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Country Editor

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DECEMBER 18, 2020

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2021 Utica Zoo calendars now available for purchase

The 2021 Utica Zoo calendar is now available for purchase at the Zoo's gift shop. In October 2020, the Zoo began looking for submissions from the community to develop the calendar as a way to generate revenue for the non-profit organization. After receiving many submissions, an independent panel of judges chose their top entries to be included in the calendar. Photo submissions were required to be taken at the Zoo or of Zoo animals.

The sales of the community generated calendar, produced by local partner PJ Green, will directly benefit the animals of the Zoo throughout the winter. Due to COVID-19, the Zoo reported being down over \$1 million in revenue for the year; a grim starting point to the winter season where

the Zoo's expenses outweigh their revenue.

"It was wonderful to receive so many photo submissions for the calendar and to be able to see the Zoo through the eyes of our visitors", said Mark Simon, Visitor Experience and Marketing Manager for the Utica Zoo. "We are very thankful for all of the talented visitors who shared their photos with us, and we hope the calendar will be a welcome addition to our community's homes and offices."

The calendar is available for purchase in the Utica Zoo Gift Shop for a retail price of \$9.99.

For more information about this, or anything Utica Zoo related, visit UticaZoo.org, or follow on Facebook, Twitter, and Instagram at @uticazoo.



The 2021 Utica Zoo calendar is now available for purchase at the Zoo's gift shop.
Photo courtesy of Utica Zoo

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ALL NEW 2021 Nissan Rogue SV AWD

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2020 NISSAN FRONTIER SV 4X4



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\$289 36 mos.

Model#32211, VIN#1N6ED0E83LN720174, MSRP \$34,035. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$289 1st payment = \$3,289. Negotiated value of vehicle \$34,671.51. Lessee responsible for Insurance, Maintenance, excess wear & mileage, 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 1/4/2021.

2020 NISSAN ROGUE AWD



ONLY 3 LEFT

2020 Nissan Rogue AWD

\$229 36 mos.

Model#22010, VIN#KNMAT2MV6LP543250, MSRP \$27,745. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$229 1st payment = \$3,229. Price includes \$3,375 Nissan LeaseCash. Negotiated value of vehicle \$27,933.27. Lessee responsible for Insurance, Maintenance, excess wear & mileage, 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 1/4/2021.

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5 Available at this Payment

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lease for **\$169** 36 mos.

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2017 MURANO SV AWD



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2016 ROGUE AWD



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#UC1860

\$12995*

2019 PATHFINDER SV 4X4



7 Seater, great family SUV, 28k mi. #UC1835

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2018 ROGUE SPORT AWD



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Herkimer College inducts 88 students into international honor society



Eighty-eight Herkimer County Community College students were inducted into the College's Upsilon Epsilon chapter of the Phi Theta Kappa (PTK) international honor society during a virtual ceremony on Dec. 2.

PTK was established in 1918 to recognize and encourage scholarship among two-year college students. It now has chapters on almost 1,300 community college campuses in 11 countries. Herkimer College students who are inducted join a network of more than 3.5 million members around the world.

Membership is extended to those who have achieved a 3.5 or higher cumulative GPA and have accumulated at least 12 credit hours.

Due to the ongoing coronavirus pandemic, this year's inductees included students from the Fall 2019, Spring 2020, and Fall 2020 semesters. Their names and hometowns are listed below:

Georgina Abrams (Mohawk)
Vincenza Aiello (Frankfort)
Ericka Arancio (Clinton)
Nicole Barretta (Rome)
Emma Bilinski (Dolgeville)
Keara Blumenstock (Poland)
Victoria Borowski (Herkimer)
Anna Bowers (St Johnsville)
Dyana Budakowski (Washingtonville)
Francesca Camileri (Long Beach)
Terry Carter (Amsterdam)
Ashley Cervini (Little Falls)
Tamara Charles (Herkimer)
Nicholas Coffin (Dolgeville)
David Cook (Little Falls)
Nathaniel Cook (Little Falls)
Jenna Cool (Amsterdam)
Isabella Coriale (Middleville)
Madison Cudhea (Rome)
Samantha Cunningham (Sidney Center)
Margy Daly (Rome)
Sharon Darling (Whitesboro)
Hollie David (Dolgeville)
Kelsey Denton (Fultonville)
Kumiko Diala (Bronx)
Ndeye Diop (Herkimer)
Michelle Domm (Atlanta)
Kasey Eisenbrey (Herkimer)
Abigail Elisofon (Waterloo)
Feven Endale (Herkimer)
Samantha Fogerty (Little Falls)
Alexander Fowler (New Hartford)
Evan Gambino (Staten Island)
Karesha Goodspeed (Wevertown)
Camille Gossin (New Hartford)
Abigail Gouldin (Oneonta)

Julie Gross (Oakdale)
Olivia Guthrie (Tonawanda)
Brittini Hebert (Camden)
David Hight (Mohawk)
Ara Homer (Richfield Springs)
Haowei Huang (Herkimer)
Kaitlyn Jenks (Canajoharie)
Zhiyi Jiang (Herkimer)
Yebin Jo (Herkimer)
Lucy Kamau (Queens Village)
Deborah Kelly (Clifton Park)
Shizuka Kikuchi (Herkimer)
Sabrina Landeta (Ridgewood)
Anthony Leone (Utica)
Taylor Listovitch (Ilion)
Caitlyn Loucks (Utica)
Anna Luongo (Richfield Springs)
Patrick Luppino (Herkimer)
Alexis Lyga (Herkimer)
Courtney Madia (Frankfort)
Anna McDonald (Frankfort)
Aidan McFerran (Delmar)
Jeliesa Merritt (South Ozone Park)
Jamie Muir (Salisbury center)
Jessica Murianka (Wappingers Falls)
Lauren Myer (Herkimer)
Joseph Nackley (Whitesboro)
Isaiah Norton (Fort Plain)
Julia O'Reilly (Brewerton)
Kler Paw (Utica)
Julie Peck (Evans Mills)
Julia Perkins (Herkimer)
James Piper (Herkimer)
Edwin Ramirez (Hopewell Junction)
Tabatha Ray (East Syracuse)
Daelan Santamaria (Herkimer)
Alex Schnettler (Canajoharie)
Kotomi Shimotanaka (Misawa, Japan)
Solomon Silas (Brooklyn)
George Smith (Little Falls)
Hannah Spofford (Dolgeville)
Elizabeth Spring (Cazenovia)
Jacob Stouffer (Herkimer)
Sawa Suganuma (Herkimer)
Catherineya Thin (Utica)

