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SEPTEMBER 4, 2020

Delivered by the
U.S. Postal Service

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Volume 10 Number 12

Great peace have those who love Your law, And nothing causes them to stumble. Psalm 119:165

The Fifty Best Holds a Flavored Moonshine Tasting



New York, NY - The Fifty Best, rating the finest in wines and spirits, has for the first time turned its spotlight on flavored moonshine.

The Fifty Best hosted a flavored moonshine tasting, where contenders were evaluated for the distinguished "Best Flavored Moonshine" award.

The Fifty Best is pleased to announce that
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Chow Line: Tips to save money on groceries

My grocery bill has risen by almost \$80 a month since March and it's becoming harder to keep spending so much more than we used to. Do you have any tips on how we can cut our food costs?

You aren't alone in noticing the increase in the price of some foods. According to the U.S. Bureau of Labor Statistics, food prices increased some 5.6% in June as compared to the same time last year. Additionally, between March and June, the cost of poultry and eggs have increased more than 7%, while the costs of veal and meat has increased more than 20%.

Much of the increase, experts say, has been attributed to several reasons, including the increased demand for groceries with more people buying food to eat at home as a result of the COVID-19 pandemic, as well as issues with disruptions across the food supply chain earlier in the pandemic.

With this in mind, there are ways for you to cut costs from your grocery bill while still eating healthy. You can start by planning ahead for your grocery spending, which can allow you to make healthy food choices but still spend less.

As mentioned in a previous Chow Line, one of the best ways to stick to a budget is to take inventory in your kitchen of the items that are needed for the week or the month and make a list of the foods you plan to purchase before you get to the grocery store. Once you're at the store, stick to your grocery list, bypass-

ing the urge to buy any tempting items that you really don't need.

That's just one of the tips listed on the Celebrate Your Plate website offered by Ohio State University's SNAP-Ed program. The program is funded by the USDA and administered by Ohio State University Extension, which is the outreach arm of the College of Food, Agricultural, and Environmental Sciences (CFAES).

The website offers tips on shopping, cooking, gardening and for in the kitchen, all designed to help people budget for, plan and create healthy, good-tasting meals.

Some other tips the website offers on how fruits and vegetables can fit into your budget include:

- Plan your meals ahead of time and make a grocery list, then stick to your list. You'll save money by buying only what you need.

- Don't shop when you're hungry. Shopping after eating will make it easier to pass on tempting snack foods. You'll have more of your food budget for vegetables and fruits.

- When purchasing fresh fruits and vegetables, buy those that are in season. In-season produce typically not only has more flavor and is fresher, it usually costs less.

- Canned or frozen vegetables can offer costs savings. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt

added" on the label.

- Clip coupons from the local newspaper and online. Also, check weekly store ads for sales, coupons and specials that will cut food costs.

- Some fresh vegetables and fruits don't last long, so buying small amounts more often can help make sure you can eat the foods without throwing any away.

- Choose store brands when possible. You'll get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

- Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat and processed foods may be more convenient, but they often cost much more than fruits and vegetables that are purchased in their most basic forms.

Another way to save time and money while incorporating more fruits and veggies in your diet is to use leftover vegetables to make a casserole or soup. You can use your overripe fruit to make a smoothie or for baking. More cost-saving tips, recipes and information can be found at celebrateyourplate.org.

Chow Line is a service of OSU's CFAES and its outreach and research arms, OSU Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line, c/o Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or turner.490@osu.edu.

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How parents can govern screen time

Technology has transformed nearly all facets of life, including education. While desks and blackboards can still be found in the classroom, technology has become more and more influential in regard to how students learn.

Many teachers now employ tablets and other devices to help students better understand their coursework. Devices can make for useful learning tools, but when does screen time cross over from useful learning tool to something that's potentially harmful to students' overall health? The American Academy of Pediatrics has produced age-specific guidelines that can help parents determine if their school-aged children are spending too much time staring at screens.

Children between two and five years of age

– Parents should limit screen time for this age group to one hour per day of high-quality programs. The AAP advises parents to co-view with children in this age group so they can help kids understand what they're watching and how it applies to the world around them.

Children ages six and older – The AAP does not provide specific information regarding how many hours children ages six and older should use screen media. However, the AAP advises parents to make sure such media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

In addition to following AAP recommendations about screen time as closely as possible, parents can take steps to ensure their children are not spending too much

time using their devices.

• **Promote extracurricular activities.** Urging children to participate in extracurricular activities that do not employ screen media, such as sports, music lessons and academic clubs, can be a great way to get kids to put down their devices and engage in in-person interactions with their peers.

• **Establish no-device hours at home.** The AAP recommends that parents designate certain times of the day as media-free times for the whole family, and not just children. Parents can put down their smartphones and tablets and engage with their children without the television on. In addition, make sure devices don't make it to the dinner table, as nightly, device-free dinners together can help families build strong

bonds.

• **Establish media-free zones.** Designate certain areas of the home, such as the kitchen and dining room, as device-free

zones. Keep devices out of bedrooms unless children need them to do their homework.

Devices in the classroom can help young stu-

dents fulfill their academic potential. Parents can govern their use outside the classroom by adhering to some simple strategies.



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Basket raffle scheduled for Oct. 2 & 3

A basket raffle fundraiser will take place Friday, Oct. 2 and Saturday, Oct. 3 from noon - 6 p.m. at the Mohawk Reformed Church, 20 South Otsego St., Mohawk. A list has been created, and if you would like to donate a themed basket, add items to a basket or offer a gift card, contact Cindy Speranza (315.868.8289) or Lois Arndt (315.866.1428). The deadline for donations is Sunday, Sept. 13.

Here are several basket themes with suggested items for your consideration:

- "Beach Bash" – beach toys, goggles, pail and shovel, lip balm, sand molds, small net
- "Splish, Splash Baby Bath" – tub, cloths/towels, shampoo, tub toys, lotions, etc.
- "Treat for the Tootsies" – pumice stone, clippers, files, variety of polish, buffer, polish remover, lotions
- "Tool Time" – hammer, nails, screwdriver, screws, adjustable wrench, pliers, WD40, duct tape, glue, level
- "Loves Cats" – variety of animal toys and treats, catnip, brush

- "Loves Dogs" – feeding dish, assorted toys and snacks, balls, biscuits, brush
- "Green Thumb Basket" – gloves, garden implements, seeds, large clay pot to put things in
- "Our Feathered Friends" – suet and holder, seed balls, bird feeder & seed
- "Here's the Scoop" – Stewart's gift card, ice cream scoop, cherries, toppings, sprinkles, dishes

A refresher course in school bus safety

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the U.S. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

• **Be a smart pedestrian.** Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch

for cars backing out of driveways and always look both ways multiple times before crossing streets.

