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A soft answer turneth away wrath: but grievous words stir up anger. Proverbs 15:1



Palmer selected to become next Frankfort-Schuyler superintendent

The Frankfort-Schuyler Central School District Board of Education voted unanimously May 19 to select Joseph Palmer as the next superintendent of schools and reached

an official agreement with him this week.

Palmer will join the Frankfort-Schuyler team effective Aug. 1, initially as the deputy superintendent. As of Sept. 1, he

will become the superintendent of schools. He will fill the position held by Robert Reina, who announced his upcoming retirement earlier this year.

"I'm grateful to be the next superintendent in such a respected district," Palmer said. "Throughout the process, I have been impressed by the overwhelming sense of community and pride each person I've had the pleasure to interact with has for the district and the children of Frankfort-Schuyler."

Palmer comes to the district with 27 years of experience in education leadership. Before joining Frankfort-Schuvler. he was the assistant director for the Office of Planning and Accountability for the Schenectady City School District. Previously, he was the Harrison Avenue Elementary School principal for the South Glens Falls School District. holding the position for 13 years. Prior to that, he was a classroom teacher and math coordinator for the Kingston City School District.

During his time at South Glens Falls, he was named Educational Administrator of the Year, helped develop a character-building program for young students and published a children's book that aims to instill values of respect, responsibility and trustworthiness.

He holds a bachelor's degree in elementary ed-

ucation 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.

The board hired Palmer after a comprehensive search and interview process guided by Herkimer-Fulton-Hamilton-Otsego BOCES District Superintendent Sandra Sherwood and influenced by input from community and stakeholder groups.

"The board wishes to thank Mrs. Sherwood for her help and the members of the school community who gave their time to participate in our hiring process," Frankfort-Schuyler Board of Education President Lisa Morgan said. "It was our sincere desire to involve as many community members in the process as we could, even under the current distancing guidelines. We took the community's thoughts

and considerations quite seriously and feel, in choosing Mr. Palmer, that we have selected someone who will be warmly welcomed into our Frankfort-Schuyler family." Palmer said his num-

ber one goal after he officially takes the lead in the coming months will be getting to know the school community and building on school tradition while enhancing the district's offerings to its students. He is also looking forward to working with and ensuring the safety of the Board of Education, staff and faculty, parents and students as they venture together through these unconventional times.

"Mr. Palmer has a true vision for Frankfort-Schuyler built on a foundation of pride, respect, responsibility, trust and citizenship," Morgan said. "Under his leadership, I have no doubt that our district and this community will continue to thrive and grow as a strong force in Herkimer County."



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350 Gage Road, Newport





Joseph Palmer has been selected to become the next Frankfort-Schuyler superintendent of schools.

Foundation awards scholarships to students through mail

The Herkimer Region College & Career Scholarship Foundation recently awarded up to \$18,650 in scholarships to local students.

Scholarship awards are normally given out during a dinner celebration at Herkimer-Fulton-Hamilton-Otsego BOCES, but that dinner was canceled this school year because of the coronavirus public health crisis. Instead, foundation organizers mailed the awards to students along with gift certificates to Paesano's Pizzeria in Mohawk to celebrate their accomplishments with their families.

The goal of the Herkimer Region College & Career Scholarship Foundation is to expand access to higher education for students in the region who are in career and technical education fields. To date, the foundation has provided more than 300 scholarships totaling more than \$175,000.

General scholarship winners receive awards for their first year of college and then again for a second year if they meet required criteria. This year, the foundation increased its awards from \$650 per year to \$750 for the first year and \$850 for the second year.

The scholarships are open to students who are majoring in vocational education in their high schools or at Herkimer BOCES and plan to go to college the next school year.

The following students won the foundation's general scholarships:

• Brandon Adams, Nicholas Duffy, Michael Quinn and Olivia Talarico of Frankfort-Schuyler • Marietta Altieri of Herkimer

• Mckenzie Horan and Chloe Williams

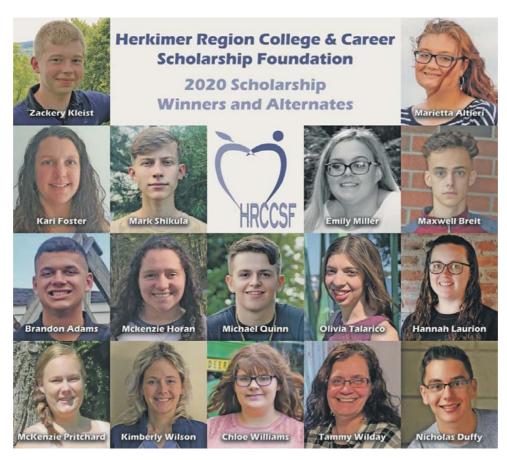
of West Canada Valley • Zackery Kleist and Emily Miller of

Dolgeville

McKenzie Pritchard, of Mount Markham

Maxwell Breit and Mark Shikula (both of Frankfort-Schuyler) were named alternate recipients.

There also are special incentive awards



available each year for students pursuing careers in certain areas that awards were established for through donations.

The following students won special incentive awards of \$100 each this year:

• Talarico won the William E. Busacker Memorial Scholarship, which goes to a student who has been actively involved in school and/or community programs and has demonstrated leadership

• Altieri won the Papaleo/Dady Family Scholarship, which goes to a student who has completed a two-year program at the Herkimer BOCES Technical Education Center and has demonstrated good attendance, teamwork and commitment to a career field

• Quinn won the Hummel Family Scholarship, which goes to a student who has demonstrated a community-minded focus throughout high school and is furthering education in the field of business

• Kleist won the William E. Whitehill Jr. Scholarship, which goes to a student in a Herkimer BOCES Technical Education program who has demonstrated perseverance and has set clear goals for the future

Additionally, \$750 LPN scholarships were awarded to two Herkimer BOCES Adult Practical Nursing Program students: Kari Foster of Dolgeville and Tammy Wilday of Fort Plain. Hannah Laurion of Waterville was named the alternate for the LPN scholarship. Kimberly Wilson of Utica received the \$750 Special Nursing Award.

