with meds, syringes, hoof trimmers, etc; Premier electric sheerer; Wahl electric trimmer; Transportation cages-chicken crates, several wire dog crates, various sizes, large enough for sheep/goats; Water storage-125 gallon horizontal leg tank, 3-275 gallon water storage cubes; Chain link fencing -

6' high rolls; solar fence chargers; electric fencing and fence wires/tapes and posts; Horse coral fence panels with gates; Livestock portable fence panels with gates; Sleds-deep style for hauling hay bales or hunting quarry; rabbit hutches-several styles & sizes; fuel storage tanks-1 diesel, 1 gasoline; NIB Maglight heavy duty flashlights (6 or 8); RTC48 Brush Hog 3 pt. hitch rototiller.

HORSE TACK: 2 English saddles, 2 Western saddles; dual purpose halter/bridle-draft sized; standard sized bridle; breast collar; halters; pony driving gear; draft driving gear (no collar); floor stands for saddles; wall mounted halter/bridle racks; Grooming gear-brushes, combs, hoof picks; 2 metal/wood low profile chicken tractors; Horse grazing muzzle with crow, Weaver size med. new with tag; Riding gear-cowboy hat, oil cloth outback hat, cowboy boots, half chaps, duster coat.

OUTBUILDINGS: Greenhouse; 2 run in sheds, 2 storage or hunting cabin shed; 2 storage sheds current set up with chicken houses; 2 mini sized run in (needs repair).

HOMESTEADING & KITCHEN SUPPLIES: Maple Syrup tapping and cooking gear; Apple press; NIB All American pressure cooker/canner; Excalibur food dehydrator, tomato press; apple peeler; canning jars; Blank egg cartons, Various sizes with labels and rubber stamps large variety of kitchen tools, hardware, dishes; Whirlpool 19 cu. ft. refrigerator, brush stainless steel doors, good working condition, ice maker; Sewing Machine in cabinet; Seed starter supplies-warming pads, grow light stands, lights; Tools-vintage and

HOUSEHOLD-MISC: Coleman 3 room 8 person tent; Small Buckboard driving wagon, single horse; 10x10 pop up canopy for markets or picnics; Office-laminator, printer, air cleaner; 60 gallon rain barrels; Footed bath tub, antique; Green porcelain bath tub, vintage; Sunfish sailboat, complete; Clothes line posts, wooden; propane heater, propane tanks, Framed artwork; Cross Country skis and boots, Snow shoes; 2 rolls of snow fencing; Large lots of boots; Large lots of videos and DVD; Clothing(girls, womens, many sizes, all seasons); Stuffed animals; Schleich horse barn toys set and toy animals; Asst. of work & muck boots; Asst. of work, gardening & winter gloves; 2 ladies 3 speed bikes-one with basket, saddle bag holder; Bike gear-helmet, saddle bags, light, locks; Beddingtwin sheets, double comforter, 2 handmade quilts (one Amish, one Mohawk), blankets; Vintage clothes hamper-metal, tole painting, quilting fabric; Box lot of T shirt for wearing or crafts; Baby monitor 3 pc set-Summer brand with B&W portable monitor & desk top color viewing monitor; Nintendo Wii with games & accessories.

FURNITURE: Gun cabinet; Antique bed, Antique dresser; wood book shelves-variety of styles, sizes; kitchen/workshop cabinets; Iron/glass plant stand; Victrola-cabinet style, working condition; storage cubes; Futon sleeper couch-gueen sized mattress/cushion, wood & metal frame, black mattress; Antique Chinese Herb cabinet; 3 Vintage and new wooden desks, various styles; Wooden video/DVD CD storage cabinet;

FIBER & OTHER CRAFTS: 2 floor looms; Antique flax spinning wheel; 2 sets of Viking combs - 1 single row fine, 1 double row fine; drum carder; Antique yarn weasel; 7' triangle loom; Large selection of beads and other crafting materials; Mannequins and display pieces of shows; Fiber dyes and much more.



SALE HELD FOR: LAUREL SHAVER

HOT FOOD AVAILABLE DAY OF SALE All announcements day of auction take precedents over advertisements.

518-993-2543 Auction Zip #18971

### Weekly SUDOKU —

### Answer

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

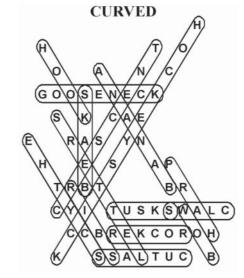
### — **King** Crossword — Answers

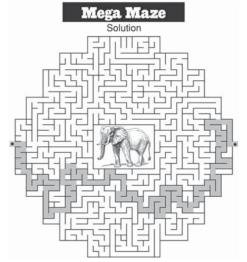
Solution time: 24 mins.

R	Α	G	S		L	Α	С	Ε		В	Α	D
1	R	Α	Q		Е	R	Α	S		R	U	Е
М	Е	Ν	U		М	Α	R	Т		0	R	Е
S	Α	G	Α		0	В	T		S	W	Α	Р
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٧	Е	Т		F	Α	S	Т		Α	L	Т	0
Е	D	0		Α	N	Т	Е		L	Е	Е	K

### Stickelers Answer

1--D 2--E 3--A 4--B 5--C





### VHS nurses receive certification in Skin And Wound Care Management

HERKIMER, NY – Six VHS registered nurses have received their certification in Skin and Wound Care Management after completing the coursework training in January 2018. Board certification was proctored by the National Association of Wound Care and Ostomy (NAWCO) which is held onsite at the Wound Care Education Institute.

This world-class wound

care education was facilitated by instructors of the Wound Care Education Institute (WCEI) Plainfield, IL. The Skin and Wound Care Management course offers an evidence-based approach to wound management with current standards of care practices to keep clinicians legally defensible at bedside. Additionally, the Skin and Wound Care Management course is

designed to provide participants with best practices in wound care and the science behind healing wounds.

This opportunity is just one of Valley Health Services' initiatives to provide professional development activities for staff in an effort to better serve our residential population with equal emphasis on mind, body and spirit.

L-R: Front row — Nursing Care Coordinators / RNs, Michelle Phillips, Jordan Buckbee, and Nicole Conkling. Back row — Nursing Care Coordinator / RN, Vicki Shaut and RN / Director of Staff Development & Infection Control, Tammi King. Missing from photo is Laura Pedrick, RN, Assistant Director of Nursing.

### **Good Housekeeping**

### **Broiled Brown-Sugar Bananas**

A sweet, satisfying dessert with just four basic ingredients. Ready to serve in just 10 minutes.

