

NOVEMBER 26, 2021

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The Lord is my portion, saith my soul; therefore will I hope in him.



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Utica College football team and Oneida County Farm Bureau assist Sheriff's Office before Thanksgiving

Oneida County Sheriff Robert Maciol, members of the Sheriff's Office, members of the Utica College Football team and representatives from Oneida County Farm Bureau picked up 5,000 pounds of locally grown potatoes Nov. 18 that were distributed this week as part of the Utica Food Pantry's Thanksgiving dinners for families in need in the Utica area.

The potatoes were grown locally at the Simmons Farm in Vernon Center and

were purchased at a discounted rate. The funding to purchase the potatoes was provided jointly by the Oneida County Sheriff's Law Enforcement Foundation and the Ancient Order of Hibernians.

The members of the Utica College football team assisted at the farm with the loading of the potatoes and their unloading at the Irish Cultural Center in Utica, where they were stored until they were part of the 1,000 Thanksgiving dinners that were distributed by the

Utica Food Pantry this week.

"The Sheriff's Office prides itself on helping those in our community during a time of need and we're proud and happy to partner with the Utica College football team and our farmers as we do our part to help the Utica Food Pantry in any way we can as they lead the fight against hunger in our community," said Maciol.

On hand for the Nov. 18 event were:

• Oneida County Sheriff's Office: Sheriff Robert Maciol, Undersheriff Joe Lisi, Sgt. Scott Kahl and Officer Curtis Morgan, as well as retired investigator with the Oneida County Sheriff's Office Mike Simmons

- Utica College football team: Hayden Knauf, Jamarious Morgan, Jimmy Polito, Daniel McShane and John Aliberti
- Oneida County Farm Bureau: Benjamin Simons
 - Simmons Farm: Frank Simmons
- Ancient Order of Hibernians: Pat Costello



Members of the Sheriff's Office, Utica College football team and representatives from Oneida County Farm Bureau picked up 5,000 pounds of locally grown potatoes that were distributed by the Utica Food Pantry.



The potatoes were grown at Simmons Farm in Vernon Center. The funding to make the purchase was provided by the Oneida County Sheriff's Law Enforcement Foundation and the Ancient Order of Hibernians.

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Herkimer BOCES students learn about DOT jobs

A towering bucket truck, a versatile welding truck, a large snowplow vehicle and a giant snow blower vehicle were on site recently as senior students from several Herkimer-Fulton-Hamilton-Otsego BOCES Technical Education programs were exposed to a variety of NYS Department of Transportation jobs.

Herkimer BOCES school counselor Meghan Dineen organized the collaborative event with DOT officials and welcomed students at the beginning of the day. The DOT event took place Nov. 10 at the Herkimer BOCES William E. Busacker Complex in Herkimer. The Herkimer BOCES programs that participated were Automotive Technology, Conservation, Heavy Equipment, Outdoor Power Equipment, Welding and the Valley Pathways in Technology Early College High School (VP-TECH).

Students rotated among six stations that were inside and outside the WEB Complex: Snow Plow and Blower, Tree Crew and Herbicide Program, Work Zone, Welding and Bridge Maintenance, Fleet Support and Equipment Management and Job Opportunities.



NYS DOT Regional Administrative and Personnel Officer Timothy Granato (L) speaks to students at an event at Herkimer BOCES for students to learn about DOT jobs, as DOT Assistant Director of Operations Brian Janis (R) looks on. Photos courtesy of Herkimer BOCES

DOT officials also had a "lunch and learn" with Herkimer BOCES CTE instructors following the event.

Dineen said the day was to show students how BOCES programs can funnel naturally into DOT jobs. Some previous BOCES students participated in summer internships at the DOT and went straight into full-time employment after high school, Dineen said.

At the end of the day's activities, Dineen addressed the students, saying, "I hope that today was helpful for you. Our goal is to help you try to imagine what after graduation looks like."

Give Them Awareness

At the Job Opportunities stations, DOT Regional Administrative and Personnel Officer Timothy Granato spoke to students about the variety of DOT jobs available, job requirements, union membership, salary, insurance, time off, retirement and more.

Granato also spoke about how actions such as getting a commercial driver's license and obtaining certifications can allow people to raise their position and salary at the DOT.

"You can move up further the more aggressive you are, the more interest you have in the position, the more initiative you take," he said.

At the Welding and Bridge Maintenance station, Mike Kraeger, a bridge maintenance supervisor at the DOT, spoke to students about how he attended the Herkimer BOCES Welding program in 1988-89, earned DOT certification and worked his way up through multiple jobs at the DOT.

Kraeger, who is also Dineen's father, said he started at Herkimer BOCES because he didn't want to be in a traditional school setting and wanted to pursue

Herkimer 5



Mike Kraeger, a graduate of the Herkimer BOCES welding program and a bridge maintenance supervisor at the NYS DOT, speaks to Herkimer BOCES students.



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Seafood takes top honors in this throw-it-in-the-pot Peruvian Fish Soup. The classic South American flavors of onion, chili pepper and lime blend beautifully with a rich combination of scallops, squid, cod and potatoes.

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 Serrano or jalapeño chile, seeded and finely chopped
- 2 cloves garlic, crushed with press
 - 1 teaspoon ground cumin
- 2 bottles (8 ounces each) clam juice
- 1 can (14 1/2 ounces) diced tomatoes, drained and juice discarded
 - 2 cups water
- 1 pound red potatoes, cut into 1-inch chunks

Salt

- 2 limes
- $1\ 1/2$ pounds cod fillet, cut into 1-inch chunks
- 1/2 pound medium scallops, each cut horizontally in half
- 1/2 pound cleaned squid, bodies sliced crosswise into 1/4-inch-wide rings and tentacles cut into pieces if large
- 1/4 cup loosely packed fresh cilantro leaves, chopped *Directions:*
- 1. In 6-quart sauce pot, heat oil on medium until hot. Add onion and Serrano; cook 8 to 10 minutes or until lightly browned and tender, stirring occasionally. Stir in garlic and cumin; cook 1 minute, stirring constantly.
- 2. Stir in clam juice, tomatoes, water, potatoes and 3/4 teaspoon salt; cover and heat to boiling on medium-high. Reduce heat to medium-low and simmer, covered, 8 to 10 minutes or until potatoes are just fork-tender.



