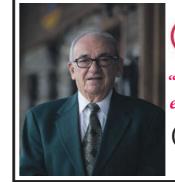
## HERKIMER COULDER Serving the Valley for 53 Years

## MARCH 5, 2021

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## Schedule your free virtual tax filing assistance session today

#### Tax Department experts will help you e-file your 2020 federal and state income tax returns at no cost

The NYS Department of Taxation and Finance recently announced that registration for free virtual tax filing assistance sessions is now open. If your federal adjusted gross income in 2020 was \$72,000 or less, you qualify to receive free virtual tax assistance from the Tax Department. We can guide you through the process of electronically preparing and filing your 2020 federal and state income tax returns at no cost. During a prescheduled virtual webinar session using WebEx or Zoom, our department representatives will guide you step by step as needed through the free tax preparation software as you complete and file your own tax return.

"This online tax software is a safe, convenient and secure way to file – and it's free," said NYS Commissioner of Taxation and Finance Michael Schmidt. "I highly encourage all eligible New Yorkers – especially those with simple returns – to take advantage of this free tax assistance service to avoid fees charged by tax software vendors and tax preparers." **Register for a session** 

You can register to attend a session directly with the Tax Department or through one of their partners.

Once you register, you will receive an email with a link to the webinar session. You will also receive a link to the free tax software and an intake questionnaire. Review and fill out the intake questionnaire to ensure you have all the documents needed to complete your return during the session.

To register, see "Register for a virtual FSA session" at tinyurl.com/yb39h8r9. How to have a successful e-filing experience

Follow these four steps to ensure a quick and easy filing experience:

• Have all tax documents and personal information for each person on the return available for the webinar session

• Use the software link to set up an account in the free software

• Plan to spend up to two hours in the webinar session

• Follow up by checking your email within 48 hours once you

submit your return You can review the docu-

ments to have on hand and an explanation of how to create an account to use the free software at tax.ny.gov/fsa.

#### Free File software

Additionally, if you're confident enough to file on your own, you can use your own computer, tablet or mobile device to prepare and e-file your income tax returns whenever and wherever you want using the same secure software at no cost. To learn more and determine if you qualify for Free File, visit our "Free File your income tax return" (Spanish, Chinese, Russian) page tinyurl.com/ yc4kpzne.

## Herkimer County Historical Society

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The Herkimer County Historical Society has two seasonal fundraising drawings coming up. **The winter drawing has three prizes:** 

**Prize #1:** Echo Dot with Smart Plug

**Prize #2:** 1 Night Stay and two Dinners for The Inn at Stone Mill, Little Falls **Prize #3:** \$100 Amazon Gift Card

Tickets: \$5 donation or four tickets for \$15.

The Four Basket - Easter Basket Raffle

### One baby

- Two Children's Baskets: girl and boy

One adult

— The full list of items will be posted on our Facebook, with pictures.

The tickets are one for \$1 or six for \$5.

Both drawings will be happening Easter Weekend, April 2.

Check Herkimer County Historical Society out on Facebook.



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## Herkimer College appoints admissions assistant

Herkimer County Community College has appointed Freddy J. Cicchetti III to the role of admissions assistant. In this position, Cicchetti will serve as the college's New York City/Long Island representative.

Cicchetti, of Lynbrook, NY, is the former senior advisor of international admissions and outreach at the American Musical and Dramatic Academy, where he oversaw all aspects of international student recruitment and enrollment. He earned his bachelor's in journalism from CUNY Baruch College and his master's degree in communication arts from the New York Institute of Technology.

He also served as the assistant director of admissions and then the associate director of international admissions at the New York Institute of Technology. Cicchetti is an active member of professional organizations such as the National Association of Foreign Student Advisers, the National Association for College Admission Counseling and he is a contributor to the New York State Association for College Admissions Counseling newsletter.

In his new role with the Herkimer College Admissions Office, Cicchetti will help the college meet undergraduate enrollment goals through a variety of marketing and recruitment initiatives as well as aid prospective students in and around the New York City/ Long Island region with the admission and enrollment process.



Freddy J. Cicchetti III

## Valley Residential Services to host Virtual Open House

### Carefree senior living in Herkimer County

Valley Health Services is hosting two virtual open house events to highlight its premier Enriched Housing and Assisted Living facility at 323 Pine Grove Road, Herkimer. Valley Residential Services is a perfect solution for senior citizens who are considering downsizing their current living arrangement and looking for an independent, life-enriching experience.