- 4 ripe medium bananas, unpeeled
- 2 tablespoons brown sugar
- 1 tablespoon lower-fat margarine
- 1/8 teaspoon ground cinnamon
- 1. Heat broiler. Cut each unpeeled banana lengthwise almost in half, being careful not to cut all the way through and leaving 1 inch uncut at banana end.
- 2. In cup, with fork, blend together remaining ingredients. Place bananas, cut side up, on rack in broiling

pan. Spoon brown-sugar mixture into split bananas.

3. Place pan in broiler at closest position to source of heat; broil bananas 5 minutes or until browned. Serve bananas in skins, and use spoon to scoop out fruit. Makes 4 servings.

\* Each serving: About 150 calories, 2g total fat (1g saturated), 20mg sodium, 34g total carbohydrate.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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SUMMER





### Whatchamacallits



315.450.2230





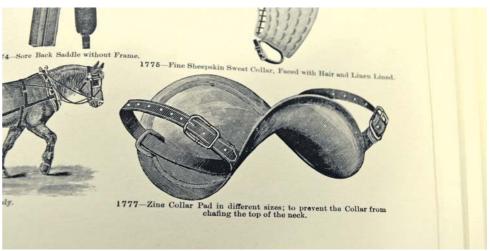
Recently we asked for your assistance in naming these particular Whatchamacallits, submitted by one of our readers. The only things we knew about this item was that it was made of some sort of metal and was about five inches in length.

The three Whatchamacallits are ac-

tually all the same. These are zinc collar pads. They were used to prevent chafing the necks of draft horses. The collar pad would have leather straps to hold the pad in place as well as keep any buckles off the horse. The pads could also be made out of tin.

These collars date back to the late 1800's, probably from the Zinc Collar Pad Company, owned by Dexter Curtis. The business was located in Michigan and thrived until it was sold after the turn of the century.

Photo courtesy of Valley Health Services



### Mohawk Valley Rotary welcomes HealthNet director

HealthNet is proposing new community center in southern Herkimer County.

HERKIMER, NY - Rotarians were pleased to welcome Dr. Thomas Curnow, Executive Director of Herkimer County HealthNet at their recent meeting. Herkimer County HealthNet is proposing the establishment of the Valley Community Center serving the

southern portion of Herkimer County. An initial community assessment completed in 2017 suggested that there is an interest in a community center. The vision is for the Valley Community Center to serve an intergenerational population from children to older adults.

The Community Center would provide services and/or programming focused on such core areas as health and wellness, social activities, fitness, learning and education, creative arts and group activities.

Additionally, the Center will partner with other existing community services and programs. Benefits of an intergenerational center include, social networks that build connections across ages, increased community engagement, builds community capacity and contributes to improving the well-being of the community-at-large. HealthNet has established a workgroup of representatives from the non-profit, education, county government offices and healthcare sectors to work collaboratively on the establishment of the Valley Community Center.

Anyone interested in more information or joining in the work to make this center a reality should contact Herkimer HealthNet at 315.867.1576. For more information on the Mohawk Valley Rotary Club contact www.facebook.com/MohawkValleyRotaryDistrict7150.

### PUBLIC AUCTION

### **Antique Farm Equipment & Tools**

### Saturday, April 21st • 10:00AM

Location: 259 Buel Rd., Sharon Springs, NY 13459

1984 BMW 131,063 miles w/good title; Antique Doctor's buggy; Farm Equipment; Threshers; Hand Plow Collection; Antiques, Much More. Sale Held for Charlene Wren



Auctioneers Note: This is a collection that the Wren Family has worked on for many years. Come and join us for an old fashion country sale.

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**Watch for Complete Sale Listing!** 

### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock

Monday, Mar. 26th - Sold 463 head. Cull Ave. \$.50 Top Cow \$.68, Bulls/ Steers \$.58 - \$.70, Bull calves top \$1.10, heifer calf top \$1.05, Goats top \$205, Lambs 45#-79# \$1.50- \$2.70, Lambs 80#- 98# \$1.75- \$2.00.

Mon. April 2nd - Normal Monday sale & Monthly Fat Cow & Feeder Sale. SPECIAL: Bill & Bambi Norman - Complete Registered Jersey Herd Dispersal Selling 33 head with 20 milking age 3 bred heifers balance youngstock. SCC 75,000 milk test ave. for last 6 mths 4.96%F 3.8 P. Special highlights: Wisteria sired by Minister potential EX fresh in Nov. bred back to Circus Craze her Dam EX w/ 3-05 20700 6.0 1246 3.8 786. 2nd D: EX w/ 5-01 24150 4.9 1193. Also her 2yr. Dtr by Colton will catch your eye. \*Clueless sure to score high she is fresh in Oct. bred back to Rockstar & due in Sept., Dam EX93 w/7 records ave. over 20,000, next dam EX91 w/21,000 of 4.6. She sells with her Valor dtr. Bill & Bambi started this herd as a retirement hobby purchasing only the best calves & heifers they could find. They have developed them superbly to be this outstanding herd. This herd is as good as you will find anywhere. If you need a show age calf or fancy young cow this is the sale for you! This herd would not be for sale if it were not for recent health issues. **Also** Special: Raging-Brook Farm, Davenport Center. Selling their 40 Cow dairy - Al sired mostly Holsteins, 2 Guernseys, 1 Blue cow. Ave. 65# 3.8F 3.1P. SCC 180,000. 38 cows milking w/1st & 2nd Calf. Falls Pride sends 3 Registered Jerseys 2 due in April and 1 in May sired by Valentino, Galvinize, Barnabas Dairy starts at 1:00PM.

**Mon. April 9th** - Normal Monday Sale & Monthly Heifer Sale

Sat. April 14th - Alfred State College Spring Fling - sale held at Alfred College Accepting consignments for this sale also - Registered all Breeds.

Monday, April 16th - Normal Monday Sale Monthly Lamb, Goat, Pig Sale. Special: Spring Beef Turnout Sale - a group of 30 Angus feeders - 10 heifers ready to breed this spring the rest feeder bulls. Call to advertise you group of cattle it makes a difference.

Sat. April 21st - New Berlin, NY. Annual Spring Consignment Spring Machinery Sale & Plant, Shrub & Tree Auction. Call today to have your equipment advertised!

Mon, April 23rd - Normal Monday Sale & Monthly Organic Day Friday. April 27th - 11:00 AM sale held on the farm Cherry Valley, NY. Van-

Acres LLC, Complete Registered Holstein Dispersal. 75 Milking age & 75 youngstock. Watch future ads for more details!

Mon. April 30th - Normal Monday Sale

Mon. May 7th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale SPECIAL: Belle Hill Farm, Poland, NY - Complete Herd Dispersal. 170 Head of Dairy Cattle - 84 milking age, balance bred heifers & youngstock. This herd consists of Holsteins, Jersey, Jersey Cross, Guernseys, Ayrshires Linebacks. Cows are ave. 50#, SCC 150,000 strictly Hay & Grain - top grazing herd.

Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates

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L-R: Bonny Brownrigg, Michele Hummel, Roger Skinner, Elyse Enea Bellows, Dr. Curnow and Rocco Lamanna. Photo courtesy of Mohawk Valley Rotary

### JR's Auction

7403 St Hwy 5 • St. Johnsville, NY 13452 • (518) 993-4668

### **FARM MACHINERY CONSIGNMENT AUCTION** Also Small Animals, Tools, Equipment. Sat April 14th 10:00am

Looking for Hay Equipment, Machinery, Tractors, Lawn and Garden, and much more!!!!

If you have consignments now is the time!!!!!

### **GUN AND AMMUNITION CONSIGNMENT AUCTION Wednesday April 18th 6:00pm**

Looking for Guns, Ammunition, Sporting Goods and Fishing Tackle Consignments!!!

Already Consigned is a Ruger Pellet Gun, Like New Highlander Compound Bow (retails over 500.00) Thompson Center 56 Calibe
Black Powder Rifle, and more still coming!!!!If you have consignments now is the time!!!!! Consign Early!!

### **UPCOMING!!!**

On Site Farm Auction Sat April 7th 9:00am • Farm Machinery Consignment Auction Sat April 14th 9:00am St Johnsville Huge Flower Consignment Auction Sat May 5th 9:00am in St Johnsvil

HUGE 2 Day Consignment Auction at the Fordsbush Produce Auction Friday & Saturday May 11th & 12 Heifers, Machinery, Equipment, Tools, Shrubs, Flowers, Crafts, Furniture, Sheds, Carriages, and more!! On Site Welding Shop Auction (John Fisher Welding is changing ownership and selling) Sat May 19th 9:00am 170 Youngs Rd Fort Plain NY



### Herkimer County Soil and Water 19th Annual Cooperator's Dinner

Soil and Water Conservation District (SWCD) held its 19th Annual Cooperator's Dinner on March 26 at Francesca's Banquet Hall in Ilion. Approximately 75 people attended the dinner, which featured award presentations as well as updates from the SWCD and Herkimer County Dairy Princess Connie Louise Frasier.

Each year the Herkimer County Soil and Water

owned and operated by Tim and Cindy Powers. This West Winfield farm has been in operation since 1995. The main product sold is goat cheese: including eight flavors of Chevre cheese, Feta and Havarti. The cheese production is supported by 32 goats and 45 acres of pasture and hay ground. Poplar Hedge Farm also raises pigs, beef, laying chickens, meat chickens and turkeys.

Conservation planning

nure management, a barnyard system, and a milkhouse waste system were identified as priorities — all practices to preserve the nearby water quality. The manure compost facility was constructed in 2014 and the covered barnyard was completed in 2016.

Tim and Cindy continue to work with the Soil and Water Conservation District to further conserve and protect water quality in the Upper

practices are in the design phase: roofwater drainage and an access lane. This will further enhance the water quality on the farm. Future plans for the farm include expanding the varieties of cheese made and hiring a part time sales person.

James F. Huxtable was a devoted and dedicated Herkimer County SWCD director for 25 years. This award, in his name, is



The Herkimer County Dairy Princess and her court attended the dinner: (L-R) Ashely Teachout, Connie Louise Fraiser (Dairy Princess), Isabella Allen, Natalie Teachout, and Katie Livingston

ognizes a local landowner who has exhibited a sincere commitment to agriconservation cultural principles by giving its Conservation Farmer of the Year Award. The SWCD staff and Board of Directors selected Poplar Hedge Farm as the conservation farmer for 2017. Poplar Hedge Farm is

Conservation District's Agricultural Environmental Management (AEM) Program began in 2010. The farm's needs were identified and, based on the proximity of the farmstead to a stream and wetland, the Powers had a Comprehensive Nutrient Management Plan completed. Proper ma-







Katie Whitcomb (left), SWCD Technician, presented the Conservation Educator award to Nicole Mc-



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### **DINNER** from 10

presented annually to in- shown a strong commitdividuals who have ment to the Herkimer



Scott Healy received the 2017 James F. Huxtable Memorial Award from Deb Michael, SWCD Office Manager.

County SWCD programs. Scott Healy was chosen to receive the 2017 James F. Huxtable Memorial Award to show our appreciation for his willingness to help others and to assist us with the Farm and Home Safety Day.

Healy is the Supervising Forester at the Herkimer DEC. Prior to working in Herkimer, he worked for the Sherburne DEC office, Saratoga Tree Nursery, International Paper, and U.S. Army Reserves. He has been avidly involved in Boy Scouts his whole life.

Healy has participated in Herkimer County Farm and Home Safety Day since 2006. Scott educates the students about Poison Ivy/Poison Oak safety. Scott hopes that by teaching the students how to identify these plants and what to do after coming into contact with them, they will hopefully go on to teach their families and friends, and



Shown L-R are Gerry Smithson, SWCD District Manager and Cindy and Tim Powers, Conservation Award Recipients.

help to avoid someone ending up with a nasty situation! He also assists with education at Conservation Fields Days.

Nicole McDaniels, a science professor at Herkimer College and SUNY Polytechnic Institute, was selected to receive the 2017 Conservation Educator Award. This award is given to an indi-

vidual who shows great devotion in their career as well as personal life to educating people in the subject of conservation.

McDaniels goes above and beyond her role as conservation educator with her involvement as advisor to the the Herkimer College Science Club, the science liaison for the College Now program, and has served as a judge for the Herkimer County Science Fair. She has also been an asset to the Herkimer County Envirothon. Nicole has been the Current Issues Instructor for the past five years and has been an instrumental link between the event and Herkimer College event staff.

McDaniels will tell you that her favorite part about the Envirothon is the "aha" moments, when something clicks for the student. She gets excited to see the students get excited. She said, "Especially

in biology, students learn so much about themselves and the world around them that they may otherwise have never known."

Technicians, Katie Whitcomb and Rachel Radicello, provided updates of District programs in 2017 and SWCD manager, Gerry Smithson, concluded the evening by providing closing remarks which highlighted recent achievements. The district continues to move forward with the new hydroseeding program, invasive species management, and hosting educational events. The district also provides technical advice to municipalities and private landowners alike for drainage systems, numerous agricultural projects and streambank stabilization projects.

The Herkimer County SWCD congratulates all the award winners and sincerely thanks everyone who attended the dinner.





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### **Strange But True**

### by Samantha Weaver

- The unknown soul who made the following sage observation must have been a keen observer of events: "A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground."
- Swedish chemist and engineer Alfred Nobel, famed inventor of dynamite and originator of the Nobel Prizes, could

speak five languages fluently by the time he was 17 years old.

