

Herkimer County
Country Editor

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AND SHE BROUGHT FORTH HER FIRSTBORN SON, AND WRAPPED HIM IN SWADDLING CLOTHS, AND LAID HIM IN A MANGER,
BECAUSE THERE WAS NO ROOM FOR THEM IN THE INN. LUKE 2:7

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Child Passenger Safety

Motor vehicle injuries are the leading cause of death among children in the U.S. But, Diane Ward, CHN of Herkimer County Public Health, said many of these deaths can be prevented. Child safety seats reduce the risk of death in passenger cars by 71% for infants and 54% for toddlers ages one to four years, according to the Centers for Disease Control and Prevention (CDC). New York State law requires children under the age of 4 to be buckled into a federally approved child safety seat when riding in a motor vehicle. The safest place is in the back seat, said Ward.

Four basic types of child safety seats are available: rear-facing infant seats, designed for infants up to 22 to 30 pounds, depending upon the model; convertible seats, which can be used rear-facing for infants and then "converted" to forward-facing for toddlers; forward-facing only seats, which are designed for toddlers up to 40 to 80 pounds, depending on the model; and belt positioning booster seats, which are used for children who have grown out of the height and weight limits of forward-facing convertible and forward-facing only seats. It is important to use an appropriate child safety restraint system based upon a child's age and size.

New York law states that **all children under the age of 2 must use a rear-facing car seat**. There are three types of rear-facing car seats: infant seats, convertible seats and all-in-one seats.

It is recommended that infants and toddlers ride in a rear-facing seat until they reach the weight or height limit of the seat. Most children will outgrow a rear-facing infant seat before reaching their second birthday. If the child has outgrown an infant seat, it is recommended that a larger, rear-facing convertible or all-in-one car seat with higher rear-facing height and weight limits be used. These seats should be installed in the rear-facing position until the child reaches the rear-facing weight or height limit set by the car seat manufacturer.

A research study conducted by the Center of Applied Biomechanics at the University of Virginia found that one- and two-year-old children were five times safer when riding in rear-facing child safety seats when compared to forward-facing child safety seats. When children outgrow rear-facing child safety seats, they should ride in forward-facing safety seats until they reach the upper weight or height limit of the particular seat. Refer to the manufacturer's instructions for the child safety seat.

Many parents wrongly believe that once their child reaches age 4 and has outgrown their forward-facing

child safety seat, an adult seat belt offers adequate protection. Using seat belts to secure small children can be dangerous. A seat belt designed for an adult can cut across a child's neck and the shoulder belt can ride up over the stomach, which could cause a serious or fatal injury in a crash. However, a booster seat positions the adult seat belt correctly and safely while offering the child greater comfort and visibility.

All children under the age of 13 should ride in the back seat. Adults should avoid placing children in front of airbags. The impact of the inflated bag could cause serious or even fatal injuries to a child. Putting children in the back seat eliminates the risk of injury from deployed front passenger-side airbags and places children in the safest part of the vehicle in the event of a crash. New York State law requires back seat pas-

sengers up to age 16 to be properly restrained when riding in a motor vehicle.

Whatever type of car seat you use, make sure it's installed correctly and that you use it every time your child rides in the car. Refer to the manufacturer's instructions that came with the child safety seat and your vehicle owner manual when installing a child safety seat or booster seat.

A certified child passenger safety technician can provide hands-on educational assistance if you have questions or need help installing a child safety seat. To find a child safety seat fitting station or child safety seat check-up event in your area go to www.safeny.com. For more information on child passenger safety, visit the New York State Department of Health website at health.ny.gov/prevention/injury_prevention.



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Tractor safety certification

Cornell Cooperative Extension of Herkimer County will be offering a Safe Tractor and Machinery Operation Program to youth and adults 14 years of age and older. We invite and encourage all farm and non-farm youth and adults who will be working on or around machinery to participate in the program.

The program will take place at Clinton Tractor Feb. 18 - 20 from 8:30 a.m. - 3 p.m. each day. The cost for 4-H members is \$25 (\$35 for non-members). Lunch and all program materials are included.

Pre-registration is required by Feb. 11. You can register at reg.cce.cornell.edu/TractorSafety2020-2-2_221 or by calling the Herkimer County 4-H Office at 315.866.7920. If you have any questions regarding this or other 4-H programs call or email Jennifer Collins at jlrc34@cornell.edu.

This program is sponsored by Clinton Tractor and Implement Company as well as the Workforce Development Institute through a grant from the Department of Labor.

Syracuse legend, local manufacturing officials speak to students about career opportunities at BOCES event



(L - R) Guest speakers Mark Cushman, VP of engineering at Fiber Instrument Sales; Cory Albrecht, director of MVCC's Advanced Institute for Manufacturing; James Willey, MVCC coordinator of workforce development – SUNY Apprenticeship Program; Gary Farquhar Jr., VP of manufacturing at Gehring-Tricot Corp.; John Wallace, former NBA and Syracuse Orange basketball star; and Kayla Morrill, HR manager at Gehring-Tricot Corp. Photo courtesy of Herkimer BOCES

Former NBA and Syracuse Orange basketball star John Wallace recently spoke to students at a Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers event and recalled the determination and diligence he applied to each step of his career.

"You've just got to bring your hardhat and your lunch pail," Wallace said. "That's the Upstate New York mentality, anyway."

Wallace was the keynote speaker at the Herkimer BOCES School to Careers program's Fall Career Inspirational Experience on Nov. 20 at the Herkimer BOCES Complex. He spoke about his life path, the changes and challenges, his will to succeed and the opportunities at Gehring-Tricot Corp., a company in Dolgeville that has sponsored a free youth basketball clinic in Dolgeville for the past four summers that

Wallace oversees.

Wallace offered words of advice about creating positive interactions with everyone he meets – from the New York Knicks to people he encounters throughout an ordinary day.

"I treated people the way I wanted to be treated," he said. "I treated people with dignity and respect at all times."

