

DECEMBER 11, 2020

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If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. James 1:5-6





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TREAD PATTERN

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2 • December 11, 2020 HERKIMER COUNTRY EDITOR

Rabid skunk found in Town of Columbia

Herkimer County Public Health received word on Dec. 2 from Wadsworth Labs that a skunk that was sent in to be tested for rabies on Dec. 1 from the Town of Columbia has tested positive for rabies.

The skunk was found outside the residence exhibiting symptoms of rabies; and sent to Wadsworth lab for testing.

The public can protect themselves and their family pets from rabies by practicing the following:

- 1. Vaccinate your pets against rabies
 - 2. Spay or neuter all animals

to reduce the number of strays.

3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to please check your pet's rabies vaccination records to make sure that they are up

to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Please call Public Health at 315.867.1176, if you have any questions, or concerns. Please visit www.herkimercounty.org.

Self-care strategies to help stay healthy this Holiday Season

(Family Features) With the COVID-19 pandemic added to the typical cold and flu season, many Americans are wondering what they can do to protect themselves and others this holiday season and how to respond if they get sick.

"As we enter this cold and flu season, it's so important to practice selfcare," said Dr. Ian Smith, a physician, best-selling author and host of "The Doctors." "Key preventative measures like washing your hands often and covering your nose and mouth with a tissue or the inside of your elbow when you cough or sneeze can be extremely effective in preventing the spread of germs. With COVID-19 also in the picture,

there are a lot of questions on everyone's mind around how to stay healthy and correctly identify and treat symptoms of the cold and flu or COVID-19."

Flu vs. COVID-19

If you get sick this season, your first question will likely be whether it's the flu or COVID-19. Both the flu and COVID-19 are contagious respiratory illnesses caused by viruses. The flu is caused by the influenza virus and COVID-19 is caused by a coronavirus called SARS-CoV-2. Some of the symptoms of flu and COVID-19, like fever and cough, are similar, making it difficult to tell the difference based on symptoms alone. Testing may be required for a

proper diagnosis. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

Cold and flu treatment

For the common cold or flu, there are a variety of products available that contain several active ingredients commonly used to treat symptoms of respiratory viral infections. For example, Mucinex DM contains dextromethorphan, which helps to control cough and guaifenesin to help thin and loosen mucus and lasts 12 hours when used as directed. You can identify the right formula to provide relief based on symptoms you are experiencing by using the online tool at Mucinex.

com, where you can also find more information regarding self-care remedies.

Holiday gatherings

If you're hosting or attending a gathering this holiday season, check local and state health sites for restrictions on gathering and guidance beforehand. Take appropriate measures to protect yourself and others, and remind fellow guests to take similar precautions. Don't attend or host an event if you're sick or have had close contact with someone who is sick. Frequent hand washing and limiting food preparers or servers can also help reduce the spread of germs.

Source: Mucinex

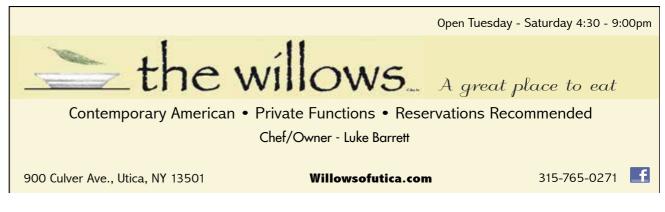














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by Keith Roach, M.D.

Questions about COPD

Dear Dr. Roach: I was diagnosed with COPD a year and a half ago and have several questions. I seem to be unable to get answers from my pulmonary doctor, as he is always busy and doesn't have a lot of time to spend with me.

How fast does COPD progress? I'm 78 years old, in reasonably good health and exercise regularly. I have chronic bronchitis with a slight amount of emphysema. I had been coughing a little during the day, had mucus in the morning and coughed at night for two to three hours after bedtime — to the extent of having to use a rescue inhaler to settle down and get back to sleep. After he put me on Trelegy, all of those symptoms disappeared, and I feel perfectly normal except for shortness of breath.

My other question is what is the life expectancy of a person diagnosed with COPD? I've read about answers to this all over the map, from two or three years after diagnosis to 15 or more years. I would presume that it depends on other factors such as physical condition, exercise, weight, etc. But I would like some kind of guideline for someone in my condition. — T.J.

Answer: There are two major types of chronic obstructive pulmonary disease: chronic bronchitis, where the primary problem is productive cough; and emphysema, which is destruction of the small airways. Shortness of breath is a common feature of all types of COPD. The most prevalent cause is smoking.

I can't answer your questions on rate of progression

To your good health

and overall prognosis without much more information, but it is certainly a good sign that many of your symptoms are well-controlled on treatment. The single biggest factor in rate of progression of COPD is whether you are a smoker, but not being able to exercise, being male and being very underweight are additional risk factors for faster progression.