• **Remember school bus laws.** Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

• **Stand away from the curb.** The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully supervised.

• **Be visible.** Always cross in front of the bus, making eye contact with the driver so they know your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

• **Remain seated.** Find a seat promptly and remain seated for the du-



ration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.

• **Minimize distractions.** Always speak soft-

ly and behave so that you do not distract the driver.

School buses are very safe vehicles, but passengers need to do their part to avoid injury.

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Published weekly on Friday by Lee Newspapers
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The benefits of a new approach to learning for students

The validity of the adage “necessity is the mother of invention” was on full display during the COVID-19 outbreak. People quickly had to learn to adapt to a new way of life, including an educational system that was transformed dramatically by social distancing guidelines.

More than 76 million students are enrolled in U.S. schools, per the latest Census Bureau information. In a matter of days, millions of students who once attended classes in-person were forced to transition to virtual learning instruction. The process showed just how flexible learning systems can be, and how virtual instruction may become more than an emergency protocol in the future.

Schools utilized systems like Google Classroom, Canvas and virtual meeting apps to connect and learn. While in-class lessons provide the socialization

and one-on-one interaction that can be vital for students' academic success, there are many different reasons why virtual instruction can be a key component of learning models as well. When virtual learning is used in conjunction with traditional teaching, students may have a more well-rounded experience. Here are some potential benefits that may unfold as more data is collected.

- **Pace:** Virtual learning affords students the chance to work on lessons at a pace that fits their individual needs. Students can go back and re-read or re-work problems until they're satisfied they've learned their lesson. Lessons can be slowed down or sped up depending on proficiency, creating a customized educational experience.

- **No more weather days.** Many school districts include snow or extreme weather days

into their calendars, adding on extra days at the end of school year to meet the specified number of educational days. Remote learning can take over in these times and keep school districts from having to pad calendars.

- **Convenience:** The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later to provide students the best chance to get the amount of sleep they need. Still, most adolescents currently start school before 8:30 a.m. Remote learning enables students to complete their assignments when it works best for them. This may help them get more sleep too.

- **Apps:** Learning apps are a new wave of educational tools that have helped buoy virtual instruction. Primary school students or those with individual education plans may benefit the most from reinforced app



When virtual learning is used in conjunction with traditional teaching, students may have a more well-rounded experience.

skills that match their learning pace in fun ways.

Virtual home instruction may become a large part of the

educational landscape even after it's no longer a social distancing necessity.

Ilion Redemption Center accepting cans for Herkimer County Historical Society

The Herkimer County Historical Society is now signed up at the Mohawk Valley Redemption Center in Ilion (401 E. Main St.) to receive the proceeds from bottles and cans with a deposit. All you have to do is tell

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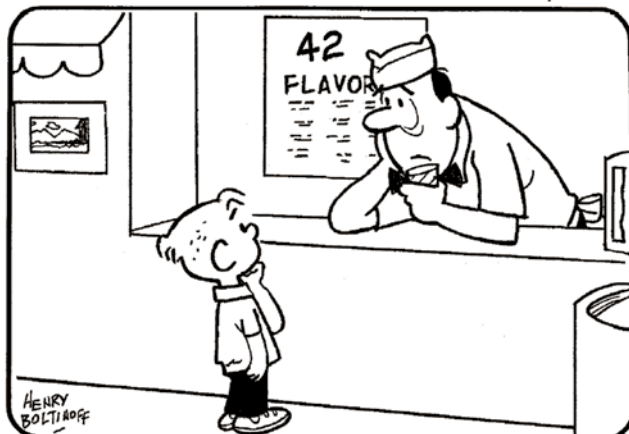
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Find at least six differences in details between panels.



Differences: 1. Picture has been added. 2. Boy's sleeve is different. 3. Man has a bow tie. 4. Napkin dispenser is larger. 5. Number of flavors has changed. 6. Partial window sign is missing.

Weekly SUDOKU

by Linda Thistle

	8	5			7		2	
		6		2				1
9			6			5	4	
	7				8	3		
		1	5					4
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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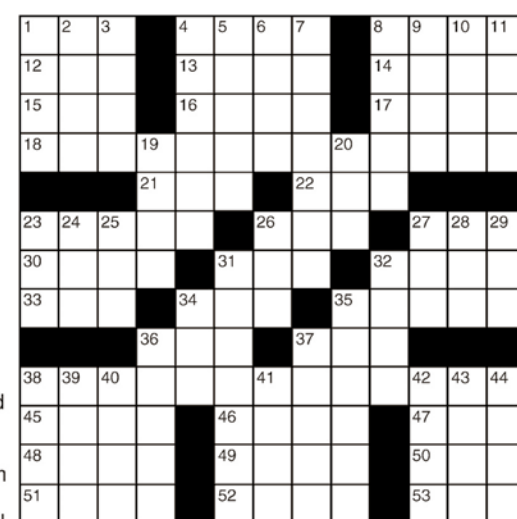
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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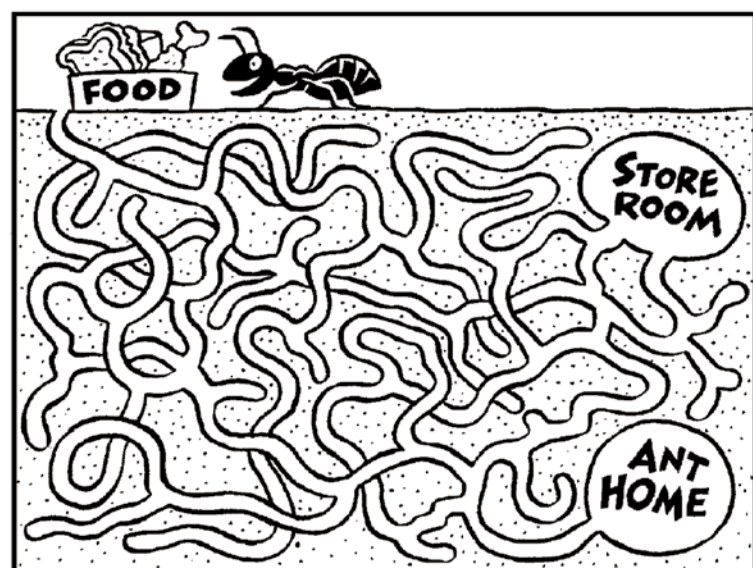
ACROSS