Canajoharie Golf Sundays 11-2 Find Us In the Parking Lot at the Dummy Light! Enjoy The Best Greens In The Area Social Distancing Will Be Required ISex ATOHA • Please Wear **EXIT** The Best **GOLF** Exit 229 Church Street, 90 **On The NYS Thruway** 29 A Mask Herkimer, NY 315-866-7479 HOLF • Hand LUNGH SPEGIAL Sanitizer Gift Certificates Available \$**32 PER PERSON** (18 Holes Golf, Cart & Lunch) Stations Look Younger, New Cuts, Colors & Styles Available Non-Evasive Skin Care Is Happening Here At Linda's Unise **Every Tuesday & Thursday** Tee off before noon Support Local We've Professionally Agriculture! **Completely Santized** 154 Golf Club Road, Canajoharie, NY 13317 Exit 29 off Thruway, take Rte. 10 South (only a chip shot away from e Pro Shop: 518-673-8183 www.canajohariegolfcountryclub.com • canjogolf@gmail.com Sponsored by Lee's Shops at Wagner Square **Everything New!!**

24 Church Street • Canajoharie, NY 13317



4 • June 12, 2020

Keep Mohawk Valley Beautiful launches "QuaranTeam" Cleanup

Keep Mohawk Valley Beautiful (KMVB), a six-county NYS affiliate of the national Keep America Beautiful (KAB) program, is launching a "QuaranTeam" Cleanup in conjunction with KAB's annual Great American Cleanup Effort scheduled for June 1 - Oct. 18. KMVB is a standing committee of the Mohawk Valley Economic Development District Inc.

This year marks KMVB's 19th annual Great American Cleanup Effort where community volunteers come together to aesthetically improve our environment by creating cleaner parks, streetscapes and public spaces through litter removal and elimination. While the country begins to open back up and more people are spending time outside, KMVB's "QuaranTeam" Cleanup effort is intended to keep its commitment to bringing people together to beautify our communities, even during a global pandemic.

The KMVB "QuaranTeam" Cleanup is a project for individuals and families who are quarantined together to break up their day by taking a walk outside alone or as a family to clean up litter along their property/streets and surrounding areas. "We intend to have adults and children in the six-County Mohawk Valley Region take action to work on beautifying and cleaning areas across their communities while adhering to federal, state and local public health guidelines regarding the COVID-19 pandemic," said Sam Russo, chair of KMVB Committee.

KMVB reminds volunteers participating in the "QuaranTeam" Cleanup to wear personal protection equipment (PPE) such as masks and gloves when appropriate during litter cleanups.

By registering your "QuaranTeam" Cleanup project on the Oneida-Herkimer Solid Waste Authority's website at www.ohswa.org, you will be entered in a prize drawing that will take place following the conclusion of the Great American Cleanup on Oct. 18. "QuaranTeam" individuals and/or groups must submit the reporting form provided upon registration to be eligible to receive prizes.

Jamie Tuttle, recycling educator of the Oneida-Herkimer Solid Waste Authority and partner in the Cleanup Program, said, "While this year's cleanup effort may not involve large groups gathering together, the actions, large or small, of individuals and families who participate will help KMVB continue its mission to remove litter and beautify the region we call 'home' while inspiring generations of environmental stewards. KMVB is cleaning up, yes, but we are also changing behaviors by engaging the enthusiasm of involved

2020 Herkimer County Local Foods Map released

The 2020 Herkimer County Local Foods Map is now available from Cornell Cooperative Extension of Herkimer County in East Herkimer and is being distributed throughout Herkimer County. To view an online version of this map, visit bit.ly/2020HerkCoLocalFoodsMap.

There are 62 producers on the map along Herkimer County farmers markets. Support for updating and printing the map was provided by a grant from Herkimer County Mental Health through the Farm Family Assistance Project.

The benefits of eating local are many including fresher foods that taste great and are often more nutritious than foods that have traveled many miles and days to get to your table. Also, when you buy directly from local farmers, your dollars stay within your community and strengthen the local economy. This helps preserve farming as a livelihood and rural landscapes as farmland during these unprecedented times.

For more information or to pick up a map, call Cornell Cooperative Extension at 315.866.7920 or email herkimer@cornell.edu.

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.

July 27-31

From Home through History VBS.

Herkimer Vacation Bible School

from home. For materials and

meals, register at www.HerkVBS.

August 26

Rabies Vaccination Day 5:30 - 7

p.m., Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Cen-

ter 13454. Pre-register by calling

September 12

Arc Herkimer Transportation 2020

NTSI Traffic Survival Workshop

9 a.m. to 4 p.m. at Arc Herkimer's

main building, 350 South Washing-

ton St., Herkimer. \$38 per person.

Books and materials provided. Call Kelly Bunce at 315.574.7982 to reg-

September 17

Rabies Vaccination Day 5:30 - 7

p.m., Cedarville Fire Department,

ister and make payment.

weebly.com.

315.867.1176.

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.

June 17

Rabies Vaccination Day. CAN-CELLED, VFW Ilion-Frankfort Pavilion, 4274 Acme Rd., Frankfort 13340. Pre-register by calling 315.867.1176.

Baptist Barbecue Blast 4-6 p.m. (or sold out) at Ilion First Baptist Church, 8 Second St. Ilion. \$10 per dinner. Tickets at the door. Delivery and takeouts. For more info contact the church office at 315.894.9041.

July 9

Rabies Vaccination Day. 5:30 7 p.m. Danube Town Garage, 438 Creek Rd., Little Falls 13365. Pre-register by calling 315.867.1176.

