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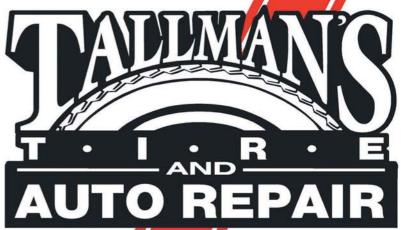
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Letter to the Editor

Governor Cuomo, as you have signed an executive order requiring New Yorkers to wear a mask when they cannot comply with social distancing guidelines, you should really be wearing one, following your own pen stroke rule. Some citizens do not take easily to being forced to do things when those that have issued such rules are blatantly disregarding their own rule. Having lived in other states and following what is happening across the country, the governor of Vermont, Phil Scott, at least wears the mask in public and is shown wearing it before and after any of his press conferences. You have been granted the honor of being an elected leader and leaders need to lead by example and you, sir, are not leading by example. Along with the mocking "go get an essential job" and other such com-

ments, it is fanning discontent among concerned citizens that perhaps you are abusing the power of being an elected governor. In my own locality I am watching businesses struggle, seeing citizens so concerned with what the future holds that it is causing anxiety and other stresses and seems to be worse than the actual virus.

We can come through this and beat this, but we cannot lose our principles in achieving this. We are a showcase to the world that freedom can and will prevail even during the hardest of circumstances. Yes, this is something that may be once in a lifetime ordeal and yes, some of the facts we were given were not accurate and the concern to protect the most at-risk among us is needed, but you are damaging the very thing that

has kept us together and will help us win this fight – rule of law. The man that you replaced thought he was above the rules as well and you replaced him. To quote Ronald Reagan, "If we lose freedom here, there is no place to escape to." I feel we are approaching a point that our "freedom" is just a word and that you, sir, feel you know better than the individual that will do what is right for himself and others if given all the correct information and options. Have trust in us, and follow your own rule and you may see more people of New York respect you for it.

Sincerely,
Ian Hitchener, a concerned citizen
for preserving freedoms
Fort Plain, NY

COVID-19 cases in Herkimer County as of May 1

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on May 1: Positive COVID-19 test results: 82 Total hospitalized: 1

Total number recovered: 60 COVID-19 deaths: 3

Negative COVID-19 test results: 818
Mandatory quarantine (with public health orders): 31
Released from mandatory quarantine: 2
Precautionary quarantine: 50
Released from precautionary quarantine today: 0



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Valley Health & Residential Services beholds the generosity of Original Herkimer Cheese

Valley Health & Residential Services is grateful to Robert Basloe and Original Herkimer Cheese for their support of our frontline employees during the COVID-19 crisis.

Guided by its family values and spirit of giving, Original Herkimer Cheese has donated cheese products to support the well-being of VHS and VRS. Basloe said it's important to support the essential workers, the people on the front lines of this crisis. He understands how difficult it is during this time and recognizes the unwavering commitment by staff to ensure the safety and wellness of their most vulnerable population.

Original Herkimer Cheese has been very generous in donating such food items as pans of macaroni and cheese in March, Buffalo Blue Creamery Reserve cups, pretzel dip cups and cheddar wheels. Most recently, Original Herkimer Cheese provided both organizations' frontline staff with individually packed trays of eight-ounce cheese and nut circles and/or port wine cold pack spread. Original Herkimer Cheese has also been generous with donations to other local area health centers and hospitals.

Basloe serves on VHS's Board of Directors. "I have a special place in my heart for Valley Health Services, as my mother spent a couple of years there," he said. He indicated his understanding of how important the work the frontline workers is, and his company colleagues wanted to do something to support them during these unsettling times.

Original Herkimer Cheese, located at 2745 State Route 51, Ilion, is a third generation, family-owned and operated business. The company, founded by Sheldon and Norma Basloe in 1949, started out as a mail-order cheese business in Herkimer and six years later the business had expanded so much, that they needed more space for production.

The Basloe family members are working every day, as Original Herkimer Cheese is an essential business.

"COVID-19's impact is growing daily and the effect on the elderly population is taking its toll,' says Lisa M. Betrus, president, Valley Health & Residential Services. "Our residents, patients and their families are our top priority. Thank you to Original Herkimer Cheese and other organizations like them, who continue to support our efforts to protect and care for those who need us most. From our family to yours, thank you Bob Basloe and Original Herkimer Cheese for your generosity and support of our frontline staff during these unprecedented times.



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Little Falls Cheese Festival cancels for 2020, begins looking ahead to 2021

LITTLE FALLS – With the COVID-19 pandemic continuing to keep New York State on "pause" and affecting so many aspects of peoples' lives, the Little Falls Cheese Festival committee is announcing that it will cancel July's 2020 festival and look to bring the festival back in 2021.

"The Cheese Festival drew in about 6,000 people last summer, and it became harder and harder to imagine our vendors or attendees wanting to put themselves in a crowded street festival," said Teri Chace of the Little Falls Cheese Festival Planning Committee. "Even if the state is 'opened up' in time for our festival, we all feel

that we have a clear responsibility to the community to ensure a safe event. Cancelling is heart-breaking, but it's the right thing to do."

Chace was quick to add that the cancellation of this year's event is not the end of the Little Falls Cheese Festival. The committee will look to resume the annual event in July 2021, and in the meantime it will continue the "Keep Cheese Alive" initiative it began earlier in the month.

