AUGUST 13, 2021

Delivered by the U.S. Postal Service

518-673-3237 Volume 11 Number 9

"Thus says the Lord who made it, the Lord who formed it to establish it (the Lord is His name): 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know.'" Jeremiah 33:2-3



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Herkimer College awarded prestigious NSF grant to help underrepresented students in STEM

Herkimer County Community College has been awarded a prestigious grant from the National Science Foundation (NSF) to better serve underrepresented minority students pursuing a science, technology, engineering or mathematics (STEM) degree.

The grant was awarded through the NSF's Louis Stokes Alliances for Minority Participation (LSAMP) program and is part of an overarching goal to diversify the STEM workforce. The college's allotment under the nearly \$2 million grant is \$242,381 over a five-year period.

The college was awarded these funds in partnership with six other

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regional colleges: Ithaca College, Utica College, SUNY Cortland, SUNY College of Environmental Science and Forestry, Hobart and William Smith Colleges and Tompkins Cortland Community College – a coalition known as the Central New York LSAMP Alliance (CNYLA).

As one of only two community colleges in the CNYLA, Herkimer College's role is to recruit underrepresented students for two-year STEM degree programs, help those students master college-level academic skills, stay on track for completing their STEM associate degrees on time and provide comprehensive support services to help them be academically successful while also developing a strong sense of identity and belonging as both college students and STEM scholars.

Thanks to the CNYLA, LSAMP scholars will have a specialized transfer path to one of the participating four-year schools, in addition to the more than 150 articulation agreements Herkimer College already provides.

"With the LSAMP scholars cohort, we can take a student all the way from their associate degree to a doctorate in STEM." said



Dr. Jennifer Adjodha-Evans, Herkimer College's LSAMP campus facilitator. She also serves as one of only three principal investigators for the CNYLA and is an alumna of an LSAMP "Bridges to Doctorate" program.

College Herkimer LSAMP scholars will develop their research skills by designing, conducting and reporting on their own original undergraduate research projects and will participate in various STEM career awareness and readiness programs. There will also be a mentorship component and specialized transfer support to help LSAMP scholars move on to bachelor's and eventually graduate-level STEM degree programs.

As part of the CNYLA, LSAMP scholars will also participate in collaborative programming with the other members of the alliance, such as an annual alliance-wide symposium.

"This program hits all of the core values of Herkimer College, and then some," Adjodha-Evans said. "We're creating another opportunity for success that these students may not have had access to otherwise."

For more information about Herkimer College's STEM program and to request information on the LSAMP scholars program, go to herkimer.edu/stem.



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Square Tail Summit Brook Trout & Climate Change event

Are you concerned about the future of Adirondack brook trout? CCE of Herkimer and Hamilton counties invite you to participate in Square Tail Summit Brook Trout & Climate Change on Sept. 15 from 9 a.m. - 3 p.m. at the VIEW Center for Arts and Culture, 3273 Route 28, Old Forge.

This daylong session is for anglers, outdoor enthusiasts, guides, outfitters and those that care for the Adirondacks' aquatic environment. Join us for a day of learning and conversation with leading researchers, citizen scientists and advocates on the frontline of coldwater fisheries and a conversation about how to protect our aquatic environment in a time of dramatic climate change. Learn about trout survival and

population trends, documentation of new strains of heritage trout and how the Adirondack community can work together to protect, restore and sustain the region's fisheries for the future.

Topics include:

• A century of brook trout conservation in changing environmental conditions by Cornell University

• Citizen scientists of Trout Power using DNA to document the habitat of native trout

• NYS DEC's trout stream regulations to forward conservation goals

native fish species in New England

Community conversation on protecting the

Adirondacks' aquatic environment

Special guest will be Bob Mallard, author of "Squaretail: The Definitive Guide to Brook Trout and Where to Find Them" and a founder of Native Fish Coalition. He will be speaking and signing copies of his book.

The Square Tail Summit is part of a year-long educational effort to inform and prepare individuals and communities for likely environmental changes due to climate change in the Adirondacks region.

Registration for the summit is \$20 including lunch and handouts. See the event at tinyurl.com/tcbbrjk2. For more information, contact Garet D. Livermore, executive director/ag issues leader, CCE Herkimer County, at 315.866.7920 ext. 232 or gdl56@cornell.edu.

Early Intervention Coordinating Council meeting

The Herkimer County Local Early Intervention Coordinating Council (LEICC) will meet on Friday, Aug. 27 at 2 p.m. The meeting will take place via Zoom. This meeting is open to the

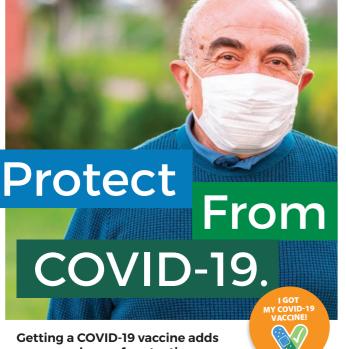
a child currently receiving Early Intervention services or who has received services within the past 10 years and would like to become a member of the

general public. If you are the parent of council to advise on the policies of the program, we welcome your participation. Parents are our most valuable resource in creating the best program for the children.

If you would like information to attend this meeting, or have any questions about Early Intervention, contact Nicole Keyser, supervisor, at 315.867.1176.



