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The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing. Zephaniah 3:17



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Questions answered about COVID-19 and food safety

In recent weeks, University of Vermont Extension has received several questions related to the coronavirus that produces COVID-19. To help address public concerns about food safety and the virus, Dr. Omar A. Oyarzabal, UVM Extension food safety specialist, has provided answers to some of the most commonly asked questions.

Is the food from the grocery store safe for consumption?

Yes, it is. Food manufacturers and grocery stores already have in place good manufacturing practices (GMPs) as well as cleaning and sanitation practices to reduce the transmission of any food-borne pathogen. These practices are established to reduce the potential for contamination of food-contact surfaces and foods.

Currently, all food manufacturers and retail stores are increasing these practices to ensure the continued safety of the food supply. It is also important to remember that this virus is not a food-borne agent, meaning that it will not be acquired by ingesting contaminated food.

Do we need to wash items once we get home, such

as cans and packaged products?

No, you don't. Besides, it will be quite impractical in some cases. It is important to wash your hands thoroughly with soap after you return home. You also can use disposable gloves, but make sure you use a pair for one single use or activity, and then dispose of them.

Always wash your hands before and after wearing gloves. The type of soap or the temperature of the water when washing hands is not as important as the time spent lathering your hands by rubbing them together before rinsing. The whole process should take at least 20 seconds.

Do I need to keep my food separate at home for several days after buying it and before consuming?

No, there is no need to "isolate" your food, but please follow the normal practice of washing hands before and after touching food.

Could plastic or paper bags from a store be contaminated?

It is highly improbable there is any contamination. In any case, if your store allows it, you can bring your own reusable bags although may be asked to bag your

own groceries. Always follow basic hygiene practices, and wash hands before and after touching foods.

Is it safe to have takeout food that was prepared in a restaurant, and are the containers safe to touch?

Yes. However, if you see anyone handling a food container with bare hands, you should advise the employees of that restaurant of the need to wear gloves to increase the use of protective barriers. You should, again, wash hands after returning home.

If I microwave the food, will it kill the virus if the food was contaminated?

Yes, the virus is destroyed by regular cooking processes. Therefore, reheating food to temperatures about 170° F will destroy any potential contamination.

Can pets transmit the disease?

No, we don't know of any transmission from pets. Cats can carry the virus, as this has been well documented with other coronaviruses. There are already cases of dogs testing positive for the current coronavirus in households where at least one person developed symptoms and was positive for this virus. But so far, pets, like foods, are not a route of transmission.

Little Falls Cheese Festival looks to "Keep Cheese Alive"

With New York State's "pause" extended through the month of April and so many people forced to stay home, the Little Falls Cheese Festival committee has launched an initiative to "Keep Cheese Alive" by supporting their vendors, which include regional cheesemakers and more.

"Shopping local is always a good idea – support your friends and neighbors, support your local farms, keep money in the community and region," said Teri Chace of the Little Falls Cheese Festival

planning committee. "But now, it might be an even better idea: your food will be handled by far fewer hands. You can buy directly from the producer. The food will be fresh and wholesome."

The festival features various New York State farm-produced cheeses, from hard cheeses, goat cheeses, spreadable cheeses, yogurts and cheese curds to ice cream, gelato and more, with numerous New York-based gourmet food and craft beverage vendors to complement the

cheeses. The Little Falls Cheese Festival website has just been updated with all the confirmed 2020 vendors, and the festival's Facebook page will feature individual businesses so visitors can learn more about what they offer and how to support them.

"Small producers are in dire straits right now. They have been hit very hard and are in danger. We must help them survive," said Chace. "Even amid this crisis, there are ways to safely support

them. You can call and see if they ship, do local delivery, have on-site pickup or offer gift cards."

The Little Falls Cheese Festival is New York State's premier gathering of cheesemakers, with an estimated 6,000 people in attendance last year. Keep up to date with planning and vendor announcements by following the Little Falls Cheese Festival on Facebook, Instagram or visiting littlefallscheesefestival.com.

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Coronavirus update: FDA authorizes blood purification device to treat COVID-19

The U.S. Food and Drug Administration issued an emergency use authorization for a blood purification system to treat patients 18 years of age or older with confirmed COVID-19 admitted to the intensive care unit (ICU) with confirmed or imminent respiratory failure.

The authorized product works by reducing the amount of cytokines and other inflammatory mediators, i.e., small active proteins in the bloodstream that control a cell's immune response by filtering the blood and returning the filtered blood to the patient. The proteins that are removed are typically elevated during infections and can be associated with a "cytokine storm" that occurs in some COVID-19 patients, leading to severe inflammation, rapidly progressive shock, respiratory failure, organ failure and death.

"We continue to work across all sectors to expedite the development of numerous innovative potential preventive and treatment approaches by both facilitating emergency access for patients, to the extent we can, and supporting the evaluation of potential therapies," said

FDA Commissioner Stephen M. Hahn, M.D. "With today's authorization of a blood purification device, we are expediting the availability of a treatment option for patients in the ICU to help reduce the severity of the disease. Our staff will continue our around the clock review of all medical products to expedite the availability of treatments to help fight this devastating disease."

The FDA issued this emergency use authorization to Terumo BCT Inc. and Marker Therapeutics AG for their Spectra Optia Apheresis System and Depuro D2000 Adsorption Cartridge devices.

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DEC announces New York is open for hunting; spring turkey season starts May 1

Hunters should always follow safety tips to prevent injuries and limit spread of COVID-19

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos announced recently that spring turkey season opens May 1 in all of New York north of the Bronx-Westchester County boundary. In addition, DEC's annual youth turkey hunting weekend will take place April 25 - 26. The youth turkey hunt for junior hunters aged 12 - 15 is open in all of Upstate New York and Suffolk County.

"Many New Yorkers are eager to spend time outdoors and turkey hunting is one great way to reconnect to nature," Seggos said. "Whether participating in the upcoming youth hunt with your children, or heading out on your own in pursuit of a wary gobbler, be sure to hunt safe and hunt smart by following the important guidelines in place both to prevent the spread of COVID-19 and to support hunting safety."

Turkey hunters took about 17,000 birds in New York during the 2019 spring season. Spring harvest success is often tied to productivity two years prior, as hunters like to focus on adult gobblers (i.e., two-year-old birds). While the cold, wet start to the 2019 breeding season meant low reproductive success and poor recruitment in many areas, conditions were better in summer 2018. The population gains made in 2018, combined with good overwinter survival because of abundant food in autumn and relatively mild winter conditions this year, may offset 2019's poor reproductive success.

