HERKIMER COULDURY ECTOP Serving the Valley for 53 Years

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But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. James 3:17





National Migraine & Headache Awareness Month

by Thomas Dabertin, MBA

More than 40 million people in the U.S. are living with migraine disease and headache disorders. Nearly one in four U.S. households include someone with migraine disease. I had my first migraine in my teens, and it was one of the reasons that motivated me to lead the National Headache Foundation.

June is National Migraine and Headache Awareness Month - our time on the national stage - and I hope you will join me in finding a way to help yourself, a loved one, friend or co-worker better understand migraine disease and headache disorders.

It's important to know and share how emerging treatments, pharmaceuticals and proactive physician-guided action can reduce missed workdays and increase time with your family. Our fundraising for research and programs are paying huge dividends and offering much-needed relief.

While we are serious about migraine and headache disorders, we are also having some fun while calling attention to our key messages and calls to action.

Throughout the month of June, we are wearing purple T-shirts and neckties and planting purple flamingos to "put our foot down" to address migraine disease and headache disorders.

In 1990, the National Headache Foundation secured a week dedicated to awareness on migraine disease and headache disorders, and that has now grown into a month of activities and action items for patients, physicians, policymakers and communicators to share the latest research, drug breakthroughs, treatments, support activities and ways to better understand and tackle headaches and migraine attacks.

At the NHF, we offer meaningful, proactive and cutting-edge programs:

• Primary Care Initiative – Training for primary care providers including physicians, nurse practitioners, physician assistants and pharmacists on the latest prevention, diagnosis and medications. These are the health professionals that are often first called upon when an individual has symptoms of migraine, and now these professionals will receive continuing medical education (CME) credits and the latest information in prevention and treatment measures.

• Migraine University - Mobilizing students and campus health and wellness staff to be aware of signs of migraine disease that can be exacerbated by long hours of study and stress. Fifty colleges and universities are rolling out the program this autumn.

• WorkMigraine - Online workplace wellness

programs that help employees and their managers understand migraine disease and how to reduce the costly impacts such as reduced productivity and increased absenteeism. Studies show our program can reduce both the incidents of migraine as well as lost workdays caused by them.

• Certificate of Added Qualification in Headache Medicine (AQH) - Created in 2000 to recognize medical practitioners with an advanced level of expertise in headache medicine. Almost 250 healthcare providers have earned this valued certification.

• NHF Annual Gala - Our major fundraising event of the year allows us to celebrate Headache Heroes who are making a difference in the migraine and headache community. We also pay tribute to healthcare providers and researchers who have moved the field forward and contributed to our important mission. The NHF's Annual Gala has raised millions of dollars to go toward migraine and headache research, education, awareness and advocacy.

We encourage you to discuss migraine and headache issues with your primary care physician or seek out a headache expert from our provider finder page. Stay up to date on the latest news by signing up for NHF's free e-newsletter at headaches.org.

Little Falls Community Outreach first Pride Fest set June 12

The Little Falls Community Outreach is excited to invite the community to their first Pride Fest on Saturday June 12 in Burke Park. Two years ago, Tamara Razzano, Executive Director for Outreach, debuted Rainbow Club for LGBTQIA+ and allies within grades 8-12 throughout the Mohawk Valley. This group comes together weekly for support, conversation, fun, and education. Currently, this is the only group of its kind in Herkimer County.

As membership grew, they recognized that they wanted to host an event to show support for and celebrate the diversity of the LGBTQIA+ community. Last year, Rainbow Club discussed hosting a Pride Fest but due to the pandemic, plans for the celebration were postponed.

This spring, outdoor gatherings were deemed to be safe once again, so Outreach quickly began planning their new event. Rainbow Club Co-Facilitator, Erynn Lowery, explains, "These kids are just incredible, and it is important that they are seen, heard, and supported along with the entire LGBTQIA+ community. What better way that to do that than with Pride?"

Razzano shares about Pride, "Our purpose is to celebrate diversity, provide education and resources, and raise funds to support this growing program at the Little Falls Community Outreach."

The day kicks off with a Pride Stride 5K & Family Fun Run (adults \$20, ages

16 and under \$5). Advanced and same-day registration is available, with packet pick up in Burke Park at 8:30 a.m. and the run starting at 9 a.m. The celebration continues in the park from 11 a.m. - 3 p.m. Guest speakers will cover educational topics as suggested by Rainbow Club. There will also be an "Ask the Panel" session for Q&A with the audience. In addition, there will be drag story hour and performances. merchandise for sale, food vendors, music, lawn games, and arts and crafts. The festivities will conclude with a Pride Dance Party from 2-3 p.m. with prizes awarded.

"The support from local businesses and individuals has been overwhelming," explains Razzano. "We even have local restaurants offer to run Pride specials such as The Café at Stone Mill who will feature a Rainbow Wrap and a Fruity Pebble

315-895-4609

Flurry!"

More information about Outreach and the Pride

at lfcommunityoutreach. com and by visiting their Facebook page and event. celebration can be found If you have questions, are

interested in supporting Pride, or being a volunteer, please contact Outreach at 315.823.1409 or

CONTRACTORS WELCOME!!

lfcommunityoutreach@ gmail.com. Admission is free and all ages are welcome.







Poland Drama Club begins anew in renovated theater with first full show since pandemic began

The Poland Central School District Drama Club hasn't been able to put on a full show since before COVID-19. In the meantime, the renovation of Walker Auditorium into a new school theater was completed as part of Capital Project 2020.

When Poland students stepped out onto the new, larger stage last Friday and Saturday for two invitation-only performances and were put in the spotlight by a new lighting system and spoke through the new sound system, it marked a new beginning for the Drama Club.

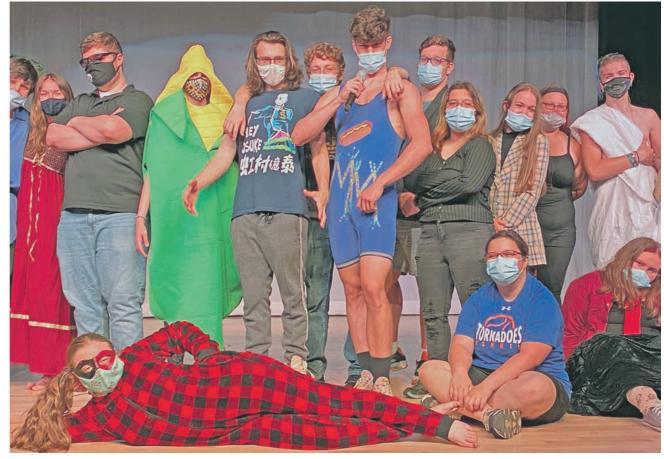
"It feels in a lot of ways like it's our first time putting on a show because it's been so long," said Michael Gagnon, English teacher and Drama Club co-advisor. "It definitely feels almost like a reboot. It feels like a restart to the program."

