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Praise the Lord! I will praise the Lord with my whole heart,  
In the assembly of the upright and in the congregation. Psalm 111:1



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## Utica Zoo's red pandas are perfect patients

Anyone who receives an annual vaccine deserves a treat and the family of four red pandas who call the Utica Zoo home are no exception. According to the zoo's veterinarian, Ellen Hilton, DVM, they were for the most part pretty cooperative and she gives a great deal of the credit to the zookeepers. "The keepers work daily with the animals, providing care, enrichment and training/stimuli activities. Because of the strong rapport established with the red pandas, I was able to hand inject each of them. Grapes played a role in the process, although MeiLin doesn't really care for grapes."

The red pandas are of the sub-species *Ailurus fulgens styani* and are found primarily in China and Myanmar. The four at the Utica Zoo are biologically a family; two adults and two offspring born in 2019 – a male, Xaibo, and female, MeiLin. They serve as ambassadors to tell the stories of their endangered counterparts remaining in the wild.

### Red Panda Facts

- The name panda is believed to come from the Nepali word "ponya," meaning "bamboo eater" or "bamboo footed." The four red pandas at the Utica Zoo love bamboo.

- Despite sharing a common name, giant pandas and red pandas are not closely related. Red pandas do share the giant panda's pseudo-thumb, a modified wrist bone used to grasp bamboo when feeding.

- Red pandas may live as long as 23 years; they start to show symptoms of age around 12-14.

The Utica Zoo is excited to announce 2021 plans for a new red panda four-season exhibit. Funding has been secured through NYS Parks, Recreation & Historic Preservation under the NYS Environmental Protection Fund as well as private support from Brett Humphreys and Samantha Merton and In Memory of a Remarkable Man. The exhibit will be part of a larger building at the zoo's entrance, expanding the admission

gate, gift shop and adding educational space. To contribute to the new home of the red pandas and Chinese Alligator, visit [uticazoo.org/donate](http://uticazoo.org/donate).

*Ellen Hilton, DVM at the Utica Zoo, gives grape treats to the red pandas. Muse, (L) the father and Xaibo, the male cub. Photo courtesy of Utica Zoo*



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# Budweiser joins Coke, Pepsi brands in sitting out Super Bowl

by Mae Anderson and Dee-Ann Durbin  
AP Business Writers

NEW YORK (AP) — For the first time since 1983, when Anheuser-Busch used all of its ad time to introduce a beer called Bud Light, the beer giant isn't advertising its iconic Budweiser brand during the Super Bowl. Instead, it's donating the money it would have spent on the ad to coronavirus vaccination awareness efforts.

Anheuser-Busch still has four minutes of advertising during the game for its other brands including Bud Light, Bud Light Seltzer Lemonade, Michelob Ultra and Michelob Ultra Organic Seltzer. Those are some of its hottest sellers, particularly among younger viewers.

But the decision to not do an anthemic Budweiser ad - which over nearly four decades has made American icons of frogs chirping "Budweiser," guys screaming "Whassup!", and of course the Budweiser Clydesdales - showcases the caution with which some advertisers are approaching the first COVID-era Super Bowl.

"We have a pandemic that is casting a pall over just about everything," said Paul Argenti, Dartmouth College professor of corporate communication. "It's hard to feel the exuberance and excitement people normally would."

The Anheuser-Busch move follows a similar announcement from PepsiCo., which won't be advertising its biggest brand, Pepsi, in order to focus on its sponsorship of the halftime show. (It will be advertising Mountain Dew and Frito-Lay products). Other veteran Super Bowl advertisers like Coke, Audi and Avocados from Mexico are sitting out the game altogether.

These big-brand absences are just one more way Super Bowl LV will look very different from previous years. Attendance at the game will be limited to 22,000 people, about a third of the more than 65,890 capacity of Raymond James Stadium in Tampa, FL. And Super Bowl parties will be more likely to be smaller affairs with pods or families.

"I think the advertisers are correctly picking up on this being a riskier year for the Super Bowl," said Charles Taylor, marketing professor at Villanova University. "With COVID and economic uncertainty, people aren't necessarily in the best mood to begin with. There's a risk associated with messages that are potentially too light. ...At the same time, there's risk associated with doing anything too somber."

The pandemic has cut sharply into sales for many Super Bowl advertisers. With pricey ads costing an estimated \$5.5 million for 30 seconds during the Feb. 7 broadcast on CBS, some may have decided it's not worth it this year. Coca-Cola, for example, has been hard hit since half of its sales come from stadiums, movie theaters and other usually crowded places that have been closed during the pandemic. It announced layoffs in December, and said it said it wouldn't advertise this year to ensure it's "investing in the right resources during these unprecedented times."

To fill the void, newcomers like the TikTok rival Triller, online freelance marketplace Fiverr and online car seller Vroom are rushing in to take their place. Returning brands include M&M's, Pringles, Toyota and others.

Companies that are running ads this year face a number of challenges. Super Bowl ads are usually developed months in advance and shot in the fall, meaning that ads airing in two weeks were shot under costly pandemic conditions and without any idea how the presidential election would turn out. That further complicates the already delicate process of striking a tone that acknowledges what's happening with the world, managing to either entertain or tug at viewer heartstrings, and finding a way to tie it all back to their brand.

"It's a tough year to do an ad," Argenti said. "It will be a good year for creative companies who figure out how to thread that needle."

Monica Rustgi, Budweiser's vice president of mar-

keting, said the brand is still calculating how much it will spend on vaccine awareness. But she said it will be a "multi-million dollar" commitment that includes donating airtime throughout this year for the nonprofit the Ad Council and COVID Collaborative's COVID-19 Vaccine Education Initiative.

Budweiser will still have a marketing presence around the big game. Starting Monday, the brand will air an ad that celebrates resilience during the pandemic, including a socially distanced birthday parade and athletes in Black Lives Matter jerseys. The ad, narrated by actress and director Rashida Jones, ends with health care workers getting vaccinated and talks about Budweiser's donation.

In the era of social media and digital advertising, brands aren't limited to running ads during one event, since consumers can see them online, everywhere from Facebook and Twitter to YouTube, Budweiser's Rustgi said. Budweiser's Super Bowl step-back also won't be long-term, she said.

"The Super Bowl is the most popular sports event, aside from the World Cup, that anybody is going to see," added Dartmouth's Argenti. "An event that draws that many people to the advertising is never going to go away."

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**Mon. Feb 8th** - Normal Monday Sale & Monthly Heifer Sale. Group of 32 heifers from short bred down to calves consisting of Linebacks, Jersey Crosses and Jerseys.

**Mon. Feb. 15th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Mon. Feb. 22nd** - Normal Monday Sale & Monthly Organic Day

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## Focus on farm safety

### Virtual training to discuss cattle handling and farm employee safety measures

CCE of Oneida County in a cooperative effort with New York Center for Agricultural Medicine and Health (NYCAMH) will offer a virtual training opportunity geared towards dairy farmers and their employees. This virtual training will be available over Zoom on Thursday, Feb. 25, from 7 to 8 p.m.

Agricultural safety educators will cover the importance of proper animal handling as well as provide training specifically designed to address the needs of non-ambulatory animals. This training was developed in accordance with the FARM program standards for non-ambulatory animal care. In the presentation, NY-CAMH educators will emphasize prevention, preparation and prompt action in appropriately responding to and caring for non-ambulatory animals. Workers will learn about common causes for down cows, as well as considerations to take when transporting these animals.

The John May Farm Safety Grant program along with the PTO Shield program will be discussed. From

the comfort of your warm home or farm office, you can educate and train your valued employees and work towards fulfilling some of the FARM program annual requirements. Registration for this free event is required by visiting [tinyurl.com/y2gxyk8](http://tinyurl.com/y2gxyk8).

Contact Marylynn at [mrm7@cornell.edu](mailto:mrm7@cornell.edu) for more information.

## 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](mailto:cfeditor@leepub.com)**

### January 30

**Chicken Barbecue** 3 p.m. Stratford United Methodist Church, 1511 State Route 29A, Stratford. Call 315.429.7058. Wear mask. Social distance. Take out only.

### February 12 - April 2

**Drive-Thru Fish Fries** - Poland Fire Co. Auxiliary on Fridays, Feb. 12 through April 2. Serving: 4-7 p.m. at Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. No pre-sales or phone orders, no substitutions.