"Just because we're not holding our festival this year doesn't mean you can't get great, locally-made cheeses and other products," Chace explained. "These

are exactly the kind of small businesses we should be supporting right now, and there are a number of ways to do this: You can call and see if they ship, do local delivery, have on-site pickup or if they offer gift cards." The Little Falls Cheese Festival website lists all vendors that signed up for the 2020 festival, and the festival's Facebook page now features individual businesses so visitors can learn more about what they offer and how to support them.

Keep up to date with future plans by following the Little Falls Cheese Festival on Facebook, Instagram or by visiting littlefallscheesefestival.com.

Component school boards approve Herkimer BOCES 2020-21 administrative budget

Four candidates elected to Herkimer BOCES Board of Education

The Herkimer-Fulton-Hamilton-Otsego BOCES component school boards have approved the \$3,195,750 Herkimer BOCES administrative budget for the 2020-21 school year.

Component district school boards took a vote on whether to approve the BOCES administrative budget and then cast an overall vote as a board. The 10 Herkimer BOCES component school districts conducted votes on the budget, and the 10 boards unanimously approved the budget.

School boards were originally scheduled to vote on the BOCES administrative budget on April 15, but due to the public health crisis, Gov. Andrew Cuomo gave school boards extra time to conduct the vote, so some schools waited until a later date.

The Herkimer BOCES component

school boards also unanimously voted for four Herkimer BOCES Board of Education members. Current members James (Bob) Schmid, representing Dolgeville Central School District; Ronald Loiacono, representing Mount Markham Central School District; and Linda Tharp, representing Owen D. Young Central School District, were re-elected to three-year terms from July 1, 2020 through June 30, 2023.

Deborah Kessler, representing Poland Central School District, was elected to the board for the first time. Kessler will begin her term on May 21, 2020, because she is filling a vacant seat representing Poland, and will serve through June 30, 2023. She is a graduate of Poland Central School District, Mohawk Valley Community College and Utica College. She is the president of Kessler Promotions, an event management and

consultant company.

Loiacono is a graduate of the Mount Markham Central School District. He earned a bachelor's degree in animal science from Cornell University, and he is the owner of Loiacono Farm LLC.

Schmid is a graduate of Dolgeville Central School District. He earned an associate degree in engineering science from Mohawk Valley Community College. He worked for 10 years in construction and then 33 years in the railroad industry for Conrail, which became CSX. He retired in June 2009.

Tharp is a graduate of Holland Patent Central School District, SUNY Albany, the University of Toledo and SUNY Cortland. She has held various administrative and teaching jobs at school districts including Sharon Springs, Whitesboro, Mohawk and Little Falls.

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

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. Call Kelly Bunce at 315.574.7982 to register and make payment.

May 12

There will be **no walk-in Immunization Clinic** at Herkimer County Public Health office on May 12. For more information, call Herkimer County Public Health at 315.867.1176.

May 16

25th Kuyahoora Valley Rotary Fishing Derby. Funded by the Kuyahoora Rotary Club for the grade school students (pre-school through 6th grade) of the Poland Central and West Canada Valley Central School Districts. Visit www. kuyahooravalleyrotary.org

May 16 and 21

Rabies Clinics cancelled. May 16 at the East Herkimer Fire Dept. and May 21 at the Old Forge Fire Dept. For more information, call Herkimer County Public Health at 315.867.1176.

May 18

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

May 20

Polish Polka Party 4-6 p.m. or until sold out Ilion First Baptist Church, 8 Second St., Ilion. Dinner includes: Kielbasa, glumpkies, perogies, braised sauerkraut, pickled beets, and much more along with a homemade dessert. \$10 per person. Tickets sold at the door. For more info contract the Church Office at 315.894.9041.

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 infocontact Deb Marley 315.588.9788.

June 13

41st Annual Friendship Craft Festival The Church of Christ Uniting, Richfield Springs, is canceling its Friendship Craft Festival this year due to COVID-19.

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.

November 14

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.

HUD allocates second wave of relief funds with nearly \$165 million going to New York Funds can be used for personal PPE, childcare costs, travel costs to receive testing, among other actions

The U.S. Department of Housing and Urban Development Secretary Ben Carson announced his department will allocate \$164,452,148 in COVID-19 relief funding to help low-income New Yorkers residing in public housing. The funding, made available by the CARES Act legislation President Trump signed into law, will be awarded to Public Housing Authorities (PHAs) across New York.

"As a result of President Trump's strong leadership, we were able to secure necessary funding through the CARES Act to help keep Americans living in public housing safe through these unprecedented times," said Sec. Carson. "HUD has worked hard to ensure that these funds will reach Public Housing Authorities quickly and efficiently, so they are well equipped to protect their residents and staff as we all work together as a nation to combat this invisible enemy."



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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. Due to the COVID-19 restrictions we ask that BUYERS & Sellers only enter the market to help on the gathering size of the crowd. Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.

Mon., April 27th - Sold 154 head Cull ave. \$.42 top cow \$.52, Organic Cull Dairy ave. \$.60 - top cow \$.74, Grassfed Organic \$.72, Organic feeders \$.71 - \$1.30, Dairy feeders \$.57 - \$.61, Bull calves top \$1.60, heifer calves top \$.26.

Sat., May 2nd – sale held on the farm – Bouckville, NY. 11:00AM T-Farm Complete Registered Holstein Dairy Dispersal. GPS address: 6633 State Route 20, Bouckville, NY 13310. Or bid on line at Cowbuyer.com.