Each year, Herkimer BOCES School to Careers focuses on specific career clusters for the Spring and Fall Career Inspirational Experiences, and this fall, it focused on manufacturing careers. Groups of students from Owen D. Young and the Herkimer BOCES VP-TECH School attended the forum.

In addition to Wallace's keynote speech, there were breakout and closing discussions with other guest speakers:

- Gary Farquhar Jr., vice president of manufacturing at Gehring-Tricot Corp., who was joined by Wallace and Kayla Morrill, HR manager at Gehring-Tricot Corp.

- Mark Cushman, vice president of engineering at Fiber Instrument Sales, an affiliate of Giotto Enterprises in Oriskany

- Cory Albrecht, director of Mohawk Valley Community College's Advanced Institute for Manufacturing, who was joined by James Willey, MVCC coordinator of workforce development – SUNY Apprenticeship Program

MaryBeth Napolitano, School to Careers liaison and work-based learning coordinator, spoke to students to open the event.

"Career days are meant to be inspirational, but they're also meant for awareness," she said.

Rebecca Roberts, School to Careers school counselor, encouraged students to listen closely to the guest speakers.

"We hope you really take the time to think about these career fields," she said, before introducing Wallace. "The wonderful thing about John is that he is committed to our community and to you, as students."

Keynote speech

Wallace told students about a pivotal moment

in his life, when he was a youth who was involved with stealing cars.

"When you don't have money in your pocket, it creates a level of stress that makes you go out of character," he said.

In one instance, he decided to get out of a stolen car he and his friends were in, and a short time later, his friends were arrested. If not for that decision, his whole life would have been different, he said.

Wallace, who had previously been primarily a fan of football and boxing, got involved with basketball at age 13 and was hooked. He began playing up to 10 hours of basketball a day and eventually became one of the best players in the country by the time he graduated from high school. He was the New York State High School Player of the Year his senior year at Greece-Athena High School and led his team to an unbeaten record and the state championship.

He attended Syracuse University, leading them to the 1996 Final Four and national championship game. That same year, he was selected as the 18th pick in the NBA draft by the New York Knicks. He played seven years in the NBA, including two stints with the Knicks and time with the Toronto Raptors, Detroit Pistons, Phoenix Suns and Miami Heat. He also played professionally for two years overseas.

Wallace said his level of focus on basketball and academics increased each year, particularly after his son was born during his freshman year at college.

"You go to college to get a job," he said, adding that it can be the best four years of your life and that those students who want to go to college should do so. "If that's what you really want to do, I encourage you."

Wallace recommended that if college is on the horizon, then a summer job is the means to help with that goal. He utilized the savings from his summer jobs to buy a car. One summer job option, he suggested, is at Gehring-Tricot Corp.

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Chocolate Nemesis

A festive dessert to make ahead.

½ cup water

1 cup sugar

1 lb bittersweet chocolate (good quality), chopped

2 sticks unsalted butter, cut up

7 large eggs, at room temperature

Softly whipped cream or creme fraiche

Fresh raspberries for garnish

1. Heat oven to 325° F. Grease bottom and side of 9-inch springform pan. Line bottom of pan with parchment paper. Dust side of pan with flour. Set pan on wide sheet of heavy-duty foil and tightly wrap foil up outside of pan to prevent water from leaking in during baking.

2. In 4-quart saucepan, heat water and ½ cup of the sugar over medium-high heat until sugar completely dissolves, stirring occasionally. Add chocolate and

butter to mixture in saucepan; stir constantly until melted. Remove pan from heat; cool chocolate mixture slightly, about 30 minutes.

3. Meanwhile, in a large bowl, with mixer at high speed, beat eggs with remaining ½ cup sugar 6 to 8 minutes or until mixture thickens and triples in volume. With wire whisk, fold warm chocolate mixture into egg mixture until completely blended.

4. Pour batter into prepared springform pan; place in large (17 by 11½-inch) roasting pan and set on oven rack. Pour enough boiling water into roasting pan to come halfway up side of springform pan.

5. Bake cake 30 to 35 minutes or until edge begins to set and a thin crust forms on top. Carefully remove springform pan from water bath and place on wire rack. Cool cake to room temperature. Cover and refrigerate overnight.

6. About 30 minutes before serving, run sharp knife

around edge of pan to loosen cake; remove foil and side of pan. Invert cake onto waxed paper; peel off parchment. Turn cake right side up onto platter. Serve with whipped cream and berries. Makes 16 servings.

• Each serving: About 345 calories, 27g total fat (15g saturated), 5g protein, 22g carbohydrate, 1g fiber, 126mg cholesterol, 45mg sodium.

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Syracuse from 3

Wallace also noted that college isn't for everyone and that great companies like Gehring-Tricot Corp. offer many job opportunities for people that want to work. He met the Gehring-Tricot officials about 10 years ago and began to work with them a few years ago.

"We have an opportunity for anybody in the room," he said, of Gehring Tricot. "We're just trying to get people who want to work for a great company."

Breakout sessions

Wallace joined Farquhar and Morrill for the Gehring-Tricot Corp. breakout session. Farquhar explained how the company designs and manufacturers knit and woven fabrics for a wide variety of industries. He provided examples of making all of Nike's college and NFL jerseys and designing special gloves and tents

for the military.

There are a variety of career opportunities at Gehring-Tricot Corp., such as engineering, color dyeing, accounting, sales and customer service, Farquhar said.

In Cushman's breakout session, he offered students a variety of advice – including an early emphasis on the importance of focusing on academics related to growing career fields.

"Study your math, study your science, study your technology," he said.

Albrecht and Willey highlighted some of the many examples of interesting products made in Herkimer County that are used all over the country, the world and in outer space.

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To Your Good Health

by Keith Roach, M.D.