The first of its kind housing community in Herkimer County, Valley Residential Services' vision remains steadfast in advocating quality of life for all seniors while promoting dignity, privacy and independence. Offering such amenities as restaurant-style dining, a plethora of leisure activities and a fully staffed wellness and fitness center, Valley Residential Services offers senior citizens an independent lifestyle with necessary support services.

To find out more about this wonderful living community, contact Christine Shepardson, director of community life, at 315.219.5700, extension 2329, or by email at cshepardson@valleyhealthservices.org. Please RSVP to one of the two virtual open house events, scheduled for Thursday, March 18 and/or April 15, 2 p.m., at least one week prior to the preferred date of attendance. Once registered, a link to the virtual tour and Q & A will be provided to all participants.



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## Utica Zoo animal encounters now available through summer

The Utica Zoo announced openings for in person and virtual animal encounters through summer with a wide variety of options available. Due to unpredictable COVID-19 outbreaks, encounter dates have been released slowly to ensure visitors would be able to experience their encounter.

The most popular encounter at the zoo is with the world-famous red pandas. The zoo has announced dates available for booking through August. Red panda encounters are only available on Wednesdays and Saturdays at 2 p.m. from a recommendation from the Association of Zoos and Aquariums Species Survival

Plan. Additionally, dates for Bactrian camel and Nigerian dwarf goat encounters are available through August.

The zoo has also opened California sea lion and "Call with the Wild" virtual encounter dates through April and ambassador animal encounter dates through June. The variety of date openings is due to scheduling and logistical issues and more dates will open in the near future.

The zoo stated, "We are proud to offer a variety of in-person and virtual encounters at a variety of price points to ensure accessibility for all. Experiences such as animal encounters are a wonderful way to foster a sense of appreciation and love for animals on a more personal level."

Booking availability for all encounters is available at UticaZoo.org/encounters. All encounter dates are offered at a first come, first served basis and are subject to selling out.

The Utica Zoo and Gift Shop are open daily from 10 a.m. - 4 p.m. For more information on this or anything else Utica Zoo related, visit UticaZoo.org or follow on Facebook, Instagram and Twitter @UticaZoo.

HERKIMER

## Strange but true

#### by Lucie Winborne

• A team of Japanese scientists and engineers created a fire alarm for the deaf that works by spraying vaporized wasabi into the air — it will even wake them up if they're sleeping.

• Bees can fly higher than Mount Everest.

• In 1960, during a period of high tensions between Havana and Washington, a Cuban cow got hit by a chunk of a falling U.S. satellite. Islanders got a dig in at their American neighbors by parading another cow through the streets sporting a sign that read, "Eisenhower, you murdered one of my sisters!"

• Before trees existed, the earth was covered with giant white

mushrooms.

#### • All astronauts going to the International Space Station have to learn to speak Russian, as the controls of their Soyuz spacecraft are

in that language.Fried chicken originated in Scotland.

• Off-duty paramedic Matthew McKnight earned the dubious Guinness World Record for furthest distance thrown by a car when he was hit by a vehicle traveling 70 mph and was catapulted 118 feet. Amazingly, while he suffered serious injuries, he managed to recover.

• There is a Fictitious Athlete Hall of Fame. Inductees include Rocky Balboa, Mr. Miyagi and Hap-

py Gilmore.

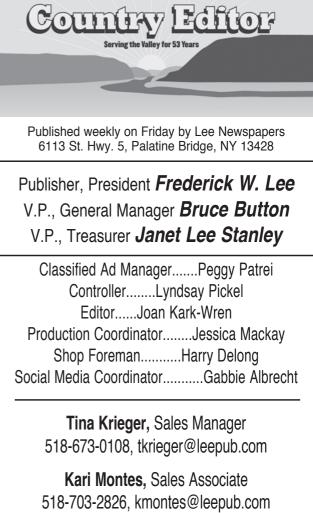
You're more likely to be bitten by a human than a shark.
Not that we think you'd actual-

ly drink this much, but 10 gallons of carrot juice will kill you. Its vitamin A content is high enough to make your brain swell, along with other nasty symptoms. By the way, you can also overdose on the vitamin by eating a pound of polar bear liver every day.