Lung function falls inexorably over time. In people who have no lung disease, the normal decline with aging is never enough to cause symptoms during normal activity. In someone with COPD, the decline over months to years can cause symptoms to occur first with exercise, and then when at rest. Once people have severe symptoms at rest, the prognosis becomes quite poor.

No medication can reverse lung damage. Inhaled steroids reduce inflammation and can slow progression somewhat. Inhaled bronchodilators open airways and make breathing easier. Inhaled anticholinergics reduce secretions. Your medication, Trelegy, contains all of these medicines, and is appropriate for people with severe COPD or those who do not have good symptom control with a less intensive regimen.

An online calculator for prognosis can be found at https://bit.ly/2N1UEoy. It can be used if you know how far you can walk in six minutes and the results of your breathing test (specifically, the FEV1%).

Dear Dr. Roach: After reading your recent column on mercury, I wonder how dangerous mercury amalgam for cavity fillings is. I'd guess that the amount of metallic mercury ingested is insignificantly small and

of no consequence to overall health. But is it better to replace that type of filling with newer, less-toxic fillings? — J.G.

Answer: Many studies have looked at potential health harms to dental fillings using mercury-containing amalgam, and the consensus is that they are very safe, and that there is no good reason to remove them.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Strange but True

by Lucie Winborne

- Adult mayflies have no functional mouth. Because of this, they die of malnutrition. This is an evolutionary occurrence that happens so aging mayflies don't pass on genetic defects to the next generation.
- Steven Spielberg, who executive-produced the film "Gremlins," requested the effects team make Gizmo's fur orange and white to match his beagle, Chauncey.
- If you do a Google search on the word "askew," the resulting content will tilt slightly to the right.
- St. Lucia is the only country in the world named after a woman. Originally called the Island of the Iguanas by early Carib settlers, the name was later changed after French seamen were shipwrecked there on Dec. 13, the feast day of St. Lucy.
- The color of Facebook is blue because Mark Zuckerberg is red-green colorblind.
- Ever noticed how some mass-produced ballpoint pens, such as the Bic Cristal, have a

hole in the cap? No? Well, in case you someday do, now you'll know why—it's not just to prevent leaks, but choking as well. Lots of folks like to chew on pen lids, and in the event they accidentally swallow the cap, the hole ensures it won't completely block their airway.

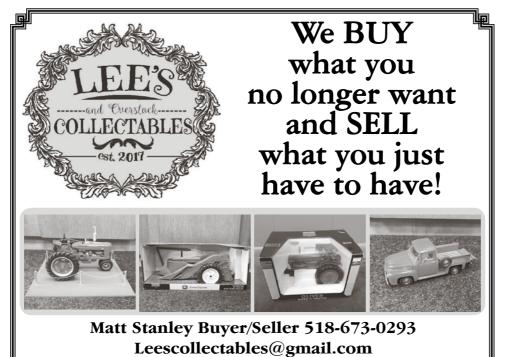
• After an 8.0 magnitude earthquake hit Mexico City in 1985, nearly all newborn babies survived a collapsed hospital for seven days without nourishment, water, warmth or human contact.

• Major League Baseball umpires are required to wear black underwear while on the job in case they split their pants.

Thought for the Day: "Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again." — Og Mandino

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Church Servi

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH

467 Main St Sunday Worship 10:30 AM

DOLGEVILLE New Hope Christian Fellowship Pastor Peter Stiak

32 Spencer St Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE

Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM

DOLGEVILLE UNITED METHODIST CHURCH

Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIF

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

UNITED LUTHERAN PRESBYTERIAN PARISH

26 E. Faville Ave Worship 11 AM

ST. JOSEPH'S ROMAN CATHOLIC CHURCH

Father Brian Slezak, Pasto 31 N Helmer Ave Phone 315-823-3410 Mass 9 AM Sunday

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby

3659 Route 5 Fast Schuyle Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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

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ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil

REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM

OAK RIDGE FREE METHODIST CHURCH

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

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

TRINITY EVANGELICAL LUTHERAN CHURCH

Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 9 AM Spoken Service 9 AM Faith Formation Sunday School 10:30 AM Service with Music Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY

enants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM

FIRST UNITED METHODIST CHURCH

OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave. Sunday Worship and Sunday School 9:00 AM

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by ointment; please leave a message at 315-866-7189

HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH

300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM
Free Community Dinner: Last Saturday of the month, 5:00 PM on Mary Street Entrance

ILION ILION COMMUNITY CHURCH

Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com

SAINT AUGUSTINE'S

Bishop - Dan Herzog 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070

FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM

MORNING STAR UNITED

METHODIST CHURCH 36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1

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109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM

LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery

through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.

ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH

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CATHOLIC COMMUNITY OF LITTLE FALLS
Father Brian Slezak, Pastor
763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH

588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment

LITTLE FALLS FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi

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

HOLY TRINITY LUTHERAN CHURCH

512 E. Gansevoort St Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH

Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

LITTLE FALLS INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor

Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936

MIDDLEVILLE MIDDI EVILLE UNITED METHODIST CHURCH

24 Fairfield St. Church Services 8 AM - 9 AM

MOHAWK GRACE EPISCOPAL CHURCH

7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM

DENNISON CORNERS COMMUNITY CHURCH

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

MOHAWK REFORMED CHURCH

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

EMMANUEL BIBLE CHURCH

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

MOHAWK

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Sr. Mary Jo Tallman, CSJ,
Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

MOHAWK THE WORD CHRISTIAN CENTER

Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

<u>NEWPORT</u> FIRST BAPTIST CHURCH OF NEWPORT

7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM

KUYAHOORA COMMUNITY CHURCH

Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH

St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM

PAINES HOLLOW

PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM

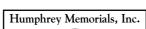
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SALISBURY CENTER

UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship:10:30 AM Weekly Bible Studies

<u>STRATFORD</u> Stratford United Methodist Church

1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies







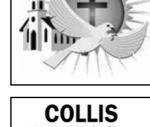


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King Crossword

ACROSS

- "Grand" 5 Letterman's
- network 8 Out of control
- 12 Suspend 13 Weeding tool
- 14 Wise one 15 Killer whale
- 16 Lineage 18 Astronauts' descent to Earth
- 20 Locations 21 Comic
- DeLuise 22 Satchel
- "Forget it!" 26 Nation
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- 32 Nay oppo-nent
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- ware 43 Turducken, e.g.
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 - 34 Eye-related © 2020 King Features Synd., Inc.

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- 29 Longing To and

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Mega Maze

Americanisms



"No one has the right to consume happiness without producing it." — Helen Keller

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CryptoQuip

Clue: U equals B

L PCXXIPG FIC OLDNM ESKK MNG XGHPIV LV ENSHDG IR S HIUUGHF MNG EIOOSVZGH-LV-MNLGR.

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LAFF - A - DAY



"You'll be happy to know that I've been voted the most-dressed girl on our block!"

Country Chuckles by Jonny Hawkins

Mr. Potatohead had second thoughts about having a facial peel.

HOCUS-FOCUS

BY HENRY BOLTINOFF

MAGIC MAZE ● FOUND BY

F A X V T Q O M J H F C A Y E WUSRPNLJHSFDBZL XVTLRQOMDKIHFDU BZYWIVSNOTTUBTS SRQONSOLYRETTOP DGKIEMSTCAFITRA HLNN(ARROWHEADS)C F C O I N S D C F A Z X W V E UBDGRSMUMMYENOM RQLLUKSREBMAHCI ONMKJIHERUSAERT

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: HEAD OF A SKELETON

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Arrowheads Artifacts Bones Buttons

Chambers Coins Diamonds Fossils

Gold Money Mummy Pottery

Rings Time capsule Treasure

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle: WHAT DO YOU CALL SNOWMEN THAT DON'T TELL THE TRUTH?

LESSER REELS FATHER EARTH PORCH BENSON BONES CARHOP HOARSE LATER HARES TALKER NEWEST TEENS PRESTO SPORT DASHES SHADE



Amber Waves









Find at least six differences in details bety

Differences: 1. Earring is missing. 2. Box is closed. 3. Doll's dish is missing. 4. Cabinet handles are added. 5. Mom's collar is different. 6. Girl's shirt is stained.

Skip the Holi-daze

How to spend added time making memories

(Family Features) Making time to reconnect with loved ones is a wish topping many lists this holiday season, so set aside the chaos and commit to doing more this year. More of what you truly enjoy, that is.

These time-saving holiday tips can help curb your time commitments so you can focus on personal connections and celebrating good cheer with loved ones instead.

Spread out prep time. If you're busy putting the final touches on a meal as guests begin to arrive, you'll miss out on the excitement as the party begins. Rely on tricks to spread your meal preparation out over the days before your event, such as making sides and casseroles ahead of time and freezing them so all you have to do on the big day is pop them in the oven. Mashed potatoes are a notorious last-minute time suck, so make them early in the day and keep them warm in a slow cooker. Just add a bit of cream and stir periodically to keep them soft and fluffy.

Simplify cleanup. After enjoying a meal surrounded by loved ones, there's no reason to halt the conversation while you slip away to bring order back to the kitchen. Cover dishes and put perishables away then return to your guests for the quality time you deserve. If you use disposable tableware, there's even less to worry about later.

Shop local for shortcuts. Local businesses are feeling the crunch of 2020 in a big way, but you can give them a boost while doing yourself a time-saving favor. Pick up a pie or specialty dessert from a local bakery. Inquire about family-size sides from the family restaurants in your community. Also remember to check with school-age children you know, as many seasonal fundraisers offer premade holiday desserts and other treats you can share with guests with minimal effort.

