

## MADISON COUNTY

**Madison County is known as a leader when it comes to renewable energy and sustainability initiatives. This Renewable Energy Trail map is a guide to connect the many forward-thinking buildings and projects located throughout our community. We encourage you to use this guide to visit and learn more about how green technologies are working at these destinations.**

### Renewable Energy Trail

**2016 Madison County Renewable Energy Trail**

**Legend**

- ★ Trail Destination
- ★ 2012 Solarize Madison Location
- + Commercial Wind Turbine
- Waterbodies


**Roads**


**Road Type**

- US Highway
- Interstate
- State Highway
- County Highway
- Local Road


Map Prepared by the Madison County Planning Department

1. Oxbow Falls Park Micro-hydro system
2. Nichols Pond Park Solar Power system
3. Madison Wind Farm - 1<sup>st</sup> Wind Farm in New York State
4. Colgate University Trudy Fitness Center - LEED Gold Building
5. Morrisville State College Sheila Johnson Design Center- LEED Gold Building
6. Colgate University Willow Biomass Pilot Project
7. Madison County Solid Waste Facility - Solar, Gas to Energy, Recycling Center
8. Fenner Renewable Energy Education Center
9. Morrisville State College Renewable Energy Training Center
10. Munnsville Wind Farm







6. Colgate University Willow Biomass Pilot Project




2. Solar at Nichols Pond Park




3. Madison Wind Farm 1st Wind Farm in New York State




5. Sheila Johnson Design Center LEED Gold




7. Solar Array over Landfill at Madison County Solid Waste Facility




10. Munnsville Wind Farm



4. Trudy Fitness Center LEED Gold



8. Fenner Renewable Energy Education (FREE) Center



9. Morrisville Renewable Energy Training Center

PHOTO COURTESY MADISON COUNTY PLANNING DEPARTMENT

Fenner Renewable Energy Education Center Madison County, in partnership with the Madison County Planning Department and the Fenner Renewable Energy Education Center, are unveiling a renewable energy trail that highlights current sustainability projects in the county.

# Sustainable energy

Planning Department, Fenner Renewable Energy Education Center release guide to green energy initiatives

**By The Dispatch Staff**  
newsroom@oneidadispatch.com  
@OneidaDispatch on Twitter

Madison County, along with the Fenner Renewable Energy Education Center, are on a mission to teach local residents about green energy innovations.

The updated Madison County Renewable Energy Trail map highlights the current innovative sustainability projects located in Madison County and is meant to be used as a guide to learn more about each of these initiatives.

Sustainability is a concept that values all the assets of a community; environmentally, socially, and economically. Communities gain more when those assets are leveraged together. Natural resources are one of Madison County's strongest assets. Many of these projects showcase ways these natural resources are converted to natural assets:

wind, solar, biomass, hydro and landfill gas are being used to create clean energy alternatives that promote the local economy. Madison County is home to several LEED certified buildings, the highest achievable standard for environmentally friendly design, as well as several cutting edge technologies including the only municipality with a flexible photovoltaic film cap over its landfill. The county also contains the FREE Center, an educational building with several different renewable technologies on display and tours for the public. These places and projects serve as important educational resources, many of which are open to the public and/or available for tours.

Advancing these technologies and initiatives is a priority in Madison County. Madison County is fortunate to have several projects

ENERGY » PAGE 2

## HEALTH

PHOTO COURTESY ROME MEMORIAL HOSPITAL

Rome Memorial Hospital offers the latest in cataract surgery to aid patients with improved vision and faster recovery.

## RMH improving vision for cataract sufferers

**ROME** » Rome Memorial Hospital offers the latest in cataract surgery, providing added benefits to patients, including improved vision and faster recoveries. Results are permanent, and once removed, cataracts will not recur.

“When normal proteins in the eye’s lens begin to break down, the lens becomes cloudy,” explained Dr. John Costello Jr. at a recent “Advances in Cataract Surgery” program in Rome. “Cataracts are the leading causes of vision loss among adults age 60

permanent, and once removed, cataracts will not recur. “When normal proteins in the eye’s lens begin to break down, the lens becomes cloudy,” explained Dr. John Costello Jr. at a recent “Advances in Cataract Surgery” program in Rome. “Cataracts are the leading causes of vision loss among adults age 60

CATARACT » PAGE 2

## AGRICULTURE

# Farm-to-table businesses booming

Consumers’ appetites for local foods are growing, and restaurants have taken notice. Today, many local businesses, including farms and restaurants, have mutually exclusive relationships that make it possible for local residents to enjoy nutritious, locally produced meals.

According to the market research firm Packaged Facts, local foods generated \$11.7 billion in sales in 2014 and will climb to \$20.2 billion by 2019. Farm-to-table remains a growing trend that benefits farmers, restaurateurs and consumers. This is evidenced by the rising number of farmers markets cropping up in neighborhoods all across the country, as well as the niche offerings by regional food purveyors. The U.S. Department of Agriculture says that, in the last 20 years, the number of farmers markets has grown by more than 350 percent. Many consumers are now choosing “local” for dining

METRO PHOTO

Farm to table businesses are booming as consumers show a heightened awareness of where their food is coming from.

at home and when dining out, and this is making a major impact on the nation’s food systems.

Foodies as well as industry experts predict that the local foods movement is a permanent and mainstream trend. In 2014, the National Restaurant Association found the desire for local foods dominated its “Top Food Trends.”

The most in-demands

foods include locally sourced meats and seafood as well as locally sourced produce. Consumers also are interested in farm/estate-branded foods. Some restaurants are even producing “hyper-local” food, or herbs and produce grown right on the property.

As the demand for local foods has evolved, so has

FARM » PAGE 2

# Energy

FROM PAGE 1

ward thinking institutions, businesses, and individuals dedicated to looking beyond the status quo. These types of projects are creating a momentum that establishes Madison County as a leader in sustainable energy projects and brings new vitality to our communities.

Also included on the map are the Solarize Madison locations found throughout Madison County. The map is a project of the Madison County Planning Department in partnership with the Fenner Renewable Energy Education Center.

## 1 Oxbow Falls Park: 6169 Oxbow Road, Lincoln

This site contains a minimally invasive micro hydroelectric power generator located near the park's disc golf area. The micro hydro unit produces 3,100 kWh annually providing power for the restroom and lights located near the unit itself. Water used to generate electricity comes from the top of Oxbow Falls through the use of an intake and is then directed back into the creek below without harm to the eco-system.

## 2 Nichols Pond Park (solar panel): 5797 Nichols Pond Road, Fenner

Nichols Pond Park is a historic site that was once home to the Oneida Native Americans hundreds of years ago. This site is currently used for hiking, nature observation, and picnicking by families and nature enthusiasts alike. In 2009, Madison County installed a solar panel unit at Nichols Pond as a way to provide power for the site while still remaining eco-friendly. The solar unit consists of two 110 W solar panels that are providing enough energy to operate a water pump to provide drinking water, outside lights, and electricity for power tools during maintenance repairs.

## 3 Madison Wind Farm: Stone Road, Madison

The Madison Wind Farm is located in the town of Madison, New York and consists of seven wind turbines. Constructed in 2000, it carries the distinction of being the first wind farm in New York state. The 11.55 MW project generates enough electricity to power approximately 3,000 homes annually.

## 4 Trudy Fitness Center: Colgate University, Broad Street, Hamilton

In May 2012, Colgate University's Trudy Fitness Center received the first LEED Gold certification in Madison County from the US Green Building Council. The LEED (Leadership in Energy and Environmental Design) certification is based on Trudy's green construction, design and technology including 80% of construction waste being diverted from the landfill, 30% more efficient in water use, 20% more efficient in energy use, and utilizing local building materials.

## 5 Sheila Johnson Design Center: Morrisville State, Madison Road, Morrisville

The Sheila Johnson Design Center is located at the Morrisville State College campus. The building is LEED (Leadership in Energy and Environmental Design) Silver certified and reflects the historic tie-stall dairy barn look that traditionally was used in the area. The building uses a geothermal system for heating and cooling through ground source heat pumps that cycle water and glycol. This saves money by using natural light to illuminate the building. The Design Center is utilized by the Morrisville campus for its architectural studies and design program.



James Zecca, director of Madison County Solid Waste, talks about the solar panel covers being used at the landfill during a tour on Tuesday, Aug. 30, 2011.

DISPATCH STAFF PHOTO

## 6 Willow Biomass Pilot Project: Colgate University, Hamilton Street, Hamilton

Fallow and marginal croplands are excellent places to grow short rotation crops, such as willow, that can be used for biomass energy. Through the use of biomass (wood chips), Colgate University is offsetting 75% of the campus' heat and hot water needs, saving millions of dollars. Furthermore, unlike natural gas or fuel oil, willow is carbon neutral; the carbon released as carbon dioxide during willow combustion came from carbon within our environment, not from carbon sequestered in fossil fuels. In May 2009, Colgate University planted its own 7.5-acre plot with 60,000 8-inch willow shoots which is expected to yield 900 dry tons of biomass over a 20 year period.

## 7 Madison County Solid Waste Facility: Buyea Road, Lincoln

The Solid Waste Facility in Madison County has been the poster child of green thinking in this area for many years. It started in 2011 by implementing the first 40 kW photovoltaic film panel array on a landfill. Then in 2013, the Solid Waste facility went further and gained a second solar array for the landfill that

produces 50 kW of electricity. The landfill is also equipped to capture methane, a byproduct of decomposition, which is piped to the gas-to-energy facility where it is burned in an internal combustion engine to create energy. The methane gas collection system is made possible through a public/private partnership with Waste Management Inc. Even more impressive, the gas-to-energy facility is unique in that the excess heat generated by the engine is used to heat three different buildings on site and to dry lumber for Johnson Brothers Lumber Company.

## 8 FREE Center: 5520 Bellinger Road, Fenner

The Fenner Renewable Energy Education Center (FREE Center) is located in the scenic hills of Madison County, within the Fenner Wind Farm, a 30 MW commercial wind power facility utilizing power of 20 wind turbines. Visitors will learn about and see renewable energy resources in action, including solar panels that supply power to our center and feed electricity back to the local electric provider, fast-growing shrub willow which can be converted into a variety of sustainable environmentally friendly energy resources, and a composting toilet that disposes of human waste through decomposition and evaporation, no flushing needed.

Visitors can also stand in the end of a 113-foot long wind turbine blade on the ground - the best photo op in Madison County.

## 9 Morrisville State Renewable Training Center: Morrisville

This facility is located on SUNY Morrisville's campus and is used to hold classes for renewable energy majors and professionals alike. The classes here focus on major renewable energy concepts such as solar, wind, hydro, geothermal, and biomass energy as well as the job opportunities and technology that implement them. Classes taught at the training center are directed towards the hands-on perspective of the industry and utilize the latest techniques and developments. Students learn to install and operate different technologies through projects that provide hands-on experience. Some past classroom projects include a micro-hydro site located in New Woodstock NY, a solar powered vending machine (Morrisville campus), a solar array installed at the FREE Center site and micro wind turbines (Morrisville campus)

## 10 Munnsville Wind Farm

The Munnsville Wind Farm is located in the Mad-

ison County towns of Stockbridge, Eaton and Madison, as well as the Oneida County town of Augusta, New York and is owned and operated by EON Climate and Renewables. This wind farm is a 34.5 MW project and is sited on 17 different land owners' property. Electricity is produced in both Madison and Oneida Counties that in turn provides power for the grid.

Solarize Madison The small sun icons on the map are the locations of the homes, farms, businesses and municipalities that took advantage of Solarize Madison, a volume purchasing solar PV program. Solarize Madison was the first program of its kind in New York state and was organized by Madison County and the Central New York Regional Planning Development Board in partnership with Morrisville State College. Two N.Y.-based Solar PV companies were selected to install the systems: Arista Power and ETM Solar Works. In total 28 systems, totaling 177 kW, were installed under the program in 2012.

Want to learn more? See solar PV systems up close during the National ASES Solar Tour which takes place annually on the first Saturday of October. Also visit [www.solarizemadison.com](http://www.solarizemadison.com) for testimonials and information on the second round of the Solarize program launched in 2013.

