

November 27, 2015

# Country Editor

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Volume 5  
Number 29

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# Chow Line:

## Keep it simple to plan for holidays

**Last year, I promised myself that after the holidays, I would eat healthier and exercise more. It never happened. This year, I don't want to wait, but I also don't want to set myself up for failure or be the Grinch during holiday gatherings. Any ideas?**

First, recognize that it's difficult to change our behaviors. Face it, If it were easy, you would have done it a long time ago. For a habit to stick, experts in behavior change say it's important to keep a few strategies in mind:

- Keep it simple. Focus on one realistic change at a time, and make it as easy and automatic as possible. Once you get into the habit — that is, once you find yourself doing the behavior without even thinking about it — you can try tackling something else. But not before.
- Be specific. For example, instead of setting a goal to eat more fruits and vegetables, set a goal to eat at least one fruit and three vegetables each day. That way you can track your progress.
- Celebrate your success. Give yourself an “attaboy”

every time you practice your new habit. It might sound silly, but offering yourself a small pat on the back can make a big difference in whether your new behavior will actually become a habit.

- Go public. Tell your friends and family about your goal and ask for their support. Be sure to tell them why you are trying something new — at the very least, that will help you make sure you yourself understand the reasons you want to make a change. It also helps you make sure it's something you really want to do, not just something you feel obligated to do.

What sorts of new habits might be most helpful during the holidays? Here are some ideas:

- Drink a pint of water before every meal. If you're trying to lose weight, this simple strategy could be effective. According to a recent study in the journal Obesity, adults who drank 16 ounces of regular tap water before each meal, three times a day, lost almost 10 pounds in 12 weeks, compared with an average loss of less than 2 pounds for those who drank water before meals only once a day or not at all.
- Take a 15-minute brisk walk every day after din-

ner. While this small amount of extra activity would be beneficial for almost anyone, British researchers who reviewed studies involving older adults found that the biggest boost for longevity might be for people who are sedentary to start doing just a little moderate to vigorous exercise. They found that people over 60 who averaged 75 minutes of such exercise a week, or 15 minutes five days a week, were 22 percent less likely to die over 10 years than those who remained sedentary.

- Limit alcohol consumption to recommended levels (or less). It's easy to get carried away during holiday gatherings, but alcohol provides a lot of empty calories and consuming too much carries other health risks, as well. The recommended limit is one drink a day for women or two for men. One drink is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.

## Strange But True

by Samantha Weaver

- It was Scottish novelist and politician John Buchan who made the following sage observation: “We can pay our debt to the past by putting the future in debt to ourselves.”
- The general board of the prestigious University of Cambridge has recommended that the institution hire a Professor of Lego. Yep. The lucky academic will head up the Research Centre on Play in Education, Development and Learning. On a related note, Cambridge re-

cently received a donation of more than \$6 million from the Lego Foundation.

- If you happen to have 40 billion Lego bricks lying around, you could, theoretically, build a tower to the moon.
- Single-shot coffee makers like Keurig are increasingly popular, but the inventor of the K-Cup coffee pods doesn't actually use them himself. John Sylvan says, “I don't have one. They're kind of expensive to use.” He added, “It's not like drip coffee is tough to make.”

- Beloved British author Charles Dickens was forced to go to work at the age of 11, pasting labels on bottles of shoe polish in a boot-blackening factory. Soon after, his father was put in debtors' prison, and when his mother and siblings went to live with him there; young Charles was left to live on the streets and fend for himself. It's not surprising, then, that after Dickens achieved the great success he enjoyed as a writer, he was an ardent campaigner for children's

rights.

- If you plan to become a patriotic citizen of Greece, I hope you have a good memory: The Greek national anthem has a whopping 158 verses.

Thought for the Day: “The greatest analgesic, soporific, stimulant, tranquilizer, narcotic and to some extent even antibiotic — in short, the closest thing to a genuine panacea — known to medical science is work.” — Thomas Szasz

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## Gardening review for 2015

by **Dr. Leonard Perry, Horticulture Professor, University of Vermont**

At the end of the year and another gardening season, make notes (before they become distant memories) of this past year's successes and failures. As you reflect on this past year and plan for next year's gardens and landscaping, review some of these topics from our 60 Green Mountain Gardener articles during 2015. These included ones on plants, from perennials and annuals to food crops and indoor plants; animal pests; food preservation; pollinators; and more.

Deer are a problem for many gardeners, with tips on choosing deer resistant plants the focus of one article. Facts were given on plant traits that attract, and discourage deer, and reasons why deer eat some plants and not others — why there is really no deer-proof plant, just resistant ones. If you have a deer popula-

tion nearby, you might choose to not plant yews, euonymus (burning bush), hybrid tea roses, and saucer magnolia for woody plants. For perennials, avoid planting (or protect) crocus, dahlias, daylilies, hostas, impatiens, phlox, and particularly lilies and tulips.

An article on hellebores, or Lenten rose, focused on this popular, early spring flower that only reaches a foot or so high. Leaves are divided into leathery leaflets with coarsely cut, or spiny, margins. The nodding flowers, up to two inches across, are generally in shades of white, rose, green or purple. Some new hybrids have spotted flowers, others are quite double or bicolors or streaked.

Spiderworts are a more attractive perennial than their name suggests. They flower in early summer, in a range of colors depending on cultivar (cultivated variety). With proper choices, and a little care

— the subject of that article — you can have plants free of disease and that don't self seed.

An article was posted in late summer on a perennial flowering then — Joe Pye. This name doesn't do justice to this hardy perennial, which has gorgeous blooms over a six-week period or longer, and is low maintenance. Most species are native wildflowers of the eastern United States, good for pollinators. There are Joe Pye selections from under two feet tall for small spaces — such as "Little Joe" or "Phantom," to over 6 feet tall for backs of borders — such as "Carin" or "Early Riser."

One lawn care article covered how to grow them successfully using less nitrogen — beneficial for the environment and costing less money. Another covered some common lawn pests and their controls. Realize that lawns are teeming with insects, most either beneficial (eating the bad in-

sects), or causing no harm. The few bad insects get all the attention and, by trying to control all insects, you may be killing helpful ones and many innocent bystanders. The bottom line: you don't want an insect-free lawn.

If you have a lawn, have you ever considered shrinking it? You can still have a lawn for recreation and beauty, perhaps just less of it. In an article on this topic, design tips and groundcover choices were given.

Other plant articles from 2015 included ones on birch trees, begonias, Solomon's seal, gaillardia, coleus, and fall asters. Houseplant topics focused on succulents, terrariums, forcing bulbs, dracaena, and proper watering. Environmental gardening topics included pollinator plants and wildlife trees ("snags"). Articles on growing edible plants covered pruning apple trees, asparagus, preventing bird damage

to fruits, and preserving tomatoes.