Important details for the Youth Turkey Hunt

- Hunters 12 - 15 years of age are eligible and must hold a hunting license and a turkey permit

- Youth 12 - 13 years of age must be accompanied by a parent, legal guardian or adult over 21 with written permission from their parent or legal guardian. Youth 14 - 15 years of age must be accompanied by a parent, legal guardian or adult over 18 with written permission from their parent

or legal guardian

- The accompanying adult must have a current hunting license and turkey permit. The adult may assist the youth hunter, including calling, but may not carry a firearm, bow or crossbow, or kill or attempt to kill a wild turkey during the youth hunt

- Shooting hours are from one-half hour before sunrise to noon each day

- The youth turkey hunt is open in all of New York, north of the Bronx-Westchester County boundary

- The bag limit for the youth weekend is one bearded bird. This bird becomes part of the youth's regular spring season bag limit of two bearded birds. A second bird may be taken only in Upstate New York beginning May 1

- Crossbows may only be used by hunters age 14 or older

- All other wild turkey hunting regulations remain in effect

Other important details for the Spring Turkey Season, May 1-31

- Hunting is permitted in most areas of the state, except for New York City and Long Island

- Hunters must have a turkey hunting permit in addition to their hunting license

- Shooting hours are from one-half hour before sunrise to noon each day

- Hunters may take two bearded turkeys during the spring season, but only one bird per day

- Hunters may not use rifles or handguns firing a bullet. Hunters may hunt

with a shotgun or handgun loaded with shot sizes no larger than No. 2 or smaller than No. 8, or with a bow or crossbow

- Successful hunters must fill out the tag that comes with their turkey permit and immediately attach it to any turkey harvested

- Successful hunters must report their harvest within seven days of taking a bird. Call 1.866.426.3778 (1.866.GAMERPT) or report harvest online at DEC's Game Harvest Reporting website

For more information about turkey hunting in

New York, see the 2019-20 Hunting and Trapping Regulations Guide or visit the "Turkey Hunting" pages of DEC's website.

Hunt safe, hunt smart

While statistics show that hunting in New York State is safer than ever, mistakes are made each

year. Every hunting-related shooting incident is preventable, and DEC encourages hunters to use common sense this season and remember what they were taught in their DEC Hunter Education Course:

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DEC from 4

- Point your gun in a safe direction
- Treat every gun as if it were loaded
- Be sure of your target and beyond
- Keep your finger off the trigger until ready to shoot
- Stalking stinks! Set up with your back against a tree or other object wider than your shoulders and call birds to you

DEC also encourages all hunters to wear blaze orange or blaze pink when moving between hunting spots to make themselves more visible to other hunters. A blaze orange or blaze pink vest or other material can be hung in a nearby tree when you are set up and calling birds so other hunters are alerted to your presence.

A hunter education class is required for all new hunters. To prevent the spread of COVID-19, hunter education courses have been cancelled through April 30. To find a hunter education class in your area, visit DEC's Hunter Education Program website or call 1.888.HUNT.ED2 (1.888.486.8332).

"Hunting Safe" also means following social distancing and other guidelines to prevent the spread of COVID-19:

- Purchase licenses and/or turkey permits online to avoid visiting busy stores or because stores may be closed or have limited hours
- Hunt close to home. Opt for day trips instead of staying at a hunting camp to avoid close contact with other hunters
- Avoid crowds at parking areas and other locations where people congregate. Keep a distance of six feet or more from others

- Avoid high-traffic destinations. If a hunting location is crowded, choose a different spot or time to visit. For alternative hunting locations visit DEC's website.
- Hunt alone. If hunting with someone not from your household, whether an adult or youth, practice social distancing, take separate vehicles to the hunting location and make sure to maintain at least six feet



of distance. Only share a hunting blind with someone from your household.

- Carry hand sanitizer and avoid touching your face and wash mouth calls after handling
- If hunters do not feel well, they should stay home. Anyone 70 and older or with a compromised immune system should postpone their trip.

For more information about getting outdoors and #RecreateLocal, go to DEC's website.

Buy sporting licenses online

DEC is encouraging hunters, trappers and anglers to purchase sporting licenses online to help further limit the community spread of COVID-19. Sporting licenses may be purchased online at any time, and anglers may use their privileges immediately by simply carrying their transaction number (DEC-LS#) with them while afield. Anglers, hunters, and trappers may also use the HuntFishNY mobile app to display an electronic copy of their license. The HuntFishNY app is available for download through the Apple App or Google Play stores. Back tags and carcass tags must still be mailed, and customers should allow 10 - 14 days for receipt of their tags. Visit our website for more information about sporting licenses.

Citizen science opportunity: DEC seeks turkey hunters for Ruffed Grouse Drumming Survey

Turkey hunters can record the number of ruffed grouse they hear drumming while afield to help DEC track the distribution and abundance of this game bird. To get a survey form, go to DEC's website or call 518.402.8883. To participate in DEC's Summer Wild Turkey Sighting Survey or other wildlife surveys, visit the "Citizen Science" page of DEC's website at dec.ny.gov/press/press.html.

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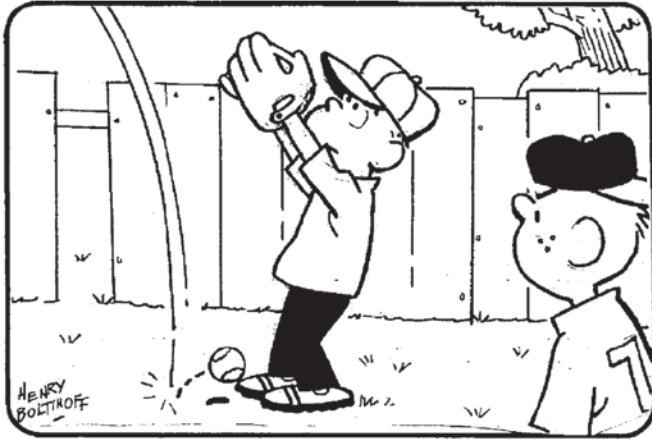
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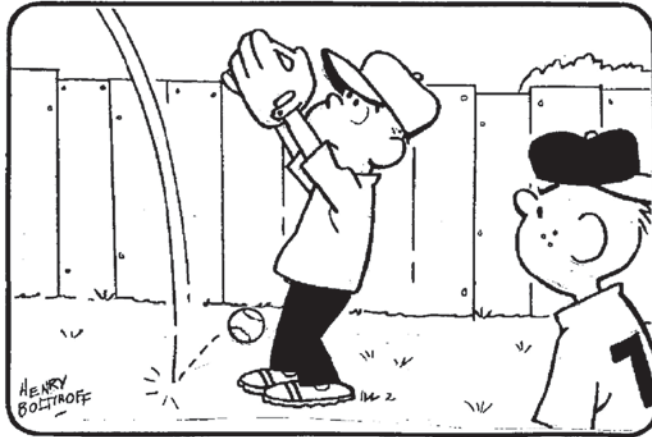
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Find at least six differences in details between panels.