# Farm

FROM PAGE 1

the term "local foods." "Local" can be a wide-ranging term that refers to foods produced in a particular town, state or even region. The 2008 Farm Act defines a "locally or regionally produced agricultural food product" as one that is marketed less than 400 miles from its origin. However, a few states have established more stringent rules that indicate "local" constitutes food produced within the borders of a state or within a small perimeter of the state.

The growing preference for locally produced foods is great news for the farmers and small food producers that have long fought for footing among the mega-importers. Ac-

ording to the trade publication Produce Business, even though "local" does not place limits on the size of the farm, the growing desire among consumers to go local is benefitting many small and mid-sized farms, as consumers are increasingly buying foods grown closer to where they live.

In addition to meats, fruits and vegetables, consumers can find many locally made items that expand the potential for farm-to-table. These include, but are not limited to, artisanal cheeses, wines, beer, baked goods, milk and other dairy, and honey.

Local, sustainable foods are in demand, helping not only local restaurants and merchants, but also the small and medium farms that service these establishments.

# Cataract

FROM PAGE 1

or older. They impair vision and make everyday activities increasingly difficult.

In his presentation, Costello discussed the symptoms of cataracts, how they are diagnosed, and the advances in cataract surgery, including the Optiwave Refractive Analysis system, technology that allows the surgeon to precisely predict the most accurate lens for each individual patient.

"Traditionally, measurements for the patient's replacement lens are calculated preoperatively," Costello explained. "With the ORA technology, verification of the proper lens implant happens during your surgery

for the greatest degree of accuracy."

Rome's Griffiss Surgery Center is the only cataract surgery site in Central New York that provides this advanced lens implant measurement technology.

"One symptom of cataracts is often compromised night vision," Costello said. "Cataracts distort the light that comes into your eyes and you may see halos around lights."

Costello believes that, of all the senses, vision is the most important. Through his knowledge, skill and use of the most current technology, Costello helps his cataract patients preserve their vision, remain independent and confidently continue to do normal everyday activities like driving.

Costello is board certified by the American Os-

**"One symptom of cataracts is often compromised night vision. Cataracts distort the light that comes into your eyes and you may see halos around lights."**

— Dr. John Costello Jr.

teopathic Board of Ophthalmology and Otolaryngology and a Fellow of the American Osteopathic College of Ophthalmology and Fellow of the American Academy of Ophthalmology. He is also a member of the American Society of Cataract and Refractive Surgery. Costello received specialized training from Harvard University's Massachusetts Eye & Ear Infirmary and the Ohio State University where he served as a clinical instructor. He currently works in the

same capacity on the faculty at the State University of New York Upstate Medical College and Health Science Center.

A member of Rome Memorial Hospital's medical staff, Costello, of Costello Eye Physicians and Surgeons, performs his surgeries at the Griffiss Surgery Center, 105 Dart Circle, Rome. In addition to cataract surgeries, other procedures are performed at the same-day surgery center including eye, plastic and cosmetic, and gynecological surgeries.

**Robert J. Vitkus, D.D.S.**  
**Pasquale Scutari Jr., D.D.S.**  
**Andre Cardoso, D.M.D., M.D.**  
**Danielle M. Cunningham, D.D.S.**

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 THURSDAY 9 - 7PM, SATURDAY 9 - 1PM

**EDUCATION**



METRO PHOTO

Updates to classroom technology help students learn.

# Classroom tech trends

Technology continues to evolve. With computers, tablets and smartphones, people of all ages are immersed in technology.

According to the Pew Research Center, 56 percent of teens between the ages of 13 and 17 go online several times a day. Teens are not just relying on technology at home or while on the go, but they're also doing so in school.

Schools are now recognizing how influential mobile technologies are on students and how they can shape teaching and thinking. As a result, technology is now a major component in the classroom, where educators are implementing technology to help students succeed not only in school but also after they graduate. The following are some of the growing tech trends inside of the classroom.

**Internet connectivity**

Students most often connect to the Internet using

their mobile devices. Many schools have replaced their older computer labs with tablets and other mobile devices. Students can simply sit at their individual desks and connect directly to the Internet. Once online, students can access shared drives where assignments can be found or homework can be posted.

**Tech homework**

Rather than homework in the traditional sense, students are being asked to research information online and then submit assignments directly through an application like Google Classroom. Homework also may involve spending time on educational apps that help reinforce lessons learned in school that day.

**Personal mobile device access**

In addition to tablets, students also have access to Internet-connected smart-

phones, which may even be their own phones when personal phones are allowed in the classroom. In a 2013 Speak Up Survey from Project Tomorrow, 89 percent of high school students have access to Internet-connected smartphones, while 50 percent of students in grades three through five have access to the same type of devices. Those numbers only continue to grow.

**Classroom smartboards**

Described as large tablets, smartboards have all but replaced chalkboards and even dry erase boards in many schools. Teachers can present lessons through the display, and students interact with the board to answer questions.

Technology use in the classroom continues to grow as students and educators grow more accustomed to using technology in all aspects of life.

**COLLEGE**



METRO PHOTO

Saving for college doesn't have to be a financial burden.

# Saving strats that won't break the bank

The cost of college tuition concerns parents from all walks of life. While college continues to get more expensive, it remains a worthy investment.

In its 2015-16 "College Planning Essentials" report, J.P. Morgan Asset Management dispelled the growing notion that a college education is not worth the student loan debt many young adults assume to earn their degrees. The report noted that college graduates earn 38 percent more than high school graduates, even after factoring in student loans. The report also noted that the return on investing in college is nearly \$1 million more in lifetime earnings. What's more, a 2013 report from the Georgetown University Center on Education and Workforce projected a shortage of five million college-educated workers by 2020, suggesting that college graduates will be in high demand by the start of the next decade.

While such figures highlight the importance of a college education, they may do little to ease parents' concerns about how to finance that education. While saving enough money for college may seem impossible, parents can

take steps to decrease the likelihood that their kids will need to take on substantial loans to support their education.

**Start early**

The earlier parents start saving for college, the more money their children will have to finance their education. Parents may not realize just how much college tuition is rising compared to other expenses. According to the U.S. Bureau of Labor Statistics Consumer Price Index, the cumulative percent price change of college tuition between 1983 and 2015 dwarfed the price changes of other expenses. For example, while the cumulative price change of housing rose 143 percent during that period, the cost of college tuition rose 722 percent over the same period. The earlier parents start saving for college, the more they can take advantage of compound interest that many college savings plans offer.

**Schedule automatic monthly contributions to college savings accounts**

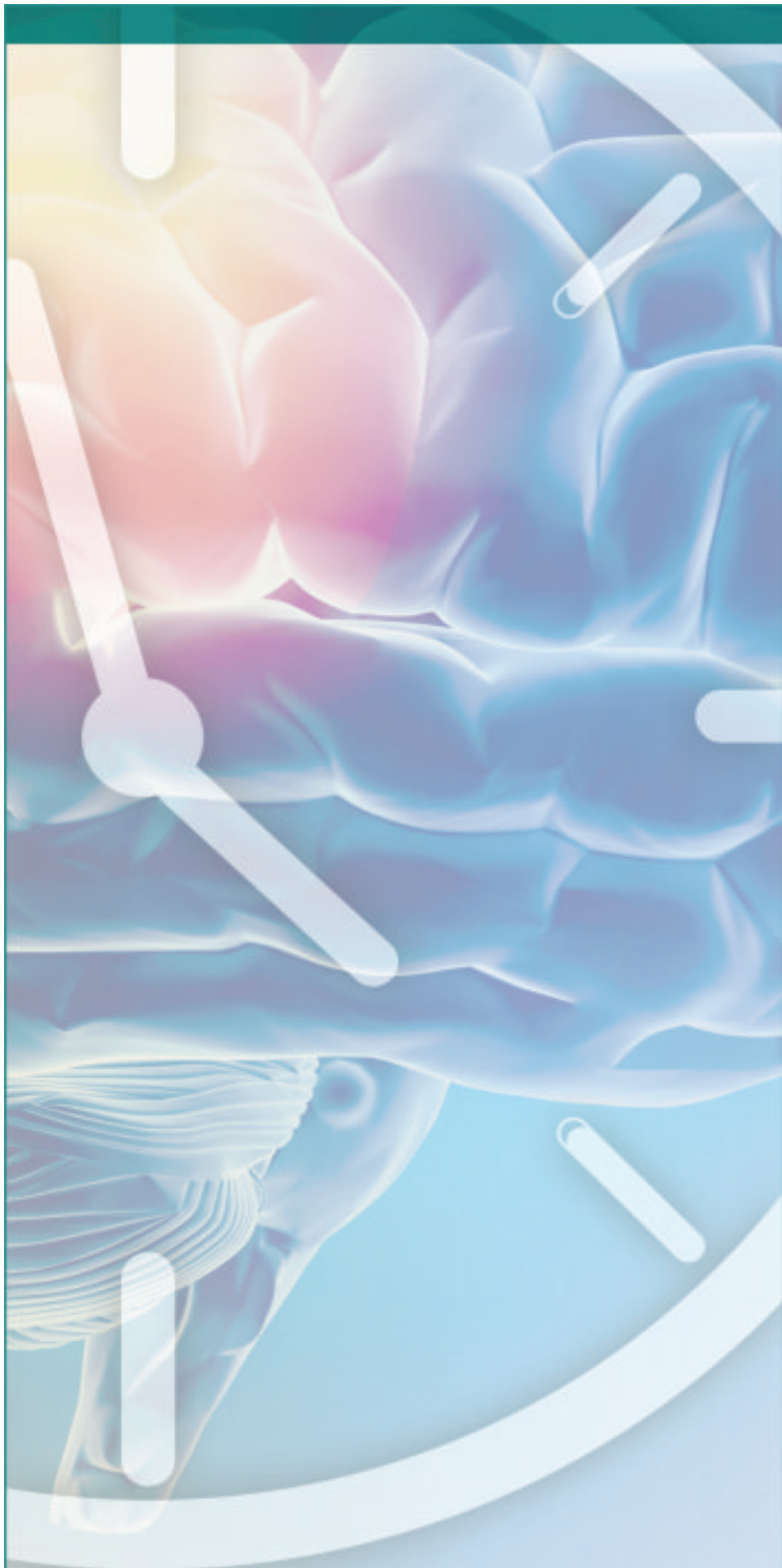
Parents learn to expect the unexpected soon after their children are born.

Unforeseen expenses may tempt parents to reduce or skip their monthly college savings account contributions. Reduced or missed contributions can add up over time, however, potentially reducing the totals in your child's account by a substantial amount. Set up automatic contributions with your bank or portfolio manager so you are not tempted to use the money you set aside each month for college to finance other expenses.

**Increase contributions each year**

Increasing your annual college savings contributions each year can help the accounts keep pace with the inflation rate of college tuition costs. While you might not match that rate, increasing contributions each year by as little as 5 percent won't greatly affect your overall budget but can have a considerable impact on college savings.

Saving for college can seem like a daunting task. Yet parents of young children can quell their fears about college tuition costs by making a plan now and sticking to it until kids are ready to enroll in a college or university.



# Stroke.

When every moment matters, say **“Take me to Crouse.”**

**Is it a stroke? Check these signs FAST:**

- Face:** Does the face look uneven? Ask the person to smile.
- Arm:** Does one arm drift down? Ask the person to raise both arms.
- Speech:** Does the person's speech sound strange? Ask the person to repeat a phrase.
- Time:** Every second, brain cells die.

**CALL 911 at any sign of a stroke.**



**SPORTS**

# Manage teams, clubs in a digital world

Sports leagues, after-school clubs and other extracurricular activities enjoyed by children and their parents would not be possible without the volunteer efforts of fellow parents and other adults. Very often an entire committee of volunteers gathers to make a sports team or group successful, and much of their work is being done behind the scenes.