- 1 Early bird?
4 Said "not guilty"
8 Molt
12 By way of
13 Emanation
14 Rent
15 Work unit
16 Whirl
17 Long-billed wader
18 Sprinter's device
21 Many millennia
22 Parcel of land
23 Allude (to)
26 Driver's license datum
27 Foundation
30 Out of control
31 "Oklahoma!" baddie
32 Stead
33 Vat
34 Haw partner
35 Tureen accessory
36 Prohibit
37 Emeril's shout
38 Extremely exciting
45 Plankton component
46 Love god
47 Dove's remark
48 Works with



- 49 New Haven school
50 Choose
51 Not so much
52 Resorts international?
53 "The Matrix" role
7 Hung
8 Half a circus clown's pair
9 Vagrant
10 — The Red
11 Dilbert's worksite
19 Stench
20 Go a few rounds
23 Snitch
24 Ostrich's cousin
25 Pass (off)
26 Total
27 Auction action
28 Wet wriggler
29 Payable
31 Football garb
32 Genie's home
34 Chapeau
35 Expires
36 Marching-band section
37 Half of 49-Across' fight song
38 Booty
39 Otherwise
40 Census statistics
41 Snare
42 PC picture
43 "Unh-unh"
44 Attend

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DON'T GET ANTSY trying to solve this ant maze. See if you can find the route from the food to the ant home in one minute.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

THE PYRAMID OF WORD POWER!

Starting with the word CHASTENED at the bottom of our word pyramid, try dropping one letter at a time, as you work your way up, so that the remaining letters at each level spell out a new word. To make the challenge harder, the following helpful hints are not in ascending order:

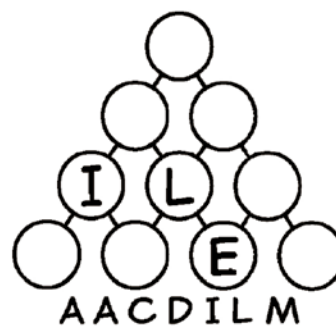
1. A small amount.
2. To be punished.
3. Seized hastily.
4. To have done something.
5. Highest rank.
6. Shouted monotonously.
7. To remove from.
8. Sweet, edible fruit.
9. Present during.

THE MYSTERIOUS OBJECT! Under the napkin is an object that has 8 corners, 6 sides and 12 edges when it's dry, but has none of these when it's wet. What do you think it is?

Answer: It's a sugar cube.



CHAIN REACTION! Take the seven letters printed below the diagram and place them in the circles so that eight 4-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle



Answers: The words are, top to bottom, left to right: Maid, mail, mall, male, mill, mile, mice, mica.

Answers: (from the bottom up) Chastened, snatched, chanted, detach, acted, date, tad, at, a.

You can help fight Lyme Disease

A (NAPSI) – As the summer months wind down, many will continue to flock outdoors and enjoy outdoor activities like hiking, camping and fishing. What you may not realize is that despite the weather cooling off, ticks are still very prevalent outdoors.

It is important to check for ticks after spending time in the grass or garden, as ticks can transmit a bacterial infection known as Lyme disease.

The disease

A bull's-eye rash is one of the hallmarks of Lyme disease, but other symptoms can be non-specific and even overlap with symptoms of COVID-19. These include body aches, fever, breathlessness, eye pain, diarrhea, chest tightness, headache, fatigue or joint pain.

According to the Global Lyme Alliance, there are approximately 427,000 new cases of Lyme disease in the U.S. every year. However, Lyme disease is often missed – or misdiagnosed – due to unreliable testing. In fact, only 30% of people with early Lyme infections have a positive test result with existing tests because the disease is difficult to detect in its earliest stages, even though this is when it is easiest to treat.

If you suspect you have Lyme disease or have been recently diagnosed, you can be part of the solution to improve detection of the disease in others.

How you can get involved

If you've recently been infected with Lyme disease, your immune system can provide important informa-

tion about how to detect and treat the disease that current tests cannot. To help advance new tests for Lyme disease, Adaptive Biotechnologies has launched the ImmuneSense Lyme study to better understand the body's immune response.

You may be eligible to participate in the study if you have signs and symptoms of Lyme disease, or were recently diagnosed and have not taken antibiotics for more than three days. To participate, you can visit a participating doctor to have your blood sample collected or schedule an at-home visit compliant with social distancing guidelines.

Why your participation matters

If left untreated, Lyme disease can become a serious illness for many people, but if caught early, it can typically be treated with antibiotics and long-term complications can be avoided. Early detection is key for early treatment and now there is an opportunity to help bring about new detection methods for this serious and often overlooked disease.

Visit www.immunesensestudy.com to learn more about the study, and how you can be a part of the solution for better testing.

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.

September 8

There will **no Herkimer County Public Health Immunization Clinic** on this date. Immunization clinics are by appointment only. Please call 315.867.1176 to schedule an appointment.

September 9

Ilion's Food Truck Frenzy Live Entertainment schedule. Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 9 - Cassidy Gerkin.

September 10

Deadline for a \$50 deposit on one of the last 10 seats on a bus trip to Lancaster, PA to see "Queen Esther" at the Sight and Sound Theater November 12-14, 2020. The balance of \$400 per person double and \$500 per person single is due by Sept. 15. Transportation, lodging, breakfasts and dinners, a Christmas show, and a tour of the Amish Countryside are included. Please call Margaret at 315.894.9581 for more information and reservations.

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 Washington St., Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

Rabies Vaccination Clinic at St. Johnsville Town Barn, 7431 Route 5, St. Johnsville, 9 - 11 a.m. For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

September 16

Ilion's Food Truck Frenzy Live Entertainment schedule. Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 16 - Shawn Smith

Back to school meatloaf dinner at Ilion First Baptist Church, 8 Second

St., Ilion. 4-6 p.m. or sold out. \$10 per dinner. For more info contact the church Office at 315.894.9041.