The Poland Drama Club was preparing to debut "The Afterschool Special," an original show written and planned by students in collaboration with Drama Club co-advisors Gagnon and music teacher Jocelyn Rauch. There were invitation-only performances on June 4 and 5 in the school theater. Drama Club members each had two tickets they could give to family or friends.

Some scenes were prefilmed and were shown during the live performances. The live performances were also recorded and added to the pre-filmed scenes for a complete production that will be available for viewing for \$12 through a vendor site starting the week of June 7, and will be available for purchase for two weeks. Information will be posted at polandcs.org.

"The Afterschool Special" is in the style of "Saturday Night Live," a sketch comedy framed through a student watching TV and changing channels to see various

Poland 4



Poland Central School District Drama Club members pose in full costume on Thursday, June 3, in preparation for their return to stage for their first full show since COVID-19 impacted schools more than a year ago. "The Afterschool Special" was also the first full show on stage in Poland's renovated school theater. A filmed version of the show will be available for purchase starting this week. Photo courtesy of Herkimer BOCES





Area Church Services

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

NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am Intercessory Prayers Tuesday 7pm

(please call to confirm)

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 FELLOWSHIF 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

> 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 Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575

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

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

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 TRINITY EVANGELICAL LUTHERAN CHURCH Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube & Facebook Bible Studies Thursday mornings 10 AM on Facebook

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 churchofijesuschrist.org Visitors welcome!

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

CHRIST EPISCOPAL CHURCH 300 N. Main St. Church Office (315) 866-0551 Email: ChristChurch315@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Free Community Dinner: Last Saturday of the month, 5:00 PM on Mary Street Entrance

ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Piaza 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 Wednesday Mid Week Service 7 PM Sunday Morning 11 AM ILION 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

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

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

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

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 LITTLE FALLS 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

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

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8 AM

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

DENNISON CORNERS

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

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morrning 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

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

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

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

ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday 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

SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 11 AM

STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 miles of church







Good Housekeeping

Ingredients:

1/4 cup mayonnaise

2 teaspoons sugar

1/2 teaspoon salt

3 tablespoons cider vinegar

1/4 teaspoon ground black pepper

Deli Coleslaw

Try our Deli Coleslaw with a hot sandwich for a cooling contrast. Side dishes offer powerful flavor and build harmony between the bread and main ingredients of a sandwich

Poland from 4

spoofs of content such as "American Ninja Warrior," "Shark Tank," wrestling, sitcoms, a political rap debate and even Romeo and Juliet going for a first kiss during the pandemic before realizing they're wearing face shields and rubber gloves.

"It's taking all the craziness of the last year and looking at it through a satirical, high school lens and how teenagers would process all of it," Gagnon said. "And they would usually process it in a goofy, kind-ofcrazy way, which is what this production is.'

To put the pre-filmed parts of the show together, the Drama Club turned to Poland junior Gabrielle Ross, who is in the Visual Communications Media Arts program at Herkimer-Fulton-Hamilton-Otsego BOCES with instructor Melinda Maycock. Ross started learning about a month ago from Maycock more about recording and editing video - skills that the full class didn't start learning until about a week ago - so she could work on "The Afterschool Special.'

Ross said she supplemented that with watching YouTube videos, searching on Google and getting help from IT staff at Poland.

It's been a complicated, time-consuming process to film and produce sketches, and Ross has put in a huge effort to make it happen, Gagnon said.

"It's been interesting and fun and a lot of work," Gagnon said.

Ross said it has been interesting to take on most of the recording and editing while learning how to do it. "I feel like this is the best way to learn," she said.

Part of the challenge was turning around the project in time, but when it was all done, Ross looked back with happiness.

"I'm going to feel very proud because of how little time I had and how little skills I started off with," she said. "I expect it will be my favorite project I've done."

The end product should be a show that viewers will enjoy, Ross said.

To prepare this show, students and the Drama Club co-advisors threw as many ideas at the wall as they could think of and worked on writing sketches based on them.

"It really has been an all hands on deck kind of thing this year," Gagnon said.

Poland senior Kayden Lamphere played a particularly large role in the writing process by co-writing much of the production with Gagnon, Rauch and other students.

A large number of underclassmen have stepped up for this show. Junior Ryan Basel learned the new light system and freshman Austin Mercer learned the new



sound system. The senior actors for the performance included Izzy Mowers, Bryce Hart, Dean Sellers, Hunt-

Walker. Many others have strong acting parts as well. There was a long time when nobody knew if the Drama Club would be able to perform on the stage this year or not or how many students would be able to be on stage at once, so it has been great to get on the new stage and use the new sound and light systems, Gagnon said.

Having many improved aspects such as a bigger stage, better microphones and more comfortable seats makes the students feel appreciated, and they're excited to perform, he said.

Walker, who is acting in multiple sketches and doing some backstage work, said performing in the upgraded school theater will be extra meaningful for her because the Walker Auditorium was named after her mother, Janine Walker, who was Poland's high school art teacher before she passed away on March 27, 2009.

Due to construction work on the auditorium and COVID-19 requirements, she didn't think she was going to get a chance to be on the new stage.

"For a while, I was actually sure that I wasn't going to be able to perform on it," she said, noting that there were no extracurricular activities at the beginning of the school year. "It feels pretty good - honestly, for me especially. It always feels kind of at home on the stage, so I think it will be even better."



2 cups thinly sliced green cabbage 1 cup grated carrot

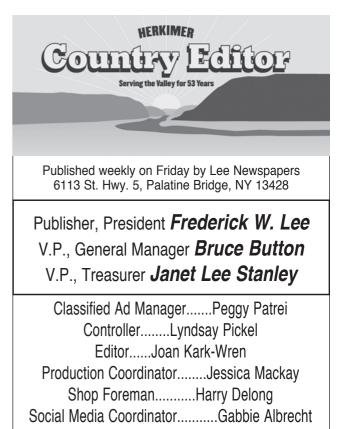
Directions:

1. In a large bowl, combine mayonnaise, vinegar, sugar, salt, and pepper.

2. Add cabbage and carrots and toss to coat evenly with mayonnaise mixture.

3. Cover and refrigerate at least 2 hours before serving. Makes 4 half-cup servings.

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er Houghtaling, Jarrett Papp, Chloe Gleed and Kendra

Gillibrand, Schumer call on USDA to deliver additional relief to New York dairy farmers

U.S. Senator Kirsten Gillibrand, chair of the Senate Agriculture Subcommittee on Livestock and Dairy, and Senate Majority Leader Charles E. Schumer are calling on the USDA to provide additional relief to New York dairy farmers who have taken a financial hit during the COVID-19 crisis. The Coronavirus Food Assistance Program (CFAP) was created last year to provide direct relief to farmers and help keep them afloat as agricultural markets, supply chains and labor were upended in the wake of the pandemic. However, dairy farmers across the country received less support than other producers. The USDA provided dairy farmers with the smallest allocation of CFAP payments of the US-DA's four payment categories including acreage-based, sales commodities, livestock and dairy.

