

Seneca Meadows helps support Trevor's Gift

'Tis the season for giving and Seneca Meadows wants to help insure Waterloo children have food for the holidays by making a generous donation to Trevor's Gift, the Waterloo backpack program. The company has been a major sponsor of Trevor's Gift backpack feeding program from the beginning.

But its generosity doesn't stop there. Workers from Seneca Meadows come monthly to place bags of food into the totes that are used to deliver the food to the schools. And even Community Relations Specialist Mark Benjamin steps up to lend a hand, filling the totes and loading them into the cars and trucks for delivery.

"As a father, I know the importance of good nutrition for our children," Benjamin said. "We are honored to do our part to insure that they enjoy a healthy future."

Trevor's Gift purchases bags of food from Foodlink in Rochester, which volunteers place in plastic totes for delivery to the district's five schools. Now in its fifth year, Trevor's Gift has delivered more than

25,000 bags of food to nutritionally needy kids in pre kindergarten through grade 12 in Waterloo. Many rely on the school cafeterias for food during the school week. Trevor's Gift sends home food in the backpacks of 145 kids each week to provide food over the weekend and holidays when kids don't have access to school cafeterias.

When kids have good nutrition, they are healthier, have higher self esteem, have better attendance, and do better in school.

Trevor's Gift relies on the contributions of individuals, businesses and organizations to support its \$29,000 annual budget. It receives no government funding. All money donated is used to buy food for nutritionally needy children in Waterloo. All expenses are donated by the volunteers who pack and deliver the food.

Tax deductible donations to Trevor's Gift can be sent to Trevor's Gift, c/o Waterloo Education Foundation, Main St. Shop Center, Waterloo 13165. Find us on Facebook at <https://www.facebook.com/TrevorsGift>.



Mark Benjamin from IESI Seneca Meadows helps Trevor's Gift driver Jim Patsos load totes with bags of food for delivery to schools. Seneca Meadows has been a major sponsor of the backpack program since its inception.

Hearty bellringers needed

If you can spare some time Friday (Nov. 29), Dec. 5, 13 or 19 to help your neighbors in need, Doris Wolf wants to hear from you. Wolf is chairing the Sam Dickieson Memorial Red Kettle campaign in Seneca County, signing up volunteers to ring the bell for the Salvation Army.

"We have had a wonderful outpouring of volunteers from organizations willing to sign up their members to spend an hour or two to help their neighbors in need," Wolf said, "but we have many spots still to fill."

The openings are all at Walmart, where bellringers have to stand outside, which can be cold in December, she

explained. Time slots still available at Walmart are from 1-5 p.m. Friday; 8-10 a.m. and 3-5 p.m. Dec. 5; 8 a.m.-noon and 2-5 p.m. Dec. 13 and 8 a.m.-noon and 1-5 p.m. Dec. 19. Sports teams, youth groups and individuals are especially welcome.

To volunteer, contact Wolf at (315) 539-8302 or wolfdoris2@gmail.com.

ALL THE MONEY raised in Seneca County stays here in Seneca County. Last year, the red kettle campaign raised \$10,000, which was used to provide funds for emergency food, clothing, shelter, utilities and other necessities for families in Seneca County.

Higher Road

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Enter my crazy idea of using Elfie to convey the message of hope that is Christmas. Okay, it isn't really crazy – it is just a little more work than plopping him in flour... Here is the general gist of what will happen at the Kohlhofer home from Dec. 1 through Christmas morning.

Instead of waking up to silliness, giggling for a brief moment in time, and going about his day, Gavin will search for Elfie and uncover a special message... a message about Christmas – not the North Pole, gift making elves, a naughty and nice list, reindeer or a jolly ole fella in a red suit. Elfie's messages will center around the meaning of Christmas. The reasons Jesus came to us as a babe in a manger. We will take things one step further and make these messages applicable in our present day world with activities he can understand in his impressionable six year old mind. Things like:

- ☐ Making cookies for neighbors and friends because Christmas is about sharing.
- ☐ Going to the lights at the zoo because Christmas is about light.
- ☐ Purchasing small gifts for others be-

cause Christmas is about giving.

- ☐ Having a Random Acts of Kindness day because Christmas is about kindness.
- ☐ Hosting a Christmas party because Christmas is about joy.

These are the things I want him to remember. While we are making memories in the month of December, my hope is Gavin will also be banking truth in his heart to carry for years to come. God has entrusted his precious little life into my hands. I'd be remiss if I failed to tell him there is a real story.

That's the goal anyway. Maybe it'll be a slam dunk. Maybe it'll be an air ball. Either way – it's too important not to try.

What will you be doing?

Kohlhofer is a wife, mom and friend who wears many hats. She hold a master's degree in family ministry from Winebrenner Seminary and is a certified life coach through AACC. She created spot-LIGHT316 ministry as a site dedicated to lifting up and encouraging others to be extraordinary in the ordinary of life, all in a casual and conversational manner. She blogs at <http://www.journeywithd.com/>.



Public Health
Prevent. Promote. Protect.

Lead Poisoning

Lead poisoning is caused by swallowing or breathing in lead. Children under 6 years old are at most risk. If you are pregnant, lead can harm your baby.

Lead Effects on Children Sources

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| <ul style="list-style-type: none">• Often undetected, no obvious symptoms• Can lead to learning disabilities, behavioral problems, malformation of bones, and slow growth• Very high levels can cause seizures, coma, and death | <ul style="list-style-type: none">• Lead-based paint, contaminated dust in homes built before 1978• Drinking water from lead pipes• Contaminated food• Soil• Toys• Ammunition |
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What Can Parents Do

- **THE ONLY WAY TO KNOW IF YOUR CHILD HAS BEEN LEAD POISONED IS TO HAVE THEM TESTED. Recommended testing is at ages 1 and 2 but can be done at any time.**
- Frequently wash child's hand, toys, and pacifiers
- Only use cold tap water for drinking, cooking
- Test paint, dust in home if it was built before 1978
- Some kinds of work make lead dust. You cannot see lead dust, but it can get on your hands, face, and clothes. You can take lead dust from your job to your family when you wear work clothes and shoes home. Children can be lead poisoned by swallowing the dust.

For more information contact:

Seneca County Public Health Department

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