960 St. Rt. 51, Cedarville 13357. Pre-register by calling 315.867.1176.

p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

November 7

Rabies Vaccination Day 1:30 - 3:30 p.m., East Herkimer Fire Department, 193 Main Rd., East Herkimer 13350. Pre-register by calling 315.867.1176.

November 14

Herkimer Transportation Arc 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.

young people," said Tuttle.

"From Boonville to Cobleskill, from Oneonta to Northville, and all along the Mohawk Valley, volunteers will be working together to make a difference in their communities. Projects such as the KMVB 'QuaranTeam' Cleanup, community gardens, recycling and beautification help leverage other public and private resources to positively impact our region," said Russo.

To register your "QuaranTeam" Cleanup, visit www. ohswa.org. (Click "QuaranTeam" Cleanup.) You may also contact Mohawk Valley Economic Development District with any questions related to the cleanup at 315.866.4671.



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October 1

Rabies Vaccination Day 5:30 - 7

Herkimer Hearing Aid Center observes National Better Hearing Month during COVID-19 May was National Better Hearing & Speech Month

In the midst of COVID-19 social distancing, people suddenly become keenly aware of the importance of hearing well in order to properly converse and interact with their loved ones, and also better understand the world around them.

"People with hearing loss can become much more frustrated when they are constantly straining to try to understand conversations. That frustration often spills over to those around them, often creating an atmosphere where conversations and interactions with each other dwindle to the point where such increased social isolation produces emotional separation and even anger between loved ones," said Marcus Boehm, owner and hearing care provider of the Herkimer Hearing Aid Center and National Board Certified in Hearing Instrument Sciences.

"We have been here since the mid-1990s and we are proudly staying local. When we help someone hear



well again, we are also helping to fulfill that person's natural desire for social interaction because they no longer need to struggle to try to understand conversations, and thus that aura of frustration is removed," he continued.

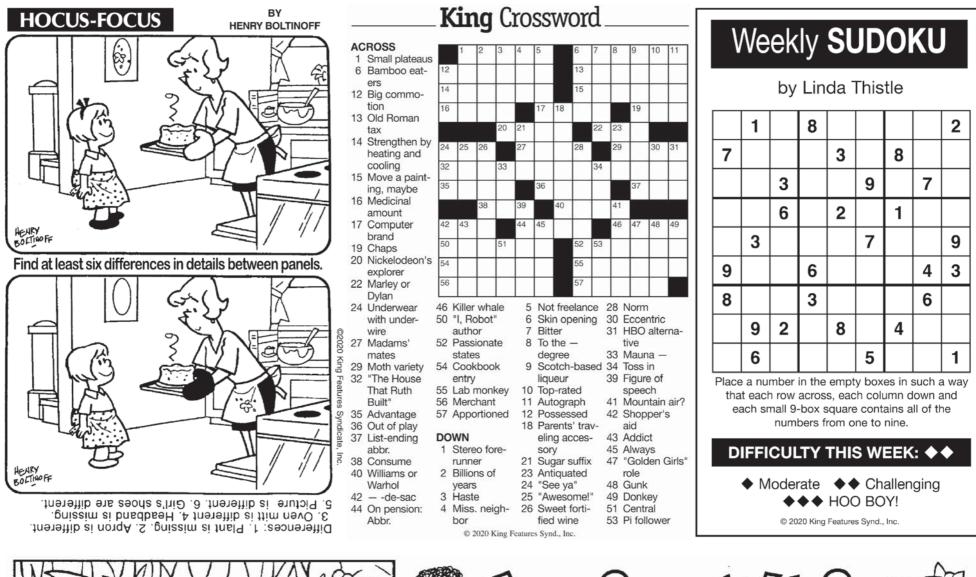
"Once we thoroughly test someone for their unique prescription, their custom hearing aids are created at the laboratory for the exact shape of their ears and with the correct combination of components to properly produce that prescription. Then the hearing aids are finetuned for extra listening comfort in our practice according to how that person perceives the world around them in their individual everyday environment. From there, the sophisticated microcircuits in our hearing aids are able to manipulate the sounds around them to try to keep them as comfortable as possible no matter what sounds are around them. We also take care of cleanings and other adjustments for the life of the hearing aids. So it's very important for people to use a hearing care practice that is well established, easily accessible and reputable."

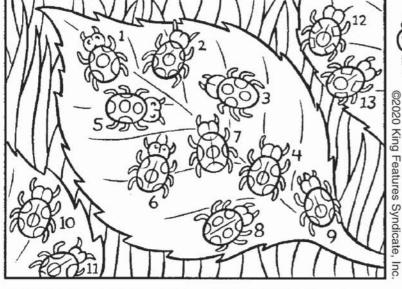
The Herkimer Hearing Aid Center has been specializing in hearing loss and hearing aids for over 20 years, with their practice located in the first-floor office center at the Prospect Complex on 200 N. Prospect St. in Herkimer. Anyone with questions about hearing aids or hearing loss can call 315.866.6728.



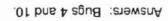
Marcus Boehm, owner of Herkimer Hearing Aid Center.







DON'T LET THIS ONE BUG YOU! You have one minute to find two ladybugs that are exactly alike.



THE BLACKJACK MAGIC SQUARE!

Rearrange the numbers so that the sum of any row, column, or the two diagonals shall total 21.

Answer: Top row: 10, 3, 8. Middle row: 5, 7, 9. Bottom row: 6, 11, 4.

A STAIRWAY TO WORD POWER! Each of the five

words, needed to fill in our "word stair," contain the same five letters. We give you one of these letters and plenty of hints below.

- 1. Slightest or tiniest. 3. Petty complaints.
- 2. Roofing material.
- 4. Having lost effervescence.
- 5. Slang for a bargain.

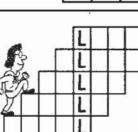
Answers: 1. Least. 2. Slate. 3. Tales. 4. Stale. 5. Steal.