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

Mon., May 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Sat., May 23rd - sale held on the farm - Bouckville, NY. 10:00 AM. T-Farm Complete Machinery Dispersal - watch future ads for complete listing.

Sat., May 25th - Normal Monday Sale & Monthly Organic Day

Sat., May 30th - rescheduled tentatively at our facility. Spring Machinery & Equip. Consignment Auction.

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

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607-847-8800 cell: 607-972-1770 or 1771 Dan Hosking: 607-972-8773 "This administration recognizes the severity of the COVID-19 crisis and the crippling impact of the virus in New York and New Jersey. That is why President Trump has taken swift action to roll out a second wave of public housing funding to assist impacted residents and staff," said Lynne Patton, HUD Regional Administrator for New York and New Jersey. "This comprehensive approach not only provides funding to respond to current conditions, but also allows for future preparation and prevention, to ensure our residents will always feel safe in their homes."

These funds will be allocated through the Public Housing Operating Fund and can be used by PHAs for the following actions:

Prepare for a Coronavirus Outbreak

- Creation or update of infectious disease outbreak plan
- Sourcing and purchasing personal protective equipment (PPE) for PHA staff
- Coordination with providers of services needed to support residents as a result of coronavirus, including cost of delivery of goods, supplies and equipment
- Coordination with local health service providers for activities including the development or provision of guidance to staff or residents, travel for testing or other reasons related to coronavirus
- Childcare costs for residents so that they can continue to work, and childcare costs for staff performing essential functions (as defined at the state/local), to the extent they would not have incurred otherwise, and
- Other reasonable expenses related to preparing for the coronavirus

Prevent a Coronavirus Outbreak

- Costs related to maintaining adequate social distancing, including modifying or limiting access to communal spaces, increasing service hours to prevent crowding in waiting areas or any other costs incurred to ensure adequate distance among staff and residents
- Costs of delivering supplies so that staff or residents can shelter in place, thereby reducing exposure

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- Direct costs related to limiting the spread of the coronavirus, including travel costs for testing or other preventive health measures related to coronavirus
- Expenses of isolating people suspected of being exposed or those at high-risk of serious complications if infected (elderly residents and residents with underlying conditions)
- Costs of protecting residents (particularly highrisk residents) from exposure from interaction with PHA staff and vice versa, and
- Payment of salaries of PHA staff unable to work because of the coronavirus public health restrictions (e.g., office management staff who cannot go into the office and cannot perform work remotely, or payment of full salaries of PHA staff forced to work part-time because of lack of child care)

Respond to a Coronavirus Outbreak

- Expenses of caring for PHA staff and residents who have tested positive, but do not require immediate hospitalization, including payment for increases in sick leave allowances for PHA staff; physical, personnel or security costs incurred to limit movement; costs to safely transport residents that tested positive to a quarantine facility; and costs of supporting residents in quarantine such as health-related supplies (e.g., masks and cleaning supplies)
- Expenses to safely transport residents/staff in need of medical attention
- Expenses incurred because of coronavirus restrictions impacting PHA operations (e.g., paying for transportation expenses for PHA staff who rely on public transit that is no longer available)
- Costs to facilitate and coordinate with local schools and local governments receiving funds from the Department of Education for the education of students in public housing households
 - Internet connection infrastructure
- \bullet Tablets or other low-cost computers for students, and
- Other reasonable expenses incurred while responding to the coronavirus

In addition to the funding, HUD is announcing that PHAs may use Operating Funds and Capital Funds provided through prior acts for eligible Operating Fund and Capital Fund activities or for coronavirus purposes.

For more information on HUD's response to the coronavirus pandemic and the actions the department has taken, visit hud.gov/coronavirus. PHAs across the nation have jumped into action to help assist their tenants and their communities during this unprecedented time.

Local public housing allocations have been announced as follows:

- Utica Housing Authority: \$533,185
- \bullet Herkimer Housing Authority: \$51,323
- Gloversville Housing Authority: \$27,549
- Amsterdam Housing Authority: \$144,401

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King Crossword

ACROSS

- 1 Easter treat Wager
- 7 Retain
- 11 Metric mea-
- sure 13 Rowboat need
- 14 Sleeping
- 15 Flow like molasses
- 16 Chum, nowadays
- 17 Actor Brad
- 18 Grassland
- 20 Opening course, often
- 22 Erstwhile garment
- 24 Hitchcock classic
- 28 Spotted insect
- 32 Radiant 33 Champing at
- the bit 34 Bathroom fixture
- 36 Yorkshire river
- 37 Narc's measures
- 39 Croquet equipment
- 41 Catch 43 Second per-
- son 44 Related to
- 5-Down 46 Use a Brillo
- pad 50 Ballerina's frill
- 53 Cauldron
- 55 Japanese

- zither 56 Press
- Flightless bird
- Calendar quota
- 59 Trudge 60 Kenny G's
- instrument
- 61 That girl
- DOWN 25 Hint 1 Ids' counter-
- parts Get bigge
- 3 Middle East strip
- Go up and down
- 5 Listeners

- Sapporo sash Allow
- 10 Banned insecticide
- 12 Carousel 19 Light touch

Army unit

Carefree

product

brown horse

They're calling

Danny Boy

35 Reddish-

38 Perched

42

40 - Angeles

45 Prolonged

Fawns'

48 Hexagonal

state

50 Gratuity

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49 Induce ennui

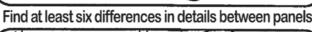
51 Web address

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54 Monkey suit

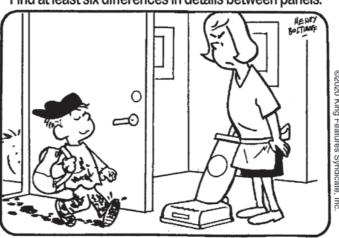
- 21 Portion of N.A. 23 Eviscerate
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- one 29 Not "fer 30 Nincompoop
- 31 Wrigley © 2020 King Features Synd., Inc.