Shannon Vandawalker (Herkimer)
Tracy Warner (Truxton)
Alyssa Wilson (Brasher Falls)
Kiley Wren (Frankfort)
Griffin Yastremski (Bath)
Yuming Yuan (Herkimer)

Chapter officers this year are President Alex Fowler; Kaitlyn Jenks, vice president of chapter growth; and Stephanie Schneider, vice president of on-line participation.

For more information, contact Phi Theta Kappa Advisor Vicki Brown at brownvl@herkimer.edu or 315.574.4032.



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

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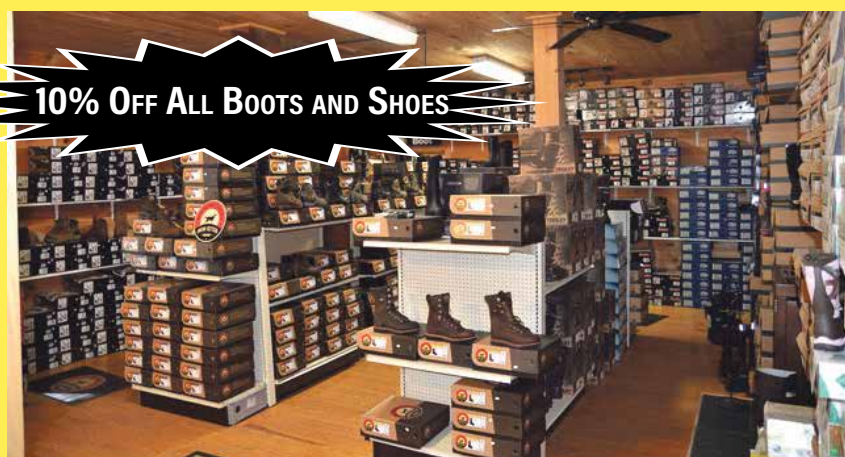


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Herkimer County Public Health issues warning about increase of COVID-19 cases

Herkimer County is currently experiencing a large and quickly increasing number of positive COVID-19 cases. Public Health is overwhelmed and is having difficulty keeping up with the large volume of cases despite best efforts, and has started to prioritize case investigation/follow-up according to CDC guidance. **Therefore, not everyone with a positive result, or contacts of a positive individual, will be contacted so please follow the below procedure:**

1. If you have received a positive test result:

- **isolate yourself from family, friends, and/or roommates** for 10 days from the date of your test or follow

Public Health's instructions.

- **notify your contacts** that they should **quarantine and monitor** themselves for symptoms for 14 days from the date they last were in contact with the positive case.

2. If you are awaiting test results:

- **isolate yourself until you receive your results.** If you receive a positive result, follow instructions above. If negative, continue to wear a mask, stay socially distanced, and wash your hands.

Due to the large volume of cases, Public Health is unable to contact everyone. Therefore, please do the right thing and isolate when you are sick or awaiting test results, and quarantine if you are a contact of someone who is COVID

positive or are positive yourself.

Symptoms of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or a runny nose, nausea, vomiting, and/or diarrhea.

If you are awaiting a COVID-19 test result or have a positive test and need to seek medical attention, please notify the healthcare facility of your test results prior to just going. If you are a contact of a positive case and develop symptoms, contact your primary care provider for further guidance on testing. If you are a high-risk individual, contact your doctor even if symptoms are mild.

Testing sites can also be located by going to coronavirus.health.ny.gov/find-test-site-near-you

Please remember that many individuals exhibit no symptoms. However, they are still highly capable of spreading the virus. Individuals who practice social distancing, wear a mask, don't touch their face and wash their hands are scientifically proven to be less likely to contract COVID-19.

Remember, please contact your primary care provider for further guidance. Herkimer County Public Health is handling a high volume of calls at this time and may not be able to return your call as quickly as desired.

Virtual gallery call for student art from Schoharie Crossing

Schoharie Crossing State Historic Site in Fort Hunter will host a virtual student art exhibit on the theme of "Water's Reflections: Seeing the Past in the Present." This will be a juried show for students in elementary, middle and high schools within New York State. The call is extended until Jan. 3 and works should represent the theme with con-

nection to our shared history and the Erie Canal.

For more information, visit the Schoharie Crossing NYS Parks website at parks.ny.gov/historic-sites/schoharie-crossing. You can also reach out via email at SchoharieCrossing@parks.ny.gov or visit our Facebook page.

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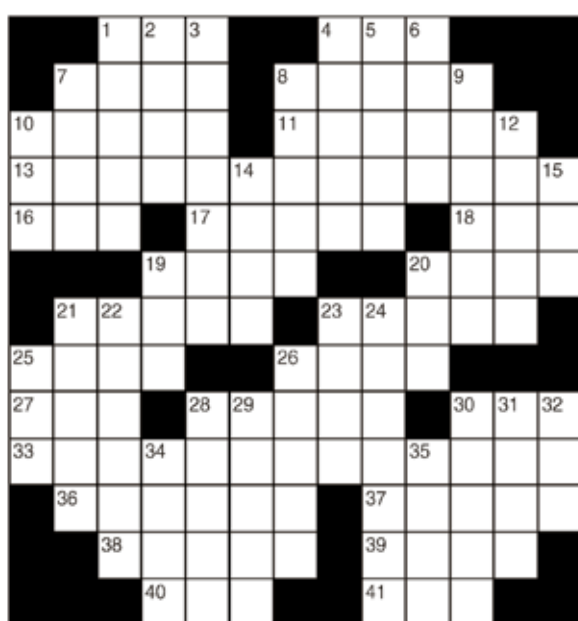
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17 Humdinger
18 Moving truck
19 Narnia's Aslan, e.g.
20 Antitoxins
21 Munchie
23 Enthusiasts' emotions
25 Roe provider
26 Group of quail
27 Debtor's letters
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30 Thee
33 High-backed chairs
36 Earthling, in sci-fi
37 Flavor
38 Go over the books

