Herkimer County

## May 17, try Editor 2019

Largest Circulation Publication in Herkimer County Delivered Weekly by the U.S. Postal Service

Volume 8 Number 49

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2 • May 17, 2019 HERKIMER COUNTRY EDITOR



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2019 Nissan Rogue S AWD

2019 2019 36 mos.

2019 36 mos.

2019 36 mos.

2019 36 mos.















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## How Memorial Day and Veterans Day differ from each other

Memorial Day and Veterans Day each honor the military, though the two holidays are not the same. Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military. Many communities host memorial ceremonies

honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten. While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who

lost their lives in defense of freedom and the American way of life.

Veterans Day is celebrated annually on Nov. 11 and recognizes all men and women who have served in the military. Veterans Day coincides with Remembrance Day, which is a celebrated by the Commonwealth of Nations, an association of 53 member states with connections to the British Empire. Though Veterans Day and Remembrance Day are each celebrated on Nov. 11, the latter recognizes armed forces members who died in the line of duty, making it more similar to Memorial Day than Veterans Day. It's not uncommon for people to recognize fallen soldiers on Veterans Day, but many use the holiday to express their appreciation to existing veterans.



Memorial Day weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American way of life.



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We wish to extend our sincere thanks and appreciation to our customers for supporting Elizabeth's Country Garden through the years. It was such a joy being part of your lives and we will miss you.

-Todd & Elizabeth Harter









# Country Editor

Published weekly on Friday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

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## Local historian to speak at Utica Railway Society meeting

Oneida County Historian Joseph Bottini will speak at the Utica and Mohawk Valley Chapter of the National Railway Historical Society at their annual banquet on Saturday, May 18 at Historic Union Station, Trackside Restaurant in Utica at 5 p.m.

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will have its annual banquet that evening. There will be door prizes, the Helper of the Year Award and some special recognition awards handed out at the banquet conducted by President Harry Lenz, Director Gene Dubiel, Ilse Dubiel, Program Director and Past President Wayne Freed and Publications Coordinator, Past Treasurer and Editor John Weber.

After dinner and dessert, Bottini will have a program on the history of Utica's Great Union Station from the glory days of the New York Central, the New York, Ontario and Western and the Delaware, Lackawanna and Western, to the dismal days of Penn Central along with

the early years of Amtrak all the way to its resurgence with Amtrak, the New York, Susquehanna and Western, the original Adirondack Railway and the Adirondack Scenic Railroad. It will be an honor to have this gentleman come and put on this great program. Bottini has put on several programs for other historical societies including the Clinton and Rome Historical Societies.

For more information, call Bradford Paulson, publicity/vice president, at 315.327.8653 or 315.853.5400.

## Growing basil and other May gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Growing the herb basil, reseeding bare spots in lawns, and mulching walkways are some of the gardening activities for this month.

Basil is the best known of the Italian herbs and, with parsley, the most grown herb. Sweet or Genovese is the most popular species, grown for its large leaves used in sandwiches, pizzas and pesto making. Another warm season favorite use is in a simple, Italian caprese salad consisting of slices of tomato and mozzarella, topped with basil leaves and a vinaigrette or Italian dressing.

When buying sweet basil plants, or seeds to start, look for ones resistant to fusarium disease such as Aroma 2, Nufar, Plenty or ProEasy. Similar to Aroma 2 is the new Prospera, which also has resistance to downy mildew disease, as does Pesto Party. If you don't find such disease resistant cultivars, just make sure to plant basil plants right after the last frost (they're quite cold sensitive), so that you can harvest leaves prior to any diseases appearing.

There are other variations on basil, such as Mrs. Burns lemon basil with a piquant lemon flavor — unusual in basil, Thai lemon basil, or lime basil. Cinnamon or Mexican basil has an aroma as its name indicates. There are purple-leaved cultivars (cultivated varieties) such as Dark Opal and Purple Ruffles — good used as ornamental foliage plants. There is even a variegated cultivar — Pesto Perpetuo — with thin, white leaf margins. Other basils are globe shaped or short —

about one foot tall — so grow well in containers. Boxwood, Spicy Globe, Dolce Fresca, and Minette are examples of these compact basils.

When you transplant annual flowers and veggies from cell-packs or small containers, loosen the roots (often called "root balls") if they are quite root-bound — often the case.

If roots form a solid mass and are tightly interwoven, either tease them apart gently with a fork or similar tool, or make a couple slits in the sides. Cutting through these roots will cause them to branch and grow new ones. If you don't loosen such root masses, they may never grow out into surrounding soil, keeping the plants stunted, and you'll find the roots in the same shape in fall.

Before reseeding bare spots in the lawn, spread 1 to 2 inches of compost over the areas and firm it down. Then sow grass seed. Sprinkle a thin layer of compost on top of the seed, cover with straw and keep it moist. This is a case where light, frequent (at least daily) watering is good. If you have pets, to deter them encircle the spots with stakes string or mesh netting.

Reduce the weeds in walkways in your garden by covering the soil with some type of mulch. Some people like to use several sheets of moistened newspaper topped with straw (not hay, as it often has weed seeds), especially if you move your planting areas around a bit from year to year. Try to avoid tilling to remove weeds because the process brings up weed seeds from deeper in the soil and exposes them to the light they need to grow. If you have permanent paths, such as between raised beds, you can use a weed fabric material under mulch.

There are so many other garden activities for this

month, such as putting hummingbird feeders out early in the month, waiting until after the last frost and soils warm to plant warm-season crops such as melons and squash and cucumbers, and having frost protection handy for tomatoes. While it is good to shop early for the best selection of annual flowers, particular new ones, wait to plant them until after the last usual frost date — often the end of the month.

# Moments in Time The History Channel

• On May 20, 1873, San Francisco businessman Levi Strauss and Reno, NV, tailor Jacob Davis are granted a patent for work pants reinforced with metal rivets, then known as "waist overalls." It marked the birth of one of the world's most famous garments: blue jeans.

• On May 23, 1911, the New York Public Library, the largest marble structure ever built in the United States, is dedicated in New York City. It took 14 years to complete. The next day some 40,000 people passed through its doors. The collection already consisted of more than a million books.

• On May 25, 1927, Robert Ludlum, the author of 21 best-selling thrillers, including the Jason Bourne spy novels, is born in New York City. Ludlum sold more than 300 million books before his death in 2001.

• On May 21, 1932, aviator Amelia Earhart flies solo across the North Atlantic, five years after aviator Charles Lindberg made the first solo flight.

Earhart traveled over 2,000 miles from Newfoundland to Ireland in under 15 hours.

• On May 26, 1959, Harvey Haddix of the Pittsburgh Pirates pitches 12 perfect innings against the Milwaukee Braves, only to lose the game on a two-run double in the 13th inning. It was the first time in major-league history that a pitcher threw more than nine perfect innings.

• On May 22, 1972, President Richard Nixon arrives in Moscow for a summit with Soviet leaders. Although it was Nixon's first visit to the USSR as president, he had visited Moscow once before — as U.S. vice president in 1959.

• On May 24, 1964, a referee's call in a soccer match between Peru and Argentina sparks a riot. More than 300 fans were killed and another 500 injured in the violent melee at National Stadium in Lima, Peru.

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Village Wide Garage Sales

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## **Kovels: Antiques and Collecting**

## by Terry and Kim Kovel Mermaid lawn sprinkler

Lawn sprinklers could not be used before the first water distribution systems were invented in the 1870s. The new ways to provide water through underground pipes were used by public buildings, then private water tanks. Farms, public landscapes and public parks were the next to install the systems. So by the 1880s, there was a way to use a sprinkler. At first, a plain metal piece with holes was screwed on a hose. Water sprinkled out of the holes. But by the 1890s, some clever companies started making decorative figural iron sprinklers to be used in a private yard. There were sprinklers shaped like monkeys, frogs, ducks, alligators, turtles, a two-faced man and even a mermaid.

At a recent auction, a two-sided mermaid sprinkler sold for \$2,040. Some experts say only about 18 different characters were used as iron sprinkler figures, although at least six companies made them. Most unusual probably is the 30-inch high cowboy who spins a lasso flinging water on the grass. It is thought that less than 100 were made. If iron sprinklers are too pricey to collect, look for the colorful Bakelite examples that are

not figural made the 1940s and '50s. They often are found at garage sales.