• Most languages change dramatically over time. If we in modern America were to try to read, say, "Beowulf" (which was written in Old English), only those who have spent time studying the language would be able to make out more than a word or two here and there. If you're from Iceland, however, this isn't the

## case; the written language there has remained virtually unchanged for more than 1,000 years. Modern Icelanders have no trouble reading sagas that were written in the 10th century.

- Those who study such things say that fully one-third of all your brainpower is used for vision.
- At some point in your life you've probably gotten your hands gooey with papier-mache, whether you were making crafts yourself or helping your kids. You may not have realized, though, that the term "papier-mache" means "chewed-up paper" in French.
- You might be surprised to learn that

there are people who study how air quality, humidity, the hardness of the water and pollution affect people's hair. According to these researchers, the worst American cities for your tresses are Corpus Christi, Texas; Olympia, WA; and Pittsburgh.

Thought for the Day: "Jobs are like going to church: It's nice once or twice a year to sing along and eat something and all that, but unless you really believe there's something holy going on, it gets to be a drag going in every single week." — Thomas Michael Disch

(c) 2018 King Features Synd., Inc.

## **Kuyahoora Rotary** — **Student of the Month**

Olivia Johnson, a senior at the West Canada Central School, was chosen by the Kuyahoora Valley Rotary Club as their February 2018 Student-of-the Month. She is a top notch academic student and a member of the National Honor Society. In addition, she is a band and chorus member and has participated in All County and All State performances over the years. Olivia is captain of the West Canada swim team and also runs in track meets. She was chosen to represent her school at Empire Girls State as well. She is currently participating in the Regional Program for Excellence.

Olivia plans to attend either the Word of Life Bible Institute or Onondaga Community College to become certified as a music education instructor. We are so proud of her and gave her a \$100 award for her good work.



Olivia plans to attend either the Word of Life Bible Institute or Onondaga Community College to become certified as a music education instructor.



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- Endurance Commercial Engine

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### Arc Herkimer's Employment Division moves to better serve job seekers

HERKIMER, NY — Career Connections, a division of Arc Herkimer, has moved to 257 N. Main Street in Herkimer, NY to serve better individuals seeking employment.

Arc Herkimer President/CEO Kevin Crosley said, "We are delighted to join other tenants in more centralized offices in the Village of Herkimer as we are all working together to put people to work. Career Connections had a stellar year in 2017 assisting individuals with disabilities to work toward and to find employment. With several new programs in place, including our Youth Services program in collaboration with Herkimer Working Solutions, we look forward to another outstanding year working with people, our partners and area businesses."

Career Connections is located in the same building with the Herkimer Working Solutions Career Center and the New York State ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation) offices. All three organizations work together collaboratively for vocational rehabilitation and to assist job seekers, workers and businesses in Herkimer County to find employment and employees.

Career Connections hours are 8 a.m. to 4 p.m., Monday through Friday. Walk-ins are welcome

Career Connections assists individuals with disabilities, ages 16 and older, in obtaining meaningful employment, based on each person's interests, skills and needs. Services are provided in a variety of settings. Disabilities can include developmental, intellectual,

physical and psychiatric. All activities and opportunities support people in achieving their vocational dreams and establishing their place in the community. Career Connection's employment training services include school to work programs, educational opportunities, job-readiness programs, internships and career exploration and training programs. For more information on Career Connections programs, call 315.574.7883 or visit www.archerkimer.org.

The Herkimer Working Solutions offices entrance is located in the back of the site at 320 N. Prospect Street in Herkimer. For more information, call 315.867.1400 or www.working-solutions.org.

To learn more about New York State ACCES-VR and the Utica District Office, visit www.acces.nysed.gov/vr/utica-district-office or call 315.793.2536 or toll free 800.624.6206.



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### **CNA class graduates from VHS**

HERKIMER, NY — Five students graduated recently from the first CNA program of 2018 held at Valley Health Services. The CNA program is comprised of 120hours of classroom and clinical instruction including communication and interpersonal skills, basic nursing

and personal care skills, mental health and social service needs, care of cognitively impaired residents, basic restorative services, residents' rights and supervised clinical training with nursing home residents.



Pictured are (L-R) Kristy McCarthy, Sidney Ingraham, Mariya Daukontas, Nicole Foley, Cindy Kerber and Tammi Kina. Instructor.

Photo courtesy of Valley Health Services







14 • April 6, 2018 COUNTRY EDITOR

### Want healthier kids? Get a pet

If youngsters have been eyeing fuzzy kittens or boisterous puppies at nearby shelters or pet stores, parents may want to give in to those cries for a family pet. Pets are added responsibilities, but the health benefits associated with pet ownership may be well worth the investment of time and effort.

Caring for a pet is sometimes viewed as a childhood rite of passage, but there's much more to the experience than just learning responsibility. Experts say a child's emotional, cognitive, physical and social development can be enhanced through interaction with a family pet. Studies continue, but the effects of family pets on children was heavily researched by developmental psychologist Gail F. Melson in 2003. Melson looked at literature on child-animal relationships and found that children who had pets were better able to understand biology and children who could turn to pets for unconditional emotional support were less anxious and withdrawn than their peers without family pets

Data from a small study conducted by researchers

to turn to.

at the Cummings School of Veterinary Medicine at Tufts University reported that adolescents who had animal experience were more likely to see themselves as important contributors to communities and more likely to take on leadership roles.

Pets also can help children develop into wellrounded individuals. Playing with a pet requires children to engage in physical activity and can help stimulate motor skills. An English study conducted in 2010 and published in the American Journal of Public Health found that children from dog-owning families spent more time in light or moderate to vigorous physical activity and recorded higher levels of activity counts per minute than kids whose families did not own a

Pets may help with allergies and respiratory ailments as well. A 2012 study by the American Academy of Pediatrics discovered that children who have early contact with cats and dogs have fewer respiratory infections and ear infections and need shorter courses of antibiotics than children who have not had contact with pets.



Pets can contribute to cognitive, physical and emotional wellness in children.

A study from Dennis Ownby, MD, a pediatrician and head of the allergy and immunology department of the Medical College of Georgia, found that having multiple pets decreases a child's risk of developing certain allergies. He found that the children who were exposed to two

or more dogs or cats as babies were less than half as likely to develop common allergies as kids who had no pets in the home.

Pets also may foster social interactions, which can benefit children who are shy. Inviting others over to meet pets can children make friends and find others with similar interests. Children may also confide in pets and develop their self-esteem.

Studies have indicated that the type of pet a familv has, whether it's horses, dogs, snakes, etc., does not matter, as all companion animals have the potential to benefit children.