Dairy is the largest sector of New York's agriculture industry – the state is the fourth largest producer of milk, and the largest producer of yogurt, cottage cheese and sour cream. In recent years, dairy farmers across New York have struggled to keep up with declining prices and an unstable dairy market, and pandemic-related costs and slashed revenues have made it almost impossible for them to recover. Gillibrand and Schumer are urging the USDA to provide more direct payments and assistance to dairy farmers through new and existing programs, such as CFAP, to

help reduce the strain on dairy farmers. "Dairy farmers in New York State have been under financial strain for years due to an unstable market and unfair pricing – now the economic toll of the pandemic has made it nearly impossible for many to recover. Hardworking small- and mid-sized farmers deserve relief and CFAP payments have been a lifeline for them," said Gillibrand. "Continuing these payments would not only give dairy farmers the relief they need as they continue to face the fallout of the pandemic, but also help stem the loss of dairy farms we are seeing across the Northeast. I will continue to urge the USDA to provide more direct payments and assistance to dairy farmers through new and existing programs, because these farms play a critical role in our food supply chain, in our economy and in our communities.'

"New York's dairy farmers are the lifeblood of the Upstate economy and have been squeezed by the economic effects of the COVID-19 crisis," said Schumer. "For an industry that had razor thin margins before the pandemic, for some of our dairy farmers, receiving additional federal assistance is the difference between keeping their farms and losing their livelihoods. After many were forced to dump milk and lose out on revenue streams with school and restaurant closures, direct payments from CFAP were a lifeline for our dairy farmers and they must continue for New York's dairy industry to recover from the economic devastation of the pandemic."

In April 2020, the USDA announced the conception of CFAP, with funds provided by Congress, to assist farmers and consumers in response to the pandemic. Included in CFAP were direct payments to dairy farmers to offset pandemic-related economic losses. This assistance was critical to farmers, especially as many were forced to dump their milk after losing buyers and income. These payments were put on pause in January 2021 when the administration announced it was doing a 60-day regulatory review. However, when the review was concluded, no further payments to dairy farmers were announced.

Even before the pandemic dairy farmers across the nation were facing the challenges of volatile milk prices that have been dropping for decades, as well as increased competition from nondairy "milk" products. This has led to a substantial loss of licensed dairy herds, with the U.S. losing almost 40,000 dairy herds since 2003.

Prior to the 2018 Farm Bill, Class I milk was calculated using the "higher of" Class III or Class IV price plus the applicable Class I differential. This was changed in the most recent Farm Bill to an averaging method of Class III and Class IV plus \$0.74. This change, compounded by government intervention in cheese markets as a result of the pandemic, has resulted in hundreds of millions of dollars in lost income for dairy farmers from May 2019 through April 2021. This has led to increased calls from the industry for USDA to hold Emergency Federal Milk Marketing Order National Hearings to resolve this issue with the Class I mover.

At the beginning of the 117th Congress, Gillibrand was named chair of the Subcommittee on Livestock, Dairy, Poultry, Local Food Systems and Food Safety and Security. In this capacity, Gillibrand is committed to find ways to guarantee dairy farmers receive a fair price for their milk moving forward and to recoup losses caused by the new Class I pricing formula.

Outdoor televisions up the ante in outdoor living areas

Outdoor living areas provide a great way for homeowners to spend more time outdoors doing the things they love. That includes watching their favorite shows. Many homeowners take TVs designed for indoors outside when hosting game watches or movie nights under the stars. While such televisions can function outdoors, unless they're specifically designed for outdoor use, chances are they are not protected against the elements. Special enclosures built to protect

indoor televisions can do just that, but homeowners also can consider TVs designed for outdoor use.

Outdoor televisions have become more popular as more and more homeowners look to extend their living spaces outdoors, and these uniquely designed televisions can often withstand elements like rain without losing their functionality. Many outdoor TVs also are designed to handle reflection from the sun, ensuring that homeowners won't have to limit their outdoor viewing experiences to evenings or late nights when the sun has set.

When shopping for outdoor televisions, consumers should do their homework and pay attention to features they may not consider when shopping for indoor tele-For example, visions. outdoor TVs should offer wide viewing angles, as backyards tend to be bigger than living rooms. That means more people can make it over for backyard game watches and movie nights, which underscores the importance of wide viewing angles that make it easy for people seated all over the yard to make out what's on the screen.



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 Mon. May 31st
 Sold 142 head - Cull Dairy ave. \$.57 top cow \$.70, Cull Beef Ave. \$.51 top cow \$.67, Bulls/Steers \$.67 - \$.99, bull calves top \$1.80 beef calf \$2.80, heifer calves \$.30 top beef calf \$2.50, dairy feeders \$.60 - \$.89, Feeder heifers \$.60 - \$.91, Feeder bulls \$.93 - \$.99.

Sat. June 12th - Sale held on the farm – Cherry Valley, NY. 10:00AM SHORT NOTICE Complete Milking Herd & Bred Heifer Dispersal. 425 Head Sell! Commercially Managed Freestall Herd currently ave. 75#/cow in the tank with many milking over 100# - 4.2/3.1 SCC runs 200 – 225,000. This is a year around herd in various stages of lactation with over 100 milking in their 1st lactation. Owners: Howard & Zach Young. GPS address: 836 Dietchie Road, Cherry Valley, NY 13320.

Mon. June 14th – Normal Monday Sale & Monthly Heifer Sale

Mon. June 21st - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. June 28th - Normal Monday Sale & Monthly Organic Day WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS. IF YOU HAVE SOMETHING TO SELL - IF ITS ONE OR A WHOLE HERD, LET US HELP YOU THROUGH THE PROCESS.

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To Your Good Health

by Keith Roach, M.D.

Patient History More Than Just Medical Facts Dear Dr. Roach: I am 77 years old. When I go to a new doctor, there is always that past history form to fill out. I know to include current medications, includ-

ing OTC and allergies, but how far back should I go? Should I include the tonsillectomy when I was in grade school (I don't recall how old I was)? Or the surgery to remove a benign tumor from my right femur in 1955? The miscarriage in 1961? Or that the last of my five children was born over 40 years ago?

I would include the surgery because my right leg is about 3/4 inch shorter than my left. After all these years, it causes a backache after standing too long. - S.B.

Answer: In general, doctors want all the information you can give. However, past medical history tends to become less important as people get older. I agree with you that the surgery on your femur is important: Even now, a leg-length discrepancy may still benefit from being addressed. A small (half the discrepancy or less) adjustment to the shoe of your shorter right leg may help reduce your backache.

If I were your new doctor, it would be important to me to know you had a 40-year-old son (and about the

Herkimer County Board of Elections announces new early voting location

The Herkimer County Board of Elections announces a partnership with Blessed Sacrament Catholic Church in Mohawk. After completion of a search process to comply with legislation passed last year, it was determined Blessed Sacrament's Parish Hall fit all the needs of the Board of Elections to successfully conduct early voting for the upcoming year.