There were several health articles in 2015, including ones on spring training, proper lifting, horticultural health — staying healthy during the gardening season, accessible gardening, and tips to reduce garden allergies. Particularly this winter, check out and regularly practice the easy training tips so that your body is in shape when the next garden season arrives.

These articles, and more on many other gardening topics, can be found on-

line (perrysperennials.info under the Home Gardener section) and searched by season or by topic. Combine these with your own notes, and you should have new plants to try, a healthier body, a more sustainable landscape, and more gardening successes in this coming year.

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by **Healthy Exchanges**

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Cranberries aren't just for sauce. One bite of this and you'll agree!

1 (8-ounce) package Philadelphia fat-free cream cheese

1 tablespoon fat-free milk

1/2 cup Splenda Granular

1 cup fresh or frozen whole cranberries, finely chopped

1/4 cup chopped walnuts

In a medium bowl, stir cream cheese with a sturdy spoon until soft. Stir in milk and Splenda. Fold in cranberries and walnuts. Cover and refrigerate until ready to use. Serves four.

TIP: Great on English muffins or bagels.

• Each serving equals: 116 calories, 4g fat, 9g protein, 11g carb., 284mg sodium, 2g fiber; Diabetic Exchanges: 1 Meat, 1 Fat, 1/2 Carb.

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Why do we have poinsettias?

by Dr. Leonard Perry, Extension Professor, University of Vermont

With poinsettias being the most popular flowering holiday plant in much of the world, most may not stop to think just how they got to be so popular. Their history begins in Mexico, in the early 1800's.

Poinsettias actually were around for much longer, having been cultivated by the Aztecs in Mexico before Christianity came to the Western Hemisphere. The plant was native to an area called Taxo del Alarcon in southern Mexico, extending to Guatemala. Growing year round as a woody shrub, to 10 feet high, it bloomed during the shorter days of winter.

Because of its brilliant color, the flower was considered a symbol of purity by the native Mexicans. It was highly prized by Kings Netzahualcoyotl and Montezuma, even though they could not grow it in the cooler climate of their cap-

ital (present-day Mexico City). In Chile and Peru it was called "Crown of the Andes."

The Aztecs used the plant they called "cuet-laxochitl" not only for decoration, but for practical uses. They made a purplish dye from its bracts (the colored parts we think of as the flowers), and used its milky latex sap to treat fevers. In Guatemala, the latex has been used as a remedy for toothache and vomiting, and poultices of the leaves used for aches and pains. In both this country and Mexico, the latex has been used as a hair removal cream.

Perhaps the first use of the poinsettia for holidays, due to its time of bloom and beautiful color, predated its "discovery." During the 17th century, Franciscan priests near Taxco used the flower in a nativity procession, the Fiesta of Santa Pesebre.

A Mexican legend pro-

vides a different source of the use of the poinsettia for Christmas. According to this, the girl Maria and her brother Pablo (sometimes called Pepita with her cousin Pedro), brought a bouquet of the green leaves of this roadside weed to church, as a present for the baby Jesus.

When she laid them at the nativity scene on Christmas Eve, the green leaves burst into bright red petals. From this event the plant gets the Spanish name Flores de Noche Buena, or Flowers of the Holy Night.

Perhaps the first mention of the poinsettia plant by a botanist was in the 17th century by Spanish botanist Juan Balme. Yet, it had been known to some Europeans since the 1570s, in the writings of Francisco

Hernandez. He was a physician to Philip II, King of Spain, visiting Mesoamerica, studying and writing about natural history, including this plant he saw growing wild.

The first specimens of the poinsettia, and the earliest illustrations, date to the 1800s. When the Sesse and Mocino expedition in Mexico (New Spain) around 1800, giving the plant an early name (Euphorbia fastuosa). A subsequent expedition by famous explorer Alexander von Humboldt, along with Aime Bonpland, sent specimens in 1804 back to his mentor in Berlin — Carl Willdenow — who named it differently (Euphorbia coccinea). Later specimens from explorers Christian Schiede and Ferdinand Deppe, in 1828, were given the sci-

entific name that we use today (Euphorbia pulcherrima) by Berlin botanist Johann Klotzsch, from the name coined by Willdenow.

Poinsettia is a member of the spurge family, Euphorbiaceae, a large family with about 7,500 different member species. The genus name (Euphorbia) refers to the Greek physician Euphorbus who, in the first century A.D., used the latex sap of species in this genus for medicinal purposes similar to the Aztecs later. The species name (pulcherrima) means "most beautiful." Poinsettia — the common name we use today — was believed to have come from gardener and historian William Prescott around 1836, in honor of Joel Poinsett.

The first of the three people responsible for the poinsettia's popularity today was Joel Roberts Poinsett, Ambassador to Mexico from 1825 to 1829. Mr. Poinsett was also a keen botanist, and sent some of these plants in 1828 to his own greenhouses on his Greenville, SC, plantation. From there he propagated the

plants, sending them to friends and relatives. This is considered the first collection of living plants — the previous collections were dried herbarium specimens.

One of these that received some of the first poinsettias was the second person responsible for promoting the poinsettia. Colonel Robert Carr, then owner of the famous Bartram Nursery of Philadelphia, introduced the poinsettia into cultivation and trade in 1829 at an exhibition of the Pennsylvania Horticulture Society. In 1834, another famous nurseryman in American history, Robert Buist, introduced the poinsettia to European trade and gardens.

The poinsettia was shipped around the country during the 1800s, more as an outdoor plant for warm climates. It even made it to Egypt in the 1860s, where it is cultivated and called Bent El consul, or "the consul's daughter," after ambassador Joel Poinsett.

Around 1920 in southern California, a horticulturist named Paul Ecke became the third key person to promote the poinsettia. He felt this shrub growing wild along roadsides would make a perfect Christmas flower, so set about producing these in fields in what is now Hollywood. A few years later, due to development, he was forced to move south to Encinitas where the Paul Ecke Ranch continues to produce poinsettias today. Starting in the 1960s, poinsettias were produced, as they are today, in greenhouses.

Through the marketing efforts of Paul Ecke and his sons, the poinsettia has become symbolic with Christmas. An Act of Congress has even set Dec. 12, the death of Joel Poinsett, as National Poinsettia Day to commemorate this man and this plant. Originally only red in color, through the breeding efforts of the Eckes and others, the poinsettia you find today may be in all shades of red to almost purple, pinks, bicolors, and white. While early ones sold were naturally tall, those today are compact with a much better growth habit.