September 12-13

Fort Klock Craft Fair canceled. After much consideration, Fort Klock has decided to cancel its craft fair. Meetings take place the second Wednesday of the month at 6 p.m. This year the Fort is open for tours on a limited basis. If you would like to learn more about the Fort or how to become a member, call 518.568.7779, visit fortklock-restoration.org or facebook.com/fortklockhistoricrestoration.

September 17

Cancer Service Program and Little Falls Hospital offering Free Mobile Screenings. The Cancer Services Program of Delaware, Otsego, Schoharie, Oneida, Herkimer and Madison Counties are collaborating with the Bassett Healthcare Network mobile coach offering free mammograms, breast exams, pap test and pelvic exams to uninsured and underinsured women 40 and older. The mobile screening coach will be at Little Falls Hospital's Dolgeville Primary Care Center, 36 Slawson Street, Dolgeville, from 9 a.m. - 2 p.m. Colorectal Cancer Screening take home kits will also be offered to the uninsured and underinsured men and women 50 years and older. For more information, or to enroll for a free appointment call 1.888.345.0225.

September 17

Rabies Vaccination Day 5:30 - 7 p.m., Cedarville Fire Department, 960 St. Rt. 51, Cedarville 13357. Pre-register by calling 315.867.1176.

Golumpki Dinner and sale 4-7 p.m. Take out only. At Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Curbside drive up walk ins. Call ahead suggested. Free Delivery (Little Falls only). \$10 includes meal and dessert. Call 315.717.9462 or 315.823.1323. Leave a message if there is no answer.

September 23

Ilion's Food Truck Frenzy Live Entertainment schedule. Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 23 - Matt Migliore

September 25-28

41st Annual Remsen Barn Festival of the Arts is going VIRTUAL for the first time ever from the morning of Friday, Sept. 25 until the evening of Monday, Sept. 28 at www.VirtualBarnFest.com. For more information contact Deborah Cotton, Barn FOTA Representative at dcotton1@roadrunner.com or 315.534.4433.

September 30

Ilion's Food Truck Frenzy Live Entertainment schedule. Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 30 - Poor Tim.

October 1

Rabies Vaccination Day 5:30 - 7 p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

October 2 and 3

Fourth Annual Basket Raffle. Noon-6 p.m. both days. Mohawk Reformed Church, 20 South Otsego Street, Mohawk. Many themed baskets and gift cards. Masks required and CDC guidelines will be followed. Contact 315.866.4292 or mrcoffice@verizon.net for further information.

October 4

Chicken BBQ at East Herkimer Fire Department, 193 Main Road, East Herkimer. Serving 12:30-3 p.m. Carry-out only. Tickets \$10. Limit 400 dinners. Ticket information: Dan Wellington 315.868.5394.

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.

Bible Trivia

by Wilson Casey

1. Is the book of Cornelius in the Old or New Testament or neither?

2. Whose first chapter begins, "The elder unto the well beloved Gaius, whom I love in the truth"?
3 John, Galatians, Hebrews, Jude

3. What were Gihon, Pison Tigris, and Euphrates as connected with the Garden of Eden? Cities, Kings, Rivers, Caves

4. In Revelation 2, what city was said by John to have "Satan's seat"? Pergamos, Miletus, Patara, Sodom

5. From Acts 13, where were Paul and Barnabas deserted by Mark? Jericho, Perga, Athens, Damascus

6. In 1 Kings, who is given credit for writing 1,005 songs? Jacob, Solomon, Philip, David

Answers: 1) Neither; 2) 3 John; 3) Rivers; 4) Pergamos; 5) Perga; 6) Solomon
Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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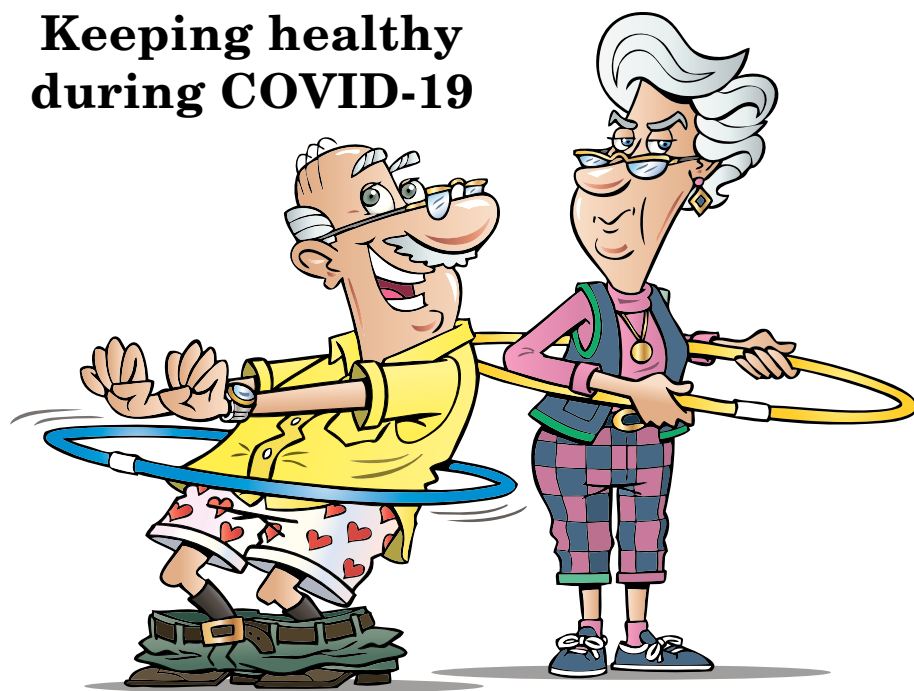
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Keeping healthy during COVID-19



Residents at the Mohawk Homestead continue to do their morning balance exercise and stretches, to keep strong and healthy during the COVID-19 pandemic. Elaine Mabry, the activities director at The Mohawk Homestead, leads the program twice a week.

Genny Smith doing her morning stretches under the direction of Activities Director Elaine Mabry.
Photo courtesy of The Mohawk Homestead

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Kuyahoora Valley Rotary Club Senior Awards

The Kuyahoora Valley Rotary Club has again given out \$4,000 in awards to six graduating seniors from the two local schools, Poland Central School (PCS) and West Canada Valley Central School (WCV).