### Dr. Larry J. Melo, D.D.S. Dr. Shazia P. Khattak, D.M.D.

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A community blood drive will be held on Monday, April 9, from noon to 5 p.m. at the Little Falls Elks Lodge. Each donation can help save up to three lives. To schedule an appointment, download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1.800.733.2767). Donors can save time by using RapidPass to complete their predonation reading and health history questionnaire online on the day of their donation from a computer or laptop. Visit redcrossblood.org/RapidPass to get started. Walk-ins are welcome.









### **Kovels: Antiques and collecting**

### by Terry and Kim Kovel Floral Platter

Spring brings flowers, and lately designers are using more floral prints than usual for fabrics and designs. But a picture of a plant as a decoration on dinnerware is an old idea going back to at least the 1600s. In 1761, an Encyclopedia of Danish Flowers (Flora Danica) was commissioned by King Frederik V of Denmark. Thousands of hand-colored illustrations from engraved copper plates were made that accurately showed the wild flowers and plants. It was not completed until 1874, but some of the drawings were used to decorate a banquet service in 1790.

The first Flora Danica dinner set of 1,802 pieces was made for King Christian VII to give as a gift to Empress Catherine II of Russia. It is said it was to make up for not helping the Russians in their war with Sweden. Catherine the Great died before the set was finished, so it stayed in Denmark. The remaining 1,530 pieces belong to Queen Margethe II, and some have been used for special occasions.

You can still buy new dishes from the Royal Copenhagen factory or old ones at antiques shops and auctions. It is said to be the only 18thcentury set that is still

being made. Each piece has a single plant pictured as the decoration. Dishes can be ordered with the preferred plant.

A Flora Danica platter recently sold for almost \$1,000. It was decorated with "Verbascum Thapsiforme Beuspidatum Shad." We call it a mullein or velvet plant. The tall yellow flowers are used in herbal medicine. Today there are more than 300 varieties of mullein, and more are being propagated to get more flowers, shorter flower stalks and other changes. If you own a Flora Danica piece, be very careful. Even a tiny chip in the notched edge can lower the price by half or more.

**9:** I bought a Belleek creamer and sugar bowl decorated with a yellow ribbon and bow back in the 1960s. The marks has a circle "R" over a harp and the words "Belleek, Ireland" and "Deanta in Eirinn, Reg. No. 0857." The sugar bowl has a green mark and the creamer a black mark. Why are the marks different colors?

A: The black mark with the words Deanta in Eirinn was used from 1926 to 1946. The green mark that is the same, except for the color, was used from 1946 to 1955. A sugar and creamer pair usually have the same marks since they were

TWO FEET

bought at the same time. Belleek made some patterns for many years, and you may have a replacement for a broken piece.

TIP: Your cellphone's camera is a magnifying glass. Focus on the mark-

ing you want to read and go in for a close-up. It is great for ceramics or prints, but a little difficult for metal because of glare. No need for a ruler and a magnifier anymore. Now you can go to a show

with a dollar bill (a 6-inch ruler) and a phone.

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

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This 20th-century Flora Danica porcelain platter is 18 1/2 inches by 14 1/4 inches. It features a tall, yellow mullein flower. The dish is fully marked on the bottom with factory marks and the impressed number 3520. It sold for \$984 in a Skinner Inc. auction in Massachusetts.







### R.F.D.

# MY WEATHER APP SAYS WE'RE GONNA GET







## ea Church Services

**COLD BROOK** 

COLD BROOK
UNITED METHODIST CHURCH 467 Main St Sunday Worship 10:30 AM

DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Pat Andreoli

32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

### GRACE RAPTIST CHURCH OF DOLGEVILLE

Paster 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, Adminis

Rev. T. Healy, Sacramental Minister 31 N. Helmer Ave. Phone 429-8338 Mass 9 AM Sun, Mon & Wed

### FRANKFORT OUR LADY QUEEN OF APOSTLES 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 4 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM

### TEMPLE BETH JOSEPH

Rabbi Ronald Kopelman 327 N. Prospect St. Phone 866-4270 Friday 8 PM • Saturday 9 AM

HERKIMER 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

Rev. Quy Vo, Pastor 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 4 PM Sunday Mass 10 AM

### REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM

### OAK RIDGE FREE METHODIST CHURCH

Pastor Chris Schumske 838 W. German St. Sunday School (All Ages) 9:30-10:20 AM Worship Service 8:30-10:30 AM with iPraise for the children (K-5th grade) Phone 866-0575

### UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

### **NEW LIFE CHURCH**

Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

### TRINITY EVANGELICAL LUTHERAN CHURCH

Rev Ann Zimmerman Pastor Corner of West German & Henry Streets
Phone 866-6474
Sunday Services 8 AM Spoken Sunday Worship Service 10:30 AM with Music Bible Studies on Thursday Mornings at 10 AM

### THE SALVATION ARMY

Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM

### FIRST UNITED METCHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship 8:30 & 10am Sunday School 10am during school year

### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189

### 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

Rev. Jill Stellman 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) 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

ILION ILION COMMUNITY CHURCH Pastor Dean Mabry

44 Central Plaza Sunday Worship 10am Child Care/Kids Church Available ilionchurch.com

### SAINT AUGUSTINE'S EPISCOPAL CHURCH

Deacon Bev Jones 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM

### FIRST PRESBYTERIAN CHURCH

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

### FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise nday Worship 11 AM

### MORNING STAR UNITED

METHODIST CHURCH 36 Second Street Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion

### ILION ANNUNCIATION CHURCH

109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 pm; Sunday 11:00 am; Monday & Wednesday 9:00 am

### LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St. Morning Worship will begin at 10:15 AM Rev. Chris J. Wintermute will be speaking this morning. Nursery (infants through age 4) Junior Church (K-4) during Morning

### FIRST BAPTIST CHURCH CONTINUED

Worship Service
Sunday School Classes 9 AM
(nursery through adult)
Morning Worship Service 11 AM and is
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930 on the AM dial with a one week delay
Monday School Board Meeting 6:30 PM Tuesday Trustee Meeting 7 PM Wednesday Final Bible Study & Prayer Time at homes 7 PM Thursday Choir Practice 7 PM

### HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH

Father Rafael Dadello 615 E. Gansevoort St. Phone 823-0793 Sunday Mass 11 AM

### ST PAIII'S IINITARIAN

UNIVERSALIST CHURCH Minister Jeffrev J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM

### HOLY FAMILY PARISH OF THE Roman Catholic Community of Little Falls

Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PN Sunday Mass 10:30 AM

### **EMMANUEL EPISCOPAL CHURCH**

Father Steven A. Scarcia, D.Min, rector 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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### FIRST PRESBYTERIAN CHURCH

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### MIDDLEVILLE MIDDLEVILLE UNITED METHODIST

Rev. Robert Lindsay 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM

MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM

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Adult Sunday School (Men, Women
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September - June

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Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

MOHAWK Christian Bible Church H. Ed Reed, Pastor/Teacher 167 Ward Rd. Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

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### NEWPORT FIRST BAPTIST CHURCH

OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45am

### UNITED METHODIST

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### KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

### ST. JOHN THE RAPTIST CATHOLIC CHURCH

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### Plant a tree for Arbor Day

### by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Arbor Day is a day recognized in each state as a public celebration of spring and of trees. Church groups, schools, civic groups, towns, cities and private individuals commemorate this day by planting trees to beautify their yards and their communities. The date varies by state, depending on the climate and the best time for planting trees. Arbor Day is the first Friday in May in Vermont, the last Friday in April in New York, and even earlier in southern and some western states.