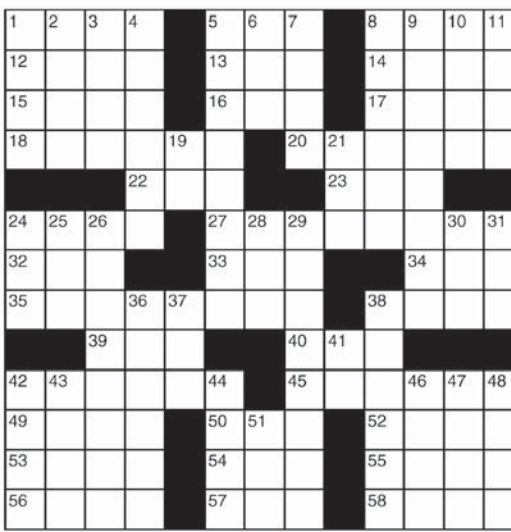
Differences: 1. Fence is mended. 2. Ball is higher. 3. Hat is different. 4. Shoes are different. 5. Tree is gone. 6. Seven is black.

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King Crossword

ACROSS

- 1 Radius neighbor
- 5 Letterman's network
- 8 Atlantic food fish
- 12 Public disturbance
- 13 Have a bug
- 14 Dumbo's "wings"
- 15 Pace
- 16 Also
- 17 Greek vowels
- 18 Proofreader's finds
- 20 Lava rock
- 22 Army rank (Abbr.)
- 23 Cul-de- —
- 24 Make fun of
- 27 Small caterpillar
- 32 Literary collection
- 33 Actress Vardalos
- 34 Cattle call
- 35 Braised beef
- 38 Help in crime
- 39 Swiss river
- 40 Spring mo.
- 42 Walk quietly
- 45 Lengthy list
- 49 Defeat decisively
- 50 Bashful
- 52 Pelvic bones



- 53 " — do for now"
- 54 Not neg.
- 55 Punch
- 56 Partner
- 57 Nevertheless
- 58 Golf gadgets
- 7 Unkempt one
- 8 Playground favorite
- 9 Subterranean passage
- 10 Caspian feeder
- 11 "Hey, you!"
- 19 Gift-tag word
- 21 Baseball bat wood
- 24 Treasure hunter's aid
- 25 Yoko of music
- 26 Grenade hurler
- 28 Serbian city
- 29 Stimulus of a kind
- 30 Fish eggs
- 31 Witticism
- 36 Baby's toy
- 37 Acapulco gold
- 38 Sculptor, e.g.
- 41 "Life of —" (2012 movie)
- 42 Decorate
- 43 Tittle
- 44 Catch sight of
- 46 Lotion additive
- 47 Pleasing
- 48 Tibetan herd
- 51 Weeding tool

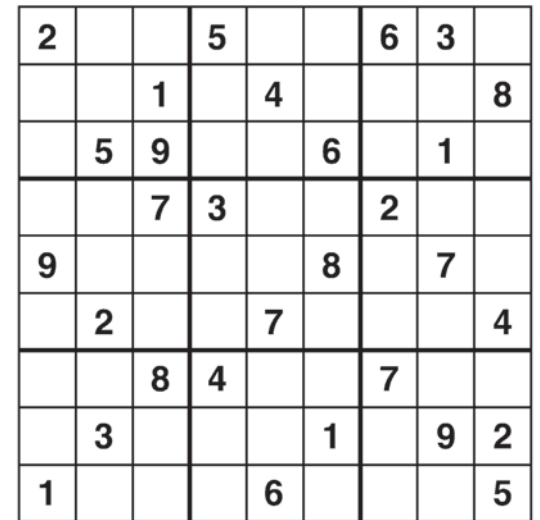
DOWN

- 1 Incite
- 2 Taleteller
- 3 Bleak, in Hollywood
- 4 Assault
- 5 California island
- 6 Resume

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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 numbers from one to nine.

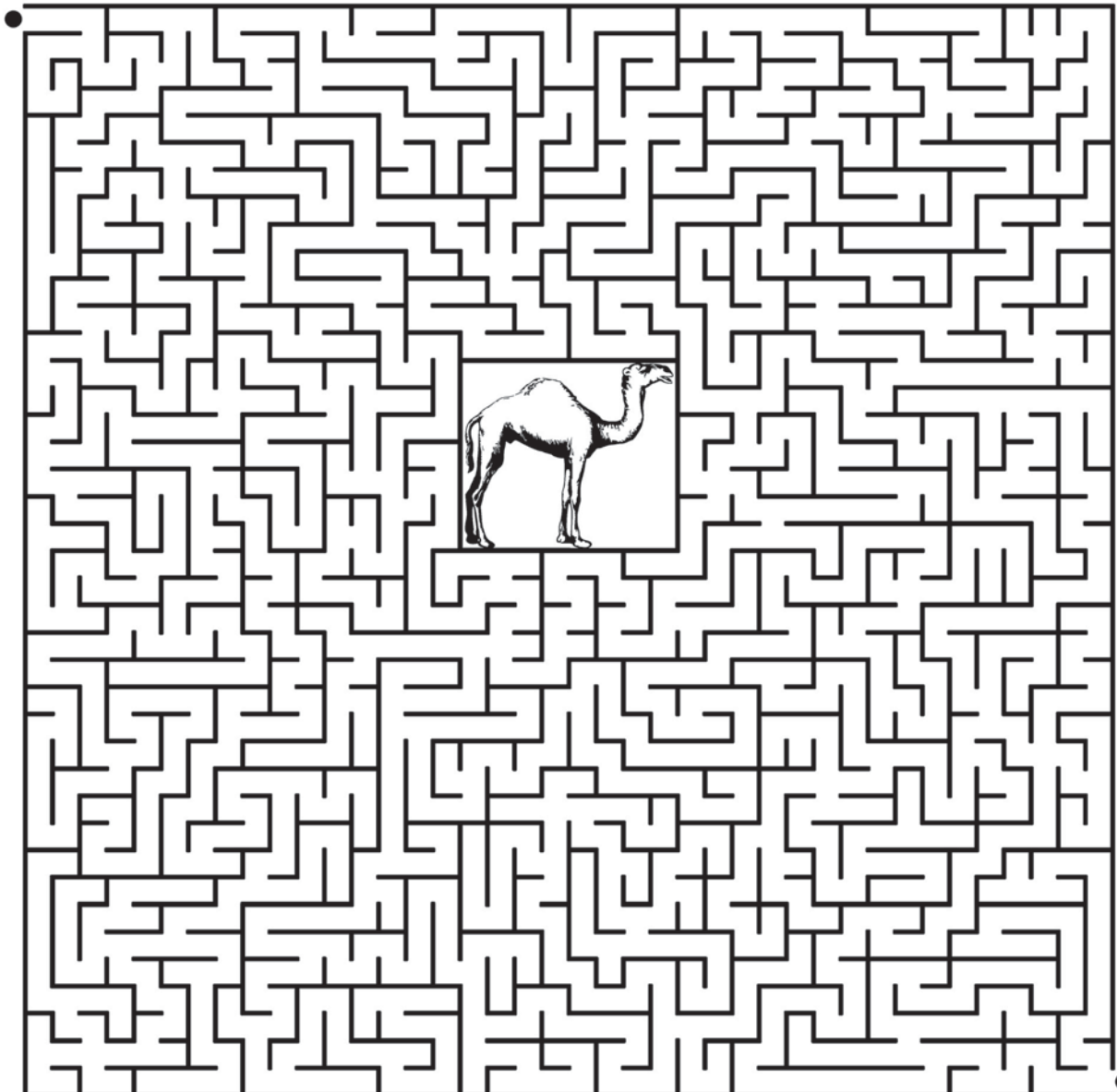
DIFFICULTY THIS WEEK: ◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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Mega Maze