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**Monday, Dec. 7th** - Normal Monday Sale & Fat Cow & Feeder Sale

**Monday, Dec. 14th** - Normal Monday Sale & Monthly Heifer Sale & We will be doing a special Sheep, Lamb, Goat & Pig sale due to the Christmas Holiday.

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**Antique Tractors:** JD 420 dozer w/ 62 blade & winch, LA w/ cult, H w/ elec start, 2010 U, B; Farmall F20 puller, Cub, (2) C, French C w/ 3pt, M, W6, 400, 504 Hi-clear; Oliver 70, 88, OC12-42; Case SC, VAC; (2) Ford Doodlebugs; Fordson on steel; JD 110; Jacobsen Chief; We are expecting a nice group of antique tractors for this sale, call to consign today!

**Construction: Backhoes:** Case 590 4x4 ehoe, 580 Super E 2wd ehoe, 580CK, Cat 416, JD 410 "as-is"; **Skid Steers:** NH LT185.B 2 speed track machine, Case 85XT, 1840, 1845C, Bobcat 751 "as-is"; **Loaders:** Case 480F LL 4wd, Ford 655; **Dozers / Crawler Loaders:** Cat D4C dozer, JD 450B & 350 Ldrs; **Trucks: Trailers:** New 16' & 18' equipment trailers w/ ramps; **Attachments:** Kwik Way power V plow for SSL, 40+ new SSL attachments; **Other:** Atlas compressor w/ JD 4 cyl diesel;

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# Kitchen Diva

by Angela Shelf Medearis  
**Hassle-free holiday cooking**

I've learned the hard way that the secret to a hassle-free holiday cooking is to plan ahead. For large holiday meals, the freezer is definitely your friend. Almost everything from appetizers and side dishes to desserts can be prepared and frozen ahead of time. Planning ahead for the holidays also saves money, because you can buy your holiday menu items as they go on sale, prepare them and freeze them.

Recently, I spent two hours making pie crusts and baking pies for Thanksgiving. I know that ready-to-bake pie crusts and pre-made pies are readily available at most grocery stores, but during the holidays, I love everything to be homemade. I've found that by using my food processor, I can make a flaky pie crust that takes only a few minutes to process and can be frozen until needed. Holiday favorites like apple, pecan, sweet potato and pumpkin pie actually taste better when made ahead of time, and they freeze beautifully.

After baking, allow the pies to cool on a rack for five to six hours. Wrap each pie in a single layer of plastic

wrap and two layers of heavy-duty aluminum foil. Place them in your freezer. You can stack the single crust pies, if necessary. Allow the pies to thaw out at room temperature at least eight hours before you plan to serve them.

These recipes for Quick and Easy Pie Crusts and Fudgy Pecan Pie are delicious ways to plan ahead for the holidays!

**Quick & Easy Pie Crusts**  
(Makes two 9-inch pies)  
3 cups all-purpose flour  
1 teaspoon salt  
1 teaspoon sugar  
1 1/2 cups butter-flavored shortening sticks, chilled and cut into cubes  
1/4 cup ice-cold water, plus 1 tablespoon  
1 tablespoon white vinegar  
1 egg

1. In the bowl of a food processor, blend the flour and salt. Add shortening, a few cubes at a time, pulsing 3 or 4 times to combine after each addition. In a small bowl, combine water, vinegar and egg. Slowly

add the water mixture to the flour mixture, a tablespoon at a time, pulsing 2 or 3 times after each addition until some of the dough forms into a ball.

2. Scrape the dough out on to a lightly floured cutting board. You should be able to gently press any remaining pieces of the dough into a ball. Handle the dough as little as possible or it will become tough. Divide dough into two equal parts. Gently flatten into round disk shapes and wrap them in plastic wrap.

3. If using the dough immediately, chill at least 30 minutes in the refrigerator. Chilling allows the dough to relax, become more elastic, absorb any remaining liquids, and will ensure that the crust will be flaky.

To freeze: Wrap dough in plastic wrap and then in two layers of aluminum foil. When ready to use, thaw dough completely in the refrigerator before rolling out on a lightly floured surface.

**Fudgy Pecan Pie**

This pie is the best of both worlds: The center is similar to a pecan brownie, and the filling and the flaky crust is like a wonderful pecan pie. You may want to double the recipe and freeze one for the holidays.

3 eggs  
3 tablespoons butter, softened  
1 1/4 cups light corn syrup  
1/2 cup sugar  
1/3 cup baking cocoa, sifted  
1/3 cup all-purpose flour  
1/4 teaspoon salt  
1 1/2 teaspoons vanilla extract  
1 cup chopped pecans  
1 (9 inch) unbaked pie shell  
Whipped cream, optional

1. Heat oven to 350 F. In a large mixing bowl, beat eggs and butter together for 2 to 3 minutes. Add corn syrup, sugar and cocoa, and beat for 2 minutes. Add flour and salt, and mix until smooth. Stir in the vanilla extract and the nuts.

3. Pour mixture into the pie shell. Bake for 55 to 60 minutes or until set, except for a quarter-size circle in the center. Cool completely. Garnish with whipped cream, if desired.

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A slice of pecan pie on a holiday setting.

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November 27, 2015

Hello Again,

Can you imagine what would happen if we learned that our famous American apple pie — which is prepared, baked, packaged and enjoyed nationwide — is in fact made from artificial manmade apples? Phony – counterfeit apple pie! I can hear it now. Folks who do not know the name of our Governor would be up in arms. By the way what is his name? Oh ya. He is the man who says apple orchard owners should pay apple pickers \$15 per hour plus 20 percent. Orchardists won't have to pay \$15 per hour, as apple pie lovers will not be able to afford apple pies. So no apple pie – no apple cider, no apple sauce – no apple pickers. Do you think that money trees will take the place of apple trees?

Now maybe I am beginning to see the light that our President, Mrs. Clinton and their fellow socialist politicians are following. They do believe in big cities – big governments. (Which means socialist). Do they believe that big government should kill the apple tree industry and groves or orchards of money trees will take their place?



If all of the fruit pickers are already being handed all of the fruit free without working, who will pick the money off the money trees? Should the following be held as a news flash? The great Hershey candy company, without really meaning to, confessed that their famous, well-loved candy kisses were cooked with artificial vanilla flavoring. However, they did not actually confess, they simply stated Hershey candy kisses NOW would be flavored with real vanilla. Should or can we ever muster up enough forgiveness to forgive Hershey for causing us to participate in phony, artificial kisses? I cannot speak for you but when it comes to kisses I want the real McCoy.

Can you imagine sealing wedding vows with an artificial kiss? What's next? Almond milk, soft butter-like spread, eggs without yolks, man-made motor oil? Employment by the government without a paycheck – merely government hand-outs. Next they will try to tell me that Roy Rogers and Gene Autry were not real cowboys or that Marion Morrison's real name was not John Wayne.