Historians claim the tradition of planting trees to beautify an area actually began in 1630 in the Massachusetts Bay Colony. It was in Boston, according to historical records, that the first shade tree planting for the "public good" occurred in the New World.

Arbor Day had its origin in the Great Plains in the 1800's. Settlers, arriving from the East, found vast open stretches of land but no trees. So they began planting trees on their farms and near their homes for shade, beauty, and to act as windbreaks and curb soil erosion. Julius Sterling Morton, a New York

native who later moved to Michigan and finally settled in Nebraska, is credited as the father of Arbor Day. An early conservationist and President Grover Cleveland's Secretary of Agriculture, he understood the importance of planting trees to prevent the loss of valuable topsoil. In 1872, as a member of the Nebraska Board of Agriculture, he pushed for a statewide day to celebrate tree planting. Being the editor of Nebraska's finest newspaper helped him to further his cause and that of trees.

Arbor Day was proclaimed an official holiday that year in Nebraska, and on one single day — April 10 — more than one million trees were planted in the state, prompted in part by the offer of prizes to whomever planted the most trees. Nebraska soon became known as the "Tree Planters State." Other states passed legislation during the 1870's to observe an Arbor Day. In 1882, this observance began in schools nationwide.

Trees provide more benefits than just shade and aesthetic beauty. According to the Arbor Day Foundation — the organization that now coordinates and promotes efforts related to this day (www.arborday.org) — like how trees "clean air and water, slow climate change, ease poverty and hunger, prevent species loss, and feed the human soul." Specifically, trees:

- Help cleanse and purify the air by absorbing carbon dioxide, catching dust particles and other pollutants, and giving off oxygen
- Moderate building temperatures and conserve energy by insulating homes and buildings and providing windbreaks
- · Reduce water run-off and soil erosion during storms
- Provide food for humans and animals from fruit trees
- Provide habitat for insects the main food of birds
- Screen out "eyesores" in the landscape and frame good views in addition to creating privacy
- Increase the resale value of homes

When planting trees for Arbor Day spring is one of the best times for planting trees — or any other time, ensure their good health by following proper planting procedures, proper follow-up care after planting, and proper tree maintenance.

This means selecting a tree species that grows well in your area and providing the right soil for healthy growth. Before you plant, it's a good idea to check the soil pH and fertility with soil tests.

Plant at the proper depth — the depth at which the "root flare" is at the soil surface. This is the area at the trunk base that flares outward. Often this may be buried beneath soil in a root ball or pot, so make sure to brush any top soil away until it is visible.

Wrap and stake the newly planted tree if necessary — if it will be exposed to frequent and heavy winds. Mulch around the base of the tree, but not up against the trunk. Making a "volcano" of mulch around the tree base, as is commonly seen, may kill that bark and eventually the tree over time. Following planting, water frequently and heavily once a week.

Good tree care also entails pruning when necessary, and proper fertilization. You should follow a sound maintenance program to treat pests and diseases. When horticultural chemicals are needed, always follow label instructions carefully to avoid misuse. For help in the selection and care of trees, consult the Arbor Day website, or professionals at your local nursery.

### Kitchen Diva

### by Angela Shelf Medearis Celebrate spring with Australian lamb

Come spring, I love cooking and serving Australian grass-fed lamb, especially the shank portions for dinner. I fell in love with braised lamb shanks years ago at the now-closed Kate Mantilini's restaurant in Beverly Hills, CA.

Lamb shanks can be served in many ways — as the main meat course with the braising sauce over a starch, picked off the bone and used as a filling for Greek-style gyros, mixed with barbeque sauce and placed on a toasted bun, combined with salsa and served in a taco shell, or used in casseroles, stews and soups.

The shank is the cut of lamb taken from the lower section of the animal's legs and can be from the front legs (fore shank) or the back legs (hind shank). The fore shank may include part of the shoulder, as well as part of the leg, while the hind shank will include only part of the rear leg. For detailed information about various cuts of Australian lamb go to www.trueaussiebeefandlamb.

Lamb shanks have a paper-thin membrane covering that should be removed. They also have a thin layer of fat, but are leaner than the sirloin part of a lamb. Once the shank has been properly prepared, seasoned and braised in the oven or simmered for eight hours in a slow-cooker, it practically melts off the bone!

You can make this delicious recipe ahead of time and warm up the shanks right before serving. I've also included a recipe for Lemon and Baby Spinach Fettuccini, which is the perfect spring side dish. The warm pasta and tender spinach soak up the flavorful braising liquid, and the lemon complements the shanks beautifully. Serve with a loaf of crusty garlic bread, and you'll welcome spring with gusto!

### **Braised Lamb Shanks**

- 3 tablespoons vegetable oil
- 4 lamb shanks (about 14 ounces each), trimmed
- 1 tablespoon plus 1/2 teaspoon kosher salt
- 1 1/4 teaspoons black pepper, divided
- 1 yellow onion, quartered
- 1 large carrot, cut into 2-inch pieces 4 garlic cloves, smashed
- 1 tablespoon red wine vinegar
- 1/2 cup grape juice
- 2 tablespoons Worcestershire sauce
- 1 (14.5-ounce) can crushed tomatoes

1/4 teaspoon ground cloves or nutmeg

1/4 teaspoon sugar

1 1/2 cups chicken broth 1/4 cup Parmesan cheese, grated

1/4 cup chopped fresh flat-leaf parsley

- 1. Heat oven to 300°F.
- 2. Heat oil in a large roasting pan over medium-high heat. Season lamb with 1 tablespoon salt and 1 teaspoon pepper. Brown lamb in hot oil, 5 to 7 minutes on each side. Remove from pan. Add onion, carrot and garlic cloves. Cook until slightly softened, 5 to 6 minutes.
- 3. Add vinegar, grape juice and Worcestershire sauce; cook 2 minutes, stirring and scraping bottom of pan. Stir in toma-

toes, cloves, sugar and broth; cook 2 minutes. Return lamb to pan; bring to a boil. Place parchment paper directly on lamb; cover pan tightly with aluminum foil.

