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Potter's Field Monument thank you

Recently, I started a fund to purchase a permanent monument in the Potter's Field in the old cemetery. I was amazed at the response I received in regard to this project. Through the generosity of a few supporters of my historical endeavors, a permanent, simple gray granite monument will be placed in the Potter's Field sometime in May. With input from Eva Nicklas and Tim Henderson

from the Lewiston Council on the Arts, and Tom Collister (curator of the Historical Association of Lewiston Museum), wording in verse has been created to honor those unknown souls forgotten in history. A sketch of what it will look like when completed has been met with great approval of my selection.

With the village bicentennial celebration just a few short months

away, I still hope to continue raising funds to restore, reset, and repair existing markers. After having spent countless hours this past spring and summer cleaning and restoring the old cemetery sections, I have made some progress, but yet I have a way to go to complete my endeavor. Any further donations would be greatly appreciated to continue on with my work. The cemetery, being the

oldest in the county, needs to be restored to preserve and honor those souls who repose within its hallowed grounds.

Again, my sincerest thank you and appreciation to those that have so generously donated to my project.

Russ Piper
Village Historian/Gatekeeper of the Marble Orchard

With omicron spreading, UB expert says best protection is afforded by N95/KN95/KF94 masks

BY THE UNIVERSITY AT BUFFALO

The significant increase in local COVID-19 cases means that proper, consistent mask use is even more important as a protective measure for the University at Buffalo and Western New York communities, regardless of vaccination status.

"Omicron is extraordinarily infectious and our vaccines, although highly protective – especially if you have been boosted – are not perfect," says Thomas Russo, M.D., professor and chief of the division of infectious diseases in the Jacobs School of Medicine and Biomedical Sciences at UB. "Therefore, mask use is an additional critical layer of protection that will minimize the risk of infection, especially during this omicron wave."

A high-quality, well-fitting mask that seals to the sides of your face, over your nose and under your chin can prevent viral particles from escaping, and reduce the risk of exposure to, or transmission, of COVID-19.

"All masks are not created equal," Russo says. "The best protection is afforded by N95/KN95/KF94 masks that have a high-filtration efficiency, that fit well, and you are comfortable for wearing for a prolonged period of time. These masks are particularly important for preventing aerosol spread."

Of course, the best mask is the one you wear consistently and



This image depicts a still life composed of two N95-type face masks, or respirators, at left, one turquoise (foreground), the other white. On the right, you'll note a third respirator, a N100-type mask. The N95 respirator works as an air-purifying respirator (APR), also known as a filtering face piece respirator, and is certified by the National Institute for Occupational Safety and Health (NIOSH). The N95 is designed to protect against particulate matter such as dust, fumes, mists, aerosols and smoke, as well as biological particles, including pollen, mold spores, bacteria, viruses, animal dander and allergens. It is also able to filter aerosolized droplets, in particular, smaller droplets which evaporate to form droplet nuclei. (Photo by Debora Cartagena/courtesy of the U.S. Centers for Disease Control and Prevention)

properly. Here are some things to consider, according to Russo, when selecting the best mask for you.

The Best Protection in Masks: N95, KF94 & KN95

N95, KF94 and KN95 masks are designed to fit snugly around a person's face, and have typically been used in medical and other high-risk settings. These masks are reus-

able, per manufacturer's instructions, until they become damaged or wet.

'Double Mask' When Wearing a Cloth Mask

Russo adds that wearing a multilayer cloth mask over a paper or medical mask is recommended as a good and more widely available alternative to masks like the N95,

KN95 or KF94. This approach, known as "double masking," increases the mask's filtration capability and improves the seal on the face. Wearing a disposable mask alone will leave gaps around the sides of the face where SARS-CoV-2 can enter. People are urged not to use cloth masks that have exhalation valves or vents that allow virus particles to escape.

Disposable Masks Best Worn Using Two Layers

If wearing a disposable mask, wearing two of them will add an extra level of protection. It's best to find masks with a nose wire, to help create a seal over your mouth and nose. Do not wear disposable masks if they are wet, dirty or that has gaps around your face and nose.

"Test which of these masks works best for you," Russo says. "If these high-filtration efficiency masks don't work for you for whatever reason, then wearing a surgical/medical mask with a high-quality cloth mask over the top is an alternative; the cloth mask will both increase filtration efficiency and help seal gaps common with surgical/medical masks."

"It is time for everyone to up their mask game for both your own protection, as well as the UB and Western New York communities at large."

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Niagara County
Tribune/Sentinel
Founded February 14, 1987

2022 Niagara Frontier Publications
1859 Whitehaven Road
Grand Island, N.Y. 14072
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The Tribune is published weekly.

Display Ads Deadline: MONDAY 5 PM

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