

MAY 15, 2020 Delivered by the

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Confess your trespasses to one another, and pfray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. James 5:16



Frankfort-Schuyler superintendent search down to two finalists

The Frankfort-Schuyler Central School District Board of Education has selected two finalists in its search for the next superintendent of schools: Herkimer-Fulton-Hamilton-Otsego BOCES Assistant Superintendent for Administrative Services James Picolla and Schenectady City School District Assistant Director for the Office of Planning and Accountability Joseph Palmer.

Frankfort-Schuyler board members chose the finalists on Wednesday, May 6, following



James Picolla

two nights of virtual interviews.

"The Frankfort-Schuyler School District Board of Education was gifted the opportunity to interview five very strong and highly qualified candidates for the position of superintendent of schools," Frankfort-Schuyler Board of Education President Lisa Morgan said. "It was an exciting process that was both insightful and inspirational in moving our district and community forward."

The finalists will meet with district and community stakeholders virtually on Thursday, May 14, Morgan said. There will be a virtual community forum on May 14, with more information posted to www. frankfort-schuyler.org prior to then.

"During these very trying times with so much unknown for the start of school in September, it was very comforting to find candidates with such strong and insightful understanding of all the challenges our district will face in the months and years ahead," Morgan said. "The Frankfort-Schuyler Board of Education looks forward to sharing our finalists with our district and community stakeholders. We feel confident that we are on a course for continued success, innovation and progress."

Picolla is finishing his 15th year with Herkimer BOCES and has been in his current role as assistant superintendent for administrative services since 2014. Prior to that, he served the BOCES as the director of personnel, director of secondary programs and alternative and technical education principal. Additionally, he served two years as the superintendent of the Owen D. Young Central School District. His prior work included serving 11 years as an elementary, middle and high school band director for the Unadilla Valley, Chenango Valley and Waterville Central school districts.

Picolla's education background includes a bachelor's degree in music education from Syracuse University, a master's degree in music education from Morehead State University and certificates in advanced study in administration from SUNY Cortland and SUNY Oswego – along with other professional certifications and credentials.

Palmer is currently completing his third year with Schenectady City School District as the district assistant director for the Office of Planning and Accountability. Prior to coming to Schenectady, he spent 13 years as an elementary school principal in South Glens Falls, also serving as the administrative association's president. While there, he also wrote the children's book "Hi-5 for Bulldog Pride." He started his career as a classroom teacher and math coordinator for 11 years in the Kingston City School District.

Palmer's education background includes a bachelor's degree in elementary education and psychology, a master's degree in humanistic education and a certificate of advanced study in educational administration, all from SUNY New Paltz, along with other professional certifications and credentials.

Following the virtual stakeholder interviews and community forum on May 14, the Frankfort-Schuyler Board of Education will review all of the feedback from the community and stakeholders and will conduct second interviews with the Board of Education on May 18 and 19. The Board of Education expects to enter into negotiations with the candidate of choice shortly thereafter.

The Frankfort-Schuyler Board of Education launched the search for a new superintendent after Superintendent Robert Reina, who has been superintendent since December 2002, announced that he will be retiring. Herkimer BOCES District Superintendent Sandra Sherwood is serving as the superintendent search consultant for Frankfort-Schuyler.



Joseph Palmer







P.S. Prizes! Prizes! Prizes!

Hundreds of dollars in prizes will be awarded at the end of the sale. Don't forget to sign up. No purchase necessary.

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Gillibrand introduces legislation to create direct supply chain between farms and food banks

On May 5, U.S. Sen. Kirsten Gillibrand, member of the Senate Agriculture Committee, introduced legislation to address disruptions in the food supply chain caused by the coronavirus pandemic and directly connect farms to food banks. As restaurants, hotels, schools and other food service entities ceased operations to combat the COVID-19 pandemic, reports emerged that millions of pounds of produce have been left to rot. Meanwhile, food banks across the country are facing unprecedented demand, as millions of newly unemployed Americans now face food insecurity. The Food Bank Access to Farm Fresh Produce Act would provide needed support to food banks as they continue to serve the surge of jobless Americans while also supporting struggling farmers who lack buyers for their produce.

"Like many Americans dealing with the economic fallout from the COVID-19 outbreak, farmers in New York and across the country are struggling to make ends meet," said Sen. Gillibrand. "The Food Bank Access to Farm Fresh Produce Act will not only provide them with a new chain of potential buyers, but it will put money directly in their pockets by cutting out middlemen and will deliver fresh, nutritious fruits and vegetables to millions of Americans facing food insecurity. This important bill will stimulate the farm

economy and strengthen the health of Americans. I'm proud to introduce this legislation and will fight for its inclusion in the next relief package."

More than 30 million Americans are currently jobless due to the coronavirus pandemic and many are struggling to put food on the table. According to Feeding America, a leading hunger relief organization, demand at food banks has surged by 70%. Today, with food banks facing mile-long lines, the need for resources to feed hungry Americans is greater than ever. The Food Bank Access to Farm Fresh Produce Act would meet this demand by giving food banks the power to purchase excess specialty crops - including fruits, vegetables, tree nuts and dried fruits, which are easily stored and processed by food banks - directly from farmers.

Gillibrand's proposed Food Bank Access to Farm Fresh Produce Act would provide \$8 billion in block grants to food banks in the top vegetable and fruit producing states. Food banks will be able to use the funds to purchase fresh produce directly from farmers in New York, which is the 15th largest vegetable and fruit producing state, and other states. They will also be able to use the funding to pay for distribution, processing and additional staff needed to meet increased demand.

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Irue Value

As a member of the Senate Agriculture Committee, Gillibrand has prioritized support for farmers throughout the COVID-19 crisis. In April, she announced the Relief for America's Small Farmers Act, which would provide economic relief for small farmers suffering from massive financial losses due to reduced demand and supply chain disruptions. In addition, she has repeatedly urged the administration to support dairy producers and provide assistance under the CARES Act for local food producers who have experienced losses due to the coronavirus outbreak.



reprint that portion of the ad in which the error appears.

Numbers of COVID-19 cases in Herkimer County as of May 6

315-823-1982

65 Hancock Street

Fort Plain, NY 13339

Herkimer County Public Health is working in conjunction with New York State Department of Health to assist in addressing the first positive confirmed COVID-19 case in a congregate care facility. All staff and family members involved in the case have been notified of the possible exposure.

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on May 6:

Total positive COVID-19 test results: 88 Total active positive COVID-19 patients: 17 Total hospitalized: 0 Total number recovered: 69 COVID-19 deaths: 3 Negative COVID-19 test results: 994 Mandatory quarantine (with public health orders): 19 Released from mandatory quarantine: 4 Precautionary quarantine: 63 Released from precautionary quarantine today: 0



Little Falls sets its sights on Round 5 Downtown Revitalization Initiative

The City of Little Falls has announced its intent to submit an application for Gov. Andrew Cuomo's upcoming Round Five Downtown Revitalization Initiative (DRI) approved for continuation in the 2021 New York State budget.

While the exact deadline for this year's application has not been announced due to concerns about the coronavirus, planners and grant writers have initiated the process of identifying projects, establishing DRI boundaries and completing initial application requirements based on previous years.

According to Mayor Mark Blask, "The DRI grant would be a real game-changer for the city and catapult us forward with a much-needed infusion of capital for projects that have been percolating for several years."