HOCUS-FOCUS



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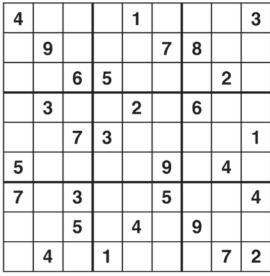
HENRY BOLTINOFF



5. Cord is missing. 6. Woman's hair is different. missing. 3. Picture is added. 4. Backpack is different. Differences: 1. Doorknob is different. 2. Door window is

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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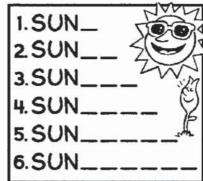


APRIL SHOWERS BRING MAY FLOWERS!

How many flowers are pictured in Mary's garden? (Count them with a friend and see if you both get the same total.)

SECRET: The solution is pictured to the right.





Illustrated by David Coulson

A SUNDAY SPELLING BEE!

Let's see if you can make your vocabulary grow by spelling these six "SUN" words correctly. Hints to the meaning of each word are given below.

DEFINITIONS:

- Gave evidence against (gangster slang).
- 2. Type of disposition.
- 3. Cool and sweet.
- 4. It's useless at night.
- Miscellaneous items.
- A neck protector.

END OF MONTH STUMPER! At right is a word square. Find the four five-letter words that match the definitions below. All words used must read the same both across and down.

A BETCHA PUZZLE! Place six ice-cream sticks on the table

and challenge your friends to arrange them so that each stick

1. A serious narrative work.

touches all the other sticks!

- 2. What they do to tires.
- 3. Found in a theater.
- 4. Native of New Zealand
- 5. A rainy month (APRIL, in place).



Answers: 1. Drama. 2. Recap. 3. Actor. 4. Maori. 5. April.

6. Sunbonnet 5. Sundries 4. Sundial 3. Sundae 2. Sunny f. Sung Answers:



Church Services

COLD BROOK COLD BROOK
UNITED METHODIST CHURCH

Sunday Worship 10:30 AM

<u>Dolgeville</u> 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

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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

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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 ss Schedule: Saturday 5:30 PM; Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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

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Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

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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@mail.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

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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 nesday 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

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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 F. Jefferson St. Phone 823-4043 • firstaglf@gmail.cor 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 Worship 9.30 AW 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

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

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Smullen fires away letter to Washington

Assemblyman Robert Smullen (R, C - Meco) on April 30 cosigned a letter to President Trump and Senate Minority Leader Schumer. The letter urges for stimulus aid to be directed to volunteer fire departments and volunteer emergency medical services.

With 110,000 volunteer firefighters in New York State, the letter spells out direct assistance for volunteer responders. PPE reimbursement, federal aid

for involuntary wage losses and stimulus funding for revenue losses are recommendations offered for those volunteering on the frontlines of the COVID-19 outbreak.

"Much of New York State is protected by volunteer firemen and EMS workers," said Smullen. "As Washington releases its fifth stimulus package, I am using my voice as a lawmaker and overseeing the correct allocation of federal money. We cannot afford to lose these volunteers who save lives and taxpayer money. We urge Washington to offer protection for these essential pillars of our communities."

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida, and St. Lawrence counties.

Herkimer County College Foundation announces "HCCF Assists" initiative

The Herkimer County College Foundation (HCCF) has established the HCCF Assists initiative, aimed at providing financial assistance to Herkimer County Community College students during this time of significant change.

HCCF Assists is a grant program available to eligible full-time students. The grants are capped at \$500 and can

be applied toward necessities required to continue to pursue and complete their education at Herkimer. These can include, but are not limited to, technology for academic purposes, shelter and emergency transportation. Grants are limited to one per student, and priority will be given to students with the greatest financial need.

"Given the unprecedented situation we all find ourselves in with the COVID-19 crisis, and knowing full well the challenges many of our students face with trying to complete their education from various remote locations, the Herkimer County College Foundation is contributing \$5,000 to get the HCCF Assists program up and

running," said HCCF Board President Frank Kapusta.

The HCCF Assists application is available at www.herkimer.edu/hccfassists. Those wishing to make a donation to the HCCF Assists fund may do so at www.herkimer.edu/give or by contacting the foundation office at 315.574.4015.











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Milk donation to Herkimer County food pantries

On behalf of the Herkimer County food pantries, we would like to thank the Herkimer County Dairy Promotion program, the Herkimer County Farm Bureau and Stewart's Shops for their very generous donation of 2.5 tons of milk on April 22. The food pantry patrons will benefit from the donation by receiving gift cards for Stewart's half-gallons of milk directly from their local Herkimer County food pantry. The local food pantries will be able to distribute the 1,281 free half-gallon gift cards to their communities as needed without needing to be concerned over refrigeration storage or spoilage of the milk.

The food pantries are essential to those in need in our communities and are still up and running and dealing with an increase in demand due to the COVID-19 pandemic we are facing. Thank you to all those who are volunteering their time to keep them running. If you are in need of food, contact the food pantry in your area for assistance. Be aware right now pantries are operating differently so it is best to call them ahead of time.