Risk of Surrogacy at Advanced Age

DEAR DR. ROACH: Would you please comment on common or uncommon issues that might be expected in a pregnancy at age 57? I am overall very healthy, with no issues other than slightly elevated LDL. I have not gone through menopause. I had four full-term pregnancies, the last at age 35 (after which I had my tubes tied), and no miscarriages. I asked my doctor two years ago if I would have an issue being a surrogate and was told there was no reason I couldn't be, but my current physician told me that it can be very dangerous at my age. I am concerned that the practice is just covering itself against any liability. I realize that this is my decision alone and I would not hold my doctors accountable, but I'd also like the real truth regarding any potential issues I would be likely to encounter. I appreciate your thoughts. – M.V.

ANSWER: I admire your willingness to consider being a surrogate. However, the risks of pregnancy in a 57-year-old woman are significant.

A study from the UK from 2016 quantified the risks pretty thoroughly; however, of the 233 women studied, only two of them were older than 57, so your risks are probably higher than the average risk for an older mother in the study (which was defined here as 48 years or older at the date of delivery).

Before I go over the risks, let me point out that one major risk for older mothers, Down syndrome, may

not apply, since the ovum (egg) you would be carrying would come from another woman and it is her age that determines the risk for the fetus. Older mothers also are more likely to carry twins (or more than two fetuses).

Compared with younger mothers, older mothers have a higher risk for high blood pressure during pregnancy (15% vs. 5%); pre-eclampsia, also called toxemia (6% vs. 2%); diabetes during pregnancy (18% vs. 4%); hemorrhage after delivery (26% vs. 15%); Cesarean section (78% vs. 33%); preterm delivery (22% vs. 8%); and admission of the baby to the ICU (3% vs. less than 1%). Miscarriage rate (after 11 weeks) in women over 55 is estimated to be about 10%, compared with 1% in younger women. Maternal death is much more likely for older women than younger; however, that risk is small, less than 2 per 1,000 in a separate Swedish study of mothers over 45.

Overall, these risks are not small. You should think through your risks before making a decision. I'm disappointed in the lack of advice you received.

DEAR DR. ROACH: The 71-year-old woman from a recent column who finds sticking her finger to test her blood glucose too painful to be willing to do it likely was never told that while sticking her finger at the tip IS painful, sticking at the side of the end of the finger is barely painful, if at all. I find myself surprised that those who stick fingers for blood at the hospital don't seem to know this either. Shame on them. – R.S.

ANSWER: There are more nerve endings at the tip of the finger, so that is more painful for most. There often is better blood flow on the sides as well. Thank you for writing with this reminder.

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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Rev. Thaddeus Franta
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Wednesday Vespers 5PM
Saturday Evening Vespers 5 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

ST. FRANCIS de SALES CHURCH
Rev. Mark Cunningham, Pastor
219 N. Bellinger St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS
ANTHONY and JOSEPH**
229 S. Main St.
Phone 866-6373
Saturday Vigil Mass 6 PM
Sunday Mass 10 AM

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
Pastor Chris Schumske
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Phone 866-0575

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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

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Corner of West German & Henry Streets
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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
Lieutenants John and Lori Wood
429 N. Prospect St.
Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

**FIRST UNITED
METCHODIST CHURCH
OF HERKIMER AND LITTLE FALLS**
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Prospect St & Park Ave.
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Sunday School 10am during school year

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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
appointment; 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

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Rev. Jill Stellman
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@gmail.com
www.christchurchherkimer.org
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Bible Study: Fridays 7:00 PM (Parish Hall)
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Saturday of the month 5:00 PM (Parish Hall)
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Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

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Reverend Richard Riggle
Bible Study 9:30am
Church Service 10:30am
315-894-2070

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

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Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS**
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Rev. T. Healy, Sacramental Minister
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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
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Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
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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.presbylfr.org
Sunday Worship 10 AM
Sunday School 10 AM

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Worship Service 9:30 AM

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Rev. Sally Heiligman
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or 315-520-4723
Holy Eucharist 10 AM

**DENNISON CORNERS
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Pastor Donald King
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Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

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Rev. Brian Engel, Pastor
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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

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SACRAMENT**
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Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
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Phone 866-1752
Saturday Vigil Mass 5:30 PM

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

THE WORD CHRISTIAN CENTER
Pastor Gene Kipper
27 E. Main St.
Phone 868-1790
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Thursday of the Month at 6 PM

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UNITED METHODIST
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Morning Service 11 AM

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West Canada Valley
High School Auditorium
5447 St. Rt. 28
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www.kuyahorracc.org
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Saturday Vigil Mass 4 PM
Sunday Mass 8 AM

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Christmas tree recycling

When choosing a real Christmas tree for holiday celebrations, consumers should think about the many ways that trees can be repurposed after the holiday season. Some towns collect discarded trees to use them for various purposes. However, homeowners can get in on the action as well. The Old Farmer's Almanac offers these great ideas for post-holiday tree use.

- Prop up the tree near a bird feeder to provide another perch and

shelter to birds that stick close to home in winter, such as chickadees and finches.

- String the tree with various treats for birds and put it in a sheltered location. Ideas include home-made suet, cranberries and millet.
- Mulch the tree and use it in the garden in the spring.
- Use boughs to insulate perennials in the garden.
- Keep some branches to use as kindling in a wood stove or fire-

place, or as aromatic logs for next year's yule fire.

- Sink an old tree in a personal pond. Fish and tadpoles will live and lay eggs around this sheltered area.
- Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

There are many imaginative ways to come up with handy uses for Christmas trees once the holiday season ends.

Pitfalls to avoid as you try to lose weight

New Year's resolutions run the gamut from the simple to the complex. Some people resolve to make small changes that don't affect their daily lives all that much, while others aim to make significant changes in the hopes of dramatically improving their quality of life. Resolving to lose weight, which often tops annual lists of the most popular resolutions, falls into the latter category.

A 2018 survey from Cision and Varo Money found that 45% of respondents resolved to lose weight or get in shape in 2018. Unfortunately, various studies have found that resolutions often fall by the wayside long before people achieve their goals. In fact, a 2015 report from U.S. News indicated that 80% of resolutions fail by the second week of February. Such success rates, or lack thereof, might not be too big a deal for people who make silly resolutions that, successful or not, would not have too big an impact on their lives. But many people resolve to lose weight for serious reasons, such as lowering their risk for disease or improving their quality of life. In such instances, success can be a matter of life or death.