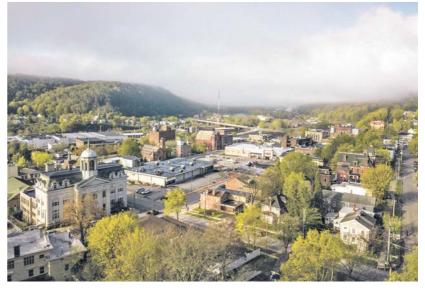
The proposed DRI application will reconnect the Downtown Waterfront District from Main Street to Canal Place with infrastructure, public/private and arts and cultural projects. The theme of the DRI application is "Rethink, Rebuild and Reconnect the Heart of the City."

"We're in the preliminary stages of the grant

application process. Once the state sets the deadline, the city's pace of activities, including public input on identified projects, will ramp up dramatically," added Blask.

The completed application will go through a review process with the Mohawk Valley Regional Economic Development Council (MVREC) to select one application from the region to be submitted to the state. Past DRI winners from the Mohawk Valley region include Utica in Round Four, Amsterdam in Round Three, Rome in Round Two and Oneonta in Round One.

The DRI program invests \$100 million into 10 downtown neighborhoods across the state. Participating communities are nominated by the state's 10 Regional Economic Development Councils (REDCs) based on the downtown's potential for transformation, and each community is awarded \$10 million to develop a downtown strategic investment plan and implement key catalytic projects that advance the community's vision for revitalization. More information about the DRI program is available at www.littlefallsdri.com.



The City of Little Falls is looking to reconnect the Downtown Waterfront District from Main Street to Canal Place as part of its "Rethink, Rebuild and Reconnect the Heart of the City" project.

Photo courtesy of the City of Little Falls



Plan ahead by looking back

by Bonnie Kirn Donahue

Planning your vegetable garden doesn't have to be daunting. By starting with your own observations and being open to experimentation, you can develop a garden plan that takes into consideration what you have learned in previous years.

First look back at what happened in your vegetable garden last vear. Did your peppers never fully ripen? Was your zucchini overcrowded? Did you feel overwhelmed by all of the tomatoes you had to can or freeze because vou couldn't let vourself abandon any of the seedlings you started?

Taking notes about what went well and what you wished had gone better will give you valuable perspective about your garden and gardening habits.

For example, last year my husband and I started seeds for tomatoes from a seed pack we picked up on a whim. Our tomato crop was terrible! The tomatoes were mealy, the bottoms were cat-faced and they were unpleasant to look at and eat.

The previous year we carefully started varieties that a local farmer recommended. They were disease-resistant and tested in our local area, great advice when selecting all your garden crops. We staked and mulched them, following good integrated pest management (IPM) practices to minimize disease and pest problems without the use of pesticides. That year

we had an amazing tomato crop.

While annual environmental factors such as amount of rain, sun and temperature fluctuations are generally out of our control, we learned from

this experiment that taking time to select the variety and characteristics of our plants goes a long way toward having a better crop.

Reflective observations like this are key to how you



When laying out a garden, consider sun orientation, spacing and size of plants at maturity, and don't be afraid to experiment such as mixing annuals in with vegetable crops. Photo by Bonnie Kirn Donahue

approach future garden planning. After making a list of what worked and what didn't, start a new list of the crops you want to grow this year. Then lay out your garden on paper to ensure that you have room for everything.

Crowded plants will compete for sunlight, nutrients and water and be more susceptible to disease, so planning will help with proper spacing. You also don't want taller plants such as corn or sunflowers shading out shorter plants, so think about the direction of the sun.

Consider the size of the plant when mature and its growth habit. Sprawling plants such as squash and pumpkins need more room and may work best on the edge of a garden, for example. Selecting disease-resistant cultivars and incorporating IPM practices will help reduce the need for pest management. Crop rotation is important to help minimize diseases and pests that overwinter in the soil.

Two years ago we experimented with annual zinnias (Zinnia elegans) in our vegetable beds. We sowed the seeds directly in the soil about four weeks after the last frost. By summer's end (about 90 days later) we had lovely, though shortlived, blooms that added much pleasure to our late-season vegetable garden.

Based on our notes, we decided the following year to add more annual flowers, including marigolds, nasturtiums and sweet alyssum, in our vegetable garden and have the blooms last as long as possible. This was both for our enjoyment and for the pollinators and beneficial insects that require continuous blooms throughout the season.

We knew that purchasing zinnia seedlings from our local greenhouse or starting seedlings ourselves would give us more time to enjoy the flowers as they would mature sooner and bloom earlier than direct sowing of seeds. We planned ahead and saved more space in our vegetable beds for more flowers.

By taking the time to look back and ask yourself questions, and not be afraid to experiment, you will have more garden successes going forward.

Check out these helpful resources on the University of Vermont Extension Master Gardener website at go.uvm.edu/ garden-resources.

Bonnie Kirn Donahue is a UVM Extension Master Gardener and landscape designer from central Vermont.

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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. Let's keep the cattle in the market place to help the competition - sending direct give you no competition.

Mon., May 4th - Sold 161 head Cull ave. \$.41 top cow \$.50, Dairy feeders \$.81 - \$1.15, Feeder bulls \$.60 - \$1.20, Feeder heifers \$1.04 - \$1.25, Feeder steers .96 - 1.21, Bull calves top 1.40 beef calf top 1.75, heifer calves top .35top beef calf \$1.95.

Non., May 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Sat., May 23rd - sale held on the farm. 10AM 6633 State Rt. 20, Bouckville, NY. T-Farm Complete Machinery Dispersal. Tractors, Skid Steers, Forage & Tillage Equip. & misc. items. Full listing and pictures on our website.

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

Sat., May 30th - rescheduled - Spring Machinery & Equip. Consignment Auction Call to get your equip. advertised.

Mon., Jun. 1st - Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Sat., Oct. 31st - Premier Fall All Breed Sale. Selling 150 Head of Registered Al Breed Dairy Cattle.

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SS CASH FOR CANS SS JR'S Bottle Center! 7403 St. Hwy. 5, St Johnsville, NY • 518-993-4668 We pay 6 cents per bottles and cans on Tuesdays And 6 cents if you bring 1,000 or more!! 5 cents on other days!!!! ATTENTION - WIN \$500.00 CASH!! Enter your Name and Phone # for every 100 Bottles or Cans that you bring for a chance to win \$500.00 Cash drawing on June 1st. Bring your bottles here get paid CASH and and a chance to win CASH!! The Cash Prize winner for April was Valley Alliance Youth Group in Nelliston!! Thank you!! OPEN Mon., Tue., Wed. and Fri. 8-5 and Sat. 8-12

Big Blue Building with the sheds in the front at JR'S Auction 518-993-4668 - We also buy junk batteries!

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 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 Festival The Church of Christ 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

June 13

41st Annual Friendship Craft

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.

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.

Church Services HERKIMER

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

DOLGEVILLE New hope christian fellowship Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

GRACE 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 one 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 ss Schedule: Saturday 5:30 PM; Mass 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., Herkime Phone (315) 725-5382

Saturday Vespers 5 PN Sunday Divine Liturgy 9:30 AM Sundays Great Lent Presanctified Liturgies 6 PM Fridays

Moore

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 Sunday Mass 9 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 Havne 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 429 N. Prospect St. Phone 866-1240 Lieute 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

703 Middleville Rd..

Herkimer, NY 13350

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@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 Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available lionchurch.com

SAINT AUGUSTINE'S EPISCOPAL CHURCH Bishop - Dan Herzog 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM

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

FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise iesday Mid Week Service 7 PM Sunday Morning 11 AM

> MORNING STAR UNITED METHODIST CHURCH 36 Second Street Reverend Bob Wallabe Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd. Frankfort May 1 - November 1 36 Second Street, Ilion

Cell 315-868-4339

LLION 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 **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.

Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284

HOLY FAMILY PARISH OF THE ROMAN

Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

Senior Pastor Timothy Parisi 559 F Jefferson St

HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St Sunday Worship 9:30 AM

> 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

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 Getma 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 Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Work & 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

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

LINITED 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 Saturday Mass 4 PM

Sunday Mass 10:45 AM PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM

SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship:10:30 AM Weekly Bible Studies

STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies





100 Otsego Street Ilion, New York 894-3781



ST. PAUL'S UNITARIAN Universalist Church

Sunday Service & Religious Education 10 AM CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor 763 E. Main St.

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 Phone 823-4043 • firstaglf@gmail.cor Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

Sunday Wolsing 9.30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH

Herkimer College employees honored with 2020 SUNY Chancellor Awards

Three Herkimer College employees have been honored with SUNY Chancellor's Awards for Excellence for 2020.

Jason Brown, assistant professor of English, is recipient of the SUNY Chancellor's Award for Excellence in Teaching. Brown, who earned his bachelor's degree from SUNY Binghamton and his master's degree from Western Washington University, joined the Herkimer College faculty over 15 years ago. Brown is well known on campus for always making time to work with students outside of class to help them succeed. He developed the online template for Herkimer's Accelerated Learning Program (ALP), which focuses on writing skills development for students who need additional support. He's the adviser of the Social Issues Club, is a member of the Fall Fest and Alumni Weekend working group, and sits on the Student Judicial Review Board. Brown is also a member of the National Board for the Online Writing Lab.

Librarian Stephanie Conley was honored with the Award for Excellence in Librarianship. She

holds a bachelor's degree from SUNY Fredonia and a master's degree from SUNY Buffalo, and began working in Herkimer College's library in 2010. She provides excellent, student-centered customer service, and serves as the Certified Administrator for the Alma and Primo library systems and supervisor of the LibGuides and LibAnswers services. Conley also presents to freshman seminar and English classes regarding library services and organizes special events and activities to help draw

students into the library.

Pat Miller, senior financial aid assistant, was recognized with the Excellence in Professional Services award. She is an alumna of the college, having graduated with a degree in business administration in 1979 before going on to receive her bachelor's degree from St. Bonaventure University. Miller joined the Herkimer College staff in 1999 and has earned a reputation among her colleagues and students for superior customer service. Miller is very engaged in service to the college and



BigDog Motors, Inc.

Stephanie Conley

the community. She has been an active member of the local chapter of Habitat for Humanity, and has been named a campus angel twice by On Point for College in recognition of her leadership role in liaising and collaborating with that organization and its clients. Miller also remains very involved in the college's shared governance structure through her participation in a number of key campus committees.

According to the State University of New York, the awards for excellence publicly acknowledge superior professional

Herkimer 9



Pat Miller



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2991 State Highway 5S, Fultonville, NY 518-853-4500 www.randallimpls.com M-F 8am-5pm• Sat 8am-Noon Historically low mortgage interest rates are helping to drive a new wave of home sales. Data from the U.S. Census Bureau indicates roughly 14 percent of the population, or around 40 million people, move every year for various reasons.

While people may be inclined to move far from their current residences, the moving resource Move.org notes that some U.S. states are seeing an influx in people leaving while others are absorbing new residents.

People relocate for various reasons. After moving into a new house, it can take some effort to turn that house into a true home and feel comfortable in your new environs. These steps can help that process along.

• Create at least one complete and serene space. Focus on setting up the bedroom so you can retreat at the end of the day. Invest in new furniture or get new bedding to give the room this comforting feeling.

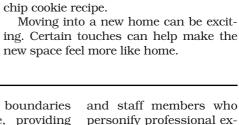
• Create an organizational plan. It can be tempting to want to throw everything in closets and unpack quickly, but give yourself time to fully analyze where you want to store items, where you may need to paint or reconfigure spaces, as well as any home improvements you want to make before taking out all of your stuff. When you fully unpack, you can immediately enjoy your hard work.

• Hang artwork. Hang a few select pieces of artwork or family photos shortly after moving in. Surround yourself with things that make you feel good.

• Bring mementos. Your first home may bring about warm feelings. While

Herkimer from 8

achievement while en-vancing the boundaries couraging the pursuit of of knowledge, providing excellence. The programs the highest quality of in-



you can't recreate it entirely, you can use

a piece of furniture or a few family heir-

looms to make your new space feel hom-

er it's preferential air fresheners, scented

candles or baking your favorite chocolate

• Rely on familiar scents. Break in the new space with familiar aromas, wheth-

personify professional excellence and serve as role models not only for the SUNY community, but for Herkimer County Community College as well.

Herkimer College President Cathleen McColgin said, "It is a privilege to be able to honor our faculty and staff who go above and beyond to ensure our students are supported and successful in the pursuit of their academic goals. My heartfelt thanks and congratulations are extended to each of the 2020 SUNY Chancellor's Award recipients."

With the addition of these three employees, a total of 75 Herkimer College faculty and staff have been honored with the SUNY Chancellor's Award for Excellence. A complete list is available at www.herkimer.edu/ chancellor-awards.





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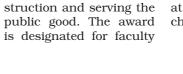
underscore SUNY's commitment to sustaining intellectual vibrancy, ad-

ELECT JUDGE MARK ROSE HERKIMER COUNTY FAMILY COURT JUDGE ATTORNEY FOR



Primary Vote Absentee or In Person ROSE 2020 Paid for by Judge Rose for Family Con







Why routine checkups are vital to overall health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of $\stackrel{\scriptstyle \smile}{a}$ disease that has already developed or prevent something from becoming a fullfledged issue.

The Mayo Clinic says there are no hard and fast rules about how often seniors should visit healthcare providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recommend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed.

Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.

The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors, nurses and therapists will design a regimen based on a patient's current health needs. The following are some compelling reasons to be diligent with provider visits.

• Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.

• Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests and more.

• Vaccines can be administered, as even adults need certain immunizations to stay healthy.

• Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with healthcare provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.



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- We have several different divisions throughout the community
- We support over 700 people with disablilities in Herkimer County





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ANNUAL DRINKING WATER QUALITY REPORT FOR 2019 FRANKFORT (V) WATER WORKS 110 RAILROAD ST. SUITE 1, FRANKFORT, NY 13340 (PUBLIC WATER SUPPLY ID#NY2102301)

INTRODUCTION

INTRODUCTION To comply with State regulations, Frankfort (V) Water Works, will be annually issuing a report describing the quality of your drinking water. The purpose of this report is to raise your understanding of drinking water and awareness of the need to protect our drinking water sources. Last year, your tap water met all State drinking water health standards. We are proud to report that our system did not violate a maximum contominant lowed or any other water queling. maximum contaminant level or any other water quality standard. Last year, we conducted tests for over 80 contaminants. This report provides an overview of last year's water quality. Included are details about where your water comes from, what it contains, and how it compares to State standards

If you have any questions about this report or concerning your drinking water, please contact Mike Irons (Water Operations Specialist) at 315-894-0620. We want you to be informed about your drinking water. If you want you to be informed about your drinking water. If you want to learn more, please attend any of our regularly scheduled village board meetings. The meetings are held the First and Third Thursday of each month at 6:30 PM at the Village Hall 110 Railroad St., Frankfort, NY 13340

WHERE DOES OUR WATER COME FROM?