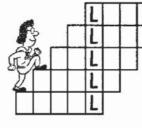
"LADDER" BUGS!

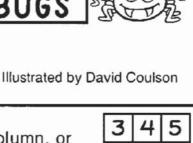
In this type of puzzle you are given a word that must be changed into another word in a series of moves. In each move you must change one letter in the previous word so as to form a new word. In our example, at left, we changed LADY to BUGS in four moves. See if you can change the following five words in four moves.

- 1. CORN to MEAL
- 2. BANK to NOTE
- 3. TOLL to GATE
- 4. SIDE to WALK
- 5. HALF to TIME

. AALF, HALE, TALE, TAME, TIME. 3 4. SIDE, WIDE, WILE, WALE, WALK. 3. TOLL, TALL, TALE, GALE, GATE. 2. BANK, BANE, BONE, NONE, NOTE. 1. CORN, MORN, MOAN, MEAN, MEAL. :SI9W2RA







6

9

7

10

8

by Charles Barry Townsend

Church Services HERKIMER TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 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 Father Brian Slezak, Sacramental Minister 31 N. Helmer Ave. Phone 315-823-3410 Mass 9 AM Sunday

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

FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone 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

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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

Friday 7 PM

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

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.

ST. PAUL'S UNITARIAN Universalist Church Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor 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 Wolsing 9.30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM

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

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

<u>NEWPORT</u> 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







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Shields celebrates 100th birthday at VHS



Happy 100th birthday, Judy Shields!

Judy Shields, resident of Valley Health Services, celebrated her 100th birthday at VHS on May 27. She is a sweet, petite lady with a great outlook on life. Shields said the secret to her longevity is being active. "Don't be a couch potato," stated Shield.

Born on May 27, 1920, Shields grew up in Elmira, NY, had one brother that was five years younger than she, and grew up playing sports with the boys in the neighborhood. Her favorite sports were softball and basketball. Due to her love of sports, she went to Syracuse University, a graduate of the class of 1940, majoring in Health & Physical Education. She later taught health and physical education in the Mohawk school system.

Shields also was a re-

Photo courtesy of Valley Health Services

cipient of the Ford Foundation Fellowship, where she had the opportunity to study and teach dance in Mexico for one year. At 100 years old, Shields still loves to do her dance high kicks! The Ford Foundation Fellowship is designed to increase diversity in academia by funding students, promoting engagement with other nations and sustaining human progress and achievement at home and abroad.

Shields, the widow of John T. Shields, talked fondly of their 41-year union. She and John had dated in college. They spent the following 24 years apart and then reconnected and married in 1974.

The year Shields was born, there were several inventions that shaped America. Some to note are the convertible automobile, penicillin, the traffic light, Band-Aids, Q-Tips and the hair dryer. Jazz, ragtime music

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and Broadway musicals became popular in the 1920s. Musicians such as Irving Berlin, Duke Ellington, Louis Armstrong and Al Jolson were iconic and musical theater began to take shape. Novelist F. Scott Fitzgerald termed the 1920s the "Jazz Age," as new dance styles emerged. As jazz became wildly popular, the decade of the "Roaring Twenties" showed unprecedented growth and prosperity in the U.S.

Shields enjoyed her VHS birthday with some of her favorite snacks, such as Hostess Ho Hos and Little Debbie Honey Buns. She came to VHS at age 99 and is very much proactive in her health and wellness routine. She

enjoys staying fit by walking and showing staff that she can still do her dance routine leg kicks! Her happy-go-lucky personality and quest to be active keep staff in a state of awe. Shields's advice to the younger generation is "once you decide what it is you want to do in life, work hard and don't stop until you succeed!"

From VHS staff, happy birthday, Judy Shields, and many more!











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Fratello's

The basic differences between the three main types of diabetes

Hundreds of millions of people across the globe are living with diabetes. According to the International Diabetes Foundation, approximately 463 million people between the ages of 20 and 79 had diabetes in 2019, and the group expects that number to increase by almost 300 million over the next quarter century.

Diabetes is a complex disease characterized by the inability of the pancreas to make insulin or by the body's inability to make good use of the insulin it can produce. People diagnosed with diabetes will likely be told if they have one of the three main types of the disease. Understanding each type can help patients recognize what's going on with their bodies and what they need to do to overcome their disease.

Type 1 diabetes

The IDF notes that type diabetes occurs most frequently in children and adolescents, even though it can develop at any age. The body of a person with type 1 diabetes produces no insulin or very little insulin due to an autoimmune reaction in which the body's defense system attacks the cells that produce insulin. As a result, type 1 diabetes patients must receive daily insulin injections to maintain their blood glucose levels. The risk factors for type 1 diabetes are still being studied, but the IDF notes that family history, environmental factors and some viral infections have been linked to an elevated risk for the disease.

Type 2 diabetes

Type 2 diabetes is the most common form of the disease, accounting for roughly 90 percent of all cases across the globe. When a person has type 2 diabetes, his or her body does not make good use of the insulin it produces. An unhealthy diet and sedentary lifestyle can increase a person's risk of developing type 2 diabetes, and oftentimes type 2 diabetes treatment plans include adopting a healthy diet and exercising more frequently. However, the IDF notes that many type 2 diabetes patients will ultimately need to take oral drugs and/or insulin to keep their blood glucose levels under control.

Gestational diabetes Gestational diabetes. or GDM, affects pregnant women and is characterized by high blood glucose levels during pregnancy. While GDM typically disappears after women give birth, mothers who experienced GDM and their children are at increased risk of developing type 2 diabetes later in life. Diabetes affects hundreds of millions of people across the globe. But many of those people can lower their risk for diabetes with a few simple strategies. More information about diabetes is available at www.idf.org.



s, People diagnosed with diabetes will likely be told they have one of the three main types of the disease.



