

January 2005

MINER MATTERS

A Newsletter for Employees

Never be afraid to try something new. Remember, amateurs built the arc, professionals built the Titanic.

—Anonymous

TSUNAMI WREAKS HAVOC—THE WORLD ANSWERS

The 9.0 magnitude earthquake that struck off the coast of Indonesia on December 26, 2004 creating waves more than 30 feet high at speeds of 500 miles an hour have left a nation in devastation.



Tidal waves destroy homes in Sri Lanka. The earthquake is the largest in the world in 40 years and fourth largest this century.
Photo courtesy of AP

Hundreds of thousands of lives have been lost, millions of homes destroyed, and disease and hunger threaten to eradicate what's left.

In the aftermath, the world has come together. Many nations, including the United States, have pledged monies, supplies, and debt-relief to tsunami hit countries. Further, non-governmental organizations like the UN, Unicef, and Red Cross have already collected millions of dollars and are preparing for massive and lengthy relief efforts.

There are many other organizations pledging help to tsunami victims. I made a donation to Save the Children. Support from individuals like you and me are greatly needed.

If you are interested in giving you may visit usafreedomcorp.gov for a list of agencies set up to accept contributions.

CALENDAR

MARTIN LUTHER KING, JR. BIRTHDAY (observed)	1/17
ADM CLASS STARTS	1/18
55TH PRESIDENTIAL INAUGURATION	1/20
“SPIRIT OF THE SOUTHWEST”	1/27
GROUNDHOG DAY	2/2

HUMOR BREAK

- Life is hard—it’s even harder if you’re stupid.
- Time may be a great healer, but it’s a lousy beautician.
- Age doesn’t always bring wisdom—sometimes it comes alone.
- If you try to fail, and succeed, which have you done?
- If con is the opposite of pro, what is the opposite of progress?
- Disney World is a people trap operated by a mouse.

MINER FEATURE



HEATHER DANN

RESEARCH ASSOCIATE

DOH: 04/12/04

CANANDAIGUA, NY

TIPS FOR Teams

Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together. – V. M. Kelly

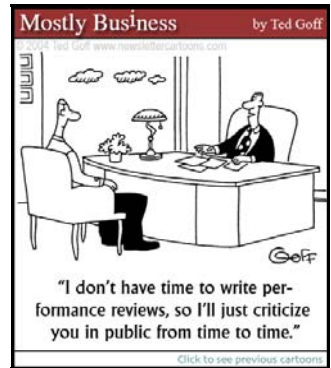
Just because people happen to work together in one department does not mean they make a team. They may merely be a group. Groups seldom achieve great things. Just imagine if a football team consisted of people who did not compensate for each other's weaknesses, did not have a common strategy known to everyone, and did not really want to play together. You can easily predict the results they would get. Many groups have learned to become teams that produced breakthrough results. Here are ten ways to do it:

1. Make sure the team has a challenging goal to achieve.
2. Ensure all team members understand the goal and are committed to it.
3. Provide the necessary training to master the needed skills.
4. Stay the course even when things are tough. Keep all eyes on the prize.
5. Resolve conflict before it distracts people and splits the team.
6. Measure the team's progress, and make the score known to all.
7. Ask team members for their input and find out what they need to win.
8. Encourage diversity of styles within a shared dedication to the goal.
9. The team coach's role is to motivate and guide, but not to hold players' hands.
10. Celebrate small wins until you achieve the big one.

Original article www.communicationideas.com

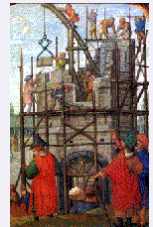
MINER NOTES

- Kirk Beattie celebrates his 5 year anniversary with the company on January 3rd.
- Sally Flis joined the staff on January 3, 2005 as a Research Associate.



Are You Wasting Your Life Just Cutting Stone?

"What are you doing?" A passerby asked of three workers standing beside a building under construction.



The first worker, looking tired and drained, replied, "I'm just cutting stone."

The second one answered, "Working to make a living."