We know the dairy farmers are taking a hit right now with this pandemic, which makes this donation even more inspiring, but not at all a surprise because farmers have always been there to support their communities in times of need. Herkimer Dairy Promotion and Herkimer Farm Bureau are proud to be able to give back to the communities with this donation. As a large county that is spread out in some rural areas, by partnering with Stewart's we can reach more people in those outlying communities.

Herkimer Farm Bureau was recently a recipient of an award for designing a program for the upcoming year and proudly is paying forward the monetary funds of their award to this donation. Due to the COVID-19 pandemic, the Dairy Ambassador court is unable to participate in public promotion events and the funds from their spring banquet are helping to make this donation possible. For every four half-gallons purchased, Stewart's shops donated another half-gallon. They have many locations in Herkimer County and the coupons will be good at any Stewart's.

Catholic Charities provided the locations and contact phone numbers of the Herkimer County food pantries:

- $\bullet\, Dolgeville\, Food\, Pantry\, -\, 315.429.3310$
- Frankfort/Ilion Food Pantry 315.894.9917
- Kuyahoora Valley Food Pantry 315.845.3663
 - •Little Falls Food Pantry 315.823.1793
- Salvation Army/Herkimer 315.866.1240

• St. Bartholomew's Food Pantry/Old

Forge – 315.369.3554

West Winfield Food Pantry

315.822.6321

• Van Hornesville/Jordanville Food

Pantry - 315.219.3942



(L - R) Rae Raffle-Maxson, Catholic Charities; Karen Livingston, dairy farmer; Tina Douglas, HC Dairy Promotion; Katie Livingston, HC Dairy Ambassador; Harry Robbins, HC Dairy Promotion & Farm Bureau; Florence Polley, Stewart's Shops; Connie Frasier, dairy farmer; and Bev Guilfoyle, Van Hornesville Food Pantry.

Photo courtesy of Herkimer County Dairy Promotion













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Moments in Time The History Channel

- On May 17, 1792, a group of 24 traders gather in lower Manhattan to work out the regulations of the speculative market. The result was the Buttonwood Agreement, a two-sentence contract that gave birth to the New York Stock Exchange.
- On May 14, 1904, the first Olympic Games to be held in the United States open in St. Louis. The 1904 Games were initially awarded to Chicago, but were given to St. Louis to be staged in connection with the St. Louis World Exposition. However, the Games were overshadowed by the world fair.
- On May 12, 1925, a Philadelphia radio station broadcasts the first all-star radio program featuring

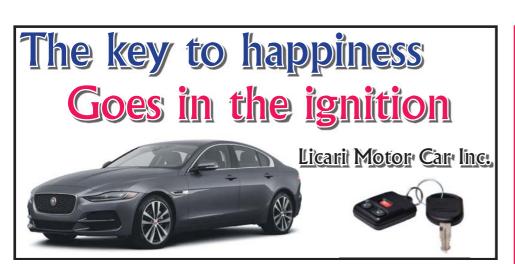
film actors and actresses. Sound films had not yet debuted, and it marked the first time that most listeners had heard the voices of film stars like Lillian Gish and Marion Davies.

- On May 15, 1942, a bill creates the Women's Auxiliary Army Corps (WAACs) in the U.S. Army, granting women official military status in a wide variety of roles around the world. The 16,000 women who joined the early WAACs would not receive veterans' benefits until 1980.
- On May 13, 1956, Gene Autry's musical variety show, "Gene Autry's Melody Ranch," airs its final broadcast after 16 years. The show featured short skits about cowboys and rustlers, along with musical

numbers by Autry, "America's singing cowboy."

- On May 16, 1975, Japanese mountaineer Junko Tabei becomes the first woman to reach the summit of Mt. Everest. In 1988, Stacy Allison became the first American woman to successfully climb Everest.
- On May 11, 1987, Klaus Barbie, the former Nazi Gestapo chief of German-occupied Lyon, France, during World War II, goes on trial, charged with 177 crimes against humanity. Barbie sent 7,500 French Jews and French Resistance partisans to concentration camps and executed some 4,000 others.

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HERKIMER COUNTRY EDITOR

Kuyahoora Valley Rotary Club supports local food pantry

The Kuyahoora Valley Rotary Club requested a \$500 community service grant funded and the photo shows two Rotar-

from Rotary District 4170. The grant was

ians handing a check for \$500 to Ralph Dow, who has served for 17 years as the director of the Kuyahoora Valley Food

Our Rotary Club is proud to help this excellent community service organization

now located on New York State Route 28 between Newport and Poland. The food pantry is open during the COVID-19 pandemic as boxes of food are loaded directly into vehicles by gloved and masked volunteers. No human interaction is necessary.



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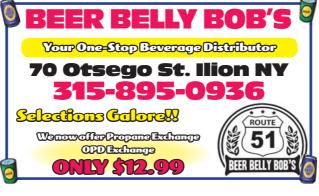
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Picture are (L-R): Mary Beth Greene, Tom Trevvett and Ralph Dow. Photo courtesy of Kuyahoora Valley Rotary Club













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Chow Line:

Cleaning and disinfecting amid COVID-19

g: Do I need to store my food in the garage or wipe my groceries with a disinfectant when I get them home from the grocery store to keep safe from coronavirus?