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More Details To Follow!



Herkimer BOCES students inducted into National Technical Honor Society

Herkimer-Fulton-Hamilton-Otsego BOCES inducted 23 senior students into the National Technical Honor Society on Friday, May 29, in recognition of their excellence in career and technical education.

Even though no formal induction ceremony took place this year, the students received their honor cords, tassels, pins and a seal on their diploma. They also were publicly recognized as the NTHS Class of 2020 by Herkimer BOCES with a presentation available on the Herkimer BOCES website.

This year's class represents eight area component school districts and 11 different CTE programs. The students who were inducted are listed below under their school districts along with the Herkimer BOCES career and technical education programs they are in:

Central Valley:

• Rhiannon Corsette, Building Construction

• Jessie Greig, Culinary Hospitality

Dolgeville:

Andrew Ashe, Conservation tology
 Zackery Kleist, Advanced
 Manufacturing
 and M

• Dylan Lamphere, Heavy Equipment

• Emily Miller, Health Science Careers

• Lexie Tennant, Culinary Hospitality

Frankfort-Schuyler:

Sarah Hamilton, Visual
Communications Media Arts
Mark Shikula, Culinary

Hospitality • Stephanie Smithling, Visu-

al Communications Media Arts
Olivia Talarico, Advanced

Manufacturing

Herkimer:

• Marietta Altieri, Advanced Manufacturing

• Matthew Gallagher, Visual Communication Media Arts

• Michial Nichols, Outdoor

Power Equipment • Karli Treen, Health Science

Careers Little Falls:

 Reese Battisti, Welding and Metal Fabrication

• Samantha Frere, Health

Science Careers

Mount Markham:

• Chelsea Mashtare, Criminal Justice

Poland:

• Jack Oczkowski, Welding and Metal Fabrication

West Canada Valley: • Jordan Brelinsky, Cosme-

• Jordan Brennsky, Cosine logy

• Kaleb Pohleven, Welding and Metal Fabrication

• Madesen Spellman, Welding and Metal Fabrication

 Chloe Williams, Health Science Careers NTHS is an honor society recognizing excellence in career and technical education. The NTHS Herkimer BOCES Chapter advisors are Sarah Mayville and Meghan Dineen. NTHS membership is a distinction achieved by only 3-4% of CTE students nationwide. To join the honor society, students are nominated by their teachers, carry a minimum grade point average of 3.0, demonstrate excellence in their CTE program and participate in extracurricular activities at BOCES and/or their home school.

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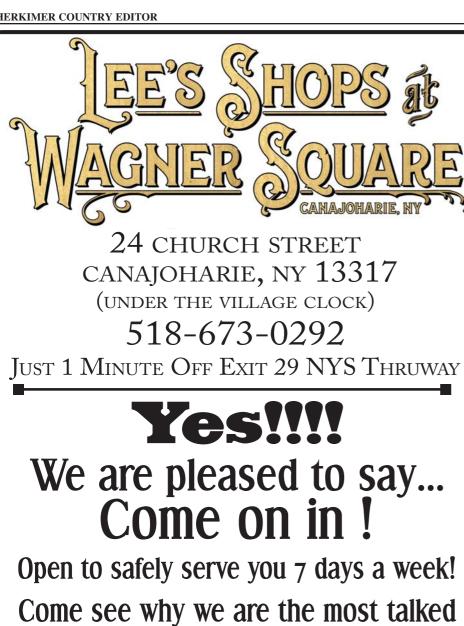




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Avoid grilling accidents as barbecue season heats up

Memorial Day marked the start of outdoor grilling season for many barbecue enthusiasts. Now that it's time to fire up the grill, it's important to do so safely.

Each year, approximately 57,000 grill fires occur on residential property, resulting in 100 injuries, 10 fatalities and \$37 million in property damage, according to the U.S. Fire Administration. Most grilling accidents are caused by grills that haven't been properly maintained.

"Always inspect your grill before using it to ensure that it will operate properly, and always practice safe barbecue habits," said Scott De-Noon, farm product and underwriting manager for Virginia Farm Bureau Mutual Insurance Co.

Whether grilling with gas or charcoal, be sure to follow manufacturer instructions on how to properly set up and maintain your grill. Additionally, search the Consumer

Product Safety Commission website to check for any safety recalls on your grill.

When using charcoal grills, use starter fluids designed for grills. Never use gasoline, and limit the amount of starter fluid. If a fire needs rekindling, add more charcoal if necessary, as too much liquid fuel can start a flash fire.

For gas grills, regularly check grill hoses for cracks, holes and brittleness. Hoses should be directed away from hot areas or where grease could drip on them. Gas leaks can be checked using a soap and water solution that will bubble at points where gas could escape.

When grilling, operate the grill in a stationary position on a level surface at least three feet away from nearby objects including homes, trees or shrubs. Only grill in well-ventilated areas to avoid carbon monoxide exposure.

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wearing a heavy apron

and oven mitts that reach

over your forearm. Never

grill near others, and remove children and pets

Keep a fire extinguish-

er, hose or bucket of wa-

ter nearby. Should a fire

occur that cannot be

controlled by a fire ex-

tinguisher, call 911 and

treat any injuries imme-

diately with a first aid kit.

from the grilling area.

12 • June 12, 2020

The Mohawk Homestead receives COVID-19 grant from Community Foundation



The Mohawk Homestead has received a charitable grant in the amount of \$5,300 from Support the Mohawk Valley COVID-19 Response Fund, a partnership of the Community Foundation of Herkimer and Oneida Counties and the United Way of the Valley and Greater Utica Area.

The Mohawk Homestead, a non-profit organization, has used this grant to purchase PPE for staff and residents during the pandemic.