In general, the sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activities. Contaminants that may be present in source water include: microbial contaminants; inorganic contaminants; pesticides and herbicides: organic chemical contaminants: and radioactive minants. In order to ensure that tap water is safe , the State and the EPA prescribe regulations wh limit the amount of certain contaminants in water provided by public water systems. The State Health Department's and FDA's regulations establish limits for contaminants in ttled water which must provide the same protection for bottled public health.

Our water source is a groundwater source consisting of three (3) drilled wells located on Industrial Drive within the Village of Frankfort. During 2018, our system did not experience any restriction of our water source. Each well is 60 feet deep and each well has the capacity to produce 750 gallons per minute. Our raw water is Air Stripped to treat and remove any existing tetrachloroethene (a Principal Organic Chemical discovered in our raw water in the 1990's). We continue to airstrip our raw water as a precautionary treatment. It is then disinfected with a sodium hypochlorite solution. We also add orthophosphate (a polyphosphate solution) for the purpose of sequestering possible lead and copper in the distribution system. After treatment any water not consumed by our customers is then stored in three (3) glass lined storage tanks.

SOURCEWATER ASSESSMENT SUMMARY

The NYS DOH has completed a source water assessment for this system, based on available information. Possible and actual threats to this drinking water source were evaluated. The state source water assessment includes a susceptibility rating based on the risk posed by each potential source of contamination and how easily contaminants can move through the subsurface to the wells. The susceptibility rating is an estimate of the potential for contamination of the source water, it does not mean that the water delivered to consumers is, or will become contaminated. See section "Are there contaminants in our drinking water?" for a list of contaminants, if any, that have been detected. The source water assessments provide resource managers with additional

information for protecting source waters into the future. As mentioned before, our water is derived from 3 drilled wells. The source water assessment has rated these wells as having a very high susceptibility to halogenated solvents; a high susceptibility to herbicides, pesticides, metals, nitrates, petroleum products and industrial organic compounds; and a medium-high susceptibility to bacteria, viruses and protozoa. These ratings are due primarily to the proximity of the wells to permitted discharge facilities (industrial/commercial facility that discharges wastewater into the environment and is regulated by the state and/or federal government), industrial activity, toxic chemical release facilities, hazardous waste sites, mining activity, chemical storage facilities and low intensity residential activities in the

assessment area. In addition, the wells draw from an unconfined aquifer of unknown hydraulic conductivity. While the source water assessment rates our wells as being susceptible to microbials, please note that our water is disinfected to ensure that the finished water delivered into our home meets New York State's drinking water standards for microbial contamination. A copy of the assessment, including a map of the assessment

area, can be obtained by contacting us or the New York State Department of Health (Herkimer District Office) at 315-866-6879

FACTS AND FIGURES

Our water system serves a population of 3800 through 1569 metered service connections. This includes the four (4 - Town of Frankfort Water Districts), that the Village of Frankfort provides finished water Districts), that the Vinage of Frankfort provides finished water to. The total amount of water withdrawn from the aquifer and treated in 2019 was 265,000,000.00 gallons. The daily average of water treated and pumped into the distribution system was 724,000 collector and day. One kinetic single degrame 1,100,000,000 gallons per day. Our highest single day was 1,100,000.00 gallons. The amount of water delivered to customers was 221,000,000 gallons. This leaves an unaccounted for total of 23.2 million gallons. This water, used to flush mains, fight fires, and leakage, accounts for the remaining 20.8 million gallons (10% of the total amount produced). In 2019, water customers were charged \$6.40 per 1,000 gallons of water and the annual average water charge per user was \$390,00. It should be noted that these numbers are estimated and customers in the Town of Frankfort Water Districts and those customers paying sewer use fees may differ depending

on their circumstances. The Village of Frankfort Water Rate Chart is available at the Village of Frankfort office at 110 Railroad St., Suite 1, Frankfort, NY 13340.

ARE THERE CONTAMINANTS IN OUR DRINKING WATER?

WATER? As the State regulations require, we routinely test your drinking water for numerous contaminants. These contaminants include: total coliform, inorganiccom-pounds, nitrate, nitrite, lead and copper, volatile organic compounds, total trihalomethanes, haloacetic acids, radiological and synthetic organic compounds. The table presented below depicts which compounds were detected in your drinking water. The State allows us to test for some contaminants less than once ner war because the some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more they concentrated than one year old. It should be noted that all drinking water, including bottled

It should be noted that all drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791) or the Herkimer District Office of the New York State Department of Health at (315-866-6879).

DEFINITIONS:

Maximum Contaminant Level (MCL): The highest level

of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible. Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant

is necessary for control of microbial contaminants Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control

microbial contamination Action Level (AL): The concentration of a contaminant

which, if exceeded, triggers treatment or other requirements which a water system must follow.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water. Level 1 Assessment: A Level 1 assessment is an evaluation of the water system to identify potential problems

and determine, if possible, why total coliform bacteria have

and determine, if possible, why total conform bacteria have been found in our water system. Level 2 Assessment: A Level 2 assessment is an evalua-tion of the water system to identify potential problems and determine, if possible, why an E. coli MCL violation has occurred and/or why total coliform bacteria have been found

in our water system on multiple occasions. Non-Detects (ND): Laboratory analysis indicates that the

Non-Detection is not present. Nephelometric Turbidity Unit (NTU): A measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Milligrams per liter (mg/l): Corresponds to one part of Minigrams per liter (ug/l): Corresponds to one part of liquid in one million parts of liquid (parts per million - ppm). Micrograms per liter (ug/l): Corresponds to one part of liquid in one billion parts of liquid (parts per billion - ppb). Nanograms per liter (ng/l): Corresponds to one part of liquid to one trillion parts of liquid (parts per trillion - ppt). **Picograms per liter (pg/l):**Corresponds to one part of liquid to one quadrillion parts of liquid (parts per quadrillion – ppq).

quadrillion – ppq). **Picocuries per liter (pCi/L):** A measure of the radioactivity

Millirems per year (mrem/yr): A measure of radiation

Million Fibers per Liter (MFL): A measure of the presence of asbestos fibers that are longer than 10 micrometers.

WHAT DOES THIS INFORMATION MEAN

As you can see by the table, our system had no violations. We have learned through our testing that some contaminants have been detected; however, these contaminants were detected below the level allowed by the State.

IS OUR WATER SYSTEM MEETING OTHER RULES THAT GOVERN OPERATIONS?

We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not your drinking water meets health standards. In 2019 our system met all the Rules and Regulations that govern Operations

DO I NEED TO TAKE SPECIAL PRECAUTIONS?