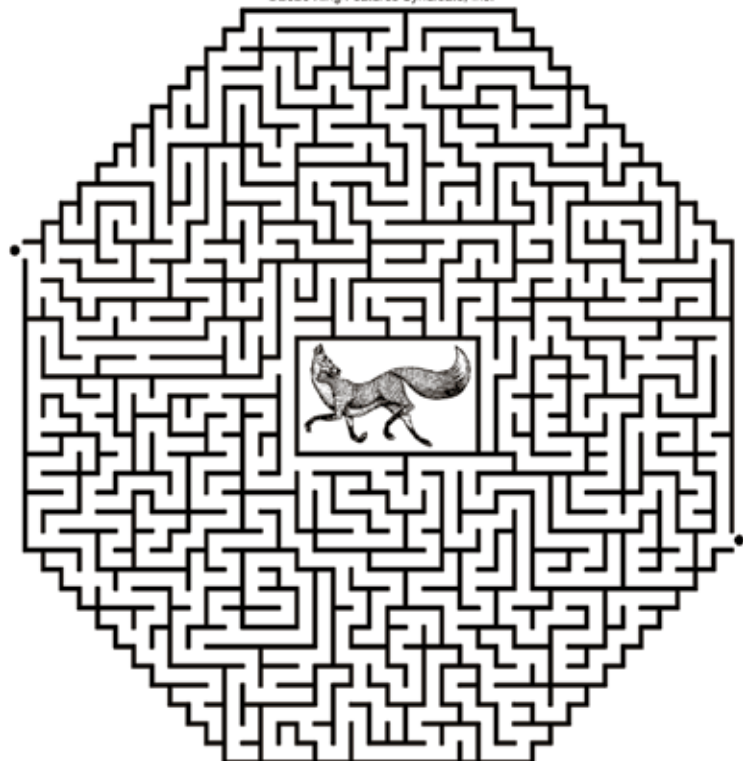


- 39 Spud's buds
40 Always, in verse
41 Two, in Tijuana
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1 Give a leg up
2 One
3 Tuneful
4 Spanish wine town
5 Mad
6 Tavern offering
7 Forehead
8 Conductor's wand
9 Whine
10 English channel?
12 Signs of sorrow
14 Kindle competitor
15 Genetic stuff
19 Young fellow
20 Put into words
21 Try for a two-pointer
22 Queasiness
23 Nil
24 Ousted
25 Bro or sis
26 Beyond well-done
28 Throng
29 Where the elated walk
30 Affirmatives
31 Uneaten morsels
32 Work with
34 Verifiable
35 Boxer's successful blow

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Mega Maze

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Amber Waves



by Dave T. Phipps

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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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bandanna is backward. 2. Picture has been added. 3. Shade is lower. 4. Bucket has no water. 5. Boy's hat is different. 6. Broom handle is taller.

MAGIC MAZE ● DRONE TERMINOLOGY

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YWYGYRRNV OUICOT
YAWAYLFOSTBRQHC
PPWGNMLZJIHFEDO

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: NO FLY —

Autopilot	Controller	Gyroscope	Roll
Axis	Fly away	Octocopter	Throttle
Bind	Gimbal	Payload	Waypoint
Camera	GoPro	Pitch	

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Just Like Cats & Dogs

by Dave T. Phipps



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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: A equals E

ZR CLNALWA TUK U IZKA MUBZAXO
LR NLBUY GBZWQZGYAC, ILJYK
OLJ QUYY ZX AXTZQ KZMABCZXO?

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Myrrh

Myrrh resin is harvested from the species *commiphora myrrha*, which is native to Yemen, Somalia, Eritrea and Ethiopia. Used medicinally to treat indigestion, ulcers, colds, cough, asthma, lung congestion, cancer, spasms, arthritis pain, leprosy and syphilis, it can also be applied directly to the mouth for gum and tooth problems, and to the skin for wounds, abrasions, and boils, as it is considered effective against inflammation and bacterial infection. It is also used in embalming. — Brenda Warner

Sources: 1000bibleimages, wikipedia.org, webmd.com

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Arc Herkimer awarded grant from NYSARC Trust Services to support guardianship and recreational programs

Arc Herkimer was awarded a grant from NYSARC Trust Services to support the agency's guardianship and recreational programs this year.

Guardianship is one of the services Arc Herkimer

offers to provide support for people with disabilities who would not otherwise have a legal guardian or advocate. Additionally, The NYSARC Trust Services grant also helps to provide amazing recreational opportunities for

people supported by the Arc Herkimer.

This year, the agency had to think outside the box for recreation due to the global pandemic. Arc Herkimer was able to purchase a Utica Zoo membership, an indoor

basketball hoop, tablets for interactive fun, crafts and other activities to deliver to families when services were closed, and golf clubs for lessons and play.

Shawn Schultz, Arc Herkimer Vice President

of Supports & Services, said, "We are so excited to incorporate golf into our programs. When we acquired the MV Golf & Event Center, our main goal was to provide new and exciting opportunities for the people we

support, and grants like these help us do exactly that."

NYSARC Trust Services has administered supplemental needs trusts since 1972, helping more than 20,000 people with disabilities.



Arc Herkimer was able to purchase golf clubs for lessons and play as activities to deliver to families when services were closed. Photo courtesy of Arc Herkimer

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Herkimer College announces cancellation of high-risk winter sports

After careful thought, consideration, and dialogue, 27 of the 30 SUNY Community Colleges that are members of the National Junior College Athletic Association (NJCAA) have collectively decided to cancel intercollegiate competition for 2020-2021 indoor sports that are considered “high risk” for COVID-19 exposure and spread of infection.