Herkimer County NEW YORK Your Link to Long Term **Office for the Aging** Services and Supports Let's All Get Vaccinated



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A safe and effective vaccine to protect against COVID-19 is now availab Learn more: cdc.gov/coronavirus/vaccines

Vaccines are one of the tools we have to fight the COVID-19 pandemic.

- Over 338 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through July 22, 2021.
- Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if they you are exposed (also called immunity).
- Studies have shown the COVID 19 vaccinations are safe, effective, & it's free.
- Different types of vaccines are available. Most vaccines are given in two shots, one at a time and spaced apart. If you are told that you need two shots make sure that you get both.
- The vaccines may cause mild side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean that the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. Most side effects will not last more than a day or two.
- COVID-19 Variants are present in the community and the unvaccinated are at risk of getting sick and being hospitalized.
- · Please consider getting vaccinated so that we can protect all of the children that cannot be vaccinated.

If you need assistance scheduling a vaccination or you need transportation to an appointment, please call 315-867-1121

How to prune tomato plants

by Nadie VanZandt, Extension Master Gardener, UVM

If your tomato plants look overgrown and crowded, now may be a good time to consider pruning them. Although pruning tomato plants is not required, it is a good practice to adopt during the growing season.

Properly pruning tomato plants improves the quality of your fruit. It creates airflow to keep diseases at bay and speeds ripening in cold climates. Pruning also prevents crowding and improves sun exposure, which makes it easier to spot hornworms and other pests.

Plan this task for a dry day. Be sure to disinfect your pruning shears with a 10% solution of chlorine (one part chlorine to nine parts water) before you begin.

How you prune a tomato plant depends on its type: determinate or indeterminate. Determinate types are recognizable by flowering at the terminal end of a branch. This signals stems to stop growing. Determinates grow to a fixed height of about four to five feet. Blossoms develop at the same time, culminating in a short harvest period of about three to five weeks.

Indeterminate types have a vining growth habit. Their terminal buds grow new leaves and branches that progressively produce blossoms and fruit as the vine grows. Indeterminate tomatoes have fruit in various stages throughout the growing season.

If you cannot identify the type by observation, check the seed packet or plant tag from where you obtained your tomato plants. Tomato types should be clearly labeled as determinate or indeterminate on the packaging.

Only minimal pruning should be done on determinate tomatoes because this type sets a fixed amount of fruit. At this time in the growing season, pruning determinate tomatoes should be limited to removing the lower leaves to increase air circulation and pruning the leaves that touch the soil to avoid contamination from soil-borne disease. During heavy rains, this minimizes dirt splashing on the leaves and prevents early blight.

Indeterminate tomatoes benefit from the removal of their lower leaves as well as the following pruning guidelines.

Remove auxiliary buds or suckers (the shoots growing in the angle between the main stem and a leaf stem) to promote earlier and bigger fruit and to help create airflow potentially preventing disease.

Suckers on indeterminates are best pinched off when they are small. Use your fingers to snip them off. You also can use clean pruning shears to remove larger suckers.

About a month before your first expected frost, remove the growing tips of the main stems of indeterminates. This will signal the plant to stop making flowers and setting new fruit. Instead, it will use its energy to grow larger established fruit and speed the ripening process. You also can prune the crowded leaves at the center of an indeterminate tomato plant, again to increase airflow. Just be mindful not to remove the leaves above and below a cluster of fruit as these leaves provide shade and supply the fruit with sugar.

Pruning can be intimidating to novice gardeners, but don't be afraid to try. You will be rewarded with healthier plants and juicier fruit.



Applications are available online at www.cvscs.org or please call (607) 264-9332, ext 501 for more information

HERKIMER

Country Editor

Published weekly on Friday by Lee Newspapers

6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher. President Frederick W. Lee

V.P., General Manager Bruce Button

V.P., Treasurer Janet Lee Stanley

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Pruning tomato plants improves the quality of the fruit by creating airflow, which minimizes risk of diseases and hastens ripening. Photo by Nadie VanZandt

Photo by Nadle Vanzandi

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2021 rabies vaccination schedule

Herkimer County Public Health has announced its 2021 schedule for rabies vaccination clinics through the county. Remaining clinics will be as follows:

• Aug. 26, 5:30 - 7 p.m. at Ohio Community Rec. Center, Nellis Road, Town of Ohio

• Sept. 16, 5:30 - 7 p.m. at Cedarville Fire Department, 960 State Rte. 51, Cedarville

• Oct. 7, 5:30 - 7 p.m. at Dolgeville Fire Department, 20 South Helmer Ave., Dolgeville

• Nov. 6, 7 - 9 a.m. at East Herkimer Fire Department, 193 Main Rd., East Herkimer

All 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 once every three years. Ferrets must be vaccinated every year.

Bring proof of the pet's vaccination history to receive a three-year certificate. Dogs should be on a leash. Cats and ferrets should be in a carrier or pillowcase. No vet exams will be given. This helps to move the clinic along. Owners are responsible to clean up after their animals. Supplies are provided.

A \$5 donation per pet is suggested to defray costs. To pre-register for a clinic, call 315.867.1176. Pre-registration will end at noon the day before all clinics.



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Get back on track with routine vaccinations

August is National Immunization Awareness Month. This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations.







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During August, Herkimer County Public Health encourages you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

Amanda Jones, RN, immunization coordinator at Herkimer Public Health, also encourages you to visit CDC's Growing Up with Vaccines interactive guide, which provides information on the vaccines recommended during pregnancy, throughout childhood and into adulthood.