3. Meanwhile, cut 1 lime lengthwise in half. Cut 1 lime half in half again and remaining lime into 6 wedges to make 8 wedges in all; set aside.

4. Add cod and remaining lime half to sauce pot; cover and cook 5 minutes. Add scallops and squid; cover and cook 1 min-

11te

- 5. Remove sauce pot from heat. With tongs, remove lime half, squeezing juice into soup. Stir in chopped cilantro and serve with reserved lime wedges. Makes about 11 1/4 cups. Serves 8.
 - Each serving: About 205 calories, 3g to-

tal fat, 113mg cholesterol, 520mg sodium, 18g carbohydrate, 2g dietary fiber, 26g protein

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Herkimer from 3

education for a trades job. "I was in your shoes in my younger days," Kraeger said.

Kraeger spoke more about job requirements and benefits and how you can take on a variety of tasks such as welding, plowing, tree cleanup, preventative bridge maintenance and fixing bridges.

DOT Assistant Director of Operations Brian Janis said the DOT's goal in participating in the event was to help students learn about and potentially become interested in DOT careers. "Basically, to give them awareness of what we do – the opportunities that DOT offers," Janis said. "I think it's really important just to give them the thought in the back of their mind – it's a great opportunity."

Working for the DOT offers competitive salary, upward mobility, benefits, retirement and the ability to work with your hands and see the results of your accomplishments at the end of the day, Janis said.

The Right Path

Students in CTE programs at Herkimer BOCES are learning skills that translate directly to DOT jobs, Janis said. "They're on the right path," he said.

Herkimer BOCES Automotive Technology student Ryan Calhoun of Poland Central School District said he learned about what DOT workers do for their jobs and saw that a lot of mechanic work would be required with how many vehicles the DOT uses. "It was intriguing," Calhoun said.

Calhoun said he got a lot out of the event because of how relevant it was to what the students are learning at BOCES.

Herkimer BOCES Heavy Equipment student Allen Parker of Central Valley Central School District said he noticed there are a lot of jobs for heavy equipment operators to do. "And that's what I do at BOCES," Parker said



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The large snow blower vehicle was his favorite thing to see at the event. "It's cool," Parker said. "I've never seen anything like it before."

Herkimer BOCES Heavy Equipment student Hunter Gilman of Poland Central School District agreed that the snow blower vehicle was the highlight. "It's really cool because you rarely ever see those," Gilman said.

Gilman said she learned more about the trucks at the event, as well as about job benefits, the hours and time



Students from several Herkimer BOCES Technical Education programs learn about NYS DOT jobs outside of the Herkimer BOCES William E. Busacker Complex.

Andela

Engineering Technician Responsibilities and Duties

The Engineering Technician will be responsible for mechanical layouts of equipment and detailed machine drawings to be prepared for the production floor, manufacturing. Other tasks may include sales drawings, following up with customers, manuals, and detailing/shop drawings. This job requires that you work as a team player and also a self starter. Ability to meet schdules and deadlines.

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off and how you can set yourself up for retirement. "I'm very much paying attention to it," she said.

Gilman noted there are many opportunities in trades jobs – including for female students. "I feel like a lot of girls have been starting to integrate themselves into this sort of job because one, they know a lot about it, and two, it's actually really fun," Gilman said.

Herkimer BOCES
Heavy Equipment instructor Rick Reid said
he was happy to have
his students participate
in the event because he
likes to make them aware
of as many job possibilities as he can.

"Just to expand their options is my biggest thing," he said.

Reid talks to his class about the importance of not only salary but benefits, time off and setting yourself up for retirement.

For students who attend BOCES and learn a trade, they can move directly into good jobs right out of high school, Reid said.

"The trades, they're important," he said. "They're jobs that people are starting to retire from, and we have nobody to replace them."

Gardening:

Buy or make a rain gauge to get watering right

by Lee Reich, AP

In my experience, gardeners often overestimate rainfall. A cloudburst might seem to have thoroughly saturated the ground, but scratch down an inch and you might find bone-dry soil.

Because watering – not too much and not too little – is one of the keys to a successful garden, it pays to be more analytical about that cloudburst.

The amount of rain that fell, how long to water your plants, or how much water plants need is often spoken of in terms of inches. As a general rule, plants need about one inch of water per week to really thrive. It's easily measured with a rain gauge, which you can either buy or make at home out of nothing more than a coffee or some other can, and a ruler.

Because I am the one with the rain gauge, my neighbor usually calls across the fence the morning after a night shower, "How many inches did we get?"

A rain gauge can tell you how long to use your sprinkler to put that inch of water onto the garden. Because the distribution of the water might not be uniform, set out a few cans at random over the area to be watered. Then turn on the spigot, and keep it on until the sprinklers have filled the cans with water one inch deep.

To cover an acre with water one inch deep requires about 27,000 gallons. On a garden of 150 square feet, an inch of water is equivalent to 90 gallons.

If you're watering with a bucket or watering can, use the one-inch measure to determine the amount

needed for an individual plant. It is especially important for newly planted trees and shrubs to be watered their first season.

First, estimate the surface area – in bird's-eye view – over which the roots spread. Usually this is assumed to be the same as the horizontal spread of the branches. The roots of a rose bush I planted this past spring, for example, probably now spread over a couple of square feet. Two square feet, or 288 square inches, times one-inch depth equals 288 cubic inches, or about five quarts, of water.

The rule could also be translated this way: Each week, apply 2.5 quarts of water per square foot. With a watering can, it is easy to see how much water you are using. If you use a hose, compute its output over time, then figure out how long you have to stand there to get sufficient water for the area you are watering. It is probably longer than you expected.

This watering guideline applies to soil that has not dried out too much. If the soil is bone-dry because you haven't watered or because it hasn't rained for three weeks, you have to get it thoroughly wet first. Then, in a week, give that inch, or 2.5 quarts per square foot.

Also, this "inch" rule applies to plants whose roots are mostly in the upper foot of soil, which includes most annual vegetable and flower plants. Plants that root deeper than a foot need more water; corn roots, for example, run three feet deep.

Every gardener should have a rain gauge.

Mechanical or computerized gauges will tell you the amount of rainfall (the depth, in inches) to the nearest hundredth of an inch. Even a straight-sided coffee can is probably accurate to an eighth of an inch.