Joe Franco, administrator, the Board of Directors and the staff of the Mohawk Homestead would like to express their deep appreciation to the Community Foundation of Herkimer & Oneida Counties and the United Way of the Valley and Greater Utica Area.















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Smullen encourages census form completion

Assemblyman Robert Smullen (R, C -Meco) is encouraging New York residents to complete their 2020 census questionnaire. Every U.S. citizen is required by law to complete the 2020 Census.

2020 Census invitations were supposed to be received by every American household by April 1. Citizens are able to respond online, by phone or by mail. The census asks simple questions and never asks for Social Security numbers, money, political affiliation or bank account numbers. Different from past years, the 2020 Census will not ask a question about citizenship.

Currently, the state self-response rate is 55%. In Fulton County, the average response rate is 48.9%; Herkimer County is 48.3%; Hamilton County is 6.8%; St. Lawrence County is 50.1%; and Oneida County is 57.9%.

"The 2020 Census is extremely important to our country as a whole," said Smullen. "Every 10 years, the federal government does a population count to gauge the amount of funding to be distributed to communities. I am encouraging all New Yorkers to fill out the simple form that can be completed either online, over the phone or by mail. Without accurate representation, the federal and state funding streams that our local communities depend on for many services like healthcare and education will not be as resourceful as they should be.

"I urge each county within my district to

match the state self-response rate. We each have a responsibility to our communities to provide the government with this information, and if we take this responsibility lightly, the resources granted at the state and federal levels could be adversely affected."

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.

Six steps to start researching your genealogy

Identifying one's family history and lineage can be an exciting and rewarding endeavor. Many people are compelled to trace their ancestry and ultimately gain much from having done so.

Interest in genealogy has grown in recent years. The popular and free family tree application FamilySearch Family Tree had 1.6 million contributors in 2018 who added 28 million new people to the global tree. Thousands upon thousands also utilize other genealogy resources to paint a more accurate picture of their histories.

According to the Massachusetts Institute of Technology, more than 26 million people shared their DNA with ancestry firms as of the start of 2019. MIT predicts that number will rise to 100 million by the end of 2020.

Those ready to get started on researching their lineage may wonder where to start. These guidelines can map the way.

1. The first step is to work from the known to the unknown, advises The New England Historic Genealogical Society's American Ancestors program. Write down names, dates, places of birth, marriage and death announcements, and other pertinent information you can dig up from looking at personal effects. This will provide a starting point and serve as a springboard for further research.

2. Establish what you want to learn about your family. Maybe you simply want to have a complete family tree that dates back to a particular ancestor? Perhaps you want to see where your family name originated? Identify what is behind your interest and allow those goals to guide your research.

3. Access census records, military records, travel documents, and other official papers, which can provide key clues to family history. These can be researched individually, but many people like using resources like Ancestry.com because their databases pool information from a variety of sources. The National Archives offers free access to its records database at www. archives.gov/research/databases.

4. Consider privacy concerns before digging deeper. Acquiring DNA testing and sharing results in an effort to connect with relatives has become a popular side effect of genealogy research. However, experts advise caution before submitting any DNA samples. MIT Technology Review indicates that, if the DNA collection trend continues, the companies that hold this data will have genetic information on more than 100 million people. The Review goes on to say, "as these databases grow, they have made it possible to trace the relationships between nearly all Americans, including those who never purchased a test."

5. Learning new information can be overwhelming, so it's best to focus on one family story at a time rather than tackling the entire family tree in one sitting, suggests the service Findmypast.

6. Connect with like-minded individuals if you find that your genealogy interests expand beyond personal history. Family historians often connect via social media or through local genealogical societies.

Genealogy research is a growing pastime that can reveal secrets and insight into one's family history. It's never too late to start uncovering information.



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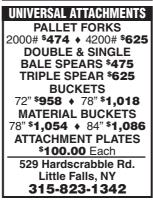
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Smullen supports schools hosting graduation ceremonies

Assemblyman Robert Smullen (R, C, Ref-Meco) on June 3 signed onto a letter to Gov. Andrew Cuomo in support of allowing schools in New York State to host in-person graduation ceremonies. If school districts follow

proper public health guidelines, graduation ceremonies could be allowed to offer a sense of closure for high school seniors.

"High school graduation is an important rite of passage," said Smullen. "Our students have a once in a lifetime chance to celebrate this moment with their family and friends. Now that the state is reopening, our high school seniors across upstate New York should be allowed the opportunity to have real ceremo-

Mulching mistakes to avoid

nies, rather than virtual ones. I want to make sure schools know that we support them in celebrating their students' accomplishments while following proper social distancing guidelines. We can do this, and the time is

now "

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.

Landscape features vary significantly from house to house. Some homeowners may prefer water features on their properties, while others focus on flowers that would be the envy of a botanical garden. Regardless of those preferences, lawn and garden enthusiasts who want to make their properties as idyllic as possible may eventually look to mulch to help them accomplish that goal.

Mulch helps soil retain moisture, which promotes strong, healthy flowers, plants, trees, and shrubs. And because soil beneath mulch retains more moisture than soil that's not protected by mulch, homeowners won't have to spend as much time watering mulched landscapes. That saves time and conserves water, which can be a big benefit in areas prone to drought and/or especially hot summers. Mulch also helps to suppress weed growth, which can ensure all that hard work needed to create an eye-catching garden won't be compromised by the presence of unsightly, thirsty weeds.

Mulching seems like a simple task, and it can be. But that does not mean homeowners cannot make mistakes when mulching. The following are some common mulching mistakes to avoid as lawn and garden season hits full swing.

• Not enough mulch:

Mulch is ineffective when spread too thin. The Virginia Cooperative Extension at Virginia Tech and Virginia State University recommends applying mulch no less than two inches in depth. Anything less than that will prove ineffective at preventing weed growth and helping the soil retain moisture, and that means you will need to water more often.