On the other hand can you imagine what our beautiful New York State would look like if God forgot to create new leaves and flowers and left it up to the non God believing intellectuals to decorate our hills and valleys? On the other hand, socialism is an artificial man-made form of government, which should be flushed out of our Government. How do we do that – by doing a form of nothing? Do not vote for socialists to lead our government, big government advocates are socialists. What does Webster dictionary say about socialism? Socialist = public (government) ownership of the means of production (factories – farms, etc.). Socialize = put under public ownership.

News by TV is referring to JIHADI. What

does Jihadi mean or rather what is Jihadi?

Jihadi = Is an Islamic term referring to the religious duty of Muslims to maintain the religion. Even Muslim scholars say it is an outer physical struggle against the enemies of Islam, which may take a violent form. Some deny this but in fact Jihadi's practice killing those who resist their Muslim faith. Would it be okay for Christians to kill Muslims because they resist Christian or Jewish faith?

There is an active effort in this country and worldwide to reach the young people for support and fighters.

On Twitter a Virginia teenager pumped out more than 7,000 tweets. He heralded their organization's "upcoming conquest of America".

Within three months he had 4,000 American youth followers. This was a big deal for a high school student in suburban America. He was arrested and will serve 11 years in prison with a \$100,000 fine.

Next week we will discuss ISIS – should Fred Lee & Family

we Americans be concerned about ISIS? The answer is ISIS may be the most sinful, dangerous movement Christianity and Democracy will ever face, it could destroy our entire way of life.

Thanksgiving

The meaning of three words used in our daily English language — Christmas, Easter, Thanksgiving — tugs on the heartstrings of Americans. Each word as a single word never requires explanation as to its meaning or intent to express.

I feel that all three of these words are derived from a common basis — a belief in our Creator and Heavenly Father. If a person's mind attempts to say there is no God, his heart will come to his rescue by letting him know there is a God.

Let's join together in one common heart expressive prayer, "Thank you dear heavenly father for the depth of beauty and privilege we share in celebrating your gift – Thanksgiving Day."



Good Housekeeping

Candied Sweet Potatoes

If you wish, sprinkle with sliced almonds, chopped walnuts or chopped pecans before serving. Or top with tiny marshmallows and broil about 6 inches away from the source of heat until lightly browned.

4 large sweet potatoes (12 ounces each), each peeled, cut crosswise in half, and each half cut lengthwise into 3 wedges

- 2 1/2 teaspoons salt
- 1/3 cup packed brown sugar
- 3 tablespoons butter or margarine, cut into pieces
- 1/8 teaspoon ground red pepper (cayenne)

- 2 tablespoons dry sherry (optional)
- 1. Heat oven to 375 F. In 5-quart Dutch oven, combine sweet potatoes, enough water to cover and 2 teaspoons salt; heating to boiling over high heat. Boil until tender, about 10 minutes. Drain.
- 2. Meanwhile, in nonstick 10-inch skillet, combine brown sugar, butter, remaining 1/2 teaspoon salt and ground red pepper; heat over medium heat, stirring, until butter melts, about 1 minute. Stir in sherry, if using. Cook, stirring occasionally, 5 minutes longer.
- 3. Transfer potatoes to shallow 13-by-9-inch baking dish and top with brown-sugar mixture. Cover with

foil and bake 30 minutes, stirring halfway through baking. Remove foil and bake until syrup is dark and very thick, 30 to 40 minutes, stirring halfway through. Makes 8 servings.

- Each serving: About 201 calories, 5g fat (3g saturated), 2g protein, 39g carbohydrate, 12mg cholesterol, 499mg sodium.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).  
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## Maintain tire balance and alignment for a smooth ride

It is easy for motorists to take their tires for granted when everything is working correctly. Wheels and suspension systems bear the weight of cars and trucks and

must bear the brunt of rough roads, pot holes and any additional obstacles, so some wear and tear is to be expected.

Many drivers know to monitor their tire pres-

sure, but it's also important to check for worn treads and inspect tires for punctures or damage. Proper tire alignment and balance also is essential for a comfortable and smooth ride.

### Balance

Balancing tires involves equalizing the weight of the combined tire and wheel assembly so that each tire spins smoothly on the road. Tires are mounted on the wheel assembly, and the chances of this assembly having precise weight distribution is nearly impossible without a little help. According to Discount Tire, the slightest imbalance in the tires, even as little as half an ounce, can be felt by drivers. Unequal mass can make tires wobble, causing noticeable vibrations.

Mechanics will test tire balance by putting it on a balancing machine. The machine will spin the tire and determine the tire's heaviest point. Counteracting weights will be placed on the tire hubs to create a more uniform balance of weight. Lead weights are often used, but some are being phased out for other metals, such as zinc, because of the medical and envi-

ronmental implications of lead.

Tires that are not balanced will not only cause vibration, they also can lead to uneven wear.

### Alignment

Tire alignment is another way to reduce wear on tires and help avoid steering and "pulling" problems. Bridgestone Tires defines tire alignment as an adjustment of the vehicle's suspension, or the system that connects a vehicle to its wheels.

When tires are not properly aligned, drivers may notice uneven tread wear. Misaligned tires also may cause the vehicle to pull to the left or right. Drivers who notice their steering wheel is off-center or vibrating when they are driving may need to adjust their tires' alignment.

Camber, or the inward or outward angle of the tire when viewed from the front of the vehicle, will be adjusted. In addition, "toe," or the extent to

which the tires turn inward or outward when viewed from above, will be adjusted. Caster angle also helps balance steering, stability and cornering. Caster is the angle of your steering axis when viewed from the side of your vehicle.

When tires are balanced correctly and aligned, vehicles will offer a smooth ride with little to no vibrations. Having tires serviced can maximize their performance and lifespan.



Tire balance is checked on a machine that will measure heavy spots. Technicians will apply weights to the tires to balance any inconsistencies in weight.

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## Paw's Corner

by Sam Mazzotta

Hunting isn't answer to feral cat problem

Dear Paw's Corner: There was a furor last summer over a veterinarian who shot a feral cat with an arrow. While animal lovers' fury was understandable, what wasn't addressed is the massive population of feral cats in the United States. Cats are very effective hunters and have decimated native populations of small wildlife. What is your opinion on the suggestion to hunt feral cats rather than simply trap, neuter or spay, then release them back into the wild? — A Feral Cat Friend in Florida

Dear friend: I think that we shouldn't give up on TNR (trap, neuter, release) programs, though additional solutions need to be looked into. Hunting isn't one of those solutions.