Thought for the Day: "Actually, in my opinion you never completely find yourself because you are always growing as a person and learning throughout your life. It is a process." — Robert A. Bofman

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## hurch Servic **P3**

<u>COLD BROOK</u> 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 BOMAN CATHOLIC CHURCH Father Brian Slezak, Pasto 31 N Helmer Ave Phone 315-823-3410 Mass 9 AM Sunday

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby 3659 Boute 5 East Schuvle 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 Pastor: Mikher J 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 PN

ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, 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 Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575

LIKBAINIAN OBTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

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

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

> THE SALVATION ARMY enants John and Lori Wood 429 N. Prospect St. Lieu 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

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HERKIMER CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Larry Martinson Sacrament Meeting 10 AM In person: 317 Gros. Blvd., East Herkimer Zoom Meeting ID: 898 8286 4361 Missionaries Phone: 315-527-9557 churchofjesuschrist.org Visitors welcome!

> HERKIMER REFORMED CHURCH 102 Church St Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shenherd's Table Tuesday 11-12:00 PM

CHRIST FPISCOPAL 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 Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com

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

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

FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise nesday 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 Carbor Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM

LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult)

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

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

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment

LITTLE FALLS FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 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.presbvlf.org Sunday Worship 10 AM Sunday School 10 AM

LITTLE FALLS INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936

MIDDLEVILLE MIDDI EVILLE UNITED METHODIST CHURCH 24 Fairfield St. Church Services 8 AM - 9 AM

MOHAWK GRACE EPISCOPAL CHURCH 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holv Eucharist 10 AM

**DENNISON CORNERS** COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept.- June 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, 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

MOHAWK CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

> CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

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

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

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 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturdav Vigil 4 PM Sunday Mass 8:30 AM

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

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

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

STRATFORD STRATFORD UNITED METHODIST CHURCH

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

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## The long-term effects of COVID-19

As the end of winter draws near, much of the world is marking its one-year anniversary living under COVID-19-related restrictions. That's certainly not a milestone worthy of celebration, and many people across the globe would insist it has felt like much more than a year since their lives were first affected by COVID-19.

By the time the calendar finally turned from 2020 to 2021, tens of millions of people across the globe had been infected with COVID-19. According to Worldometer, which manually analyzes, validates and aggregates data from thousands of sources in real time, by early January 2021 there were more than 87 million documented cases of COVID-19 and nearly two million virus-related deaths across the globe. Nearly 62 million COVID-19 patients recovered from the virus by early 2021, but many of those people may suffer from long-term health effects.

The Centers for Disease Control and Prevention

is actively working to learn more about the potential long-term effects associated with COVID-19. Because of the relative infancy of the virus, it's impossible to know just how long the long-term side effects in recovered patients will last. However, the CDC notes that the following are some of the most commonly reported long-term symptoms, which have been documented to linger anywhere from several weeks to even months after recovery.

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

In addition to those symptoms, the CDC notes that some people who have recovered from COVID-19 have reported experiencing difficulty with thinking and concentration as well as depression. Recovering patients also have reported symptoms like muscle pain, headache, intermittent fever, and heart palpitations.

More serious long-term complications are being investigated by the CDC. Such complications have thus far appeared to be less common, though the CDC cautions that more research and time is needed to determine clinical care for COVID-19 as well as how many people may ultimately experience these symptoms

• Cardiovascular: Inflammation of the heart muscle

- Respiratory: Lung function abnormalities
- Renal: Acute kidney injury
- Dermatologic: Rash, hair loss
- Neurological: Smell and taste problems, sleep is-

sues, difficulty with concentration, memory problems • Psychiatric: depression, anxiety, changes in mood

As the world continues to combat COVID-19, public health agencies like the CDC are learning more about the virus, including some long-term side effects that could affect patients after they have recovered.

## **CVCSD** Foundation to host multiple fundraisers

The Central Valley Central School at 70 Otsego Street, Ilion. District Foundation will host multiple

The dinners are \$12 each and will include chicken, baked potato, cole slaw, roll, cookie, and bottled water. Those looking to satisfy their sweet tooth will

have the opportunity to purchase Gertrude Hawk candy bars in a variety of flavors and may also pre-order individual bundtlets from Nothing Bundt Cakes for \$5. Due to limited quantities,

advance order is recommended through any member of the Foundation or by calling JoAnn Duga, Foundation president, at 315.894.3116.