As your children head back to school this autumn, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed well child visits and recommended vaccines.

Remember to take care of yourself too. Make sure to receive any vaccines you need to stay healthy. Use CDC's adult assessment tool to see which vaccines might be right for you.

August is also a critical time for those who are eligible to get vaccinated against COVID-19.

Herkimer County Public Health holds immunization clinics every Tuesday from 9 - 11 a.m. and 1 - 3 p.m. by appointment only for adults and children of all ages. Help us get every child and adult caught up on their vaccinations. To make an appointment call Herkimer Public Health at 315.867.1176.

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

 Aug. 14
 will end at 12 p.m. Aug. 25. Pre-register by calling 315.867.1176.
 2-5 p.m. Register at 607.547.8111 ext 111.

Blueberry Pancake Breakfast at Fairfield Community Hall at 8 a.m. Sponsored by Fairfield Restorations Association. Take out only. Contact Lynn Swartz at 315.891.3999 or Ifswart@gmail.com with questions.

Aug. 15

2021 Exhibit "Influential Citizens of Salisbury" 1 to 3 p.m. at 1805 Frisbie House, 109 State Route 29A, Salisbury Center. Sponsored by the Salisbury Historical Society.

Aug. 16

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

Aug. 20

Polish Night 5-9 p.m. at the German Flatts Town Park, Route 5S, Mohawk (next to Ft. Herkimer Church). Music by Tony's Polka Band. Polish and American food available. Bring lawn chairs. More info.: contact Carol Vercz at: pvercz@twcny.rr.com.

Aug. 21

Flea Market for H.A.L.O. 10 a.m.-4 p.m. at Ilion/Frankfort VFW, Acme Road. For more info, call Natalie Massita, 315.520.3112.

Aug. 22

"Influential Citizens of Salisbury" exhibit 1 to 3 p.m. sponsored by the Salisbury Historical Society, 109 State Route 29A, Salisbury Center.

Aug. 26

Rabies Clinic 5:30–7 p.m. at Ohio Community Rec. Center, Nellis Road, Town of Ohio. Pre-registration Aug. 27

Herkimer County Local Early Intervention Coordinating Council (LEICC) meeting 2 p.m. via Zoom. If you would like information, contact Nicole Keyserat 315.867.1176.

Aug. 29

Salisbury Historical Society is presenting an exhibit on the **"Influential Citizens of Salisbury** 1 to 3 p.m. Last day of exhibit.

Aug. 22

Utica Tunnel to Towers 5K Run/ Walk at the Utica 9/11 Memorial at The Parkway & Sherman Drive and ending on Genesee Street in Downtown Utica. For more info, contact utica@tunnel2towers.org or visit t2t.org.

Aug. 30

Oil Painting Class with Wilson Bickford 5-9 p.m. at Auskerada Place, 78 S. Main St., Dolgeville. Call "Diane" at 315.429.3618 to register.

Sept. 11-12

47th Annual Fort Klock Craft Fair 9 a.m. - 4 p.m. Saturday and Sunday 10 a.m.-3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

Sept. 12

Breast Cancer Benefit for Jacki Moore 1-6 p.m. at Fireman's Field, 39 Pleasant Ave., Ilion. Each ticket includes: Chicken Barbecue Dinner from Promiseland Barbecue.

Sept. 13

Rabies clinic at Susquehanna SPCA

Sept. 14

Regular meeting of the Salisbury Historical Society at 6:30 p.m. at 1805 Frisbie House, 109 State Route 29A, Salisbury Center.

Sept. 16

Rabies Clinic 5:30-7 p.m. at Cedarville Fire Department, 960 State Rte. 51, Cedarville. Pre-registration will end at 12 p.m.Sept. 15. Pre-register by calling 315.867.1176.

Sept. 18

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

Craft Fair 10 a.m. to 5 p.m. at Cullen Pumpkin Farm, 587 Cullen Road, Richfield Springs. Fair is coordinated by the Church of Christ Uniting and benefits their annual fundraising efforts. Visit www. rschurchofchristuniting.com.

Sept. 19

Special Program: "Salisbury Iron Mines" presented by Robert Schmid at 2 p.m. at the 1805 Frisbie House, 109 State Route 29A, Salisbury Center. Sponsored by the Salisbury Historical Society.

Oct. 4

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

Oct. 7

Rabies Clinic 5:30-7 p.m. at Dolgeville Fire Department, 20 South Helmer Ave., Dolgeville. Pre-registration will end at 12 p.m. Oct. 6. Pre-register by calling 315.867.1176.



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<u>COLD BROOK</u> COLD BROOK UNITED METHODIST CHURCH 467 Main St Sunday Worship 10:30 AM

NEW LIFE CHAPEL OF THE AFA 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 FELLOWSHIP Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

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

ST. JOSEPH'S ROMAN CATHOLIC CHURCH Father Brian Slezak, Pastor 31 N. Helmer Ave. Phone 315-823-3410 Mass 9 AM Sunday

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

<u>FRANKFORT</u> 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 S 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 Sundav 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 Bd 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 nants John and Lori Wood 429 N. Prospect St. Liei 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 Schoo 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 churchofjesuschrist.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 FPISCOPAL 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 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

ILION Morning Star United Methodist Church 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankford 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) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12

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

with a 1 week delay.

HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Father Brian Slezak, Pastor 763 F Main St Phone 823-3410 Saturday Vigil Mass 4 PN 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 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

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 Bd • 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.kuvahorracc.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

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To Your Good Health

by Keith Roach, M.D.