After resolving to lose weight, people might be derailed by some common pitfalls. Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.

- **You're not specific enough.** Try not to be vague when setting your weight loss goals. Simply saying "I want to lose weight" likely won't provide the motivation you need to achieve your goal. Speak with your physician and ask about how much weight you need to lose. Once you learn that number, work with your doctor and a personal trainer to set realistic goals. For example, if you need to lose 10 pounds, resolving to lose one pound per week for 10 weeks is a specific, realistic and healthy approach to weight loss. And by the end of that 10-week period, you likely will have grown accustomed to your new health routine, increasing the likelihood that you will keep it up even after you achieved your goal.
- **You try to save up your calories.** The experts at Northwestern Medicine® note that many people think skipping a few meals per day will decrease their overall calorie intake. However, such an approach typically leads to overeating when you sit down for a meal or increased snacking throughout the day. In addition, skipping meals slows down your metabolism, adversely affecting how your body approaches burning calories.
- **You embrace a fad diet.** Various studies examining an assortment of fad diets have indicated that such diets typically only produce short-term results, if any. Any weight lost while adhering to a fad diet is typically regained once dieters go off the diet. Instead of adopting a fad diet, work with your physician to devise a healthy, long-term eating plan.
- **You eat more than you think.** Audra Wilson, RD, a clinical dietitian affiliated with Northwestern Medicine, notes that people typically underestimate their calorie intake by 30%. Chances are, you're consuming more calories than you think, even while you attempt to lose weight. Track the calories you consume each day so you can stay the course in regard to what your physician recommends.

Avoiding some common weight loss pitfalls can help people turn their resolution to drop some weight into a reality.

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

Now-December 29

The Arkell Museum Presents Water-Marks: Etchings, Monotypes, & Paintings by Deborah 10 a.m. Arkell Museum, 2 Erie Boulevard, Canajoharie, NY. Call 518.673.2314.

January 9

Poland Central School Board of Education Meeting. December Business. Call 315.826.7900 or visit www.polandcs.org.

January 11

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

January 21

Dolgeville Central School Board of Education Meeting 6 p.m. High School Cafeteria. Visit www.dolgeville.org.

January 22

Herkimer Board of Education Meeting 6-7 p.m. Call 315.866.2230.

January 28

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

February 11

Dolgeville Central School Board of Education Meeting 6 p.m. Elementary Library. Visit www.dolgeville.org.

February 12

Herkimer Board of Education meeting 6-7 p.m. Call 315.866.2230.

February 18-20

Safe Tractor and Machinery Operation Program at Clinton Tractor 8:30 a.m. - 3 p.m. For youth and adults 14 years of age and

older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrater by Feb. 11 at: <https://reg.cce.cornell.edu/TractorSafety2020-2-2.221> or call the 4-H Office at 315.866.7920 or email Jennifer Collins at jlrc34@cornell.edu.

February 27

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

Register now

Registration is now open for the **Winter 2020 session at Herkimer County Community College.** For more information, go to <http://www.herkimer.edu/winter>

March 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

March 17

Dolgeville Central School Board of Education Meeting High School Cafeteria. Visit www.dolgeville.org.

March 24

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 15

Dolgeville Central School Board of Education Meeting and Top Senior Dinner 5 p.m. High School Cafeteria. Visit www.dolgeville.org.

April 15

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 21

Dolgeville Central School Board of Education Meeting and Tenure Celebration High School Cafeteria.

Visit www.dolgeville.org.

May 5

Poland Central School Board of Education Meeting. Budget Hearing 6 p.m. Call 315.826.7900 or visit www.polandcs.org.

May 9

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

May 12

Dolgeville Central School Board of Education Meeting and Budget Hearing High School Cafeteria. Visit www.dolgeville.org.

May 19

Dolgeville Central School Budget Vote 2-8 p.m. High School Cafeteria. Visit www.dolgeville.org.

Poland Central School Board of Education Meeting. 8:05 p.m. Call 315.826.7900 or visit www.polandcs.org.

May 20

Dolgeville Central School Board of Education Meeting High School 6 p.m. High School Cafeteria. Visit www.dolgeville.org.

May 28

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

June 16

Dolgeville Central School Board of Education Meeting 6 p.m. High School Cafeteria. Visit www.dolgeville.org.

July 9

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.



Three strategies for enjoying a safe New Year's Eve

New Year's Eve is one of the most festive nights of the year. Counting down to a new year while simultaneously saying goodbye to the current year provides grounds for celebration for millions of people across the globe.

New Year's celebrations vary depending on where the partying is taking place, but it's common for people to check their inhibitions at the door on Dec. 31. That can make for a fun evening, but also puts celebrants in jeopardy of making bad decisions or confronting the consequences of others' poor decisions. Adhering to three simple safety strategies can increase the chances that this New Year's Eve is memorable for all the right reasons.

1. Travel in packs.

Most people who are out and about on New Year's Eve are focused solely on having fun. However, some criminals see New Year's Eve as an opportunity to prey on unsuspecting men and women who may not be as alert to danger as they are on other nights of the year.

For example, a recent report from Australia's Bureau of Crime Statistics and Research found that the number of violent offenses between 9 p.m. and 3 a.m. on New Year's Eve is nine times higher than it is on other nights of the year. By hitting the town with friends and staying with those friends throughout the night, New Year's Eve revelers can make themselves less vulnerable to criminals.

2. Don't overindulge in alcohol.

The National Highway Traffic Safety Administration notes that people who consume alcohol begin experiencing a loss of judgment when their blood alcohol concentration, or BAC, reaches .02. That means it only takes a relatively small amount of alcohol before people's judgment begins to falter, and judgment only suffers further with each additional drink. The pressure to overindulge in alcohol on New Year's Eve can be considerable, but revelers should avoid situations where they might be tempted to drink too much. Such

overindulgence only makes people vulnerable to bad decisions and even criminals looking to prey on inebriated victims.