A rain gauge will tell you if a shower dropped enough water that you can forget watering for a week, or if what you thought was a hard rain was just a piddling quarter-inch sprinkle. If you get only a quarter inch of rain, the remaining three-quarters of an inch, or couple of quarts of water per square foot, will have to come from your hose or watering can.



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Bible Trivia

by Wilson Casey

- 1. Is the book of Amaziah in the Old Testament or New Testament or neither?
- 2. From Acts 5, who convinced the Jerusalem council not to stone the apostles? Haggai, Shebna, Gamaliel, Levi
- 3. The scriptures often use the word "Gehenna," which translates into English as? Hell, Paradise, Poem, Soul
- 4. In 2 Corinthians 5:17, who does Paul describe as a "new creature"? The unborn, Innocent children, Commandment keepers, Any-

one in Christ

- 5. Besides Abiathar, who was a high priest during the reign of David? Passhur, Zadok, Caiaphas, Zebedee
- 6. How old was Moses when he died? 33, 100, 120, 164

Answers: 1) Neither 2) Gamaliel 3) Hell 4) Anyone in Christ 5) Zadok 6) 120

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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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

November 30

Sale, 50/50 raffle. Benefits low cost spay/neuter.

Blood Drive 11:30 a.m. - 4:30 p.m. at Sharon Springs High School, 514 Route 20, Sharon Springs. Visit tinyurl.com/yrd8tb2t Sponsor Code: SharonSpringsHS

December 4

4petsake's Annual Chinese Auction 12-4 p.m. at Crowley-Barnum American Legion, 43 W. Main St., Mohawk. Bake Sale & 50/50 Raffle. Proceeds benefit 4PetSake Food Pantry of Mohawk's Low Cost Spay/Neuter Program.

December 4

4PetSake Annual Chinese Auction, 12-4 p.m. at the Mohawk Legion, 43 W. Main St., Mohawk. Bake

December 5

St. Nicholas Day Noon - 3 p.m. Fort Klock, 7214 State Route 5, St. Johnsville. Call 518.568.7779.

December 10

Friends of German Flatts Town Park, Rt. 5S, Mohawk NY (next to Ft. Herkimer Church) **presents Santa and Mrs. Claus** from 5-8 p.m. at the Community Center Building. Santa will have presents for the kids. Refreshments available. There will be a Christmas Basket Raffle. Door prizes. More information contact Carol Vercz at 315.866.6791 or email pvercz@twcny.rr.com

Brooks BBQ 1 p.m. - sold out. Herkimer Elks Lodge No. 1439, 124 Mary St., Herkimer. Half-chicken, salt potatoes, coleslaw, roll, \$13. Eat-in or takeout.

December 12

13th Annual Candlelight Memorial Service sponsored by Catholic Daughters of the Americas and Our Lady of Hope Catholic Church in Fort Plain at 6:45 p.m. at Our Lady of Hope Catholic Church, 115 Reid Street, Fort Plain. RSVP by Dec. 1 to Doris Dutcher, 52 Garfield Street, Fort Plain, or call her at 518.993.4612.

December 13

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

Area Church Services

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COLD BROOK
UNITED METHODIST CHURCH

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 rcessory 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 Bradset 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolaeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIPPastor Marvin Isum

3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

> UNITED I UTHERAN 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

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414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9 AM; Tuesday & Thursday 9 AM

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TEMPLE BETH JOSEPH

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219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

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229 S Main St Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

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326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

NEW LIFE CHURCH

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

THE SALVATION ARMY

Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/TheSalvationArmyHerkimer 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 AM

TRINITY EVANGELICAL LUTHERAN CHURCH

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Thursday mornings 10 AM on Facebook

> THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome -Family History Center open by appointment

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CHRIST EPISCOPAL CHURCH

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

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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

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Reverend Hans Drews 1161 Elizabethtown Rd. 518-568-7983 Sunday Service 11 AM ILION MORNING STAR UNITED METHODIST CHURCH

Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd. Frankford May 1 - November 1 36 Second Street, Ilion

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109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone

Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday & Wednesday 9 AM

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555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult)

**Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays

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, Pasto 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

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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

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

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Sunday School 9:15 AM Sunday Worship 9:30 AN Wednesday Worship 11 AM & 6 PM

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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 315-366-4782

or 315-520-4723

DENNISON CORNERS COMMUNITY CHURCH

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

MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pasto 20 S. Otsego St. Phone 866-4292 I mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

EMMANUEL BIBLE CHURCH

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

CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director

Rev Leo Potvin Sacramental Minis 71 E. Main St. ntal Minister Phone 866-1752 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

<u>NEWPORT</u>
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street

Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST

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8 • November 26, 2021 HERKIMER COUNTRY EDITOR

Poland field biology class participating in 'very relevant' Adirondacks research project

Poland Central School District science teacher Jessica Meyer's field biology class has joined other school districts and universities for a massive study focusing on wildlife, climate change and land management in the Adirondacks.

The class set up a camera trap and snow stake outside at school that will be used to monitor animals, temperatures, snowfall and more. Meyer also is setting up two other camera traps in the area that her students will help review.

Meyer said it's exciting to be able to give her students the experience of contributing to a valuable, regional project.

"They are part of an actual research effort," Meyer said. "It's very relevant to what's going on right now. There's so much discussion on climate change. This has so much to do with that - it's an essential piece - and they have a first-hand part in

The research is part of the Adirondack Inventory & Monitoring Network (AIM), which was launched through the Roosevelt Wild Life Station and Adirondack Ecological Center of the SUNY College of Environmental Science & Forestry during summer 2020.

The AIM Network describes itself as a cooperative group of university and secondary school faculty and their students, biological field station staff, non-governmental organizations and agency professionals "joining together to build and share an unparalleled database of wildlife occurrence and weather data for northern New York State, including the Adirondacks. Tug Hill and surrounding areas."

The Poland field biology class is in its third year. It's an elective for students in grades 10 - 12 and takes place every day for the whole school year. The goal is to provide outdoor education through a project-based course, Meyer said.

The class provides extra intrigue for students this school year because they get the opportunity to be outside, take their masks off and do something different, Meyer said.