Get out of the house. If you've spent too much time this year looking at your own surroundings, getting away from it all may lift your spirits while saving the hours you'd pour into getting

your home ready for entertaining. Community groups with their own facilities often have space available to rent, and these spaces are typically large enough to maintain social distancturn the seasonal celebration into a short road trip for added memories and joy. With some simple decorations, you can create a fun atmosphere for your holiday event and skip the headaches



requirements and are subject to rigorous cleaning protocols. Alternately, if you're keeping the guest list small, renting a vacation home offers the opportunity to

of hosting at home.

Go short and sweet. If the idea of a fullfledged dinner event is stretching you too thin, look for festive ways to scale back. For example,

a dessert-only party lets you gather with loved ones and keep the focus on the company rather than the food. Plan themed stations with different styles of desserts and consider asking family members to help stock each station with their own favorite treats. Celebrate like It's 2020

After a whirlwind of a year, this holiday season promises to be a little different than those of years past. Instead of lamenting what won't be the same, treat this year as an opportunity to deck the halls in a whole new way.

Invite technology to the party. With group gatherings and travel restrictions likely to continue in many parts of the country through the holiday season, there's a good chance you may not be able to gather with everyone you'd like. However, the pandemic has shown how simple it can be to use technology to stay connected. Go ahead and schedule a virtual party or make time to jump on a video chat during your celebration to include those who can't be there in person. To help add a touch of normalcy to the festivities, consider packaging and sending small boxes of party essentials in advance to each person who'll join the virtual party.

Make giving a group effort. Helping those in need is a tradition many people honor around the holidays, but this year your giving is likely to be especially impactful. When you join efforts with family or friends, your contributions can go even further, and it's a way to bond over your shared experience. Consider volunteering as a group at a food pantry, adopting a family or two together or finding another local cause that could use some extra help and count your blessings while you enjoy the extra time together.

Simplify gift-giving. As families grow, the gift lists get longer. However, especially in a year like this, not many wallets have expanded to keep up with the pace. Forgo the time and money required to buy for everyone in the family and start a new tradition by drawing names and instead of buying smaller items for a lot of people, put a little more toward a single item your recipient truly wants or needs.

Source: Chinet

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

December 11

Irish Cultural Center Mohawk Valley hosting 'Live from Ireland' virtual event with bestselling Irish Author Ruairí McKiernan 7-8 p.m. Free through Zoom. More information on registration can be found at www. hitchingforhope.com Free registration available at tinyurl.com/y3ur9u5g

December 12

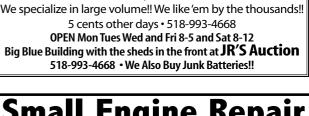
Drive-Through and See Santa at the Firehouse 4-6 p.m. Drive through at the Poland Firehouse to see Santa, Mrs. Claus and the elves. We kindly ask that you stay in your car and enjoy the show. The children will get a candy cane at the end. Poland Fire Station #1 is located at 216 State Rt. 8, Poland, between Poland and Cold Brook.

December 14

visit Destiny USA Mall in Syracuse. For more information, call the Herkimer County Historical Society at 315.866.6413.

December 19

Oil Painting Class with Wilson Bickford 11 a.m.- 3 p.m. "Snow Glow" at Auskerada Place, 78 S. Main St., Dolgeville. Call Diane 315.429.3618 to register.



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Patty Seifried recipient of Little Falls Hospital Zero Harm Hero Award

Little Falls Hospital is pleased to announce that Patty Seifried, RN, Infection Control Coordinator, is recipient of the Zero Harm Hero Award. Patty has been with Little Falls Hospital, part of the Bassett Healthcare Network, since 1978.

The colleagues that nominated her, describe her this way: "...Patty is always willing to educate, correct staff, and patients, in areas that can be a risk for health and safety. During the current COVID-19 pandemic, she has dedicated many hours above and beyond her regular schedule to educate staff on proper PPE including Fit Testing ALL staff for proper N95's. She has been a leader in the COVID processes and we feel she deserves recognition for her continued dedication and long hours on work that promotes the health and safety of our hospital and community. She takes a personal responsibility for our safety and the safety of our patients."

In September, when Oneon-

ta had an COVID-19 outbreak, Patty volunteered to work with Bassett Healthcare Network and New York State Department of Health for the rapid testing response.

Patty remarked, "I am so grateful for the generosity and recognition at a time when we all need to stand together. I have always been proud to work at Little Falls Hospital (42 years now)."

The goal for Little Falls Hospital is to ensure that extraordinary care is being delivered to every patient. The Zero Harm Hero Award was created to help promote an already strong culture of quality, safety and patient satisfaction, assuring high reliable care for our patients, staff and visitors. This award recognizes any Little Falls Hospital employee who demonstrates a commitment to this work.

Seifried lives in West Winfield with her husband, Lee. Her son, Derek, is in the United States Army stationed at Fort Carson, Colorado Springs, CO.



Michael Ogden (L-R), April Smida, Stephanie Todd, Alecia Seeley, Joanne Yette, Dorothy Connors and Patty Seifried.