In 2004, a study published in the Journal of American Veterinary Medical Association said that the population of feral cats in the U.S. was nearing the number of cats that had a home — about 50 million feral versus 73 million domesticated. However, while about 85 percent of female cats that had owners were spayed, only 2 percent of feral female cats were. (www.avma.org) I wrote about the problem those many years ago, advocating TNR.

Fast-forward to 2014: A TNR study conducted in Alachua County, Florida, found that increasing awareness among area residents and encouraging them to TNR feral cats helped reduce the number of cats entering the local shelter by 66 percent. (www.sciencedirect.com)

So, providing local education and resources to residents helps them actively and humanely participate in the gradual reduction of feral cat colonies. Fewer cats in an area can help the local wildlife rebound. Whether or not you own pets, you can play a role in reducing the feral cat population without using a bow and arrow. Start with organizations dedicated to achieving this, such as Alley Cat Allies at saveacat.org.

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## Good Housekeeping

### Candied Sweet Potatoes

If you wish, sprinkle with sliced almonds, chopped walnuts or chopped pecans before serving. Or top with tiny marshmallows and broil about 6 inches away from the source of heat until lightly browned.

4 large sweet potatoes (12 ounces each), each peeled, cut crosswise in half, and each half cut lengthwise into 3 wedges

2 1/2 teaspoons salt

1/3 cup packed brown sugar

3 tablespoons butter or margarine, cut into pieces

1/8 teaspoon ground red pepper (cayenne)

2 tablespoons dry sherry (optional)

1. Heat oven to 375 F. In 5-quart Dutch oven, combine sweet potatoes, enough water to cover and 2 teaspoons salt; heating to boiling over high heat. Boil until tender, about 10 minutes. Drain.

2. Meanwhile, in nonstick 10-inch skillet, combine brown sugar, butter, remaining 1/2 teaspoon salt and ground red pepper; heat over medium heat, stirring, until butter melts, about 1 minute. Stir in sherry, if using. Cook, stirring occasionally, 5 minutes longer.

3. Transfer potatoes to shallow 13-by-9-inch baking dish and top with brown-sugar mixture. Cover with foil and bake 30 minutes, stirring halfway through baking. Remove foil and bake until syrup is dark and very thick, 30 to 40 minutes, stirring halfway through. Makes 8 servings.

• Each serving: About 201 calories, 5g fat (3g saturated), 2g protein, 39g carbohydrate, 12mg cholesterol, 499mg sodium.

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## Now Here's a Tip

by JoAnn Derson

• You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.

• To freshen carpets, there's no need to purchase expensive or heavily perfumed carpet deodorizers — baking soda can do the job. Sprinkle carpets liberally, let set for 30 minutes to an hour, and then vacuum thoroughly.

• "If you host a large family holiday gathering and serve a lot of side dishes, try this trick to keep them hot while waiting for other items to finish in the oven. Simply cover the bottom of a clean ice chest with a few trivets or a couple kitchen towels, and set casseroles and oven-cooked meats inside. Most people use a cooler to keep things cold, but the insulation works just as well to keep hot things hot... at least for a little while." — M.E. in West Virginia

• Recipe substitution: If you need 1 teaspoon of pumpkin

pie spice, use 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves.

• Blood pressure can be affected by many things, and seeing the doctor is one of them. Instead, request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder also can make your pressure reading higher, as can positioning your arm

below heart level.

• Remove the annoying sticky residue from price tags with WD-40 or baby oil. This is for use on hard surfaces only. If you are unsure, test in an inconspicuous spot first to make sure the oil doesn't leave a stain where the tag was.

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# Kitchen Diva

**by Angela Shelf Medearis**  
Sweet finishes even diabetics can love  
When I ask most folks what they love about holiday dinners, the most common response is indulging in their favorite desserts. I love making holiday desserts, but several of my family members have diabetes. Here are a few tricks I've learned to create low-sugar and low-fat desserts like my recipe for pumpkin cheesecake that is both delicious and healthy.

- Swap out sweeteners: If you substitute a sugar substitute like stevia for sugar or agave syrup for honey, you can reduce the calories in your desserts without impacting the recipe. When a recipe calls for brown sugar, substitute half of the amount for stevia or a sugar substitute.
- Use less fat: The trick here is knowing what the magical minimum of fat is for the particular recipe you're using. Keep in mind that when you take fat out, you often have to replace it with another moist ingredient (like fat-free sour cream, applesauce, light cream cheese or orange juice). Using a combination of whole eggs and egg whites is another a simple way to reduce fat.
- Downsize servings: Practice portion control when serving desserts, and use plating to trick the eye. Serve smaller pieces on a smaller plate, or serve desserts in small, clear parfait glasses with layers of low-fat whipping cream and fresh fruit.
- Use flavorful substitutions: If a cake recipe calls for 1 cup of butter or margarine, you can usually use 1 cup of whipped butter (50 percent less calories) or 1/2 cup of butter and 1/2 cup of an ingredient that complements the flavors of your recipe, such as fat-free sour cream, low-fat buttermilk, orange juice, low-fat yogurt, applesauce or other fruit purees, strong coffee and light cream cheese.

Low-fat Pumpkin Cheesecake  
Nonstick cooking spray  
8 sheets low-fat honey graham crackers  
2/3 cup plus 1 tablespoon sugar substitute or stevia  
1 tablespoon unsalted butter, melted  
12 ounces one-third-less-fat cream cheese, at room temperature  
1/4 cup light brown sugar, packed  
1/2 teaspoon kosher salt  
2/3 cup low-fat 2 percent Greek-style plain yogurt  
2 large eggs, at room temperature  
2 large egg whites, at room temperature  
1 (15-ounce) can pumpkin puree  
2 tablespoons all-purpose flour  
1 tablespoon pumpkin pie spice  
1 tablespoon vanilla extract  
Low-fat whipped topping, optional

1. Position oven racks in the center and lower third of the oven. Fill a roasting pan about half full with water and place on the lower rack to help prevent cheesecake from cracking. Heat oven to 325 F. Coat a 9-inch springform pan with nonstick cooking spray.
2. Put the graham crackers and 1 tablespoon of the sugar substitute in bowl of a food processor and grind until fine. Add butter and 2 tablespoons water, and pulse until moistened. Press into the bottom of prepared pan. Bake until set and golden brown, 10 to 12 minutes. Cool completely.
3. Combine the cream cheese, brown sugar, the remaining 1/3 cup sugar substitute and salt in a large bowl. Beat with an electric mixer on medium speed until smooth and fluffy. Add yogurt, eggs and egg whites, reduce the mixer speed to low and continue to beat until blended. Add the pumpkin, flour, pumpkin pie spice and vanilla. Reduce mixer speed to low and

beat until just combined. Stir with a spatula a few times to make sure all the ingredients are incorporated and to release any air bubbles in the batter that could cause the cheesecake to crack.