Six students are taking



Poland students in teacher Jessica Meyer's field biology class by the camera trap and snow stake they set up as part of a broader Adirondacks research project. (L - R) Meyer, Frank Sudakow, Brendan Parow, Isabelle Ross, McKenna Allen and Mica Alsheimer. (Absent from photo: Sydney Tabor.) Photos courtesy of Herkimer BOCES

the field biology class this school vear: Sophomores Brendan Parow, Isabelle Ross and Frank Sudakow; junior Sydney Tabor; and seniors McKenna Allen and Mica Alsheimer.

The students recently completed a tree project that included leaf pressing, bark rubbing, using biological keys to identify trees and recording the distance to water sources. Another example of what the class does is a water quality project that includes examining water from a creek, a well and melted snow - "Basically any reason I can find to get them outside, recording data, doing tests and doing labs," Meyer said. When Meyer heard

about the opportunity to join AIM Network research project, she pursued it

right away.

The students said they are enjoying taking field biology and being part of the research project.

"This class is fun," Ross

"It's cool that we're doing something good for the environment," Alsheimer added.

The AIM Network describes its purpose as being "to fill a critical need for high-quality data to address some of the challenging ecological and management issues of our day - from understanding the impacts of climate change on species distributions and natural communities, to identifying landscape linkages, monitoring wildlife populations and informing public land management.'

Jill Walker, a biology teacher at Northwood High School in Lake Placid, got involved, and then suggested the AIM Network reach out to other NYS teachers to collect data and benefit additional students the way the project was helpful for her students, Meyer said.

The AIM Network did expand to involve more high schools, and Meyer pursued the opportunity by gathering more information, applying for the program, talking to school administrators for approval and attending a training in August 2021 at Northwood High School.

Poland is now one of 12 school districts participating in the project and is the southernmost school involved in the study, Meyer said.

Grant funding for the project covered the cost of all of the equipment the Poland field biology class is using, Meyer said.

The field biology class placed its camera trap just off of school property on the neighboring Burritt property, with permission. The setup can't be in underbrush, and it must be in flatland of about 15 feet or more.

Meyer is placing another camera trap on Town of Ohio Highway Department property and on private property in the town of Morehouse, where her parents have a camp.

The camera traps have

Poland 9

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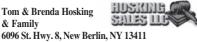
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Poland from 8

cameras with SD cards in them, and photos are automatically taken in response to motion. The separate-standing snow stake has measurements on it and includes two items to attract animals: a turkey feather to draw the attention of animals visually and a vial containing a combination of skunk extract and Vaseline to lure animals through scent.

Once per month, the field biology class will switch out the SD card. Meyer will review the photos first, and then the students will go through the photos to identify animals captured in the photos. Students will use the Zooniverse online platform to help them compare characteristics and identify animals, Meyer said.

The information about the animals will then be shared with the AIM Network. The temperature information will also be recorded, snowfall will be monitored and it will all be turned into the broader research project, Meyer said.

"I think anytime you can take an experience and give it true meaning and take it outside of school and show that it has higher purpose – I think that's one of the best things you can do for your students," Meyer said.



Teacher Jessica Meyer checks the camera trap she set up outside with her field biology class as part of a broader Adirondacks research project.

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If you are interested, contact the Herkimer County
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Reducing reliance on big box retailers

Big box retailers span the globe. Though Wal-Mart, Target and Lowes may offer great deals, there's often nothing unique about big box stores. Proponents of Main Street also note that big box stores can't provide the small business charm that can make local neighborhoods special.

Balance is everything, and that even applies to shopping. Big box retailers can feature in consumers' shopping plans, but there's a place for small businesses as well. The following are some strategies to reduce reliance on national chains.

Look at the alternatives first. Shoppers may look to big box stores because they know what to expect and are familiar with their goods. But exploring smaller alternatives first can turn up some pleasant surprises. Take walking tours of the community and make note of which stores are available. You might just uncover a hidden gem.

Prioritize quality, not quantity. Big box retailers frequently turn to foreign-made products and can offer very low prices because the huge amount of merchandise they sell enables them to negotiate lower bulk prices from suppliers. Mass production of products may result in lower-quality merchandise.

Small businesses may pick and choose their stock, vetting items before the customer even does his or her research.

Ask for recommendations. Reach out through social media for recommendations on small businesses in the area. Find out where others are shopping and what they have to say about certain companies. You may not have certain establishments on your radar and may be pleasantly surprised at the competitive prices and outstanding service provided by local businesses.

Shop in person. There's no denying the convenience and all-hours capabilities of shopping online. However, it denies shoppers the experience of going into a store and browsing for products and getting a true feel for their sizes and quality. Modern consumers are no doubt familiar with the tedious nature of returning online items that fell short of expectations. Such experiences are significantly less common when shopping in-store, particularly at small businesses.

Competition keeps prices lower. Big box retailers may offer good deals, but over time those prices may rise as national retailers command more control of the market. A competitive marketplace



encourages businesses to offer lower prices to attract customers. By shopping a variety of stores, customers can further this healthy competition across the board. Big box retailers need not be ignored. However, consumers can balance their spending at big-box stores and small businesses so they do not become entirely reliant on national chains.





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Five common learning disabilities

Students are often told that hard work is the path to success. Individuals who have learning disabilities may have to work even harder than their peers to be successful.

The Learning Disabilities Association of America says learning disabilities occur due to neurobiological and/or genetic factors that alter the way the brain functions. This can affect one or more cognitive processes related

to learning and interfere with various skills, potentially preventing a person from acquiring the same amount of knowledge as others of the same age.

There are many learning disabilities, and the following are five of the most common, according to LD Resources Foundation Inc., a nonprofit organization that helps find solutions to those who are affected by learning disabilities.

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1. **Dyslexia:** This learning disability can impede a person's ability to read and comprehend text. Students may have trouble with phonemic awareness, or the way to break down words. Similar problems with phonological processing, or distinguishing between similar word sounds, can occur as well.

2. **ADHD:** Attention deficit/hyperactivity disorder is marked by behav-

iors that make it difficult to pay attention and stay on task. The Masters in Special Education, a resource for finding work and study in special education concentrations, says there is debate over whether ADHD is a learning disability. But there is no denying that ADHD can impede success in school settings.

3. Auditory processing disorder/language processing disorder: APD

affects how sounds are processed and interpreted by the brain, advises Web-MD. A person may not be able to recognize slight differences between the sounds in words and may not be able to distinguish the direction sounds are coming from. That's challenging in a classroom setting. LPD is a form of APD that affects how one attaches meaning to sound groups that form words, sentences and so on. An audiologist can diagnose APD.