Commissioners Tranter and Drumm commented, "Sister Mary Jo has been nothing but welcoming and helpful throughout the whole process. The Parish Hall, which is located behind the church, offers great parking. The hall itself is a great space. We hope to be here for many years to come."

Besides the change in location, the Board of Elections has also adjusted the time for early voting on Sundays so as to not overlap with Mass.

Early voting will take place June 12 - 20 at Blessed Sacrament Parish Hall located at 71 East Main St., Mohawk.

Hours of early voting:

- Monday, Thursday and Friday: 9 a.m. 5 p.m.
- Tuesday and Wednesday: 12 8 p.m.
- Saturday: 9 a.m. 2 p.m.
- Sunday: 11 a.m. 4 p.m.

Any voters wishing to still vote in person on Election Day or during early voting are requested to wear a face mask or covering and practice social distancing while in the poll sites. This guidance is subject to change.

Contact us should you have any questions. For more information visit herkimercounty.org/elections, facebook.com/HerkimerCountyBOE or call 315.867.1102.



rest of your children), but that would be more to know who you are as a person. I also ask my patients to identify someone in their family who can help make decisions if you are unable to. That should be done formally, through a health care proxy designation, which is complementary to the advance directive that all adults should have.

It's a privilege for me as a primary care doctor to get to know my patients and follow them over years, sometimes many years.

Dear Dr. Roach: I've read about a new drug for depression that is supposed to work quickly. Is it safe? -NF

Answer: Ketamine, like many biological molecules, has two forms that are mirror images of each other. Esketamine, the more active of the two, has recently been approved by the Food and Drug Administration for treatment of depression, and is the first new class of approved depression medication in vears.

It is striking how quickly it works. With the intravenous drug, test subjects found their mood improving within hours, as opposed to the weeks it takes most current drugs to work. With the nasal spray form, the kind just approved by the FDA, benefit began within two hours and persisted throughout eight weeks of follow-up. It is not yet clear how long the effect will last and whether (or more likely, how often) additional doses will be necessary in long-term use. It is approved to be given only in a doctor's office, and only for people who have been resistant to other medications.

There are significant potential harms. Blood pressure goes up after the dose, and people can have sedation and disorganized thinking after treatment. For now, the drug is given only through a restricted distribution system

I am cautiously optimistic. Depression is a serious disease with treatments that are not as effective as we would like. Any new type of treatment is a source of hope; however, I have seen potential "miracle drugs" turn out to be only moderately useful.

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.

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 June 16 gmail.com.

June 10, 11 and 12

Rummage Sale & Bake Sale at Middleville United Methodist Church, Rt. 29 Middleville. Thursday 9 a.m. - 3 p.m. Friday 9 a.m. - 5 p.m. and Saturday 9 a.m. to 12 p.m. Something for everyone. Masks and Distancing required.

June 12

Avery Rifle will be on view 11 a.m.-2 p.m. at the 1805 Frisbie House. This rifle was carried by Nat Foster and Nick Stoner. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Center. Free.

COVID-19 Vaccination at the World's Largest Yard Sale at the Herkimer County Fairgrounds, 135 Cemetery St., Frankfort 8 a.m.-3 p.m. Walk-ins are welcome or you may pre-register by accessing the link at: tinyurl.com/2k6vxa8r.

Little Falls Community Outreach first Pride Fest in Burke Park. More information about Outreach and the Pride celebration can be found at lfcommunityoutreach.com and by visiting their Facebook page and event, or contact Outreach at 315.823.1409.

Craft Festival 2021 event can**celed.** 41st year slated for June 11, 2022. Sponsored by the Church Of Christ Uniting in Richfield Springs.

June 13

Avery Rifle viewing 1-3 p.m. at the 1805 Frisbie House. This is a onetime event and will not be available after this day. Sponsored by the Salisbury Historical Society, 109 Route 29A, Salisbury Cener. Free of charge.

June 14

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

Third Wednesday Night Dinners Pulled pork dinners at Ilion First Baptist Church, 8 Second St., 4 -6 p.m. or until sold out. Takeout or delivery only. For more info call 315.894.9041.

Herkimer County Public Health Rabies Clinic 5:30-7 p.m. at the Ilion/Frankfort VFW Pavilion, 4274 Acme Road, Frankfort. Pre-register by calling 315.867.1176.

June 20

Poland Volunteer Fire Company Father's Day Drive-Through Chicken Barbecue noon until sold-out at Poland Fire Station #1, 216 State Rt. 8, Poland (between Poland and Cold Brook). No pre-sales.

July 12

Rabies clinic at Susquehanna SPCA 4-7 p.m. Register at 607.547.8111 ext 111.

July 18

RSCC Sundae Run/Walk 100% of proceeds from this 5K/10K go toward our nonprofit community center. Registration limited. 8 a.m. start. Register at runsignup. com/Race/Events/NY/Richfield-Springs/RSCCRunWalk

July 21

Third Wednesday Night Dinners Pulled pork dinners at Ilion First Baptist Church, 8 Second St., 4 6 p.m. or until sold out. Takeout or delivery only. For more info call 315.894.9041.

July 24

Moses **Quinby Day.** Beekeeping convention and public field day. Speakers. Craft and food vendors. Kids' activities. Music. Fort Klock in St. Johnsville, 10 a.m. - 4 p.m. For info email mosesquinby62@

July 26-30

Herkimer Vacation Bible School: "Jesus: Man of Mystery" Explore the "I AM" statements of Jesus online or in-person with our multichurch collaboration! Pre-register at www.HerkVBS.weebly.com

August 16

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

September 13

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

September 18

Evening at the Tavern 4-7 p.m. at 1747 Nellis Tavern, St. Johnsville. Reservations only 518.568.2997.

October 4

Rabies clinic at Susquehan**na SPCA** 4 - 7 p.m. Register at 607.547.8111 ext 111.

November 15

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

December 13

Rabies clinic at Susquehanna SPCA 2 - 5 p.m. Register at 607.547.8111 ext 111.

Double chocolate popcorn balls

Ingredients

- 1/2 cup sugar
- 1/2 cup corn syrup
- 1/4 cup butter or margarine
- 2 tablespoons cocoa powder
- 8 cups freshly popped popcorn
- 1 cup semi-sweet mini chocolate

baking bits Directions

• Combine sugar, corn syrup, butter and cocoa in medium saucepan; bring to a boil.

• Add popcorn, stirring until evenly coated. Remove from heat. Stir in semi-sweet mini chocolate pieces. Cool slightly.

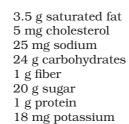
• Shape into 2-inch balls.