- 4. Bake in oven for 3 1/2 hours. Remove foil, and bake until the meat falls off the bone or when a meat thermometer inserted in thickest portion registers 200°F, about 30 more minutes, turning halfway through.
- 5. Transfer lamb to a platter; cover loosely with the foil. Strain cooking liquid into a medium saucepan; discard solids. Add the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook over medium-high until reduced to about 3 cups, about 5 to 7 minutes. Spoon 1 cup sauce over lamb, and serve with remaining braising sauce. Sprinkle with Parmesan cheese and chopped parsley.
- 6. Serve over Lemon and Baby Spinach Fettuccini (see recipe below), rice, polenta or mashed potatoes.

### Lemon And Baby Spinach Fettuccini

Heavily salt the boiling water when making the pasta and reserve 1/2 cup of the starchy liquid to create



Lamb shanks in gravy, with rosemary.

Photo by depositphotos

Fettuccini pasta, cooked, hot 3 quarts cooked (1-1/2 pounds dry)

- 3 quarts fresh baby spinach
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons lemon zest
- 1 teaspoon salt
- 1 tablespoon ground black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup warm pasta cooking liquid
- 1/2 cup Parmesan cheese, grated
- 1. In a bowl, toss together hot fettuccini, spinach, oil, lemon juice and lemon zest, salt, and black and red pepper until mixed. Add the cooking liquid, a few tablespoons at a time, as needed to loosen mixture. Sprinkle with half of the Parmesan cheese.
- 2. Divide the Lemon-Spinach Fettuccini among 4 rimmed plates. Top with the lamb shank, the braising liquid and sprinkle with the remaining Parmesan cheese and parsley, if desired. Serves 4.
- (c) 2018 King Features Synd., Inc., and Angela Shelf Medearis

18 • April 6, 2018 COUNTRY EDITOR

## Country Editor

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

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Announcements

**Announcements** 

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### Vision greatly affects driving ability

Driving is a multisensory experience that requires careful coordination and mastery of a wide array of skills. Understanding the rules of the road and having sufficient practice are only part of the equation. Being able to see the road and react to obstacles, signage and more is crucial. Drivers should not downplay the importance of visual acuity when they turn their ignition keys

Acceptable vision is involved in all components of driving. Motor vehicle operators need to have clear vision to read gauges and operate the controls of the car. Distance vision also is essential to identifying road hazards and seeing other cars on the road. The

Drivers should not downplay the importance of visual acuity when they turn their ignition keys.

health resource All About Vision says aging and visual changes at any age can affect a person's ability to see moving objects while one is in motion — as is the case while driving a car or truck. In addition, changes in peripheral vision can increase blind spots while driving and affect reaction time.

Aging motorists

The National Highway Traffic Safety Administration reports that 6,165 people ages 65 and older were killed in automobile accidents in 2015, representing 18 percent of all traffic crashes in the United States, and declining vision may have been a factor in many of those accidents. Older drivers can make certain changes to improve their safety on the roadways.

• Reduce driving at night. The group AAA says by age 60 eyes need three times as much light to see as they did at age 20. Over time pupils get smaller and do

not dilate as much in dark conditions at night, making it harder to see. Limit driving at night as much as possible.

- Accommodate for glare. Invest in anti-glare coatings for glasses to minimize glare from the sun and oncoming headlights.
- Be especially cautious at intersections. The Insurance Institute for Highway Safety says 40 percent of the fatal collisions that occur for people age 70 and older take place at intersections. Taking more time to assess oncoming traffic and make sure intersections are clear can save lives.
- Get frequent vision checks. Annual eye exams are recommended by the American Optometric Association. This can help older drivers be aware of shortcomings in their vision.

VISION 21









### A beginner's guide to electric cars

Electric or hybrid vehicles can be smart additions to eco-friendly lifestyles. Although such cars were once science fiction. EVs are now increasingly more common and traversing roadways around the world. Thanks to several mainstream brands offering EVs and hybrid models, consumers are more informed than ever before about the benefits of a

plugged-in ride.

Still, even with the wealth of information available, some people still may be unsure about what owning an EV entails and how to make informed decisions when shopping for such vehicles. Going electric means thinking beyond the gas station. Here's how to navigate the ins and outs of EVs.

• Type of vehicle: First

consider that not all EVs are the same. Hybrid vehicles use a mix of gasoline and electricity and tend to have long fuel ranges. All-electric cars will only use electricity that is gained through charging the vehicle for a certain period of time.

• Affordability: Consumers can expect to pay more for electric and hybrid vehicles than gaspowered vehicles. But as

demand increases, costs may drop. According to a report from USA Today, estimates point to EVs as being as affordable as gas vehicles by 2021. Another consideration is there may be tax incentives for purchasing an EV. Speak with a tax professional to see if this is applicable.

• Environmental savings: Electric cars produce no emissions from the tailpipe and reduce

dependency on oil-based fuels. Furthermore, EVs will not need oil changes or emissions checks that traditional cars require, further saving resources. The resource Plug in Cars says that EVs can also save on fuel costs, ranging at 2 cents per mile traveled, compared to 12 cents for gas-fueled vehicles.

- Fill-ups: EVs can be charged at home using personal charging kits or at charging stations in the neighborhood. Charge times will depend on the size of the vehicle and its battery. According to TheChargingPoint.com, an EV resource, the typical time for an all-electric car using a standard UK home wall socket is between 6 and 8 hours. Some new EVs can be charged in 30 minutes to an hour at rapid charging points.
- Solar + EVs = savings: Consumer Reports advises that, when EVs are combined with home solar systems, "fuel" costs can be completely eliminated. That financial gain

can be a big motivator for some consumers.

- Short trips: Individuals who travel 80 miles or less per day may find pure electric vehicles advantageous. Those who have to go further should consider hybrids that offer greater range. However, Tesla, Chevy and Nissan EVs have recently moved beyond the 200-mile range before requiring a charge.
- Charging stations: A report from University of Michigan researchers using data from the Department of Energy suggests that there are now roughly 16,000 public electric vehicle charging stations with about 43,000 connectors in the United States. ChargeHub, with information from the Canadian Automobile Association, states there are a total of 6.473 EV chargers across Canada.

Electric and hybrid vehicles could be the wave of the future as more people embrace the convenience these cars offer.



Electric and hybrid vehicles could be the wave of the future as more people embrace the convenience these cars offer.

### VISION from 20

Other drivers

Drivers of any age with vision issues should take heed of their limitations and make modifications as needed.