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: GROUND AND SIFTED WHEAT

- Bread
- Cakes
- Cookies
- Croissants
- Displays
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#ClickLocal may buoy small businesses through COVID-19 crisis

As small businesses throughout the U.S. face unprecedented challenges due to the COVID-19 pandemic, a collaboration of North Country business owners and economic development organizations are promoting a grassroots movement to support the region's businesses during the crisis. The #ClickLocal campaign focuses on increasing consumer awareness about purchasing locally during this time, as well as providing e-commerce development support for small businesses.

Since mid-March, businesses, support organizations and community members have been using the #ClickLocal hashtag to share information and stories about online purchasing, alternative pick-up and delivery options and relevant online educational opportunities. The Adirondack North Country Association (ANCA), an economic development nonprofit organization based in Saranac Lake, is spearheading outreach about the #ClickLocal campaign. Information, tools and resources can be found at www.adirondack.org/ClickLocal.

"The Click Local concept emerged organically – directly from the small businesses who need this kind of community support the most," said Danielle Delaini, ANCA's Business Transition Program Coordinator.

Delaini said the idea came up at a March 25 phone conference meeting, which was developed by CITEC and SUNY Canton SBDC at Clinton Community College to address the strategic planning needs of small businesses. In response to mandated closures and dramatically decreased sales, the focus of the meeting shifted

to the urgent needs of local businesses. Tammy Loewy, co-owner of Green Goddess Natural Market in Lake Placid, coined the term "Click Local" during the call.

The #ClickLocal call to action, for those who can afford to make purchases during this time, is to do business with local establishments whenever possible.

"This is a critical time for people to support local businesses," Loewy said. "If our community shops and restaurants are to survive this crisis, we need people to consider when shopping online that they can still choose local businesses over big box stores and large online retailers. Keeping spending dollars local is essential to small businesses, their staff and their communities."

The #ClickLocal campaign also includes an online version of ANCA's annual artisan trade show, Adirondack Buyer Days, which was scheduled for March 31 and April 1 but canceled due to the coronavirus threat. The annual event features over 90 artisan makers and attracts hundreds of retailers looking for locally made gift products. The show's online catalog, which will be posted on ANCA's website at www.adirondack.org/Adirondack_Buyer_Days, allows consumers and shops to purchase handmade goods directly from regional makers.

"We were disappointed to have to cancel the in-person event, but we see a silver lining in the potential to increase e-commerce opportunities for Buyer Days vendors," said ANCA Artisan Programs Coordinator Lauren Richard. "Regional makers really stand to benefit by developing their online markets."

In order to boost #ClickLocal opportunities for regional businesses, ANCA and Clarkson University's Shipley Center for Innovation, in partnership with the North Country Center for Businesses in Transition, are providing e-commerce development resources for small businesses. The partners are offering webinars and one-on-one consultations for businesses to help improve their e-commerce skills and online presence.

Two webinars, "Getting Paid Online" and "Intro to E-Commerce," are available on the ANCA website at www.adirondack.org/E-commerceSupport. Information about the North Country Small Business E-commerce Development Support initiative can also be found on the webpage.

"We are already starting to see Click Local take off as people and businesses share the hashtag on social media," said Richard. "This is a community effort, where we all band together to support our local businesses when they need our support the most. If we want them to still be here when the coronavirus pandemic has passed, we need to support them now."

ANCA is an independent, nonprofit corporation with a transformational approach to building prosperity across northern New York. ANCA's community-informed, results-driven strategies for local food producers, small business owners, would-be entrepreneurs and municipal innovators offer targeted interventions that are designed to keep wealth and value in local communities. ANCA's 14-county region includes Fulton, Hamilton and Herkimer counties.

Numbers of COVID-19 cases in Herkimer County

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on April 8:

Positive COVID-19 test results: 39
Negative COVID-19 test results: 265

Mandatory quarantine (with public health orders): 49

Released from mandatory quarantine: 0
Precautionary quarantine: 26

Released from precautionary quarantine today: 14
COVID-19 deaths: 3
Total hospitalized: 2
Total number recovered: 12

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Division of Consumer Protection urges New Yorkers to be aware of latest crop of novel coronavirus scams

Scammers using a variety of methods tied to novel coronavirus to target consumers

The New York State Division of Consumer Protection (DCP) is alerting consumers about scammers taking advantage of the novel coronavirus. Scammers are using techniques that typically arise with a major global event such as falsely claiming to be online sellers of popular goods; setting up fake charities; sending fake emails and texts that contain harmful links designed to steal your personal information; and using robocalls to pitch novel coronavirus treatments and work at home schemes. People should be on the lookout for scammers looking to take advantage of public fears surrounding this issue.