The third worker, who was singing, said, "I'm building a cathedral!"

Are you just cutting stone at work?
Is that why you're often drained of energy and void of enthusiasm?

Are you just trying to make a living?
Is that why you find no excitement in what you do?

Or are you building or doing something great?

Ask yourself: "What great thing do I want to do today?" Don't waste your life just cutting stone. Start building cathedrals.

Original article www.communicationideas.com

Miner Feature—HEATHER DANN

A New York native, Heather is originally from the Finger Lakes region. She, with her husband Aaron, have lived in the North Country for almost one year, having moved here in March 2004. They currently reside in Altona (technically Sciota, just pass the ball field so stop by anytime after a game).

Heather began at Miner in April 2004 as a graduate student and is now a Research Associate. Her daily duties include working with the research team to plan, conduct, and publish research. She will also be teaching the ADM students this spring. Heather believes there is a unique combination of farming, research, and teaching here at the Institute.

When not working Heather enjoys watching and playing sports, especially basketball (GO ILLINI!), snake hunting (yes, I have it in print should you non-believers think I'm making this up), doing obedience and agility training with her two dogs Mya and Orson, and belongs to the Clinton County Dog Training Club.



JANUARY BIRTHDAYS

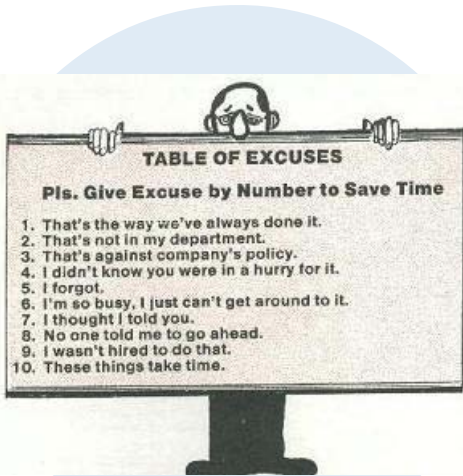
Sally Flis
Ev Thomas
Laurie Miller



RICK'S VIEW

I hope you all have a prosperous 2005! Even as winter's cold settles deeper during January, evidence of activity abounds here at Miner. Newly purchased cows and heifers continue to arrive at the dairy barns to join their indigenous comrades as we populate the new dairy facility; maintenance staff are busily renovating Miner Center and elsewhere; the ADM students arrive and begin their studies around the farm, and one of the most complicated research projects we've ever attempted will begin this month with the dry and fresh cows. The research and dairy farm staff have a large job ahead of them these next few months as the project is conducted.

And in the trivia column, for those of you who look for reasons to celebrate, remember that January 25th is Robert Burns' day for anyone with Scottish heritage (or not for that matter).



HEALTH ALERT

DRY SKIN

Ordinary dry skin usually isn't serious, but it can be uncomfortable and unsightly, turning plump cells into shriveled ones and creating fine lines and wrinkles long before you're due. Fortunately, most dry skin results from environmental factors that can be wholly or partially controlled. These include exposure to hot or cold weather with low humidity levels and to wind, long-term use of air conditioning or central heating, excessive bathing, especially tub baths, and the use of strong soaps or detergents. Metabolic changes that occur with normal aging or with certain medical conditions also can affect the moisture content of your skin.

Chronic or severe dry skin problems may require a dermatologist's advice. But you can do a lot on your own to improve your skin, including drinking more water, showering less, and above all, moisturizing, moisturizing, moisturizing.