**g:** What kind of dishes would my ancestors have used? Pewter? Wood? Porcelain?

A: Dishes used for dinner were made of wood before the 16th century. Then thick ceramics like stoneware was used. It was easier to clean. The Chinese were making thin porcelain dishes from the 1st century to the 21st century, and thick pewter plates and pottery dishes were popular in the United States by the 1700s. It also was possible for the rich to order Chinese export porcelain that was delivered by ship in about a year. By the 19th century, all these wares were being made in Europe, China and the United States.

In 1945, plastic dishes were sold in a few department stores, although they had been tested by the armed forces since 1940. By 1948 plastic dishes were often considered the "best" dishes and were used for company. At least 20 companies were making plastic dinnerware. Best were the sets made of Beetle or Melamine plastic by companies like Brookpark or Boontonware.

Cheap copies were made, popularity went down, and by the 1960s, plastic dishes were suitable for picnics not major entertaining.

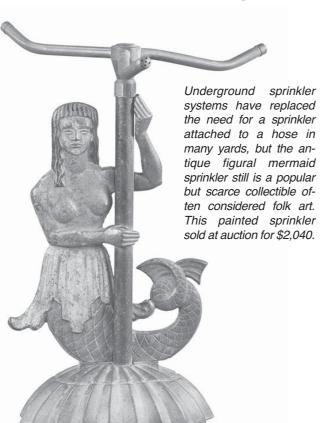
## **Current prices**

- Bed warmer, brass, punched decoration, turned wooden handle, green paint, 1800s, 45 inches, \$40.
- Bowl, black, inlay, schooling fish, 3 fish-shaped feet, porcelain, 2 1/2 x 6 3/4 inches, \$300.
- Donald Duck figurine, golfing, checkered hat, swinging club, Disney, c. 1947, 8 inches, \$950.
- Tiffany silver, teapot, chased, repousse, birds, flowers, branches, ebonized wood handle, 7 x 10 1/4 inches, \$1,500.

Tip: Antique clocks should be level both back to front and side to side to keep correct time.

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

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## HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. May 6th - Sold 169 head, Cull ave. \$.47 top cow \$.58, Beef breed cull cows ave. \$.55 top cow \$.76, Orgnaic cull dairy ave. \$.74 top cow \$.93, Bulls/ Steers \$.62 - \$.85, Bull calves top \$1.75 beef calf top \$2.20, heifer calves top \$.35 - top beef calf \$2.35, Dairy feeders \$.35 - \$.64.

Mon. May 20th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Thurs. May 23rd - sale held on the farm at 11am - Homer, NY. Riehlman Certified Organic Milking Herd & Bred Heifer Dispersal. 60 head sell - one of the finest Certified Organic Herds to ever sell! DHI herd ave. on the Holsteins over 23,000 and the Cross breeds are over 19,000. Catalog info at ringside with DHI info.

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Mon. June 3rd - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Watch for 2019 Sales:

Sat. Oct. 26th - Fall Premier All Breed Sale - 100 head of Registered All Breed

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53 PARCELS OF COUNTY-OWNED LAND BY ORDER OF HERKIMER COUNTY TREASURER'S OFFICE

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Mary Street, Herkimer

or auctionbyknapp.com or herkimercounty.org

(315) 867-1151 or (315) 867-1146 (315) 939-0770

## Whatchamacallits

This is a grouping of three snuff containers. The most prominent one in the group to me is the glass bottle labeled "Maccaboy Snuff," manufactured by Thomas Brown & Co. The prettiest snuff box is highly engraved and the rectangular one appears to have been well-used and would have been more common.

When using snuff became "fashionable" in the 1600-1700s, the manufacture of decorative accessories such as bottles and boxes developed into a lucrative industry and continued into the early part of the 20th century. They could be found in all shapes, sizes and materials.

Although my research found nothing listed regarding Thomas Brown & Co., I did find some interesting facts about Maccaboy snuff, as well as numerous mentions of the snuff in a variety of books online (https://books.google/)

In the 1911 "Report of the Commissioner of Corporations on the Tobacco Industry (parts 2 & 3)," the findings stated at that time, there were three principal types of snuff manufactured — Scotch, Maccaboy and Swedish (or Rapee). The Scotch snuff was dry and finely ground, free of all flavorings. Both Maccaboy and Swedish types were moist and highly flavored — the difference being the flavoring materials used. According to Wikipedia, the Maccaboy snuff is rose-scented and derived its name from the French "Macouba," the district in Martinique where it was made.

It also mentioned that some indigenous people of Brazil were known to grind to-bacco into snuff using a mortar and pestle made of rosewood, transferring the delicate aroma of the wood to the tobacco.



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Sunday School 11:20 AM
Sacrament Meeting 10 AM
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#### 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 FPISCOPAL CHURCH

Rev. Jill Stellmar 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 lionchurch.com

#### SAINT AUGUSTINE'S EPISCOPAL CHURCH

Bishop - Dan Herzog 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 Wednesday Mid Week Service 7 PM Sunday Morning 11 AM

## ILION 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

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ANNUNCIATION CHURCH

## 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
broadcast live over radio station WIZR, 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. PAUL'S UNITARIAN

UNIVERSALIST CHURCH nister Jeffrey 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 PM Sunday Mass 10:30 AM

## **EMMANUEL EPISCOPAL CHURCH**

588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) lowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced fessions by appointment

## LITTLE FALLS

FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaulf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

## HOLY TRINITY LUTHERAN CHURCH

512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM

## FIRST PRESBYTERIAN CHURCH

Pastor Tamara Razzano 16 Jackson St Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

#### INGHAMS MILLS RAPTIST CHURCH

Rev. Gary L. Busch, Pastor Sunday Worship Service 10AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936

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

<u>MOHAWK</u> GRACE EPISCOPAL CHURCH Rev. Sally Heiligma 7 E. Main St Phone 315-866-4782 or 315-520-4723

## Holy Eucharist 10 AM **DENNISON CORNERS**

COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM

Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

## MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

## **EMMANUEL BIBLE CHURCH**

Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM

## MOHAWK CHURCH OF THE BLESSED SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

## 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

### THE WORD CHRISTIAN CENTER

Pastor Gene Kipper 27 E. Main St. Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM

## <u>NEWPORT</u> FIRST BAPTIST CHURCH OF NEWPORT

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

## IINITED METHODIST

Rev. Robert Lindsay • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM

### 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.kuvahorracc.org Weekly Service Sunday 10:08 AM

#### ST. JOHN THE BAPTIST CATHOLIC CHURCH

Rev. Quy Vo, Pastor St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 6 PM Sunday Mass 8 AM

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## Arc Herkimer to offer Stop the Bleed Training

In observance of National Stop the Bleed Day, Arc Herkimer, in conjunction with Herkimer Industries, will offer free Stop the Bleed (STB) Certification Training, open to the public, on Thursday, May 23.

The hands-on training gives civilians basic bleeding control skills so they can help until paramedics arrive. In trauma, the number one preventable cause of death is

bleeding out. The STB training is offered for civilians, community groups, employers, outdoor groups, hunters, search & rescue, first responders, firefighters, school and church personnel and others interested in saving lives.

Two training sessions will be offered (10 a.m. - noon and 1 - 3 p.m.) at Arc Herkimer's training facilities at 350 S. Washington St. in Herkimer.

STB certification includes presentations, videos, tourniquet training and skills assessment. The training is free, but registration is required.

Arc Herkimer trainers will be led by Amanda Aiello, RN, Arc Herkimer health care education specialist and Certified Stop the Bleed Trainer. Aiello is a Basic Life Sup-

port instructor for the American Heart Association. She has previous experience as a paramedic, emergency medical technician (EMT) and emergency medical dispatch (EMD).

The Arc Herkimer STB training supports the second annual National Stop the Bleed Day, which highlights the importance of Stop the Bleed training and provides the public with information and education. The program helps save lives by raising awareness about basic actions anyone can do to stop life-threatening bleeding after accidents, emergencies or national disasters. National Stop the Bleed Day is supported by the Department of

Defense, the American College of Surgeons, the Department of Homeland Security and many other organizations across the country.

To register or for questions, contact Aiello at 315.574.7932 or aaiello@archerkimer.org . Training spots will be offered on a first-come, first-served basis.

## Rabies clinics set for May 18 and 23

Herkimer County Public Health has announced two more rabies clinics for the month of May.