These sports include basketball, cheerleading, dance, volleyball, and wrestling. Campuses will have the option to hold on-campus workouts and training with student-athletes in a structured and monitored environment.

At Herkimer College, this decision affects the men’s and women’s basketball, women’s volleyball, and the dance/cheer teams. The low-to-moderate indoor sports, including bowling and swimming & diving,

may compete in a virtual setting and must adhere to COVID-19 protocols.

“NJCAA SUNY Community Colleges will continue planning for what we hope will be the safe resumption of intercollegiate athletics in Spring 2021,” said Donald Dutcher, who serves as the men’s director of Region III, as well as dean of students/director of athletics at Herkimer College.

An official announcement on the status of spring sports, as well as Fall 2020 sports that have been rescheduled for Spring 2021, will be made in January. Detailed sport-specific guidelines and protocols are currently in development, and Return to Play and Return to Competition plans will be informed by nationally recognized sport-specific agencies, along with NYS, CDC, DOH and governing athletic associations.

“NJCAA SUNY Community College decisions will continue to be guided by best practice and cautious adherence to health and safety protocols that will safeguard the well-being of our student-athletes, staff, campuses, and communities,” Dutcher said. “We are committed to ongoing collaborative efforts to develop cohesive safety plans to implement on our campuses in support of our student-athletes.”

Now here’s a tip

by JoAnn Derson

• Inexpensive gift idea:

On the front of an empty photo album or scrapbook, print out and arrange color photos of your recipient in a collage. Glue the photos to the front of the album and cover with a decoupage glaze, like Mod Podge. Let dry and glaze again. You’ve just made a one-of-a-kind gift!

• If you are a re-gifter, always document from whom and in what year you received a gift. Then re-gift it to someone who will have little to no contact with that person. For example, if Aunt Emily from out of town sends you a lovely soap basket that you would never use, you could re-gift it for your office party.

• After-Christmas sales are a great time to buy not only gift wrap (look for solid colors that you can use all year long), holiday cards and decoration, but also next season’s winter wear. Things like scarves and gloves can be great bargains. And even coats can go on sale. Take advantage — especially if

you have kids — and buy up.

• “Recycle in the new year by using wrapping supplies to help store your holiday decorations. The cardboard tube from gift wrap can be cut into smaller pieces, which you can wrap strands of tree or house lights around. Boxes can be put to use to hold ornaments or other decorations, and ribbon and bows that are still in good condition can be tucked away for re-use next year.” — E.F. in Oregon

• “Resolutions are a great idea, and, like a lot of people, last year I resolved to exercise more often. I keep a stationary bike in my living room, and I use it while I watch my favorite programs on television. It has helped me lose 8 pounds, and I feel much better. This year, I am going to resolve to volunteer to help others.” — I.N. in Nebraska

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Holiday Gift Guide

Tips for successfully gifting teens

Giving gifts during the holiday season may be rewarding, but certain people on your shopping list may leave you scratching your head wondering what to buy.

Teenagers often fall into that confusing category. As trends and interests change at a moment's notice, adults may not know what to get the teenagers on their list. These suggestions can set you on the right course.

Gadgets

Teens like staying abreast of the latest technology, and what better way to do so than with hot-off-the-assembly-line products? Modern teens use multiple mobile devices — from tablets to smartphones to notebook computers — so an outlet multiplier with surge protection could be the way to go. A charging caddy that keeps all of their devices organized and within reach while replenishing the batteries can make for another go-to gift.

While shopping for gadgets, think about investing in Bluetooth-enabled earbuds or over-the-ear headphones. This way teens can enjoy their favorite streaming music stations or binge Netflix series without disturbing others.

Gym equipment

Adolescents are conscious of their personal health and body image. To foster positive experiences, gift givers can encourage healthy physical activity. A gym membership or personal fitness equipment can help teens get on track with a weekly regimen.

Luggage/travel gear

A thirst for exploration may inspire teens to travel the country or the world. A high-quality piece of luggage can be a building block for teens' travel gear. Other travel items to consider are RFID blocker ID and credit card holders, money toward a passport or an overnight toiletries bag.

Gaming

Many teens immerse themselves in gameplay, whether solo or online multiplayer. Games can be enjoyed while using various consoles, computers and even smartphones. Find out which platform teens are using and then purchase gift cards, points or e-codes so that they can get new games or enjoy in-app purchases and upgrades.

School funding

Some gifts can focus on the future, including teens' education. Consider donating to or opening up an account to help fund college costs. Different plans have different annual contribution limits and tax deferments, so it's a good idea to speak with a financial professional to figure out which avenue is right for you and your gift recipient.

Retailer gift cards

Teenagers always enjoy some extra purchasing power, so gift cards to their favorite retailers are likely to be a hit. If you're not sure where the teen on your list shops, consider a gift card good for any store in a local mall.

Shopping for gifts for teens can be a little easier if shoppers get a nudge in the right direction.

People to tip and gift this holiday season

Are you making a list and checking it twice? If so, don't forget to add a few extra people to that list who are worthy of a gift this holiday season. Certainly friends and family are in mind for presents, but what about the service providers in your life?

After a challenging year, people in the service industry might benefit from a holiday boost this year more than ever. Here's who you may want to spread some cheer to this holiday season.

• **Hairdressers and nail techs:** It takes a lot of effort to look one's best, and these individuals help people put their best selves forward. Consider tipping the amount you would normally spend on one visit. If you get your hair or nails done frequently and consider this person a friend, opt for a gift instead, such as a gift card to a nice restaurant or a pampering service for him or her.

• **Babysitter or caregiver:** This person is likely close with the family and may be deserving of more than a tip. Pick an age-appropriate gift you know this person will love. What about a coveted pair of Bluetooth-enabled earbuds or headphones? A gift card to a store you know this person frequents also can be fitting, or a year-long subscription to a streaming music or movie service.