“Unscrupulous scammers never take a break and they are now trying to cash in on the news of the novel coronavirus by trying to lure people into unknowingly providing their personal information,” said Secretary of State Rossana Rosado. “During this public health emergency, there are simple steps you can take to avoid

novel coronavirus scams that can help protect your hard-earned money and your identity.”

“New York State’s coordinated multi-agency response to managing the novel coronavirus includes raising awareness about deceptive and dishonest attempts to take advantage of people during this outbreak,” said Commissioner of the New York State Department of Health Dr. Howard Zucker. “The best ways to prevent the spread of COVID-19 and other respiratory illnesses involve proven precautions, like washing your hands, sneezing or coughing into your elbow and staying indoors when you feel sick to help prevent the spread of infection all year.”

Below are tips to protect yourself from novel coronavirus scams:

- Research online sellers before placing an order. Check out the seller by searching online for the person or company’s name, phone number and email address, plus words like “review,” “complaint”

or “scam.” If everything checks out, pay by credit card and keep a record of your transaction.

- Don’t click on links from sources you don’t know. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.

- Be aware of emails coming from unknown senders. Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts claiming to have information about the virus. For the most up-to-date information about the coronavirus in New York State, visit the New York State Department of Health website.

- Ignore online offers for vaccinations. If you see ads touting prevention, treatment or cure claims for the coronavirus, ask yourself: if there’s been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?

- Be aware of emails

asking for donations. Do your homework when it comes to donations, whether through charities or crowdfunding. Don’t let anyone rush you into donating. If someone wants donations in cash, by gift card or by wiring money, don’t do it.

- Be alert of high prices on critical goods. Any New Yorker who sees excessively priced consumer goods and services that are used primarily for personal, family or household purposes to prevent or respond to novel coronavirus should file a complaint with DCP. New Yorkers can now report sudden and unexpected increases in consumer goods such as hand sanitizer, cleaning supplies or other health and sanitation related products by calling the consumer hotline toll free at 800.697.1220.

- Hang up on illegal robocallers. If you receive a call about scam novel coronavirus treatments to work-at-home schemes, hang up. Don’t press any numbers. The recording

might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls instead.

- Be alert to “investment opportunities.” The Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly-traded companies can prevent, detect or cure coronavirus and that the stock of these companies will dramatically increase in value as a result.

New York State is closely monitoring the novel coronavirus. For up to date information on the coronavirus, visit the New York State Department of Health website or call the Novel Coronavirus Hotline at 888.364.3065.

The NYS DCP serves to educate, assist and empower the state’s consumers. For more consumer protection information, call the DCP Helpline at 800.697.1220 Monday-Friday, 8:30 a.m. - 4:30 p.m., or visit the DCP website at dos.ny.gov/consumerprotection.

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The profound health benefits of gardening

by Gordon Clark, Extension Master Gardener, UVM

As we endure the current coronavirus pandemic, precautions need to be taken in all activities outside our homes. But during such a difficult time, we also should be aware of the singularly profound health benefits of gardening.

Many people work in community gardens, where new rules of operation are being formulated for this spring, but such guidelines should not prevent us from enjoying our gardens, at home or elsewhere. Of course, no one needs to tell you about the benefits of being outside after a long winter, but science is filling in the how and why.

Fresh air: Studies have shown that fresh air is good for cleaning the lungs, improving circulation and providing greater energy and vitality. Increased oxygen intake helps boost brain levels of serotonin, a neurotransmitter nicknamed the "happy chemical" because it combats anxiety and depression and helps maintain a healthy emotional state and general well-being.

Sunlight: While there are obvious risks to too much unprotected exposure, moderate amounts of sunlight bring many benefits. For starters, the UV rays in sunlight are known to kill and suppress germs and bacteria. (Experts say it's not strong enough to kill the coronavirus, but the overall disinfectant effect is still a good one.)

Upon exposure to sunlight, the skin

metabolizes Vitamin D, the only major vitamin produced in this way. Vitamin D is essential for numerous body functions, and sunlight has been shown to lower blood pressure and improves bone strength and brain functioning.

Not surprisingly, sunlight also provokes the brain to produce serotonin, which is why sunlight is an effective anti-depressant and treatment for Seasonal Affective Disorder. (Its relative absence in winter is the primary cause of SAD.)

Soil: This is where it gets really magical. Any gardener can tell you that the health of a garden and its plants is bound up in the diverse abundance of microbial life in the soil. Some microbes are bad (pathogens), but most are either benign or, in fact, necessary for increasing nutrient uptake by plants, decomposing organic matter, controlling disease and numerous other basic soil functions.

But what if the microbes that make for healthy soil also promote the health of humans who work in it?

We know that exposure to soil microbes, particularly in childhood, helps to build a more robust immune system and resistance to asthma and allergies. Recent studies demonstrate that soil microbes such as *Mycobacterium vaccae* can act as anti-depressants as well, activating groups of neurons responsible for producing, you guessed it, our friend, serotonin.

Physical activity: Gardening and landscaping activities provide moderate

to vigorous physical activity, particularly when most of the work is performed using hand tools. It's a form of stealth exercise in which you are lifting, squatting, pushing, pulling and stepping without even realizing it. Gardening provides health-enhancing, weight-bearing exercise that increases caloric expenditure, builds strong muscles and bones and supports balance and endurance.

It gets even better. That's because gardening gives you the opportunity to grow food – awesome, fresh food. Nothing maintains your immune system and

general health and energy like fresh fruits and vegetables, which are most nutritious right after harvest.

In addition, kids and adults are more likely to eat fruits and vegetables tended with their own hands. Gardeners can control how the food is grown, often resulting in no or less herbicide and pesticide use.

These are challenging times, and it is more important than ever to stay healthy. One of the healthiest things you can do is to grow food in your own garden. So be careful. Stay safe. But by all means, get your gardening on!

Apply now for the 2020 Double Up Food Bucks season Applications are due Friday, April 24 by 5 p.m.

The application and additional information about Double Up Food Bucks (DUF) are available at <https://tinyurl.com/sm6853m>.

Further inquiries can be addressed to the attention of Program Coordinator Frances McGuire by calling 716.517.1125 or emailing fmcguire@

fieldandforknetwork.com.

Completed applications are due by 5 p.m. on Friday, April 24. Applications with a time stamp after 5 p.m. on Friday, April 24 will not be eligible for consideration.