### February 16-18

**Tractor Safety Certification** for youth and adults 14 years of age and older. at the VFW next to Clinton Tractor, 49 Franklin Ave.,

Clinton. 8:30 a.m. - 3 p.m. each day. 4-H members \$25. Non 4-H members \$35. Lunch and program materials included. Pre-registration required by Feb. 8. You can register online at [tinyurl.com/y8jqrn7m](http://tinyurl.com/y8jqrn7m) or by calling the Herkimer County 4-H Office at 315.866.7920.

### February 17

**Valentine's Week Fancy Chicken Dinner** 4-6 p.m. or sold out at First Baptist Church, 8 Second St., Ilion. A 3rd Wednesday night dinner. For more info contract 315.894.9041.

### February 18

**Roast Pork Dinner** 4-7 p.m. or sold out Emmanuel Episcopal Church, 594 East Albany St., Little

Falls. Take out only. Curbside pick up. Walk ins. Reserve dinner at 315.823.1323 or 315.717.9462.

### February 25

**Focus on Farm Safety virtual training** 7-8 p.m. Register at [tinyurl.com/y2gxyk8](http://tinyurl.com/y2gxyk8) or contact Marylynn at [mrm7@cornell.edu](mailto:mrm7@cornell.edu).

### March 3

**Soybean and Small Grain Summit** 12:40-3:35 p.m. on Zoom. Register at [cnydfc.cce.cornell.edu/event.php?id=1488](http://cnydfc.cce.cornell.edu/event.php?id=1488).

### March 9 and 11

**2021 Central NY Dairy Day** 12:30-2:30 p.m. on Zoom. Register at [cnydfc.cce.cornell.edu/event.php?id=1485](http://cnydfc.cce.cornell.edu/event.php?id=1485).

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## Small Communities. Big Opportunities.

### Virtual conference highlights business ownership in northern New York State

A regional coalition aims to showcase small business opportunities to the next generation of entrepreneurs in a four-day virtual conference running from Feb. 24-27.

The North Country Center for Businesses in Transition (CBIT) will host a virtual event that will attract and empower aspiring entrepreneurs to pursue business ownership in northern New York. The conference — Small Communities. Big Opportunities: Own a North Country Business — will include several one-hour sessions over the course of four days to accommodate participants' work schedules. Registration is

free of charge and now open at [www.northcountryopportunities.com](http://www.northcountryopportunities.com).

"There are thousands of business owners throughout the region who are ready now or will be ready to sell in the next few years," said Danielle Delaini, business transition program coordinator for the Adirondack North Country Association (ANCA). "There's also growing interest among North Country residents and entrepreneurs from outside the region to operate businesses here. This conference is designed to address these needs and ultimately invigorate local economies with new energy."

The conference will take place virtually over four days, with most sessions lasting one hour. Participants may choose to attend the entire conference or only the sessions that interest them. Attendees will learn from local business owners and regional business support professionals about taking over an existing business, the logistics of accessing capital and insights into re-locating to the North Country. In addition, conference sessions will highlight available business ownership opportunities and connect aspiring entrepreneurs with retiring business owners.

"The goal is to provide a space for entrepreneurs to explore opportunities in the region, while providing tools and resources to help them realize their dreams," said Angela Smith, assistant director of SUNY Canton Small Business Development Center (SBDC) and a lead partner with CBIT. "This is an opportunity for all aspiring business owners to learn, ask questions and connect with regional businesses and support services, regardless of where they are in their entrepreneurial journey."

Conference attendees will also be invited to sign up for one-on-one meetings with owners whose business opportunities interest them. Invited business owners will come to the conference ready to speak to potential buyers, having prepared their books and determined their business value ahead of time. During and fol-

lowing the conference, representatives from CBIT and SBDC will facilitate working groups and other services that support business owners and potential buyers through the business transition process.

Pete Cummings of Clinton County is ready to sell his property maintenance company and meet with aspiring entrepreneurs — a task made difficult during the COVID-19 pandemic. "I want to be part of the virtual conference because COVID-19 has made it difficult to meet with potential buyers in person, my preferred method. I look forward to meeting with people interested in new opportunities in the North Country."

CBIT, which was partially funded by a grant from the Northern Regional Border Commission in 2018, addresses the loss of area businesses by providing matchmaking services with potential buyers, access to planning tools and connection with existing services. The Center's 2021 efforts have expanded to also support aspiring entrepreneurs who wish to purchase an existing business in the region. CBIT serves 14 counties in northern New York: Clinton, Essex, Franklin, Fulton, Hamilton, Herkimer, Jefferson, Lewis, Oneida, Oswego, Saratoga, St. Lawrence, Warren, and Washington Counties.

Registration for the conference is now open at [www.northcountryopportunities.com](http://www.northcountryopportunities.com) and free of charge. Questions may be directed to [transitions@adirondack.org](mailto:transitions@adirondack.org).

CBIT partners include Adirondack Economic Development Corporation (AEDC), Adirondack North Country Association (ANCA), Adirondack Park Agency Economic Services, Essex County Industrial Development Agency, Franklin County Economic Development, Hamilton County Economic Development, Lewis County Economic Development, St. Lawrence County Chamber of Commerce, Saranac Lake Area Chamber of Commerce, SUNY Canton SBDC at Clinton Community College, Ticonderoga Area Chamber of Commerce, and Greater Watertown-North Country Chamber of Commerce.

## Service above self

The Kuyahoora Rotary Club, founded in 1952 has supported the Kuyahoora Valley Community through many service activities. As with all Rotary Clubs worldwide we have a motto of "Service Above Self". The services provided by the club include, but are not limited to:

- Donations to local emergency service organizations, and the Kuyahoora Food Bank
- \$5,000 Annually - Scholar Awards to graduating students in Poland and West Canada Schools
- Annual Fishing Derby for children 12 years of age or younger from the

Poland and West Canada Schools

- Sponsor incoming and outgoing foreign exchange students

- Annually distribute dictionaries to 3rd grade students at Poland and West Canada Schools

One of the fundraisers to support these services

is can and bottle redemption. Anyone can direct the return value of returnable bottles and cans to the Kuyahoora Valley Rotary Club by stating that when dropping the returnable cans and bottles off at the Poland Redemption Center, 105 Cold Brook St., Poland. Also, by placing a call to Tom at 315.717.5890, John at 315.725.2393 or Bub at 315.867.8278 arrangements will be made to pick up the returnables at your residence or business location for redemption.

For more information visit [www.kuyahoora-valleyrotary.org](http://www.kuyahoora-valleyrotary.org) or the Facebook page at [facebook.com/RotaryZ1](https://www.facebook.com/RotaryZ1).



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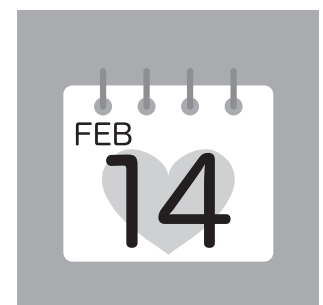
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## Don't get scammed: Tips to secure your private information

### To mark Data Privacy Day, multiple NYS agencies offer ways to protect yourself.

The New York State Department of Taxation and Finance, the Office of Information Technology Services, the Department of Financial Services, the Department of State's Division of Consumer Protection, and the Division of Homeland Security and Emergency Services shared information security tips on Jan. 28, Data Privacy Day.

New Yorkers can help keep their sensitive personal information secure online and at home by following these tips:

**Be wary of unsolicited emails and telephone calls asking for personal information.** Never share personal information, such as your Social Security number, in response to an unsolicited email or telephone call. If the email or call claims to be from a company with which you do business, call it first to confirm the contact is legitimate. Scammers will also use scare tactics and threats related to tax debt to get you to share your personal and financial information.

**Secure your mobile devices.** Apply software updates that patch known vulnerabilities as soon as they become available. Use security features built into your device, such as a passcode, and use programs that encrypt data and remotely wipe contents if the device is lost or stolen.

**Be careful with Wi-Fi hotspots.** Public wireless hotspots are not secure, which means that anyone could potentially see what you are doing on your mobile device while you are connected. Limit what you do on public Wi-Fi and avoid logging into sensitive accounts.