Photo courtesy of Little Falls Hospital



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Kovels: Antiques and collecting

by Terry and Kim Kovel

Overlooked treasures

What should my painting sell for? Antiques appraisers are not licensed like real estate appraisers, but there are art appreciation courses in universities, degrees in fine art and appraisal associations that require members to pass tests. Some work in an art gallery, auction company or museum and learn to appraise through experience. A treasure can be found in a house sale, resale shop or charity auction; however, the White House had an eglomise desk that was a reproduction. The Ford museum bought a fake 1620 "Brewster" chair made deliberately to fool a museum "expert" in 1969. And sometimes a real treasure is thought to be a reproduction.

A pair of marble busts made by Jean-Antoine Houdon (1741-1828) were exhibited in Paris in 1789. They were bought in Paris in 1926 by an American diplomat, mentioned in a reference library in 1932 and passed down in the family of the American diplomat. They were "lost" until a Cottone auction in

2019. The pair sold for \$1.475 million. Where had they been? The last record was in a 2000 house sale run by a New York auction house that had an appraiser who did not realize that they were busts by Houdon. The 11-inch-tall busts are signed and dated, 1788 and 1789. One is Jean-Jacques Rousseau, the other Georges-Louis Leclerc, Comte de Buffon. The busts must have been in the diplomat's house and then a relative's for 77 years after the collector who bought them in Paris died in 1941.

g: I'd like information on my Sears Kenmore sewing machine, Model No. 117-959. It's electric and sits in its own cabinet. When the cabinet lid is open, the sewing machine lifts without being pulled up.

A: Sewing machines with electric motors were first sold in 1889. Sears began selling Kenmore sewing machines in 1913. Several manufacturers made sewing machines for Sears until the Kenmore line was discontinued in 2012. Kenmore Model No. 117-959 was made for Sears by the White Sewing Machine Company beginning in 1948. It sells online for \$75

to \$130. Some collectors look for antique machines with fancy iron bases and gilt decoration. They sell into the hundreds, even over \$1,000.

Current prices

Motorcycle license plate: Oklahoma, OKLA 915, red border, red text, cream, c. 1932, 8 x 4 inches, \$180.

Salesman sample: Aldek scaffolds, aluminum, configuration photos, briefcase, green handles, 19 x 18 inches, \$340.

Coin operated skill machine: Major Novelty, marquee, wood case, yellow, red, 37 inches, \$420.

Orange Crush door push, "Come in Drink," bottle, straw, orange, black, 1920s, 12 x 3 inches, \$660.

TIP: It is said creativity comes from a messy, cluttered environment. It inspires ideas. Remember that the next time you rearrange your collectibles.

"Kovels' Antiques & Collectibles Price Guide" — the all new 2021 edition — is now available in bookstores and online, or visit www.Kovels.com for a special offer.

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Ready, Set, Give! Holiday Gift Guide

Six ways to stick to a holiday budget

The holidays are an exciting, fun and joyful time of year. And for many people, the holidays also are expensive.

According to the Motley Fool Company, a financial wellness resource, the average American spent \$882.45 on Christmas gifts, food, decorations, travel, and other holiday-related expenses in 2019. Around 56 percent of gift shoppers set a budget for holiday spending, but only 64 percent stuck to it. In addition, 21.5 percent of respondents went into debt due to holiday shopping.

Who doesn't want to have a super holiday with delicious foods on the table and lots of presents to share with family and friends? While that's tempting, such a bounty should never result in financial peril. These six strategies can make it easy to establish and stick to a budget this holiday season.

1. Budget for everything. When working out holiday spending plans, factor in all of the expenses associated with the holidays — not just the

most obvious, like gifts. Costs for gas, parking lot fees, greeting cards, postage, travel expenses, and much more should be included in your final number.

2. Determine how much you can spend. Money for gifts and other holiday expenses should ideally come from your disposable income. Look at your finances in advance of the holiday season and figure out how much extra cash you have for the holidays, and use that figure to determine how much you should spend. Find ways to make up any deficit by curtailing expenses like dining out or entertainment extras. Many people plan to use credit cards to pay now and worry about the aftermath later. Only use credit cards if you have the money in the bank and can pay off the entire bill when the balance due is in January.

3. Set a spending limit for individuals. Based on your numbers and how much you plan to spend overall, start allocating money to categories, including gift re-

cipients. Come up with a spending range for each person and stick to it.

4. Pay in cash as much as possible. It's easy to know what you're spending when using cash as opposed to credit. There is some risk with carrying around cash, but that risk may be offset by the benefit of spending only what you can afford to spend.

5. Track all purchases. Save the receipts and keep a running total of expenditures so you can see how your spending is measuring up to your budget. If necessary, scale back on one category if you've tipped the scales in spending on another.