• **Landscapers:** If the same person or crew services the lawn most of the time, a tip of \$20 each is an appropriate amount.

• **Teachers:** Class parents may take up a collection for the teacher and offer one class gift. If your student is educated by multiple teachers and the school staff is top-notch, consider stocking the staff lounge with snacks and beverages or cater a lunch.

• **Mail carrier:** The mail is delivered six days of the

week in any and all weather. Treat your mail carrier to a nice gift, but stick to the rules of the U.S. Postal Service. Mail carriers are not allowed to accept cash, checks or gift cards that can be used like credit cards. Stick to a gift of no more than \$25.

• **Cleaning person:** You rely on this person to keep your home tidy and

clean. He or she is deserving of the cost of one visit, according to Roseanne Thomas, author of "Excuse Me: The Survival Guide to Modern Business Etiquette."

Individuals can use their discretion concerning service providers in their lives who may be worthy of some extra cheer this holiday season.



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SOMETHING FOR EVERYONE & EVERY BUDGET!

Strange but true

by Lucie Winborne

• Pine cones have genders. Male pine cones shed pollen and female pine cones make seeds. When the wind blows pollen into the female cones, the seeds become pollinated.

• Cats are believed to be the only mammals that don't taste sweetness.

• In 1978, DC put out a "Superman vs. Muhammad Ali" comic book. While the plot deals with hostile aliens, the book's main highlight is the whooping Superman gets in a sparring match with "The Greatest"!

• The first-ever fashion magazine was sold in Ger-

many in 1586.

• Early cosmetic surgeons used a procedure known as paraffin wax rhinoplasty, in which they would inject hot liquid wax into a patient's nose and mold it into the desired shape. Not only was this dangerous, but, no surprise, it really didn't work.

• Canada eats more macaroni and cheese than any other nation in the world.

• A French general, the Marquis de Lafayette, gave John Quincy Adams a pet alligator. Our sixth president not only kept it in a White House bathtub, but enjoyed showing it off to visitors.

• There is a town in India called Santa Claus.

• Ever wonder how the tradition of leaving hand and footprints in front of Grauman's Chinese Theater in Hollywood got started? By accident — when silent film actress Norma Talmadge stepped on wet cement.

• Cellophane, invented in 1908, was originally intended to protect tablecloths from wine spills.

• Those old witch potions aren't quite as gross as you think: Eye of newt, toe of frog and wool of bat are actually archaic terms for mustard seed, buttercup and holly leaves.

• Selfies now cause more deaths than shark attacks.

Thought for the Day: "My father always said, 'Never trust anyone whose TV is bigger than their bookshelf' — so I make sure I read." — Emilia Clarke

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Parental Education Program gets new indoor playset thanks to donation from Stewart's Shops Holiday Match Program

Arc Herkimer's Valley Commons Parental Education Program has received a new children's indoor playset thanks to a donation from the Stewart's Shops Holiday Match Program.

The agency's curriculum-based Parental Education Program is for parents with intellectual and developmental disabilities and focuses on building basic life and parenting skills for participants.

Arc Herkimer applied for the Stewart's Shops Holiday Match Program this past year and received the money to purchase the indoor playset which has a slide, tunnel, and many more features

for children to enjoy.

Stewart's Shops Holiday Match Program runs from Thanksgiving until Christmas annually, and has given over \$28 million since its inception in 1986.



The new playset is all set up and ready for children to enjoy inside of the Valley Commons learning center. Photo courtesy of Arc Herkimer



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Put a zesty spin on weeknight meals

(Family Features) Dinner in many households means foolproof recipes that families can count on, but those can become bland and boring. Finding new ways to put a twist on meals throughout the week adds fun to time spent in the kitchen while bringing new flavor to the table.

The following series of recipes will provide a spin on weeknight staples to showcase the simplicity, versatility and zesty flavor of ranch seasoning when used to create family-friendly dinners any night of the week.

Ranch Crusted Burgers with Avocado Ranch Sauce Servings: 4

Avocado Ranch Sauce:

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon well-shaken buttermilk
- 1/2 teaspoon Hidden Valley Ranch Seasoning
- kosher salt
- freshly ground black pepper
- 3 green onions, thinly sliced
- 2 avocados, peeled, pitted and diced

Ranch Spice Crusted Burger:

- 1 1/2 teaspoons Hidden Valley Ranch Seasoning
- 1 teaspoon paprika
- kosher salt
- freshly ground pepper
- 1 1/2 pounds ground chuck (80% lean)
- 2 tablespoons canola oil

- 8 slices American cheese
- 1/4 cup water
- 4 brioche buns, split in half

Avocado Ranch Sauce

To make avocado ranch sauce: In bowl, whisk mayonnaise, sour cream, buttermilk, ranch seasoning, salt and pepper until smooth. Fold in green onions and diced avocados; set aside.

To make burgers: In small bowl, whisk ranch seasoning, paprika, salt and pepper.

Heat large cast-iron pan or griddle over high heat. Divide meat into four 6-ounce patties and make deep depression in centers with thumb. Season each with spice rub on one side.

Add canola oil to pan and heat until shimmering. Place on burgers in pan, spice side down, and cook until golden brown and lightly charred, 4 minutes. Turn burgers over and cook 4 minutes, or until they reach desired doneness.

Top each burger with two slices cheese. Add water to pan and cover tightly with lid 10 seconds, or until the cheese is melted.

Place burgers on bottom buns and top each with avocado ranch sauce and top buns.

Ranch Seasoned Chicken and Mushroom Quesadillas with Tomato Salsa and Sour Cream Servings: 4

Tomato Salsa:

- 4 plum tomatoes, seeded and finely diced
- 1/2 small red onion, finely diced
- 1/2 jalapeno, finely diced
- 1 lime, juice only
- 2 tablespoons olive oil
- 3 tablespoons fresh basil, finely chopped into ribbons
- kosher salt
- freshly ground black pepper

Quesadillas:

- 2 tablespoons canola oil
- 1 1/2 pounds cremini or button mushrooms, thinly sliced
- 2 teaspoons Hidden Valley Ranch Seasoning, divided
- 12 flour tortillas (6 inches)
- 2 cups shredded Monterey Jack cheese
- 16 ounces roasted or rotisserie chicken, shredded
- kosher salt
- freshly ground black pepper

- canola oil
- 1/2 cup sour cream
- tomato salsa
- 2 tablespoons fresh basil, chopped

To make tomato salsa: In medium bowl, combine tomatoes, red onion, jalapeno, lime juice, olive oil and basil; season with salt and pepper. Refrigerate until ready to use.