Studies Don't Support CDB Oil for Depression

Dear Dr. Roach: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? – D.

Answer: There are animal studies and some preliminary data suggesting that cannabidiol, a non-psychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as THC. There is a chance that the "CBD oil" he purchased has THC in it: in one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

Dear Dr. Roach: I've been taking an ACE inhibitor and a calcium channel blocker for the past four months for high blood pressure as advised by my

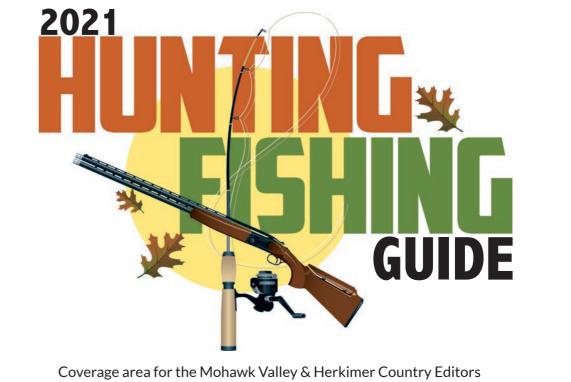


cardiologist. In my blood test a month ago, my vitamin D level was at 16. I'm also taking weekly vitamin B12 as advised by my neurologist. Can I take vitamin D2 (50,000 IU) as a weekly dose for six weeks to overcome vitamin D deficiency, or would it interfere with blood calcium balance? – B.S.

Answer: Vitamin D will not interfere with the action of your ACE inhibitor or calcium channel blocker. Vitamin D usually has a very small (if any) effect on blood calcium levels, as these are tightly regulated through multiple means, especially the parathyroid hormone level and the kidneys.

I see many people who are given a six-week course of high-dose vitamin D2, such as the 50,000 units weekly for six weeks you were prescribed. I do not prescribe it that way, since many people wrongly feel that this will "cure" their low vitamin D, and they stop monitoring it after the course of treatment. Many people have inadequate vitamin D levels, and although there is some disagreement about what levels need to be treated, yours is in the range where everyone agrees treatment is necessary. For those who need it, ongoing supplementation of vitamin D is necessary, whether through pills, diet or sun exposure. For most people with a level as low as yours, oral supplementation is by far the most effective and safest treatment. I prefer 1,000 - 2,000 IU of vitamin D3 daily as a starting point for supplementation in most.

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.



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August is Tree Check Month for invasive beetles

August is the most critical time of vyear to spot the Asian longhorned beetle (ALB) as adult activity peaks. That's by why the USDA is declaring August of "Tree Check Month" for this invasive of pest. Checking trees for the beetle and to the damage it causes is how residents by can help USDA and its partners eliminate the beetle from the U.S., and provetect more trees. USDA and its partners in are working to eradicate the tree-kill-

ing beetle in Massachusetts, New York, Ohio and South Carolina. However, residents in all states should keep an eye out for any new incursions.

"We're asking for the public's help to find Asian longhorned beetle and any tree damage it causes, because the sooner we know where the insect is, the sooner we can stop its spread," said Josie Ryan, APHIS' National Operations Manager for the ALB Eradication Program.

The ALB is an invasive wood-boring beetle that attacks 12 types of hardwood trees in North America, such as maples, elms, buckeyes, birches and willows. Infested trees do not recover and eventually die. Infested trees also become safety hazards since branches can drop and trees can fall over, especially during storms. In its larval stage, the insect feeds inside tree trunks and branches, creating tunnels as it feeds, then adults chew their way out in the warmer months, leaving about 3/4inch round exit holes.

The adult beetle has distinctive markings that are easy to recognize: A shiny black body with white spots that is about one to 1.5 inches long; black and white antennae that are longer than the insect's body; and six legs and feet that can appear bluish in color.

Signs that a tree might be infested include round exit holes in tree trunks and branches about the size of a dime or smaller; egg sites that are shallow, oval or round wounds in the bark where sap might weep; sawdust-like material called frass found on the ground around the tree or on the branches; and branches or limbs falling from an other-





1027 E. German St Ex • Herkimer, NY • (315) 866-6848 mohawkvalleyhearth.com wise healthy-looking tree. **How You Can Help**

The public has a vital role in helping to stop the spread of the ALB and eliminating it from infested areas. If you think you found a beetle or tree damage, report it by calling the ALB hotline at 1.866.702.9938 or submitting an online report at AsianLonghornedBeetle.com. Try to photograph the ALB or tree damage. If you can, capture the beetle in a durable container and freeze it, which helps preserve the insect for identification. Then report it.

If you live in an ALB quarantine area,

Be on the lookout for the Asian longhorned beetle. Photo courtesy of USDA-APHIS

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James R Kamp

keep the tree-killing pest from spreading. Follow state and federal laws, which restrict the movement of woody material and untreated firewood that could be infested.

It is possible to eradicate the pest. USDA and its partners eradicated the insect from Illinois, Boston, MA, New Jersey and portions of New York and Ohio.

For more information about the ALB and the eradication efforts, visit Asian-LonghornedBeetle.com. For local inquiries or to speak to your USDA State Plant Health Director, call 1.866.702.9938.



171 Tanners Road Fort Plain, NY 13339

Poland student starts summer by diving into multiple leadership opportunities

Poland student starts summer by diving into multiple leadership opportunities

Since completing his junior year in June, Poland Central School District student Nathan Draper has participated in the New York State Education Department's

room and in extracurricular activities.