6. Shop sales and deals. High-end stores may have the impressive tag, but their prices can set you back. Instead, look for comparable gifts at discount stores and other retailers. Also, if you must use a credit card, use one that earns you a cash-back bonus for added savings.

A holiday budget is a must to avoid overspending and finding yourself in debt early next year.













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Poland health students learn about DWI dangers, try goggles

gles designed to simulate alcohol impairment while trying to mark an X on a target, write their name on a line or pick up paperclips, Poland Central School District sixth-graders in teacher Sandy Hitt's health class said they saw how disorienting and unpleasant the experience could be.

Herkimer County Sheriff's Office Deputy Heather DuPont, the Poland safety patrol officer, provided goggles that simulated various levels of blood-alcohol content. Students said the normally simple tasks Du-Pont asked them to try became challenging, and some of them still felt a little dizzy or out of it a couple minutes later.

"It messes with you, right?" DuPont said. "So that's what it's going to look like when you're behind the wheel at those levels.

Hitt's sixth-grade and senior-high health classes to talk about the dangers of driving while intoxicated and allow students to try the goggles and ask questions. DuPont's presentations tied into the alcohol unit in the health

Having DuPont in the school is a resource that Hitt wants to take advantage of whenever possible, she said.

"I just think she can make it more real," Hitt said. "We're so lucky to have her here and for her to bring us the goggles to use."

DuPont talked to students about the entire process of what the process would be like to pull someone over for a suspected DWI. She spoke about the questions she would ask, what she would be looking for, the tests she would have people attempt and what the



Herkimer County Sheriff's Office Deputy Heather DuPont, the Poland Central School District safety patrol officer, speaks to one of teacher Sandy Hitt's sixth-grade health classes about the dangers of driving while intoxicated. Photos courtesy of Herkimer BOCES

consequences are.

Using the goggles at the end of the class helps

because instead of just telling students about the dangers of DWI, it allows

them to realize that's the way you would see things if driving while intoxicated.

Poland 13



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Poland from 12

"They see it is hard, what it does to you," DuPont said.

Doing the presentations also allows DuPont to interact with students and get to know her a little bit, she said.

"I think it helps familiarize them with me and helps them know they can talk to me," DuPont said.

Hitt said the opportunity for students to meet Du-Pont is part of the reason she likes to host the presentations. It helps students realize they can talk to DuPont in the hallway or in her office, Hitt said.

"And now you have another person in the building to go to if you have an issue," Hitt said.









Poland Central School District sixth-grader Logan Gemelli tries to walk while wearing goggles designed to simulate alcohol impairment, as Poland health teacher Sandy Hitt and Herkimer County Sheriff's Office Deputy Heather DuPont, the Poland Central School District safety patrol officer, look on.







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14 • December 11, 2020 HERKIMER COUNTRY EDITOR

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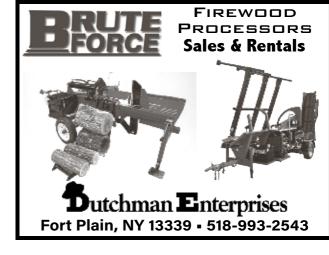
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16 • December 11, 2020 HERKIMER COUNTRY EDITOR

Seniors:

Get your flu shot - it's important!

(Family Features) Getting vaccinated for the flu is more important than ever. Not only will a flu shot help keep you and your family healthy, it can help reduce the strain on the healthcare system and keep hospital beds and other medical resources available for people with COVID-19.

This is no ordinary flu season. It's a flu season amid a pandemic. With viruses dangerous

can increase the risk for serious flu-related health complications or even death. It's the best protection from getting and spreading this flu virus, and it's covered by Medicare at no cost. Medicare Part B covers one flu shot per flu season per beneficiary. You pay nothing for a flu shot if your doctor or other qualified healthcare provider accepts Medicare payment for giving

a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

Those at high risk for flu complications include young children, pregnant women, people 65 years and older, and people with certain chronic health conditions. Anyone who is six months old or older should get a yearly flu vaccine.

The CDC recommends getting vaccinated in September or October, but a flu shot anytime during the flu season can help protect you.

Flu season in North America rarely begins before early October and usually lasts from December to March. In the past two years, the peak activity has occurred around mid-to-late February. Your body needs

two weeks after a shot to develop a protective response to the influenza virus, so your best bet is to get vaccinated before the flu rate begins to climb

Workplaces and other settings that usually provide flu shots may not do so this season because of the challenges of maintaining social distancing. For more information on where you can get a flu

vaccine, visit www.vaccinefinder.org.

When going to get a flu shot, please practice everyday preventive actions and follow the CDC's recommendations for running essential errands. Ask your doctor, pharmacist, or health department if they are following CDC's vaccination pandemic guidance. Any vac-

Seniors 17



A flu shot is an important preventive tool for individuals with asthma, diabetes, and heart and lung disease chronic conditions that can increase the risk for serious flu-related health complications.

going around at once, it's time for people to protect their communities by getting the vaccine already available - the flu vaccine.