**Know your apps.** Thoroughly review the details and specifications of an app before you download it. Review and understand the privacy policy of each mobile app. Be aware that the app may request access to your location and personal information.

**Be cautious about the information you share on social media.** Avoid posting your birthdate, telephone number, home address, or images that

identify your job or hobbies. This information may often reveal answers to security questions used to reset passwords, making you a possible target of scammers looking to access your accounts and personal information.

**Use strong passwords.** Create different passwords for all your accounts. Use 10 to 12 characters in a combination of letters (upper and lower case), numbers, and symbols. Regularly change your passwords.

**Vary your security questions.** Don't use the same security questions on multiple accounts. Select security questions for which the answers cannot be guessed or found by searching social media or the internet.

**Use two-step verification to access accounts.** To enhance the security of online accounts, whenever possible require a password and an extra security code to verify your identity when you sign in.

**Beware of phishing.** Don't click on links, download files, or open attachments in emails from unknown senders. Open attachments only when you are expecting them and know what they contain, even if you know the sender. Access more information on phishing from the Office of Information Technology Services YouTube page.

New York State Commissioner of Taxation and Finance Michael Schmidt

said, "Cyber criminals work year round to steal sensitive information, but taxpayers need to be especially vigilant during the tax season when identity thieves target confidential tax information."

Superintendent of Financial Services Linda A. Lacewell said, "As technology continues to evolve and we share more personal and financial information online, it is now more important than ever for businesses and consumers to protect their sensitive information. As we mark Data Privacy Day, we remind financial institutions to remain vigilant by adhering to DFS' national leading cybersecurity regulation and we remind consumers to be informed on best practices to safeguard their private information from cyberattacks."

State Division of Homeland Security and Emergency Services Commissioner Patrick A. Murphy said, "The pandemic has impacted nearly every aspect of our daily lives and, unfortunately, the security of New Yorkers' private information is no exception. Malicious actors wasted no time launching new, COVID-related phishing campaigns and other cyberattacks on the public seeking to access private information through fraudulent requests related to the pandemic. New Yorkers should remain vigilant during these extraordi-

nary times and learn how to protect their personal information from falling into the wrong hands."

New York State Office of Information Technology Services Chief Information Officer Angelo "Tony" Riddick said, "Under Governor Cuomo's leadership, NYS continues to safeguard personal information and educate on steps to minimize cyber risk in an effort to prevent New Yorkers from falling prey to data thieves. In a more connected world, National Data Privacy Day reminds us of the effective steps we must take to protect our information and remain vigilant against cybercrime."

New York State Office of Information Technology Services Chief Information Security Officer Karen Sorady said, "Now more than ever, we need

to be aware of the threats to our privacy that are ever-present while online. In recognition of National Data Privacy Day, all New Yorkers should remember the importance of protecting their personal data from cyber criminals. To this end, ITS provides a wide array of helpful cyber tips for the public, in addition to online safety resources and real-time advisories that can help

safeguard against cybercrime."

New York State Secretary of State Rossana Rosado said, "With more people relying on digital resources than ever before, it's critical for all New Yorkers to protect their online accounts to prevent data theft. Data Privacy Day is a great opportunity to remind consumers to be vigilant in safeguarding their information."



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

**DOLGEVILLE  
NEW HOPE CHRISTIAN FELLOWSHIP**  
Pastor Peter Spiak  
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**  
Father Brian Slezak, Pastor  
31 N. Helmer Ave.  
Phone 315-823-3410  
Mass 9 AM Sunday

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

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

**HERKIMER  
SS PETER and PAUL ORTHODOX CHURCH**  
Fr 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 10 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

**OAK RIDGE FREE METHODIST CHURCH**  
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**UKRAINIAN ORTHODOX CHURCH OF  
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326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

**NEW LIFE CHURCH**  
Pastor David Hayner  
337 Protection Ave.  
Phone 866-1164 • www.nlc-mc.org  
Worship 10 AM  
Wednesday Worship 6:30 PM

**TRINITY EVANGELICAL  
LUTHERAN CHURCH**  
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Phone (315) 866-6474  
Sunday Worship Services  
9 AM Spoken Service  
9 AM Faith Formation Sunday School  
10:30 AM Service with Music  
Bible Studies on Thursday Mornings at 10 AM

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

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

**HERKIMER  
CHURCH OF JESUS CHRIST  
OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
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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: Last Saturday of the  
month, 5:00 PM on Mary Street Entrance

**ILION  
ILION COMMUNITY CHURCH**  
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44 Central Plaza  
Sunday Worship 10 AM  
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**SAINT AUGUSTINE'S  
EPISCOPAL CHURCH**  
Bishop - Dan Herzog  
78 2nd Street  
Phone: (315) 894-3775  
Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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

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

**MORNING STAR UNITED  
METHODIST CHURCH**  
36 Second Street  
Pastor Joelle Faulks  
Sunday Worship 10:30 AM  
November 1 - May 1  
4224 Acme Rd, Frankfort  
May 1 - November 1  
36 Second Street, Ilion

**ILION  
ANNUNCIATION CHURCH**  
109 West Street, Ilion, NY  
Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
Mass Schedule: Saturday 4:00 PM; Sunday  
11:00 AM; Monday & Wednesday 9:00 AM

**LITTLE FALLS  
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Morning Worship 10:15 AM  
Rev. Chris J. Wintermute, Lead Pastor  
Rev William Whalen, Associate Pastor  
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Sunday School Classes 9:00 AM (nursery  
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UNIVERSALIST CHURCH**  
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Mark Bunce, Organist  
565 Albany St.  
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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 E. Jefferson St.  
Phone 823-4043 • firstaglf@gmail.com  
Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

**HOLY TRINITY LUTHERAN CHURCH**  
512 E. Gansevoort St.  
Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

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

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

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METHODIST CHURCH**  
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Church Services 8 AM - 9 AM

**MOHAWK  
GRACE EPISCOPAL CHURCH**  
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or 315-520-4723  
Holy Eucharist 10 AM

**DENNISON CORNERS  
COMMUNITY CHURCH**  
Pastor Donald King  
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Sunday:  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

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Email mohawkpastor@verizon.net  
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Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

**EMMANUEL BIBLE CHURCH**  
Pastor Gary Wilcox  
54 W. Main St. • Phone 717-3011  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Fellowship Lunch 12:30 PM  
Afternoon Bible Study 1:30 PM  
Wednesday Prayer & Bible Study 6 PM

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Rev. Mark Cunningham,  
Sacramental Minister  
71 E. Main St.  
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Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

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167 Ward Rd. • Phone 858-1282  
www.christianbiblechurch.us  
Sunday School 9 AM  
Sunday Worship 10 AM  
Wednesday Bible Study  
& Prayer Meeting 7 PM

**MOHAWK  
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Pastor Dan Annutto  
27 E. Main St. • Phone (315) 985-3596  
Sunday Services at 10 AM  
Intercession - Tuesdays at 6 PM

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

**UNITED METHODIST**  
Pastor Robbin Harris • Phone 845-8730  
Morning Service 11:15 AM

**KUYAHOORA COMMUNITY CHURCH**  
Pastor Dwayne Durand  
West Canada Valley  
High School Auditorium  
5447 St. Rt. 28  
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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 Vigil 4 PM  
Sunday Mass 8:30 AM

**PAINES HOLLOW  
PAINES HOLLOW UNITED METHODIST**  
Lay Servant Gregg Sponburgh  
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pastormark@aol.com  
Sunday Worship:10:30 AM  
Weekly Bible Studies

**STRATFORD  
STRATFORD UNITED METHODIST CHURCH**  
1511 State Route 29A  
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Sunday Worship: 9:00 AM  
Childrens' Sunday School: 9:00 AM  
Weekly Bible Studies