Managing a recreational group is no small undertaking. Such an endeavor requires the patience and perseverance of volunteers ready to juggle a variety of tasks. While in the past there may have been few resources to aid in such tasks, today's technology makes it easier to handle the responsibilities that come with managing a team. The vast array of apps available for smartphones, tablets and other devices can alleviate some of the work for recreational group managers. The following are just a handful of applications league managers can consider to coordinate efforts across the board.

**Team Snap**

METRO PHOTO

Modern technology can help improve managing sports teams and clubs.

Team Snap is one of the premier team and club management services available ([www.teamsnap.com](http://www.teamsnap.com)). This software helps anyone, even those with little or no website design experience, run a team, league or other organization online. The team is managed by a team owner who can choose free services or a tiered payment plan de-

pending on the option that owner chooses. Team members are invited to join free, where they can message other players, check calendars and even get text message alerts.

**Team Pages**

Having a current and well-designed website can encourage others to be more involved and in-

vested in a particular team or league. However, sometimes getting a website up and running can be challenging, particularly to the novice designer. With Team Pages ([www.team-pages.com](http://www.team-pages.com)), anyone can create a sport- or club-themed website and have it live in a matter of minutes. Drop and drag layout design options makes creating mul-

tiple pages even easier, and there is a calendar option for keeping track of games and other meetings.

**Active**

Active ([www.active.com](http://www.active.com)) is the leader in online event registrations, from marathons to softball leagues. Visitors can search for various activity-inspired events nearby and learn more about sports leagues for children and adults. In addition, the site features informative articles on nutrition, player improvement tips, medical information, and much more as it pertains to activities.

**League Athletics**

This tool ([www.leagueathletics.com](http://www.leagueathletics.com)) mixes team website design with league management and registration. It also enables others to follow a team's progress while broadcasting scores and schedules. Custom design options enable flexible and easy layout in a matter of days.

**Scoutlander**

Scoutlander ([www.scoutlander.com](http://www.scoutlander.com)) hosts and manages troops, packs and dens

associated with the Boy Scouts and Girl Scouts. The site is free, though voluntary donations are used to further the development of the site. Scout leaders can inform parents of upcoming meetings or events. Separation of public and private areas of a troop's site enable password-protected information to stay private.

**Google Sites**

In addition to the scores of other website creation software available at no- or low-cost, Google Sites ([sites.google.com](http://sites.google.com)) is a component of Google services, including Gmail and Google calendars. All of these Google facets can work together and be linked to a single Google account. This presents a viable way for clubs and teams to not only build impressive websites but also stay connected through email and calendar updates.

Modern technology has developed even more ways to keep sports teams and extracurricular clubs organized. A variety of applications and websites can help any organization look and feel tech-savvy.

**AGRICULTURE**

# Buying local pays dividends

The popularity of organic foods and stores that cater to customers who prefer such foods continues to grow, and that growth has contributed to a growing awareness among shoppers of where the food they eat comes from. Many consumers now recognize the impact that food production has on the environment, and that recognition has spurred interest in locally grown foods.

Locally grown foods are those that are grown within your community or a community nearby. Such foods do not need to be shipped hundreds of miles before they ultimately find their way onto your plate, and many people find that contributes to meals that are more fresh than meals made up of foods shipped from afar. But freshness is not the only benefit to purchasing locally grown foods, which pay various dividends for people and the planet.

**Locally grown foods benefit the environment**

The phrase "field to plate" is significant to consumers who prefer locally grown foods. That phrase refers to the distance food travels from the grower to the plate on your dinner table. Estimates vary depending on the source, but advocates of locally grown food suggest that it reduces the field to plate distance by an average of 1,300 miles. That's a significant feather in locally grown foods' cap, as the Council on the Environment of



METRO PHOTO

There are several benefits to eating locally-grown and sourced foods.

New York City notes that it takes 435 fossil-fuel calories to fly a single five-calorie strawberry from California to New York. Buying locally preserves that energy that is used to transport foods from afar.

**Locally grown foods fuel your local economy**

In addition to benefiting the environment, locally grown foods stimulate your local economy. Local, independent farmers have largely fallen by the wayside in the 21st century, as industrial agribusinesses have taken over the produce sections in grocery stores across the country. But local, independent farmers are making a comeback, thanks in large part to consumer demand for organic foods. Support-

ing such farmers who grow their foods locally means you're putting money back into your own community, a worthwhile effort at a time when so many small communities are struggling economically.

**Buying locally grown foods contributes to biodiversity**

According to the United Nations Food and Agriculture Organization, more than 75 percent of agricultural genetic diversity was lost in the 20th century. That's thanks in large part to industrial agribusinesses that cultivate fruits and vegetables that are bred for fast maturation. But small, local farms typically grow a wider variety of fruits and vegetables in an effort to extend their grow-

ing seasons. That means consumers of locally grown foods have access to more fruits and vegetables, and therefore more flavor.

**Buying locally maintains beautiful landscapes**

Farmland has been on the decline for decades, as cement and asphalt have made millions of acres of once beautiful farmland disappear. Buying locally helps to maintain the green space your community and surrounding communities have left. That makes for great road trips and even helps to sustain local wildlife populations.

**Locally grown foods can be more nutritious**

Fruits and vegetables can rapidly lose nutrients once they are harvested. That's problematic when buying such foods from industrial agribusinesses that need substantial time to get their products from the farm to the shelves at your local grocery chain. But buying from local farmers increases the likelihood that the fruits and vegetables you purchase were just picked and therefore have yet to lose a significant amount of nutrients.

Locally grown foods are growing in popularity, and that popularity can be traced to the freshness of such foods as well as the numerous additional benefits that locally grown foods provide.

**HEALTH**

METRO PHOTO

When possible, exercise outdoors to reduce energy consumption and green up your workout routine.

# Green fitness routines

Many people aspire to live as healthy a lifestyle as possible, and regular exercise is an essential component of such a lifestyle.

One of the hidden benefits to regular exercise is that it presents numerous opportunities to benefit the planet. Going green with a fitness routine can create a healthier planet, which can only benefit fitness enthusiasts and their families in the long run. Creating a fitness routine that benefits people and the planet is simple and can even make workouts more rewarding.

**Walk, run or ride to the gym**

Many people get the bulk, if not the entirety, of their exercise at a gym. For those who live outside of major cities, that likely involves driving to and from a gym before and after workouts. Instead of driving, consider walking, running or riding to the gym. Each option provides great cardiovascular exercise that can reduce or replace the time people spend on treadmills or elliptical machines. And cutting back on driving reduces fuel consumption and auto emissions, greatly benefiting the planet.

**Exercise in the great outdoors**

Fitness enthusiasts can reduce their energy consumption by exercising outdoors whenever possible. Replace running in place on a treadmill with running through a park or on a beach outside. Men and women who work out in their homes can take the free weights outdoors to the backyard on nice days, allowing Mother Na-

ture instead of the electric company to supply the lighting.

**Join gyms that offer eco-friendly exercise equipment**

More and more gyms are taking steps to reduce their carbon footprints, and eco-friendly fitness enthusiasts can look for such facilities before purchasing or renewing their gym memberships. Some efforts gym owners make to reduce the carbon footprint of their facilities include using only eco-friendly, biodegradable cleaning products; installing low-flow toilets, faucets and shower heads in facility restrooms and bathing areas; and installing user-powered cardiovascular machinery that consume considerably less energy than traditional machines. Inquire about a facility's carbon footprint before purchasing a membership.

**Purchase eco-friendly accessories**

Another way to make a fitness routine more environmentally friendly is to purchase workout accessories that do not have large carbon footprints. Instead of single-use plastic water bottles, purchase a reusable water bottle made of recycled materials. In addition, opt for workout gear made of organic or recycled materials. Such items can be found online or at sporting goods stores or retailers that cater to outdoors enthusiasts.

Fitness enthusiasts can take various steps to make their workout routines more eco-friendly, benefiting themselves and the planet along the way.

**AUTO**

# Making new eco-friendly vehicles

Many new vehicles are made with the environment in mind, as more and more drivers are embracing eco-friendly features that reduce the carbon footprints of their vehicles. But motorists need not purchase new cars to make their driving habits more environmentally friendly. The following are a handful of steps drivers can take to protect the environment regardless of how new or old their vehicles are.

**Maintain your vehicle**

Even if your car or truck has no eco-friendly features designed to reduce fuel consumption and cut down on emissions, that does not mean the vehi-

cle cannot be more fuel-efficient or produce fewer emissions. Adhering to the maintenance schedule recommended in your vehicle owner's manual can conserve fuel and cut back on potentially harmful emissions. Well-maintained vehicles burn less fuel, as they don't force engines and other components to work as hard during operation as vehicles that have not been taken care of. Replace worn down or dirty spark plugs, which misfire and waste fuel, and fuel and air filters once they are no longer operating at peak capacity. Address any issues that arise with your vehicle's emissions systems immediately, visiting your mechanic if the

vehicle seems to be sputtering or emitting any abnormal fumes.

**Slow down**

Driving above the speed limit is not just dangerous but potentially harmful to the environment as well. According to the United States Department of Energy, each five miles per hour drivers drive over 50 miles per hour is akin to adding an additional \$0.14 per gallon for gas. That's because driving above 50 miles per hour is far less fuel-efficient than driving below that figure. So slowing down when posted speed limits mandate driving 50 miles per hour or slower is not just safer and more eco-friendly, it's bet-

ter for your wallet as well.

**Keep cargo off the roof**

When you must haul cargo, keep that cargo in rear-mount cargo boxes or the backseat or trunk of your car rather than the roof. Rooftop cargo boxes make vehicles less aerodynamic, reducing highway fuel economy by as much as 17 percent according to the U.S. DOE. By comparison, rear-mount cargo boxes reduce highway fuel economy by just 2 to 5 percent. If you haul cargo in your trunk, remove items when your trip is complete, as excess, unnecessary weight in the car will reduce its fuel efficiency.

ENVIRONMENT

# Cutting back on energy consumption

Curtailling energy consumption is a great way for people to protect the planet's natural resources and save money at the same time.

Part of the difficulty with regard to reducing energy consumption is that energy plays such a big role in our lives. Smartphones and tablets have become must-have items, and these items, though not necessarily big consumers of energy, must be plugged in and charged. But individuals won't have to unplug from their lives to reduce their energy consumption. In fact, there are several easy, non-invasive ways for everyday people to reduce their energy consumption.

**Start with your windows**

The windows in a home can help homeowners and apartment dwellers reduce their heating and cooling costs. On cold days, pull back curtains so the natural sunlight can come in and warm the house, reducing the need to turn up the temperature on the thermostat. When the weather outside is especially warm, hang blackout curtains to prevent the hot sun from warming rooms and increasing the need for air conditioning. In addition, address any leaks around windows to ensure hot and cold air is not escaping and contributing to excessive energy consumption.

**Maintain appliances and replace older ones**

While reducing reliance

on energy-thirsty appliances is a great way to reduce energy consumption, no one needs to throw away their refrigerators. Instead, maintain appliances so they are not forced to work harder, and thereby consume more energy, to function. Routinely clean the filters on window air conditioners, replacing them if they're worn down. In addition, have HVAC units serviced annually to ensure they're operating at peak capacity. Replace older appliances, including refrigerators, that are no longer effective.

**Install a low-flow shower head**

The U.S. Department of Energy recommends that eco-conscious consumers looking to reduce

their energy consumption install low-flow shower heads with flow rates less than 2.5 gallons per minute. This is especially important for people living in homes with dated fixtures. Water fixtures installed before 1992 might have flow rates as high as 5.5 gallons per minute, which is both wasteful and costly. Test the flow of a shower head by placing a one-gallon bucket beneath a shower head running at the pressure you normally use. If the bucket fills up in less than 20 seconds, install a low-flow shower head.

**Install ceiling fans**

Ceiling fans can be installed to reduce energy consumption in both summer and winter. In summer, ceiling fans can make home interiors more com-



METRO PHOTO

Ceiling fans can help homeowners and apartment dwellers reduce energy consumption and save money.

fortable by circulating air around a room. That circulation can make rooms feel cooler, providing the same benefit of an air conditioner while consuming considerably less energy. In winter, reverse the rotation of ceiling fans so they

circulate warm air and reduce reliance on heating systems.