4. **Dyscalculia:** LDRF says dyscalculia makes it challenging to understand even basic mathematical concepts, such as time, measuring and estimating. A person with dyscalculia may have difficulty following order of operations. And since

math skills build on one another, a student quickly with dyscalculia can fall behind.

5. **Dysgraphia:** A person with dysgraphia may not be able to write legibly. He or she may take a long time to write, hold writing implements improperly and/or struggle with putting thoughts onto a page.

Additional symptoms of learning disorders include failing to tell left from right, difficulty recognizing patterns, lack of coordination, difficulty doing tasks with the hands and challenges associated with concepts of time. Educators and health care providers often collaborate to help those with learning disabilities get the services they need to be successful in the classroom.



There are many learning disabilities, and the following are five of the most common.

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12 • November 26, 2021 HERKIMER COUNTRY EDITOR

Home Country by Slim Randles

t's a danged shame 'bout Thanksgivin'," Windy Wilson said. The others stopped stirring things into their coffee cups and looked at the aging cowboy and camp cook

Windy glanced at the semi-circle of puzzled faces there in the Mule Barn coffee shop. "You know what I mean... 'stead of people we achully know, we gotta spend it with folks we haven't seen since the end of Dubya-Dubya Two."

"You mean family?"

"Shore do, Doc. Now jest think for a minute and 15 seconds here, okay? Now with Halloween, which is my favorite holiday, you get to say hi to a mess-a little kids and give 'em a candy and then they're gone. You get tired of it or the candy bowl gits on down where you can see the bottom of 'er ... you jest turn out the porch light."

A Madison County barn raising

by Troy Bishopp

ittle did I know the tradition of raising a "one-day" dairy barn is what I needed right now, as it speaks to that beautiful process of humans actually working equally together to build community.

Getting another invitation to an old-fashioned barn raising is about as exhilarating as they come. Old-fashioned seems kind of tongue-in-cheek, given that Plain communities in our region build these traditional timber-framed and custom designed buildings pretty regularly,

just like our forefathers I marvel at the sheer

vision of barn raising - the planning and prep work of harvesting, milling and aggregating all the roughcut wood components for a particular build. The beams for this project were made from the farm's own ash trees and the white pine and larch were cut and milled locally. For most raisings there has also been considerable foundation work already prepared for the dairy barn to sit on.

To say it's just a barn

raising diminishes the poetry of the deed. Witnessing the majestic rising of the first bent amongst the hundreds of community members of all ages. knowing the barn will be done by nightfall, is an experience that takes my breath away.

Once the first bent is set and plumbed, more bents, beams and knee braces are joined with wooden pegs while joists, rafters, purlins and roofing are placed and the puzzle pieces start to choreograph together.

With the barn half

"But Windy," said Doc, "Thanksgiving is a family time. Aunts and uncles and grandparents and brothers and sisters and lots of little ones running around. It's a time when we see where we belong.'

"It's the dang things we don't say that really cripple the pig on this 'un, you know." Windy grinned. "Stuff like 'Aunt Marge, you don't sweat near as much as other fat women.' And 'Uncle Bill, did them dang cops ever give you your driving license back?'

"And 'Susan, I hear tell you done okay in that there queenie contest. Did you have to talk or anything like that?"



There probably is something to be said for Halloween.

Brought to you by "Windy's Words of Wisdom," a vital part of Home Country with Slim Randles, on a classic country music radio station near you.



There's nothing quite like community coming together to achieve an ambitious goal. Photo by Troy Bishopp

done by noon, it was time for the next stanza of a traditional barn raising - lunch. This is a time to celebrate the bounty of our food together as one body of neighbors and give thanks to Jesus Christ and partake in the festival of fellowship.

Seamlessly, the work starts again. Now I'm handing up roofing boards to the young lads wielding battery-powered nail guns and eventually transition to hoisting up long sheets of steel roofing. I then step back to marvel at the scale and symmetry of this barn design.

I get a bit choked up because I remember helping Nathan and Kristine get their start in our community with a few heifers and a dream many years ago.

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ROWT/O H/O/E

TOUGH-

n

Now we're all here together amongst their children, grandchildren and a thriving church community. ready for another chapter in life. You might think it's just a barn but it represents so much more. It's a humbling experience.

By five o'clock, the majority of the work is completed. I can't help but linger in my own family's

130-year-old timber-frame barn when I get back home.

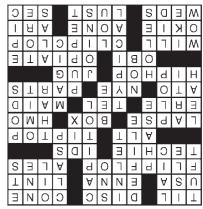
I can just imagine the hundreds of farmers that helped us get our start in agriculture. This old barn stands as a testimony to life - predicated on a strong foundation, solid principles and a basic humility brought forth from our soil that lends itself to our legacy. I feel like a barn raising is one more example of caring people paying it forward.

For more details (and more photos!), check out the full story on countryculture.

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Answer

Meekly SUDOKU



Solution time: 26 mins.

Answers — King Crossword





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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: FEELINGS OF DEEP AFFECTION

As leather As nails Break

Cookie Customer It out Loss

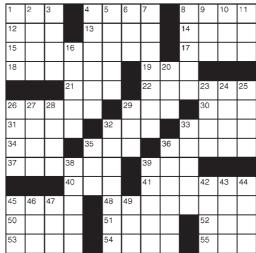
Luck Old world On crime

Sledding Spot Times Row to hoe

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ACROSS

- Up to 4 Platter
- 8 Scoop holder
- 12 Olympics chant
- 13 Sicilian resort
- 14 Dryer fuzz 15 Sandal type
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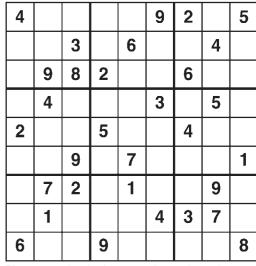
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by Linda Thistle

Weekly **SUDOKU**

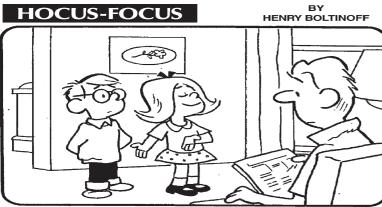


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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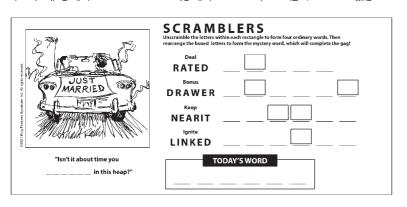
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Find at least six differences in details between panels.