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# Coffee Break



## King Crossword

**ACROSS**

1 Atlas page  
4 Act of faith?  
8 TV's "Warrior Princess"  
12 Oklahoma city  
13 Operatic solo  
14 Sick as —  
15 Newscast opener  
17 Cathedral area  
18 Vittles  
19 Half of a '60s group  
20 Sad song  
22 Begged  
24 Early Peruvian  
25 Taylor Swift's genre, say  
29 R-V link  
30 Beetle  
31 Bailey's boss  
32 Bargain for leniency  
34 Felines  
35 Fail to see  
36 Island porch  
37 Neptune's realm  
40 Ride the waves  
41 Actress  
42 Cowboy  
46 Challenge  
47 Matty of

baseball  
Old Olds  
Auctioneer's cry  
Citi Field team  
Society new-bie

**DOWN**

1 Yoga pad  
2 Hubbub  
3 Drink-to-go holder  
4 Coffee bar offering  
5 Cupid's alias  
6 Tire filler

7 Salary  
8 Idyllic place  
9 Dutch cheese  
10 Bright star  
11 Mellows  
16 Long tale  
19 Viral Web phenomenon  
20 Platter  
21 Division word  
22 Sweat outlets  
23 Women's links org.  
25 Buddies  
26 Silicon Valley school  
27 Teeny bit

28 Mozart's "— fan tutte"  
30 Whirl  
33 Stunned  
34 Sagan or Sandburg  
36 Waikiki wing-dings  
37 Probability  
38 Pisa farewell  
39 British noble  
40 Espy  
42 Deli meat  
43 Flamenco cheer  
44 Born abroad?  
45 Sailor

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## MAGIC MAZE • NATIONAL — DAY : JANUARY

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: — THE POOH

- Apricot  
Bean  
Bobblehead  
Corn Chip
- Cream Puff  
Cuddle Up  
Fig Newton  
Irish Coffee
- Kazoo  
Milk  
Popcorn  
Puzzle
- Rubber Ducky  
Spouses  
Trivia

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## Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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\*Based on EDA tractor sales data of under 20 horsepower models from 2009 to 2019.  
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## Amber Waves

by Dave T. Phipps

I REALIZE IT'S REALLY COLD OUT BUT THIS IS REALLY RIDICULOUS.

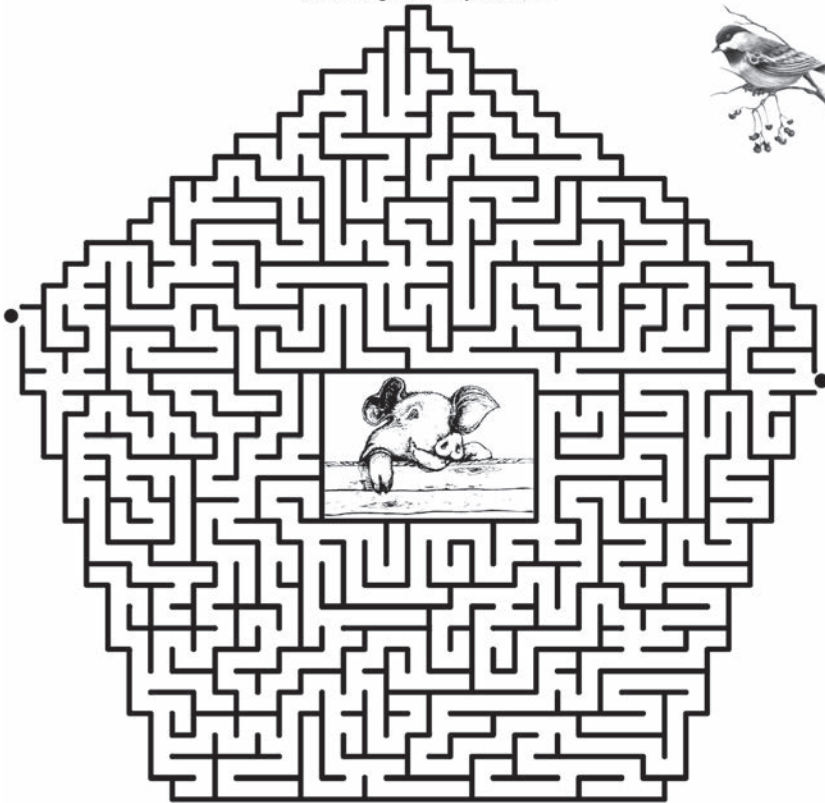
MY MOTHER WORRIES TOO MUCH. SHE INSISTS ON BUNDLING ME UP!

THIS IS CRAZY. I CAN BARELY MOVE, I CAN'T SEE AND I'M SWEATY.

....I'M TALKING TO MYSELF AGAIN AREN'T I?

## Mega Maze

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# Coffee Break



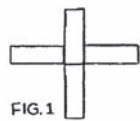
## A RHYMING RIDDLE!

Four jolly men sat down to play.  
And played all night till the break  
of day.  
They played for cash and not for fun,  
With separate scores for everyone.  
Yet when they came to square  
accounts,  
They all had made quite fair amounts.  
Can you this paradox explain?  
If no one lost, how could all gain?



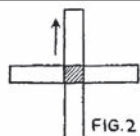
**CAN YOU FIGURE OUT** how all four made money?

Answer: The four "players" were musicians in a dance band, not "card players." Did the picture throw you off?



### A "SQUARE WAGER"!

Bet your friends that you can form a square by moving only one of the sticks in Fig. 1. The answer is to move the middle stick "up," thus forming a small square in the middle (Fig. 2).



Illustrated by David Coulson

### 4-Letter Words

Fawn  
Puma

### 5-Letter Words

Bison  
Camel  
Chimp  
Crabs  
Hippo  
Horse

### 5-Letter Words

Lambs  
Lions  
Mamba  
Mules  
Seals

**ATTENTION ALL WORD FANS!** In this puzzle, all of the words get progressively longer, and they all start with FAN. Some hints:

- Keeps you cool.
- To like.
- Loud trumpet flourish.

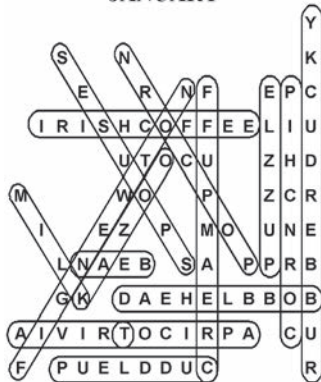
- Type of tooth.
- Type of airplane.
- Animated Spanish dance.



Answers: 1. Fan. 2. Fawn. 3. Fanc. 4. Fandango. 5. Fante. 6. Fandango.

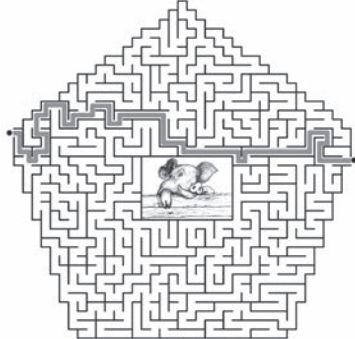


**NATIONAL — DAY :**  
**JANUARY**



### Mega Maze

Solution



— **King Crossword** —  
Answers

Solution time: 26 mins.



— **Weekly SUDOKU** —  
Answer



### Sticklers Answer

- Angel Falls in Canaima National Park, Venezuela, is 3,212 feet high.
- Lake Baikal, in Siberia, Russia, is 5,387 feet deep.
- Nile; Mediterranean
- Located in California's Redwood National Park, the tree known as Hyperion is 379.3 feet tall.

## STICKELERS

by Terry Stickels

- Where is the highest waterfall in the world?
- The world's deepest lake is in what country?
- The \_\_\_\_\_ River is the longest river in the world. It is 4,130 miles long and flows into the \_\_\_\_\_ Sea.
- Where is the world's tallest tree?

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**Just Like Cats & Dogs** by Dave T. Phipps

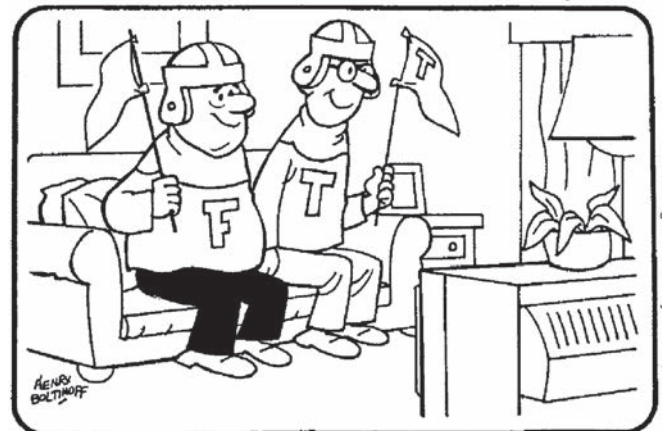


## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Letter on shirt is different. 2. Mustache is gone. 3. Vase is missing. 4. Drawer knob has been added. 5. Letter on shirt is different. 6. Plant has fewer leaves.