A rabies clinic will be at the fire department at 193 Main Rd. in East Herkimer on Saturday,

May 18 from 10 a.m. - noon.

Another rabies clinic will be held at the fire department at 116 Fulton St. in Old Forge on Thursday, May 23 from 5:30 - 7 p.m.

All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors. Every dog and cat needs two rabies vaccinations one year apart, then one every three years. Ferrets must be vaccinated every year.

Bring the pet's rabies vaccination history to receive a three-year certificate. Dogs should be on a leash and cats and ferrets should be in a carrier or pillowcase.

No exams will be given. A \$5 donation per pet is suggested to defray costs.

Visit the Herkimer County Public Health website to view a complete listing of rabies clinics and to pre-register by calling 315.867.1176.

## New York state collecting tattered flag for proper disposal May 26

ALBANY, NY (AP) — Worn and tattered American flags can be dropped off at collection points all across New York state for proper disposal at an annual event over Memorial Day weekend.

Governor Andrew Cuomo says more than two dozen drop-off locations from Long Island to Buffalo are accepting flags through May 22. The Democrat is urging New Yorkers to bring their old

national banners to these locations so the flags can be retired "properly with respect and honor."

The state Office of General Services will collect the flags. They'll be taken to the New York State Fair outside Syracuse, where they'll be disposed in a bonfire during the May 26 Memorial Watchfire organized by a local chapter of the Vietnam Veterans of America.



## Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

## May 16-18

Rummage Sale and Bake Sale. Cold Brook United Methodist Church, 467 Main St. (Rt. 8), Cold Brook. Thursday, Friday and Saturday, 9 a.m. – 5 p.m.

## **May 18**

Mohawk Homestead Chicken Barbecue at The Mohawk Homestead at 4:30 p.m. until all dinners are sold. Advanced sale tickets available for \$10 each by calling The Mohawk Homestead at 315.866.1841 or stopping at The Mohawk Homestead.

A variety of locally grown perennials will be for sale at the Upper Unadilla Valley Association's (UUVA) annual Plant and Garden Fair in the Town of Winfield Park on Route 20. 10 a.m. to 12:30 p.m. Prices are \$3 to \$5 per pot. Also gift basket raffle and the annual "duck derby." Derby tickets: \$3 per duck or two ducks for \$5. The ticket holder with the fastest duck wins half of the proceeds. Tickets are available at the plant sale or in advance from association directors. Call 315.855.4368 for the director nearest vou.

A One Day Bus Trip to visit Hartford, CT and the Mark Twain House. Departing from Clinton and Herkimer. Attractions include the Capitol Buidling, Museum of CT History, Old State House, and the Wadworth Atheneum Museum of Art and the Mark Twain House and Museum." The cost is \$60 per person. For more information or to sign up, call the Herkimer County Historical Society at 315.866.6413.

Rabies Vaccination Clinic. 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd. East Herkimer. To pre-register call 315.867.1176.

H.A.L.O. (Helping Animals Live Organization) annual "Spring Trash & Treasure Sale". 9 a.m.-4 p.m. Herkimer V.F.W., 129 Mohawk St., Herkimer, NY. Proceeds benefit H.A.L.O.and their cat shelter H.A.L.O. House in Little Falls. If anyone would like to donate clean, gently used items for the Sale, please call Debbie at 315-219-0384

Town of German Flatts Drop-Off.

8-11 a.m., at the Town of German Flatts Town Garage, Creek Road, Mohawk. This is for Town of German Flatts residents including Ilion and Mohawk at no charge. There is a \$4 charge for tires up to 19 inches. Must have permit which are available at the Town Clerk's Office, 66 E. Main Street, Mohawk. For more information call 315.866.1370.

A Film Screening of the documentary "A North Woods Elegy" on the famous 1906 murder case of Chester Gillette and Grace Brown at Big Moose Lake will be held at 5 p.m. at the Valley Cinema in Little Falls. \$7 advance tickets (\$8 at the door). Proceeds benefit the "Save The Jail" project for the Friends of Historic Herkimer County. For more information, email Katie Nichols at knichols47@aol. com or call the Historical Society at 315.866.6413.

Oneida County Historian Joseph Bottini to speak. Utica and Mohawk Valley Chapter of the National Railway Historical Society annual banquet. At Historic Union Station, Trackside Restaurant, Utica, NY. 5 p.m. For more information, call Bradford Paulson, Publicity/Vice President, Utica and Mohawk Valley Chapter National Railway Historical Society at 315.327.8653 or 315.853.5400.

## May 19

Mohawk Valley Choral Society "Voices Raised in Hope — concert in support of cancer awareness". 7 p.m. Central Valley Academy in Ilion. Choral Society will donate 20 percent of all ticket sales to breast cancer research. Tickets are \$15. Tickets may be reserved by calling 315.826.3092 or by contacting the Choral Society at www.mvchoral.

## **May 23**

**2019 Rabies Vaccination Clinic** 5:30 - 7 p.m. At Old Forge Fire Department, 116 Fulton St., Old Forge. To pre-register 315.867.11 76.

**Stop the Bleed Training.** 10 a.m. to noon, and 1 p.m. to 3 p.m. at Arc Herkimer's training facilities at 350 S. Washington Street in Herkimer, NY. To register or for

questions, please contact Aiello at 315.574.7932 or email: aaiello@archerkimer.org. Training spots will be offered on a first-come, first-served basis

## **May 24**

**Mohawk Valley Writers Meeting** at the Ilion Free Public Library 1-3 p.m. This month's 500 word stories will be written using song titles for inspiration.

## **May 28**

Herkimer HealthNet Diabetes Self-Management Program. Herkimer County HealthNet offering free six-week diabetes self-management program on Tuesday, May 28, and will meet every Tuesday for six weeks, from 2-4:30 p.m. at the Mohawk Homestead, 62 E Main St., Mohawk. Contact Herkimer County HealthNet at 315.867.1552 or eenea@herkimercounty.org or register online at www.healthnetinc.org.

## June 1

Motor-In Methodists of Acme Rd. Car Show 11 a.m. - 3 p.m. Morning Star Church, 4224 Acme Rd. Frankfort. Registration fee \$10 per car with judging at 2 p.m. Prizes awarded at 3 p.m. Proceeds benefit Morning Star UMC of Ilion and Frankfort.

## June 2

23rd Annual Rhubarb Festival: 1747 Nellis Tavern historic site, 7355 NYS Rt. 5 (east), St. Johnsville. 11 a.m.–4 p.m. Pie baking contest at noon. Lunch and rhubarb goodies available. Raffle. Free tours. Free concert by Battenkill String Band: 1–3 p.m. Benefit by Palatine Settlement Society for restoration of 1747 Nellis Tavern. More info: Contact Mary at 315.866.2619.

## June 6

**Rabies Vaccination Clinic** 18 5:30-7 p.m. Middleville Fire Department, 41 North Main St., Middleville. To pre-register call 315.86 7.1176.

## Food Sense registrations for June 2019

Attention Food Sense Customers: Customers will receive increased quality of food, variety of food, more specials options and an introduction to the pantry box, produce box and protein box as "specials." Food Sense is still a great way for families to save money and purchase quality foods for less. The price for Food Sense packages are up to \$20.50.

Food Sense is a food coop program offered through the Food Bank of Central New York and local non-profits. There are no restrictions – if you eat, you qualify.

Registration sites for the community Food Sense Program are as

• **Ilion:** First Presbyterian Church, 90 Morgan St., from Monday, June 3 - Friday, June 7 from 10 -

1:30 a.m.

• **Old Forge:** Niccolls Memorial Presbyterian Church, 228 Crosby Blvd., from Friday, May 31 - Thursday, June 6 from 9 a.m. - 1 p.m.

## Delivery date for both sites is Friday, June 21.

The projected list of foods for the June Food Sense package includes:

Boneless chicken

Boneless chicker breasts, 1.65 lbs. (avg.) Beef burgers, 1 lb. Kielbasa, 1 lb.
Pollock fillets, 1 lb.
Ground turkey, 1 lb.
Potato salad, 16 oz.
Cheddar cheese, 8 oz.
Elbow macaroni, 16 oz.
Frozen peppers & onions, 1 lb.

Frozen berry blend, 1

Fresh produce

## The specials for June

• Chicken nuggets: 4 lbs. for \$4.50 - The

nuggets are ready to cook and can be used in the oven or fryer.