Differences: 1. Flower is reversed. 2. Glasses are removed. 3. Collar is miss-ing. 4. Hair is different. 5. Children are holding hands. 6. Socks are shorter.





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Unique ways local businesses can work together

The effects of a thriving small business sector are undeniable. Though the COVID-19 pandemic challenged the small business sector in various ways, one study from the U.S. Small Business Administration conducted prior to the pandemic found that small businesses account for 44% of economic activity in the U.S. A post-pandemic return to normal could help small businesses regain that influence, especially if such establishments work together.

A recent study from Red Egg Marketing found that 82% of consumers indicate they would spend more to support small businesses after the pandemic. That support should go a long way toward aiding the recovery of small, locally owned businesses. But, such establishments can do themselves a favor by finding ways to work together. Such collaborations can be a great way for local companies to connect with new customers while also supporting fellow small businesses. The following are a handful of ways local businesses can work together as they recover from the economic effects of the pandemic.

Consider cross-promotional events. Cross-promotion is a marketing endeavor in which two or more businesses work together to promote a service or product. For example, a local brewery may partner with a local restaurant to showcase a new beer release and a special menu item that pairs well with that particular beer. These types of promotions shed light on what each business can offer, and many consumers would be happy to learn they're support-

ing at least two local busi-

nesses at the same time. Change suppliers. Many partnership opportunities can be effective even if they're less public in nature. Global supply chains were in flux during the pandemic and have yet to return to normal. That makes now a great time for local businesses to reconsider their suppliers. When doing so, look into local suppliers and let it be known that your products are locally sourced. For example, local restaurant owners can highlight the fact that their foods are sourced from local farms and manufacturers. That may impress foodies with a fondness for freshness and also should reassure customers who want to keep as many of their dollars in the local community as possible.

Form a local business network. When one business on Main Street is thriving, others tend to follow suit. That's especially true when businesses network in the hopes of creating a bustling local shopping district. Local business owners can organize a network via social media or in person communication. Encourage business owners to share what worked, and didn't work, as they built their businesses. Local networks also can be a great forum to plan and pitch community-based events like festivals, holiday bazaars and other functions designed to bring more consumers to Main Street.

Rebuilding after the pandemic poses some unique challenges to small business owners. Working together can be an effective way to overcome those challenges.

CVCSD Foundation names winner of Turkey Trot T-shirt design



The CVCSD Foundation recently named AJ LaPorte winner of its Turkey Trot kids' race T-shirt design contest. LaPorte, son of Hilary and Andrew LaPorte, is a third grade student in Diane Kosakowski's class at Barringer Road Elementary School. The contest was held ahead of the foundation's Turkey Trot race, which took place Nov. 13 at the German Flatts Town Park. The event included free races for kids, a 2K walk and a 5K race. Pictured with LaPorte is his sister and Melanie Crisino, Turkey Trot coordinator.







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Strange But True

by Lucie Winborne

- McDonald's is the world's largest toy distributor.
- The ice cream bean is a fruit with a taste very similar to its namesake vanilla ice cream. The tree that the bean grows on is native to the Americas and can reach nearly 100 feet tall, with bean pods up to six feet long.
- Anyone who moves to the Villas Las Estrellas, a settlement in Antarctica, must first have their appendix preemptively removed, because the nearest hospital is over 625 miles away.
 - The limbo world record is under six inches.
- In 1994, West Virginia prison inmate Robert Shepard braided dental floss into a rope as thick as a tele-

phone cord, used it to scale an 18-foot wall and escaped.

- King Richard II once had to pawn his crown because he was such a spendthrift.
- The first Olympic race took place in 776 B.C. and was won by a chef named Corubus. Moments after receiving his first paycheck, he hired a cook and an agent
- Swedish athlete Ari Petrof is a National Sauna Champion. He once stayed in a 212° F sauna for five hours and 10 minutes.
- The band called The Postal Service took its moniker from the fact that members originally used USPS

to send each other music tracks, due to their conflicting schedules.

- Golf balls were made of wood until the 16th century.
- Spam mail got its nickname from the canned meat after a Monty Python skit that made fun of Spam as tasting "horrible and being ubiquitous and inescapable."

Thought for the Day: "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." – John Lubbock

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New e-book inspires pollinator gardening

Pollinator-friendly gardens not only provide a source of nectar and pollen for bees, butterflies and other beneficial insects but can add beauty and diversity to a home landscape.

To help gardeners and homeowners understand the role of pollinators in food production and provide strategies for creating pollinator habitat, a group of University of Vermont (UVM) Extension Master Gardener volunteers have developed "Gardening for Pollinators and Beneficial Insects." The e-book, available now for garden planning this winter, can be downloaded for free at go.uvm.edu/garden4pollinators.

In addition to identifying some common pollinators and beneficial insects, the authors also delve into the causes of pollinator decline and provide insight into why choosing native plants is so important for providing proper habitat for pollinators.

The e-book includes a number of tips for creating an effective pollinator garden, such as planting a minimum of 10 native plants with different colors, shapes and bloom times and selecting at least three varieties each for early, mid and late season bloom. Links to a pollinator plant palette chart, nurseries and several native plant databases are provided for help with plant selection.

Other sections cover additional recommended features, such as a water source, for creating an inviting garden and tips for being a good host to insects, including planting tall native grasses and interplanting vegetables with flowers. The e-book also is packed with links to resources on native plants, pollinator-friendly garden planning and pollinators and beneficial insects, as well as the UVM Extension Master Gardener Program.

For more information about the Master Gardener Program in Vermont, visit uvm.edu/extension/mastergardener.





















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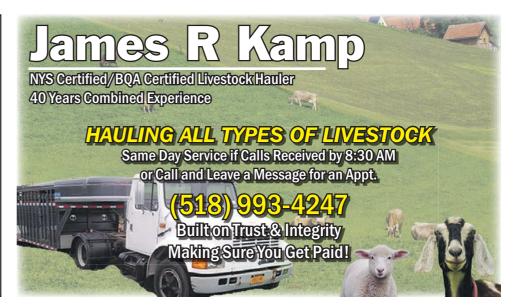








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HERKIMER COUNTRY EDITOR

How to spot signs of cyberbullying

Despite its relative infancy, the internet has become so prevalent in daily life that it's hard to imagine a time when it wasn't so widely available. Yet that time wasn't so long ago. In fact, many adults who are now entering or in middle-age made it through their secondary educa-

tions without the internet. That's not so for today's students, and that divide can sometimes make it difficult for parents to spot signs that their children are victims of cyberbullying.