• Double Chocolate Popcorn Balls

Nutrition Facts:

150 calories

7 g total fat







Double Chocolate Popcorn Balls. Courtesy of The Popcorn Board



Celebrate National Turkey Lovers' Month

Turkey isn't only what's for Thanksgiving dinner it's enjoyed by Americans year-round. This may surprise you, but June is National Turkey Lovers' Month!

An estimated 46 million turkeys are consumed at Thanksgiving. However, two-thirds of the turkey produced annually is consumed during months other than November, making June a great time to recognize turkey farmers for providing us with delicious, high quality turkey products.

Turkey can be served in a variety of ways for each meal of the day. It is high in protein, which is important for building lean muscle mass and staying active. In fact, a three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, only one gram of fat and zero grams of saturated fat.

In celebration of your favorite bird, why not make a

special feast everyone will love? Show your support for New York's turkey industry by firing up the grill and enjoying a turkey tenderloin, steak or drumstick tonight. If you don't have time to grill, stop by your local sandwich shop and enjoy turkey on the go.



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Alzheimer's Association fundraiser held at Mohawk Homestead

The Mohawk Homestead held its third annual "Pennies for Alzheimer's Association" and raised \$160 this year. Even with the pandemic, still managed to beat last year's total by \$60.

A check will be presented to the local chapter for the "Longest Day" fundraiser that the association does each year.



Mohawk Homestead's recent annual "Pennies for Alzheimer's Association" event raised \$160. Photo courtesy of Mohawk Homestead













Bible Trivia

by Wilson Casey

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

2. How many beasts rising out of the sea did Daniel have a dream about? 4, 7, 13, 20

3. From Judges 3, who was the left-handed Benjamite

that killed Eglon? Geshem, Agag, Ehud, Joram 4. In 2 Kings 4, who purified a pot of deadly stew with flour? Josiah, Elisha, Jehu, Hilkiah

5. From Judges 1:6, what king had his thumbs and

Four easily forgotten road trip safety tips

toes cut off? David, Adoni-Bezek, Josiah, Herod

Adoni-Bezek; 6) Malachi Sharpen your understanding of scripture with Wil-

son's Casey's latest book, "Test Your Bible Knowledge," 6. Whose biblical name means "messenger"? Aaron, available in bookstores and online.

Getaways come in many forms. A getaway can be restful and relaxing whether it involves a journey to a small island thousands of miles from home or a

favorite campsite that's just a few hours burner for billions of people across the away by car.

As the world gradually emerges from a pandemic that put travel on the back



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Activities are being planned for a jam packed day of Family Fun! Watch for more details



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2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!

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globe, people anxious to get away from home may finally feel comfortable seeking getaways that don't involve air travel. If the open road beckons you in the months ahead, the excitement ahead can make it easy to overlook certain safety measures. The following are four easily forgotten safety measures to keep in mind as you head off for parts unknown.

Moses, Samuel, Malachi

1. Have your vehicle serviced before hitting the road. The pandemic significantly affected people's driving habits. Millions of people spent the pandemic working remotely, and many have continued to do so even after being vaccinated. Total driving distances fluctuated throughout the pandemic. For example, the Federal Highway Administration reported that the total distances driven in July 2020 had declined by 11 percent compared to the same month a year earlier. That decline was more drastic according to figures examining total distances driven in April 2019 and April 2020, when driving had decreased by 40% compared to a year earlier. Though driving may have increased as the pandemic wore on, it's still a good idea for drivers to have their vehicles serviced before a road trip. Request a full tuneup that includes an oil change, a battery check and a tire rotation. These services and other maintenance tasks like fluid refills can reduce the likelihood of breakdowns and reveal any issues that might make driving less safe.

2. Determine if your vehicle is the subject of a recall. Recalls are issued if a safety issue has been uncovered since a car hit the market. The National Highway Traffic Safety Administration has a list of recalls available on its website at NHTSA.gov/Recalls. Recalls are fixed free of charge, and it's best to look well in advance of a trip to ensure you have time to take the vehicle in for its update.

Answers: 1) Neither; 2) 4; 3) Ehud; 4) Elisha; 5)

3. Get used to driving with accessories on the vehicle. Summer road trips are typically taken with bicycle racks attached to rear windows or the top of the vehicle. Drivers unaccustomed to having bicycles or storage units attached to their vehicles should make a few trial runs so they can get acclimated. Backing up with bike racks on the back of the car can be tricky for novices, so a little practice with the bikes on the back may be helpful. Drivers who intend to tow campers also may benefit from a little pre-trip practice.

4. Pack a map. Though maps have long since fallen out of favor due to the availability of GPS, people traveling to remote areas may find their smartphone signals fading in and out as they get closer to their destinations. A map can help road trippers overcome service interruptions and arrive at their destinations on time.

Road trips may be especially popular this summer. Some simple safety measures can ensure drivers and their passengers stay safe.



The following are four easily forgotten safety measures to keep in mind as you head off for parts unknown.



171 Tanners Road Fort Plain, NY 13339

Growing a themed garden

by Andrea Knepper, Extension Master Gardener Intern, University of Vermont

Have you been bitten by the gardening bug but aren't sure where to start? Picking a theme such as a salad bar garden or salsa garden can help narrow down choices and focus your planning. How about growing a pizza garden with all your favorite ingredients and toppings? Choosing a theme can minimize frustration when visiting the garden center and being overwhelmed by all the beautiful, interesting choices for vegetables and herbs.

Before you start thinking about plants, decide where you're going to put your garden bed. Try to find a location that receives full sun, which means the site gets at least six hours of direct sunlight per day. Keep in mind that the hours of direct sunlight can change over the course of the growing season.

Raised beds are a great choice for beginning gardeners. One or two 4-ft. x 4-ft. beds is a nice size to get started. Containers are another great option. A five-gallon bucket is a great size for a tomato plant. You can use smaller containers for other



A pizza-themed garden, which includes tomatoes and other ingredients to make pizza, is a fun way to get kids interested in gardening. Photo courtesy of Kie-ker/Pixabay

plants or combine some smaller plants in a large container. Grow bags are another inexpensive choice.

Know the first and last frost dates for your area to plan accordingly. You can search the National Gardening Association's website (garden. org/apps/frost-dates) or check the websites of garden and seed companies. Many have online search generators where you can put in your zip code to get the average dates of the first and last frost in your area.

Next, make a list of things you like. Don't limit yourself to thinking just about gardens and plants. Include everything from colors and activities to food and drink.

Do you love to make pizza with your family? Let's go through the planning process for this themed garden. The same process can be applied for other themed gardens.

Brainstorm ingredients you might need for your pizza. Think of everything from sauce to toppings to garnishes. Your list may be extensive and include tomatoes, peppers, eggplant, zucchini, spinach and basil.

Narrow down your ideas by researching space and sunlight

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You also should check out the University of Vermont Extension Master Gardener gardening resources website at go.uvm. edu/gardening-resources. This site has many informational articles for all gardeners, including tips for growing plants and troubleshooting.