• Poorly located mulch: Mulch should not be placed too close to plant stems or tree trunks. When it is, tissue is so wet that it makes for a perfect environment for disease and insect infestation.

• Failing to mulch to the drip line: The drip line of a tree refers to the outermost circumference of the tree's canopy from which water drips onto the ground. The VCE rec-

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ommends mulching to the drip line of a plant or tree, which ensures the plant or tree will get the most out of the mulch. Mulching to the drip line also minimizes competition from the grass, leading to stronger plants and trees.

· Failing to weed before mulching: Weeds should be removed prior to mulching. If they're not, the mulch can provide the same growing environment for weeds that you're trying to create for your plants and trees.

Mulching benefits a landscape in myriad ways, especially when homeowners avoid some common mulching mistakes.



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Lyme disease poses a threat to millions of people across the globe. The misconception that Lyme disease is exclusive to the United States, and the northeastern portion of the country in particular, is understandable. Hundreds of thousands of people in the U.S. are diagnosed with Lyme disease each year, but the 2017 U.S.

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— King Crossword — — Weekly SUDOKU —

Geological Survey found that 95 percent of those cases are in the northeast, mid-Atlantic or northern midwest regions. In spite of that, no one is immune to Lyme disease, regardless of where they live.

The World Health Organization notes that, in addition to the United States, there are foci of Lyme borreliosis in forested areas of Asia and in northwestern, central and eastern Europe, proving that Lyme disease is a global issue. With that in mind, it behooves everyone to take steps to understand Lyme disease and how to reduce their risk of getting it.

What is Lyme disease?

According to Lymedisease.org, an online resource that supports science-based advocacy, Lyme disease is caused by a bacterium known as *Borrelia burgdorferi*. Lyme disease can affect any organ of the body, and it is often misdiagnosed because it tends to mimic symptoms of other diseases. Lyme disease may be misdiagnosed as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and even psychiatric illnesses like depression. Such misdiagnoses can delay treatment of the underlying infection.

How do I get Lyme disease?

The majority of Lyme disease patients get the disease from the bite of a nymphal tick. Nymphs are immature forms of ticks that are very small, typically the size of a poppy seed, according to Lymedisease.org. The bites are painless and, when coupled with the size of nymphal ticks, that increases the likelihood that people will not even realize they've been bitten. Ticks can stay attached to the body for several days, feeding all the while. Lymedisease.org notes that the longer the tick stays attached, the more likely it will transmit the Lyme and other pathogens into the bloodstream of the person it's attached to. **How can I safeguard myself against Lyme disease?**

The Global Lyme Alliance, which funds research aimed at preventing, diagnosing and treating tick-borne illnesses, notes that practicing tick bite prevention habits is the best way to prevent Lyme disease. Through its "Be Tick AWARE" campaign, the GLA urges people to follow these simple steps to reduce their risk for Lyme disease: • Avoid high tick traffic areas, like tall grass and leaf piles.

• Wear proper clothing, including long pants, sleeves and socks. Avoid walking in grass barefoot or in open sandals, even when grass has been cut short.

• Apply tick repellant approved by the Environmental Protection Agency.

• Remove clothing upon entering your home, tossing clothing into the dryer at high temperatures for 10 to 15 minutes to kill live ticks. Note that the GLA says putting clothes into the washer will not kill live ticks.

• Examine yourself for ticks every day.

No one is immune to Lyme disease, regardless of where they live. Recognizing that and take protective measures can help people lower their risk for Lyme disease.

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cayenne and salt to coat. Place shrimp on hot grill. 2. Cook 3 - 5 min-**Small Engine Repair** utes or until shrimp are opaque throughout, turn-**DON'T WAIT TO SERVICE** ing once. Transfer shrimp to plate and let cool 5 **YOUR POWER EQUIPMENT!** minutes. Serves 4. We can get you up & running • Each serving: About for all your 130 calories, 3g total fat (1g saturated), 172mg seasonal projects cholesterol, 240mg so-**Briggs & Stratton** dium, 1g total carbohydrate, Og dietary fiber, Certified 23g protein.

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1. Prepare grill for direct

grilling on medium-high. In a large bowl, toss

shrimp with vegetable oil,

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Mega Maze Solution

Answer

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



Stickelers Answer The answer is turtles.



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The Kitchen Diva

by Angela Shelf Medearis Pantry proteins from the sea

The COVID-19 pandemic has caused disruptions in almost every aspect of our lives, including how we receive our food supply. Because of the large-scale closing of restaurants, farmers and ranchers have an over-abundance of meats, dairy and vegetables, but few customers left to buy their goods in large enough quantities.

This unexpected glitch in the food supply chain has caused concerns about the availability and pricing of certain meats and produce over the next few months. Because I believe in being prepared, my pantry is wellstocked with a variety of canned and packaged goods, including pantry proteins like canned seafood.

While I'm accustomed to using canned vegetables and fruits, canned proteins have never been my first choice...until now. I've learned that canned seafood can be a nutritious, delicious and relatively inexpensive source of protein.

Here are a few of the health benefits of canned salmon, tuna, smoked mackerel, sardines and clams:

Canned Salmon: Not only is this fish rich in omega-3 fatty acids, it's actually better for you when canned because it's packed with the bones intact, meaning more calcium for your bones and teeth. Also, some of the fat is removed, making it a healthier option.

Canned Tuna: This pantry staple is high in protein and low in fat, with 42 grams of complete protein with all of the essential amino acids, heart healthy omega-3 fatty acids, calcium, phosphorus, potassium, zinc, B-vitamins, selenium and choline. Tuna contains folate, iron and B-12, which help to prevent anemia. It's also free of carbohydrates and provides beneficial nutrients for diabetes management.