- Stuffed pork chops: 2 lbs. for \$5.50 The chops are stuffed with apples and cranberries.
- Italian meatballs: 5 lbs. for \$13 The meatballs are fully cooked.
- Protein Box: \$14.50 The box includes pork tenderloin 1.7 lb. (avg.), boneless chicken breast 3 lbs., meatballs 1 lb., tilapia fillets 1 lb., and hot dogs 1 lb.
- American cheese: 5 lbs. for \$11.50 The sliced cheese is not individually wrapped.
- French fries: 5 lbs. for \$4.50 - The fries are ready to cook and are a straight cut restaurant fry
- Stuffed shells: 3 lbs. for \$5.50 The shells are stuffed with a ricotta cheese filling.

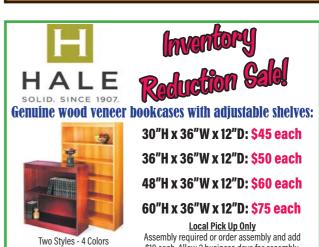
For more information contact Catholic Charities of Herkimer County at 315.894.9917.











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## Coping with age-related hair loss

Attitude goes a long way in regard to self-esteem. With a positive spin, it's possible to get through difficult situations and even have a favorable outlook on getting older. But even the most optimistic among us may at times worry about the physical signs of aging and wonder what can be done to make them feel and look their best.

Wrinkles and a little extra weight around the middle certainly garner attention, but hair loss is another age-related concern. As people age, their hair changes in several ways. Graying through loss of melanin pigment is the most apparent. MedlinePlus, the health information resource from the U.S. National Library of Medicine, says that strands of hair also can become less dense and smaller through the years. Many follicles also may stop producing new hairs. Regardless of age, it is customary for a person to lose about 100 hairs a day. If those hairs are not replaced as readily as they once were, patches of thinning and balding hair may appear.

The rate at which hair falls out is largely determined by genetics, according to Headcovers Unlimited. But nearly everyone will experience some sort of age-related hair loss. Hormonal changes

during menopause can cause noticeable thinning and scalp exposure that may be mistaken for actual hair loss.

There are many ways to mitigate hair loss. Here are some handy tips.

- Try a new cut. Work with your stylist to determine a haircut that can suggest the appearance of thickness and camouflage the loss of density or bare spots. Graduated layers kept close to the face can help, as can pixie cuts. Men can choose to go entirely bald and bold.
- Treat hair gently. Avoid harsh chemical processes and constant heat styling. Protect fragile hair from damage by pampering it.
- Look for thickening formulas. Many shampoos, serums and conditioners tout volumizing or thickening properties. These can help plump up hair and make thinning less apparent.
- Talk to your doctor. Hair loss may be a result of medication, a skin condition or aging. Doctors may suggest products, such as Minoxidil and Lipogaine formulas, that can be used on the scalp to reduce hair loss and help follicles produce new hair strands.

Hair thinning and hair loss can be a symptom of getting older. Knowledge is key to improve hair's appearance at any age.

Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.

Albert Finstein



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## Explaining your used car warranty options

Purchasing a previously owned vehicle requires a leap of faith. Even after relying on a test drive and a thorough inspection by a mechanic, it's impossible to know how the previous owner drove and maintained the vehicle and the wear and tear it may have endured. Drivers also cannot predict any issues that may crop up after signing a purchase contract. A certified pre-owned warranty from the dealership, an extended warranty or a different type of aftermarket warranty product can offer some peace of mind.

Navigating these warranties can take some savviness. Certified pre-owned warranties tend to be the smartest bet in the realm of used car warranties. This is because factory warranties are backing the product, and the vehicles that are given the CPO stamp have

been properly vetted and are in great shape to be insurable, according to IntelliChoice, a company that develops and distributes consumer automobile ownership data, ratings of vehicles based on their consumer value, leasing cost data, and Certified Pre-Owned Program analysis. Many car companies conduct small repairs to prepare a vehicle for CPO status, and cars are inspected thoroughly to ensure they are worthy of being backed by the factory warranty. This is a boon to buyers because they know they are likely getting a quality vehicle.

There are mixed reviews by automotive experts on other aftermarket warranties, often billed as "vehicle protection plans" and "service contracts." Some people believe they can save a lot of money. Others feel that they aren't redeemed enough to warrant the out-ofpocket cost, and that paying for repairs alone is more cost-effective.

Autotrader, a vehicle value estimator and buying/selling tool, says that an extended warranty is rarely a good buy on a used car, but there are a few exceptions. If the car is notoriously unreliable (check J.D. Power reliability ratings), purchasing a warranty can be a smarter buy. Drivers should look for an exclusionary (bumper to bumper) warranty, which covers all items except for ones specifically excluded on a list. This type of warranty is more comprehensive, and there's less of a risk that a claim will be denied. Other warranties include power-train warranties, which only cover the vehicle's most important and expensive components. A WRAP warranty also may be attractive, as it will extend coverage to the few items that may no longer be covered by the original manufacturer's warranty.

Buyers also can try to negotiate a warranty, if the car is not CPO, into the purchase price as an incentive for buying the vehicle. Individuals can speak with the salesperson to find a deal — and coverage — that works for them.

Warranties are an option that may help buyers feel a little more secure in their purchases.





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Saturday 9:00am - 5:00pm ● Sunday 11:00am - 5:00pm

## **Arc Herkimer 50-Year Anniversary**

## by Daniel Baldwin

On May 3, Herkimer Mayor Mark Netti sent a proclamation to staff and board members at Arc Herkimer that declared that date to be known as 'Arc Herkimer Day' in the village of Herkimer. One special day was not enough for the group as Herkimer County Legislature Chairman Bernard Peplinski Sr. sent a proclamation too that declared May 4 to be 'Arc Herkimer Day' Herkimer County.

The staff and personnel at the Arc deserved to celebrate as they have reached the 50-year milestone of Arc Herkimer on May 3, 2019. What started off as a small group of people in 1969 has now morphed into the second largest employer in Herkimer County, according to Arc Herkimer President Kevin Crosley. They have their own clothing store (Arc Herkimer Goods Store and Donation Center in Herkimer), mall (located on the Central Plaza in Ilion), and park (Arc Park in Herkimer), and the amount of sponsorship that this organization received has increased dramatically.

But as the organization has successfully expanded, they have stuck to their mission which is to empower and provide services to people with developmental, psychological, and physical disabilities. Arc has now helped more than 700 people, according to the organization's chairman Harrison Hummel.

"Anytime you have a 50th anniversary for any business," Crosley said, "I think it's a significant milestone, and for us to see what has happened from the time that this was started to today, I think our founders would

be extremely proud of how we have grown and morphed into a very large provider of services and support for people with

The staff, board mem-

bers, and clients celebrated this groundbreaking achievement by throwing their own party at their headquarters on S. Washington St. in Herkimer.

Crosley became the

President and CEO of the Arc in 2005. He said working there was a different experience, but one that was definitely satisfying.

"I came from another

"I came from another provider that I worked for a long time," the Arc president said, "but this agency had a very different focus and direction. Ultimately we've kind of taken a different direction, and it's been incredibly rewarding as a result of some of things that we were able to accomplish."

Harrison Hummel has been a member of the Arc board for 15 years, and he said his experience at Arc has been fantastic. He has had the chance to interact with many other Arc board members and volunteers and has come up with great ideas to keep this business afloat. "It's been fantastic,"

ARC 13



Herkimer Arc board members celebrated the organization's 50-year anniversary at their headquarters on S. Washington St. in Herkimer.

Photos by Daniel Baldwin









24/7 COMMERCIAL TIRE ROAD SERVICE





Arc President Kevin Crosley (center) and Chairman Harrison Hummel (left) receive their proclamation from District 1 Legislature Greg Malta, which declared 'Arc Herkimer Day' in Herkimer County on May 4.



People had the chance to dance and have fun during the 50-year celebration.

ARC from 12 \_\_\_

Hummel said. "The staff, volunteers, and everyone just work so hard, with such passion and enthusiasm, to make sure that every detail on any event,

initiative, and project is carried out. I meet with Kevin and the senior staff

trying to look at strategic initiatives and various things that the agency needs to do to continue to be prosperous."

Expanding was the one initiative the organization took in order to become widely known throughout the Mohawk Valley.