This year the Rotary Foundation supplemented our awards to meet our goals. The Arthur Whaley Award (\$1,000) is given to two seniors (Emily Walther, PCS, and Caeli Campbell, WCV) for academic excellence. The Richard Rausch Award (\$500) is given to two seniors (Baily Dunn, PCS, and Sarah Costello, WCV) for exhibiting strong effort in school. The Kenneth Young Award (\$500) is given to two seniors (Jack Oczkowski, PCS, and Casey Dibble, WCV) for outstanding community service.

In addition, one senior (Portia Camardello) in WCV was recognized with a \$1,000 award for academic/athletic excellence in memory of Patricia Coman.

All winners attended a Rotary dinner meeting with their parents at the Town of Russia Memorial Park in Poland. We are very proud of them all.



(L - R) Sarah Costello, Emily Walther, Baily Dunn, Ann Maher (Club president), Casey Dibble, Portia Camardello and Caeli Campbell. Absent is Jack Oczkowski.

Photo courtesy of Kuyahoora Valley Rotary Club


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Family Farm Day 2020 goes online

"With the necessity of cancelling Family Farm Day this year, we created an opportunity to keep farms and farmers markets foremost in the public eye, to promote awareness of agriculture and to help farms build stronger customer bases," said David Cox, CCE Ag and Hort Program Leader. "Since COVID-19 hit hard in March, customer interest in our local food supply has grown considerably. Farms and farmers markets have been selling most everything produced – sales are

expected to be robust for the season."

"People are coming every day to 'U-pick' whatever I have," said Willy Bruneau, Middlefield Orchards. "It's great for them and for our business. I love it!"

As a result of the confluence of these two forces – food availability during a pandemic and being unable to offer farm tours as in past years – CCE decided to produce an Online Farm Listing, showing participating farms with products offered and their contact information.

"We're promoting farm product sales only this year, not farm visits, encouraging customers to initiate the contact for farm product purchasing," Cox added. "We're using social media to promote the listing and keep it refresh during the season."

View the complete Online Farm Listing at www.FamilyFarmDay.org. For more information, contact CCE Schoharie and Otsego Counties at 518.234.4303 ext. 111 or schoharie@cornell.edu.



Herkimer College appoints new assistant professor of business

Herkimer County Community College has hired Steven R. Boucher of Remsen as an assistant professor of business.

Boucher has been an adjunct professor at the college since 2018, teaching business management, marketing management and retail management. Before that, Boucher worked at Transwestern Publishing from 1989 to 2007, beginning his career as an account executive and moving up the ranks to executive vice president. In this role, he reported directly to the company's CEO and president and oversaw a 14-state territory producing over \$80 million in revenue, with more than 400 employees and 10 district managers as direct reports.

He also ran his own business as the original owner and manager of Remsen's iconic restaurant The Soda Fountain. Boucher opened the eatery in 2008, overseeing all aspects of running a small business – public relations, marketing, finance and budgeting, human re-

sources, etc. – until he eventually sold the business in October 2019.

Boucher sits on the Oneida County Board of Legislatures, serving on the Economic Development and Tourism, Government Operations and Fire Advisory boards, along with the Airport Committee. He is also president of the board for Oneida-Herkimer-Madison BOCES.

He graduated with honors from SUNY Oneonta with a B.S. in Economics and a minor in Business Communication, and recently completed his master's in Business Administration, Technology Management at SUNY Polytechnic Institute.

In his new role as assistant professor, Boucher will continue to teach a variety of courses across the business discipline within the Business, Health, Science & Technology Division at Herkimer College, reporting to Associate Dean William McDonald and Provost Michael Oriolo.

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Cancer Service Program and Little Falls Hospital offering free mobile screenings

The Cancer Services Program of Delaware, Otsego, Schoharie, Oneida, Herkimer and Madison Counties are collab-

orating with the Bassett Healthcare Network mobile coach offering free mammograms, breast exams, pap test and pelvic

exams to uninsured and underinsured women 40 and older.

The mobile screening coach will be at Little

Falls Hospital's Dolgeville Primary Care Center, 36 Slawson St., Dolgeville, on Thursday, Sept. 17 from 9 a.m. - 2 p.m. Col-

orectal cancer screening take-home kits will also be offered to the uninsured and underinsured men and women 50 and

older.

For more information, or to enroll for a free appointment, call 1.888.345.0225.

Positive rabid bat

Herkimer County Public Health received word on Aug. 25 from Wadsworth Labs that a bat that was sent in to be tested for rabies on Aug. 24 from the Town of Little Falls has tested positive for rabies.

The bat was found outside the residence and sent to Wad-

sworth lab for testing.

The public can protect themselves or their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies.

2. Spay or neuter all animals to reduce the number of strays.

3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal, call

Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date,

make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at www.herkimercounty.org.

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1 (4-serving) package sugar-free raspberry gelatin

1 1/4 cups diet lemon-lime soda

1/4 teaspoon ground cinnamon

2 1/4 cups fresh blueberries



3/4 cup fresh red raspberries

1 (6-ounce) purchased graham cracker pie crust

2 (2 1/2-inch) graham cracker squares, made into crumbs

1/2 cup reduced-calorie whipped topping

1. In a large saucepan,

combine dry pudding mix, dry gelatin and soda. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Stir in cinnamon. Add blueberries and raspberries. Mix gently just to combine.

2. Spoon hot mixture into pie crust. Evenly sprinkle graham cracker crumbs over top. Refrigerate for at least 1 hour. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.

* Each serving equals: 162 calories, 6g fat, 1g protein, 26g carb., 213mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1/2 Fruit.

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Maintaining oral health in the time of coronavirus

(BPT) – Since the beginning of the pandemic, many normal aspects of everyday life have been put on hold – including dental checkups. For months dental offices were closed, or available only for dental emergencies. Now dental offices are opening again, with new health and protocols to help protect patients and employees.

While regular appointments were cancelled or postponed, oral health remains a top concern for many people. According to a dental study conducted by Guardian Life, some adults who were unable to access regular preventive care stepped up their efforts to improve their own oral health at home. On average, 20% of those surveyed reported making changes to their oral health habits, mostly for the better. Many reported practicing increased flossing, brushing more frequently and thoroughly as well as eating a healthier diet.