A: While some people choose to wipe their groceries down with a disinfectant cloth when bringing them home from the grocery store as a preventive measure against the coronavirus, that is not a step that the Centers for Disease Control and Prevention has said is a requirement - nor does the CDC recommend that consumers quarantine their food purchases in the garage before bringing them into the house.

This is because groceries are not frequently touched surfaces, and the risk of them containing COVID-19 is low, says Sanja Ilic, food safety state specialist with Ohio State University Extension, the outreach arm of Ohio State University College of Food, Agricultural and Environmental Sciences.

"There have been no reports as of this time to suggest that COVID-19, the disease caused by coronavirus, has been transmitted by handling food or food packaging," she said. "Coronavirus is not a gastrointestinal illness and cannot be contracted by ingesting contaminated foods, nor does it multiply on foods.

"The chances of contaminating your refrigerator with the virus are low. The virus needs to get to your respiratory tract to make you sick."

COVID-19 most often transmits person-to-person through droplets that are produced when an infected individual coughs or sneezes. The virus is most often transferred to another individual when droplets directly reach their nose, mouth or eyes, or through close contact such as a handshake. The virus can also transmit when a person touches an object or surface with the virus on it and then touches their mouth or eyes before washing their hands.

However, since current evidence suggests that the novel coronavirus can remain viable for hours or days on a variety of surfaces, cleaning of high-touch surfaces such as door handles followed by disinfection is recommended by the CDC as a best practice to prevent the transmission of COVID-19 and other viral respiratory illnesses in households and community settings.

"While you don't HAVE TO clean and sanitize food packaging, if you or your loved ones are at increased risk from infection, and you feel anxious, you can wipe shelf-stable and ready-to-eat food packages following the instructions on the label of the sanitizer or wipe, Ilic said, "and let it air dry before storing.

"However, it's important that you don't wash your produce using soap and water, as the soap may be

With that in mind, Ilic suggests the following steps after getting home with your groceries:

- · Wash your hands upon arrival from the grocery store and before storing foods
 - \bullet Do not store groceries outside the home
- · Refrigerate perishable food promptly; don't overload your refrigerator
- If you buy a large quantity of produce, think about freezing some of it to avoid waste
- Use or freeze raw meat and poultry before their expiration dates to stay safe and reduce waste
 - If reusing nylon and plastic grocery bags, clean

toxic. Simply rinsing the produce under clean running the inside and outside of the bags with soapy water and then rinse them. You can also spray or wipe down the bags inside and out with a diluted bleach solution or a recommended disinfectant. Always allow the bags to air dry completely before storing and reusing them.

• If using a cloth reusable grocery bag, wash the bag in warm water with normal laundry detergent and dry the bag on the warmest setting possible.

When cleaning surfaces in your home, Ilic recommends the following:

• Always clean dirty kitchen surfaces with soap and water before you sanitize them. If you do not do this,

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Donna's Day: Creative family fun

by Donna Erickson Infants and toddlers blossom with books

Since last May when our first grandchild was born, one of the primary focuses of my attention has admittedly been on baby Ida. Living in the same metro area, I have happily zoomed in on her first smiles and enchanting coos and babble.

The joyful sounds have developed into slightly discernable first words. Is she saying "dada" and "ball"? "Let's get that conversation rolling," I say to myself. "Beyond your jubilant

smile or lament when hungry, Ida, tell me what you are thinking and feeling." I know that time is coming down the road because even now, when she sits in my lap and we read books, she blossoms.

Since she was a wee one, we've enjoyed relaxing book time with stories that rhyme (we bounce and rock to the rhythm) — first with the classic touch-and-feel books like "Pat the Bunny," and soft cloth books, some with crinkly sounding pages. Now the chunky board books draw her in with

eye-catching objects paired with words on easy-to-turn pages that she eagerly flips open and closed.

Talking, singing, rhyming and sharing books with babies throughout the day teaches language and builds a solid background for future reading comprehension. Plus, coming from a new grandmother, the daily practice of reading provides pleasurable connection time and a sweet bond between generations.

Books in bloom! Enjoy a spring that's full of reading with the babies and toddlers in your life. Here are some tips:

- 1. It's never too early to start reading with your child, even during the first months of life. Your soothing and familiar voice sets the tone for a positive relationship with books.
- 2. Reading any time of the day is valuable, but encouraging book time as part of the bedtime routine creates a healthy daily ritual.
- 3. Don't be surprised when your toddlers want you to read the same book over and over as they begin to recognize familiar pictures and words. Be patient, and thrilled at the same time, as you see them learn!
- 4. Taking phrases from your child's favorite books and turning them into short songs, or playful and sometimes silly rhymes using their name, can be enjoyed in the car or other times when reading isn't possible.
- 5. Start a family bookshelf within easy reach of your toddler. Be on the lookout for books at garage sales and used bookstores, and request book giving for your child's next birthday.



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the sanitation step is not going to be effective

- Use a disinfectant product on the surfaces, according to the manufacturer's instructions
- Commercial disinfectants come in three forms: liquid, spray or wipes. All have different instructions that have to be followed in order for the disinfectant to be effective
- Do not use concentrated bleach for disinfecting. It is very toxic
- Do not use any surface cleaners on your hands in place of hand sanitizer. They might cause damage to the skin
- If using bleach as a disinfectant, follow the manufacturer's instructions for application and proper ventilation. You can prepare a bleach solution by mixing 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water. Make sure to use containers of bleach that have been open no longer than 30 days, as bleach can break down over time

Lastly, here are some ways you can protect yourself in order to minimize the risk of COVID-19 transmission from packaging or delivery:

- Practice hand washing and use hand sanitizer before and after handling packaging. It's important to wash your hands with soap and water for at least 20 seconds each time. Hand sanitizer is also an option if you do not have access to soap and water. Use hand sanitizer with at least 60% alcohol
- If you use delivery for restaurant food, after you receive the food, unpack it and dispose of the packaging, and then wash your hands. Do not touch your nose, mouth, eyes or face until after this procedure is complete.