4. Pour the batter over the crust and rap the pan against the countertop a few times to bring any trapped air bubbles to the surface. Place the cheesecake on the center rack in the oven. Bake until just set and the center wiggles slightly, 50 to 60 minutes. Turn the oven off and crack the door open. Let sit in the oven for 15 minutes, and then transfer to a wire rack to cool. Run a thin sharp knife between the cheesecake and the pan to release the sides. Cool completely, and then chill until cold, at least 4 hours or overnight.
5. Before serving, remove the cheesecake from the refrigerator and release the sides of the pan. Allow the cheesecake to come to room temperature, 30 to 60 minutes. If the top of the cake appears wet, blot with a paper towel to dry. Top each serving with a tablespoon of low-fat whipped topping, if desired.

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Pumpkin cheesecake decorated with whipped cream.  
Photo courtesy of Depositphotos.com

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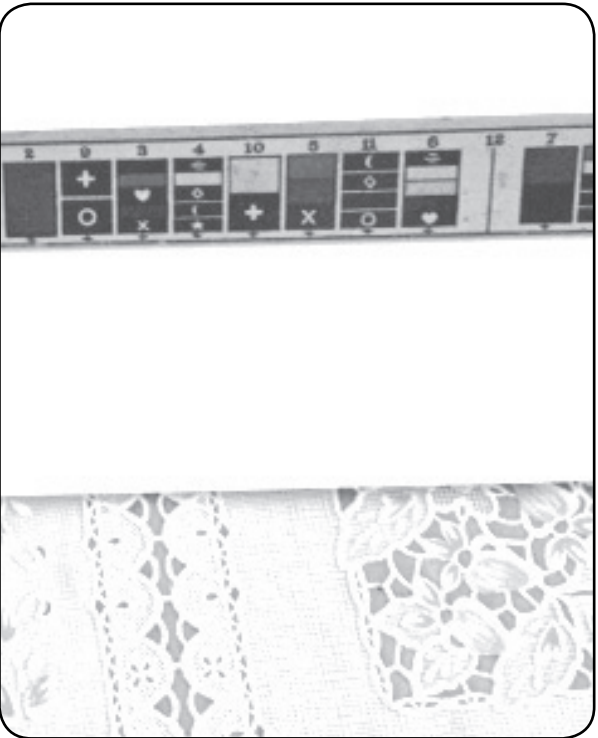
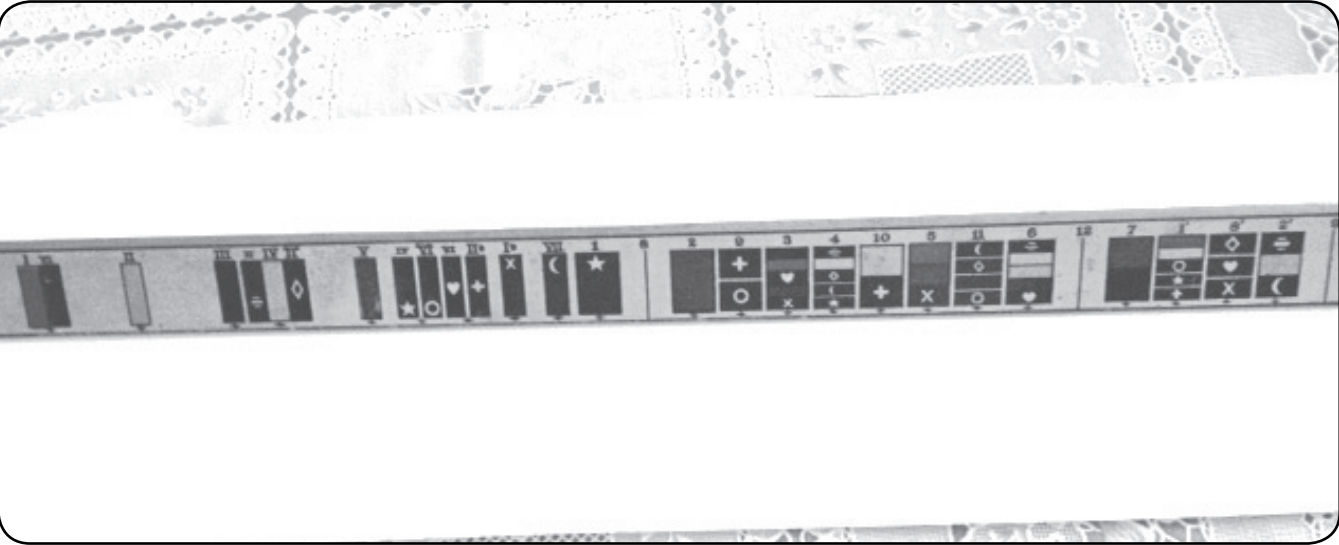
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# Whatchamacallits

This week's Whatchamacallit is a mystery.  
After an exhaustive internet search into the possible name and history of this item, we here at the Lee Publication Editorial Department are stumped.  
Cecilia Moreau sent it in a few weeks ago and at first glance, we were sure it was some pre-WWI In-

ternational nautical instrument. I believe the actual size of this item is around 3 feet or so. The images are possible flags or some other type of guide.  
If you know what this device is or would like to offer up your best guess, please call or email Branden at Lee Publications.



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# WHAT WOULD YOUR MOTHER SAY?!

## Banning Books in 2015

By S.D. Shapiro

In the fast paced 21st century we've traded common sense for the ability to quickly look up information on the internet. We've forgotten our manners and civility. How do we get back to our roots? Can we get back? Food for thought...

Can you believe that they are still banning books in the year of our lord 2015, AD? Here in America, land of the free, home of the brave, possessor of the First Amendment, freedom of speech, authorities and groups are banning books.

Some of the books that are regularly banned include a veritable list of classics; *The Great Gatsby*, by F. Scott Fitzgerald, *The Catcher in the Rye*, by J.D. Salinger, *The Grapes of Wrath*, by John Steinbeck, *To Kill a Mockingbird*, by Harper Lee, *The Color Purple*, by Alice Walker, *Ulysses*, by James Joyce, *Beloved*, by Toni Morrison, *The Lord of the Flies*, by William Golding, 1984, by George Orwell, *Lolita*, by Vladimir Nabokov, *Of Mice and Men*, by John Steinbeck, *Catch-22*, by Joseph Heller, and more. It is practically a high school English class reading list. It is also ironic that 1984 is on the list.

In the classic Kevin Costner baseball movie, *Field of Dreams*, Ray Kinsella's wife Annie said, "They're talking about banning books again! Really subversive books, like 'The Wizard of Oz'..." "The Diary of Anne Frank"..." This is literally a line out of Hollywood but surprisingly it is more real than you can imagine.