Once you've selected and purchased your plants, keep any information that comes with the plant. Stick the plastic tag in the ground next to the plant, write the information in a notebook or

make your own tag noting the variety name. Plant your seeds or

starts carefully, ensuring they have enough space. Make sure larger plants won't shade smaller plants later in the season. The little seedlings you plant now will grow tremendously over time.

Water your garden regularly and keep the weeds to a minimum. Consider using an organic fertilizer or adding compost during the growing season. Check your plant tags for any additional care your plant might need.

Soon enough, you'll have tomatoes for sauce, basil for pesto and several pizza-topping options you grew yourself!



HERKIMER COUNTRY EDITOR

Blueberry and pomegranate power bars

There's only so much food you can eat in one day so make every bite count. Choose nutrient dense foods that serve a nutritional purpose.

Ingredients

8 cups popped popcorn1 1/2 cups old-fashioned rolled

oats

1 cup dried blueberries
1/2 cup pomegranate seeds

1/2 cup pointegranate secus
1/2 cup whole natural almonds, toasted and coarsely chopped

• 2/3 cup honey

• 2/3 cup light brown sugar

2 tablespoons butter or margarine
6 ounces bittersweet chocolate, melted

Directions

• Line 13x9-inch pan with foil; spray with cooking spray.

• Combine popcorn, oats, blueberries, pomegranate seeds and almonds in large bowl.

• Combine honey, brown sugar and butter in small saucepan; cook over low heat to boiling; boil 2 minutes. Pour over popcorn mixture and mix thoroughly.

• Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.

• Dip bottoms of bars into melted chocolate. Place on wax paper lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.



The antioxidant properties of blueberry and pomegranate mix with whole grain fibrous popcorn for a power bar that's perfect on the go. Picture courtesy of The Popcorn Board



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Rabies Clinic set June 16

Herkimer County Public Health will host a Rabies Clinic at the Ilion/Frankfort VFW Pavilion, 4274 Acme Road, Frankfort, on Wed., June 16, 5:30 - 7 p.m.

• Cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors.

• Every dog and cat needs two rabies vaccinations

one year apart, then one every three years. • Bring the pet's rabies vaccination history to re-

ceive a 3-year certificate.

• Ferrets must be vaccinated every year.

• Dogs should be on a leash, cats should be in a carrier and ferrets should be in a carrier or pillowcase.

No exams will be given.

A \$5 donation per pet is suggested to defray costs. Visit herkimercounty.org to view a complete listing of Rabies Clinics and to pre-register by calling 315 867 1176

Please note: Pre-registration will end at the close of business the day before this clinic.

COVID-19 vaccination opportunity at the World's Largest Yard Sale

Herkimer County Public Health is proud to partner with the Oneida County kimer County Fairgrounds, from 8 a.m. - 3 p.m. Walk-ins are welcome or you may Health Department to vaccinate our residents. The Johnson & Johnson vaccine will be offered at the World's Largest Yard Sale in Frankfort on June 12 at the Her-

pre-register by visiting tinyurl.com/2k6vxa8r.

Protect pets in hot weather

Warm weather brings many changes. Warm weather can make travel more enjoyable and affords people more time to comfortably enjoy the great outdoors.

It's best to keep safety in mind when soaking up the sun. That's important for all members of the family, including pets. Cats and dogs are as susceptible to heat-related illnesses as their human companions.

Recognize heat stroke

Pets can suffer from heat stroke, according to the American Red Cross. Certain breeds of dogs are highly susceptible, particularly those with short snouts, such as pugs and bulldogs. Excessive exercise in hot weather, lack of appropriate shelter outdoors and leaving a dog in a hot car may precipitate an episode of heat stroke. It's important to get the pet out of direct heat right away and check for signs of shock, which include seizures, a body temperature of 104° F or higher, stupor, increased heart rate, or excessive panting. Placing water-soaked towels on the pet's feet, head, neck and abdomen can bring down its temperature.

Be cautious of hot surfaces Humans wear shoes on their feet for protection, but pets do not have that luxury. Think about how hot your feet can feel when you scurry barefoot across hot sand en route to the

\$275 - 1 DAY

\$425 - 2 DAY \$825 - 5 DAY

\$2995 - 30 DAY

shoreline or to cross a deck to get to the pool. When the sun beats down on surfaces, those surface temperatures rise quickly. According to a 2010 study by Liberty Home and Pet Services, at peak afternoon sun and an ambient temperature of 95° F in southern Florida, the temperature of cement was measured at 125° F, red brick at 135° F, blacktop at 140° F, and grass at 102° F. Individuals who think a car is safer for their dog or cat may be surprised the informal study measured 152° F on seat surfaces.

Provide extra water

It's likely you will need to fill your pets' water bowls more frequently in warm weather

than during other times of the year. Be sure to provide constant access to fresh water even for young puppies that may be learning to house train. Avoid cutting fur too short

If a veterinarian suggests a hair cut may be beneficial for keeping a pet cool or comfortable, resist the urge to shave down to the skin. Having at least one inch of fur will protect the pet from sunburn.

Outdoor hazards

Warm weather may bring out a high number of insects and wildlife. Use a flea and tick preventative product and medication to protect against diseases. Snakes, skunks, raccoons, foxes and other animals may be roaming around, and a scuffle with your pet can result in injury.

Pets need extra care during the warm weather to avoid damage and sickness from the sun, heat and more.



Mums and

Fall Ornamentals Available

September 1st









June is Dairy Month, and we'd like to thank our dedicated dairy farmers for producing the wholesome and delicious treats we enjoy all summer and all year. We salute your hard work and commitment to quality, and we greatly appreciate your important contribution to the health of our community and our economy!

Celebrate "June Is Dairy Month"

by Susquehanna County Dairy Ambassador Charlotte Quick

It's June again... and that means Dairy Month. This year, with COVID-19 restrictions lifting, we have even more ways to celebrate. I'll give you just a few of my favorite ways, but you can always make up your own for fun. Now that people are getting out more, dairy farm tours are starting to open back up. This is an amazing way to see the full process of how milk goes from the dairy farm to your table, and you can meet some pretty cute cows along the way. Another way to celebrate Dairy Month, that goes handin-hand with farm tours, is a farm breakfast. It's another fun activity that some dairy farms do before tours, where they feed their guests a farm style breakfast-pancakes, eggs, bacon, and of course, tall glasses of cold milk. Not all farms do this, but there are a number of dairy farms that do offer this experience. An additional and easy way to celebrate "June is Dairy Month" is to throw a dairy party. Invite your friends over for some milk, yogurt, cheese and ice cream. Who could turn that down? This is also an easy way to get your 3 daily servings of dairy. Finally, if you really want to spread some smiles, celebrate by sending a thank you card to a local farmer in your community. Tell them just how much you appreciate their hard work and the nutritious dairy products they produce. Trust me, they'll love you for it. So, what are you waiting for? Get out there and celebrate "June is Dairy Month," because before you know it, it'll be onto July.