Although it may not be possible to achieve flawless skin, the following measures can help keep your skin stay moist and healthy:

- **Wash 'n' go.** For most people, a once-daily bath or shower is enough to maintain good hygiene. If your skin is very dry, bathing every other day may be best. Limit baths and showers to 15 minutes or less, and use warm, rather than hot water.
- **Avoid harsh, drying soaps.** If you have dry skin, it's best to use cleansing creams or gentle skin cleansers and bath or shower gels with added moisturizers. Many dermatologists recommend Cetaphil and Aveeno cleansers, for instance, which are reasonably priced and available in most drugstores. If you just don't feel clean without soap, choose mild soaps that have added oils and fats, such as Neutrogena, Basis or Dove.
- **Don't scrub, rub or soak in the tub.** You've heard that last one before, but it bears repeating. After washing, pat or blot your skin until it's just barely dry, then moisturize immediately to help trap water in the surface cells.
- **Moisturize, moisturize, moisturize.** Apply any moisturizer as often as needed, especially after bathing, showering or washing your face, before exercising outdoors in cold weather, and every time you wash your hands. Although often ignored, your hands are more exposed to the elements, to soaps and to chemicals than is any other part of your body.

Most cases of dry skin respond well to self-care measures. However, see your doctor if:

- Your skin doesn't improve in spite of your best efforts
- Dryness and itching keep you from sleeping
- You have open sores or an infection from scratching
- You have large areas of scaling or peeling skin

Other measures that can help keep your skin healthy are:

- **Moisturize your house.** Keep your house between 68-75 F and use a humidifier.
- **Choose fabrics your skin loves.** Natural fibers such as cotton and silk feel good and allow your skin to breathe. When you wash your clothes use a detergent without dyes and perfumes.
- **Get your Omega-3s.** Your skin needs these fatty acids to function properly. The best dietary sources are fatty fish, flaxseeds and flaxseed oil, walnuts, and soybean and canola oils. Some dark green leafy vegetables such as spinach, kale and broccoli contain modest amounts of omega-3s.

TAX SEASON OPENS—ARE YOU PREPARED?

January 6, 2005 marked the beginning of the tax season for the Internal Revenue Service. During that week, the IRS mailed out approximately 29.5 million tax packages which is only a small percentage of all tax returns. In 2005, the IRS expects that more than half of the 133 million individual tax returns filed will be electronic. "E-filing is fast, secure and reliable. Taxpayers who e-file will get their refunds in half the time," said Mark W. Everson, IRS Commissioner.

The IRS is taking steps in several areas to help taxpayers. Some of these include:

Added EITC help. The EITC Assistant, available in English and Spanish, will allow taxpayers to type in a little information and follow easy directions to determine if they are eligible for the Earned Income Tax Credit (EITC).

Expanded 1040 Central. The newly expanded page will connect taxpayers to basic income tax preparation needs such as key forms, answers to frequently asked questions and critical links to key tax issues.

"Where's My Refund." This popular function allows taxpayers to answer the most frequent question they pose during the tax year. All taxpayers need is their Social Security number, filing status and exact amount of their anticipated refund.

Simpler forms for more taxpayers. The income limits for using the Form 1040EZ and Form 1040A will increase from less than \$50,000 to less than \$100,000. This change will mean that 1.6 million more taxpayers are eligible to file the 1040EZ or 1040A. The one-page Form 1040EZ is for taxpayers who have no dependents, no credits other than the Earned Income Tax Credit and no adjustments to their income. The Form 1040A is for taxpayers who do not itemize their deductions, claim limited tax credits and have few adjustments to their income.

The IRS reminds taxpayers to claim all the credits, deductions and other tax benefits that they are legally entitled to. But the IRS urges taxpayers to be on the lookout for tax schemes and scams that can cause costly problems for unsuspecting taxpayers. When in doubt, ask the IRS or a reputable tax professional for help.

For more information on tax law changes, e-filing, or any of the information here visit the Internal Revenue Service at www.irs.gov.

Source: usgovinfo.about.com

Thank You

Obrigado!

Thanks to all Miner employees who donated food and/or toy items to the Not to "Miner" Food & Toy Drive.

Köszönettel

Your generous spirit and kind heart helped to make the holiday special for many less fortunate than ourselves.

Bedankt

Our efforts yielded eight boxes of food and toy items weighing in at over 200 pounds.

Ahelen Dank

KUDOS TO YOU ALL!

Gracias

All items were donated to the West Chazy chapter of JCEO.