Reducing energy consumption does not require substantial sacrifice, but it can produce substantial savings and benefit the planet in myriad ways.

ENVIRONMENT

# The side effects of urban sprawl

Urban sprawl is a complicated issue that has its proponents and its detractors. To many environmentalists, urban sprawl has the potential to be very problematic.

As more people try to find more breathing room and larger homes in areas beyond urban centers, housing developments continue to rise up from the ground, potentially impeding on land that was once home to natural habitats or farming communities. Migrations of people from densely populated towns and cities to lower-density residential developments requires these rural areas to change in order to be able to provide the resources necessary to accommodate an influx

of new residents. These changes might be positive for people, but they can have potential drawbacks for animals, plants and the environment in general.

**Increased reliance on automobiles**

Suburbs and more rural areas often do not have the extensive public transportation systems commonly found in cities. Furthermore, stores and other businesses are spread out among the community, making it challenging to walk to these places. As a result residents of these areas must use their cars more often, which can contribute to air pollution from auto exhaust. In addition, as populations in develop-



METRO PHOTO

Urban sprawl negatively affects the environment through high vehicle use and less farmland or natural landscapes.

ments grow, traffic soon follows. Smaller communities often cannot handle the influx of cars on rural roadways. That can lead to fur-

ther depletion of land to make way for larger roadways that can more capably accommodate all the extra traffic.

AUTO

# Reducing vehicle emissions

Recognizing the threat posed by climate change, many people have resolved to live more eco-friendly lifestyles. Reducing vehicle emissions can have a strong and positive impact on the environment and may even benefit motorists' bottoms lines.

According to the United States Environmental Protection Agency, 26 percent of all greenhouse gas emissions in the U.S. can be traced to transportation. But the task of reducing vehicle emissions is not as difficult as it may seem, as there are many steps ordinary citizens can take to cut back on the greenhouse gases their vehicles are producing each day.

**Telecommute to work**

Recent research from Global Workplace Analyt-

ics, a firm that helps organizations understand and communicate emerging workplace strategies, found that 50 percent of the American workforce holds a job that is compatible with at least partial telework. The company also found that as recently as March 2016 a typical business would save \$11,000 per telecommuter per year, while workers who telecommute can save between \$2,000 and \$7,000 per year. But the financial benefits may pale in comparison to the effects that mass telecommuting can have on the planet. Telecommuters consume considerably less fuel than workers who drive or take mass transportation to work, and over time that can greatly reduce transportation-related greenhouse gas emissions.

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## ANIMALS

# Owning an eco-friendly pet

Pets are adored by people all over the world. Closer to home, the American Society for the Prevention of Cruelty to Animals estimates that between 70 and 80 million dogs and 74 and 96 million cats are owned in the United States, while the Canadian Veterinary Medical Association estimates that there are approximately 7.9 million cats and 5.9 million dogs in Canada.

With pets so prevalent, pet owners can benefit the planet, themselves and their pets by taking stock of their approach to pet care to see if there are ways they can make that approach more eco-friendly. Here are a few ideas to get eco-conscious pet owners started.

## Donate as you upgrade

When purchasing new items for your pets, think before you dispose of the older items, which may be useful to nearby shelters. Contact the local shelter to see if they need any items. Otherwise, ask friends or family if they can make use of collars, bowls, beds, scratching posts, and other pet gear you intend to discard.

## Adopt from a shelter

Animal overpopulation is a global problem. When a person adopts an animal from an animal shelter, he or she is combating overpopulation while giving an animal a second chance. The Humane Society of the United States estimates that between six and eight million cats and dogs enter shelters each year, 2.7 million of which are ultimately euthanized. Adoption saves lives, reduces the burden on shelters' resources and helps



METRO PHOTO

Learn to incorporate pets into a healthy and environmentally friendly lifestyle by making a handful of easy lifestyle changes.

decrease the demand for puppy or kitten breeding.

## Buy biodegradable litter and pet waste bags

When picking up after a pet, use eco-friendly waste bags. Biodegradable bags will decompose after roughly one month. Some cat litters are made from all-natural and biodegradable materials, which can reduce the impact on landfills and the environment.

## Spay or neuter your pet

One of the simplest ways to end the cycle of pet overpopulation is to spay or neuter young pets

before they reproduce. This helps reduce the strain on the local ecosystem and can cut down on waste as well.

## Look for eco-friendly pet care products

Just as you would read the ingredient labels for products designed for home or personal use, so, too, should you consider what goes into the products you buy for your pets. From shampoos to cleaning items to the foods pets eat, choose items that are geared around lowering the environmental impact of your pets.

## Make your own treats

Purchase pet cookbooks

or visit pet recipe websites so you can prepare homemade dog and cat treats. Doing so gives you a measure of control over the ingredients in your pets' foods while also reducing the need for eco-friendly packaging.

## Take more walks

Walk your pet more often, leaving the car at home when doing so. This provides you and your pet a great opportunity to exercise, gives you more quality time with your pet and reduces your fuel consumption while also cutting down on emissions.

Pets are special members of the family and can be included in eco-friendly practices.

## PETS



METRO PHOTO

Pet owners looking to put their furry friends on a paleo diet have plenty of options.

# Paleo food plans

Domesticated dogs and cats are descendants from their wild ancestors, who did not wait around for their owners to use openers to crack open cans of processed food. Wild animals' eating habits are much different from the dietary routines of household pets, and that disparity has helped fuel a movement promoting paleo diets for pets.

Advocates of the paleo diet for pets say that the number of pets struggling with obesity and chronic disease could be a byproduct of unhealthy eating habits. Household pets tend to spend ample time indoors and are subjected to many of the same stressors as their owners, many of whom feed their pets processed foods out of convenience. Owners who want to exercise greater control over their pets' diets and see their furry friends eat healthier are increasingly turning to paleo diets for their pets.

According to Dr. Jean Hofve, author of "Paleo Dog: Give Your Best Friend a Long Life, Healthy Weight, and Freedom from Illness by Nurturing His Inner Wolf," the paleo diet traces its origins to the Paleolithic Era, when a hunter-gatherer society was predominant. Some refer to paleo diets as "Cave-

man" diets. Paleo diets focus largely on items that were available before agriculture was widely available. Such foods include meat, fish, eggs, mushrooms, nuts, fruits, and occasionally honey. Grains, dairy and processed foods are not. Paleo diets include raw, unprocessed foods.

While there are many advocates of paleo diets, some people take issue with raw pet food diets, warn public health veterinarians, like those at the Minnesota Department of Health in St. Paul. Some may not be balanced for pets, and raw foods may contain pathogens, such as salmonella and others. That's why many vets advise cooking pets' foods. Even if dogs or cats themselves do not get sick from raw foods, they may pass pathogens on to their owners through their waste.

Pet owners may find that a combination of the paleo diet and more traditional pet foods works best for their pets. Dogs and cats have evolved and may be adept at eating a more varied diet. Include grain-free options and supplement with meats that have been grilled or poached so that pathogens are killed. This can strike a balance that serves pets and their owners well.

## BUSINESS

# Ushering the office into the eco-friendly era

Technology continues to advance at a rapid pace, with once groundbreaking ideas and devices becoming obsolete in what seems like the blink of an eye. Despite such advancements, many professional environments are still consuming far more energy than is necessary, proving that there is still progress to be made with regard to how we use technology and protect the planet.

According to the Environmental Protection Agency, 30 percent of energy consumed by office buildings is used inefficiently, while the Energy Star program notes that 17 percent of greenhouse gas emissions come from commercial buildings' energy use. That leaves ample opportunity for those who want to usher their offices into the eco-friendly era to make changes that will conserve energy.

## Consider new lighting

Energy Star notes that lighting is typically the most costly portion of many companies' monthly electric bills, and that's often because lighting is so often used in an inefficient manner. But flipping switches at the end of each day is not the only way business owners or office managers can cut their lighting costs. Many companies prefer to have lights on overnight for security purposes, but motion detection lighting systems are more eco-friendly and can pay for themselves over the long haul by reducing energy costs. Such systems will only turn on when movement is detected in the building. This saves owners the cost of illuminating empty offices overnight but still enables them to protect buildings with lights in the case of break-ins.



METRO PHOTO

Ensuring employees turn their computers off at the end of the workday is one way companies can become more eco-friendly.

## Encourage workers to put their computers to sleep when they are away from their desks

Screen savers might be aesthetically appealing, but that beauty comes at a steep price, as screen savers use the same amount of energy while you're away as the computer does while you are hard at work. The United States Department of Energy suggests that companies hoping to make their office environments more eco-friendly should encourage workers to put their computers to sleep when they will be away from their desks for 20 minutes or more. When the workday is done, workers can turn their computers off completely to save even more energy.

## Reduce paper consumption

Hard copy documents are increasingly going the way of the dinosaur, and that's a good thing for businesses who want to be more eco-friendly. In lieu of storing hard copy documents in

filing cabinets or other antiquated storing systems, companies can encourage employees to store files digitally in easily accessible folders on their computers or on company servers. Internal memos need not be printed out and distributed as hard copies when it's just as easy and far less taxing on the environment to share such memos via email. Reducing reliance on hard copy documents can drastically reduce paper consumption and free up space around the office.

## Plug leaks

Much like homeowners can save substantial amounts of money by plugging leaks around windows and doorways, businesses also can cut energy costs by identifying and plugging leaks. In fact, the DOE estimates that taking care of air leaks can save businesses as much as 10 percent off their energy costs. Make sure air ducts and filters are routinely cleaned to ensure heating and cooling systems are operating at optimal efficiency.

## WORKPLACE



METRO PHOTO

The roles of administrative professionals continue to evolve.

# Administrative professional trends

Executives who occupy corner offices tend to get much of the glory for a company's success. But many professionals know the progress and sustainability of a business tends to lie within the daily services offered by its front line of employees. A number of these seasoned and dedicated workers fall within the category of administrative professionals.

Administrative professionals have seen their roles evolve in the changing face of office employment. While some of the more conventional duties that have long been a part of admins' jobs remain, many now find their roles expanding. Admins who want to stay a step ahead and improve their career opportunities can hone their skills and keep abreast of the changing trends.

A survey sponsored by OfficeTeam and the International Association of Administrative Professionals zeroed in on what hiring managers said they consider are key motivators for hiring admins. The survey found that organizational skills, initiative and attention to detail are some of the most important qualities for support

professionals to possess. They also need to have advanced technical skills, as proficiency in Microsoft Office is just the tip of the iceberg. Some employers now require office professionals be skilled at cloud-based apps, social media, database management, and even website maintenance. Long gone are the days when filing papers and keeping up on company correspondence filled the bulk of an admin's day.

The following are some skills administrative professionals may need to advance their careers.

- Excellent written and verbal communication: Being bilingual is an added feather in one's cap.

- Industry experience: Knowledge regarding how a specific industry and/or business works can help admin professionals.

- Customer service skills: A friendly but effective demeanor can benefit admins.

- Filing/billing: An ability to file and/or create financial reports coupled with knowledge regarding how to process invoices can help admins.

- Flexibility: Admins who can wear many hats are especially attractive candidates to many busi-

nesses, as admins may have to fill in for the duties of an office manager or bookkeeper.

- Thirst for knowledge: A desire to continue one's education, including involving oneself in various seminars or training sessions particular to the industry, can help admins. Credentials are sought-after and include certification in certain industry standard courses.

BYOD trends also are rising among administrative professionals. This means workers are able to bring their own computers or other digital devices to work. Admins may be tasked with establishing protocol for security and maintenance of such devices.

Thanks to evolving roles for administrative professionals, outdated job titles are changing and salaries are increasing. According to Salary Guide, the average starting salary across the administrative field increased by 3.4 percent in 2015 and continues to grow. Current administrative professionals can continue to grow their skill sets and keep current on the training or technologies that can help them advance their careers.

**AUTO**

# Fuel efficient cars, trucks and SUVs

Automobiles impact the environment in various ways. According to National Geographic, cars consume a lot of energy even before they make long road trips, with perhaps 80 to 90 percent of their environmental impact stemming from fuel consumption and emissions. These factors can increase air pollution levels and create greenhouse gases that contribute to climate change.