Given restricted access to preventive care during early 2020, many patients now feel ready to schedule exams. Many said they anticipated returning to the dentist in September. Yet, survey respondents all expressed the need for increased safety precautions to reduce their anxiety around in person visits, along with enhanced communication with their dental office.

While nearly three in 10 adults said they're more anxious about visiting the dentist since the outbreak, the majority of adults (52%) claimed that their level of anxiety about visiting the dentist did not change due to the pandemic. Patients planning to visit their dentist soon ranked using protective equipment and physical distancing or limiting the number of patients in the office as their top concerns.

What you can do to maintain good oral health

Keep up with regular dental checkups. The American Dental Association (ADA) currently recommends dental visits at least once every six months to maintain oral health and to detect issues early. While eight in 10 adults believe oral health is important, many do not receive regu-

lar preventive dental care. Even before the pandemic began, less than half (45%) received semiannual exams.

"Oral health is connected to our overall health, underscoring the importance of maintaining regular dental exams for preventive care," said Dr. Randi S. Tillman, chief dental officer, Guardian Life. "Dental offices nationwide are working hard to keep visits safe for you and your families, so now is the perfect time to get caught up on preventive care. The dental profession has always been strongly committed to infection control protocols, and now more than ever, practices are in strict compliance with CDC guidelines."

Contact your dentist. Find out their current hours, appointment availability and their health and safety protocols. Ask questions like:

- What protective gear are you requiring for employees and patients?
- How are you limiting patients in the waiting room?

Over one in three survey respondents said it was vital for their dental office to communicate their safety measures to make them feel more comfortable about returning to the dentist.

Learn about teledentistry options. Teledentistry, digital communication and online self-service tools are now significantly more accessible from dentists. Many providers can consult with patients using electronic means like video conferencing to monitor patient oral health and discuss specific concerns.

According to the survey:

- 1 in 6 adults reported feeling more positive about teledentistry since the pandemic
- Nearly 1 in 4 were open to using teledentistry, even after dentists started seeing patients again

Millennials and working parents were the most likely to use teledentistry in the future

•Parents were more likely to use teledentistry for their child than themselves, both during and after the pandemic

Overall, there was increased interest in using electronic communica-

tion with dental offices, both for setting appointments and consultations. A higher percentage said they preferred to use texting and online chat.

While most respondents were unaware if their provider even offered teledentistry services or whether teledentistry was covered by their dental insurance, more than one-third said they would be open to trying teledentistry. Some said they favored it over traditional in person visits for certain conditions and situations – such as when physically unable to go in person due to caring for young children or an elderly parent, or because of work schedules.



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Four options for an ideal outdoor space:
Pick the one that's right for you

(BPT) – If you dream of the perfect outdoor living space for relaxing with a good book in the shade, entertaining family in your outdoor kitchen, playing with the kids in the sunshine or just breathing in the sights and sounds of nature in your own personal oasis, here are some tips to help kickstart the planning process when the time is right for you.

Modern landscaping and hardscaping offer limitless possibilities, so you can find the right solution to complement the way you live and your personal tastes. Whether you want a stylish lounge area for entertaining, a green-filled hideaway for connecting with nature or a clean, minimal space for family fun and games, you can make it happen using a combination of pavers, walls, fire pits or even full outdoor kitchens.

Channel your imagination, with a little pro advice, to help you create an outdoor space that is perfect for your family, bud-

get and home. One great resource is Collections by Belgard, which offers outdoor designers, contractors and homeowners a way to virtually re-imagine their outdoor space by pairing the right textures and colors to match the home's style - as well as the homeowner's vision.

First, spend a little time with your dream, nailing down what type of outdoor space you really want. What do you most want to do in your outdoor space, and what style best expresses your vision and personality?

Relaxed entertaining center

Maybe your dream sanctuary is a cozy fire pit surrounded by lounge seating to create a comfortable outdoor living room family and guests can enjoy day or night.

Or perhaps you want to dazzle guests with your culinary skills at a complete outdoor kitchen – including fun extras like a smoker, wine cooler or brick pizza oven.



Plan the exact features you want before choosing the style, and you can make your dreams come true.

Cozy natural retreat

Create a space for unwinding from the week's stresses. Could you arrange a trellis or pergola bursting with plants and flowers to set your retreat apart from the rest of the yard? You could install relaxing hammocks or a se-

rene fountain to complete your oasis.

Then choose hardscaping elements to work hand in hand with your favorite natural elements. For example, Belgard's Natural Collection provides hardscaping with the look of slates and worn stone that can set the tone for your special hideaway.

Eye-catching extension of your living space

Whatever plans you have for hardscapes, furnishings, appliances and more, consider the overall ambi-



ance you want to create. Consider not only the natural environment, but what style best complements your home's aesthetic.

Want a more aged, rustic appearance to suit your traditional style home? The antique, tumbled look of features from the Heritage Collection combined with elements from the Natural Collection may suit that style.

Focus on family fun

Maybe your dream is to add outdoor recreation areas for you and your family. Consider making space for giant stacking blocks, life-size checkers or chess, cornhole or ring toss. How about a mini hedge maze or paver labyrinth?

Then use the existing feel of your home's exterior as the basis for your stylistic direction. You could go for a traditional, old-world aesthetic or combine traditional items with the more modern-looking Metropolitan Collection to add warmth to your contemporary space.

Homeowners and outdoor designers can work together to mix and match a variety of textures, colors and styles to create an outdoor space that suits any landscape – creating an extension of your home to make all your summer dreams come true.

Visit Belgard.com/ summer for more design ideas and inspiration.

Weekly SUDOKU — King Crossword —

AnswerAnswers

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

Solution time: 24 mins.

E	G	G		P	L	E	D		S	H	E	D
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S	T	A	R	T	I	N	G	B	L	O	C	K
			E	O	N		L	O	T			
R	E	F	E	R		S	E	X		B	E	D
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			B	A	R		B	A	M			
H	E	A	R	T	S	T	O	P	P	I	N	G
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U	S	E	S		Y	A	L	E		O	P	T
L	E	S	S		S	P	A	S		N	E	O

Just Like Cats & Dogsby Dave T. Phipps

HEY HONEY, THE NEWS IS COMING UP. WE NEED TO SEE HOW BAD THINGS HAVE GOTTEN AND WHO'S TO BLAME FOR IT.