Cyberbullying refers to the use of electronic communication to bully a



Parents can look for these signs and then take immediate action if they suspect their children are being cyberbullied.

person, typically by sending intimidating and/or threatening messages. These messages may be sent in various ways, including through apps or via social media platforms. According to StopBullying.gov, a website managed by the U.S. Department of Health and Human Services, research has shown that a quick and consistent response to bullying is an effective way to convey that such behavior is unacceptable. But parents first must learn to recognize signs of cyberbullying, which is not always as easy to spot as other bullying behaviors.

The Anti-Defamation League notes that hateful words and rumors are often a component of cyberbullying. In such instances, that abuse can follow young people home, giving them the idea that the bullying is inescapable. In decades past, bullying victims could at least see their homes as safe havens. That's no longer the case, which is why it's vital that parents learn to recognize the signs of cyberbullying.

Young people may exhibit their own unique symptoms if they're being victimized by cyberbullies. In addition, the ADL notes that parents can look for these signs and then take immediate action if they suspect their children are being cyberbullied.

- A child becomes upset, sad or angry during or after being online or using their phone
- A child withdraws from family or friends
- A child expresses reluctance or refuses to participate in activities previously enjoyed
- A child has an unexplained decline in grades
- A child refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general
- A child increasingly reports symptoms of illness for which he or she wants to stay at home
- A child shows signs of depression or sadness

The ADL urges parents who see any of these signs to respond to them immediately. Take a gentle, supportive tone during any discussions with children, making sure to express your concerns while also listening to the child when he or she explains what is so upsetting.

Parents who have confirmed or suspect their child is a victim of cyberbullying should contact their children's school immediately. More information about how to respond to cyberbullying and prevent its recurrence is available at StopBullying.gov.



Good Housekeeping – Maple Pudding

This easy, seasonal version of a pudding makes a festive end to a holiday meal – especially for the kids! *Ingredients:*

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2 1/2 cups whole milk

1/3 cup cornstarch

3/4 cup maple syrup

1 tablespoon butter

1/2 teaspoon vanilla extract

1/4 teaspoon salt *Directions:*

- 1. In medium bowl, whisk together 1 cup whole milk and cornstarch until smooth.
- 2. In 3-quart saucepan, heat 1 1/2 cups whole milk, maple syrup, butter, vanilla extract and salt to boiling on high, stirring occasionally.
- 3. Reduce heat to simmer. Whisk in cornstarch mixture; cook 2 minutes, whisking constantly. Transfer to 6 parfait glasses; cover and refrigerate until cold. Serves 6.

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

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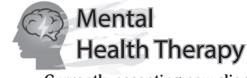
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955 Real Estate Wanted 960 RVs & Motor Homes

Rentals

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Announcements

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Announcements

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HO-HO-HOLIDAY Gift Guide

Purchasing post-pandemic gifts this holiday season

Families, businesses, schools – just about everyone – had to modify daily life in dramatic ways due to the COVID-19 pandemic. Some of the most significant effects of COVID-19, beyond the health implications, have been the changes in outings and gatherings and the ways holidays were celebrated.

The 2021 holiday season figures to be especially jovial as the world continues to emerge from the pandemic. As shoppers hit the holiday shopping trail once more, they can look to the pandemic for gift-buying inspiration.

- Travel-related gifts. Travel restrictions greatly limited where people could go, so millions embraced staycations as a means to taking breaks from school and work. Travel restrictions have now been lifted in many parts of the world, and vaccinated individuals may feel more comfortable traveling again. Consider gifts that include travel essentials, such as luggage, plane tickets, toiletries, hotel vouchers and even gift cards to use on vacation purchases.
- **Preparatory gifts.** People are much more "germ-conscious" as a result of the pandemic. Cases of COVID-19 are on the decline, but it still pays to be cautious and sanitary. Gifts that promote cleanliness may continue to be appreciated and also prepare a person should another pandemic occur in the future. Stylish reusable face masks; special sanitary "keys" that limit contact with things like ATMs, doors and elevator buttons; ultraviolet disinfecting lamps; and even purses and bags that can be cleaned without damage are all gift ideas that make cleanliness more convenient.
- Home improvement supplies. In the wake of canceled vacation plans, homeowners channeled their vacation dollars into home improvements. Those who still have plans to redo and renovate will appreciate gifts that may include gift cards to popular home improvement and design retailers. In addition, as certain home improvement materials like lumber have risen in cost, a cash gift to offset the cost of materials can help people see projects through to completion.
- **Dining out vouchers.** Even though many restaurants pivoted to takeout service or established outdoor seating to meet safety requirements, dining establishments still felt the pain of the pan-







Though the pandemic is something many people would love to forget, holiday shoppers can look to it for inspiration when buying gifts for loved ones this year.

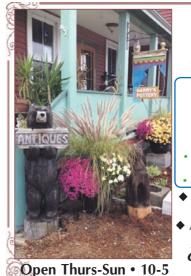
demic. More people have now returned to traditional dining, and restrictions on indoor dining have gradually been loosened. Therefore, gifts that focus on dining out, such as certificates for favorite restaurants or wine bottle caddies for BYOB establishments, can make for great gifts.

• Support new hobbies. Many people took on new hobbies and explored new activities to pass the time during the pandemic. Encourage these hobbies by gifting tools and supplies. If a person adopted a new pet, try pet-toy subscriptions or even pet health insur-

Though the pandemic is something many people would love to forget, holiday shoppers can look to it for inspiration when buying gifts for loved ones this year.







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HO-HO-HOLIDAY Gift Guide

Great homemade food gifts

Gifts from the heart are among the most coveted and appreciated come the holiday season. Hobbyists from all walks of life can turn their passions into handmade gifts, but few gifts may be as welcomed as those that can be eaten.

Cooking and baking ramps up during the holiday season. People can turn extra time in the kitchen into opportunities to create festive treats that are ideal for gifting. But which items are the best of the best? Even though tastes are singular, these items will appeal to most foodies and others on your gift list.