## Warm up with Irish coffee this St. Patrick's Day

Though it might not be as beloved as a pint of Guinness or as inviting as a shot of Jameson's Irish whiskey after some cold

Est. 1963

fundraisers during its Brooks' Chick-

en Barbecue on Sunday, April 25, from

noon until sold out, at Beer Belly Bob's

hours spent marching in or viewing a parade, Irish coffee has a place all its own on St. Patrick's Day. The origins of Irish

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coffee are sometimes debated, though many historians trace the beverage to a stormy night in Ireland. One fateful night in 1943, Irishman Joe Sheridan was called back to work at the restaurant and coffee shop at the Fovnes Airbase Flying Boat terminal in County Limerick. A flight that had recently departed for Newfoundland was forced to return to the airport that night due to inclement weather. According to the Foynes Flying Boat and Maritime Museum. Sheridan was asked to

make something for the passengers to help them stay warm. Before serving some freshly made coffee, Sheridan decided to add a little Irish whiskey, and the rest is history.

The popularity of Irish coffee is undeniable, and some of that popularity likely stems from how easy it can be to make the drink at home. Though Irish coffee is a straightforward beverage, the Foynes Flying Boat and Maritime Museum offers the following tips for those who want to whip up a batch that would make Sheridan proud. 1. Preheat an Irish coffee glass by filling it with boiling water. Keep the water in the glass for five seconds, and then pour the water out.

2. Add 1 teaspoon of brown sugar and a good measure of Irish whiskey into the warmed glass.

3. Fill the glass to within 1 centimeter (a little less than half an inch) of the brim of the glass with hot and strong black coffee. Stir well so all of the brown sugar dissolves.

4. Carefully pour lightly whipped cream over the back of a spoon. The goal is to ensure the cream floats on top of the coffee. 5. Do not stir after add-

ing the cream. It's important to avoid stirring because the Irish coffee will be most flavorful if you drink the coffee and whiskey through the cream.

A pint of Guinness might be a must for millions of St. Patrick's Day celebrants across the globe. But those who want something a little warmer can try their hands at Irish coffee as they toast the patron saint of Ireland this March.

## **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

#### 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.

Healthy Bees and You webinar 10-11:30 a.m. via Zoom. Register reg.cce.cornell.edu/healthyat bees\_243

#### March 17

Third Wednesday Night Dinners 4-6 p.m. or sold out at First Baptist Church, 8 Second Street. St. Patrick's Day Dinner. Takes outs and delivery only. More info: 315.894.9041.

#### March 18

Meatloaf Dinner at Emmanuel Episcopal Church, 594 E. Albany St., Little Falls 4-7 p.m. or sold out. Take out only. Curbside pick up walk ins. Local deliveries available in Little Falls only. Call 315.717.9462 or 315.823.1323. Leave message.

District Foundation to host multiple fundraisers during its Brooks' Chicken Barbecue. noon until sold out, at Beer Belly Bob's, 70 Otsego Street, Ilion. Advance order recommended by calling JoAnn Duga at 315.894.3116.

#### June 12

Craft Festival 9 a.m. to 3 p.m. in Spring Park on Scenic US Route 20, Richfield Springs. Sponsored by the Church Of Christ Uniting in Richfield Springs. For information, call Carla at 315.858.1451 or Sue at 315.858.2681.

## March 13

Central Valley Central School

April 25

## **Craft Festival seeking applicants**

Applications are currently being accepted for the 41st Annual Friendship Craft Festival sponsored by the Church Of Christ Uniting in Richfield Springs. It will take place on Saturday, June 12 from 9 a.m. - 3

p.m. in Spring Park on Scenic U.S. Route 20. All safety precautions in effect at that time will be strictly adhered to for both crafters and the general public.

For information, an application and festival details go to RSchurchofchristuniting.com or call Carla at 315.858.1451 or Sue at 315.858.2681.

## Make managing eczema easier

(Family Features) More than 30 million Americans, including nearly 10 million children, have eczema, the umbrella term for a group of noncontagious, inflammatory and painful skin conditions marked by an itchy, rash-like appearance. Because one of the most challenging aspects of eczema can be its unpredictability, the National Eczema Association (NEA), designed an app to help people and parents easily track what's important and make sense of it.

The app, called EczemaWise, aims to revolutionize how people living with the condition manage it with a faster, more efficient tracking system that helps uncover trends and makes preparing for doctors' appointments easier.