*If your market has operated DUF in the past it is still mandatory to submit the 2020 application.

DUF is a national model for healthy food

incentive programs that provides individuals and families who receive SNAP benefits with a \$1-to-\$1 match that encourages the purchase of healthy, locally grown fruits and vegetables. F&FN's signature program, DUF, piloted in 2014 at seven market sites and has since expanded to include over 100 unique participating sites statewide.

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 CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.

April 18

Luncheon and Bake Sale 11 a.m. - 2 p.m. Grace Church, Main St., Mohawk. Homemade soup and sandwich. \$7. Takeouts: 315.866.4782.

April 19

Valley Voices for Christ presenting cantata "It is Finished" 6:30 p.m., Middleville United Methodist Church, Route 29, Middleville. Free will offering. Refreshments. Presenting cantata, "It is Finished"

April 21 and 28

Immunization Clinics Cancelled There will be no walk-in Immunization Clinics at the Herkimer County Public Health office this month. For more information, call the Public Health office at 315.867.1176.

April 23

Boardwalk to Better Health Rescheduled for Thursday, Aug. 13, 11 a.m. - 2 p.m. at Valley Residential Services, 323 Pine Grove Road Herkimer.

Arc Herkimer to Host Free 'Anxiety and Autism' Workshop 10 a.m. - noon at Arc Herkimer Main Building, 350 S. Washington St., Herkimer. For more information or to register, visit www.archerkimer.org.

April 25

been cancelled due to the coronavirus.

April 26

Basket Bingo. Basket pre-view 1 p.m. Games start 2 p.m. at Blessed Sacrament Church, 71 E. Main St., Mohawk. Catholic Daughters of the Americas, Court St. Bridget #265 is sponsoring this event. Donation: \$10/extra packs \$2 each. Drinks and refreshments.

May 2

Spring Spectacular 12-5 p.m., Hosted by the Mohawk Homestead and the Mohawk American Legion Riders, a fundraising event to benefit the residents of the Mohawk Homestead and the American Legion Riders donation fund. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

28th Annual Kuyahora Valley Rotary Auction. Viewing will start at 8 a.m. Auction at 10 a.m. Anyone wishing to donate may call John at 315.725.2393 or Tom at 315.794.2995 or email to tomlin@roadrunner.com.

May 9

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided.

Central and West Canada Valley Central School Districts. Visit www.kuyahoravalleyrotary.org

May 18

Paint and Sip 6 p.m. Hosted by The Mohawk Homestead and Easels on The Gogh - at the Iliion Frankfort VFW 4274 Acme Rd., Frankfort. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

June 5

The Mohawk Homestead's 5th Annual Golf Outing 9 a.m. at The Hidden Valley Golf Club, 189 Castle Rd., New Hartford for more info contact Deb Marley 315.588.9788.

June 13

41st Annual Friendship Craft Festival 9 a.m. - 3 p.m. in Spring Park on Scenic U.S. Route 20, Richfield Springs. Visit www.rschurchofchristuniting.com or call Carla at 315.858.1451 or Sue at 315.858.2681.

September 12

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.



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Mamrosh receives award from LeadingAge New York 2020 Art Competition

Mary Shaw Mamrosh, resident of Valley Health Services (VHS) in Herkimer, is a local artist that has been creating artwork since her teenage years. She recently celebrated her 99th birthday at

VHS. Mamrosh received news that her artwork, "My Deer," submitted to LeadingAge New York's 2020 Art Competition and Exhibit, has been selected for a Gallery Award and will be on display

at LeadingAge New York's public spaces. "My Deer" was selected from among 282 artworks submitted by 56 organizations. Mamrosh will officially receive her letter and Certificate of Participa-

tion in the upcoming weeks. VHS's staff takes great joy in Mamrosh's accomplishment and offer their most sincere

Mamrosh 13



Mary Mamrosh, with her wall of artworks.

Photos courtesy of Valley Health Services



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Mamrosh from 13

congratulations on this wonderful accolade. Mamrosh and her daughter, Constance A. Dodge, are both artists. While Mamrosh has dabbled in watercolor painting, her true passion is creating pencil sketchings; "My Deer" falls into this category. Mamrosh and Dodge are inspired to create art, reveling in self-satisfaction and the beauty of the piece.

LeadingAge New York's art competition, curated by Earl Gifford, membership specialist, is a microcosm of the myriad contributions to life that residents, registrants and caregivers make every day. By sharing their talents, it gives them artistic fulfillment and the opportunity for self-expression. This annual exhibit has been a traveling art show for a number of years; however, in light of the COVID-19 crisis, the exhibit will be a static display at LeadingAge New York in Latham, NY.

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 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 BAPTIST CHURCH OF DOLGEVILLE
 Pastor Len Byerly
 12 Van Buren St.
 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, Administrator
 Rev. T. Healy, Sacramental Minister
 31 N. Helmer Ave.
 Phone 315-823-3410
 Mass 9 AM Sunday

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
 Pastor Mark Sowersby
 3659 Route 5, East Schuyler
 Sunday Worship 10:30 AM
 Wednesday Night 6:30 PM
 Phone 315-895-0926
 Christianassemblyofschuyler.com

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
 Fr Timothy Holowatch & Fr Dn Demetrios Richards
 305 Main Rd., Herkimer
 Phone (315) 725-5382
 Saturday Vespers 5 PM
 Sunday Divine Liturgy 9:30 AM Sundays
 Great Lent Presanctified Liturgies
 6 PM Fridays

HERKIMER
TEMPLE BETH JOSEPH
 327 N. Prospect St.
 Phone 866-4270
 Friday 7 PM

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
 229 S. Main St.
 Phone 866-6373
 Saturday Vigil Mass 6 PM
 Sunday Mass 10 AM

REDEEMER CHURCH
 Pastor Michael Servello
 931 Herkimer Rd.
 Utica, NY 13503
 Phone 792-4748
 Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH
 Pastor Chris Schumske
 838 W. German St.
 Worship Service for adults & children
 8:30 AM & 10:30 AM
 with Ridgekids for the children (0-5th 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
 Corner of West German & Henry Streets
 Phone (315) 866-6474
 Sunday Worship Services
 9 AM Spoken Service
 9 AM Faith Formation Sunday School
 10:30 AM Service 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
METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
 Pastor Joelle Faulks
 Prospect St & Park Ave.
 Sunday Worship 8:00 & 9:30 AM
 Sunday School 9:30 AM during school year