Photos courtesy of Herkimer BOCES

in Hearing Instrument Sciences

Digital Equity Summit, attended American Legion Boys State and started as the student member of the Poland Board of Education.

"It's been a very busy summer so far," he said. Draper, 17, will be a

senior in the 2021-22 school year. He is still de-

Poland Central School District student Nathan Draper (13) walks onto the basketball court

www.herkimerhearing.com

during the 2020-21 school year. Draper is a leader on the basketball court, in the class-

ciding on a college and a major and is considering a career path of attending a law school and going into politics or attending a technology school and going into engineering. Either way, his recent leadership experiences should be very beneficial, he said.

"I want to be in a position where I can rally people together and get stuff done," he said.

Draper, who plays soccer, baseball and basketball at Poland, said sports is what sparked his interest in leadership. Bringing those skills to other aspects of life such as school policies can make a true impact, he said.

"I think sports has really taught me a lot about leadership," he said. "In sports, you see people step up and bring people together, so you can bring that more into the real world."

Poland Principal Greg Cuthbertson, who is also Draper's baseball coach, was an influence in Draper's decisions to take on these opportunities.

These leadership roles should be very valuable for Draper - including the networking he has done through the Digital Equity Summit and Boys State and the information he'll learn from Board of Education about functions, policies, procedures and the tone of meetings, Cuthbertson



Draper is sworn in on July 13 as the student member on the Poland Board of Education by Board Clerk Donna Wellington.

said. Draper also was one of the 2021 captains of the boys' varsity basketball team, is a member of the National Honor Society, served in Student Council and was elected by other students as class president in ninth,

10th and 11th grade. **Digital Equity Summit** The statewide Digital Equity Summit took place virtually on June 15 with about 300 atincluding tendees

Poland 11









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Poland from 10 -

students, teachers, principals, superintendents, government officials and other leaders from across the state. The goal of the

Draper poses wearing an American Legion Boys State shirt.

event was to allow decision-makers to hear directly from students about increasing digital equity for all NYSA state students and how their experiences with virtu-

have the opportunity to learn equally," he said. "If you don't live in the right place or make as much money, you should still have the same equal access to education." **Boys State** After Draper played "Taps" at a local funeral, he was talking to American Legion members, and they

recommended Boys State to him. He had heard good things about it and knew that Cuthbertson and many political leaders had gone to Boys State, so he decided to go for it.

"I thought it would help with leadership abilities and public speaking and things like that," he said.

After going through the application and interview process, Draper was selected to attend, and American Legion Post 1118 in Cold Brook sponsored him and paid for his attendance.

Poland 14



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Draper said it's im-

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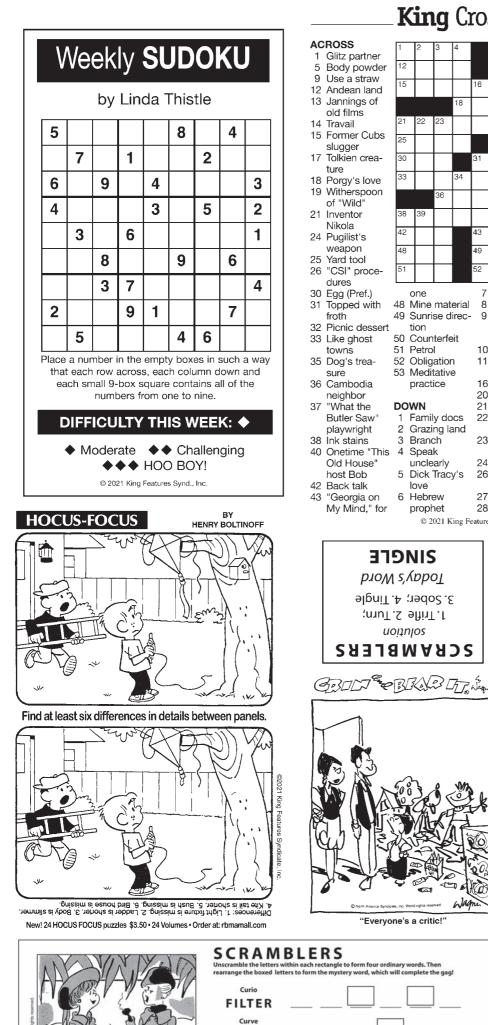
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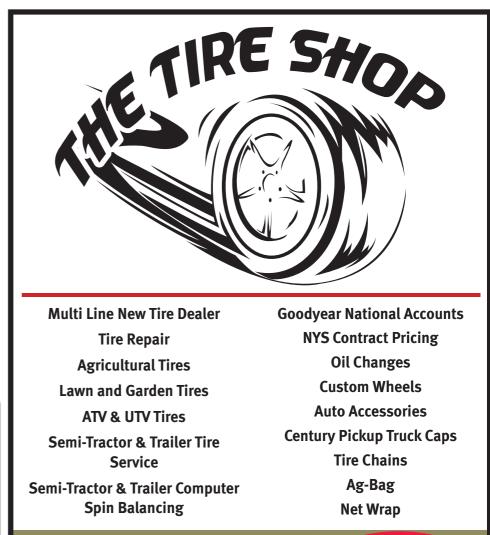
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: Must Pay Before Passing Through							
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ON THE FARM TIRE SERVICE

lmost all of us know how to pronounce pandemic now, and we have a pretty good idea of what it means since everyone we know spent more than a year under virtual house arrest.