And people with Medicare are at greater risk for serious complications from flu. A flu shot is an important preventive tool for individuals with asthma, diabetes, and heart and lung disease chronic conditions that

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A flu shot won't protect you against COVID-19, but it has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death.

According to the Centers for Disease Control and Prevention (CDC), there's no evidence that

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Create a pet-friendly home this Holiday Season

(Family Features) This year, holiday gatherings may look different than celebrations in years past. With traditions and large gatherings up in the air, pet owners can take some comfort in knowing they can still celebrate with their pets.

Before the festivities begin, however, it's important for pet owners to ensure their homes are as pet-friendly as possible. Consider these tips from PetSmart's resident veterinarian Jennifer Freeman, DVM, and training expert Jodie Havens, CPDT-KSA, to keep pets happy and healthy this holiday season.

Teach good table manners

Table manners aren't just for humans. Help prevent begging at the table by refraining from giving your pup food or attention. When you sit down for a meal, place

your pet in a crate or pen, or encourage him or her to go to a special place like his or her bed or a comfortable chair.

"Divert your pup's attention from tempting treats on the holiday table by providing an activity, such as a long-lasting chew or a puzzle toy," Havens said.

If you don't crate your pet during your holiday meal, avoid sharing human food under the table. "Table scraps such as gravy and stuffing may look harmless, but even small amounts can lead to serious health issues," Freeman said.

Instead, offer pet-friendly treats that look and taste like the holidays. If you choose to indulge your pup with a little bit of human food, you can serve small amounts of white-meat turkey breast, pumpkin, cranberries and yams.

Keep your pet away from scallions or chives, onions, garlic, grapes or raisins, cooked bones and anything high in fat.

Create a zen space

The holidays can be hectic, and pets are prone to picking up on stress in the household. Even just one or two guests or stressed out owners can give a pet anxiety. Freeman recommends providing pets with a safe getaway.

"Stress and extra people in the home may cause your pet to act differently and even show signs of anxiety," Freeman said. "To set up your pet's retreat, use a crate or pen he or she is comfortable with, offer blankets or his or her favorite bed and place a few treats or chews inside."

Exercise caution when decorating

While families may be brightening up their homes this holiday season, it's important to ensure decor such as candles and seasonal plants are placed out of your pet's reach. Flickering candles can be intriguing and seasonal plants like holly and poinsettia in large amounts are poisonous to dogs and cats.

"Try providing a tall cat tree or scratcher near the holiday tree to redirect your kitty to an appropriate climbing apparatus," Havens said.

Extra decor sometimes means more electrical cords, which can be tempting "chew toys" for your pet. Freeman recommends pet owners take special care to ensure electrical cords for festive lighting are not accessible by taping them down or covering them to help prevent injuries. Also remember to keep glass ornaments, tinsel, pinecones and light stands out of reach of your furry friend.

For more pet-friendly tips for the holiday season, visit petsmart.com.

Source: PetSmart

Seniors from 18 -

cination location following CDC's guidance should be a safe place for you to get a flu vaccine.

If you have a child over six months old who qualifies for Medicaid or the Children's Health Insurance Program (CHIP), you may also qualify for a flu vaccination at no cost to you.

What's the

difference between flu and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they're caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV2) and flu is caused by in-

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fection with influenza viruses. Because some symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

It is possible to have flu and COVID-19 at the same time. Health experts are still studying how common this can be.

While it's not possible to say with certainty what will happen this winter, the CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading.

The CDC has developed a test that will check for A- and B-type seasonal flu virus-

es and SARS-CoV2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading and what preventive steps should be taken.

So please protect yourself, your family, and your community by getting a flu shot. Visit the doctor, pharmacy, or other local providers to get a flu shot today.

Information provided by the U.S. Department of Health & Human Services

Source: Centers for Medicare & Medicaid Services

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Answer

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The Kitchen Diva

by Angela Shelf Medearis Aromatic holiday gifts from the kitchen

Gifts from the kitchen are easy and inexpensive to make and are always welcome during the holidays.

Sachets and potpourri make beautiful and aromatic Christmas gifts. They can be fashioned from a variety of herbs and potpourri, and are simple to make. Bath sachets can be put directly into the tub or tied to the faucet so that the hot water passes through the herbal mixture as the bath is drawn.

Sachet bags also may be placed inside clothes drawers, tucked into the corners of couches or armchairs, or placed inside of closets to freshen up a closed space.

Any number of creative and inexpensive combinations may be used to make potpourri. Spices, flowers, essential oils, your favorite perfume, dried herbs and citrus peels all make a wonderful potpourri.

Using a fixative — such as a tincture of benzoin, styrax or orris root — will extend the life of the perfume and ingredients. Most fixatives can be purchased at craft stores or ordered online.