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## Utica Zoo celebrates 30x30 Executive Order to protect 30% of U.S. lands and oceans by 2030

Jan. 27 has become a day for celebration nationwide, but more specifically at the Utica Zoo. The Zoo joined the national celebration of President Biden's signing of a new Executive Order that would essentially commit the United States, along with more than 50 other nations to protect and conserve 30% of our lands and oceans by 2030.

As an animal care and conservation organization, the Utica Zoo actively participates in a variety of programs to help support conservation initiatives around the world. The 30x30 commitment will not only impact plants and animals, but will also address instances

of racial, social and environmental injustice to ensure all Americans have equal access to our natural lands and oceans.

Additionally, public opinion research shows that an overwhelming majority of Americans support initiatives to protect lands and oceans. In a Hart Research Associates poll, 86% of Americans polled support a national 30x30 goal, with 75% of Americans polled believing a 30x30 goal is achievable.

"The Utica Zoo is very excited about the 30x30 initiative!" said Mark Simon, visitor experience and marketing manager at the Utica Zoo. "Every 30 seconds,

a football field worth of America's natural areas disappear to development, which negatively impacts millions of plants and animals every year, and pushes more and more people away from natural areas. The 30x30 initiative will help slow these devastating trends that our planet is experiencing and help create public lands and oceans that will provide meaningful habitats for plants and animals, and allow more Americans to experience the joy and tranquility of our natural world for generations to come."

To learn more about the 30x30 initiative commitment, visit [UticaZoo.org/30x30](http://UticaZoo.org/30x30)

## 2021 Central NY Dairy Day

This year's Central NY Dairy Day will be virtual, and spread out over two days. The cost is free, but you must pre-register. The 2021 Central NY Dairy Day will be held on March 9 and 11 from 12:30-2:30 p.m. on Zoom

### AGENDA

#### Tuesday, March 9

- 12:30 p.m.: Trade Show Opens
- 12:50 p.m.: Older Cows Make More Milk & Make More Money by Corwin Holtz, Holtz-Nelson Dairy Consultants, Dryden, NY
- 1:35 p.m.: Trade Show Intermission
- 1:45 p.m.: Genetics Plays a Role, But How You Feed and Care for Your Calves & Heifers Sets the Stage for their Lifetime Productivity - Dr. Mike Van Amburgh,

Animal Science, Cornell University

- 2:30 p.m. Adjourn

#### Thursday, March 11

- 12:30 p.m.: Trade Show Opens
- 12:50 p.m. Hoof Health & Care; Practices & Strategies to Keep Your Herd Moving - Charles Biche, Biche's Hoof Care, Northville, NY
- 1:35 p.m.: Trade Show Intermission
- 1:45 p.m.: Strategies to Get Old Cows Pregnant - Julio O. Giordano, DVM, Ph.D., Animal Science, Cornell University
- 2:30 p.m.: Adjourn

Registration is required at [cnydfc.cce.cornell.edu/event.php?id=1485](http://cnydfc.cce.cornell.edu/event.php?id=1485).

## Soybean and Small Grain Summit

A Soybean and Small Grain Summit will be held on Wednesday, March 3, 12:40-3:35 p.m. on Zoom. Cost is \$15 per participant. Each participant should register themselves if requesting DEC credits. Additional attendees from same farm will be charged \$15.

Each participant must provide a separate email address and their applicator ID #. There will be 2.0 DEC Pesticide Recertification Credits: Categories: 1a, 4, 10, 21 or 23. Register at [cnydfc.cce.cornell.edu/event.php?id=1488](http://cnydfc.cce.cornell.edu/event.php?id=1488)

[cnydfc.cce.cornell.edu/event.php?id=1488](http://cnydfc.cce.cornell.edu/event.php?id=1488)

Central New York Dairy and Field Crops host this summit.

### AGENDA:

- 12:40 - 1 p.m.: Trade Show and Log-in
- 1:00 - 1:35 p.m.: Soybean Cyst Nematode - Tracking and Managing the New Threat to NY Soybean Production - Jaime Cummings, NYS Integrated Pest Management
- 1:35 - 2:10 p.m.: Soybean and Small Grain Insect Pest Management - Ken Wise, NYS Integrated

Pest Management

- 2:10 - 2:20 p.m.: Trade Show Intermission
- 2:20 - 2:55 p.m.: Weed

ID Tools for NY Growers and Herbicide Resistance Screening Update - Dr. Lynn Sosnoskie, Cornell

University

- 2:55 - 3:30 p.m.: Small Grain Diseases and Best Management - Dr.

Gary Bergstrom, Cornell University

- 3:35 p.m.: Adjourn and Sign-out

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## Herkimer BOCES Pathways Academy Student Council donates baskets to local healthcare workers

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To learn more about the 30x30 initiative commitment, visit [UticaZoo.org/30x30](http://UticaZoo.org/30x30)

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## How to make good on your resolution to pay off debt in 2021

by Jackie Veling of Nerd-Wallet

If you have high-interest consumer debt, getting control of your money in the new year might sound overwhelming.

Most Americans say the COVID-19 outbreak has caused financial stress, according to a survey released in October by the National Endowment for Financial Education, with 30% listing debt as their top stressor.

Despite the pandemic, you can still pay down your debt with the right plan. Here's how.

### Confront your debt

The first step is simple, but it can be the hardest: You have to face the problem.

Angela Moore, a Miami-based certified financial planner and founder of Modern Money Advisor, which offers virtual advising and education for consumers, says it's common for her clients to know they're in debt but not know how much.

She recommends compiling your debt onto one document or spreadsheet, listing all balances, minimum payments and interest rates.

Though the task is daunting, most of her clients feel relief once it's finished.

"Debt is an emotional burden," she says, "but a lot of times that overwhelm goes away once you have clarity."

### Communicate with your lenders

After listing your debt, it's time to get on the phone with your creditors.

Ask for a temporarily lowered interest rate, reduced monthly payment or waived late fees. Make sure to explain how the pandemic has influenced your finances.

Most creditors will be willing to work with you, says Dan Herron, a California-based CFP at Elemental Wealth Advisors.

"It doesn't hurt to say, 'I'm still trying to do the right thing, I'm still trying to make payments. Where can we meet in the middle?'" he says.

Any break you get, take that money and apply it to your debt.

If you need help negotiating, contact a credit counselor at a reputable nonprofit organization, like the National Foundation for Credit Counseling. Counselors have relationships with creditors and can negotiate on your behalf. Services are typically free for those experiencing financial difficulties due to COVID-19.

### Consider consolidating

If you have multiple types of debt, such as loans, credit cards and medical bills, you may want to take out an unsecured personal loan to consolidate it into one monthly payment.

A consolidation loan is a good idea only if you

can qualify for a lower interest rate than those on your current debts. Some lenders have tightened their approval standards in the pandemic, but borrowers with good to excellent credit (690 FICO or higher) should have a good shot.

Look for a lender that specializes in debt consolidation and offers perks like direct payments to creditors or rate discounts for automated payments.

If you have credit card debt, you could apply for a balance transfer card. Though these cards typically charge a 3% to 5% fee, they offer an introductory 0% interest period; so all payments go toward your principal, which helps you pay off debt faster.

You'll likely need good credit to qualify.

Charles Ho, a California-based CFP and founder of Legacy Builders Fi-

nancial, urges caution for some consumers. Though consolidation tools can save money, they also free up your credit cards for more spending.

"It might make mathematical sense to consolidate your loans, but the math is meaningless if we don't account for our behavior and end up almost doubling our debt," he says.

### Pick a strategy and stick to it

If you choose not to consolidate, there are two common methods for approaching debt payoff: the snowball or avalanche.

With the snowball method, you pay off your smallest debt first, while making minimum payments on the others, then move to the second smallest and so on. The avalanche method uses the same strategy, but you start with the debt that has the highest interest rate.