3. Don't get behind the wheel.

Even people who avoid alcohol on New Year's Eve are vulnerable to potentially unsafe highways. That's because everyone shares the roads, and drivers never know who else will be on the road when New Year's Eve festivities end and everyone goes home. The U.S. Department of Transportation notes that, over the last half-decade, an average of 300 people died each year in drunk driving crashes in the week between Christmas and New Year's Day. To avoid becoming such a statistic, New Year's revelers can celebrate at home and invite others to stay overnight.

New Year's Eve is a fun but potentially dangerous night. However, a few simple safety strategies can make sure New Year's Day conversations are all about the fun from the night before.

Strange But True

by Samantha Weaver

- It was 17th-century English philosopher Thomas Hobbes who made the following sage observation: "Curiosity is the lust of the mind."

- At Christmastime in Greece, people traditionally give small gifts to orphanages and hospitals rather than to each other.

- A traditional Russian Christmas celebration would include spreading hay on a home's floors and tables and clucking loudly. Evidently, this was thought to en-

courage horse feed to grow and chickens to lay eggs in the coming year.

- The antlers of a bull moose can spread up to six feet across – and they accomplish this astonishing growth in only four months.

- The battle between keepers of livestock and the biting flies that pester their herds is as old as the pastoral life. In recent times, pesticides have been applied with some success, but the expense – and especially the toxicity – worry many people. Japanese researchers have recently discovered a simple and

inexpensive way to mitigate this concern: Paint zebra stripes on the cows. After several days of observing a control group of black cattle and a test group of the same breed of cattle painted with white stripes, they found that less than half as many biting flies landed on the striped cattle.

- The first postage stamp commemorating Christmas was issued in Austria in 1937.

- We can thank beloved 19th-century English novelist Charles Dickens for the

colorful phrase "eat my hat."

- Wildlife documentarians have captured footage of elephant mothers spanking their calves; sometimes she uses her trunk, and sometimes she goes so far as to pull up a shrub and use it as a switch.

Thought for the Day: "I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph." – Shirley Temple

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Herkimer College partners with Food Bank of CNY to bolster on-campus food pantry initiative

Herkimer County Community College’s on-campus food pantry initiative has partnered with the Food Bank of Central New York and other area businesses.

As a key partner, Herkimer College can now purchase food from the bank at a much lower cost, with deliveries to the General’s Cupboard. The food bank also provides other services, like bringing a Just Say Yes program nutritionist to the Herkimer College campus for cooking demonstrations and allowing the college to apply for grants through the food bank.

“Nationally, it is estimated one-third of all college students struggle with hunger,” said Food Bank Chief Programs Officer Sara Haag. “Hunger has no place in the classroom, and when lacking good nutrition students may find it difficult to focus in class or study. The on-campus school pantry at Herkimer College will help students who need additional supports making nutritious food available to them. Food bank welcomes opportunities to talk with community organizations, like the college, about their ideas to help increase access to food in their communities. Together, we can make a difference.”

In addition to the partnership with the Food Bank of CNY, Herkimer College also works closely with Walmart Distribution Center in Marcy, the Compassion Coalition, the Little Falls Knitting Group – which donates handmade winter wear – American Dining Creations and the Herkimer County College Foundation Inc. to keep the food pantry stocked.

According to a recent survey, about 48% of students in two-year institutions across the U.S. experienced food insecurity within the last 30 days. To ensure all students have adequate access to nutrition, Herkimer College opened the doors to the General’s Cupboard on Sept. 5. This on-campus resource provides free canned and packaged food and other non-perishable items, as well as personal care items, to currently enrolled Herkimer College students – no questions asked.

The General’s Cupboard has seen tremendous success since it launched, having already served 220 students and given away 4,669 items.

“We are honored to have the General’s Cupboard be accepted as an agency partner by the Food Bank of CNY,” said Rebecca Ruffing, director of public relations for the college. “Our affiliation with the food bank is another step toward establishing and sustaining our food pantry initiative. The bottom line is that it will allow us to help more students and to provide them with a wider variety of nutritious food.”



HCCC’s on-campus food pantry initiative has partnered with the Food Bank of CNY and other area businesses. As a key partner, Herkimer College can now purchase food from the bank at a much lower cost, with deliveries to the General’s Cupboard. Photo courtesy of Herkimer College

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Whatchamacallits



Finishing up the wrench series of whatchamacallits, this week we have the Matthews “Never Stall” monkey wrench. It was actually marketed as the “windmill tool” and the patent (No. 933,860) was issued to Frank Stolle on Sept. 14, 1909.

The Thomas Manufacturing Company of Dayton, Ohio, produced this and other combination tools in the early 20th century. The windmill tool was supposed to be the only tool you would need as you climbed a windmill tower to do repairs and was said to be 15 tools in one.

They included a monkey wrench, a staple puller, a nail and wire cutter, a ratchet wrench, a screwdriver, a box opener, a pipe wrench, a nail puller, pipe pliers, a tap wrench, a vise and more.

A restoration YouTube video I found online stated that this is a well-made wrench, being drop forged instead of cast. The video also showed several of its applications in use. The other combo tool by Thomas Manufacturing that showed up in my search was a hatchet multi-tool thought to be used either on the railroad or for fixing fences.

Do you have your own Whatchamacallit?
Send a photo and short description to cklewellyn@leepub.com

Poland, Herkimer pen pals meet for 'The Polar Express' celebration



The students are pictured next to their pen pals, with Judd on the left and McCumber on the right.
Photo courtesy of Herkimer BOCES

Second grade students from the Poland and Herkimer school districts joined their pen pals from across schools for a holiday-themed day on Tuesday, Dec. 17 at Poland. This is the 17th year that two friends, Poland teacher Heather Judd and

Herkimer teacher Dawn McCumber, have paired their students up as pen pals. They hold a celebration based around "The Polar Express" in December at Poland and then a second get-together in the spring at Herkimer. The holiday celebration

includes a reading of "The Polar Express," snacks, music, the movie and writing down and drawing a picture of what they would ask for if they could receive "the first gift of Christmas" like in "The Polar Express."