But that didn't help Billy much. Billy's our town dog, of course. He's been our town dog since Sally passed away on Doc's porch, and Billy's owner died two weeks later. Sometimes an honored





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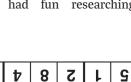
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August 13, 2021 • 13

position doesn't require an election.

Billy took right to it. He made his daily rounds to the back door of the Chinese restaurant and the Mule Barn coffee shop. He drifted over to the Rest of Your Life retirement home often to give the old folks another reason to enjoy life.

And there was his job, too. Every weekday morning Billy was on duty at the street crossing where the kids went to school. Martin, the crossing guard, was always there with his vest and his sign, and Billy was the official cross-the-street escort.

But when the pandemic hit, the kids were suddenly home schooled and Mar-

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tin stayed home as well. This threw a big monkey wrench into Billy's gear box.

So about once a week, a bunch of us masked coffee drinkers would go to the school intersection and stand there until Billy showed up. He'd look both ways and take us across the street, and then continue on his daily rounds. Just because we're in a pandem-

ic doesn't mean we can't do our job.

Brought to you by "The Fly Fisherman's Bucket List," published by Rio Grande books and written by Slim Randles, who had fun researching it.

Paw's Corner

by Sam Mazzotta

Are Dog Treats Bad for Fido's Health?

Dear Paw's Corner: I use dog treats to train my 18-month-old puppy Jif. At the dog park, an owner said that using treats is bad and that Jif will eventually get fat. That's hard to believe, as he is really energetic. He only responds when he knows there is a treat after each command. What do you say? – Lee in Alexandria, VA

Dear Lee: Ah, to treat or not to treat! That's a big issue for many pet owners. Ultimately, you are in charge of Jif's training and health. Unsolicited advice from other dog owners is only a little helpful, at best.

I've interviewed and observed champion breeders

Poland from 11 —

American Legion Boys State for NYS took place virtually June 27 - July 1. The days began with live videos, daily routines and guest speakers.

Students were split into groups, and about half of the time was spent participating in mock elections – including writing speeches and campaigning – and the other half was spent doing the job you were elected to. Draper became a county legislator through the mock process.

"It was a lot of learning from the start," he said. "It was very eye-opening for me about how the political process works."

Board of Education

Since district residents voted 129-38 in May 2015 to add an ex-officio student member to the Board of Education, Cuthbertson recommends a senior each year for the role, and he selected Draper for the 2021-22 school year.

"I was super excited to do it," Draper said.

The student board member attends all public board meetings and participates in all board hearings and meetings but does not attend executive sessions or have a vote.

Cuthbertson said he talks to teachers including social studies teacher Tom Basel for help with making the decision on the student board member.

"When it came down to it, I thought he would be a good representative of the student body," Cuthbertson said, of Draper. "Kids talk to him. He has a good pulse on the student body."

Cuthbertson said he knew Draper would be honest, give his own opinions and do his best to represent the overall student body.

Draper's feedback also will help the school,

and trainers, and one thing I've noted over the years is that some dogs get a treat at every turn, for seemingly every move they make. Other dogs do fine with a treat at the end of their routine. And backstage, when show dogs are being groomed, primped and prepped? They're getting treat after treat. These are champion dogs in top shape.

Things to note with using treats:

• Treats help build a positive association with specific commands or actions.

• The pros use treats that are as healthy as possible: no byproducts, no preservatives. They're often homemade.

• Treats are cut into very small pieces. They can be

Cuthbertson said.

"It's going to be great for us – not only for the student body, but for the board too," Cuthbertson said.

As class president since ninth grade, Draper has regularly participated in meetings Cuthbertson holds with all of the Poland class presidents before Board of Education meetings.

"That kind of introduced me to the Board of Education process," he said.

Draper attended his first Board of Education meeting as student member on July 13. He said Poland Superintendent Laura Dutton did a great job of explaining his role on the board and how he will get materials to review before board meetings. He thinks it's vital that

students have a voice on the board. "It's super important," he said. "Our board members are great and everything, but you need someone who's actually affected by the policies that are put in place." given more frequently without adding too many calories.

• Dog treats don't replace meals. Make sure your puppy is fed on time each day with the recommended amount of food for his age and weight.

It's possible to replace some of Jif's treats with other positive associations. Praise, attention, a favorite toy – things that bring him joy. Build that anticipation of reward in different ways. Check out a few training books or work with a dog trainer on new ways to reward Jif. Send your tips, comments or questions to ask@

Send your tips, comments or questions to ask@ pawscorner.com.

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Good Housekeeping -**Chilled Corn & Bacon Soup**

Light but lush - it's thickened with late-season corn, low-fat milk and a Yukon gold potato - this refreshing farmstand soup is August's answer to cold-weather chowders.

Ingredients:

4 slices thick-cut bacon, cut into 1/2inch pieces

1 large shallot, finely chopped

3 cups fresh corn kernels

1 large (8 ounce) Yukon gold potato, peeled and shredded

Don't Miss Your

1/8 teaspoon smoked paprika, plus additional for garnish

2/3 cup water 4 cups (1%) low-fat milk

Salt and pepper

1/4 cup packed fresh cilantro leaves Directions:

1. In 12-inch skillet, cook bacon on medium 6 to 8 minutes or until crisp and browned. With slotted spoon, transfer to paper towels to drain. If making ahead, cover and refrigerate up to overnight.