Balancing our intake of omega-6 fatty acids with more omega-3 fatty acids (from seafood like tuna) can help slow the progression of dementia. The omega-3 fatty acids in tuna compete with pro-inflammatory omega-6s to block inflammation at the cellular level, lowering the risk of vascular cognitive impairment and dementia. The combination of fatty acids and protein in tuna can also be helpful for staying strong as we age.

Canned Mackerel: Canned plain or smoked mackerel is high in protein and omega-3 fatty acids and is very inexpensive.

Canned Sardines: Rich in omega-3 fatty acids, sardines are an excellent choice of fish because they are sustainable and inexpensive. They contain high amounts of vitamin B-12 (second only to calf liver), which promotes heart health.

Canned Clams: Clams are high in protein and zinc – critical for the well-being of your immune system – and rich in iron (containing far greater quantities than found in red meat) and selenium. Clams also are high in omega-3 fatty acids and are a good source of phosphorous, manganese and potassium.

If you'd like to use canned seafood in a new way, try this recipe for Fancy Fish Toast. It's basically thick slices of toasted bread topped with an array of delicious ingredients with flavors that blend beautifully with any of the varieties of canned seafood listed above. If you're feeling extra fancy, try this recipe using smoked baby clams or oysters!

Fancy Fish Toast

4 large eggs

Juice from 1 lemon

12 cherry or grape tomatoes, cut in half

1 green onion, roots removed and discarded, white and green parts chopped

¼ tsp sugar

 $2\frac{1}{4}$ tsp salt, divided

½ cup mayonnaise

1 small garlic clove, finely minced or grated



1½ tsp sherry vinegar or red wine vinegar

½ tsp paprika

4 tbsp olive oil, plus more for drizzling

4 thick slices sourdough bread or country white bread

2 (6-7 oz.) cans or jars oilpacked tuna, drained

¹/₂ cup torn mixed tender herbs or baby lettuce greens

1. Bring a medium saucepan of water to a boil. Gently lower eggs into pot with a slotted spoon and cook 8 minutes. Transfer to a bowl of ice water and let cool. Peel eggs; set aside.

2. Using a medium-sized bowl, mix the lemon juice, tomatoes, green onions, sugar and 1/4teaspoon of the salt and 1/4 teaspoon of the pepper together.

3. Stir together the mayonnaise, garlic, vinegar and paprika in a small bowl; season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

4. Heat 2 tablespoons oil in a large skillet over medium until shimmering. Add 2 slices of bread and cook, adjusting heat as needed, until bottoms are deeply browned, about 3 minutes. Transfer to a platter and sprinkle fried side with 1/4 teaspoon each of the salt and pepper. Repeat with another 2 tablespoons oil and remaining slices of bread.

5. Spread mayonnaise mixture over toasted side of bread. Top with tuna and tomato mixture; spoon some of the juices over the mixture. Scatter herbs or lettuce greens over toast; drizzle with oil. Slice each egg into 3 or 4 pieces and arrange on top. Season with remaining salt and pepper. Serves 4.

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HERKIMER COUNTRY EDITOR

Kovels: Antiques and Collecting

by Terry and Kim Kovel Hail Britannia

Queen Elizabeth II was born on April 21, 1926, but she celebrates her birthday on several different days. The English monarch's birthday had been celebrated on the actual date of their birth since 1788. But in 1936, after King George V died, the date was changed to the second Monday in June to commemorate his death and to get better weather for the "Trooping the Color," a British regimental parade. The date was changed again in 1959 to the second Saturday in June. To add to the confusion, some places, including Canada, Australia and New Zealand, chose a different day. In 2020, her 94th it will be celebrated in Britain on Saturday, June 13.

A Roman goddess was the inspiration for Britannia, the personification of Britain, by 1797. She always wears a Corinthian helmet, carries a trident or spear and has a lion lying at her feet. This Staffordshire figure of Britannia was made about 1820. It was sold at a Thomaston auction for \$586.

G: I have a Louis Vuitton of Paris trunk. For its age, I think it's in excellent condition inside and out. It is marked on the inside "Louis Vuitton (in script)/1 Rue Scribe Paris/454 Strand London" and has the number 117 033. What is it worth, and where can I get the best price?

A: Louis Vuitton Malletier (1821-92) opened a shop in 1854 in Paris. The first trunk was introduced in 1858. Vuitton's trunk was covered in gray Trianon canvas, waterproof and the first to have a flat top. The checkerboard pattern on

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your trunk, called Damier canvas, was introduced in 1888 and is still used. Squares were either deep red and white (rare) or dark and light brown, like your trunk. Worked into the design is a trademark logo. From about 1890 to 1900, the Vuitton London store was located at 454 Strand, near Trafalgar Square. That address plus the serial number on your trunk dates it to the late 1890s.

The value of Vuitton steamer trunks depends on condition. In rough condition, your trunk is worth \$3,000 to \$4,000. In professionally cleaned but not restored condition, the value would be \$5,000 to \$7,000. In completely restored condition, L.V. trunks like yours have sold for as much as \$23,000 at auction.

Current prices

• Sterling silver belt buckle, interwoven bands, enamel decoration, Cymric, Archibald Knox, Liberty & Co., 1903, 2½ in., \$500.

• Gorham bowl, copper, hammered, applied silver insects, heron & fruit, bulbous, ruffled rim, early 20th century, 3¹⁄₂ x 3¹⁄₂ in., \$1,415.

• Shaker sign, "Shaker Store, Plain & Fancy Goods," wood, stenciled letters, old paint, 13 x 52 in., \$3,480.

• Barbie doll, No. 1, brunette ponytail, striped swimsuit, original accessories, box, Mattel, \$5,750.

Tip: Never use your own hairbrush on your doll. Your hair oils will harm the doll's wig. Dolls should have their own brushes.

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

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Many figures of Britannia were made with a bright-yellow dress as well as the helmet, spear and lion. She represents unity, liberty and national pride. This figure, 11 inches high by 8 inches wide, sold at auction for \$586.

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