With this in mind, eco-friendly motorists are increasingly purchasing vehicles with smaller carbon footprints. These include makes and models that have stricter emissions control and vehicles that are more fuel-efficient. Hybrid or electric cars can often drive further before fueling or recharging than less efficient models.

When shopping for new or preowned vehicles, individuals can research cars and trucks that have earned high marks for fuel economy. Various organizations, including the U.S. Department of Energy, Consumer Reports and Kelly Blue Book, routinely rank vehicles based on gas mileage figures and emissions ratings. Eco-friendly cars are beneficial for the environment, and such cars also help drivers' bottom lines.

In 2016, Consumer Reports looked past U.S. Environmental Protection Agency figures and the claims offered by manufacturers with regard to vehicles noted for their fuel efficiency. Consumer Reports measured precise fuel-flow with a device spliced directly into



METRO PHOTO

Fuel-efficient vehicles help to reduce the negative impact cars typically have on the environment.

the fuel line. Testing occurred on both a public highway at 65 mph, as well in a simulated urban/suburban track. Consumer Reports has identified these vehicles as their top picks for energy consumption.

**Mitsubishi Mirage**

In the subcompact division, this vehicle features a fuel economy of 37 mpg. With its very low sticker price, it can be a smart choice for eco- and budget-conscious buyers.

**Volkswagen Jetta Hybrid**

This car marries both a battery-powered electric motor and a traditional seven-speed manual transmission. The hybrid earns an overall 37 mpg rating. It's a little bigger than many compact sedans, creating a very comfortable ride.

**Ford Fusion Hybrid**

With an upscale look,

the Ford Fusion Hybrid boasts an overall 39 mpg and comfortable seats to go with a quiet cabin.

**Lexus NX 300h and RX 450h**

Lexus earns top marks for fuel economy for both its compact and midsize SUVs. Both deliver an overall mpg of 29.

When ranking their picks for vehicles with high fuel economy, FuelEconomy.gov, the official U.S. government resource for fuel economy information, lists the Hyundai Ioniq Electric, BMW 13 BEV and Tesla Model S AWD-60D as the most efficient cars. Those who prefer a truck or SUV will find the Chevrolet Colorado 2WD, Chrysler Pacifica Plug-In Hybrid and the Nissan Rogue Hybrid FWD as top contenders.

Fuel-efficient cars and trucks continue to pave the way for more eco-friendly living.

**TRAVEL**



METRO PHOTO

Technology can make a road trip easier and safer.

## Tech for the next road trip

Road trips hold a special place in many people's hearts. The open road and the freedoms it represents have been romanticized by writers and travelers since automobiles became accessible to the masses.

While many drivers still take to the road looking for adventure, road trips have changed considerably since Jack Kerouac penned his seminal novel "On the Road" in the 1950s. The spirit of the open road is still there, but the way travelers approach road trips has changed considerably, most notably with regard to the technology that motorists now take along for the ride. Drivers about to embark on a road trip, whether it's their first such venture or their fiftieth, can make trips even more enjoyable by taking along the right tech.

**Navigation system**

Many vehicles are now equipped with built-in navigation systems. But drivers whose vehicles are older or not equipped with such technology should consider purchasing one before embarking on trips. Though some travelers may feel navigation systems go against the adventurous spirit of

road trips, it's easy to get lost on the open road, especially in an era when many people have grown accustomed to round-the-clock access to information, including maps, on their smartphones. Even if you have no set itinerary in mind, a navigation system can ensure you spend more time enjoying the open road and less time trying to figure out just where you are at any given moment.

**Chargers**

Many people feel their devices are extensions of themselves, but such devices won't be of much help if they are routinely running out of power. Bring along several chargers that can be plugged into your car so you and your passengers can keep your smartphones and other devices running throughout the trip. Though the idea of going off the grid might seem enticing, leaving the world behind is less romantic when you need roadside assistance or are in search of a restroom or a place to pull over and grab a meal. If you want to disconnect from the world, you can always switch your phone to airplane mode. But keeping the phone charged can help

in case of emergency.

**Apps**

The right apps can make all the difference, especially for travelers whose road trip itinerary is not set in stone. The smartphone app GasBuddy can help drivers find the cheapest gas near them, while an app like AroundMe helps travelers find the nearest restaurants, pharmacies, banks, gas stations, and hotels, among other things. And don't forget to download a music app like Pandora or Amazon Music (available to Amazon Prime subscribers) so you and your fellow road warriors can be entertained as you travel far and wide.

**LED road flares**

Traditional road flares tend to burn out rather quickly, with some lasting as little as 15 minutes. That can be a problem for travelers who experience car trouble and end up stranded far away from auto body shops. Some flameless LED road flares can last for hours on end off of a single charge, providing drivers with some peace of mind should they be stranded and forced to wait awhile before a tow truck or mechanic arrives.



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## GOOD NATURE



PHOTOS BY JOHN BREWER — ONEIDA DAILY DISPATCH

Carrie Blackmore talks about Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.

# Hometown brewing takes the next step

By John Brewer

[jbrewer@oneidadispatch.com](mailto:jbrewer@oneidadispatch.com)  
[@DispatchBrewer on Twitter](https://twitter.com/DispatchBrewer)

**HAMILTON, N.Y.** » 2017 is bringing big things Good Nature Brewing.

At the end of January, the Hamilton-based brewery owned by Carrie Blackmore and Matt Whalen was able to move its operations from an old, cramped facility on Milford Street to a mammoth new 6,400 square foot facility located at 1727 State Route 12 B, close to the heart of Colgate University, in a \$6 million expansion.

With the new facility also comes new equipment which is key in expanding Good Nature's output.

At the old facility, the brewery had a seven barrel system. At the new building, Good Nature more than doubled its production arsenal, installing a carefully planned 17 barrel system. Additionally, Blackmore explained that one of the biggest benefits

of the new system is the speed in which a batch is brewed.

At the former location, it took the Good Nature team roughly 8 hours to finish a batch, whereas the new system makes it possible to complete a batch in just a few hours.

"We could brew almost 12 times a day," Blackmore said. Being able to brew different batches much more rapidly has made it possible for Good Nature to exceed its monthly production average from 2016 - 94 barrels - in "a matter of hours."

"It's quite the transition," Blackmore said, explaining that making a larger batch includes more than just multiplying old recipes. "We're entering a whole new world. We have to scale up gradually."

In fact, Blackmore admitted there was a little trepidation when Good Nature first started producing some of its favorites at the new site, but those fears

were for naught.

"The Blonde tasted like Blonde. The Annie tasted like Annie," Blackmore said with a grin.

Because some of barrels are so massive, Good Nature also ordered a specialized "hop cannon" in order to fire hops into a batch a specific, timed intervals. Previously, a ladder was all that was required to add hops to a batch.

The new facility is also more efficient, utilizing a mash filter for grain that allows Good Nature to press more liquid out of the grain. Used grain is then sent to local farmers. The new system will decrease overall grain usage by 10-20 percent, decrease the water usage per batch of brewing by 30 percent, and decrease the overall energy use by 10 percent.

With the new space, Good Nature will be able to take craft brew aficionados or the casual fan on tours of the new facility, giving visitors a behind

the scenes peak at the operations of New York State's first farm brewery. Blackmore said the brewery used to give tours at the former Milford Street location in the Village of Hamilton, but the former facility's lack of space limited the scope of the tour, causing Good Nature to shut the tours down.

In addition to brew tours, the Hamilton-based brewery also has a loft space overlooking operations at the new location that can be rented out for birthday parties, televised sporting events, or corporate meetings.

Another new facet the brewery plans to roll out as a result of the multimillion dollar expansion is a pilot system where Good Nature brewers can try something new or different.

"We'll be able to play with experimental batches," Blackmore said, adding that the pilot system also provides the brewery an opportunity to test



Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.

out recipe idea submissions and in keeping true to its farm brewery status, "play with ingredients grown in the Colgate Garden."

The final aspect of the new facility is the tasting room. (Don't worry Hamiltonians, the Tap Room will remain open as well.) Blackmore says Good Nature is still searching for a head chef and may even open without one and instead use food trucks to

feed patrons. The tasting room is a bit of mystery at this point as construction wraps up, but Blackmore hopes for a mid-April grand opening. In the grand scheme of things, the tasting room will offer brick-fired oven eats as well as gourmet grilled cheese, cut fries, and handmade sauces. There will also be a walk-in cooler for bottle sales.

BREWING » PAGE 2

## PARENTING

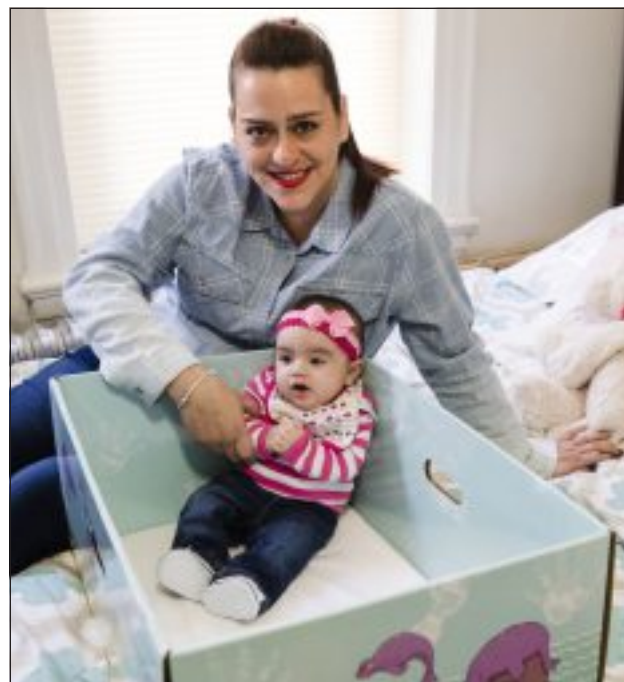
# Cardboard boxes as cribs? Safety sleep program expands

By Michael Catalini  
Associated Press

**TRENTON, N.J.** » Cardboard boxes certainly aren't new technology. But when they're linked to a practice that started in Finland decades ago to help babies sleep safely, they're taking on a new purpose as so-called baby boxes make their way to the U.S.

Parents are beginning to take baby boxes home from hospitals along with their newborns. A Los Angeles-based company has partnered with health officials to give the boxes away for free and an online initiative offers advice aimed at reducing sudden unexpected infant deaths. New Jersey and Ohio were the first to participate state-wide in the program.

"To new moms: (SUID) was one of my biggest fears and then it happened," said 35-year-old Chauntia Williams, of Maple Heights, **PARENTING » PAGE 2**



MATT ROURKE — THE ASSOCIATED PRESS

Dolores Peterson and her three-month-old daughter Ariabella pose for a photograph at their home in Camden, N.J., March 6, 2017. New Jersey became the first state to send newborn babies and their parents home with a box that doubles as a crib and full of necessities, with the aim of cutting back on sudden infant death syndrome.

## AUTO



AP FILE PHOTO

This Oct. 14, 2015, file photo, shows a Mobileye camera system that can be installed in your car to monitor speed limits and warn drivers of potential collisions, mounted behind the rearview mirror during a demonstration of the system, in Ann Arbor, Mich. Intel is buying Mobileye in a deal announced March 13, 2017, and valued at about \$14.09 billion, the latest push by a major tech company into autonomous vehicles that could change the way traffic moves globally.

# The race for a driverless future

**SANTA CLARA, CALIF. (AP)** » Intel will buy Israel's Mobileye in a deal valued at just over \$14 billion, the latest push by a major tech company to advance

autonomous vehicles that could change the way traffic moves globally. Mobileye develops technology that essentially gives computers a sense of

their physical surroundings and it has also been buying creating ties to get that technology onto the road. Last year, it teamed **AUTO » PAGE 2**



PHOTOS BY JOHN BREWER — ONEIDA DAILY DISPATCH

Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.



Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.



Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.