According to Herron, the avalanche method may get you to the finish line faster since the money you save on interest can be applied to other debts, but it's more important to pick the method that motivates you the most.

### Break the cycle

As you make your way out of debt, start to automate your finances.

Moore has her clients set up automatic bill payments and savings contributions, so the money is put aside without having to think about it. If

finances are tight in the pandemic, build toward a \$500 emergency fund.

She also advises clients to use a separate account for nonessential spending - 30% of your post-tax income is a good target to hit in this account. Clients can use the money to buy whatever they want, but once it's at \$0, "that's it," she says.

"By automating and creating systems, it helps you stick to your financial strategy and take the emotional aspect out of it. That's the key."



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## 2021 Corn Day

The 2021 Corn Day will take place Feb. 24, from 12:40 - 3:35 p.m. on Zoom. This event offers DEC Credits. Each participant should register themselves if requesting DEC credits. Cost is \$15 per participant. Additional attendees from same farm will be charged \$15 each. Each participant must provide a separate email address and their applicator ID number. This event is hosted by Central New York Dairy and Field

Crops. There will be 1.75 DEC Pesticide Recertification Credits available in Categories 1a, 10, 21 or 23. Register at [cnydfc.cce.cornell.edu/event.php?id=1487](http://cnydfc.cce.cornell.edu/event.php?id=1487).

### Agenda

- 12:40 - 1 p.m.: Trade show and log-in
- 1 - 1:35: "Weed ID Tools for NY Growers and Herbicide Resistance Screening Update" – Dr. Lynn Sosnoskie, Cornell University

- 1:35 - 2:10: "Corn Insect Pest Management" – Ken Wise, NYS Integrated Pest Management
- 2:10 - 2:20: Trade show intermission
- 2:20 - 2:55: "Corn Disease Updates: Identification and Management" – Dr. Gary Bergstrom, Cornell
- 2:55 - 3:30: "Corn Silage Trial 2020 Report" – Joe Lawrence, PRO-DAIRY, Cornell
- 3:35: Adjourn and sign-out

## Notice of Board of Trustees meeting

The Herkimer County Community College Board of Trustees will hold a regularly scheduled meeting at 6 p.m. on Monday, Feb. 8.

Per New York State Open Meetings Law, this meeting is open to the public via

conference call, as follows:

- Dial: 1.800.864.4701
- Enter Pass Code: At prompt, 6087 484#

## Little Falls community blood drive

A community blood drive will be held on Monday, Feb. 8 from noon to 5 p.m. at the Little Falls Elks Lodge. Each donation can help save up to three lives. To schedule an appointment down-

load the free Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1.800.RED CROSS

(1.800.733.2767). Donors can save time by using RapidPass to complete their pre-donation read-

ing and health history top. Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) to get questionnaire on-line on the day of their donation started. from a computer or lap-

## E-file your tax return for free

Free tax filing software is now available at [www.tax.ny.gov](http://www.tax.ny.gov) to electronically prepare and submit both your federal and state income tax returns at no charge.

The NYS Department of Taxation and Finance recently announced Free File software is now available at [www.tax.ny.gov](http://www.tax.ny.gov). Taxpayers with income of \$72,000 or less in 2020 can complete and submit their federal and NYS income tax returns online at no cost in advance of the tax-filing season, which officially begins Friday, Feb. 12.

"Nearly 255,000 New York taxpayers used our Free File software last year, saving themselves an estimated \$51 million in the process," said NYS Commissioner of Taxation and Finance Michael Schmidt. "We encourage you to get engaged in the process and take advantage of this service - it's easy, fast and secure."

To be directed to the free filing options, simply click Free File your income tax return on the Tax Depart-

ment's website.

To ensure you're not charged a fee, you must go to the Tax Department's website to complete your return. You'll save on preparation fees, prevent costly errors, and ensure that you directly receive any refund you're owed in the most efficient way possible.

The Tax Department has produced a series of video tutorials to assist New Yorkers with the tax return filing process. Topics range from gathering the necessary documents to choosing the right software. You can view the videos at our Get ready to e-file your income tax return webpage.

Receive your refund up to two weeks sooner by using Free File software. You can also receive the refunds you're owed up to two weeks sooner by choosing direct deposit.

Filing electronically and choosing direct deposit is safer, faster, and more efficient than sending paper re-

turns and checks through the mail. To use direct deposit, simply check direct deposit on your tax return, then enter your bank's nine-digit routing number and your account number. For checking accounts, this information is available on your checks; for savings accounts, contact your bank.



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## Gardening & salt damage - For your plants' sake, go easy on the salt

by Lee Reich  
Associated Press

Removing ice from roads and walkways in winter might be essential for safety, but salt can be damaging to plants and soil.

Salt has the same effect on plant roots as salty potato chips do on your lips: It draws water from living cells. Salt can ruin soil structure so it wads up into an airless mass. Not a nice place for plants to grow.

And damage from winter salt is sneaky, not manifesting itself until spring or later. Then, new leaves might emerge pale green or yellow, or later in the season leaves may look scorched or turn their autumn colors early. Stems might die back or be stunted.

Older plants can sometimes recover from salt injury, especially if spring and summer rains are abundant.

### Mitigate damage

Using less salt can help. Highway studies have found that, in de-icing roads, salt was effective in smaller amounts if sprayed as a brine rather than spread as crystals. Maybe it's time to get out that garden sprayer again.

And you can leach out much of the salt by flushing the soil beneath a prized tree or shrub in spring with water — using 1 gallon per square foot or a 2-inch depth over the course of a few hours.

### Alternatives to salt

Alternative salts — other than sodium

chloride — are another possibility. Calcium chloride is a frequently used alternative which, besides being less damaging to plants and soils than sodium chloride, also melts ice faster and is effective at temperatures well below zero degrees F. Sodium chloride, in contrast, loses some of its effectiveness at temperatures above 10° F.

Still, calcium chloride does put chloride ion (which plants don't like) into the soil and it is more expensive and more corrosive to vehicles than sodium chloride.

Chemical (synthetic) fertilizers are all salts, so someone hit upon the idea of using them for de-icing. But besides being more expensive than either sodium chloride or

calcium chloride, fertilizers such as potassium chloride or ammonium nitrate are most effective only at temperatures above about 20°.

Furthermore, ammonium nitrate is corrosive to concrete, and both compounds have a high "salt index" and are apt to burn plants anyway in the amounts used for de-icing. Potassium chloride, of course, also can put excess chloride ion in the soil.

A popular, relatively new salt used for de-icing is calcium magnesium acetate, better known as CMA. Produced when limestone and vinegar are brought together, CMA eventually decomposes and is not damaging to plants or soils. It also sticks to the pavement

better than salt and does not cause corrosion.

CMA does have shortcomings. It's most effective above 15° — about the same as rock salt. It's slow to begin working. And it's a lot more expensive than salt. CMA is better at preventing icing rather than getting rid of ice, so is best applied before ice forms.

Yet another de-icing method is to spread something other than salt on the ice; gritty materials such as sawdust, unused kitty litter, wood ash or sand are effective. Still, nothing's perfect. These materials track indoors unless you take or shake off your shoes at your front door.

**Adopt an holistic approach**  
The best approach to

ice is holistic. Use a combination of materials that takes into consideration both the traffic and the plants. If you sprinkle a preventive dusting on the ground before ice forms, you'll need less salt for shoe and tire traction.

And if you're planning some plantings along the road, driveway or walkway, choose from plants that tolerate salt. Besides plants native to seashores, other salt-tolerant trees and shrubs include silver maple, horsechestnut, honey and black locusts, poplar, junipers, mock orange, lilac, larch and Colorado blue spruce.

## Strange but true

by Lucie Winborne

• The human brain would be able to perform 38 quadrillion (38 thousand trillion) operations per second if it were a computer.

• Lisa Jakub, who played teenager Lydia Hilliard in "Mrs. Doubtfire," was kicked out of her Toronto school for taking the five-month-long film gig. When co-star Robin Williams found out, he wrote a letter to the school asking them

to reconsider. School officials framed his letter, but didn't change their mind about Jakub.

• Pope Francis was once a nightclub bouncer in his native Argentina.

• Neptune was the first planet to be found through mathematical predictions rather than telescopic location.