These easy-to-make recipes for bath sachets, potpourri and an herbal rubbing lotion will be fragrant reminders long after Christmas is over. Remember, gifts from the heart are part of the true meaning of Christmas. Have a happy holiday season!

Bath Sachets

2 cups dried herbs (lavender, sage, rosemary, pennyroyal, lemon verbena, chamomile, thyme or mint — alone or in any combination)

8 (4-inch) squares of cheesecloth or cotton (8 small decorative handkerchiefs also work well)

8 (12-inch) lengths of ribbon or lace

- 1. Place the herbs in a plastic bag. Roll a rolling pin back and forth over the herbs until they are slightly crushed. Place 1/4 cup of the dried herbs in the center of the cloth square.
- 2. Gather the square in a pouf and knot a piece of ribbon or lace around the neck of the pouf to secure the herbs. Make ribbon or lace into a bow, leaving the ends long enough to tie the bath sachet to a faucet. Makes 8 bath sachets.

Rose petal potpourri

- 3 cups dried rose petals
- 2 cups dried lavender
- 1 cup dried lemon verbena
- 1 tablespoon dried lemon peel
- 1 tablespoon allspice
- 1 tablespoon cinnamon
- 1 tablespoon cloves
- 1. In a large jar, combine the rose petals and lavender. In a medium bowl, mix the lemon verbena, lemon peel, allspice, cinnamon and cloves. Pour the lemon mixture into the jar containing the rose petals and lavender.
- 2. Cover jar tightly and shake ingredients. Let potpourri stand for 2 to 3 weeks, shaking mixture frequently to combine the scents.

To give as gifts:

8 small drawstring bags or 8 (4-inch) squares of cheesecloth or cotton (8 small handkerchiefs work well)

8 (12-inch) lengths of ribbon or lace

Place the potpourri in a decorative bag with a drawstring, or to make a sachet, place 1/4 cup of the potpourri in the center of a cloth square. Gather the square in a pouf and knot a piece of ribbon or lace around the neck of the pouf to secure the potpourri. Make the ribbon or the lace into a bow. Makes 6 cups.

Herbal rubbing lotion

This is refreshing herbal lotion is a wonderful pick-me-up for sore muscles and tired minds at the end of a long day. The herbs also give the rubbing alcohol a pleasant fragrance. The herbs may be obtained from grocery stores or online sources. You also can purchase decorative bottles online or from craft stores.

- 1 cup fresh lavender leaves
- 1/4 cup lemon verbena
- 1/4 cup mint leaves
- 1/4 cup rosemary sprigs
- 2 cups unscented rubbing alcohol
- 1. Place the herbs in a plastic bag. Roll a rolling pin back and forth over the herbs until they are slightly crushed to release the oils and fragrance.
- 2. Place herbs in a glass jar that has been sterilized by boiling. Add the rubbing alcohol. Cover tightly and label the jar NOT TO BE USED INTERNALLY. Set aside in a cool, dry place for 5 to 7 days.



Gifts from the kitchen are easy and inexpensive to make and are always welcome during the holidays.

Strain the alcohol through several layers of cheesecloth into pretty jars or bottles.

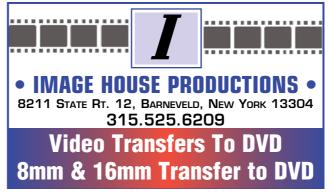
3. Cap tightly and label bottles or jars, NOT TO BE USED INTERNALLY. Tie a pretty bow around the bottles or jars, if desired. Makes 2 cups rubbing lotion.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www. divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Chocolate-dipped pretzels

These pretzels are super easy to whip up to give as a gift. Dip them a day ahead, and pack them in a box lined with waxed tissue paper. Don't forget to remind your friends that pretzels are best eaten within a week — if they're even around that long!

8 ounces milk chocolate, broken into pieces

27 (8-inch long) pretzel rods

Flaked coconut and/or green, red and white sprinkles (for topping)

1. Place chocolate in microwave-safe measuring cup or mug. Heat, covered with waxed paper, in microwave on High 1 to 2 minutes or until chocolate is almost melted, stirring occasionally until smooth.

2. Meanwhile, place each topping choice on separate sheet of waxed paper

or on individual plates.

3. Holding 1 pretzel rod at a time, dip in melted chocolate, tipping cup to cover about half of rod with chocolate. Allow excess chocolate to drip off pretzel back into cup. Immediately sprinkle coated pretzel with choice of topping. Carefully place coated pretzel rod in pie plate or shallow bowl, leaning uncoated portion on edge.

4. Repeat with remaining pretzels (try to keep pretzels from touching one another in pie plate) and refrigerate about 20 minutes to set coating. Store pretzels in tightly sealed container, with waxed paper between layers, at room temperature up to 1 week. Makes 27 pretzels.

* Each serving: About 135 calories, 6g total fat (3g saturated), 3mg cholesterol,

165mg sodium, 18g total carbohydrate, 1g dietary fiber, 3g protein.

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