Some people may be more vulnerable to disease causing microorganisms or pathogens in drinking water than the general population. Immuno-compromised persons such as general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice from their health care provider about their drinking water. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium, Giardia and other microbial pathogens are available from the Giardia and other microbial pathogens are availal **Safe Drinking Water Hotline (800-426-4791).**

Lead. If present, elevated levels of lead can cause serious health problems, especially for pregnant women, infants, and young children. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes plumbing. The Village of Frankfort is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential

Table of Detected Contaminants								
Contaminant	Violation Y/N	Date of Sample	Level Detected (Avg/Max) (Range)	Unit of Measure	MCLG	Reg. Limit (MCL, TT or AL)	Likely Source of Contamination	
		INO	RGANI	C CON	ГАМ	INAN	ITS	
Nitrate as N	NO	3/04/19	1.9	mg/l	10	10	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.	
Barium	NO	04/07/17	170	ug/l	2000	2000	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits	
Chromium	NO	04/07/17	3	ug/l	100	100	Discharge from steel and pulp mills; Erosion of natural deposits	
Nickel	NO	04/07/17	1.7	ug/l	N/A	N/A	Erosion of natural deposits	
Selenium	NO	04/07/17	2.1	ug/l	50	50	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines.	
Flouride	NO	04/07/17	340	ug/l	N/A	2200	Erosion of natural deposits; Water additive that promotes strong teeth; Discharge from fertilizer and aluminum factories	
Cyanide	NO	04/07/17	52	ug/l	200	200	Discharge from steel/metal factories	
Copper (See Note 1)	NO	<u>6/22/18</u> 8/3/18	200 12-240	ug/l	1300	AL-1300	Corrosion of household plumbing systems; Erosion of natural deposits; leaching from wood preservatives	
Lead (See Note 2)	NO	<u>6/22/18</u> 8/3/18	1.6 <1-9	ug/l	0	AL=15	Corrosion of household plumbing systems; Erosion of natural deposits	
		RADIO	DLOGIC	CAL CO	NTA	MIN	ANTS	
Radon	NO	4/1/19	229.1	pCi/L	0	300	Radon is a naturally occurring radioactive gas found in soil and outdoor air that may also be found in drinking water and indoor air. Some people exposed to elevated radon levels over many years in drinking water may have an increased risk of getting cancer. The main risk is lung cancer from radon entering indoor air from soil under homes.	
Uranium	NO	3/4/19	0.216	ug/l	0	30	Erosion of natural deposits.	
		DISI	NFECT	ION BY	-PRO	ODUC	CTS	
Free Chlorine Residual	NO	3/23/18	1.06	mg/l	N/A	4.0	By-product of drinking water disinfection needed to kill harmful organisms	
District11 (TWD) Haleocetic Acids (HAA5)	NO	7/27/17	2.9	ug/l	N/A	60	By-product of drinking water disinfection needed to kill harmful organisms	
District11 (TWD) Total Trihalomethanes (TTHM's)	NO	7/27/17	10	ug/l	N/A	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
District3 (TWD) Haleocetic Acids (HAA5)	NO	7/27/17	2.9	ug/l	N/A	60	By-product of drinking water disinfection needed to kill harmful organisms	
District3 (TWD) Total Trihalomethanes (TTHM's)	NO	7/27/17	11	ug/l	N/A	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
District8 (TWD) Total Haleocetic Acids (HAA5)	NO	7/27/17	1.5	ug/l	N/A	60	By-product of drinking water disinfection needed to kill harmful organisms	
District8 (TWD) Total Trihalomethanes (TTHM's)	NO	7/27/17	11	ug/l	N/A	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
District2 (TWD) Haleocetic Acids (HAA5)	NO	7/22/19	1.2	ug/l	N/A	60	By-product of drinking water disinfection needed to kill harmful organisms	
District2 (TWD) Total Trihalomethanes (TTHM's)	NO	7/22/19	4.0	ug/l	N/A	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
Frankfort (V) Haleocetic Acids (HAA5)	NO	7/22/19	1.1	ug/l	N/A	60	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
Frankfort (V) Total Trihalomethanes (TTHM's)	NO	7/22/19	2.5	ug/l	N/A	80	By-product of drinking water chlorination needed to kill harmful organisms. TTHMs are formed when source water contains large amounts of organic matter	
1								

1 – The level presented represents the 90th percentile of the 20 sites tested. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90% of the copper values detected at your water system. In this case, (20) samples were collected at your water system and the 90th percentile value was the 220 ug/l value. The action level for copper was not exceeded at any of the sites tested. 2 - The level presented represents the 90th percentile of the (20) samples collected. The action level for lead was not exceeded at any of the 20 sites tested.

for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (1-800-426-4791) or at www.epa.gov/safewater/lead .

WHY SAVE WATER AND HOW TO AVOID WASTING IT? Although our system has an adequate amount of water to meet present and future demands, there are a number of reasons why

- is important to conserve water: Saving water saves energy and some of the costs associated with both of these necessities of life;
- Saving water reduces the cost of energy required to pump
- water and the need to construct costly new wells, pumping systems and water towers; and Saving water lessens the strain on the water system during a dry spell or drought, helping to avoid severe water use
- restrictions so that essential firefighting needs are met.
- restrictions so that essential interighting needs are met. You can play a role in conserving water by becoming conscious of the amount of water your household is using, and by looking for ways to use less whenever you can. It is not hard to conserve water. Conservation tips include: Automatic dishwashers use 15 gallons for every cycle, regardless of how many dishes are loaded. So get a run for your money and load it to capacity.

- Turn off the tap when brushing your teeth.
 Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20 gallons a day. Fix it and you can save almost 6,000 gallons per year.
- · Check your toilets for leaks by putting a few drops of food coloring in the tank, watch for a few minutes to see if the color shows up in the bowl. It is not uncommon to lose up to 100 gallons a day from one of these otherwise invisible toilet
- Use your water meter to detect hidden leaks. Simply turn off all taps and water using appliances, then check the meter after 15 minutes. If it moved, you have a leak.

SYSTEM IMPROVEMENTS

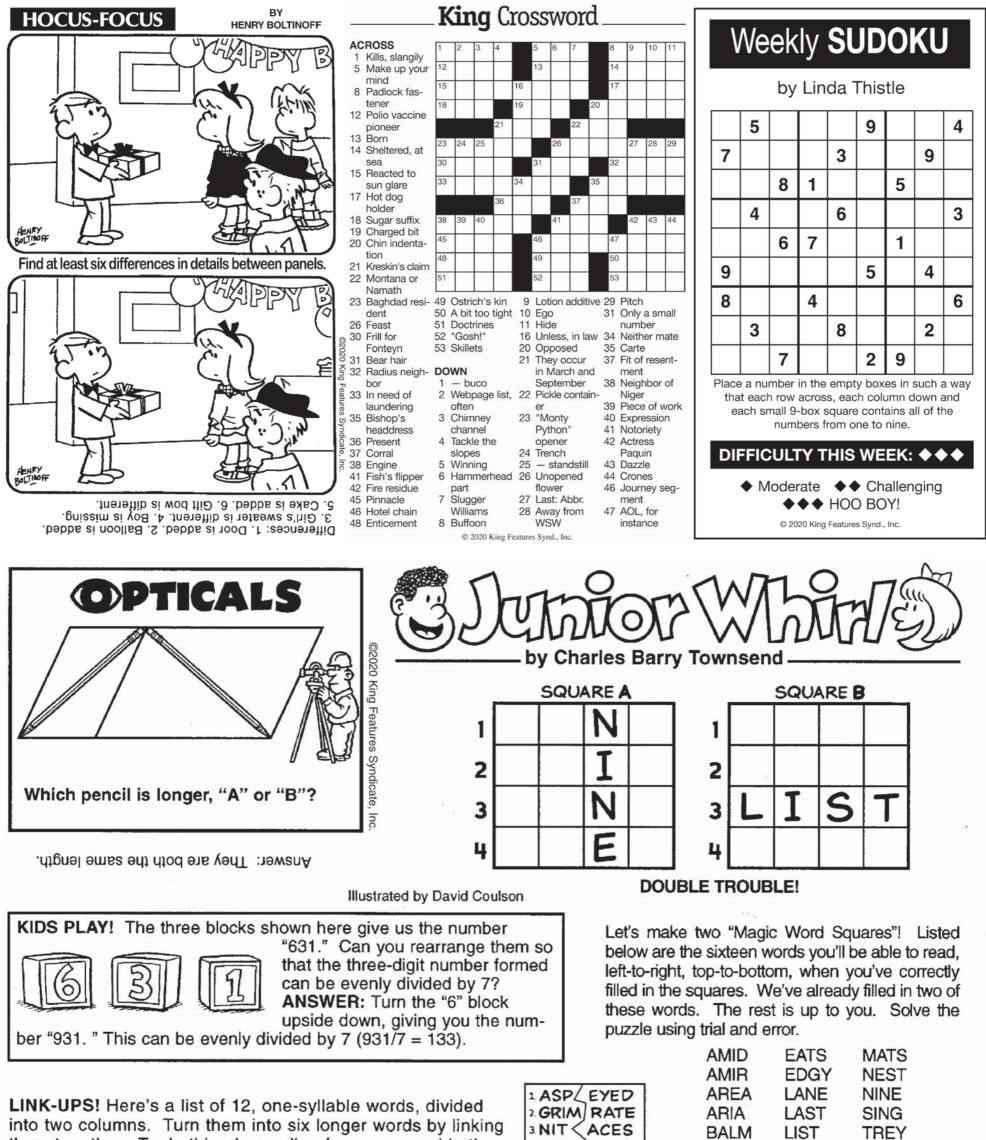
In 2018 we re-habilitated Storage Tank #1 on Joslin Hill Rd. Please note that our Water Dept. and DPW are constantly working to deliver "Quality on Tap".