People with eczema tend to have an overreactive immune system that produces inflammation on the skin when triggered by a substance outside or inside the body, such as food or pollen, along with factors like stress and sleep. Experts say tracking and recording symptoms and possible triggers is key to managing the condition, but it can be time-consuming, and many people struggle to keep thorough notes in journals or on their smartphones.

"One of the best things out there to help keep track of your child's eczema is EczemaWise because it's so easy to use," said Aisha Bryant, mother of a 3-year-old with eczema. "Within a few days of using it, I was able to identify that tomato sauce was causing my daughter to flare."

The app can help track nine different disease and care factors, including:

• **Itch intensity** on a scale of 0-10

• Pain on a scale of 0-10

• **Skin symptoms** using a body map to note affected areas

• **Stress** on a scale of 0-10

 $\bullet$  Sleep problems on a scale

of 0-10

• Weather, which auto-populates using your location

• Triggers, which track ex-

posure to materials such as metals, chemicals, irritants and environmental allergies

• **Diet** with tracking of water



More than 30 million Americans, including nearly 10 million children, have eczema.

intake and foods

• **Treatments** logged by time of day

The free app, which is available for Android and iOS as well as a web app, is designed to identify trends and patterns so people and their doctors can better determine the most effective treatments. NEA recommends tracking a minimum of three times each week - and ideally daily - though people can log as many or as few factors as they like. App users can also print their health data to share at doctors' appointments.

"Using EczemaWise will empower patients with eczema," said dermatologist Eric L. Simpson, MD. "The app allows them to communicate a much broader story about their disease than we can typically capture in a 15-minute visit."

For more information, visit EczemaWise.org.

Source: National Eczema Association







## The Kitchen Diva

#### by Angela Shelf Medearis Winter squash is healthy addition to any meal

Winter squash are prominently displayed at grocery stores in the fall and winter months, but many shoppers pass them by because they don't know how to make them. Winter squash are easy to prepare and are a healthy addition to any meal.

The Cucurbitaceae family is the Latin name pumpkins gourds, for and squash. The terms Summer and Winter can deceptive. Summer be squash types are on the market all winter; Winter squash types can be found in late summer and fall, as well as winter. This terminology was never meant to confuse — it just dates to a time when the seasons were more crucial to man's survival than they are now. Vegetables that would keep until December became known as winter vegetables.

Winter squash are picked when they are fully mature, and they have a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. Winter squash are a good source of vitamins A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories. Some of the most popular types of winter squash are butternut, spaghetti, acorn squash and Delicata.

• Butternut squash is tan in color and has a long, bell-like shape.

• Spaghetti squash is oblong or oval in shape and vellow in color.

• Acorn squash is actually shaped like an acorn. It is dark green and has a ridged rind or skin.

• Delicata squash is oblong, ridged, and yellow and green. The skin is soft and edible.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

butternut Once or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes, and used in soups, stews and casseroles along with other vegetables. Butternut or acorn squash can be used interchangeably in recipes.

Spaghetti squash is the exception. Once it is cooked, use a fork to peel the flesh away from the skin. It looks just like spaghetti as it peels away. Sauce and serve spaghetti squash like regular noodles.

Delicata squash is the easiest squash to prep and cook because of its soft, edible skin. It contains seeds in the center, but they can be easily removed by scraping them out with a spoon.

This delicious recipe for Southwestern Stuffed Delicata Squash is a wonderful side dish or vegetarian entree on a cold winter's day.

### Southwestern Stuffed **Delicata Squash**

2 Delicata squash 2 tablespoons vegetable oil

1 1/2 teaspoons salt 1/21 teaspoons ground black pepper

1 cup cooked rice 1/2 tablespoon chili powder

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1/2 teaspoon ground cumin

1/4 teaspoon cayenne pepper or hot sauce

1 (15-ounce) can black or pinto beans, rinsed and drained

1 large bell pepper, seeded and chopped

cilantro. 4 springs chopped

6 cherry tomatoes chopped

1/2shredded cup Pepper Jack or Cheddar cheese

1 large avocado, peeled and sliced

4 tablespoons plain Greek yogurt or Mexican crema

1. Preheat oven to 350 F. 2. Place squash on a cutting board and use a sharp knife to cut the tips and tails off. Cut the squash in half, then scoop out the seeds and fibrous strands.