• The Iberian ribbed newt uses its own bones as weapons! Special tubercles in its abdomen allow its ribs to poke out

through its skin when the newt is frightened. As an added bonus, the skin secretes a toxic chemical, turning this little creature into a killer of anything that tries to bite it.

• Allodoxophobia is the fear of opinions.

• In Ghana, people like to be buried in something that represents their lives. These include coffins shaped like planes for pilots, fish for fishermen and a Mercedes for a businessman.

• Many companies try to be as ethical and environmentally friendly as possible, but Stella McCartney bags took that initiative a step further by making some of the accessories out of corn.

• "Psycho" was the first movie to show a toilet flushing.

• As part of standard convention, pilots and co-pilots do not eat the same food before a flight in case of food poisoning (or worse). If one of the

pilots is incapacitated (in other words, unable to leave the bathroom), the other pilot can take over.

*Thought for the Day:*  
"The only person you are destined to become is the person you decide to be."

-- Ralph Waldo Emerson  
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## To your good health

by Keith Roach, M.D.

### This Rapid Heartbeat Appears Normal on EKG

**Dear Dr. Roach:** I had symptoms of lightheadedness, so my doctor ordered an EKG and sent me to a cardiologist. They did a heart monitor for a week and said I have inappropriate sinus tachycardia but that I don't need any treatment. I'm still having symptoms. What can I do? — B.V.

**Answer:** Inappropriate sinus tachycardia is an uncommon diagnosis, most often seen in women in their 30s. The heart rate is fast ("tachycardia"), but on an EKG it appears normal, meaning it comes from the sino-atrial node, the natural pacemaker of the heart, hence "sinus." The average heart rate must be over 90 for 24 hours.

It's important to be sure there isn't another cause for the tachycardia, such as elevated thyroid levels, fever, volume

depletion (dehydration) or anemia. The symptoms may continue for months or even years. Common symptoms include the lightheadedness you felt, but may also include palpitations, shortness of breath, dizziness and decreased ability to exercise.

The diagnosis can sometimes be confused with POTS (postural orthostatic tachycardia syndrome), where the heart rate dramatically increases with changing to an upright position. A tilt-table test is the diagnostic tool for POTS.

If there is no other reason for sinus tachycardia, then medication may be used to reduce symptoms. A beta blocker is the usual first choice, but there are others available.

I found some more information at [tinyurl.com/ISTheart](http://tinyurl.com/ISTheart) that may be useful for you.

**Dear Dr. Roach:** I am a woman going crazy with hair loss. My hair has always

been long and thick, but it is coming out in handfuls. I can only think it must be due to my blood pressure medicines. I've been taking amlodipine and lisinopril for years. I'm in good health and 90 years young. — M.

**Answer:** It is unlikely that the hair loss is due to either amlodipine or lisinopril. Neither of these are well described to provoke hair loss, and if a medicine is going to do that, it usually does within a few months.

The most common cause of hair loss in a 90-year-old woman is female pattern hair loss, in which the hair loss is mostly on the front and top of the scalp. However, there are several causes of hair loss, and a dermatologist may be helpful in determining the cause and treatment.

Please don't stop taking your blood pressure medicine.

**Dear Dr. Roach:** I have a question

about undigested food. Are you getting any nutrients, other than fiber, from foods that come out looking the same as they went in? I'm thinking of foods such as corn and sunflower, flax or chia seeds. How well do they need to be chewed to get any nutrition from them? — L.W.

**Answer:** Many seeds and corn need to be chewed very well in order to be absorbed by the body. They have a large amount of undigestible fiber, which will never be absorbed. Chia seeds, unlike flax or sunflower seeds, are pretty easily digested by most people, but you can grind them and soak them ahead of time to make it easier for your body to digest.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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## Six ways to be kind to food servers

These are unprecedented times. As the world confronts the pandemic, people have had to adapt to many significant changes in a relatively short period of time.

Throughout the pandemic, many hardworking individuals have helped to keep the world moving forward in an uncertain time. Though many food servers have temporarily or permanently lost their jobs during the pandemic, many more have continued to work.

Restaurants are vital components of local communities, serving as more than just somewhere to enjoy a great meal. Restaurants are gathering places and have helped people get out of the house during the age of social distancing. Servers are at the heart of the restaurant industry, and there are various ways to show them how much their efforts are appreciated.

**1. Leave a sizable tip.** Etiquette suggests customers tip servers anywhere be-

tween 15% and 20%. Because servers today are increasingly putting their health on the line, why not increase that tip to 25% or 30%? Such tips can provide some financial relief to servers whose earnings have been adversely affected by the pandemic and a bigger tip lets servers know their efforts are appreciated.

**2. Write a thank-you note.** Jot a few words of encouragement on the back of the bill or receipt. If time allows, thank the server in person for a job well done.

**3. Don't forget school staff.** While certain schools are still serving breakfast and lunch to students, others have had to forego in-person dining at school due to local regulations and capacity restrictions. However, food servers and other staff may still be distributing food to those who qualify for financial assistance. Foodservice is often an overlooked job in the school system and parents can offer small tokens of

appreciation to these workers.

**4. Be courteous and kind.** Food servers experience all sorts of personalities during a typical workday. Being kind and respectful brighten up a server's day.

**5. Be a tidy customer.** Do your best to leave a tidy table behind when you finish your meal. Collect trash and dispose of it properly. Try to be as neat as possible, stacking dishes and preventing items from falling on the floor so servers and bussers have an easier go of it.

**6. Follow restaurant rules.** Policies regarding in-person dining and mask usage vary depending on local laws. Follow the rules so you don't put servers' health at risk.

Food servers have faced unprecedented challenges during the pandemic. Customers can do many things to show their servers how much their efforts are appreciated.



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## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
45 Antiques  
55 Appraisal Services  
75 ATV  
80 Auctions  
82 Auto Body  
110 Bedding Plants  
120 Bees-Beekeeping  
130 Bird Control  
140 Books  
155 Building Materials/Supplies  
157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
175 Cars, Trucks, Trailers  
180 Catalogs  
182 Catering  
190 Chain Saws  
195 Cheesemaking Supplies  
205 Christmas  
214 Clocks & Repair  
215 Collectibles  
216 Clothing  
235 Computers  
253 Consignment  
265 Construction Equipment For Rent  
275 Construction Machinery Wanted  
277 Construction Services  
280 Construction Supplies  
312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
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  
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805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
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## What maintenance schedule does my car need?

Vehicle maintenance schedules vary depending on manufacturer recommendations. In addition, the way a car is driven and the environment it's driven in can dictate if routine maintenance like oil changes needs to occur more frequently or if

tain vehicle parts wear out at predictable intervals, while others, such as rubber gaskets, windshield washer blades and tires, will degrade at irregular intervals.

It is generally recommended to speak with a mechanic and discuss

more quickly than highway driving. Experts say lubricants found in motor oil break down rapidly under these and other conditions, including especially hot temperatures.

• **Short trips:** Frequent, short trips can take a toll

• **Heavy loads:** Advanced Auto Parts says transporting or towing heavy loads can put more wear and tear on a vehicle. Loads can include cargo or passengers.

• **Dusty or salty environments:** Dust can accumulate in air filters and

clog internal engine components. Similarly, living close to the coast and salt water also can cause car parts to rust or degrade quickly.

• **Extreme temperature conditions:** People who reside in extremely cold or extremely hot climates may find that their vehicles have to work that much harder to operate, reducing the life span of automotive fluids, parts (especially car batteries)

and the overall vehicle unless action is taken.

For those who frequently encounter these severe conditions, switching to a severe maintenance schedule with the guidance of an automotive service shop can help. The added cost of more frequent fluid changes and other maintenance can be recuperated by fewer breakdowns and the reduced need for potentially costly repairs.



Short trips of no more than five miles can contribute to an accumulation of water vapor that dilutes motor oil and adversely affects its efficacy.

belts and hoses need to be replaced sooner than manufacturers recommend.

Many people drive in ways that align with routine maintenance schedules. However, drivers who put excessive wear and tear on their vehicles may have to follow a "severe" maintenance schedule. According to the automotive information site Car Gurus, many manufacturers adhere to a 30-60-90 schedule, meaning certain items need to be inspected, changed or replaced at 30,000, 60,000 and 90,000 miles. Cer-

driving habits to ensure vehicles operate efficiently and at peak capacity. The following are some conditions that may necessitate frequent maintenance.