"We've done some pretty significant things in terms of adding to our facilities," Crosley said. "We've become a large

landlord to a number of businesses in Herkimer County area with our business park and our mall over in Ilion. We've developed work opportunities for many of the people in our vocational Herkimer industry service division, which has added tremendous amount of revenue for us to be able to diversify

ARC 14





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## Schedule of Events

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## ARC from 13

away from the Medicaid world. The accomplishments I'm happy to say are too numerous to mention. We've been very fortunate as an organization to continue always being recognized as a leader in the field."

Arc has also put together and participated in many charity events in previous years.

"We have two main fundraisers," Crosley said.
"One of them is our golf tournament, which is coming up on June 6 this year, and we have our New York International Wine Auction, which has become the event in the Mohawk Valley. That will be on September 28 of this year. We have a 5K run and disability awareness walk. We have events all throughout the day."

Throughout the years, the agency was willing to change and adapt in the Herkimer County and Mohawk Valley business environment.

"It is the ability of the board and the staff to adapt and change," Hummel said. "When things from the state or federal level have not worked in our favor, we sat down, and we said 'okay how do we now move forward. How creative can we be to make sure that we have the services, staff, and funding we need to make sure that we have the dollars we need to make sure that we take care of our people."

But the most obvious and important thing that helped kept this organization running for 50 years was the effort to provide the care and encouragement to the people with disabilities so that they can have a happy and successful future.

"Back in the day," Crosley said. "They (parents) were desperate to find services for their children once they aged out of school, and ultimately by putting together an Arc like they did back in the day that started the impetus to be able to move forward with the numerous support and services that we offered today. So they had a lot of foresight, and we appreciate that foresight. We tried to respect that and move the organization forward "







## Mohawk Valley Writers to meet

A Mohawk Valley Writers Meeting will be held on May 24 at the Ilion Free Public Library from 1 - 3 p.m. This month's 500-word stories will be written using song titles for inspiration.

We will also be writing a short, short story. This challenging assignment asks the writer to present an entire story in exactly 55 words.

Adult writers regardless of experience are invited to join us. We are a supportive group that mutually decides on the topics we write about and ways to become better writers. Feel free to stop by at one of our monthly meetings, which take place the fourth Friday of every month at the Ilion Free and Public Library from 1 - 3 p.m.

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## **Graduation Day**



Residents and guest graduated recently from the Wise Program of Catholic Charities. The Wellness Initiative for Senior Education program is an evidence-based program that celebrates healthy aging and educates older adults through numerous interactive lessons. Each graduate received a certificate for participating over the six-week course.

Photo coutesy the Mohawk Homestead

# Now Here's a Tip

#### by JoAnn Derson

- "If you have a flannel-backed vinyl tablecloth that gets a tear, don't throw it out. You can cut it into rectangles to line a shelf. Use a thin bead of glue at the edges to keep them down, and it makes a nice liner. You can even use squares between pans as a scuff guard." T.A. in Ohio
- Washcloths with tags on them can be hung from an "S" hook on a towel bar. You can fit several, and they'll still dry as long as you hang them from the tag.
- Sewing machine tip from C.K. in Texas: "After you oil your machine, use a folded over paper towel to put a few stitches through. It will absorb any excess oil that is on the machine's surface or needle."
- Use a used fabric sof-

tener sheet to collect cat hair from areas where Kitty likes to nap — the back of the couch, fabric-covered chairs, etc. This also works on curtains that are regularly rubbed up against. Make sure you use a sheet that has already gone through the laundry.

- "Idea for an old, unpaired sock: Insert a tennis ball and tie closed, then give to a dog as a toy." R. in Oregon. (Here's another: Fill with clean, uncooked white rice and knot closed. Heat in the microwave for a hot pack to use on aching muscles.)
- Use an old toothbrush to clean out your combs or small brushes. Spray the comb with alcohol and then use the toothbrush to scrub it clean.

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# See What's Blooming in Little Falls











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16 • May 17, 2019

HERKIMER COUNTRY EDITOR

## Measles immunization clinics offered in Herkimer County

Measles is a highly contagious but vaccine-preventable disease that spreads through coughing, sneezing or other contact with the mucus or saliva of an infected person. Symptoms typically appear one to three weeks after infection and include rash, high fever, cough and red, watery eyes.

"If you believe you have symptoms of measles, please contact your primary care provider immediately to notify them that you may have been exposed," said Amanda Jones, immunization nurse at Herkimer Public Health. "Do not go directly to the office, urgent care center or emergency room, as this may expose other persons. Pregnant women should contact their doctor about their immune status.

Most importantly, get your measles-mumps-rubella (MMR) vaccine as soon as possible if you haven't already done so. Vaccine not only protects you and your loved ones, they protect those whose immune systems are compromised, which includes infants and the elderly."

While most people are not at risk because they have been immunized or have had the measles, those most at risk, according to Centers for Disease Prevention and Control (CDC), are infants less than one year of age who are too young to have received the MMR vaccine, individuals who refused vaccination and individuals from parts of the world where is low vaccination coverage or circulating measles.

The MMR vaccine is given to

toddlers when they are 12 to 15 months of age, and a second MMR vaccine is recommended at age 4 to 6 years old and is required for all New York State school children.

Adults born in or after 1957 who have not had two doses of vaccine or documented disease should be vaccinated with one dose of MMR vaccine. The MMR vaccine also can help prevent infection if it is given within three days of exposure.

Herkimer Public Health recommends that any person who is due for measles vaccination schedule an appointment to receive it from your medical provider. The vaccine is also available at the Herkimer Public Health immunization clinics. There is no risk in getting an additional dose of the MMR

vaccine for individuals who may have already received it. Immunization clinics are every Tuesday from 9 - 11 a.m. and 1 - 3 p.m. for adults and children. Contact Herkimer Public Health for more information on clinics at 315.876.1176.



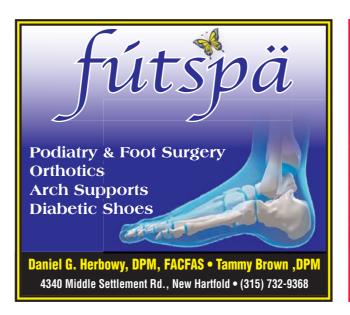


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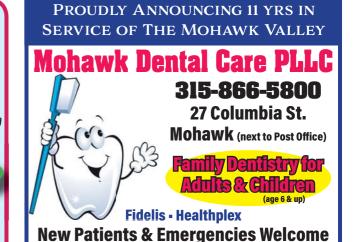












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## Keep kids safe on prom night

Prom is a milestone moment in the lives of teenagers. Junior prom might be youngsters' first formal dance, while senior prom often presents one of the last opportunities teens will have to spend a night with classmates they've attended school with since kindergarten.

Students look forward to prom night, but parents understandably may be nervous as the big night approaches. According to the National Highway Traffic Safety Administration, over the last several years, approximately 300 teenagers have died in alcohol-related traffic accidents that happened during prom weekends. Parents concerned about their children consuming alcohol on prom night can take steps to keep kids safe.

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elding, trailer repair, and computer diagnostic experience

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Required Work Experience:

Familiarity with OSHA regulations

- Work together with other parents. According the Pennsylvaniato based law firm Edgar Snyder & Associates, 14 percent of teenagers say their parents have hosted teen gatherings with alcohol. Such behavior on the part of parents is against the law and needlessly puts youngsters in jeopardy. After-parties are a big part of prom night festivities, and many youngsters have access to alcohol at such gatherings. Parents can work together to ensure kids do not consume alcohol at any point during the night.
- Speak with teenagers about alcohol before prom night. According to the Substance Abuse and Mental Health Services Administration, studies have shown that parents have a strong influence on young people's deci-

sions regarding alcohol consumption. Maintaining an open, positive and truthful dialogue about alcohol can help kids make smart decisions when alcohol is present.

- Encourage teenagers to check in throughout night. the teenagers are uncomfortable when friends or classmates start to consume alcohol. Encourage teens to check in throughout the night and contact you if they feel unsafe or uncomfortable at any point. Smartphones have made it easy to keep the lines of communication open, and parents can ask kids to check in every 30 minutes or once per hour throughout the night.
- Discuss the dangers of drinking and driving. Underage alcohol consumption is unsafe and especially dangerous

when teenagers combine drinking with driving. Discuss the threat of drinking and driving with teenagers, emphasizing that they should never

get behind the wheel after drinking and should never get in a car if the driver has been drinking.