1986 saw one of the most publicized cases against the banning of the *Wizard of Oz*. A group of Fundamentalist Christian families from Tennessee filed a lawsuit against their school to have the novel removed from use in the school. They claimed, "The novel's depiction of benevolent witches and

promoting the belief that essential human attributes were 'individually developed rather than God given'. They argued that all witches are bad, therefore it is "theologically impossible" for good witches to exist. So, in summary, they were opposed to the character Glinda the GOOD witch. One of the parents stated, "I do not want my children seduced into godless supernaturalism", arguing that the books promoted self-reliance rather than dependency on God to provide salvation." The judge hearing the case decided that children whose families objected to Dorothy, Toto, and the Tin Man could be excused from lessons that included the novel. The families appealed the outcome to the United States Supreme Court, (thankfully) SCOTUS refused to hear the case.

The Internet for all its bad aspects is a safe haven for banned books. You can find nearly anything you are looking for (and some things that you are not) on the World Wide Web. The scary thing about banning books in the high tech world we live in is the inevitable evolution of censorship. In the digital age why ban a book when you can just delete offensive content. Taboo topics are gone simply by highlighting and deleting. If you

do not like something just hack the system and change it. Huckleberry Finn's rafting partner could become "Robot" Jim or have his name changed altogether.

If you think this scenario is science fiction then guess again. It has happened with movies already. Steven Spielberg edited out toy guns from his classic movie *E.T.* and replaced them with sticks. George Lucas edited *Star Wars* so that Han Solo shot second in the famous cantina scene when the series was released on DVD. How soon before your favorite books are "edited?" Would you even notice?

Banning books is like trying to unthink an idea. Once you add a book to a list of other banned books it only increases the desire of the public to read it. With the internet, finding banned books is a click away.

When it comes down to banning books and censorship in modern times the instant gratification of our technological era is actually a beneficial tool. You can download banned books and start reading them almost instantaneously. Stop and think, "What would my mother say?" She would say, "The more you read, the more you know. Read a book today."

## Senior News Line

by Matilda Charles

Mediterranean diet makes brain younger

The Mediterranean diet has been in the news for years, but some of us aren't sure if it offers any real benefits. Now we have a piece of the puzzle. In a recent study supported by the National Institutes of Health, participants experienced less brain atrophy after adhering to that type of diet, resulting in loss of fewer brain cells and maintaining cognition.

The Mediterranean-type diet (called MeDi in researcher parlance), consists of low intake of dairy, poultry, meat and alcohol, and higher intake of fruit, fish, cereal, vegetables and fats that are monounsaturated (such as olive oil).

A few specifics: Eating less meat resulted in larger total brain volume. Eating more fish was associated with greater cortical thickness. Based on these, researchers concluded that even these two diet adjustments had a positive benefit as part of the Mediterranean

diet. The difference in two groups (those who adhered to a Mediterranean diet versus those who didn't) was the same as aging five years. The average brain volume was 13 percent larger, which is significant.

This isn't the first time the benefits to the brain have been studied. In 2010, a similar study concluded that the Mediterranean diet can help avoid damage to the parts of the brain that deal with thinking and memory. Those who adhered to the diet were 36 percent less likely to have damage. Those who generally stuck to the diet were 21 percent less likely.

Ask your medical provider whether you should add these types of foods to your diet and stay away from the more harmful ones. For more information, search online for "Mediterranean diet," and look for sites by the Mayo Clinic, the American Heart Association and WebMD as places to start.

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## Baby store opens on Main St. Herkimer

by Daniel Baldwin

Are you having a baby and looking for a place to purchase some baby food, clothes or other products? Well, no need to fear because a new baby store has just moved into the village of Herkimer. Affordable Babies is a locally owned business that contains all the toddler accessories. There is a wide variety of baby food, drinks, clothes, toys, and much more.

On Nov. 7, local residents gathered at the store's location to celebrate its grand opening. Deputy Mayor Gregory Malta was in attendance as well as the storeowner herself Tina Sanders. Together they cut the ceremonial ribbon to officially open the store and add yet another local business in the Herkimer village.

Sander said she always dreamed of becoming a storeowner, which was the one reason why she decided to open Affordable Babies. The baby boom in the Mohawk Valley was another.

"There's lots of babies in the area," Sanders said again, "and the only stores (to get baby supplies) are K-Mart and Wal-Mart, so I decided to open up the store."

Sanders and the rest of her employees faced

many challenges while creating this business.

"Trying to find a location was the hardest," Sanders said, "because either the space was too big, too expensive, and it needed a lot of work. This one (on Albany St.) is small, but it works out good. We had to come in and do some cleaning and painting, but it all came together pretty quick."

Affordable Babies' main purpose, according to Sanders, is to give local residents another alternative towards getting their baby shopping done. This store may also have a positive impact on the village's economy. The deputy mayor (Malta) said that a grand opening of any local store/business is a steady improvement for Herkimer's budget.

"It's obviously fantastic when a business opens (in the village of Herkimer), especially on the main street," Malta said. "It's very important to see business open here. It helps the village and the whole county."

Main Street Herkimer has been pretty quiet the past few years. According to Northjersey.com, there used to be many department stores and restaurants around this area, but a majority of these stores closed due to fi-

nancial hardship. Now there are more vacant buildings. Despite the financial struggles, Malta said the opening of small businesses, like Affordable Babies, shows strong signs that the vil-

lage and its main street is rebounding from these economic obstacles.

"The opening of this store is a start, and we can't stop here. We've got to get more people inspired with a positive out-

look. We can't keep thinking negative. We got to think positive and give it a whirl."

For the store itself, Sanders said she is just going to focus on her job and not get too drawn

into the company's future goals.

"Right now it's just starting small and seeing where we go," she said.

Affordable Babies is located at 105 E. Albany Street.