> Susquehanna County Dairy Ambassador Charlotte Quick is making sure to thank the cows, too. Photo courtesy of Evie Goff, Susquehanna County Dairy Princess and Promotion Chairperson





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Coffee Break

Home Country by Slim Randles



Ran into Herb Collins the other day down by the school. He volunteers there, from time to time, helping kids with their math homework, and trying to recruit future members of The Great World of Business.

He loved business, back in the days when he lived in the city and ran the pawnshop. For years now, ever since he hung up his jeweler's loupe, he's told us that there was an excitement to making the right deal.

"It has to be right for the customer and for me, or it isn't right at all," Herb always says. "You can do that and make several people happy and earn a living. There's no need to take unfair advantage of someone just to earn a living."

Our little town is a bit tame after city life, but it's Herb's wife's hometown and she wanted to come back here to live after he retired. So Herb turned to helping kids understand how wonderful business can be. He's advised kids on the most effective way of delivering newspapers on their bicycles, he's suggested advertising gimmicks for kids with summer lemonade stands, and he's helped several boys market their skills with a lawn mower. You can take the man out of the business, I guess, but it's hard to take the business out of the man.

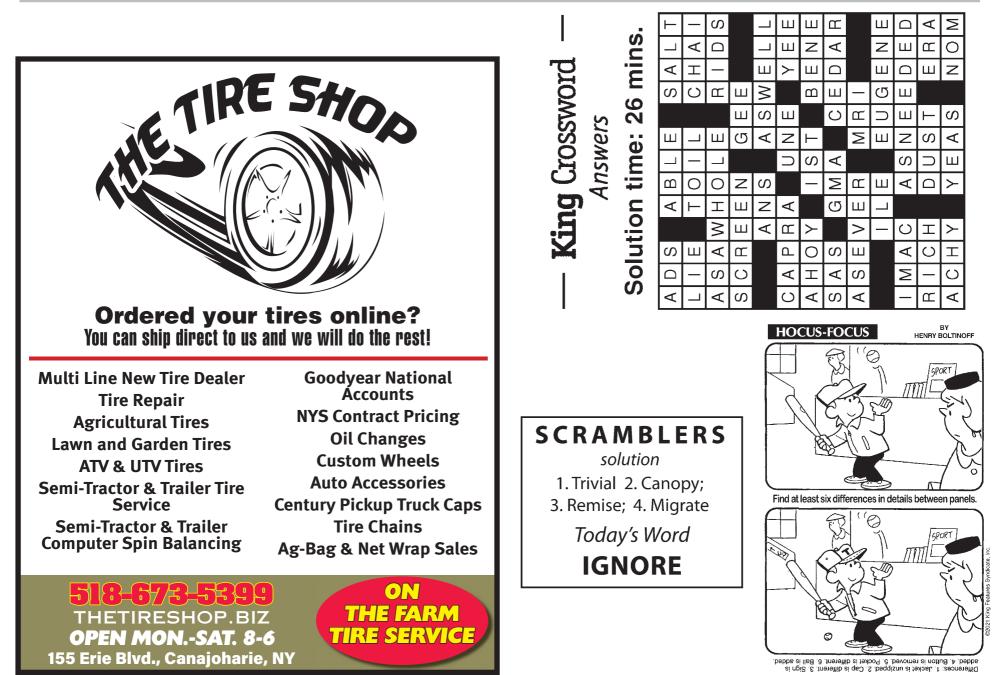
So after the shaking hands and the how-are-yous, we talked about kids and business, and the new crop of youngsters coming up this year. I couldn't help thinking ol' Herb might jump at the chance to dive back in the world of commerce again, but he disabused me of that right away.

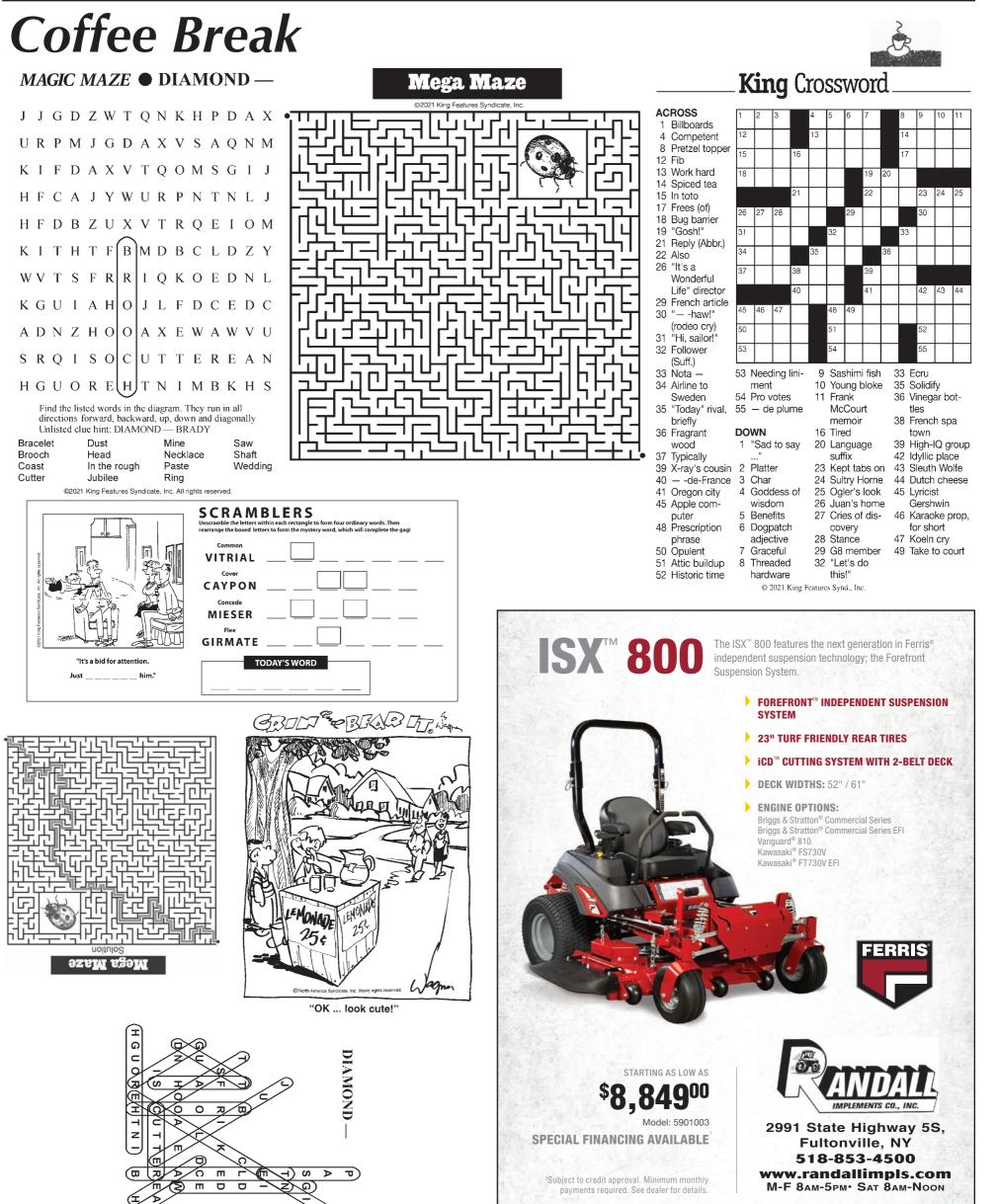
"All through with that," he said, shaking his head. "I was a successful businessman and now I'm successfully retired."