Good Nature Brewing's new tap room, bar and brewing facility in Hamilton, N.Y., on Route 12B.

## Brewing

FROM PAGE 1

"We'll keep it pretty simple," Blackmore said. The décor and layout of the tasting room is a derivation of aspects Black-

more has seen in her travels, including garage door bays that open to an expansive beer garden and metal piping used to create beer taps on a bar constructed of pallets. The site of the new location is currently, and will continue to be, the site of

Colgate University's Community Garden which Good Nature will lease the greenhouse back to Colgate at the cost of \$1 a year. She said that the new brewery will be used as classroom space for Morrisville State students interested in a brewing ca-

reer, and Whalen will be teaching courses through the university. Good Nature is also hoping to develop programming with Colgate University, expanding their current relationship with the neighboring college. The new location re-

quired significant communication and collaboration with the Village of Hamilton as the existing water supply and infrastructure need to be extended to the Route 12B location. It even required the village annexing the site of the new facility in order to legally ex-

tend the infrastructure. In addition to extending infrastructure, the expansion also brings several new jobs to the area with 16-20 part time jobs created, and more than 10 new full-time jobs. The expansion has been in the works since 2014.

## Parenting

FROM PAGE 1

Ohio. Williams is an advocate for safe sleeping and the boxes after she unexpectedly lost her 33-day-old daughter Aaliyah nine years ago. Williams said her daughter went to sleep in a crib with cushiony bumpers, stuffed animals and an added blanket beneath the fitted sheet and never woke up. She said the coroner determined the bedding caused the death.

She now uses a box with her son, Bryce, though he's getting a little too big for it. Her message to new parents: Educate yourselves on safe sleep habits. "Open your mouth and say I'm concerned about this so you can get the assistance," Williams said. Sudden unexpected infant death is a broad category that includes sudden infant death syndrome and accidental suffocation and strangulation that could come from

overcrowded bassinets or cribs. The boxes aren't the only option for safe sleeping, of course, but health officials say they're a useful part of a broader safe-sleep education program. Ohio on Wednesday joined New Jersey in offering the cardboard boxes, which double as bassinets, for free. Each box comes filled with a mattress, fitted sheet, onesie and diapers. The Baby Box Co. is also handing out the boxes in Minneapolis, Phoenix and San Francisco, with the goal of expanding to all 50 states. The for-profit company also operates in Canada, Ireland and the United Kingdom. Baby Box University, a non-profit, maintains a website that coordinates the educational component of the program. The idea for baby boxes started in Finland in the 1930s, and is tied to a sharp drop in sudden infant deaths, according to Dr. Kathryn McCans, a pediatrician who chairs New Jersey's Child Fatality and Near Fatality Review

Board. The boxes provide a clutter-free sleep space that has been shown to reduce accidental and unexpected deaths, she said. The Centers for Disease Control and Prevention says the U.S. rate of sudden unexpected infant deaths has been declining since the 1990s when public health officials began recommending parents put infants to sleep on their backs. About 3,700 sudden unexpected infant deaths were reported in the country in 2015. The boxes are a new idea for many Americans. "The thought of putting the baby in a box, I was like 'wow that's weird,'" said Dolores Peterson, of Camden, New Jersey, who became a first-time mom recently and was among the first to bring home a box. Peterson's daughter, Ariabella, just turned 3 months old. She said the program was eye-opening for how much information she learned about how to prevent sudden unexpected infant death. McCans says the com-

plementary items like diapers and onesies are nice, but the more important objective behind the boxes is bringing down infant deaths and grounding parents on safe sleep practices: Place babies on their backs to sleep; Don't use bumpers in cribs; Keep stuffed animals and blankets out of infants' sleep spaces; Avoid sleeping in the same bed as infants. "No one brings their baby into bed with them because they want their baby to die," she said. "They do it because they want to be nurturing and they are, but it's not safe." To get the boxes, prospective moms can register through babybox-university.com, watch a handful of videos on sleep safety and pass a quiz. Parents can then take their digital or printed-out certificates to a participating hospital for their boxes. The boxes can also be sent in the mail, if a nearby hospital is not designated as a distribution center.

## Auto

FROM PAGE 1

up with Delphi Automotive to develop the building blocks for a fully autonomous car. Also in 2016, ride-hailing company Uber Technologies and Volvo signed a \$300 million deal for Volvo to provide SUVs to Uber for autonomous vehicle research. General Motors Co. invested \$500 million in Uber rival Lyft Inc. to develop a fleet of autonomous electric taxis. Google has a partnership with Fiat Chrysler to work on autonomous minivans, and Volkswagen is working with Uber competitor Gett. BMW, Intel and Mobileye also have a partnership, and Ford has invested \$150 million in laser sensor maker Velodyne. In the latest deal, announced early Monday, Intel Corp. will pay \$63.54 for each share of Mobileye N.V., a 34 percent premium to its Friday closing price. The companies put the equity value of the deal at

approximately \$15.3 billion. The combined global autonomous driving company, which includes Mobileye and Intel's autonomous driving group, will be based in Israel and led by Mobileye Chairman and co-founder Amnon Shashua. The organization will support both companies' existing production programs and build on relationships with automotive original equipment manufacturers, Tier-1 suppliers and semiconductor partners to develop advanced driving assist, highly autonomous and fully autonomous driving programs. Intel CEO Brian Krzanich said in a company release that by working together, the companies will be able to "accelerate the future of autonomous driving with improved performance in a cloud-to-car solution at a lower cost for automakers." The deal, approved by the boards of both companies, is targeted to close within nine months. Mobileye's stock jumped 30 percent Monday before the opening bell.

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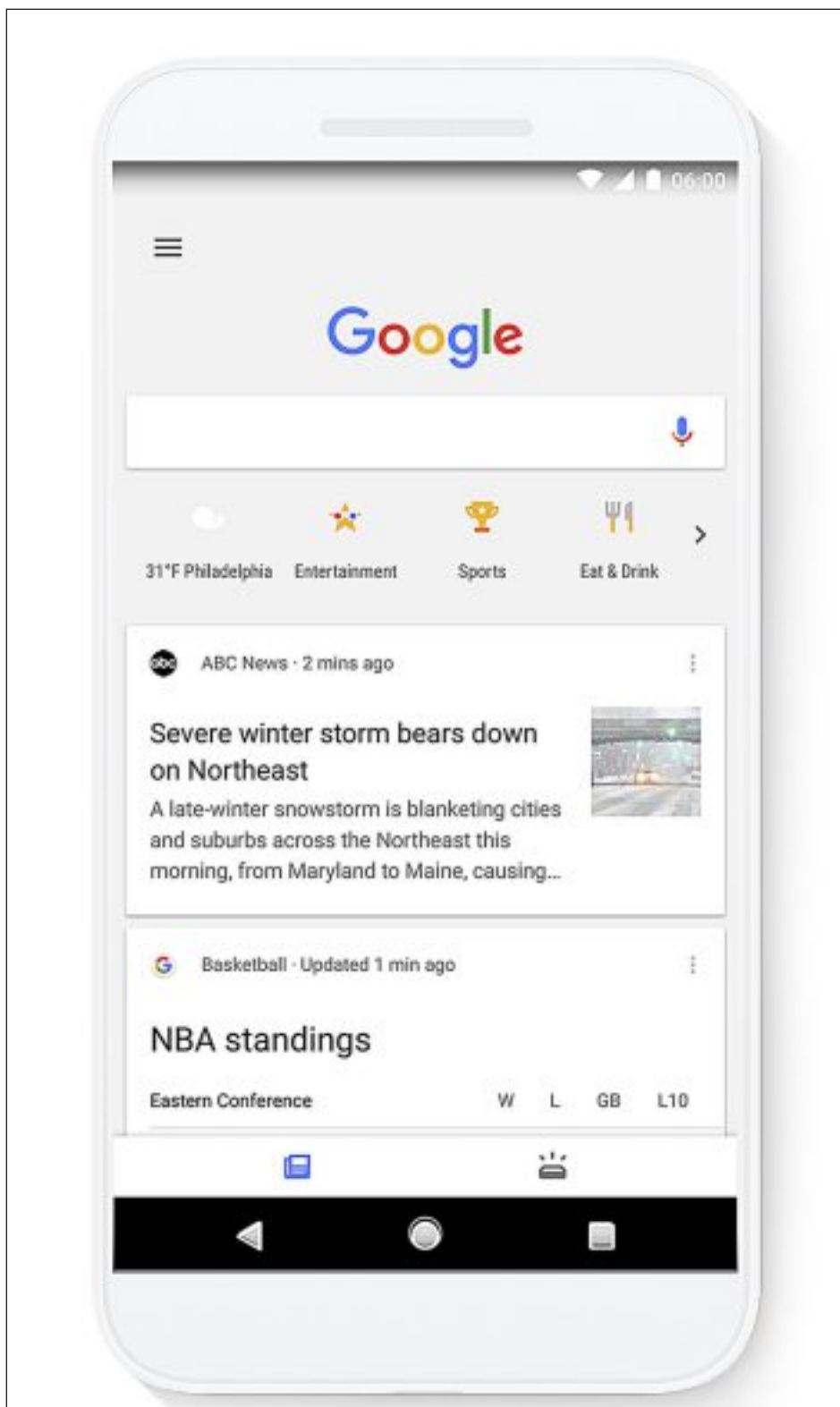
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## TECHNOLOGY



GOOGLE VIA AP

This image provided by Google shows a screen grab of a smartphone demonstrating the use of a new search feature by Google called Shortcuts. Shortcuts are a new row of icons that appear below the Google search box that can be tapped so people can see the latest weather in the area, movie times, suggestions on places to eat or scores of their latest teams without typing anything into the search box.

## Google opens 'shortcuts' to information, tools on phones

By Michael Liedtke  
AP Technology Writer

**SAN FRANCISCO** » Google wants to make it easier for you to find answers and recommendations on smartphones without having to think about what to ask its search engine.

Its new feature, called "shortcuts," will appear as a row of icons below the Google search box. Where now you'd have to ponder and then speak or type a request, the shortcuts will let you tap the icons to get the latest weather, movie showtimes, sports scores, restaurant recommendations and other common requests.

The shortcuts will begin appearing Tuesday in updates to Google's app for iPhones, Android phones and its mobile website. The Android app will also include various tools such as a currency converter, a language translator and an ATM locator, which you can also summon with a tap. Those tools may eventually make it to the iPhone as

well, although Google says it doesn't know when.

### Your backup brain

These shortcuts are the latest step in Google's quest to turn its search engine into a secondary brain that anticipates people's needs and desires. The search engine gleans these insights by analyzing your past requests and, when you allow it, tracking your location, a practice that periodically raises privacy concerns about Google's power to create digital profiles of its users.

Based on the knowledge that Google already has accumulated, its shortcuts feature may already list your favorite sports teams or recommend nearby restaurants serving cuisines you prefer.

Shortcuts also show how Google's search engine has been adapting to its audience, now that smartphones have become the primary way millions of people stay connected to the internet.

### Going mobile

Since more than half of requests for Google's search engine now come from smartphones, the Mountain View, California, company has adapted its services to smaller screens, touch keyboards and apps instead of websites.

Early in that process, Google tweaked its search engine to answer many requests with factual summaries at the top of its results page, a change from simply displaying a list of links to other websites. Voice-recognition technology also allows you to speak your request into a phone instead of typing it.

The transition is going well so far. Google's revenue rose 20 percent last year to \$89 billion, propelled by digital ads served up on its search engine, YouTube and Gmail. Although shortcuts won't initially show ads after you tap them, Google typically sells marketing space if a feature or service becomes popular.

## GARDENING

## Weed control starts with the seeds

By Dean Fosdick  
Associated Press

Weed seeds are among the most patient organisms in nature. Many weeds can produce thousands of seeds per plant per year, and those seeds might lie dormant for decades, just waiting for the right conditions to sprout.

If you want to control weeds, then find where these seeds accumulate — in "seed banks."

"Gardeners should care because that's where all their seeds are coming from," said Ed Peachey, a weed science specialist with Oregon State University Extension. "If you don't prevent weeds from producing seeds, then you'll wind up with large seed banks, and always fighting with the weeds that emerge from those seed banks."