Prom night is a magical night for teenagers but

can be a nervous one for parents. Parents should emphasize safety and discuss the dangers of alcohol with teenagers in advance of the big night.



Parents can take steps to keep kids safe on prom night.

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HERKIMER COUNTRY EDITOR **18** • May 17, 2019

## Poland 8th graders collaborate electronically for solar system project

Poland Central School District student edited a document for a project from home, another worked on a different portion at the same time that student's from home. The same thing happened from classrooms in different parts of the school building.

This was possible because eighth graders in the introduction to technology class with teacher Mark Harlander recently used Google Team Drives for a project for the first time.

Harlander said the project will prepare students for working on group projects in college and for careers in which they could be collaborating with people across the globe.

"I think doing something like this will help them," he said. "It's where the world's going now."

Poland's introduction to technology class - along with the introduction to

career education class for technical education reseventh graders - helps quirements. The New fulfill state career and York State Education De- career and technical edu-

partment has allowed districts to adapt their 21st century changes. The recent introduction

POLAND 19











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## **Good Housekeeping**

## Spinach and Strawberry Salad

- 1 pound strawberries, hulled and sliced
- 3 tablespoons lime juice
- 2 teaspoons honey
- 1 teaspoon olive oil
- Salt and pepper
- 1 container (12-ounce) baby spinach
- 10 ounces (2 cups) chicken breast meat, coarsely

shredded

3/4 cup walnuts, toasted and coarsely chopped

1. In a blender, puree 3/4 cup strawberries with lime juice, honey, oil, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Transfer dressing to large serving bowl.

2. To bowl with dressing, add spinach, chicken and remaining strawberries; toss to coat. Sprinkle salad

with walnuts to serve. Serves 6.

\* Each serving: About 220 calories, 13g total fat (2g saturated), 40mg cholesterol, 220mg sodium, 10g total carbohydrate, 8g dietary fiber, 19g protein.

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## POLAND from 18

to technology project focused on the solar system. It tied into a larger unit on space that included topics such as the scale of the solar system. It also will involve designing and building rockets to launch.

For the project, Harlander set up templates for an outline and slideshow presentation in the Google Team Drives. Students were then randomly assigned to groups of three, and at least one person from each group was from a different class period than the others to make sure work was done electronically.

Students were able to go in and work on the project all through the shared Google Team Drives. Groups did their projects on one of the eight planets or five main dwarf planets in our solar system, and then were able to view the overall combined presentation on the planets and dwarf planets in class.

"They really took to it. They were all pretty much on task with it," Harlander said. "They were a good group to try this with, and they exceeded my expectations with it."

Harlander had students fill out a questionnaire at the end of the project, and it showed that students enjoyed it. One concern students shared had to do with communication: wishing they could use a chat feature or have time to meet in school and plan the project. The questionnaire results are important in order to improve upon the project, he said.

Students often used the document commenting feature to get messages to each other about what work to do within the groups.

"It was fun to see the different dynamics," Harlander said.

This project could be the first step to further collaboration, Harlander said. One idea is to do projects with students from other school districts – locally or even in other states.

"There's no limit to what they could do," he said.

Another possibility is doing projects with other classes – especially focused around the Science, Technology, Engi-

neering and Mathematics (STEM) model, Harlander said. For example, the introduction to technology and science classes could align their energy units to happen at the same time and do a joint project, he said.

"It's one of the best ways that we could start pushing it really to a STEM model without impeding on what we already do," he said. "We won't know unless we try it."

Eighth grader Logan Cookinham did her project on dwarf planet Haumea with two students from a different class period. "It was a great project," she said.

Cookinham felt like the project helped with team-building and social skills due to the way students had to electronically work together. She also appreciated that the projects combined for one presentation at the end.

"It was nice to see how everyone worked on this from all different classes, and it came together as one thing," she said.

Eighth grader Seth Walther did his

project on Mercury with two students from a different class period. He enjoyed learning more about the solar system through the unit and the projects. "I thought it was cool because I didn't know there were that many dwarf planets," he said.

Both Cookinham and Walther said they liked the idea of doing similar projects through Google Team Drives with other school districts or other classes at Poland. The overlap could help students who are struggling with one of the classes become more interested and learn better, Walther said. He also thinks the introduction to technology class is a good fit for such projects.

"Technology goes with a lot of different classes." he said.

Walther said it was a team-building project, and he liked that not only each group had to work together but that all the projects were combined at the end for the presentation.

"In this case, it all came together," he said.















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# Pros and cons of joint replacement surgery

To people outside the medical field, joint replacement surgery might sound like a solution that's considered only after all other options have been exhausted. But joint replacement surgery has become very common, even though some studies have suggested certain procedures are being performed unnecessarily.

A 2014 study published in the journal Arthritis and Rheumatology found that one-third of patients who undergo knee replacement surgery may not be appropriate candidates for the procedure because their symptoms are not severe enough to merit aggressive intervention like surgery.

The decision to undergo surgery is always a patient's to make. Weighing some pros and cons of joint replacement surgery can help patients make the most informed decisions possible.

#### Pros

The Cleveland Clinic notes that many patients who have undergone joint replacement surgeries have experienced dramatic improvement within a relatively short time after undergoing the surgery. Much of that improvement is related to pain, which for many people becomes overwhelming prior to surgery.

Another benefit to joint replacement surgery is the recovery time. For example, the Cleveland Clinic notes that patients who have knee replacement surgery are usually standing and even moving the joint the day after their surgeries. Within six weeks, those same patients are typically walk-

ing comfortably with very little support. While each patient is different, any fears that joint replacement surgery will require patients to be immobile for months after surgery are unwarranted.

Joint replacement surgery also can be a longterm solution, whereas the alternatives might not be. The Cleveland Clinic says that roughly 85 percent of knee implants will last 20 years, and that life expectancy figures to grow as technology advances

#### Cons

As beneficial as joint replacement surgery can be, it's not without downsides. Cost is one such disadvantage. How much a patient pays for the surgery depends on his or her coverage, but AARP notes that the average knee replacement surgery costs \$31,000. Such costs can be prohibitive for aging men and women who are no longer working.

Another potential disadvantage to going under the knife, especially for those who are borderline candidates for replacement surgeries, is the likelihood that surgery won't have a significant impact on quality of life. A 2017 study published in the journal BMJ found that knee replacement had minimal effects on quality of life, especially for patients whose arthritis was not severe.



When deciding if surgery is their best option, patients should consider the pros and cons of going under the knife before making their final choice.



by Linda Thistle

7

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"30 Rock" star

36 White weasel

37 Catcher's

place?

41 Symbol for

"American -

gold

43 Big rig

44 Start over

47 Therefore

38 Range

31

42

Halle or Anne 46 Storyteller

(Easter Island) 48 Criterion

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2

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## King Crossword

#### ACROSS 1 Last few notes 5 Med. approval org 8 Fall into a beanbag chair 12 Last write-up 13 Valentine misspelling 14 Actress Turner 15 Missing 16 Past 17 Spore cases 18 Pour wine 20 Time of discontent? 22 Calf's mama 23 Fresh 24 1/4 bushel 27 Not steadily 32 Vast expanse 33 Play with robots 54 Cartoonist 8 Shaved a Browne 30 Visibility hin-34 Anonymous Richard 55 Kvetches Debate closer drance

35 Discontinue

39 Type of humor

40 Candle mate- 58 Jog

42 Chemical rel- DOWN

38 Nervous

rial

ative

45 Discount

store

50 Blunder

53 Mideast

nation

49 Ms. Moore

52 Green land

56 Queue

short

Frigid

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Record

Have at

6 Used a shovel

5

2 Reed instru-

Chances, for

57

10 Previously

"Forget it!"