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Six ways to keep an active puppy out of trouble

It is hard to resist the beckoning big eyes, soft fur and lovable kisses of a puppy. When that tail begins wagging, it can be easy to forget how much attention and work puppies require.

Puppies love to learn about the world and are naturally curious and energetic. Puppies also can become easily bored and mischievous if not given chances to expend their energy.

Puppies do not know what is right and wrong in their new environments and have to learn such lessons through trial and error, often getting into trouble along the way. However, puppy owners can take steps to curb potentially troublesome behaviors.

1. Provide a lot of exercise. A tired dog is a well-behaved dog, offer many experts. The American Kennel Club says that puppy parents should speak with their vets and/or trainers about what is a reasonable amount of physical activity for their dogs. Activity to burn off excess energy is vital.

2. Offer mentally stimulating activities. Problem-solving toys and challenges can keep puppies focused on healthy skills that build cognition to exercise the brain. Hide-and-seek, fetch and food-reward games can be great ways to exercise puppies' brains.

3. Keep an eye out. Puppies like to explore the world around them, and that can mean chewing, digging,

soiling and other negative behaviors. The advice site Daily Puppy recommends that owners watch their puppies and keep them in their sight as much as possible. Crating is an effective way to keep puppies out of trouble when owners cannot offer constant supervision. Crates can be safe havens when treated in the right manner.

4. Puppy-proof the home. Look around the house for possible hazards. Move trash into hard-to-reach areas, erect gates to block restricted spaces, address cords and other electrical hazards and clear counters or tables of easy-to-reach food scraps.

5. Use positive reinforcement. Rewarding dogs when they do the right thing rather than punishing them when they behave badly helps puppies learn manners and how to become good members of the family, offers the AKC. Teaching is also a way to offer exercise and stimulate dogs' minds.

6. Understand the breed. Some dogs are bred for their unique behaviors. For example, a bird dog like an English setter may seek out prey in the yard. Certain concessions may need to be made to keep puppies comfortable. Offering alternative activities that tie into this natural instinct also can work.

Keeping puppies out of trouble can take work, but as they become full-grown dogs, they will learn and negative behaviors will be abandoned.



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HOLIDAYS

Nathan Galinsky residents celebrate the reason for the season



Nathan Galinsky Apartments collected toys to donate to a local organization through Catholic Charities. The residents were excited to give in hopes every child would have a present under the tree on Christmas morning. Happy holidays from the staff and residents at Nathan Galinsky Apartments. (Front row, L - R) Rosilda Beadle, Rick Butler and Ann Pargansky. (Back row) Sharlene Moshier, Jane Ervin, Barbara Hennings, Katy Wilson and Annette Main. Photo courtesy of Nathan Galinsky Apts.

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Steven Entwistle, Sr. recognized
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Steven Entwistle, Sr. (L) was recognized for six years of dedicated service to the Cornell Cooperative Extension (CCE) of Herkimer County Board of Directors by Executive Director, Gareth Livemore (R). He was Board President for four years and co-chaired the search committee for the new Executive Director this year. Entwistle is a partner at Entwistle Dairy Farm in Litchfield.

Photo courtesy of Herkimer County CCE

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Poland kindergarteners build gingerbread houses with family guests



Students and guests work on their gingerbread houses in Kress's classroom.
Photo courtesy of Herkimer BOCES

Poland Central School District kindergarteners were joined by members of their families or other invited guests on Tuesday, Dec. 17 to build

gingerbread houses. Kindergarten teachers Carrie Roark, Kristina Kress and Julie Dutcher put on the Kindergarten Student Gingerbread House

Project. Students and their guests got creative as they put their edible houses together to bring home.



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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Grill fill
6 Easily split rock
12 Give in
13 Beer gut
14 Fitting
15 "Camelot" role
16 First victim
17 Bullets and such
19 Big bother
20 Director Kazan
22 Unruly group
24 Trouble
27 Taj Mahal city
29 "— Mis-behavin'"
32 New Orleans neighborhood
35 Criterion
36 Yanks
37 Sauce source
38 That girl
40 Send forth
42 Raw rock
44 Sheltered
46 Capri, e.g.
50 Swiss city
52 Country
54 TV's
55 Nasal qualities
56 First-born
57 Have a hunch

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42	43			44	45			46	47	48	49	
50			51				52	53				
54							55					
56							57					

DOWN

- 1 "— Your Enthusiasm"
2 Reed instrument
3 More than enough
4 Whopper
5 Unwavering
6 Unwanted email
7 Ricochet, in billiards
8 Shack
9 Occupies
10 Gulf War missile
11 "Comin' — the Rye"
12 Masseur's workplace
18 Theater canopy
21 Fond du —, Wis.
23 Scull need
24 Sternward
25 Anger
26 Diminished
28 Increases
30 Ultramodernist
31 Have a go at
33 Ultimate
34 "— was saying ..."
39 Icicles' homes
41 Saturn's largest moon
42 Storybook baddie
43 Stagger
45 Survive
47 Deadly septet
48 Playgoers' box
49 Type measures
51 Previous night
53 Shock and —