HERKIMER
CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)
 Branch President Blake Francisco
 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
 300 N. Main St.
 Church Office (315) 866-0551
 Email: christchurchherkimer@gmail.com
 www.christchurchherkimer.org
 Sunday Services: 10:30 AM
 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 10 AM
 Child Care/Kids Church Available
 ilionchurch.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 9:30 AM
 Church Service 10:30 AM
 315-894-2070

FIRST BAPTIST CHURCH
 8 Second Street
 Reverend John Partise
 Wednesday Mid Week Service 7 PM
 Sunday Morning 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.
 315-823-3392
 Morning Worship 10:15 AM
 Rev. Chris J. Wintermute, Lead Pastor
 Rev William Whalen, Associate Pastor
 Nursery (infants through age 4)
 Meet and Greet Sunday at 8:30 AM
 Sunday School Classes 9:00 AM (nursery
 through adult)
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UNIVERSALIST CHURCH
 Minister 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)
 Fellowship Coffee Hour 11:15 AM
 Choir Rehearsal 11:30 AM
 Holy Day Masses as announced
 Confessions by appointment

LITTLE FALLS
FIRST ASSEMBLY OF GOD
 Senior Pastor Timothy Parisi
 559 E. Jefferson St.
 Phone 823-4043 • firstaglf@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 Ifirstpres@gmail.com
 www.presbylfr.org
 Sunday Worship 10 AM
 Sunday School 10 AM

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

MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST
 Pastor Wayne Getman
 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

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
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 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

MOHAWK
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

NEWPORT
FIRST BAPTIST CHURCH OF NEWPORT
 7497 Main Street
 Pastor's Phone 315-790-1877
 Sunday Worship at 9:45 AM

UNITED METHODIST
 Pastor Wayne Getman • 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.kuyahorracc.org
 Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH
 St. John the Baptist Parish
 7516 N. Main St. • Phone 845-8017
 Monday & Wednesday 9 AM
 Saturday Vigil Mass 4 PM
 Sunday Mass 8 AM

PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST
 Lay Servant Gregg Sponburgh
 Rtes. 167 & 168 • 315-866-1128
 Worship 9-10AM

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 2545 State Route 29
 Pastor Mark Hediger • 315-429-9085
 pastormark@aol.com
 Sunday Worship:10:30 AM
 Weekly Bible Studies

STRATFORD
STRATFORD UNITED METHODIST CHURCH
 1511 State Route 29A
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 pastormark@aol.com
 Sunday Worship: 9:00 AM
 Childrens' Sunday School: 9:00 AM
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Some surprising effects of insufficient sleep

Many people wish they could get more sleep. Whether they're professionals facing the challenges of demanding careers or parents juggling the responsibilities of work and family, many people find it difficult to

get a full night's sleep.

A restless night here or there likely is not much to worry about. However, a recent study from the Centers for Disease Control and Prevention found that more than one-third of adults in the United

States were not getting enough sleep on a regular basis. Routinely failing to get a good night's rest can have a profound effect on a person's overall well-being, including some surprising side effects.

According to the National Sleep Foundation, insufficient sleep will not make a person sick any more than getting enough sleep will prevent illness. However, the NSF notes that failing to get enough sleep can adversely affect a person's immune system. That makes people more susceptible to cold or flu. That vulnerability is linked cytokines, a type of protein made by the body that targets infection and inflammation. Cytokines are produced and released during sleep, so without enough sleep, a person won't produce or release enough cytokines. That can throw off the immune system response, rendering it less effective when confronting colds and the flu.

The NSF also notes that vaccines might not



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The Auction Committee

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— King Crossword —

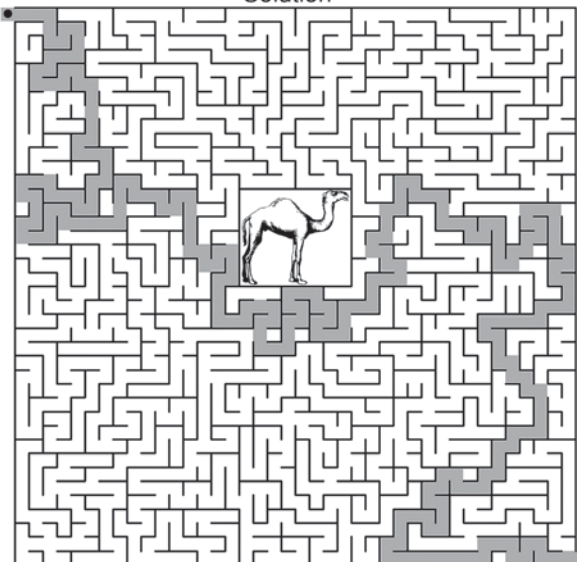
Answers

Solution time: 25 mins.

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Mega Maze

Solution

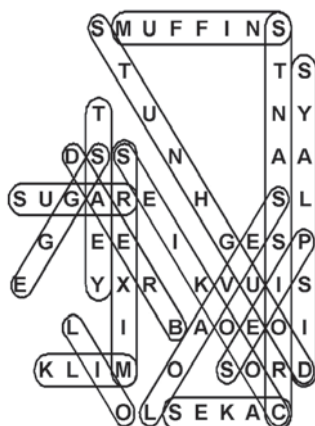


— Weekly SUDOKU —

Answer

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

FOUND IN A BAKERY



Sticklers Answer

The answer is 41.

Puzzles4Kids

Answer

Why did the Easter Bunny get a ticket?
Because it ran a hop sign.

be as effective if people sleep. That's because are not getting enough chronic sleep loss, which

refers to prolonged periods of inadequate sleep as opposed to random nights in which shut-eye proved elusive, reduces the body's ability to respond to viruses like the flu. Even people who have been vaccinated against the flu need their immune systems to be operating at full strength to fight the flu. Without adequate sleep, the immune system cannot perform at peak capacity.

A heightened risk for diabetes is another surprising side effect of prolonged periods of insufficient sleep. The online medical resource Healthline.com notes that lack of sleep affects the body's release of insulin, a hormone responsible for lowering blood sugar levels. People who do not get enough sleep have high blood sugar levels, which increases their risk for type 2 diabetes.

Busy adults often sacrifice sleep to meet the demands of everyday life. But such sacrifices can produce some surprising side effects that may make men and women reconsider their daily sleep routines.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday - we will not be doing Misc. & Poultry, produce until further notice. 1:00 we will start Dairy followed by all other livestock. Any sales off premises will be held if the social distance is lifted only.