Weeds are unwanted because they are considered unattractive in manicured yards, they spread quickly, and they muscle aside desirable plants from life-giving sunlight, nutrients and moisture.

"Understand what you have in your garden and then decide what to get rid of," Peachey said. "Some weeds are incredibly well adapted to gardens and they compete."

Weed seeds or banks accumulate in neglected lawns, near downspouts and shaded areas, around pathways and driveways, in newly cultivated ground — even under decks, despite the scarcity of sunlight.

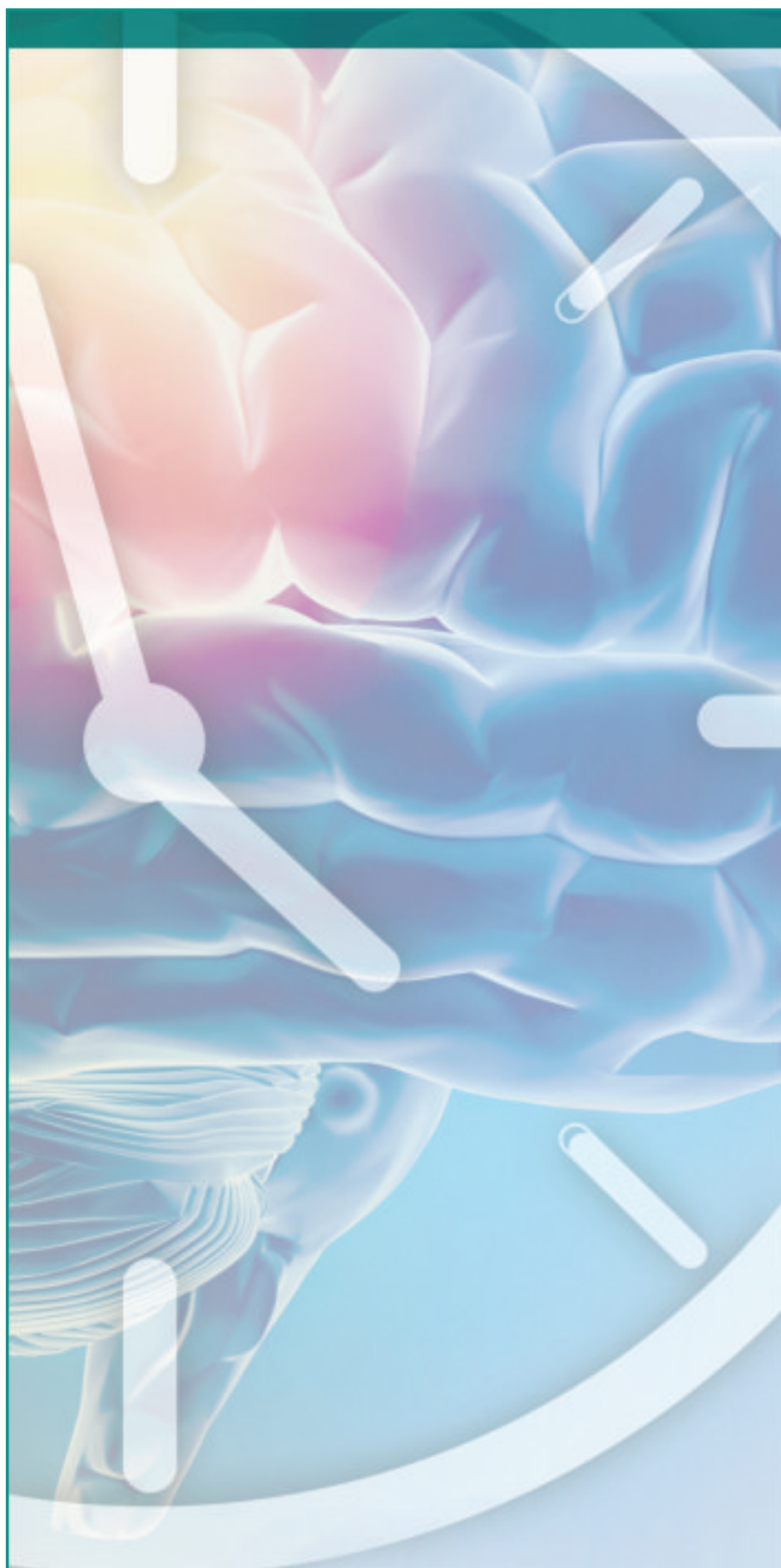
Weeds have a number of things in common, said Sandra Mason, an extension horticulturist with Univer-

sity of Illinois Extension.

"They go through their life cycle rapidly, flower quickly, produce vast quantities of seeds, and have some seed adaptations for travel by wind, water or animals," Mason said in a fact sheet.

Soil movement and changes in water content invigorate annual seeds, Peachey said. "Most weed seeds don't live particularly long, a few years perhaps. But there always are a few that can linger."

A dandelion may produce 15,000 seeds per year, purslane more than 52,000, while pigweed can leave behind over 117,000, according to Colorado State University Extension horticulturists. Purslane and pigweed seeds can persist in the soil for 20 and 40 years respectively, they said.



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- Time:** Every second, brain cells die.

**CALL 911 at any sign of a stroke.**



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**POT FOR PETS**

# Owners treat sick animals with cannabis

**By Terence Chea**  
*Associated Press*

**SAN FRANCISCO** » Michael Fasman's 12-year-old dog, Hudson, limps from pain caused by arthritis and an amputated toe, but Fasman doesn't want to give her painkillers because "they just knock her out."

So the San Francisco resident has turned to an alternative medicine that many humans use to treat their own pain and illness: marijuana.

On a recent morning, Fasman squeezed several drops of a cannabis extract onto a plate of yogurt, which the Portuguese water dog lapped up in seconds. It's become part of Hudson's daily routine.

"We think it's really lifted her spirits and made her a happier dog," Fasman said. "It's not that she's changed. She's just back to her good old self."

As more states legalize marijuana for humans, more pet owners are giving their furry companions cannabis-based extracts, ointments and edibles marketed to treat everything from arthritis and anxiety to seizures and cancer.

Most of these pet products, which aren't regulated, contain cannabidiol or CBD, a chemical compound found in cannabis that doesn't get pets or humans high. They contain little or no tetrahydrocannabinol or THC, the cannabis compound known for its psychoactive effects.

tential medical benefits for humans or animals.

Veterinarians in California and other states are legally barred from prescribing or recommending cannabis. They risk losing their veterinary licenses if they do.

"Our hands really are tied," said Ken Pawlowski, president of the California Veterinary Medical Association. "Definitely we're getting more questions from clients asking about it for their pets, but unfortunately we don't have any answers for them."

Karl Jandrey, a veterinarian who teaches at the University of California, Davis, said he tells his clients they "use them at their own risk with the potential to spend money for no improvement, or a risk of adverse side effects."

Despite the lack of scientific data or veterinary guidance, many pet owners are convinced cannabis has improved their animals' health and well-being, based on their own observations.

Lynne Tingle, who runs a pet adoption center and animal sanctuary, regularly gives cannabis edibles and topical ointments to older dogs with health or behavior issues, including her own elderly dogs Chorizo and Alice.

"You just see a real difference in their spirit. They're just not in pain, so they're happier and they're moving better," said Tingle, who founded the Richmond-based Milo Foundation. "They just get a new lease on life."

San Francisco-based TreatWell Health is one of a growing number of companies marketing cannabis products for pets despite questions over their legality.



PHOTOS BY ERIC RISBERG — THE ASSOCIATED PRESS

Michael Fasman feeds his dog Hudson with a yogurt containing cannabis tincture at his home in San Francisco. As more states legalize marijuana for humans, more pet owners are giving their furry companions cannabis-based extracts, ointments and edibles marketed to treat everything from arthritis and anxiety to seizures and cancer.



Michael Fasman poses with his dog Hudson at his home in San Francisco.



In this photo taken Wednesday, Feb. 15, 2017, is a bottle of pet cannabis tincture at the home of Michael Fasman in San Francisco.

**TV**

# 'Sesame Street' welcomes its first Muppet with autism

**By Frazier Moore**  
*AP Television Writer*

**NEW YORK** » Folks on Sesame Street have a way of making everyone feel accepted.

That certainly goes for Julia, a Muppet youngster with blazing red hair, bright green eyes — and autism. Rather than being treated like an outsider, which too often is the plight of kids on the spectrum, Julia is one of the gang.

Look: On this friendliest of streets (actually Studio J at New York's Kaufman Astoria Studios, where "Sesame Street" lives) Julia is about to play a game with Oscar, Abby and Grover. In this scene being taped for airing next season, these Muppet chums have been challenged to spot objects shaped like squares or circles or triangles.

"You're lucky," says Abby to Grover. "You have Julia on your team, and she is really good at finding shapes!"

With that, they skedaddle, an exit that calls for the six Muppeteers squatted out of sight below them to scramble accordingly. Joining her pals, Julia (performed by Stacey Gordon) takes off hunting.

For more than a year, Julia has existed in print and digital illustrations as the centerpiece of a multifaceted initiative by Sesame Workshop called "Sesame Street and Autism: See Amazing in All Children."

She has been the subject of a storybook released along with videos, e-books, an app and website. The goal is to promote a better understanding of what the Autism Speaks advo-



ZACH HYMAN/SESAME WORKSHOP VIA AP

This image released by Sesame Workshop shows Julia, a new autistic muppet character debuting on the 47th Season of "Sesame Street," on April 10, 2017, on both PBS and HBO.

cacy group describes as "a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonver-

bal communication, as well as by unique strengths and differences."

But now Julia has been brought to life in fine

Muppet fettle. She makes her TV debut on "Sesame Street" in the "Meet Julia" episode airing April 10 on both PBS and HBO. Additional videos featuring Julia will be available online.

Developing Julia and all the other components of this campaign has required years of consultation with organizations, experts and families within the autism community, according to Jeanette Betancourt, Sesame Workshop's senior vice president of U.S. Social Impact.

"In the U.S., one in 68 children is diagnosed with autism spectrum disorder," she says. "We wanted to promote a better understanding and reduce the stigma often found around these children. We're modeling the way both children and adults can look at autism from a strength-based

perspective: finding things that all children share."

Julia is at the heart of this effort. But while she represents the full range of children on the spectrum, she isn't meant to typify each one of them: "Just as we look at all children as being unique, we should do the same thing when we're looking at children with autism," Betancourt says.

It was with keen interest that Stacey Gordon first learned of Julia more than a year ago. "I said, 'If she's ever a puppet, I want to BE Julia!'"

No wonder. Gordon is a Phoenix-based puppeteer who performs, conducts classes and workshops, and creates whimsical puppets for sale to the public.

She also has a son with autism, and, before she started her family, was a therapist to youngsters on



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AGRICULTURE

# Expanding saffron's foothold in the West

By Lisa Rathke  
The Associated Press

**BURLINGTON, VT.** » As spring crocus blooms approach, some growers have visions of a fall-flowering crocus that produces saffron, the world's most valuable spice.

University of Vermont researchers have been raising the exotic spice now grown primarily in Iran and are encouraging growers to tap into what they hope will be a cash crop.

It's not a hard sell, particularly in the short growing season of the Northeast. A crop harvested in the late fall, when other crops have died off, that tolerates extreme climates and yields an average of \$19 per gram.

"Is this the red gold we've been looking for?" said Patricia Fontaine, of Palmer Farm in Little Compton, Rhode Island. She, her mother and brother attended a sold-out workshop this month on growing saffron hosted by the University of Vermont that drew growers from New England and as far away as Indiana and California.

The family had been searching for a crop to grow in their high tunnel, a greenhouse-like structure without heat like one UVM also used to raise the spice.

"We were like looking into everything and then all of a sudden this came up, and we were like, 'This can't be real,'" said Fontaine's brother Ryan Golembeske.

UVM researchers said the yields amounted to \$4.03 a square foot, compared to \$3.51 a square foot for tomatoes, and \$1.81 a square foot for winter leafy greens.