2. Drain and discard all but 1 tablespoon fat from skillet. Add shallots and cook on medium 2 minutes or until golden and tender, stirring occasionally. Add 21/2 cups corn, shredded potato and paprika. Cook 2 minutes, stirring, then add water and cook 7 minutes or until liquid evaporates and vegetables are tender.

3. Remove skillet from heat and transfer corn mixture to blender. Add milk and 1/8 teaspoon salt and puree until mixture is very smooth. Cover and refrigerate until soup is very cold, at least 3 hours and up to overnight.

4. To serve, divide among serving bowls. Top with bacon, cilantro, 1/8 teaspoon freshly ground black pepper and remaining 1/2 cup corn. Garnish with paprika. Makes 4 servings.

• Each serving: About 375 calories, 12g total fat (5g saturated), 23mg cholesterol, 750mg sodium, 54g total carbohydrate, 5g dietary fiber, 17g protein.

For thousands of triple-tested recipes, visit goodhousekeeping.com/ food-recipes.

Now Here's A Tip

by JoAnn Derson

• Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.

• Berries are in season, and there's no greater time to stock up. But don't feel like you have to make iam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

• "Do you love burgers? Here's a great thing our family does that saves money and is very handy: When ground beef goes on sale, we buy a large quantity and premake many burger patties, seasoned and shaped just as we like them. Then we separate them with butcher's paper cut into squares. We put them in stacks, and then into empty bread bags to store in the freezer. When we are getting ready to cook out, the patties don't have to be all the way defrosted, just put on the grill and cooked up!" A.J. in Florida

• Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.

• Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

Send your tips to Now Here's a Tip, 628 Virginia Dr., Orlando, FL 32803.

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9th Annual

Seven ways to help pet welfare organizations in need

Approximately 6.5 million companion animals enter animal shelters across the U.S. each year, according to the American Society for the Prevention of Cruelty to Animals. With so many pets in need of a home, animal shelters and rescue groups often struggle to keep up - and many could use your help.

Whether you have room in your home to welcome a pet or room in your heart to give back to the pet welfare community, here are some ways to get involved.

1. Donate money or supplies

While money is always appreciated, there are so many items that animal shelters and rescue groups need to care for adoptable pets. Some of the most common items needed are towels, leashes, toys, pet brushes, beds, food and cleaning supplies. Check your local rescue or shelter's website to learn about their donation policies and see if they have a wish list of items.

2. Support brands that support adoptable pets

Purina ONE has been supporting animal shelters for more than 15 years, in fact, since 2015 the brand has donated nearly 8 million pounds of dog and cat food, worth more than \$11 million to provide adoptable pets with the nutrition they need through every life stage.



Award-winning choreographer, dancer, singer and actor Derek Hough has teamed up with Purina ONE to further its mission by raising awareness of pets in need and helping them find their forever homes.

You can help by registering for the 28-Day Challenge to make a difference in your pet's health and a big difference in the life of an adoptable pet. When you switch your pet's food to Purina ONE, you'll notice a visibly healthy pet in just 28 days; that's the 28-Day Challenge.

"Providing your pet with the proper nutrition they need to be happy and healthy starts from the inside," said Chief Veterinary Officer at Purina, Dr. Kurt Venator, DVM, Ph.D. "When you feed your pet Purina ONE, like I do, you'll notice a visibly healthy pet in just 28 days; signs of which may include healthy energy, a shiny coat, bright eyes and strong, healthy teeth and gums. It will also positively impact pets on the inside by supporting a strong immune system and a strong, healthy heart."

For every new 28-Day Challenge registration by Aug. 31, Purina ONE will donate \$1 to the Petfinder Foundation (up to \$28,000) to waive adoption fees and help more dogs and cats find their forever home. Award-winning choreographer, dancer, singer and actor Derek Hough has teamed up with Purina ONE to further its mission by raising awareness of pets in need and helping them

Seven 17



Bible Trivia

by Wilson Casey

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

2. Who used the excuse "My family is poor, and I am the least in my father's

house"? Aaron, David, Gideon, Jeroboam 3. With what kind of leaves did Adam and Eve attempt to cover their naked-

ness? Sycamore, Fig, Palm, Grape

 $4.\ From Judges 7, with how many men$

Seven from 16 -

find their forever homes.

"I've always been passionate about rescuing pets because there are so many, like my cat, Palo and dog, Luna, which is why I love that Purina ONE has been supporting shelters for years by making donations to help every pet find their forever home." said Hough, spokesperson for Purina ONE. "And you can help too by registering for Purina ONE's 28-Day Challenge be-

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Weekly Sales Every Monday – Misc. items, Poultry & produce etc. will start approx. 12:00. 1:00 we will start Dairy followed by all other livestock. Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.

Mon. Aug. 2nd – Sold 205 head - Cull Dairy ave. \$.51 top cow \$.70, cull beef 4.59 - \$.68, Bulls/Steers \$.50 - \$1.19, bull calves top \$1.20 top beef calf \$2.45, heifer calves \$.15 top beef calf \$2.25, dairy feeders \$.52- \$.92.