Chow Line is a service of Ohio State University College of Food, Agricultural and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.













Country Editor

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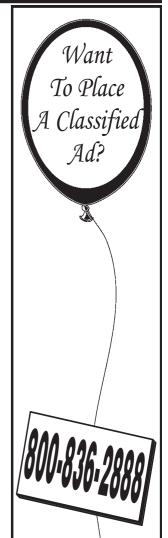
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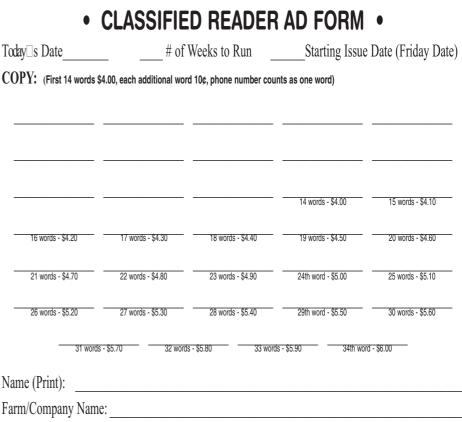


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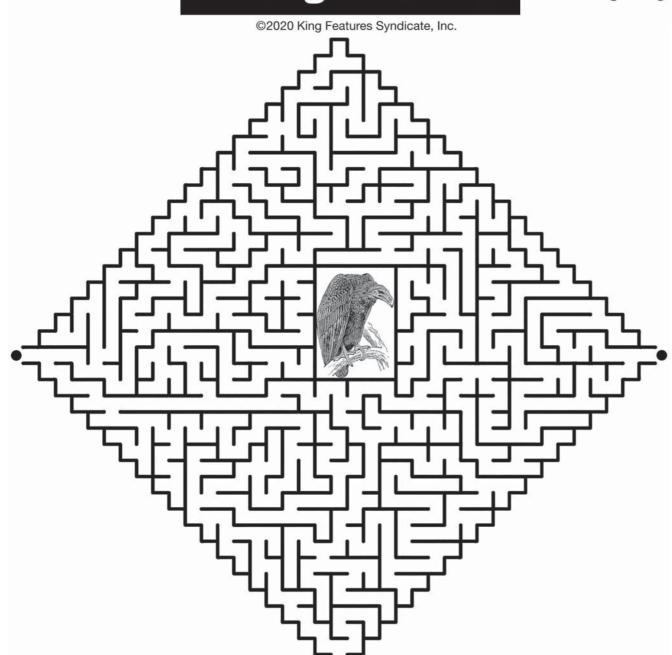
An example of a simple anagram:

The building was of <u>R E C E N T</u> construction, but the cement had been of poor quality and the <u>C E N T E R</u> was crumbling.

The physics professor's work had been _____ by fellow scientists, journalists and even the president. Her 40 years of research was remarkable for all the discoveries she had made ... and yet, no one could know her _____. The one equation she had most wanted to solve still eluded her, and it had turned into a nightmare.

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Mega Maze



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This Week's Holidays

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May 9 – Lost Sock
Memorial Day
May 10 – Clean Up
Your Room Day
May 11 – Eat What
You Want Day
May 12 – International
Nurses Day
May 13 – Frog Jumping Day
May 14 – Dance Like
a Chicken Day
May 15 – National Bike
to Work Day

Americanisms



"Some old-fashioned things like fresh air and sunshine are hard to beat."

— Laura Ingalls Wilder

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To Your Good Health

by Keith Roach, M.D.
Off-the-charts pain

Dear Dr. Roach: Why is pain measured by numbers? I have severe pain, and doctors do not know what to do when I say it is an 11 on a scale of 1-10. My pain can't be measured by numbers. It depends on the time of day, what I have done during the day and the weather.

I have arthritis in most of my joints, specifically my spine and hips. Having had five spine surgeries, epidurals and hip shots, I have pain every day. There is not much more that can be done but to take opioids. It can be hard to make the deci-

sion either to take an opioid and go out shopping or for coffee feeling like I am in a vacuum, or to go out in pain.

There is no chronic pain support group in my area, and no one can understand how I feel, even the professionals, unless they have gone through it. So when asked how I am, I say "fine." Other people don't want to hear about my pain.

Why is there not another way the doctor can measure your pain? I have given up everything I love to do in life because of pain. There's no way to get "better" from pain. — M.I.D.

Answer: I am very sorry to hear your story, as it is similar to those I have heard before from people with chronic pain due to many different causes. It is disappointing for me to hear that you haven't found a pain specialist in your area who seems to care about helping you.

Although the 1-10 pain scale is thoroughly entrenched, it has its flaws. The biggest one is that what one person might consider a two, another person might consider a nine. I've seen people with horrifying injuries gritting their teeth and saying their pain is a 3 while other people claim their pain from what seems

to be a minor condition is a 10 (I had one person tell me the pain from getting his blood pressure taken was a 10). Because pain is subjective, there is no way of standardizing what a person means with their pain rating. However, a 10 on a scale of 1-10 is supposed to be the worst pain imaginable.