To make quesadillas: Preheat oven to 450 F.

In large saute pan over medium-high heat, heat oil. Add mushrooms and season with 1 1/2 teaspoons ranch seasoning. Cook until mushrooms are golden brown and liquid has evaporated. Set aside to cool.

Place tortillas next to each other on baking sheet. Sprinkle thin layer of cheese on eight tortillas. Add cooled mushrooms to four tortillas and shredded chicken to other four tortillas. Season each layer with salt and pepper. Stack tortillas to create four, two-layer quesadillas. Cover each with remaining tortillas; brush top tortillas lightly with canola oil and sprinkle with remaining ranch seasoning.

Bake 6-8 minutes until cheese is melted and tortillas turn lightly golden brown with crispy edges.

Cut each quesadilla into four pieces. Garnish each slice with dollop of sour cream. Add dollop of tomato salsa on top of sour cream and garnish with basil.

#15480

Source: Hidden Valley Ranch





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Boost your spirits through the holidays and beyond

(Family Features) Stress and anxiety are all too familiar to many Americans, this year especially, and the added pressure of the holiday season may provide a new set of challenges. Practicing self-care and nurturing your mental health can help you navigate these potentially isolating times, especially if you're tackling this season single.

With so many other demands in life, taking care of yourself, including your emotional and mental wellbeing may not always be at the top of your list. However, putting more emphasis on yourself and your needs can be achieved in small, measurable ways and may not only help boost your spirits but can affect

your approach to dating too.

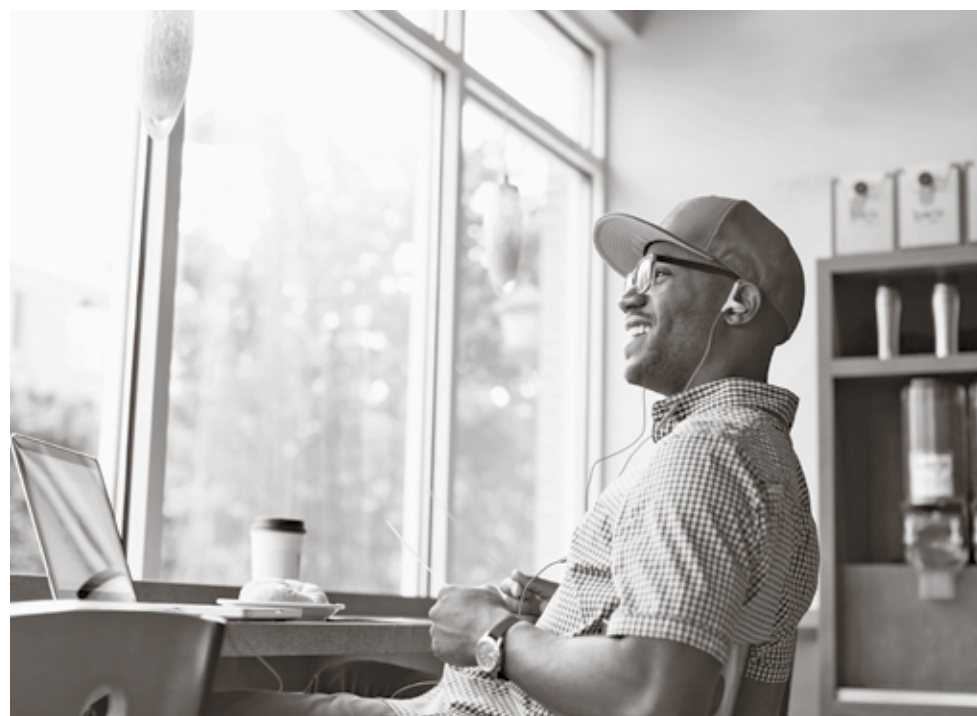
"We believe happy and healthy relationships start with happy and healthy individuals," said Stefan Harvalias, head of global marketing for Plenty of Fish, one of the largest global online dating companies.

Harvalias points out there are a number of ways you can alleviate stress and anxiety. While there's no one magic formula that fits all, many people find coping easier with activities like these.

Listen to music. Numerous studies have demonstrated the benefits of music in managing mental health. Slow, mellow music can help the mind shift into a lower gear and has even been shown to influence

the body's physical state such as reducing blood pressure, pulse and heart rates. For someone with anxiety, music can be a welcome distraction from the troublesome thoughts occupying the mind. For others, music is simply a way to escape from reality and focus on something enjoyable.

Talk with friends and family. Although COVID-19 may be creating physical distance, there's one way it can bring people together: by acknowledging your shared stress to one another. While the impacts of the pandemic vary greatly, everyone has been navigating uncertainty and change that comes with such a widespread event. A weekly check-in call or video



chat with friends and family members can help you feel less alone with your feelings and experiences. Topics like mental health and mindfulness have risen to the surface of everyday discussions, removing a lot of the stigma they once had.

Seek out tools to help you unwind. If you've never given much thought to managing your mental health, you may not know where to begin practicing better self-care, and

that's OK. That's where you can benefit from resources like those available through Plenty of Fish. Knowing the toll the pandemic is taking on singles, the dating app partnered with Shine, a leading self-care app, to create two free dating-related meditations developed to help singles better manage anxiety and improve mental health

and wellness.