FRIDAY, AUG. 13TH - NOTE DATE CHANGE DUE TO THE PRO MOTOCROSS RACE. Sale held at our facility. 11:30AM Summer Production Sale – Selling 100 head of Registered All Breed Dairy Cattle. Exciting consignments from: Dutchview; Sweet-Peas; Mac-Mara, Retso, Morrill Dairy, Fantasy-Found, Honor-Roe, Intervale, Boanco Off Holsteins, Shar-Rich, Spring Relay, Ranway, Peaceful Valley, Laspada Holsteins, Liddleholme, Locust Vale, Millcreek, Selling Holsteins, Guernseys, Ayrshires, Shorthorns & Jerseys. 1 Holstein Service Bull – 1 Jersey Service bull. This sale is full – watch future ads for more details on this sale.

Mon. Aug. 16th – Normal Monday sale & Monthly Sheep, Lamb, Goat & Pig sale. SPECIAL: Chenango Cty Dairy- selling All Holsteins Al Sired - 55 Milking age, 30 youngstock from calves to bred heifers – all the heifers are exceptional. Cows are in all stages of lactation averaging 55#/day. Owners: Warren, Deborah & Mandy Johnson.

Mon. Aug. 23rd - Normal Monday sale & Monthly Organic Day

Mon. Aug. 30th - Normal Monday Sale

Upcoming Sales to watch for:

<u>Sat. Oct. 9th</u> - 11:00AM Morrisville, NY. Morrisville Autumn Review Sale. Watch for more complete details.

<u>Sat. Oct. 30th</u> – 11:30AM Fall Premier All-Breeds Dairy Sale. Accepting 100 head of All Breed Registered Dairy Cattle. Watch for more info on this great sale!

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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did Gideon defeat the Midianites? 3, 30, 300, 3,000

5. Who was the mother of Ishmael? Tabitha, Hagar, Ruth, Mary

6. What was the homeland of Job? Thyatira, Ur, Corinth, Uz

Answers: 1) Old; 2) Gideon; 3) Fig; 4) 300; 5) Hagar; 6) Uz

Comments? More trivia? Gift ideas? Visit www.TriviaGuy.com.

more pets going home."

3. Volunteer your talents

com/AdoptablePets.

how you can help.

4. Adopt a pet



the process of bringing home a loveable new companion.

5. Support and share online

Follow animal shelters and rescue groups on social media and remember to like and share their content. Invite your friends and family to support as well and help spread the word about adoptable pets. Social shares help shelters and rescues reach more people outside of their traditional marketing efforts every day.

6. Keep your own pets safe

Keeping animals out of shelters starts at home. Make sure all of your pets have collars with proper ID tags and a microchip. When you bring a new pet into your family, have them spayed or neutered, and be sure to keep your cats indoors. When venturing outdoors with your dog, be sure to keep him on a leash to ensure safety.

7. Transport animals

If you have regular access to a car, many organizations often need help getting animals to and from vet appointments or transporting them from rescue facilities to shelters. A little driving time goes a long way in getting animals the care they need.

For more information, visit PurinaONE.com/Adopt-ablePets.

Sheds for Sale!!



fore Aug. 31 to help raise up to \$28,000 for the Pet-

finder Foundation; those funds will help waive adop-

tion fees at shelters and rescue groups, which means

Register for the 28-Day Challenge at PurinaONE.

Reach out to local rescues or shelters and offer up

any skills you have that could be of service to the orga-

nizations. Whether you're a knowledgeable carpenter,

a social media star or simply an animal lover, your

time and talent will go a long way in helping rescues

and shelters find forever homes for the adoptable pets

in their care. Start by visiting local shelters and asking

If you've been thinking about adding a pet to your

family, consider adopting. When you adopt a pet, not

only are you opening up your home to a pet in need,

you'll have the opportunity to establish a strong, lov-

ing bond which is essential to building a happy and

healthy life with your new pet. You can search for

adoptable dogs or cats near you through Petfinder.com

or find a local organization to help guide you through



Rent to Own is Available 90 Days Same as Cash Cabins, Garages, Sheds, Lofted Barns, Double Garages Buy now, we have over 20 sheds on the lot ready for delivery! Sheds R US (at JR'S) 7403 St Hwy 5 St Johnsville NY 518-568-8326 Mohawk Valley Fall Machinery Consignment Sale

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Garage sale: Sat. August 14, 9am-3pm 177 Folts Rd., East Herkimer - Various furniture items, rototiller, home decor, bicycles, Nascar collectibles, knick-knacks and more

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The Herkimer County Soil & Water Conservation District Has an opening for a full time, provisional, Conservation Aide This position involves hydroseeding, invasive species programs, assisting with stream erosion projects, education and outreach programs, and assisting staff with a variety of soil and water conservation projects when necessary. Good communication skills. mechanical aptitude and manual dexterity are required. Knowledge of natural resource conservation and agricultural operations is preferred. Average work week of 40+ hours.

For an application, instructions, and specific qualifications contact the Herkimer County Soil and Water Conservation District at 315-866-2520 ext. 5

or go to the website: www.herkimercountyswcd.com Application packet must be

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Country Editor

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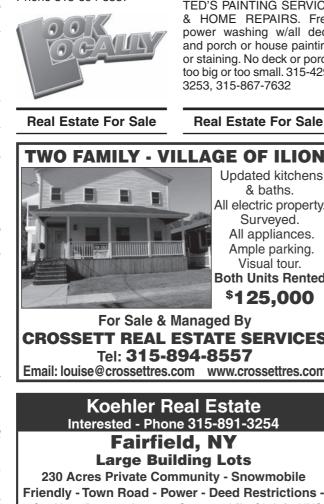
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