CLOSING

Thank you for allowing us to continue to provide your family with quality drinking water this year. We ask that all our customers help us protect our water sources, which are the heart of our comm nity. Please call our office if you have questions at (315) 894-0620.

Thank You, Michael Irons. Foreman VOF Water Department





them together. To do this, draw a line from one word in the left column to one word in the right.

		EYED
2.	GRIM	RATE
		ACES
4.	PANE	ANT
5.	LACK	HALT
6	RAMP	HALT

Answers: Asphalt, grimaces, nitrate, paneled, lackeyed, rampant.

1. Bane. 2. Area. 3. List. 4. Mats. 2. Amid. 3. Sing. 4. Trey. Square B: The answer: Square A: 1. Lane.

BANE

Herkimer BOCES VP-TECH student hired by CTM Corp. before graduation

Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School student Zack Kleist will graduate in June, but he already has a job at CTM Corp. in Frankfort through connections made at VP-TECH

CTM Corp. recently reached out to VP-TECH looking to hire someone for a mechanical inspector/quality control position. Kleist, a senior of Dolgeville Central School District, submitted his resume, was subsequently interviewed and then hired on the spot. He will also be continuing his education at SUNY Polytechnic Institute this autumn.

"I am so thankful for everything the VP-TECH program has taught me and all of the wonderful connections it has made for me to start off my career early on in life," Kleist said.

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 in quality assurance from Herkimer College for free, a certification in advanced manufacturing and connections with local businesses.

CTM Corp. has been a local business partner for VP-TECH since the school launched in September 2015. VP-TECH is made up of students in grades 9 - 12 from Herkimer BOCES component school districts. CTM Corp. has accommodated VP-TECH students for job shadowing tours and guest speaking experiences.

© Anto Detailina Soecia 315 - 604



"It makes me happy to see companies like CTM seeing the value a program like VP-TECH can provide to their business," VP-TECH business teacher Andrew Carpenter said. "This is why our business partnerships are so important to us because we rely on them to help us make sure that students are prepared for 21st century careers. Zack's recent accomplishments are proof that this model works and can be valuable to both students and businesses alike."

Carpenter also spoke about how much Kleist has achieved through VP-TECH.

"I can say I speak for not just myself but all of the other teachers at VP-TECH when I say how proud we are of what Zack has accomplished," Carpenter said. "He has shined both academically and professionally while in VP-TECH and because of this will graduate in June with his Regents diploma, certificate in advanced manufacturing and an associate degree in quality assurance from Herkimer College.

Kleist said VP-TECH helped him be ready for college and a career.

"There are so many different things the VP-TECH program has prepared me for," Kleist said. "The VP-TECH program gave me the opportunity to earn my two-year associate degree and helped me decide what my career choice for the future would be early on. A special thanks to all of the teachers at Herkimer BOCES that

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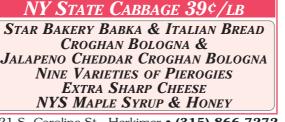
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1170

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May 15, 2020 • 15



Herkimer BOCES School to Careers honors students virtually for completing internship program

The Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers program honored students who completed the Advanced Career Immersion Experience internship program this school year with a virtual ceremony on Monday, May 4.

Herkimer BOCES School to Careers liaison and work-based learning coordinator MaryBeth Napolitano opened the ACIE Virtual Recognition Ceremony by asking students and guests to envision an illusion of what the fourth annual event would have been like if it had taken place at Herkimer College as it did the first three years.

Napolitano described students arriving with their presentations in hand; signing the guestbook and taking a Hershey's Kiss; setting up their displays; sampling an impressive spread of food; feeling laughter, excitement, happiness and nerves filling the room; guests arriving to offer congratulations and well wishes; and everyone moving into the amphitheater to begin the ceremony.

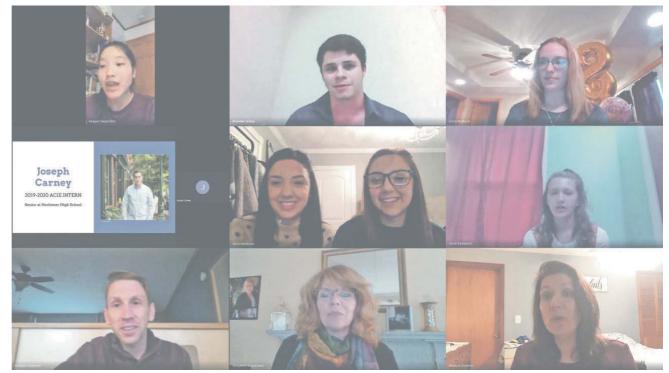
"Of course, that was pre-COVID-19," Napolitano said. "Post-COVID-19 suspends us from doing so, but it doesn't suspend us from recognizing these fine young interns and their efforts put forth this year."

During the 2019-20 school year, 25 students from five Herkimer BOCES component school districts completed internships with local businesses and schools. Some internships were cut short due to concerns about the coronavirus, but the students, ACIE organizers and local businesses stayed in contact through various forms of communication.

"And most recently, Google Hangouts – featuring Fearless Fridays, Makeup Mondays, Wellness Wednesdays and even a Thoughtful Thursday because where

there's a will, there's a way," Napolitano said. "Because it is important to stay connected for social and emo-

Herkimer 17





Herkimer from 8 -

tional support and continuing to nurture that relationship." Napolitano also thanked parents, other family members, school officials and local business partners for sup-

porting the program. "It has been a true pleasure working with this group of interns – often referring to them as

Answers Solution time: 21 mins.

– **King** Crossword —

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Mega Maze

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– Weekly SUDOKU –

Amourou

Stickelers Answer

STARE SHARE SHORE SHONE PHONE

Puzzles4Kids

Answer

Why did the mother needle get mad at

the baby needle?