• **Urban driving:** Stop-and-go traffic in an urban setting can wear cars out

on a vehicle. Again, this may be a problem for those who reside in cities or bustling suburbs. Short trips of no more than five miles can contribute to an accumulation of water vapor that dilutes motor oil and adversely affects its efficacy.

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The only noises many drivers ever want to hear coming from their vehicles are the sounds of their favorite songs blasting from their car stereos. But cars sometimes make noises that aren't nearly as inviting as music.

Noises that seem to pop up when applying the brakes can be especially scary for motorists. No one wants to drive a vehicle with faltering or suspect brakes, so learning to distinguish between the two most common brake noises can be a

wise move for drivers.

### Grinding brakes

The automotive retailer Pep Boys notes that grinding noises indicate a serious problem with the braking system. According to CarsDirect.com, there are two major causes behind the grinding noise made by brakes. If the grinding sound is audible when pressing on the brake pedal, this is likely because the rotor disc is coming into contact with part of the caliper. This typically occurs because the brake pads or

rotors are extremely worn down, causing the steel backing of the worn out pad to grind against the rotor. In such instances, Pep Boys recommends replacing the brake pads immediately.

If the grinding noise is audible while the vehicle is in motion, debris might be stuck inside the brakes. Drivers might be able to dislodge this debris by repeatedly moving their cars forward and backward in a safe place, such as a driveway. If that does not work, have the brakes serviced by a qualified mechanic.

### Squealing

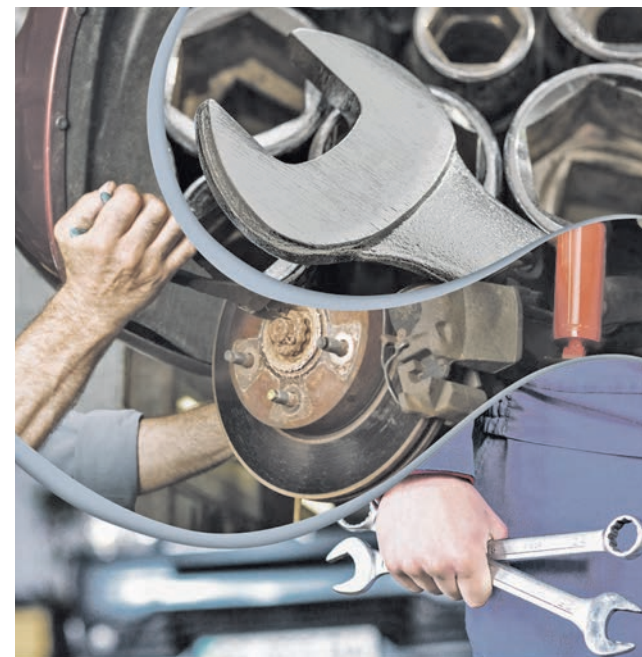
Many drivers are familiar with the high-pitched squealing sound that comes from their vehicles or those of fellow motorists. That squeal, while certainly not music to the ears, might be a good thing. That's because Pep Boys notes that some brake pads are equipped with small steel clips that serve as wear indicators. When brake pads have worn down, these devices produce a squealing sound to let drivers know it's time to get new brake pads.

But squealing can be indicative of other things as well. Squealing noises are sometimes heard immediately after brake pads or rotors have been replaced. In such instances, the noise typically subsides within a day or two once the pads have been broken in.

Glazed pads also can create a squealing sound.

When calipers stick, the brakes stay partially applied, producing excessive friction or heat. The heat causes the brake pads to glaze.

No one wants to hear noises coming from their brakes. However, such noises are often a car's way of telling drivers that brakes need to be serviced.



Learning to distinguish between the two most common brake noises can be a wise move for drivers.

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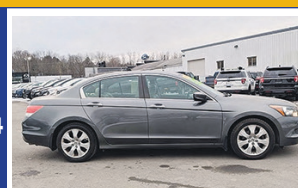
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White Platinum, 20K Miles, AWD,  
6-Speed Automatic, Stk # U15238

**2009  
HONDA  
ACCORD 2.4  
EX-L**  
**\$8,250**



Gray, 80K Miles, FWD,  
5-Speed Automatic, Stk # U15135

**2014 FORD  
FUSION SE**  
**\$10,795**



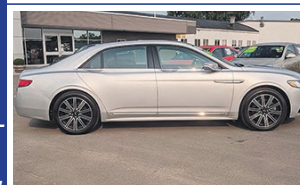
White, 80K Miles, FWD,  
6-Speed Automatic, Stk # U15072

**2016 FORD  
FUSION SE**  
**\$12,795**



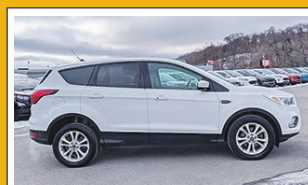
Shadow Black, 60K Miles, FWD,  
6-Speed Automatic, Stk # U15187

**2017  
LINCOLN  
CONTINENTAL  
RESERVE**  
**\$31,995**



Silver Metallic, 17K Miles, AWD,  
6-Speed Automatic, Stk # U14948

## SUVS SUVS SUVS



White, 39K Miles, 4x4,  
6-Speed Automatic, Stk # U15225

**2019  
FORD  
ESCAPE SE**  
**\$18,995**



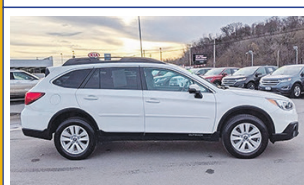
Black, 87K Miles, 4x4,  
8-Speed Automatic, Stk # U15117

**2015 JEEP  
GRAND  
CHEROKEE  
LAREDO**  
**\$19,995**



Blizzard Pearl, 39K Miles, AWD,  
8-Speed Automatic, Stk # U15070

**2018  
TOYOTA  
HIGHLANDER**  
**\$26,500**



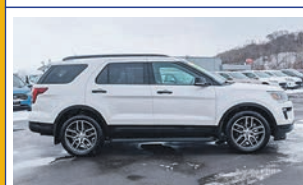
White Pearl, 57K Miles, AWD,  
CVT Lineartronic, Stk # U15108

**2017  
SUBARU  
OUTBACK  
2.5i PREMIUM**  
**\$18,995**



Platinum Dune, 63K Miles, AWD,  
6-Speed Automatic, Stk # U14950

**2016  
LINCOLN  
MKX  
RESERVE**  
**\$21,295**



White Platinum, 11K Miles, 4x4,  
6-Speed Automatic, Stk # U15226

**2019  
FORD  
EXPLORER  
SPORT**  
**\$38,995**



**2017 FORD EDGE SEL**  
Ebony, 24K Miles, AWD,  
6-Speed Automatic, Stk # U14936  
**\$21,495**

## TRUCKS TRUCKS TRUCKS



**2019 FORD F-350 REGULAR CAB**  
Oxford White, 19K Miles, 4x4,  
TorqShift 6-Speed Automatic, Stk # U15119  
**\$43,995**

**2014 FORD  
F-150  
SUPERCAB  
STYLESIDE**  
**\$20,995**



Tuxedo Black, 90K Miles, 4x4,  
6-Speed Automatic, Stk # U15204

**2018  
CHEVROLET  
SILVERADO  
2500HD  
WT**  
**\$33,995**



Silver Ice, 50K Miles, 4x4,  
6-Speed Automatic, Stk # U15144

**2019  
FORD  
F-450**  
**\$55,995**



Agate Black, 24K Miles, 4x4, TorqShift  
6-Speed Automatic, Stk # U15155

**2019  
FORD F-350  
CREW CAB**  
**\$68,995**



Oxford White, 18K Miles, 4x4, TorqShift  
6-Speed Automatic, Stk # U15195

**2019 GMC  
SIERRA  
2500HD  
DOUBLE CAB**  
**\$44,995**



Onyx Black, 9K Miles, 4x4, 6-Speed Auto-  
matic HD Electronic, Stk # U15240

**2019  
TOYOTA  
TACOMA  
SR5 V6  
DOUBLE CAB**  
**\$32,995**



Tan, 14K Miles, 4x4, 6-Speed Automatic,  
Stk # U14895

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