Grazie

Merci

HOLIDAY PARTY THRILLS

A good time was had by all at the Elks Club where employees gathered for the Miner holiday party. Good food, fun games, and a gathering of friends was the intention for this first evening celebration. First thwarted by an unorganized Elks Club staff, and then the weather, the evening seemed to be headed for sure disaster. Laurie, however, after working so diligently was not going to let this evening be spoiled. With store bought poker chips, cards, and a roulette wheel the games were back on.

The weather would be just a slight bigger problem to solve. The first snowstorm of the season was to hit later that evening, and road conditions were expected to be bad. But in true Miner fashion, everyone who planned to attend showed up. Less dedicated personnel would have stayed home.

The food was great, the atmosphere even better, but it's the friends and colleagues that make such an occasion one worth having again.

A huge thanks to Laurie for planning and organizing the event, and to Jeff for taking pictures.



HAPPY NEW YEAR

It's New Years again, and I would expect,
 It's time for agendas, and time to reflect.
 A time to take inventory, of the year just past,
 And a time to confront, our errors at last.
 A time to recall, those no longer here,
 A time to remember, a time to revere.
 A time to resolve, for the year now new,
 To change or adjust, those things we will do.
 A time to change habits, and really we should,
 convert them all please, from bad ones to good,
 A time to thank God, who made night and morning,
 To see a new day, and enjoy a new dawning,
 It's time for us all, to seize the gold fleece,
 Release sparkles of stardust, of love and new peace.
 A time to embrace, all those we hold dear,
 To hold them, and wish them, "A Happy New Year!"

—Anonymous

ALICE T. MINER MUSEUM presents



A PERFORMANCE OF

"SPIRIT OF THE SOUTHWEST"

by

SHAUN HEFFERNAN

PHOTOGRAPHER AND MULTI-MEDIA ARTIST

THURSDAY, JANUARY 27th, 7:30 PM... \$5/person

info: ALICE T. MINER MUSEUM 846-7336

ROUTE 9, CHAZY, NEW YORK

"Spirit of the Southwest" is a multi-media journey through the Four-Corners region of the American Southwest, featuring the photography of Shaun Heffernan choreographed with the music of Robbie Robertson, Pat Metheny, Michael Manning and Enya. This production is a stimulating exploration of the Anasazi, Sinagua and Fremont cultures which inhabited (from approximately 300-1300 A.D.) the visually and spiritually rich high-desert region known today as the Colorado Plateau.

Shaun has made several trips to the area, spending well over a year exploring the canyons, buttes and deserts of "Indian Country," and returns to share the dramatic scenic beauty, fascinating flora and fauna, and inspirational cultural artifacts of the ancient civilizations that inhabited locations such as Chaco Canyon, Canyon de Chelly, Navajo National Monument, and Arches and Canyonlands National Parks.

Come nourish your soul with the inspirational imagery and music of the Southwest!!



A **PHOTOPIA** PRODUCTION



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MISSION STATEMENT

Miner Institute offers quality *research*, *education*, and *demonstration* programs addressing critical agricultural and environmental issues relevant to Northern New York and beyond.

Research

Miner Institute conducts practical *research* on the dairy-crop interface, equine reproduction and management, and environmental conservation. Its research activities combine a global perspective with a regional application.

Education

Miner Institute offers a range of undergraduate, graduate, and continuing *education* programs in dairy and field crop science, equine management, and environmental conservation. The Institute provides meetings, workshops, and residential undergraduate and graduate programs in cooperation with a number of regional colleges and universities.

Demonstration

Miner Institute *demonstrates* the best practices in dairy farming, equine management, and environmental conservation through its dairy, crops, equine, and field and forestry operations and through outreach activities in the region.

VISION STATEMENT

The dedicated and talented staff of Miner Institute seeks to bring to residents of northern New York and surrounding regions the benefits of *research*, *education*, and *demonstration* involving dairy, equine, and environmental management.

VALUES STATEMENT

We value the Miner tradition of high quality agricultural programs serving northern New York needs, conducted by a skilled and diverse staff in a beautiful historical setting. We especially value combining the latest technological innovations with a cherished heritage.