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

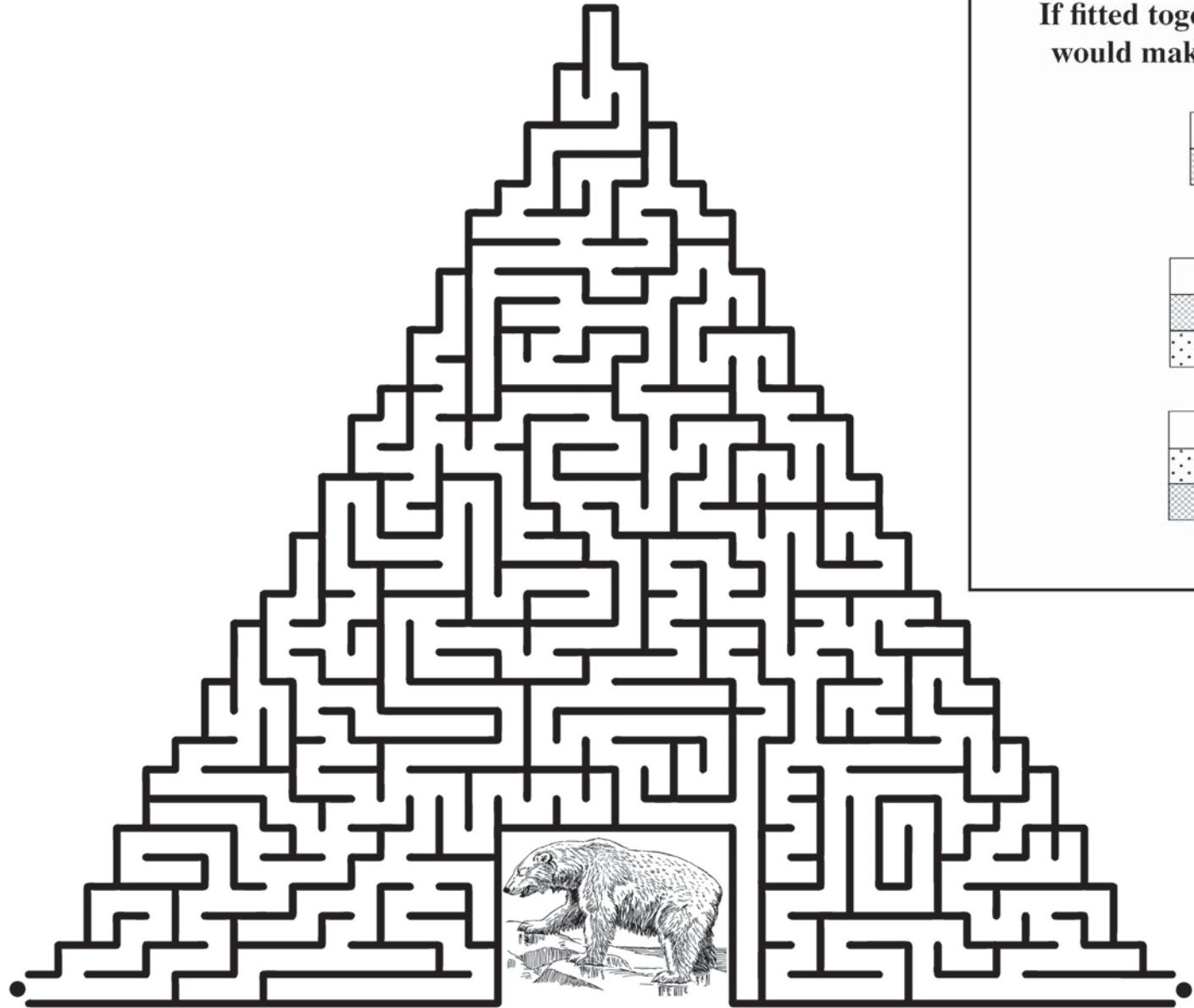


Differences: 1. Plant on mantle is missing. 2. Man has moustache. 3. Fireplace has more stones. 4. Mitten is black. 5. Shirt zipper is gone. 6. Earmuff has added band.

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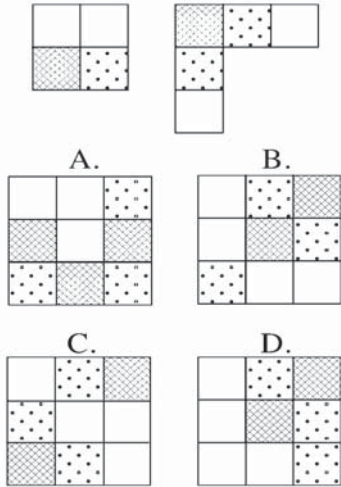
Mega Maze

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STICKELERS by Terry Stickels

If fitted together, the two sections on top would make what larger shape below?



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Happy New Year 2020!

Home repairs that can sink budgets fast

A home is the most substantial investment many people will ever make. Once down payments have been made and closing costs have been paid, homeowners may still be staring down sizable expenses as they begin to tackle any repairs that need to be made.

Home maintenance and renovations involve a certain measure of trepidation. Even after vetting contractors and establishing budgets, homeowners may worry that repairs will unearth problems that snowball into expensive fixes. Planning ahead for such projects and learning to recognize issues that tend to be costly can help homeowners weather any storms that may arise.

- **Foundation issues:** A strong foundation is key to any home. If there is a problem with the foundation, it can be unsafe to live in the house. The foundation repair company Foundation Experts advises that foundation fixes can range from \$4,000 to upward of \$100,000 depending on the scale of the job. Clogged gutters and water pooling around the foundation can contribute to damage, so water issues must be remedied first.
- **Roof damage:** A roof is a key barrier between the indoors and outdoors. Roofs must remain in tip-top shape. The home improvement resource HomeAdvisor says that a roof repair or replacement can cost between \$3,000 and

\$12,000. But homeowners also must budget for the cost of removing the old roofing materials and fixing any damage to the interior of the home. Inspecting the roof and making repairs as you go is key to avoiding a big headache.

- **Siding replacement:** Another costly project can be replacing the siding. Siding may need to be replaced if there is water/wind damage or penetration from insects. Spot repairs may be relatively inexpensive. However, the home improvement resource Modernize says the average siding installation project can cost between \$5,500 and \$15,000 depending on the materials homeowners choose.

- **HVAC update:** Keeping a home at a comfortable temperature is also a matter of safety. If a system gives out, homeowners may be scrambling for a solution. Yearly inspections and upkeep, which includes changing system filters regularly, can help identify potential problems. Neglect is one of the main contributors to the failure of heating and cooling equipment. Based on national averages, a whole-house HVAC system can cost between \$4,000 and \$12,000.