It was past its thread time.

tonight individuals that have committed themselves to new experiences, challenges and growth opportunities. We have before you tonight the best of the best because being part of this internship program takes dedication, effort, time management, character, integrity and grace, and that is exactly what each one of these students have embedded within them and will drive them to achieve their dreams, goals and aspirations." During the virtual cere-

our rock stars," Napoli-

tano said. "They continue

to amaze us and inspire

us. We have before you

mony, Napolitano read off the names of the students who completed ACIE internships. They are listed below under their school district along with where they did their internships: **Central Valley students:**

• Keagan DesJardins:

EveryBody Physical Therapy with Dr. Jonathon Small, Herkimer BOCES Physical Therapy Department and SECO Physical Therapy

• Madyson Drury-Lennon: WKTV with Jeremy Ryan and the crew

• Branden Gokey: New York State Police Herkimer Barracks and Herkimer Police Department with Chief Michael Jory

• Addison Guido: Bassett Little Falls Hospital Radiology Department with Joe Serrano

• Kylee Karpowich: Mohawk Valley Health System St. Luke's Campus and St. Elizabeth's Hospital

 Brianna Lynch: Mohawk Valley Veterinary
 Services with Dr. Thomas
 Emily Madison: Herkimer BOCES WEB Complex School Nurse Office

plex School Nurse Office with registered nurse Melinda Culver • Anna Markwardt: St.

• Anna Markwardt: St. Elizabeth's Hospital with Dr. Sara Giorgi and Bassett Little Falls Hospital with registered nurse Mike Brien

• Elizabeth Morgan: The Treehouse Reading and Art Center with Joanna Robertson

• Brennan Murray: Herkimer College Athletic Department with Don Dutcher and staff and the city of Little Falls Police Department with Chief Ron Petrie

• Daniel Paddock: Herkimer Jr./Sr. High School with Scott Clarke

• Jianna Scalise: Herkimer Elementary School with Melody Couchman

• Claire Schoff: Herkimer BOCES Speech Therapy Department with Ann Margret Bouska

Frankfort-Schuyler students:

• Myranda Belmonte: Frankfort Schuyler Elementary School with Adrienne Watson

• Sophia LoRe: Herkimer County Chamber of Commerce with Executive Director Michele Hummel and Perry Middle School with Brooke Thormahlen

• Abigail Perrotta: Herkimer Veterinary Associates

• Sicilia Randazzo: ADHD & Autism Advocacy with Brianna Blancovach and Central Valley Academy with school social worker Jeff Aulisi

• Sofia Randazzo: Upstate Cerebral Palsy

• Maddison Winters: Anjolen with Michelle Tuttle and team and Capraro Technologies Inc. with Dr. Gerard Capraro and team

• Kiley Wren: Herkimer County Family Court with Honorable Judge Brennan and Herkimer College Police Academy with retired Chief Mike Masi

• Brayden Zahniser: Mohawk Police Department with Chief Joe Malone

Herkimer students:

• Joseph Carney: H.R. Hughes Elementary with Jamie Lawson and Central Valley Academy with Mark Bunce

• Sarah Eastwood: Bassett Healthcare Network Herkimer with Jennifer Maine and medical staff

Mount Markham student:

• Devaughn Sullivan: Herkimer Elementary School with Sara Lamanna and Herkimer County Social Services with Linda Patten

Little Falls student:

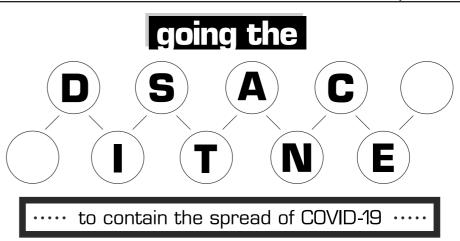
• Reese Battisti: Feldmeier Equipment Inc. with Elroy Moore

DesJardins, Gokey, Madison, Sicilia Randazzo, Sofia Randazzo, Carney and Eastwood were able to participate and give presentations during the live ACIE Virtual Recognition Ceremony, which was also livestreamed.

Drury-Lennon, Winters and Sullivan also submitted presentations that were read during the ceremony on their behalf.

Let's work together to jump start the economy!Image: Start Sta





18 • May 15, 2020



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How motorcycle riders can stay safe

Warm weather and Administration. road trips often go handin-hand, and spring and summer are prime seasons for motorcycle riders to get out on the highway.

Motorcycle riders are at an extreme disadvantage when sharing the road with cars and trucks. In the event of a collision, motorcycle riders can be seriously injured and are far less protected than those in a car or truck. The latest data indicates motorcyclists are about 28 times as likely as passenger car occupants to die in a motor vehicle crash, states the National Highway Traffic Safety

Motorcycle riders face greater hazards from debris on the road or other road conditions. Despite all this, the NHTSA says the number of motorcyclists killed in crashes dropped to 4,985 in 2018, marking an almost 5 percent decrease from their most recent study on motorcycling fatalities. Continuing to be safe, and educating oneself about motorcycle safety — whether you are a rider or someone sharing the road - can continue to keep injuries and accidents low.

• Wear protective gear. The NHTSA says the right helmet can



Continuing to be safe, and educating oneself about motorcycle safety - whether you are a rider or someone sharing the road - can continue to keep injuries and accidents low.

mean the difference between life and death. From shape to style to fit, riders can work with helmet companies and

outfitters to find the right helmet for them. Long pants, eye protection, riding gloves, and

make for effective and protective gear.

• Take a class. Novices would be wise to ena waterproof jacket also roll in classes to go over



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safety guidelines that can keep them alive and well on the road. Check with your local motor vehicle commission or driving schools about classes that may be available.

motorcycling basics and

• Avoid blind spots. Motorcycles are difficult to see on the road. Try to stay out of vehicles' blind spots as much as possible and maintain safe distances between your bike and others on the road.

• Make yourself visible. Wear something bright or use reflective or nylon tape and mesh to make yourself more visible to fellow motorists.

• Never ride tired or intoxicated. Fatigue and/or alcohol reduces reaction time and could find you making costly mistakes that put your life in danger.

• Share the road responsibly. Drivers of cars and trucks need to be diligent in keeping their eyes and ears open for motorcycle riders. allowing them a wide berth.

Motorcyclists will be taking to the roads in increasing numbers, and safety should be their top priority.

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	AP	1	Z	i i	5	
Pork Faa	Roll	 				

1.	Roast Pork Egg Roll	1.30	
2.	Shrimp Egg Roll	1.40	
3.	Spring Roll (2)	2.65	
4.	Fried Wonton (10)	3.85	
5.	Crab Rangoon (8)	5.05	
6.	Fried or Steamed Dumpings (6)	5.25	
7.	Sesame Cold Noodle	5.95	
8.	Boneless Spare Ribs (Sm) 6.75	(Lg) 11.25	
9.	Fried Chicken Wings (4)	5.55	
10.	Cantonese Fried Shrimp (8)	4.85	
11.	Barbecued Spare Ribs (4)(Sm) 7.25	(Lg) 12.95	
12.	Barbecued Chicken (4)	5.55	

12. Barbecued Chicken (4) ...

SOUP (w. Fried Noodlee)

(w. Fried Noodles)	Pt.	Ut.
13. Wonton Soup	2.25	3.25
14. Egg Drop Soup	2.25	3.05
15. Wonton w. Egg Drop Mix	2.85	3.90
16. Consomme w. Noodle or Rice	2.25	3.25
17. Vegetable Soup		4.05
18. Chicken or Roast Pork Yat Gaw M	lein	4.25
20. Hot and Sour Soup. 🍠	3.15	4.55
21. House Special Soup		6.25