3. Drizzle the inside of the squash with oil. Use your hands to spread the oil all over the exposed interior so it is well-coated. Sprinkle the squash with 1/2 teaspoon each of the salt and pepper.

4. Place squash cut-side down on a large baking sheet. Bake 30 to 40 minutes, until squash is soft when poked with a fork.

5. While the squash is baking, prepare the quick

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ssureavailability

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Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

rice. Before adding water or broth to the rice, season with the remaining salt and pepper, the chili powder, cumin and cayenne pepper or hot sauce. Mix well and proceed with the directions for preparing the rice.

6. When the rice is done, add in the beans, chopped peppers, cilantro and chopped tomatoes. Mix together and heat on low for 3 minutes, stirring once.

7. Fill each half of the squash with even amounts of the rice mixture. Top each half of the squash with shredded cheese, then put the stuffed squash back in the oven for about 5 minutes to melt the cheese.

8. Remove from oven and top with avocado slices and plain Greek vogurt or Mexican crema, if de-

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook.'

Her website is www.diva-

pro.com. To see how-to

sired. Serves 4.

videos, recipes and much, much more, Like Angela Shelf Medearis. The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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If pets could speak, caring for them would be that much easier. But pet owners must rely on physical cues to determine if their beloved pets are doing well or feeling under the weather.

Various animals display different symptoms when they are not feeling well or suffering from illness. It is important for pet owners to become familiar with what is "normal" for their pets so that they can readily identify behaviors or symptoms indicative of illness. Keep in mind that symptoms that would indicate illness in one pet may not do the same with other animals. That is why it is key to establish a baseline. According to Mark Stickney, DVM, director of general surgery services at Texas A&M University College of Veterinary Medicine and Biomedical Sciences, any change in a pet's behavior from what is normal is reason to consult a veterinarian.

This generalized symptom list may give pet owners pause to speak with a vet about the health of their furry friends.

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#### Cats

Cats will spit up on occasion, particularly if they have been grooming themselves and have to pass a hairball. Cats who roam outdoors may gobble down a kill and later vomit back up indigestible parts, like feathers or fur. But frequent vomiting may be indicative of a food allergy or intolerance. Sometimes it may be the symptom of gastric irritation from parasites like roundworms.

It is difficult to gauge if cats are ill because they can be so stoic. Blood in vomit or feces, decreased activity, straining to urinate, or urinating in inappropriate places can be signs of illness in cats.

#### Dogs

Dogs are a little better than cats at conveying illness. Generally speaking, normally upbeat and boisterous dogs that are now lethargic and uninterested in interaction are probably sick. Fetch by WebMD says disinterest in food for several days, vomiting, diarrhea, or changes in urination might indicate illness. Quite often pet owners do not discover their dogs are suffering from diabetes until they have to frequently refill water bowls and their normally trained pets start urinating inside the home.

#### Hamsters

According to The Spruce: Pets, common signs of illness or injury in hamsters include inactivity, huddling in a corner, unkempt coat, discharge from the nose or eyes, wetness around the tail, or hair loss. Bring the hamster in for a checkup if it exhibits any of these symptoms.

#### Lizards

Determining if your pet lizard is sick can be challenging since lizards, and most reptiles, have such slow metabolisms that they often do not show signs of illness until a disease has progressed. Different species have varying nutritional requirements and light requirements. They also have their own specific temperature and humidity needs. PetMD says lack of appetite, fewer droppings, lethargy with hiding under bedding, sunken eyes, sticky mucus in the mouth, and weight loss, particularly thinning of the tail, are signs a lizard may be sick.

Getting to know pet behaviors and indications of wellness can make it easier to determine if a pet is sick and needs medical attention.



Dogs are a little better thans cats at conveying illness. Generally speaking, normally upbeat and boisterous dogs who are now lethargic and uninterested in interaction are probably sick.







## **Donna's Day: Creative family fun**

### by Donna Erickson

#### Tasty slow-cooker granola

We're a granola-eating family. When the tall jar in our pantry reads almost empty, it's time to stir up and bake a new batch. It's never a chore, because the fresh homemade taste of heart healthy oats with nuts and dried fruit always satisfies, whether combined with vogurt and berries at breakfast, or sprinkled over a scoop of ice cream for an evening dessert.

No wonder I was curious when a friend suggested I make granola in my slow cooker instead of baking it in the oven. Skeptical, I gave it a try and loved the results. In fact, it's a game-changer.