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Upcoming Holidays

Sept. 5 – Be Late for Something Day

Sept. 6 – Fight Procrastination Day

Sept. 7 – National Salami Day

Sept. 8 – National Ampersand (&) Day

Sept. 9 – Teddy Bear Day

Sept. 10 – Swap Ideas Day

Sept. 11 – No News is Good News Day

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325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
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460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
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812 Multi Media
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955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
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1040 Services Offered
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1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
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1180 Trucks
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1190 Vegetable
1200 Veterinary
1205 Wanted

Announcements

Announcements

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Announcements

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ILION: 1st floor apartment, 1 bedroom, newly remodeled, furnished, utilities included. NO Smoking, NO Pets. Parking for one car. Ideal for mature adult or couple. \$675/month plus one month's security. 315-894-1335 or leave message.

DOLGEVILLE APARTMENT 1 bedroom \$595, 2-bedroom \$695. Corner Dunkel & Brockett St., brown house, security/utilities. 315-942-4824

For Rent

LITTLE FALLS: One bedroom apartment for rent. Available September 15th. No smoking, no pets allowed. \$750 month plus utilities. One month rent, one month security & references required. 315-508-5380

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TOOLS FOR SALE, \$150/OBO, must go! Large assortment of tools, tool chests with tools. Call or text 315-219-9712. Also a lot of other items; L.L. Bean men's jeans and shirts, housewares, odds and ends.



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"Bev's Best Blueberries" U-Pick. Call before you come for picking days/ times. 10 FT rule. 315-429-9425

Garage Sales

GARAGE SALE: 25 Alexander St., Little Falls. Friday-Sunday, September 4th-6th, 10am-4pm. Very large selection of tools and hardware, fishing and hunting items, oars and anchors, gardening and household items, men's clothing. All items negotiable.

Garage Sales

GARAGE SALE at Sherwood Acres, located on East German Street Extension, Herkimer. Wed. Sept. 2nd 12-5, Thurs Sept 3rd 12-5, Fri. Sept. 4th 10-5. Clothing, lots of miscellaneous, new items added daily. Covid rules apply. No early birds!

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Hong gains real-world experience at VHS

Alexandria Hong, senior at Central Valley Academy, has spent most of August gaining real-world career experience at Valley Health Services in the Activities Department. While many students may be enjoying a leisurely summer vacation, Hong's priorities are engaging and making connections with residents through her daily visits.

Hong has been working alongside staff, providing one-on-one and/or group activities for residents, following social distancing protocol, in an effort

to provide social interaction and alleviate feelings of loneliness. Hong's impact has been the one-on-one visits, at a sensory level, with residents who are not able to have conventional recreation. For some residents, she introduces them to a range of motion games. Additionally, Hong leads and/or calls Bingo, one of the residents' favorite activities.

"Alexandria engages without hesitation with the residents," stated Kristen Lenaghan, Director of Activities and Adult Day Care. "She is bubbly

and bright; the residents love seeing and visiting with her."

Hong is working with VHS through a partnership with Herkimer County Summer Youth Employment Working Solutions Career Center. Hong's academic pursuit beyond high school is to attend MVCC for nursing. "I want to be an RN," said Hong. In her leisure time, Hong enjoys drawing and outside activities such as running, swimming and hiking. Hong lives in Ilion with her mom, Karen Zhang, and her cat, Gucci.



Alexandria Hong
Photo courtesy of Valley Health Services

SEASONED FIREWOOD FOR SALE

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\$150/Full Cord

Delivery Available

Call Shawn

at 607-287-0380

or Ryan at 315-922-8662

Watermelon slushie

A refreshing, colorful drink for those dog days of summer. If you have extra watermelon, you can freeze it for more slushies.

3 cups seedless watermelon, cubed

1 cup frozen strawberries

2 scoops lemon sorbet
1/4 cup pineapple juice, chilled

2 tablespoons fresh lime juice

In blender, combine watermelon, strawberries, sorbet, pineapple juice and lime juice and blend until mixture is smooth. Pour into 4 glasses. Makes 3 1/2 cups.

* Each serving: About 87 calories, 7mg sodium, 22g total carbohydrate, 1g protein.

Recipe excerpted from "Good Housekeeping Blend It!": 150 Sensation-

al Recipes to Make in Your Blender -- Frappes, Smoothies, Soups, Pancakes, Frozen Cocktails and More." (Hearst Books)

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 467 Main St.
 Sunday Worship 10:30 AM

DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP
 Pastor Pat Andreoli
 32 Spencer St.
 Sunday School 9:30 AM
 Sunday Worship 10:30 AM
 Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
 Pastor Len Byerly
 12 Van Buren St.
 Morning Worship 11-12:30 PM
 Lunch 12:30-2 PM
 Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
 Rev. Anthony Bradseth
 21 N. Helmer Ave.
 Church Phone 429-7381
 Sunday Church Service
 Oppenheim @ 9:30 AM
 Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
 Pastor Marvin Isum
 3 Elm St. Phone 429-8390
 Sunday Worship 10:30 AM
 Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
 26 E. Faville Ave.
 Worship 11 AM

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
 Deacon Jim Bower, Administrator
 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
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 Christianassemblyofschuyler.com

FRANKFORT
OUR LADY QUEEN OF APOSTLES
 414 Frankfort St., Frankfort, NY
 Pastor: Father Paul Catena
 Deacon: Micheal Carbone
 Mass Schedule: Saturday 5:30 PM;
 Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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 Fr Vasil Dubee & Fr Dn Demetrius Richards
 305 Main Rd., Herkimer
 Phone (315) 866-3272
 Saturday Vespers -
 5 PM (spring/summer months)
 4 PM (fall/winter months)
 Sunday Divine Liturgy 9:30 AM Sundays

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 7:30 AM & 11 AM
 No Saturday Vigil

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

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 Pastor Chris Schumske
 838 W. German St.
 Worship Service for adults & children
 8:30 AM & 10:30 AM
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 326 Moore Ave.
 Sunday Divine Liturgy 10 AM
 Holy Day Liturgy 9 AM
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 Pastor David Hayner
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 Worship 10 AM
 Wednesday Worship 6:30 PM

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 Corner of West German & Henry Streets
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 10:30 AM Service with Music
 Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY
 Lieutenants John and Lori Wood
 429 N. Prospect St.
 Phone 866-1240
 www.thesalvationarmy.org
 Sunday School 10 AM
 Morning Worship 11 AM