CHOW MEIN

(w. Fried Noodles & Ri	ce) Pt.	Qt.	
22. Chicken Chow Mein	5.30	7.95	
23. Roast Pork Chow Mein	5.30	7.95	
24. Shrimp Chow Mein	5.60	8.85	
25. Beef Chow Mein	5.60	8.85	
26. Vegetable Chow Mein	5.00	7.55	
27. Lobster Chow Mein	6.60	10.85	
30. House Special Chow Mein		9.45	

CHOP SUEY

	(w. Rice)	Pt.	Qt.
31.	House Special Chop Suey		9.85
32.	Roast Pork Chop Suey	5.30	8.15
33.	Chicken Chop Suey		8.15
34.	Shrimp Chop Suey	6.00	9.15
35.	Beef Chop Suey	6.00	9.15
36.	Lobster Chop Suey	6.00 1	1.25

FRIED RICE

37. Roast Pork Fried Rice	5.00	7.85	
38. Chicken Fried Rice			
39. Shrimp Fried Rice	5.70	9.15	
40. Beef Fried Rice	5.25	8.85	
41. Vegetable Fried Rice	4.80	7.25	
42. Lobster Fried Rice	6.40	10.35	
43. House Special Fried Rice	6.00	8.95	
44 White Rice	2 95	4 4 0	

LO MEIN

	(Soft Noodles)	Pt.	Qt.
45. Vegetable Lo M	lein	5.25	7.70
46. Roast Pork Lo M	Vlein	5.45	8.00
47. Beef Lo Mein		5.75	8.70
48. Chicken Lo Mei	n	5.45	8.50
49. Shrimp Lo Mein	1	5.65	9.00
50. Lobster Lo Meir	٦	6.45	11.00
51. House Special	Lo Mein	6.05	9.70

PORK

		(W. RICE)	Pt.	Qt.
52.	Roast Pork w.	Mushrooms	5.90	9.25
53.	Roast Pork w.	Oyster Sauce	5.90	9.25
54.	Roast Pork w.	Chinese Vegetable	5.90	9.25
55.	Roast Pork w.	String Bean	5.90	9.25
56.	Roast Pork w.	Pepper and Tomato	5.90	9.25
57.	Roast Pork w.	Broccoli	5.90	9.25

SEAFOOD

		(w. Rice)	Pt.	Qt.
58.	Shrimp w. (Chinese Vegetable	7.10	11.15
59.	Scallop w.	Chinese Vegetable	7.10	11.15
60.	Shrimp w. I	_obster Sauce	7.10	11.15
61.	Shrimp w. F	Pepper & Tomato	7.10	11.15
62.	Shrimp w. I	Nushrooms	7.10	11.15
63.	Shrimp w. (Oyster Sauce	7.10	11.15
64.	Shrimp w. E	Broccoli	7.10	11.15
65.	Shrimp w. I	Vixed Vegetables	7.10	11.15
66.	Shrimp w. (Cashew Nuts	7.10	11.15
67.	Shrimp w. S	String Bean	7.10	11.15
68.	Shrimp w. (Curry Sauce	7.10	11.15

HERKIMER COUNTRY EDITOR

(w. Rice)	Pt.	Qt.
69. Pepper Steak w. Onion	6.60	9.95
70. Pepper Steak w. Tomatoes	6.60	9.95
71. Beef w. Chinese Vegetables	6.60	9.95
72. Beef w. Mushrooms	6.60	9.95
73. Beef w. Oyster Sauce	6.60	9.95
74. Beef w. String Bean	6.60	9.95
75. Beef w. Broccoli	6.60	9.95
76. Beef w. Curry Sauce	6.60	9.95

RFFF

POULTRY

	(w. Rice)	Pt.	Qt.
77.	Chicken w. Cashew Nuts	. 6.15	9.50
78.	Chicken w. Mushrooms	. 6.15	9.50
	Chicken w. Oyster Sauce		
80.	Curry Chicken w. Onion 🥑	. 6.15	9.50
81.	Moo Goo Gai Pan	. 6.15	9.50
82.	Chicken w. Broccoli	6.15	9.50
83.	Chicken w. Pepper & Tomato	. 6.15	9.50
84.	Chicken w. Snow Peas	. 6.15	9.50

SWEET & SOUR

Pt Qt (w. Rice)

85. Sweet & Sour Chicken. 6.00 8.95

/EGE I ABLE	
(w. Rice)	

Per Order

87.	Mixed Chinese Vegetable	8.35
	Broccoli w. Garlic Sauce 🥭	
89.	Bean Curd Szechuan Style	8.65
90.	Stir Fried String Bean	8.85

COMBINATION PLATTERS

	(served w egg roll & pork fried rice)	
C1.	Roast Pork w. Chinese Vegetable	8.55
C2.	Chicken Chow Mein	8.55
СЗ.	Moo Goo Gai Pan	
C4.	Orange Chicken 🥑	
C5.	Chicken w. Garlic Sauce	
C6.	Sesame or General Tso Chicken	8.55
C7.	Bourbon Chicken.	
C8.	Shrimp Chow Mein	8.55
C9.	Shrimp w. Broccoli	8.55
C10.	Shrimp Chow Mein	8.55
C11.	Shrimp w. Lobster Sauce	8.55
	Beef w. Mushroom	
C13.	Beef w. Broccoli	8.55
C14.	Pepper Steak w. Onion	8.55
C15.	Sweet & Sour Chicken	8.55
C16.	Lo Mein (Roast Pork, Chicken, Shrimp, B	eef)
		8.55

LUNCH SPECIAL

11:00 AM - 3:00 PM Daily Except Sunday

	(Served w. Roast Pork Fried Rice)
L1.	Chicken or Roast Pork Chow Mein 6.55
L2.	Shrimp or Beef Chow Mein
L3.	Chicken or Roast Pork w. Snow Peas 6.55
L4.	Roast Pork w Chinese Vegetable
L5.	Roast Pork or Chicken or Veg. Lo Mein 6.55
L6.	Pepper Steak w. Onion
L7.	Sweet & Sour Chicken 6.55
L8.	Moo Goo Gai Pan
L9.	Beef or Chicken w. Broccoli
L10.	Shrimp w. Broccoli
L11.	Barbecued Spare Ribs
L12.	Shrimp w. Lobster Sauce
L13.	Kung Pao Chicken 🥑
L14.	Chicken or Broccoli w. Garlic Sauce 2 6.55
L15.	Curry Chicken w. Onion 🥭
L16.	Shrimp w. Garlic Sauce 🤰
L17.	Hot & Spicy Shrimp
L18.	Mixed Chinese Vegetable 6.55
L19.	General Tso's Chicken or Sesame Chicken 6.55
L20.	Chicken or Roast Pork Chop Suey 6.55
L21.	Chow Chicken Kew 6.55
L22.	Chicken or Shrimp w. Cashew Nuts 6.55
L23.	Vegetable Chow Mein 6.55
L24.	Lo Mein (Roast Pork, Chicken, Shrimp, Beef)
L25.	Beef or Chicken w. Szechuan Sauce 6.55
L26.	Bouborn Chicken
	SIDE ORDER
130.	Soda 1.85

130.	Soda 1.85
131.	Sweet Iced Tea1.85