- Driving with macular degeneration. Macular degeneration affects central vision. It happens when deterioration of the central portion of the retina occurs. The American Macular Degeneration Foundation says MD is the leading cause of vision loss. As MD impacts vision, driving may need to be reduced or ceased.
- Color blindness impacts driving. Those with color blindness may need to use caution when identifying traffic signals or the brake lights of other vehicles. It may take practice and driving with someone who sees colors to become comfortable.
- Cataracts can blur vision. Those with cataracts may have blurry vision and see halos around lights that can make driving challenging. Cataracts also may make it more difficult to see pedestrians against the landscape, especially at night. Treating cataracts can improve vision significantly.

Many motor vehicle agency vision tests do not take into consideration all of the factors that can impact vision while driving. Seeking care for visual problems and changing driving habits when necessary can help people stay safe on the road.

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### Protect vehicle paint finish

Perhaps nothing ages a car or truck more than a lackluster exterior finish. Even if vehicles are only a few years old, failure to maintain the paint, tires and chrome accents can make them look worn beyond their years, potentially affecting resale value.

The environment can be a vehicle's worst enemy. Protecting a car means being mindful of substances and habits that can compromise the exterior finish.

### Seek shade

Over time, the sun can damage a vehicle's paint job through oxidation and premature fading. People who live in areas with especially warm climates may see the paint on their vehicles suffer considerable damage thanks to the sun.

One of the easiest ways to protect a vehicle from

the sun is to use sheltered parking or park in the shade whenever possible. This can help protect the paint, headlights and trim. Drivers should store their cars in their garages overnight and during daylight hours when they are home.

### Wash and dry

It's important to routinely wash vehicles to protect their exterior finish. Use a mild cleanser designed for automobiles and a clean rag or sponge so as not to cause scratches that can cause further damage. Because minerals in tap water can be left behind through evaporation and may oxidize and damage the paint, it's best to wipe away as much residual moisture as possible with a chamois.

### Paint protection

Waxing can prevent

bird droppings, berries, splattered bugs and more from sticking to the paint and wearing down the finish. Waxes come in paste, liquid and spray. Each type has a different reapplication schedule, so drivers should consult the product instructions.

Vehicle owners also can invest in spray films to further protect painted surfaces. Do-it-yourself products are applied like a spray and then dry to an invisible, durable film. This helps protect against insects, gravel, sand, winter salt, and even road grime. Different manufacturers offer protection films.

It is important to safeguard the exterior of a vehicle to help it look newer longer, protecting the value of the car or truck while also protecting it against the elements.

### Mohawk Valley Food Policy Advisory Council supports Cuomo's "No Student Goes Hungry" Initiative

At its recent monthly meeting, the Mohawk Valley Food Policy Council voted to recognize Governor Cuomo's leadership on an important local food system issue.

With his recently announced "No Student Goes Hungry" initiative, the Council noted the Governor has called attention to the important relationship between food quality and access, student success, and community vitality.

Council member and teacher Barbara Freeman noted: "Hunger is a bigger impediment to learning than most people think. I've seen it myself. I welcome Governor Cuomo's 'no-shaming' policy."

The Mohawk Valley Food Policy Advisory Council was launched in 2013 as an outcome of activities under a USDA Hunger Free Communities grant, and includes representatives from all aspects of the local food system, from producers to marketers and consumers. The mission of the Council is to create a healthy, secure future for our region, based on a resilient local food system where affordable and nutritious food is accessible to all. The agencies represented by Council membership work in many ways to strengthen the local food system, and the Council brings these groups together to collaborate on ways to improve the health of the economy, the environment and the people of our region.

The Mohawk Valley Food Policy Advisory Council has been instrumental in bringing multiple Farm-to-School projects to the Mohawk Valley, and is currently leading the activities of a USDA-funded Farmers-to-Consumer feasibility study project.

More information on the No Student Goes Hungry Initiative: https://tinyurl.com/yctgbhp9.

For more information about the Mohawk Valley Food Policy Advisory Council, contact Jim Manning, FPAC Facilitator, jmanning51@gmail.com or 315.272.9529.





### VHS senior CNA graduates from peer mentoring class

Congratulations Nicole Russell

HERKIMER, NY — Senior CNA, Nicole Russell, graduated from VHS' Peer Mentoring Program and was honored at a luncheon on March 19 at Valley Health Services. The five-week Peer Mentoring Program's purpose is two-fold — it serves as a career ladder for senior CNAs who have the expertise and knowledge to share with newer CNAs and it also assists with retention of CNAs.

Tammi King, Director of Staff Development said, "Senior CNAs have a lot to bring to the table. At the end of the day, they understand that the priority is doing what's best for the residents; and, the CNAs want to do it right." The Peer Mentoring Program is an opportunity for professional growth. It is valuable because it enhances team-building and improves quality of care. Additionally, this program provides support, assistance with training, develops teamwork and builds professional development skills.

The Peer Mentoring Program will continue annually in January in a classroom setting with instruction by department directors reviewing their area of purview, interactive discussion and a reinforcement of the CNAs' knowledge base. The value of programs such as these is they allow for the career direction as a stepping stone into other areas of career mobility. "The CNAs have the opportunity to grow professionally and further their nursing career.'

> L-R: Melissa Ippolito, Director of Nursing and Nicole Russell, Senior CNA.

Photo courtesy of Valley Health Services



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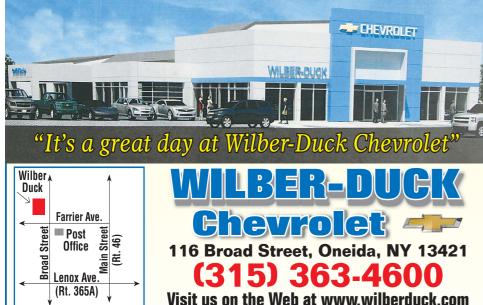
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### Six-hour Defensive Driving Course

Herkimer County Clerk Sylvia M. Rowan is offering the six-hour Defensive Driving Course to Herkimer County residents and non-residents alike through the Herkimer County Clerk's Office.

The course will be offered on Tuesday, April 24, and Wednesday, April 25. The class will be from 6 - 9 p.m. Students need to attend both nights. It will be held at the 911 Building, 71 Reservoir Road, near the HCCC Campus.

Enrollment is on a first come basis. Payment is \$35 and includes all books and materials. You will be enrolled when payment is received. So enroll early. Upon completion of the classroom training, participants are eligible for a reduction in New York State Points and Insurance.

To enroll or for further information, call 315.867.1130.





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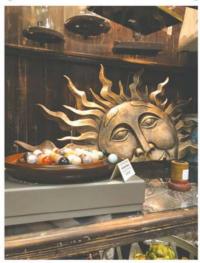




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