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**RELEASE DATE: September 22, 2008**

**SUBJECT: HERBAL BASICS**

**SOURCE: William McDonald, Director of Community Education  
866-0300, ext. 8251**

Herkimer, NY—Herkimer County Community College is accepting registrations for a non-credit course in **Herbal Basics**.

Taught by Lisa Ferguson, owner of Hawthorn Hill Herbs, **Herbal Basics** will provide information on local, wild and cultivated medicinal plants. Topics will also include medicinal and nutritional qualities of everyday cooking/kitchen herbs and spices, herbs that are beneficial for children, and using herbs to prevent illness or boost immunity. The class will meet in four Thursday evening sessions from 6-8 p.m. beginning October 2. The fee is \$49.

Pre-registration is required and must be received before September 29. Registration can be completed by calling (315) 866-0300 ext. 8251, Monday through Friday, 8:00 a.m. – 4:30 p.m. For a complete list of courses, visit our website at [www.herkimer.edu/ce/](http://www.herkimer.edu/ce/).

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FOR MEDIA ONLY—FOR FURTHER INFORMATION CONTACT KATHERINE MONTANO, 866-0300 OR 888-GO 4-HCCC, EXT. 8259.

# HCCC NEWS

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