Dear Dr. Roach: My father, 90, has neuropathy in his feet and legs, and it is very painful. He recently talked to a clinic that is offering stem cell treatment to relieve the pain. The clinic says it helps 85% of those who get the treatment; however, because of HIPAA laws, they don't provide any referrals.

The treatments are very expensive (\$16,000), and results are seen in six weeks to six months. Are you familiar with this treatment, and is it effective for most people? Is this something you can recommend? — D.B.

Answer: I also have seen advertisements for stem cell treatments for many conditions. For neuropathy in particular, there are no good studies that give an estimate of effectiveness. It may be the case that 85% of people treated at the clinic report improvement. But

the risk of a placebo effect is very high with this kind of procedure, and I could not recommend stem cell treatments for neuropathy without better infor-

mation about the risks, the benefits and how long those benefits might last.

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King Crossword — Answers

Solution time: 21 mins.



Mega Maze

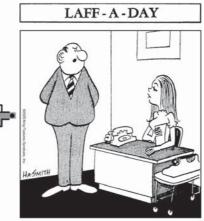
— Weekly SUDOKU Anomor

Answer

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

Stickelers Answer

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HERKIMER COUNTRY EDITOR

Herkimer BOCES VP-TECH hosts virtual Mentor Monday with local businesspeople

This version of Mentor Mondays was different.

Instead of meeting in groups face-to-face with mentors from local businesses, students in the Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School viewed a livestream virtual panel discussion among some of the mentors from the current and previous school year.

Student-submitted questions generated the discussion, which largely focused on various aspects the coronavirus public health crisis has had on businesses and school. Topics included how to concentrate while working or studying at home, pros and cons of working from home, how businesses have helped others during this time, how hiring practices have changed, if businesses expect an influx of applications after the crisis and how students should spend any extra time they now have to prepare for entering college or the workforce.

One of the mentors, Kayla Morrill, HR manager at Gehring-Tricot Corp., said she's taken many online college classes, and that could become more common going forward, so she recommended students stay resilient and prepare to continue adapting how they learn.

"I think the important thing right now is to remain flexible for students." she said. "Get comfortable with your technology, get used to doing webinars and learn as much as you can about all the changing things that are happening right

VP-TECH focuses on technology, project-based learning and real-world work situations. Students can spend four to six years in the program to earn a Regents diploma, an associate degree quality assurance from Herkimer College for free, a certification in advanced manufacturing and connections with local businesses.

VP-TECH business teacher Andrew Carpenter hosted the virtual Mentor Monday along with Herkimer BOCES School to Careers liaison and work-based learning coordinator MarvBeth Napolitano, School to Careers school counselor Rebecca Roberts, VP-TECH Coordinator Danielle Monahan, VP-TECH school counselor Adam Bombard, VP-TECH English Language Arts teacher Samantha Wahl,

VP-TECH science teacher Megan VanEvera and VP-TECH mathematics teacher David Wasson.

In addition to Morrill, the mentors for the panel discussion included Alicia Brockway, VP and senior commercial banking relationship manager at NBT Bank; David Paciello, broker/owner at One Realty Partners: Rick Short, Indium Corp. director of marketing communications; and Tim Fitzgerald, associate VP of economic development at Mohawk Valley EDGE.

For concentrating at home, Brockway suggested working or studying in a room you won't get too distracted in. For her, that means being away from the kitchen and laundry room. She also makes a checklist of priorities for what she needs to get done.

Adaptability and flexibility are important traits to have when adjusting to working or studying from home, Brockway said.

As things continue to change and everyone learns what the next steps will be, Brockway recommends students follow current events closely.

"Just basically staying in tune with the news - I think that's going to be key," she said.



A screenshot of Mentor Monday participants during the livestream. Photo courtesy of Herkimer BOCES

Morrill said Gehring-Tricot's manufacturing of textiles was deemed essential. When she is working from home, one thing she does to help her children stay focused on studies is to have a jar of treats they can choose from after completing a class or an assignment and it also works for her, she said.

Carpenter said while working from home he gets up and gets ready for work the same way he would when driving to Herkimer BOCES, even though his commute is now just walking from room to room.

Napolitano said one benefit for students of learning from home via video conferencing is that

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it helps them develop soft skills such as communication.

"I think we're all resilient, and I think we're going to come out better in this," she said.

Paciello said pros of working from home include having more flexibility and saving about an hour per day on commute time for him. A con is getting distracted, but he tries to stay task-oriented.

Short said adjusting to working or learning from home has to be looked at as a completely new thing in order to be successful otherwise it's like being a scuba diver for years, and one day, somebody just put you on a basketball court in your snorkel and swimming fins.

"If you approach it the same way, you're going to fail," Short said. "It's not the same game.'

Fitzgerald said pros of

working from home include flexibility, having fewer meetings that are unproductive, realizing how much of his work can be done from home and being around his wife and son more. Cons include distractions and a lag in communication when you can't walk down the hall to talk to a co-worker.

Fitzgerald said there's going to be a lot of people needing jobs when things start re-opening, but he expects the foundations of the economy to still be strong.

He recommended students spend some of the extra time they might have watching videos of career-related topics that interest them and getting a better idea of what they want to do in the real world.

"Don't kind of just rest on your laurels and use it as a vacation," he said. "Do some reflection."





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