Successfully retired?

"That's right," he grinned. "I have a wife and a television set, and they both work."

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980 Restaurant Supplies

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1040 Services Offered

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Furniture

535 Generators

585 Guns 587 Hair Styling

605 Heating 610 Help Wanted

653 Hotel / Motel

700 Lawn & Garden

805 Miscellaneous

811 Monuments 812 Multi Media

815 Motorcycles

Rentals

1080 Snowmobiles

1096 Sports 1109 Thrift

1140 Trailers

1148 Travel

1165 Trees

1180 Trucks

Trains

Vacuum

1190 Vegetable

1200 Veterinary

1205 Wanted

820 Nurseries

813 Music

817 Nails

910 Plants

683 Jewelers

711 Lessons

810

975

1075

1147

1170

1187

589 Hardware

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253 Consignment

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Waterwise vegetable gardening

by Nadie VanZandt, Extension Master Gardener, University of Vermont

Conserving water is always a good idea, and if the dry weather of the last two summers is any indication, it should become habit.

Fortunately, we can learn from gardeners in dry climates how to successfully grow plants during droughts. These tried-and-true sustainable practices protect and insulate plants to yield a bumper crop.

A healthy soil amended with compost is your first defense against drought. Besides nourishing your plants, compost enables water retention. Work the compost into the soil around established plants.

A good second defense is to adopt companion planting: the practice of growing plants that physically and chemically complement each other together. This improves productivity, discourages diseases and pests and maintains a healthy soil.

The best-known example of companion planting is the clever use of corn, pole beans and winter squash by Native Americans. This trio is called the three sisters, and has many benefits.

The corn stalks support the pole beans, which fixates the nitrogen in the air to the soil. The large squash leaves shade the soil and act as mulch while their prickly edges discourage weeds and pests.

When using companion planting, consider spacing plants so their leaves barely touch when full-grown. This keeps the soil surface cool.

A third defense against drought is to use hydrozoning, the method of grouping plants with similar watering needs to conserve water. Deep-rooted vegetables, such as asparagus and tomato, should be placed together to benefit from deep, but less frequent, watering.

Similarly, shallow-rooted plants, such as strawberries and bush beans, planted together benefit from shallow, but frequent, watering.

Even sun lovers appreciate a little shade. In an established garden you can spread a shade cloth over vulnerable plants. Some gardeners even use patio umbrellas.

Heavy mulching is another way to keep the soil moist and cool. About two or three inches of organic mulch such as straw or grass clippings will do the trick. Avoid hay as it may contain weed seeds.

Most importantly, water wisely and with the right tools. Watering early in the morning allows the plants to get water before the heat of the day. Avoid overhead sprinklers because most of the water is wasted through evaporation.

Targeting the base of the plants saves water and prevents fungal diseases. A simple watering wand attached to your hose will do the job. Less frequent and deep watering will benefit deep-rooted plants, such as tomatoes, pumpkins, parsnips, artichokes and watermelon.

To make a deep-root irrigator you can use a simple PVC pipe. Cut a two-inch-diameter PVC pipe in two-foot lengths. Starting eight inches from one end, drill onequarter-inch holes every two inches along the rest of the pipe for drainage.

Cover the pipe with a piece of open-weave shade cloth tied securely to one end of the pipe with a plastic tie. The shade cloth prevents debris and rodents from entering the pipe.

Dig a hole next to the plant and bury the pipe, open end down, with the holes facing the plant. For easy access, leave three to four inches of pipe above ground. Place your hose over the shade cloth to water the deep roots through the pipe. For plants with shallower roots, use soaker hoses.

Reduce watering after the plants are established and resume when flowering and fruit setting begins.

Finally, control weeds to ensure your plants do not compete for nutrients and water. Make a ritual of removing weeds before they flower and make seeds.

Water wise practices make sense in a changing climate. With a few changes, you can still reap a bountiful harvest, protect a precious resource and save money in the process.

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Targeting the base of garden plants using a watering wand attached to a hose saves water and prevents fungal diseases. Photo courtesy of Lynn Ketchum/Oregon State University



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Protect your parks: Four ways to keep facilities clean

Parks have long been popular places to congregate. Many parks offer various amenities - from walking or biking trails to dog runs to fitness areas. And while thousands of individuals and families visit parks each year, when the COVID-19 pandemic was declared in early 2020, parks provided an escape for those who were unable to gather at indoor recreational facilities.

Even though parks offered safe places to have fun outdoors when other options were limited, the pandemic affected the way the parks were managed due to budget cuts and reduced staff. This, coupled with a surge in visitors that continues today, only underscores the importance of all outdoor enthusiasts doing what they can to keep parks clean. The following are four effective strategies for individuals to follow.

1. Leave no trace

According to National Geographic, Leave No Trace is a set of environmental ethics for interacting with the great outdoors. It follows guidelines for using parks in thoughtful, sustainable ways. In addition to carry in/carry out policies for belongings and trash, Leave No Trace components involve making an effort not to disturb any plants and animals, hiking in appropriate areas, and using care when camping. More information about the Leave No Trace movement is available at lnt.org.

2. Manage pet waste

The Environmental Protection Agency estimates that, in the US, pet dogs produce more than eight billion pounds of feces each year, which equates to three-quarters of a pound per dog every day. Dog waste can contain bacteria and even cryptosporidium, a parasite that infects humans.

Even though animal waste is organic, leaving it alone instead of picking it up can lead to environmental issues, including negative effects on local water supplies. It also smells bad and attracts flies and vermin. It's important for park visitors to pick up after their companion animals.

3. Reduce waste

It can take roughly 450 years for a plastic water bottle to biodegrade. Even if they finally break down, bottles made from polyethylene terephalate (PET) can leave toxins in the soil and threaten fresh water. Use a reusable bottle instead of a single-use alternative when visiting the park. If plastic bottles must be used, be sure to place them in recycling containers around the park. **4. Volunteer**

Individuals can volunteer to pick up trash at their local parks. Various conservation groups and organizations organize trash pick-up events each year. Increased usage of parks means the

potential for more trash and damage. Everyone can do his or her part to keep parks clean and enjoyable.



There are four effective strategies for individuals to keep parks clean.









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