I stick with my basic recipe that never disappoints. The hand-crafted, economical blend is open to variations, like substituting cashews for the almonds or pecans. When I buy a jug of fresh local maple syrup, I leave out the brown sugar entirely. For variety, I'll cut up something unusual, like dried persimmons, to toss in at the end with the raisins.

### Tasty slow cooker granola

Cooking spray or olive oil

4 cups old-fashioned rolled oats (not quick cooking)

- 1/2 cup brown sugar\*
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

1/2 cup coarsely chopped whole almonds

1/2 cup coarsely chopped pecans

- 1/2 cup canola oil

- 1 teaspoon vanilla extract
- 2 egg whites, slightly beaten
- 1/2 cup raisins\*\*

1. Prepare the slow cooker: Spray the cooking spray on the bottom and sides of a 3-quart or larger slow cooker, or lightly coat with oil.

2. Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in a slow cooker.

3. Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well until fully coated.

4. Turn slow cooker to high. Set a wooden spoon under one side of the lid to hold the lid open, slightly ajar. Cook for 1 1/2 to 2 hours until toasted, stirring mixture well every 30 minutes.

5. Stir in raisins and spread mixture on a baking sheet to cool. Store in jars or in an airtight container. Makes about 6 cups.

\*Substitute brown sugar with 1/2 cup maple syrup, honey or agave syrup, and combine with liquid ingredients before tossing with dry ingredients.

\*\*In addition to (or instead of) raisins, use your favorite dried fruit, chopped.

TIP: To give as a gift, let kids draw a label to glue to a mason jar. It might say "The Johnsons' World's Best Granola.'

Find more recipes and family fun at www. donnaerickson.com. Write to Donna at Info@donnaerickson.com

#### (c) 2021 Donna Erickson

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The fresh homemade taste of heart healthy oats with nuts and dried fruit alwavs satisfies.



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Mon. Feb. 22nd - Sold 161 head Cull Dairy ave. \$.51 top cow \$.66 Organic cull Cows ave. \$.69 top cow \$.86, Grassfed Organic ave. \$.68 - top cow \$.95, Bulls/Steers \$.80, Organic Steer \$.80, bull calves top calf \$1.40 top beef calf \$2.30, heifer calf top \$.15 top beef calf \$1.70. Mon. Mar. 8th - Normal Monday Sale & Monthly Heifer Sale

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

Mon. Mar. 22nd - Normal Monday Sale & Monthly Organic Day. Also our Easter Lamb & Goat Sale. Call to advertise your group for either Easter sale - it makes a difference

Sat. March 27th - Premier Spring All Breed Sale 11:30 AM. Accepting 150 head for this sale of Registered All Breed Dairy Cattle. This sale fills up fast so if you need someone to come visit give us a call or if you have a consignment get us your info asap. Great Consignments already from Empire Farms - Swiss, B&L Dairy, Scotch View Farm, Morrill Dairy, Sco-Li, Ranway, Wainwright, Schmitz-L, Fantasy-Found, Robeth Holsteins sends a load of breeding age Reg. Holstein bulls with great pedigrees. The quality is piling up! If you're looking for that special show age heifer, nice young milking cows we will have it here as always!

Mon. Mar. 29th - Normal Monday Sale & 2nd Easter Lamb & Goat Sale Mark your calendar:

Sat. April 17th - sale held at the sale barn. Our Annual Spring Machinery Consignment Auction - selling small farm related items, Machinery & Equipment etc. Sale starts at 9:30 AM. Call early enough to get into the advertising

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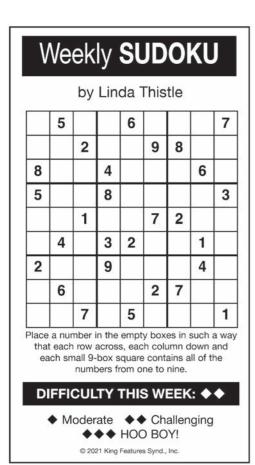