24 Next-to-last

25 Still, in verse

Michelle

26 Role for Julie,

Eartha, Lee,

letter

11 Duo

21 Hostel

19

Platyhelminth 28 Rapa -

7 Acknowledge 29 Museum

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that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

## Place a number in the empty boxes in such a way

## **DIFFICULTY THIS WEEK:** ◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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## Weekly **SUDOKU**

2

8

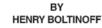
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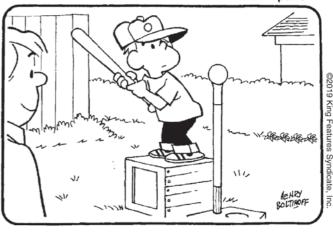
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**HOCUS-FOCUS** 

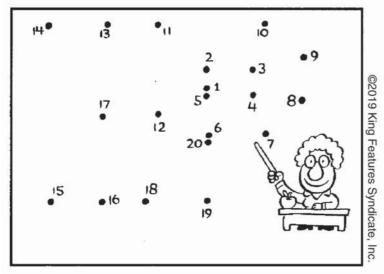




Find at least six differences in details between panels.



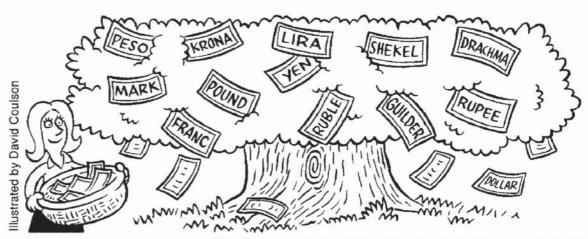
smaller. 3. Fence replaces house on left. 4. Box is taller. 5. Plants added on the right. 6. Window is missing. Differences: 1. Boy's hat is different. 2. Man's nose is



WHAT TWO LETTERS of the alphabet have nothing between them? Connect the dots to find out the answer!

them. Answer: Letters N and P have O (nothing) between

# by Charles Barry Townsend



## WHO SAYS MONEY DOESN'T GROW ON TREES?

See if you can match the currencies with their countries of origin.

## AS EASY AS ONE, TWO, THREE!

See if you can rearrange the numbers in our square so that the sum of any row, column, or the two diagonals will total 6.

Answer: Top row: 2, 3, 1. Middle row: 1, 2, 3. Bottom row: 3,1,2.

FIND THE SEVEN WORDS PUZZLE! In the Word Square at B the right, we've removed six of the letters to spell out the word "BRAKED." See if you can replace these letters in the square so that you will have four three-letter words across and three four-letter words down.

E G

3. Franc 4. Krona 5. Pound 6. Ruble 7. Lira 8. Yen 9. Rupee

1. Peso

2. Mark

- 10. Guilder
- 11. Shekel 12. Drachma
- D. Greece E. Mexico F. Japan G. India H. Sweden

A. Russia

C. Israel

B. Netherlands

 Germany J. Italy K. France L. Great Britain

8-F, 9-G, 10-B, 11-C, 12-D. Answers: 1-E, 2-I, 3-K, 4-H, 5-L, 6-A, 7-J,

Answers: (Across) Are, bed, leg, eke. (down) Able, reek, edge.

22 • May 17, 2019 HERKIMER COUNTRY EDITOR

# Country Editor

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495 For Rent 500 For Sale

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525 Fruits & Berries

Furniture

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535 Generators

537 Gifts

575 Greenhouse Supplies

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605 Heating 610 Help Wanted 653 Hotel / Motel

683 Jewelers

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711 Lessons 760 Lumber & Wood Products

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813 Music

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817 Nails

820 Nurseries 910 Plants

950 Real Estate For Sale

955 Real Estate Wanted 960 RVs & Motor Homes

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1200 Veterinary 1205 Wanted

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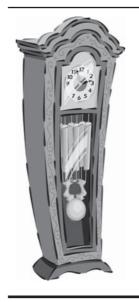
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ESTATE SALE: May 24 & 25, June 1st. 9am-3pm, 2712 Route 28, Mohawk, Vickerman Hill. Washer, dryer, lawn tractor, furniture, tools, housewares, much more.

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# Country Editor

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## **Garage Sales**

MOVING SALE: May 17th Friday 9:30-4pm. Saturday, May 18th 9:30-3pm. 37 Massachusetts ave, Ilion. Household, furniture, tools, barbecue grill, weightlifting bench, olliptical.

GARAGE SALE: May 17&18 9-4pm. 29 Top Notch Drive, Little Falls. Household items, lawn chairs, Christmas decorations, cash only and no early birds.

ST. ANTHONY AND JOSEPH CHURCH Rummage sale. South Main St. Herkimer, New York. May 16 9-3pm Friday May 17 9-3pm Saturday May 18 9-12pm.

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## Real Estate For Sale

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**24** • May 17, 2019 HERKIMER COUNTRY EDITOR

## Mentors needed for local youth

Catholic Charities Herkimer County needs you to make a difference in the life of a young person. Adult mentors are needed to match with local youth between the ages of 9 -17 for friendship, support and fun. We are looking for role models willing to invest a few hours each month engaging in positive activities, to enrich the lives of children facing difficult life situations.

Studies show that youth who have the benefit of a mentor have enhanced self-esteem and self-confidence and stronger relationships with parents, teachers and peers. They are also less likely to engage in drug and alcohol use. There are also many benefits for mentors, including a sense of personal fulfillment and growth, and the knowledge you are helping a youth to develop their full potential.

Mentors are asked to make at least a one year commitment to the program and meet with their mentee for a minimum of eight hours a month. This could mean attending a local play, visiting a library, watching a sporting event or simply taking a walk. You can meet with your mentee at your convenience, and the program tries to match youth with adults

who have similar interests. One of our mentors makes craft projects with her mentee and then they visit a local restaurant afterward for a sundae. They both refer to this as their "tradition." As the mentor says, "Mentoring is a great way to sow positive seeds in the life of a young person."

All mentors start their journey with a selection process including an application, screening and background check. If you would like to learn more about opening up a youth's world by providing friendship and encouragement to a local youth, contact us today at 315.894.9917, stop into the Catholic Charities office at 61 West St. in Ilion weekdays between 8 a.m. - 3:30 p.m. or email us at rhvcc@ccherkimer.org jwheet@ccherkimer.org for more information.

## **Good Housekeeping**

## Mandarin Orange Salad Almond Brittle

3 tablespoons sugar 1/2 cup sliced almonds

## Raspberry Vinaigrette

- 1/4 cup raspberry vinegar
- 1 tablespoon sugar
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
  - 1/4 teaspoon hot pepper sauce
  - 1/4 cup vegetable oil

- 1/2 medium head iceberg lettuce, cut into 1-inch pieces
- 1 romaine heart, cut crosswise into 1/2-inch pieces
- 2 large stalks celery, cut crosswise into 1/4-inch slices
- 3 green onions, chopped
- 1 can (11 ounces) Mandarin orange segments, drained
- 1. Prepare almond brittle: Line cookie sheet or jelly-roll pan with parchment paper. In 1-quart saucepan, heat sugar over medium heat 3 to 5 minutes or un-

til melted and light amber in color, swirling pan occasionally. Remove saucepan from heat; add almonds and stir until coated. Spread almond mixture on parchment-lined cookie sheet; cool completely. When cool, break into 1/2-inch pieces.

- 2. Meanwhile, prepare raspberry vinaigrette: In small bowl, with wire whisk, mix vinegar, sugar, parsley, salt, pepper and hot pepper sauce. In thin, steady stream, whisk in oil until blend-
- 3. Prepare salad: In large salad bowl,

combine iceberg, romaine, celery, green onions and Mandarin orange segments.

- 4. To serve, gently toss lettuce mixture with vinaigrette. Sprinkle with brittle pieces.
- \* Each serving: About 105 calories, 7g total fat (1g saturated), 110mg sodium, 10g total carbohydrate, 1g dietary fiber, 2g protein.

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

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## Restore rusty tools

Many people may be tempted to discard rusty tools that have gone unused and sat in a garage or shed for a significant period of time. But tools encrusted with rust do not need to be relegated to the trash bin, nor do gardeners have to toil for hours scraping and sanding off the rust. There's a much easier way to restore rusty tools that relies on a common household ingredient: vinegar. Pour vinegar into a deep enough vessel

to submerge the metal part of the tool. Soak the tool overnight. The next day, use a scouring pad to rub off the rust.

If the tool is too big to fit into a can or bucket, simply wrap it with a vinegarsoaked rag and cover the whole tool with a tightly secured plastic bag. Follow the same procedure the next day. After all the rust is gone, rinse the tool in cool water and dry thoroughly. Then return it to regular usage.

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## **Community Foundation makes donation**

The Mohawk Homestead and the Community Foundation of Herkimer & Oneida Counties have recently partnered to make an impact in the community that will expand opportunities for individuals to live independently in a local adult care facility.