Navigating dating, work and your personal life can feel like an intense juggling act. To help find balance and feel less pressure, consider listening to the "Balance Dating While Busy" guided meditation and reflect on your energy and priorities so you can make space

Boost 15

Keeping Spirits High While Dating During the Holidays

Nearly one-third of singles in the United States experienced increased levels of anxiety in the last six months, according to a study from dating app Plenty of Fish. Results from the study demonstrate how challenging dating has been throughout the COVID-19 pandemic this year.

60% experienced feelings of anxiety before going on a date
29% canceled a date due to anxiety
44% are anxious about their dates not wearing masks

To combat these feelings of anxiety and stress, many singles have turned to self-care:

66% practice self-care regularly
87% say self-care activities reduce stress
78% feel less stressed after a self-care routine

50% meditate

Read more about coping with dating anxiety on blog.pof.com

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Boost from 14

for dating in your life.

Although dating may look and feel different right now, it's still doable. Shift your mindset and reflect on ways to adapt with an option like the "Navigate Dating During COVID" guided meditation.

Recognize the role of physical wellness.

The mind and body are intrinsically connected, and how you take care of your body can have an impact on your mental state. This includes eating well to ensure you're getting proper nutrition, which can positively impact your mood. Additionally, exercise releases feel-good hormones, so a quick walk around the block or a 10-minute ex-

ercise video can benefit you both physically and mentally.

Give yourself permission to disconnect.

When life feels uncertain, being closely tied to an information source like your smartphone can give you a sense of security, but it can also add to your everyday stress. If you're working from home, you may find you never fully shift out of work mode. However, it's easy to become addicted to refreshing your newsfeed, allowing your devices to cut into time you could spend more productively. Limit your screen time to force yourself to focus on the present and activities that bring you pleasure while allowing your brain to rest, like spending time with loved ones or enjoying a good



book or movie.

Find more resources to support your mental health and dating experiences this holiday season at blog.pof.com.

Keep COVID from crushing your dating game

As if single life and dating didn't bring enough uncertainty on their own, a global health crisis has only heightened the anxiety many singles feel.

Dating pressures and anxiety tied to COVID-19 were the subjects of a study by Plenty of Fish, which showed just how challenging dating has been for singles this year.

According to the survey of singles:

- 60% have experienced feelings of anxiety before going on a date
- 29% have canceled a date due to anxiety
- 44% are anxious

about their date not wearing a mask

When it comes to the benefits of self-care, a majority of surveyed singles reported:

- 66% practice self-care regularly
- 87% said self-care activities reduce stress
- 78% said they feel less stressed after a self-care routine
- 50% meditate
- Alone time, exercise

and pampering were listed as the top self-care activities

"Prioritizing your mental health matters more than ever," Harvalias said. "Self-care and wellness mean something different to everyone - all that matters is that you find an outlet to disconnect and do what makes you happy."

Photos courtesy of Getty Images

Source: Plenty of Fish

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Number / Classification

20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
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Kovels: Antiques and collecting

by Terry and Kim Kovel
Watch holder

There has always been a need to tell time, and early methods — sundials, hourglasses, water clocks or even large arrangements of stones and shadows — were not accurate. The first mechanical clocks were invented in the 14th century, the pendulum clock in 1656, and by the 1700s there were many clocks in church towers that rang bells to tell citizens the time. The small watch that could be carried by a person was developed after 1810. Then came pocket watches worn on a chain, and in 1868 the wristwatch was made. But there was still no affordable clock for home use.

An unknown person made the first watch holder in the early 1800s. The holder was a small decorative stand that held an available pocket watch on a table. They were made of ceramics, metal, wood — anything that could be shaped into a stand with a large hole. Some were even made by famous artists and jewelers of bronze or gold, or by a company that made ceramic dishes or statues. Most were not signed.

The watch holder is often a “whatsit.” The hole in the middle is confusing to a 21st century person who tells time with a wristwatch or cellphone. A Neal Auction in New Orleans sold an early 19th century watch holder of gilt bronze. It is shaped like a harp held by swans on a pedestal base. When the watch is inserted in the hole near the top, it creates a decorative “clock.” It sold for \$875.

Q: We have an iron doorstop from my grandfather’s house. It has five black and white puppies hanging on a log fence and is 8 inches high and 12 inches wide. We’d like to sell it, but don’t know what it’s worth. Can you help?

A: Cast iron doorstops were made beginning about

1890. They became popular around 1910 when several companies in the United States began making figural doorstops. Vintage figural cast iron doorstops made from 1890 to the 1930s, and in good condition, usually sell for the highest prices. New designs and reproductions of old doorstops sold in gift shops, home decorating stores and online are worth less. The doorstop you describe was made in China and is not old. It sells online for \$30 to \$60.

Current prices

Cambridge glass candy jar w/ lid: rose du barry, peach-blo, acid etched, silver leaf bands, knob, 6 inches, \$115.

Hubley doorstop: cat, red, art deco, cast iron, c. 1925, 5 1/4 x 4 1/2 inches, \$375.

Tiffany salt and pepper shakers: owl, silver, 2 1/2 inches, \$920.

Hasselblad camera: 503CX, Zeiss lenses, branded carrying case, 10 x 13 inches, \$1,970.

TIP: Look at the hinge on a tilt-top table. The wear should show on both the top and the base if it is old.

Looking to declutter, downsize or settle an estate? The all new 2021 “Kovels’ Antiques & Collectibles Price Guide” by Terry and Kim Kovel has the information you’re looking for.

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This watch holder is an elaborate clock when a pocket watch is put into the hole. An interesting, money-saving idea by an anonymous person in the 19th century.

King Crossword — Answers

Solution time: 25 mins.



Weekly SUDOKU — Answer

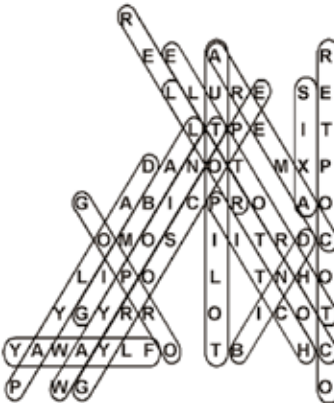
1	8	7	4	5	3	9	6	2
4	3	9	7	6	2	1	8	5
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5	9	1	6	7	4	3	2	8
6	4	8	3	2	1	5	7	9
3	7	2	5	8	9	6	4	1
9	2	6	8	3	5	4	1	7
7	1	4	2	9	6	8	5	3
8	5	3	1	4	7	2	9	6

If someone had a wide variety of moral principles, would you call it ethic diversity?