Due to the COVID-19 restrictions we ask that BUYERS & Sellers only enter the market to help on the gathering size of the crowd. **NOTE: WE WILL BE OPEN EACH WEEK UNLESS WE NOTIFY YOU. Let's keep the cattle in the market place to help the competition - sending direct gives you no competition.**

Mon. April 6th - Sold 150 head Cull ave. \$.40 top cow \$.53, Cull Beef top cow \$.53, Organic Cull Dairy ave. \$.61 - top cow \$.70, Organic Bull \$.89, Organic feeders \$.86 - \$.94, Bulls/Steers \$.60, Dairy feeders \$.65 - \$.80, Feeder heifers \$.89 - \$1.06, Feeder Steers \$.77 - \$1.07, Bull calves top \$1.10 top beef calf \$2.05, heifer calves top \$.17 top beef calf \$1.60, Lambs 37#-47# \$1.60 - \$2.00, 56#-80# \$1.00 - \$1.55.

Mon. April 20th - Normal Monday Sale and Monthly Sheep, Lamb, Goat & Pig Sale

Mon. April 27th - Normal Monday Sale and Monthly Organic Day

Sat. May 2nd - sale held on the farm - Bouckville, NY. 11:00AM T-Farm Complete Registered Holstein Dairy Dispersal. 200+ Head of the finest cattle you'll find anywhere. 100+ milking age, 100 youngstock. Ave. 70#/day - SCC 140,000. Only the best bulls have been used & the management is top notch! What a great group of cattle! Watch for more complete info in future ads.

Mon. May 4th - Normal Monday Sale & This will be our 2nd Fat cow & Feeder Turnout Sale - during our reg. sale - if you would like your group advertise let us know.

Mon. May 11th - Normal Monday Sale & Monthly Heifer Sale

Sat. May 9th - sale held on the farm - Bouckville, NY. 11:00 AM. T-Farm Complete Machinery Dispersal- watch future ads for complete listing.

Sat. May 16th - sale held on the farm- Trumansburg, NY. **POSTPONED**

Sat. Oct. 31st - Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle -

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Country Editor

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 - 370 Dogs
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 - 415 Employment Wanted
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 - 445 Farm Machinery Wanted
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 - 470 Financial Services
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 - 483 Flooring
 - 494 For Lease
 - 495 For Rent
 - 500 For Sale
 - 510 Fresh Produce, Nursery
 - 525 Fruits & Berries
 - 527 Furniture
 - 529 Garage Sales
 - 530 Garden Supplies
 - 535 Generators
 - 537 Gifts
 - 575 Greenhouse Supplies
 - 585 Guns
 - 587 Hair Styling
 - 589 Hardware
 - 600 Health Care/Products
 - 605 Heating
 - 610 Help Wanted
 - 653 Hotel / Motel
 - 683 Jewelers
 - 700 Lawn & Garden
 - 711 Lessons
 - 760 Lumber & Wood Products
 - 790 Maple Syrup Supplies
 - 805 Miscellaneous
 - 810 Mobile Homes
 - 811 Monuments
 - 812 Multi Media
 - 813 Music
 - 815 Motorcycles
 - 817 Nails
 - 820 Nurseries
 - 910 Plants
 - 950 Real Estate For Sale
 - 955 Real Estate Wanted
 - 960 RVs & Motor Homes
 - 975 Rentals
 - 980 Restaurant Supplies
 - 1040 Services Offered
 - 1075 Snowblowers
 - 1080 Snowmobiles
 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
 - 1165 Trees
 - 1170 Truck Parts & Equipment
 - 1180 Trucks
 - 1187 Vacuum
 - 1190 Vegetable
 - 1200 Veterinary
 - 1205 Wanted

Announcements

Announcements

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Miscellaneous

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Announcements

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Herkimer College donates PPE to local hospital and police departments

Herkimer County Community College is standing with its local hospitals and law enforcement agencies in the fight

against COVID-19 by donating unused personal protection equipment.

The college recovered approximately 180 boxed

N95 respirator masks from its science and criminal justice-forensic investigations classrooms, along with about 40 Tyvek

PPE suits. The N95 is suggested for medical professionals by the Centers for Disease Control and Prevention. Several boxes of

rubber gloves were also among the donations.

The donations were delivered to Bassett Health Center in Herkimer, along with the Herkimer Police Department and the Mohawk Police Department.

Now that courses have

transitioned to distance learning, members of Campus Safety as well as faculty and staff at Herkimer College will continue to sort through stored items in an effort to continue to help the community at large.



(L - R) Martin Luppino, assistant director of Campus Safety; William Stack, assistant professor of forensic investigations; and Timothy Rogers, director of Campus Safety, stand with just a selection of the items to be donated to help fight COVID-19.

Photo courtesy of Herkimer College

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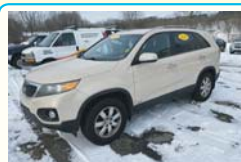
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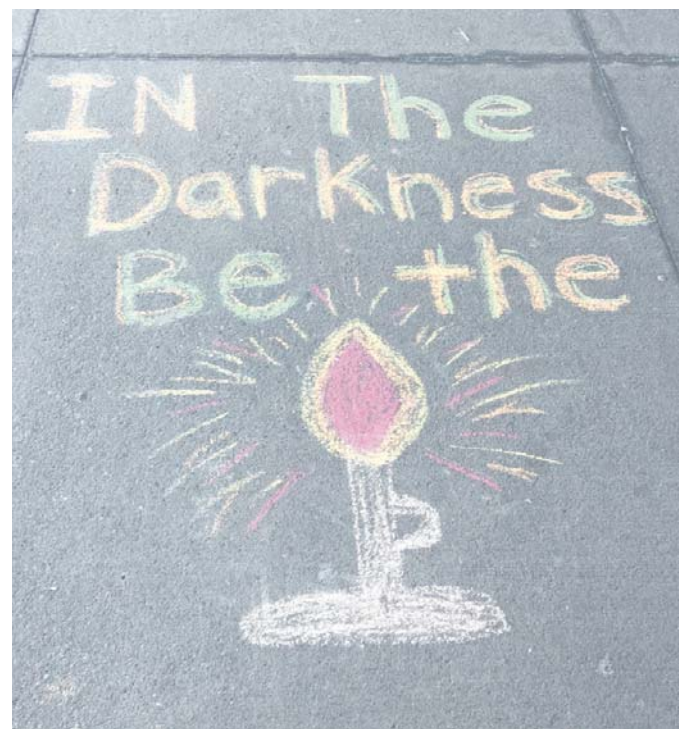


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