The \$25,000 investment from the Community Foundation will help Mohawk Homestead to modernize its elevator. As a result, the Homestead will be able to maximize occupancy on the second floor of Marshall House and East Wing. The completion of this project is crucial to the facility remaining solvent for years to come.

"Without the help of the Community Foundation, it would have been difficult for this vital project to be completed in a timely manner," said Joe Franco, administrator of the Mohawk Homestead.

"As a facility that cares for older adults, many of whom are unable to use stairs, having an operational elevator is essential and will allow for all spaces in the historic building to be utilized," said Jan Squadrito, senior community investment manager at the Community Foundation.

The Mohawk Homestead is committed to excellence in caring for residents within a safe home-like environment. For tours or general information, call 315.866.1841 ext. 306.

Since 1952, the Community Foundation has invested more than \$75 million in Oneida and Herkimer counties. The Community Foundation partners with various local organizations to make impactful investments in core areas of need, including economic development, education, health and arts and culture.

For information about the Community Foundation, visit www.foundationhoc.org or call 315.735.8212.



Joe Franco, administrator of the Mohawk Homestead, and Jan Squadrito, senior community investment manager at the Community Foundation, along with residents of the Mohawk Homestead.

Photo courtesy of the Mohawk Homestead



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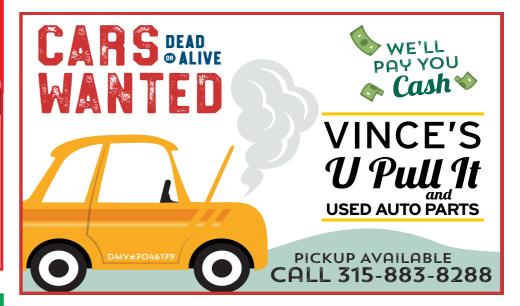
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## **Emerald Ash Borer**

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

It's hard to believe that such a beautiful insect can cause such not-so-beautiful damage. Whether you have ash trees in your own land-scape, or your local community, it is important to know how to spot this pest, how not to spread it, and your options once it arrives.

As with many of our major pests, this one was introduced (so is termed "exotic") to the U.S. from its native Asia, likely in wooden cargo packing materials. Since its introduction and first spotting in July 2002 near Detroit, it has gradually spread to most all states east of the Mississippi river, and some west of it, as well as eastern and central Canadian provinces. It has spread on its own, and with the help of humans, particularly in firewood. Many states now prohibit bringing firewood, such as for camping, from outof-state — a key way to slow the spread of this serious pest — the most destructive forest pest in U.S. history.

Although the good news is that this pest only attacks ash trees, the bad news is that tree canopies (leaves) are gone within a couple years, and the trees die within three to four years. To date, 150 to 200 million ash trees have died in at least 30 states from this pest. Left unchecked, it is expected to kill most of the 8.7 billion ash trees in North America. This is a major impact, both for landscapes where ash species are used widely, and forest products.

Some of the better native trees in our home and city landscape plantings are ashes, available in several species and cultivars. Most common are the white ash (Fraxinus americana), rounded up to 60 feet tall when mature, and the green ash (Fraxinus pennsylvanica), oval to upright reaching 60 feet tall. Both have a moderate to fast growth rate, with yellowish fall leaves. If you're not familiar with ash trees, these have compound leaves (divided several leaflets), arranged opposite each other on branches, and

are often shiny green. Make sure you don't confuse ash trees with elms, boxelders, mountain ash, walnut, and hickories.

The adult beetle of the ash borer is bright, metallic green, about one-half inch long. When they emerge from the bark in late spring to early summer, they leave a characteristic D-shaped exit hole. While they nibble on leaves, this doesn't cause major damage. They are active until the end of summer.

Beetles lay eggs between bark layers, and in crevices. In about a week these hatch, and the larvae bore into the tree. It is the four feeding stages of these larvae that cause serious damage, disrupting the movement of water and nutrients in the tree, creating S-shaped galleries. These larvae then overwinter as "prepupae" in a "pupal chamber" they carve in the tree, emerging in spring as adults. Woodpeckers and their damage on ash trees is a good sign that there are larvae within.

When the water and nutrients don't flow within the tree, leaves yellow and wilt. Shoots may appear from the lower trunk (below the damage, termed "watersprouts"), or from the roots (termed "suckers") — the result of the tree trying to start new healthy growth and survive. So even if you don't

see the bright green beetle, if you see woodpeckers and wilting on ash, look for the D-shaped holes in the trunk, and these lower shoots (termed "epicormic branching"). One problem is that unless you look closely, you may not see serious visible damage for up to three years.

Another problem is that other stresses may cause similar symptoms to this borer. Trees may be stressed by drought, or diseases such as ash yellows (descriptive of the symptom). The redheaded ash borer causes similar symptoms, only it has a round emergence hole. If you think you have the emerald ash borer, or see its symptoms but aren't positive, it's best to check with a trained professional at a nursery, your state agriculture department, county forester, or state university plant diagnostic clinic.

If you find this pest on ash trees, there are few options. If trees are highvalue landscape and street trees, there are effective insecticide injection treatments that arborists can provide for temporary control for one to three years. If there are too many trees, or this is not warranted or feasible economically, then trees will need to be cut down.

If you cut down trees, chances are they are large and you'll need to hire a reputable tree service or arborist. The borer

**EMERALD 27** 









## Three ways to cut the costs of owning a vehicle

When buying a new vehicle, many consumers are fixated on sticker prices. And that's understandable, as the automotive resource Kelley Blue Book noted that in March 2018, the average transaction price for light vehicles purchased in the United States was more than \$35,000.

But as any veteran vehicle owner knows, the costs of owning a car or truck go beyond sticker price. Maintenance, insurance and fuel are some of the additional expenses that are part of owning a vehicle. And while it can be hard to get

dealers to lower a sticker price, drivers can take other steps to reduce the cost of owning a vehicle.

1. Make a long-term commitment. Many drivers finance their auto purchases with loans from the bank. When loans reach maturity, or if drivers pay the loans off early, only then are they free from monthly payments. But over the years many drivers have equated the maturity dates on their auto loans with a time to buy a new car, essentially starting the process all over again. By resolving to keep their cars once their loans are

paid off, drivers are making a long-term commitment to their vehicles and saving some money along the way. Even keeping a car that required a \$400 monthly loan payment for one year after paying the loan off can save drivers nearly \$5,000 in loan payments, and even more if drivers reduce their insurance coverage once the vehicle is officially theirs.

2. Downsize your vehicle. Parents cart kids around town in minivans or SUVs that have the capacity to hold sports gear, musical instruments, etc. But if the kids are out of

the house or still under your roof but now behind the wheels of their own car, consider downsizing to a small vehicle. Small vehicles are typically less expensive to purchase, and they won't cost as much to insure or fill up

3. Skip the bells and whistles. Today's drivers may want their cars to be mobile offices and entertainment centers outfitted with all the latest gadgets and accessories. Though such accessories

might be nice, they aren't necessary to get you from point A to point B. When buying a new car, buy the base model or one step up from the base model, which could save you thousands of dollars right off the bat.



Driving is a necessity that does not come cheap. But there are many ways for motorists to reduce the costs of vehicle ownership.



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## **EMERALD** from 26

doesn't affect the inner wood of the tree, so it can be milled locally into lumber, or even into garden art or furniture by woodworkers. You also can cut it up for firewood. Just make sure you do not transport any cut wood outside your

immediate area.

One promising control of this borer is the use of nature itself, in the form of parasitic wasps. Shortly after this pest was found in the U.S., scientists explored for natural controls in its native range. Three natural wasp enemies of the pest were found in northeast China, their release in this country was approved in 2007, and they have now been introduced into 22 states. These wasps, one of which attacks the eggs and the other two the larvae, have resulted in up to 90 percent decline in larvae in trees.

If you have ash trees in your landscape or community, you may want to

follow the lead of some towns which are interplanting replacement tree species now. These will then be larger and established when the ash trees need removing. If planting several trees, try to plant different species to hedge your bets against any future pests or problems.

With this being such a major pest, there are many government, university, and collaborative websites where you can find more information. A couple of these resources are a series of factsheets from Penn State University (www.paemeraldashborer.psu.edu), and the Emerald Ash Borer Information Network (www.emeraldashborer.in



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