They estimate an acre of saffron grown in high tunnels could bring in \$100,000 a season.

The seasoning comes from the dried red threads, or stigmas, of the plant's purple flower, enhancing



AP FILE PHOTO

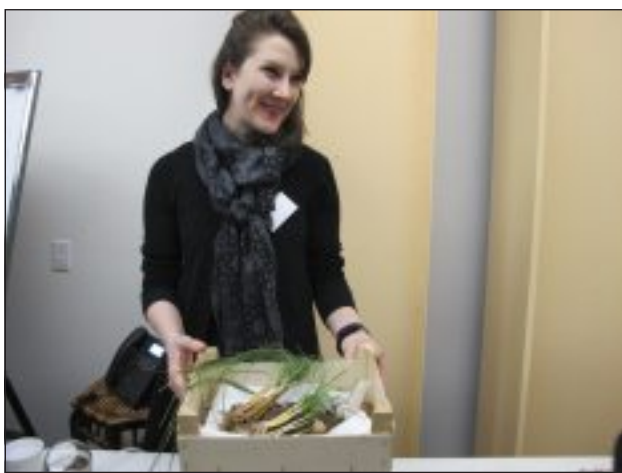
In this Monday, Oct. 31, 2016, file photo an Iranian farm worker harvests saffron flowers just outside the city of Torbat Heydariyeh, Iran. University of Vermont researchers have been raising the exotic spice now grown primarily in Iran and are encouraging growers to tap into what they hope will be a cash crop.

dishes like paella, bouillabaisse and risotto. It's also prized as a natural dye, for medicinal purposes and was used by Cleopatra in warm baths.

UVM is not the first in the U.S. to raise saffron. There are other small growers around the country, including Mennonite and Amish farmers, who have been raising it outside in Massachusetts, Pennsylvania and Maine. The Mennonite church had been looking for a way to preserve its small farms, said Peter Johnson, of the Amish-Mennonite Center of Sustainable Agriculture, in Wenham, Massachusetts.

"We are convinced that this is the crop that will keep our young kids on the farms," he said at the workshop.

Ara Lynn, of Amazing Flower Farm in New Ipswich, New Hampshire, has already planted some saffron to supplement her business of raising annuals and

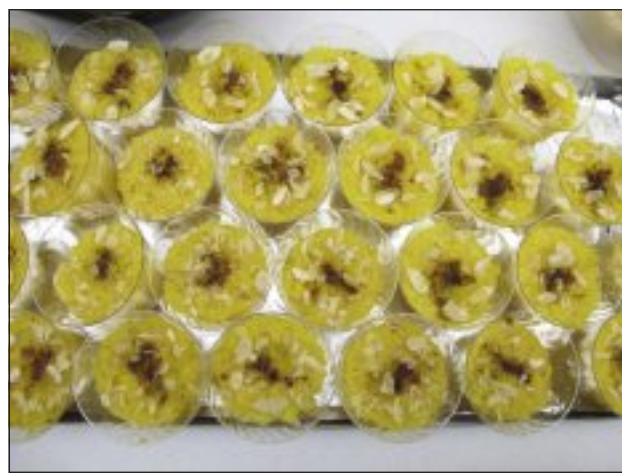


**Left:** University of Vermont graduate student Agrin Davari displays saffron plants during a university workshop, in Burlington, Vt. The university researchers have been raising the exotic spice now grown primarily in Iran and are encouraging growers to tap into what they hope will be a cash crop. **Right:** Containers of saffron rice pudding sit together during a University of Vermont workshop, in Burlington, Vt.



PHOTOS BY LISA RATHKE — THE ASSOCIATED PRESS

In this Thursday, March 9, 2017 photo saffron threads and corms rest on display in containers during a University of Vermont workshop, in Burlington, Vt. University of Vermont researchers have successfully grown the spice in a high tunnel, an enclosure similar to a greenhouse, in Vermont.



perennials.

"It gives a potential income stream at a time when we're doing nothing, or if we are, we're just paying workers and all the money's going out and nothing's coming in, so it makes a lot of sense," she said at the workshop.

But she worries about marketing.

"If we can't find a way to market it and get that kind of money that they're talking about then it's just another endeavor that doesn't work," she said.

UVM researchers believe the more growers, the bet-

ter. "How can you start encouraging a market for saffron if you only have a few growers growing it?" said Margaret Skinner.

The process of picking the flowers, gathering the delicate stigmas and drying them is labor intensive, but only for about a

month — a very short period of time — and in the off season, not dissimilar from maple syrup, said UVM researcher Margaret Skinner.

"It's the simplest crop you'll ever grow," Johnson said. "It works. It really does work. It's unbelievable."

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**ANIMALS**

# Exploring holistic veterinary care

Just as many people have turned to alternative treatments to manage their health and treat illnesses, so, too, are pet owners seeking other methods of care for their pets. Holistic and natural applications are now sought-after choices for veterinary care.

Both traditional and alternative medicine can be helpful in promoting pet health. In fact, many veterinarians are now embracing an integrative approach to animal patient wellness and even attending training sessions in various holistic applications.

Western medicine is built on the concept of identifying the disease and treating it directly until the patient gets better. Western approaches include pharmaceutical and surgical care. Alternative medicine is largely geared around boosting the body's natural ability to heal itself. Many components include traditional Chinese medicine, nutritional supplements and some high-tech rehabilitation, according to

WebDVM.

Pet owners can discuss the various alternative treatments, which may work in conjunction with Western medicine, with their pets' veterinarians. Many vets are now trained to offer advice in such areas as herbal supplementation, food therapy and physical rehabilitation.

Holistic treatments also may complement religious beliefs or medical philosophies. Holistic therapies often can be customized to meet a person's beliefs as well as budget in regard to pet care.

One advantage to alternative approaches is greater geographical range. While many traditional treatments are geared around physical examinations and lab work before making a diagnosis or prescribing pharmaceuticals, alternative medical counseling may be achieved over the phone or via email correspondence. Therapies can be suggested to benefit the pet.

According to the pet re-

source Dogs Naturally, holistic therapy can be beneficial to pets that have been diagnosed with cancer. According to Dogs Naturally, half of adult dogs today will get cancer and many of the deaths to dogs over the age of 10 are cancer-related. Rather than bombard sick pets with tests and harsh treatments that can further weaken their already compromised bodies, holistic approaches focus on strengthening foods and tools that revive the pet's body and weaken the power of the cancer. This can extend and also improve the pet's quality of life.

Pet owners who are interested in exploring alternative approaches to pet healthcare can research homeopathic and alternative veterinary practitioners in their areas. Some online consultations may lead to referrals to someone closer to home. It's important to always get professional advice regarding natural treatments to ensure efficacy and safety for the pet.



METRO PHOTO

Pet owners who are interested in exploring alternative approaches to pet healthcare can research homeopathic and alternative veterinary practitioners in their area.

**HEALTH**

## Healthy eating habits for 50 and beyond

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

**Women**

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

**Men**

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to



METRO PHOTO

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are

loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctively add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older

adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3-4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

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**FINANCE**

## Saving up for a home

A home is the most costly thing many people will ever buy. The process of buying a home can be both exciting and nerve-racking. One way to make the process of buying a home go more smoothly is to save enough money to put down a substantial down payment.

Saving for a down payment on a home is similar to saving for other items, only on a far grander scale. Many financial planners and real estate professionals recommend prospective home buyers put down no less than 20 percent of the total cost of the home they're buying. Down payments short of 20 percent will require private mortgage insurance, or PMI. The cost of PMI depends on a host of variables, but is generally between 0.3 and 1.5 percent of the original loan amount. While plenty of homeowners pay PMI, buyers who can afford to put down 20 percent can save themselves a considerable amount of money by doing so.

Down payments on a home tend to be substantial, but the following are a few strategies prospective home buyers can employ to grow their savings with an eye toward making a down payment on their next home.

▪Decide when you want to buy. The first step to buying a home begins when buyers save their first dollar for a down payment. Deciding when to buy can help buyers develop a saving strategy. If buyers decide they want to buy in five years away, they will

have more time to build their savings. If buyers want to buy within a year, they will need to save more each month, and those whose existing savings fall far short of the 20 percent threshold may have to accept paying PMI.

▪Prequalify for a mortgage. Before buyers even look for their new homes, they should first sit down with a mortgage lender to determine how much a mortgage they will qualify for. Prequalifying for a mortgage can make the home buying process a lot easier, and it also can give first-time buyers an idea of how much they can spend. Once lenders prequalify prospective buyers, the buyers can then do the simple math to determine how much they will need to put down. For example, preapproval for a \$300,000 loan means buyers will have to put down \$60,000 to meet the 20 percent down payment threshold. In that example, buyers can put down less than \$60,000, but they will then have to pay PMI. It's important for buyers to understand that a down payment is not the only costs they will have to come up with when buying a home. Closing costs and other fees will also need to be paid by the buyers.

▪Examine monthly expenses. Once buyers learn how much mortgage they will qualify for, they will then see how close they are to buying a home. But prospective buyers of all means can save more each month by examining their monthly expenses and looking for ways to save.

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Preparing for job loss before it occurs can help adults survive the gap between jobs.

# Tips to survive job loss

The job market is fickle, and no one is immune to layoffs. Although the unemployment rate in the United States dipped to 4.9 percent in June 2016 and Canada's rate hovered around 7 percent in May 2016, the job market remains somewhat unpredictable. Preparing financially for unemployment can be prudent, even for working professionals who do not anticipate being laid off.

Financial advisors recommend adults save the equivalent of six months' salary to cover their expenses in the event of job loss. Individuals who want to protect themselves and their assets in the case of job loss can also heed the following tips.

**Examine current finances**

It's important to have an accurate assessment of your current financial situation. Calculate monthly expenses to get a handle on what you are spending. Compare those expenditures against your savings to see if the latter can keep you afloat should you lose your job. Look for areas where you may be overspending, even cutting out some luxuries if you suspect a job loss is looming

or just want to build your savings.

Begin budgeting for loss of health insurance. Health insurance coverage typically ends when a person is laid off. Loss of coverage might not be immediate, but it may occur within months of a layoff. Health insurance is a considerable cost, and you will need to budget for the expense so that you will have access to the health services you need.

**Research options in government benefits**

Few people like the prospect of visiting the unemployment office after being laid off, but delaying the process could negatively affect your finances. It can take some time for unemployment claims to be processed, so apply as soon as possible after losing your job.

**Find ways to supplement your income**

Bringing in any money can be helpful. If it is feasible, look for ways to make some cash while you search for a new job in your field. This may include working from home, freelancing or selling items online. Con-

sider part-time work while you look for a job. You may prefer to find temporary or part-time work in your field, but your hobbies and other interests may present income possibilities as well.

**Practice living with less**

Cut out unnecessary expenses and attempt to live with less. You may find that this comes easily and continue to do so even though you remain employed. Such a trial run can bolster your savings in the event of layoff while also acclimating you to living with less should a layoff ever occur.

**Don't burn bridges**

While it's understandable to harbor some resentment toward an employer for letting you go, that same employer may be able to help you in the long run. Supervisors can help you find a new job or write glowing recommendations. Staying positive and resisting the temptation to badmouth a former employer can only help you in the long run.

Losing a job is seldom easy and is often unexpected. But there are steps adults can take to prepare for losing their jobs.

**HEALTH**

# Some benefits of growing older

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population - persons 65 years or older - numbered 46.2 million in 2014 (the latest year for which data is available). Statistics Canada reports that, in July 2015, estimates indicated that there were more persons aged 65 years and older in Canada than children aged 0 to 14 years for the first time in the country's history. Nearly one in six Canadians (16.1 percent) was at least 65 years old.

With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

**Higher self-esteem**

The insecurities of youth

give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.

**Financial perks**

Seniors are entitled to discounts on meals, museum entry fees, movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation sites for just \$10 in person (\$20 online or via mail).

**Reasoning and problem-solving skills**

Brain scans reveal that

older adults are more likely to use both hemispheres of their brains simultaneously - something called lateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

**Less stress**

As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.



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