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## Coffee Break





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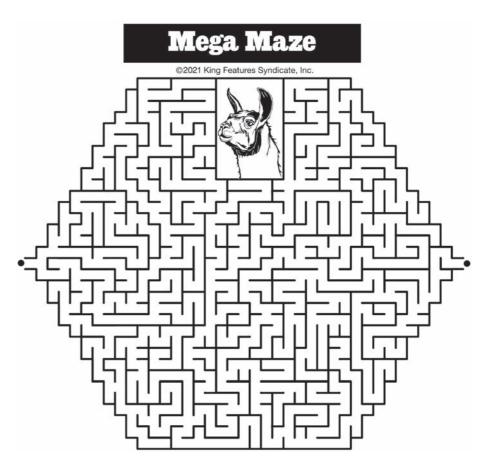
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King Crossword

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## Coffee Break



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



**Bible Trivia** by Wilson Casey

1. Is the book of 2 Peter in Old or New Testament or neither?

2. From Matthew 4, how many days and nights did Jesus fast before his temptation by Satan? 3, 12, 40, 7x70

3. In Genesis 24, who played the matchmaker for Isaac and Rebekah? Nahor, A shepherd, Bethuel, Abraham's servant

4. From Proverbs 6, what is held up as an example to the lazy man? Bee, Flea, Locust, Ant

5. Who said, "The Lord gave, and the Lord hath taken away"? Satan, Adam, Job, Haman

6. Who/what was Shishak? Roast lamb, Birthplace of Moses, Serpent, King of Egypt

**ANSWERS:** 1) New; 2) 40; 3) Abraham's servant; 4) Ant; 5) Job 1:21; 6) King of Egypt

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online. (c) 2021 King Features Synd., Inc.

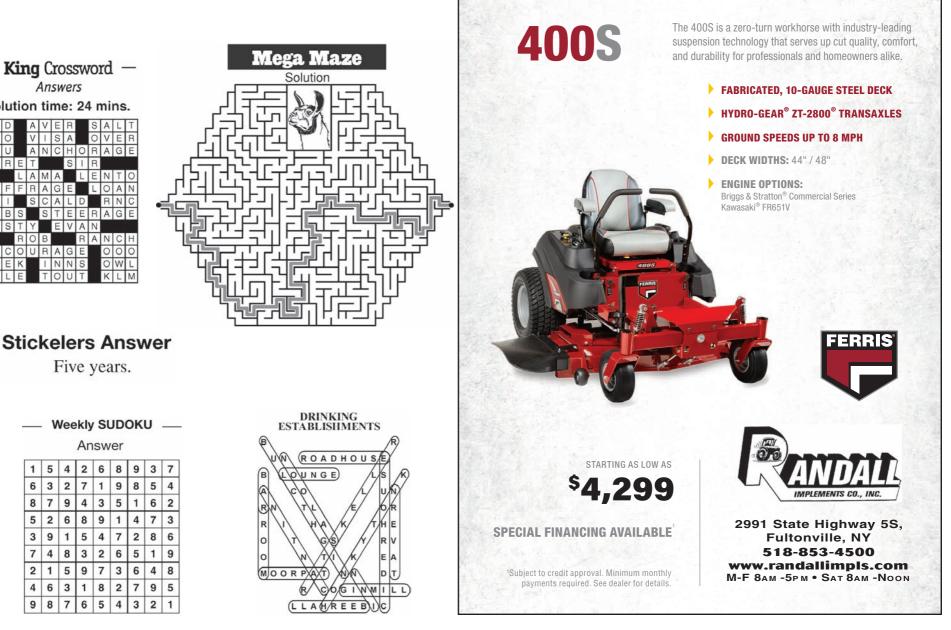


You may know that a decade is 10 years, a century is 100 years and a sesquicentennial is 150 years ... but can you tell me the number of years in a lustrum?

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"The trouble with being punctual is that nobody's there to appreciate it." — Franklin P. Jones

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Answers Solution time: 24 mins.

## **Stickelers Answer**

Five years.

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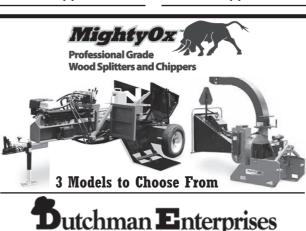
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ARTICLES OF ORGANIZA-TION of MOHAWK VALLEY SPREADING LLC under Section 203 of the Limited Liability Company Law. The purpose for which the comwas pany 1/13/2021 in Montgomery County is to engage in any

lawful act of activity under LLCL of the State of New York. The Secretary of State is designated as the agent of the LLC and the address of the company is 188 Youngs Corners Rd., Amsterdam, NY 12010

formed on







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