FIRST UNITED
METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
 Pastor Joelle Faulks
 Prospect St & Park Ave.
 Sunday Worship and Sunday School
 9:00 AM

HERKIMER
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 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
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HERKIMER REFORMED CHURCH
 102 Church St.
 Phone 866-1523
 Worship 9:30 AM
 Sunday School 11 AM
 Shepherd's Table:
 Tuesday 11-12:30 PM
 Thursday 11:30-12:30 PM
 Shepherd's Table Dinner:
 First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
 300 N. Main St.
 Church Office (315) 866-0551
 Email: christchurchherkimer@gmail.com
 www.christchurchherkimer.org
 Sunday Services: 10:30 AM
 Free Community Dinner: Last Saturday of the
 month, 5:00 PM on Mary Street Entrance

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

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

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

MORNING STAR UNITED
METHODIST CHURCH
 36 Second Street
 Pastor Joelle Faulks
 Sunday Worship 10:30 AM
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 Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
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 Sunday Schedule:
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 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

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

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

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Saving summer herbs for winter

by Bonnie Kirn Donahue,
Extension Master Garden-
er, UVM

The distinctive flavors of fresh herbs during the summer can feel fleeting. Thankfully, there are many simple ways to enjoy summer herbs year-round.

If you like to can foods, one way to preserve the flavor of fresh herbs is to find canning recipes that include them. Blackberry jam can be transformed into blackberry rosemary jelly. Fresh garlic or dill heads can add an extra kick of flavor when making pickles.

Herbs also can be infused into oil that can be prepared now for future use. Dried hot chili peppers and canola oil can be gently heated until the oil is fragrant, cooled and used over an infinite number of noodle and rice dishes, veggies and soups. You can infuse just about any fresh herb, from ginger and garlic to coriander and thyme.

Infused oils should be stored in the refrigerator and used within four days to prevent the growth of *Clostridium botulinum*, which causes the food-borne illness botulism. To use the oil over the winter, freeze the infused oil in ice cube trays and take out the cubes as needed. For more information on storing infused oils safely, see go.uvm.edu/infused-oils.

When harvesting herbs, try to pick the newest flowers and leaves for the best flavor. Rinse the herbs and remove excess moisture with a towel before setting them out to dry.

Another way to preserve summer herbs is to air dry them. This year I am experimenting with air drying chamomile and ca-



To dry basil, parsley and other herbs, rinse and remove excess moisture then lay the cuttings on a cookie rack or paper towels to dry.
Photo by Bonnie Kirn Donahue

lendula flowers and anise hyssop leaves. I hope to use them for tea or maybe sneak them into a buttery cookie dough.

To air dry herbs, you will need a dry location with low humidity and good air circulation. After rinsing the herbs and removing excess moisture, lay the cuttings out on a cookie rack or paper towels to dry. Many herbs, especially those with stiff stems, can be tied into small bouquets or bunches with string and hung up to dry like laundry on a clothesline.

If you have a food dehydrator, you can use this appliance to dry your herbs much faster. For herbs with a high moisture content, such as basil, tarragon and mint, this is the best method for drying

as mold may form when dried by slower methods. Be sure to follow the manufacturer's instructions to ensure proper drying times.

Another great way to preserve herbs for the winter only requires water and an ice cube tray. After harvesting and rinsing, herbs that are eaten fresh like cilantro, chives and pars-

ley can be chopped up and placed into ice cube trays. Add water over the herbs to finish filling the cubes.

Place the trays in the freezer and once frozen, put the ice cubes into re-sealable plastic bags. The next time you make guacamole or peanut soup, take out a few cubes of cilantro to thaw, and add to your dish. While the

texture is not the same as a fresh herb, the flavor is surprisingly satisfying.

If this seems overwhelming, think of this as an experiment. Try freezing one tray of herbs this

year, and see if you like using them this winter. With very little time, hints of summer flavors can make their way into our winter cooking.

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The Kitchen Diva

by Angela Shelf Medearis

Freeze the best of summer

It's August, and that means I'm busily trying to figure out a way to preserve the smells and flavors of my favorite vegetables. I enjoy stocking my freezer with vegetables I've grown or bought in large quantities from local farmers. Your freezer is one of the best ways to preserve the color and flavor of summer produce all year long. Here's some great tips for freezing the best of your favorite summer vegetables and herbs:

Can I freeze bell and sweet peppers raw?

If you've picked a peck of peppers and have too many to eat, try freezing them. Peppers are one of those foods that can be quickly frozen raw without first blanching them. Here are some guidelines on freezing bell and sweet peppers raw:

Select crisp, tender, green or bright-red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

Note: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

Can tomatoes be frozen raw?

Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Select firm, ripe tomatoes with deep red color. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze.

Tip: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

How about freezing fresh herbs?

Wash, drain and pat the herbs dry with paper towels. Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag, then seal and freeze. The frozen herbs can be chopped and used in cooked dishes. After freezing, the herbs usually are not suitable for garnish, as they become limp when thawed.

Tip: To extend the time frozen fruits and vegetables maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 F or below. It is generally recommended that frozen vegetables and fruits be eaten within eight months for best quality.

Gazpacho

This wonderful recipe for gazpacho is a great way to use a variety of your favorite herbs and summer vegetables.

- 6 large tomatoes
- 1 large cucumber, peeled, seeded and finely diced
- 1 large green bell pepper, finely chopped
- 1 medium-sized red onion, minced
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Juice and zest of 1/2 lemon
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 1/2 teaspoon hot sauce
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper



- 1/2 teaspoon sugar
- 1/4 teaspoon nutmeg
- 1 medium avocado, peeled and diced, for garnish
- 1 cup herbed croutons, for garnish

1. To peel the tomatoes, submerge them a few tomatoes at a time in boiling water for 15 seconds. Place in a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl.

2. Add the cucumber, bell pepper, onion, vinegar, olive oil, lemon juice and zest, parsley, basil, hot sauce, salt, pepper, sugar and nutmeg to the tomatoes. Mix gently to blend the ingredients. Cover and refrigerate for several hours before serving.

3. Serve chilled. Garnish with the avocado and herbed croutons, if desired. Makes 6 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. (www.tickettodream.org)

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Mon. Sept. 21st – Normal Monday Sale & Monthly Sheep, Lamb, Goat Sale

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