These are some of the more costly repairs homeowners can expect. Keeping on top of the home will help mitigate damage and could extend the life of major home components.

Preventing childhood falls

“Injuries from falls are a leading cause of hospitalization and emergency room visits among children in New York State,” said Diane Ward, CHN of Herkimer County Public Health.

Hospitals treat more than 100,000 fall-related injuries to children each year. These injuries account for more than \$100 million in emergency department visits and \$50 million in hospitalizations.

Falls most often occur at home, on the playground and while playing sports.

“The good news is that parents, caregivers and coaches can take steps to prevent childhood fall-related injuries. For children under the age of five, in-

- juries most often occur right at home,” Ward said.
- To reduce the risk of a fall-related injury in the home, parents and caregivers should:
- Use approved safety gates on both the top and bottom of staircases
 - Use window guards on all windows above the first floor, ones that prevent the window from opening more than four inches
 - Keep stairways free from clutter
 - Secure any area rugs
 - Use slip-resistant mats and stickers in bathtubs and showers
 - Never leave small children unattended on any elevated surface (such as a changing table or even a bed), or in the bathtub or shower, and
 - Use safety belts and straps in high chairs and car seats.
- “For children from age five to nine, playgrounds are the most common location for falls,” Ward said.
- To reduce the risk of children being injured at the playground, caregivers should take the following precautions:
- Never leave children unattended
 - Make sure the equipment being used is age-appropriate
 - Check equipment for wear and have any hazards repaired, and

- Ensure that the areas around and under playground equipment are covered or filled with soft materials.
- Sports-related activities are a leading cause of falls for tweens and teenagers – those from 10 to 19. Parents and coaches should:
- Always supervise children playing sports and engaging in other recreational activities
 - Make sure children wear the appropriate protective gear
 - Make sure children have a yearly check-up
 - Check the playing fields for hazards such as broken glass, trash or uneven

surfaces, and

- Make sure that children prepare for physical activity by warming up first.

“Childhood falls are a common source of injury, but recognizing the risks to children and taking steps to reduce the risk of falls and the severity of their consequences are things we can do to protect our children,” Ward said.

To learn more about preventing childhood falls, call the Growing Up Healthy Hotline at 1.800.522.5006 or visit the New York State Department of Health website at www.health.ny.gov/prevention/injury_prevention/children/toolkits/childhood_fall.



— King Crossword —

Weekly SUDOKU —

Answers

Answer

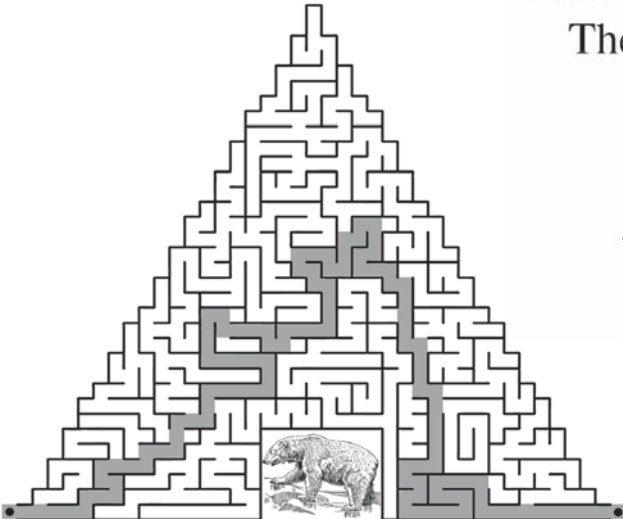
Solution time: 24 mins.

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6	1	3	4	8	5	9	2	7
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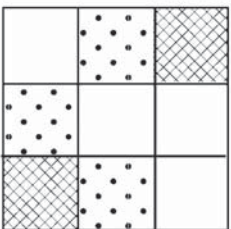
Mega Maze

Solution



Stickelers Answer

The answer is “C.”



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CNA class graduates from VHS

(Front row, L - R) Graduates Emily May, Tasha Laporta, Trent Hall and Jeniffer Castro-Garcet; Tammi King, instructor; and Danielle DeGrosielliers, graduate. (Back row) Tanya George, administrative assistant/staff development. Photo courtesy of Valley Health Services



Five students graduated recently from the fourth CNA program of 2019 at Valley Health Services. The CNA program is comprised of 120 hours of classroom and clinical instruction including communication and interpersonal skills, basic nursing, personal care skills, mental health and social service needs, care of cognitively impaired residents, basic restorative services, residents' rights and supervised clinical training with nursing home residents.



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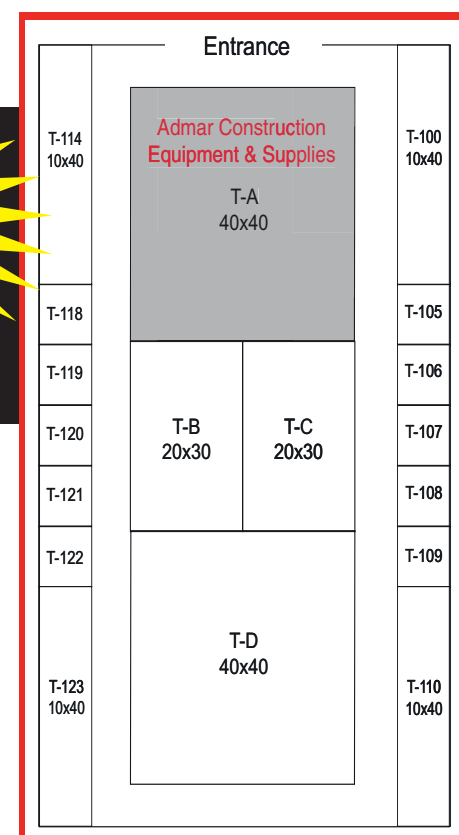
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