- Jams and preserves: Fruit jams and preserves are versatile foods. They are as at home on toast and biscuits as they are as fillings in cookies and tarts. Jams and preserves can be made with relatively few ingredients and work well with seasonal fruits.
- Cinnamon rolls: Warm, sticky and full of aromatic spice, cinnamon rolls are the perfect comfort foods. These rolls do not typically have a long shelf life, so be sure to present them promptly before they get stale.
- Pancakes (or cookies) in a jar: If you have a fantastic recipe that you can't resist sharing, try turning it

into a gift. Measure and package the ingredients into mason jars, tie with ribbons and include directions for preparation and cooking.

- Mini bundt cakes: Fruit cakes may be a holiday standard, but bundt cakes make for great and traditional offerings as well. Miniature bundts filled with chocolate chips, dried fruits or even those soaked in a favorite boozy-butter glaze can be moist and delicious.
- Chocolate barks or fudges: Seasonal flavors can come to life in chocolate treats. White chocolate filled



with peppermint pieces or dark chocolate and cherry chunks are tasty pairings. Break apart portions of the bark or cut the fudge with cookie cutters and gift inside cello bags tied with ribbons or in cardboard candy boxes.

- Cocktail syrups: Create spicy or sweet syrups that are tailor-made for enhancing cocktails. Anyone on your gift list can then become a master mixologist.
- Shortbread cookie ornaments: Circular shortbread cookies can be decorated with royal icing to look like Christmas ornaments. They can be eaten or even placed on trees to complete holiday decor.
- Festive cookie pops: Cookie pops can be made by mixing homemade or prepurchased crumbled cake with frosting or softened cream cheese and formed into balls. Insert a lollipop stick and dip the balls into melted chocolate or candy melts. Sprinkles, nonpareils or luster dust can be used to enhance the covered pops.

Food gifts are perfect for the holiday season. Handmade treats from the heart show loved ones how just much you care.





HO-HO-HOLIDAY Gift Guide

Last-minute holiday shopping tips

Some people thrive by completing all of their tasks early. Others seem to do their best work when faced with a time crunch. The methods individuals use to manage their time at

that offer free shipping even in the 11th hour.

• Create a budget. When rushing around from store to store, it may be easy to spend more than you want to. Make

Stores have strategies in place to keep shoppers in their establishments longer, hoping you'll make impulse buys. These tricks include scenting the air with inviting aromas, putting and get out on time.

• Subdivide bulk gifts. Think about purchasing bulk gifts like gift baskets from wholesale clubs and then breaking them down into individual gifts. This way you can gift several people on one purchase and save time in the process.

• Choose one-size-fits-all gifts. Think about a gift that can be purchased for multiple people so you can save time shopping for individualized gifts for everyone. For example, print a personalized photo calendar for several members of your family. You also can purchase multiple subscriptions or memberships to zoos or magazines for people on your list. Streamlining gifting in this way may save money as well as time.

• Choose in-store pickup. Rather than scouring various aisles, you can shop a retailer's website and then pick up items in the store. You'll save on potential shipping fees but still benefit by avoiding crowds.

Some people wait until the last minute to do their holiday shopping. A few tricks of

the procrastinator's trade can make last-minute shopping go smoothly





work and play may extend to the ways they approach holiday shopping as well.

There's no right or wrong way to handle holiday shopping tasks, though Christmas Eve crowds at malls and throughout shopping districts suggest that there are more late comers than early birds. The following tips can help those who typically wait until the last minute to check names off their list.

• Utilize free shipping services. Shoppers who shop for gifts online at the last minute run the risk of gifts not arriving on time. Many online retailers charge a premium for expedited shipping. Try to stick to shopping at online retailers

a list of how much you want to spend on each person and stick to that limit for each person. Move on to the next store if you didn't find what you need in your price range.

• Establish a time limit.

necessities at the rear of the store, failing to display the time and putting discounted items by the registers or door to attract shoppers. Set an alarm on your watch or phone for each store so you get what you need





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Chamber of Commerce and the
Canajoharie Volunteer Fire Department

Beat the holiday hustle with these shopping strategies

It's beginning to look a lot like the holiday shopping season. The four- to five-week period between Thanksgiving and Christmas is one of the most frenzied times of year, especially for shoppers.

According to recent research from Needle, an advocate-powered e-commerce company, shoppers report feeling more stress from holiday shopping than they do from family obligations and holiday travel. Eighty-

ing a list and checking it twice. Only by writing a list will you be able to ensure you do not forget anyone. Savings expert Lauren Greutman from Flipp, a Canadian savings app, suggests including teachers, coworkers and service people in addition to family and friends on the list.

• Track deals and coupons. Sticking to a budget is easier when you utilize tools that help you save even more. Resources like Honey and Retail Me Not



A few expert tips can make holiday shopping less complicated.

four percent of consumer respondents in Needle's survey stated that gift-giving caused them stress. Finding the right gifts for everyone can be particularly challenging.

While it may not be possible to remove all of the stressors surrounding holiday shopping, these tips may help make the job more manageable.

• Outline everyone on your list. Santa has it right by mak-

will automatically apply coupon codes at checkout to make sure you are getting the lowest prices possible online. Social media, retailer websites and third-party apps also can be great places to find bargains.

• Protect personal information. The Federal Trade Commission says to protect yourself financially by shopping only on secure websites with an "https" address. Stick with retailers that tell you what they do with your data and how they keep it secure. Consider creating a separate email address and/or account password for shopping retailers to reduce identity theft and other fraud.

- Shop early. Bank of America says one of the easiest ways to overspend is waiting until the last minute to shop and then having to settle for what's available, regardless of prices. Spread out purchases and begin holiday shopping before prices increase.
- Be wary of fake coupons. The internet has made shopping and researching easier but also more complicated at the same time. A deal that seems too good to be true may be just that. Counterfeit coupons are phishing scams that can end up compromising personal information when you click on them.
- Take advantage of ware-house stores. Make the most of that membership fee by buying the bulk of your gifts at a warehouse store to save time and money. These retailers carry everything from jewelry to electronics to clothing. Also, they sell gift baskets or boxes around the holidays that can be divided into multiple gifts, saving you even more.

There are many ways to make holiday shopping easier and more affordable.







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