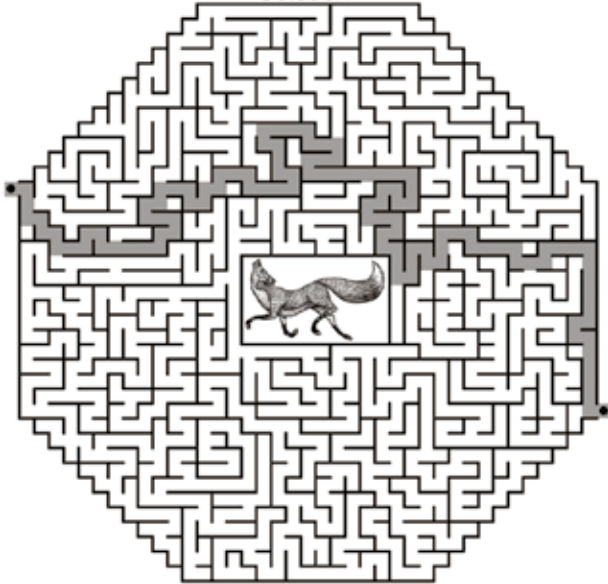
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Pet Pals

Nobody is more passionate about animals than pet owners - and that's why Country Editor is introducing its new Pet Pals section! Every month, we'll be bringing you heartwarming stories, tips, tricks, educational and entertaining news and stories - and photos of your fuzzy friends. We'll share our news with you, and you can share your best snaps of puppies and kitties (and others!). We'll print as many as space will allow.

You'll also learn about local businesses that offer services and necessities so you can pamper your pets. Find out about groomers, trainers and toy providers through Pet Pals!

For more information, contact members of our Editorial Department - Joan at jkarkwren@leepub.com, or Courtney at cllewellyn@leepub.com.

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Bible Trivia

by Wilson Casey

1. Is the book of Herod in the Old or New Testament or neither?

2. Which "Caesar" ordered all the world to be taxed, causing Mary to travel to Bethlehem while expecting the baby Jesus?

Julius, Tiberius, Claudius, Augustus

3. Where in the Bible (KJV) does it inform of the Christ Child being born in a December? Does not, John 1:14, Romans 6:23, Galatians 4:4

4. With seemingly two differ-

ent New Testament answers, who was the father of Joseph? Jacob/Heli, Gideon/Ishmael, Solomon/Nahum, Samuel/Pilate

5. Where did the angel Gabriel appear to Mary saying, "Blessed art thou among women"? Nazareth, Tyre, Ninevah, Gazi

6. For the journey to Bethlehem, how did Mary and Joseph travel? Bible not specific, Cart, Rode donkey, Small raft

ANSWERS: 1) Neither; 2) Augustus; 3) Does not; 4) Jacob/Heli; 5) Nazareth; 6) Bible not

specific

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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To your good health

by Keith Roach, M.D.

Here's how to reduce risk of heart disease

Dear Dr. Roach: I'm a 70-year-old female who had a stress test, echocardiogram and carotid study. I passed all tests. My cholesterol is 173, with my HDL 56, LDL 95.6 and triglycerides 108. My blood pressure is 110/64. The cardiologist put me on 5 mg of Crestor. He feels this will help my numbers. He also has me taking CoQ10 and vitamin D3 in case my legs start aching from the Crestor. I've been taking everything now for two weeks, and my legs are starting to ache. Is it really necessary to stay on Crestor? — J.S.

Answer: I put all your numbers into the standard

risk calculator at www.cvriskcalculator.com, and your risk for heart disease or stroke in the next 10 years is 6.8%. That is in a range where medication therapy is not usually recommended.

Of course, I can't tell you to stop taking the medication your doctor has recommended. He may know something about you that I don't. It's possible you have a less-common risk factor your cardiologist may not have told you about.

Some people with very good cholesterol and blood pressure numbers have high levels of C-reactive protein, for example, which confers an increased risk for heart disease. That's true even in people with desirable cholesterol levels, and people in that situation would clearly benefit from taking Crestor or a similar medicine. All of these medicines have the risk of muscle aches, although the risk of serious muscle damage is very small.

Nearly everyone can reduce their heart disease risk

by having a diet with very little meat but high in vegetables, legumes and nuts, along with whole grains and fruits. Regular moderate exercise is as important as diet. Keeping stress levels low, having good close relationships and sleeping 7-8 hours daily are under-appreciated beneficial factors to reduce heart risk as well.

Dear Dr. Roach: I am 76, female, healthy, do not take any meds and am scheduled for a total knee replacement. During the testing, they made an incidental discovery on the CT scan of "a possible right sided right Hutch diverticulum of the bladder" and "two prominent right external iliac lymph nodes, measuring up to 15 and 13 mm in short axis."

My surgical team did not respond, and my internist says "do not worry," with no explanation. I would greatly appreciate your opinion. — L.M.

Answer: A Hutch diverticulum is a congenital condition, a small pouch in the wall of the bladder. They are seldom diagnosed in adults. They can be associated with infection and stones, but if you have had no problem with either of those conditions, I would certainly advise against doing anything about it.

The external iliac lymph nodes are structures in the hip, and like all lymph nodes, may enlarge in the presence of infection or inflammation. Yours are definitely enlarged, with less than 8-10 mm considered normal. Although we worry about enlarged lymph nodes as a symptom or sign of cancer, it's thought to be cancer only about 1% of the time. After you recover from surgery, it may be worth taking another look to see if they have shrunk. If they are persistently enlarged, especially if they are growing, some physicians would recommend a biopsy to be sure it is nothing to worry about.

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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