Herkimer's Deputy Mayor Gregory Malta (left) and store owner Tina Sanders (right) cut the ceremonial ribbon to officially open Affordable Babies. Photo by Daniel Baldwin

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575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
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610 Help Wanted  
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700 Lawn & Garden  
711 Lessons  
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805 Miscellaneous  
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812 Multi Media  
813 Music  
815 Motorcycles  
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820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
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1147 Trains  
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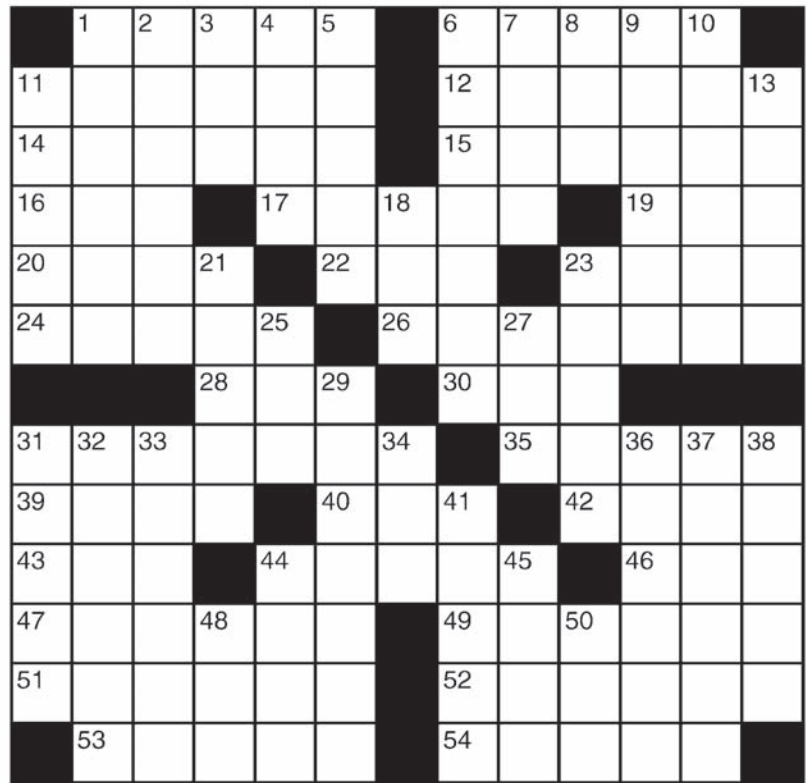
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# King Crossword



- ACROSS
- 1 A great amount

6 Construc-  
tion piece

11 “Evan-  
geline”  
setting

12 Housefly  
larva

14 Street less  
traveled

15 Past

16 Salt Lake  
athlete

17 He hit 61  
in ‘61

19 Scooted

20 Afterward

22 Three-man  
vessel?

23 Lose color

24 Helvetica  
lack

26 Most goose-  
bump-induc-  
ing

28 NOW goal

30 Slight touch

31 Run off (with)

35 “Loves me  
(not)” factor

39 “The  
Amazing —”

40 Bother

42 Post-bout  
garb
- 43 Whatever  
number

44 So far

46 Sheepish  
remark

47 News-  
writer’s  
name

49 Circumvent

51 Lens clean-  
ing solution

52 Culmination

53 Water  
nymph

54 Philippine  
knives
- DOWN
- 1 Grim

2 Life’s work

3 Commotion

4 Dist. across  
a circle

5 Begin’s  
co-Nobelism

6 Drank up

7 Serenades  
the moon

8 Early bird

9 Olden meet-  
ing places

10 Units

11 Touches

13 Fundamental  
belief

18 Wish undone
- 21 Family  
member

23 Thread

25 To and —

27 Knock

29 Pastis  
flavoring

31 Speedy  
steeds

32 East Indian  
fig tree

33 Charybdis’  
partner

34 Desiccate

36 Trinidad  
and —

37 Humiliates

38 Flat paper?

41 Skewered  
entree

44 “—  
Karenina”

45 Proof-  
reader’s  
nightmare

48 Midafter-  
noon hour

50 Campaign  
pro



“Progress is a nice word. But change is its motivator. And change has its enemies.”  
— Robert Kennedy

Attorney General Robert F. Kennedy speaking to a crowd outside the Justice Department, June 14, 1963.  
Photo by Warren K. Leffler

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Skirt is smaller. 2. Shirt neckline is different. 3. Arm is moved. 4. Flag is missing. 5. Fence is different. 6. Number is missing.

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## Weekly SUDOKU

by Linda Thistle

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

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

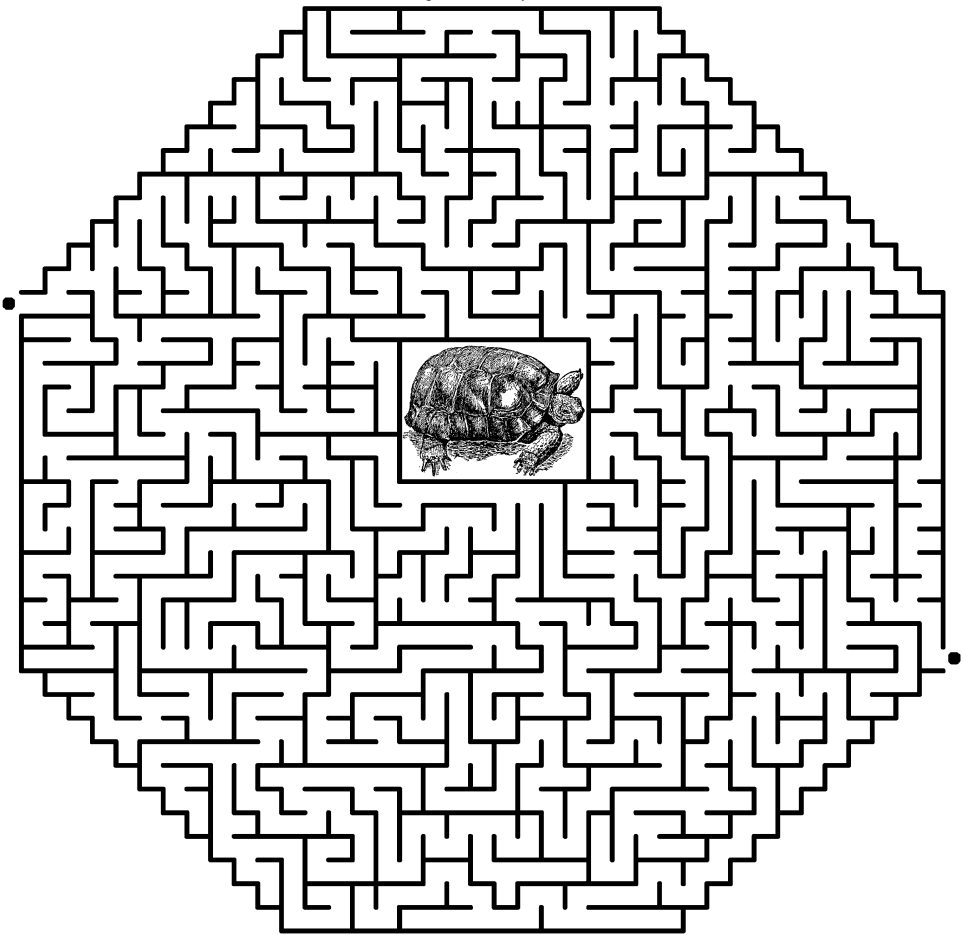
DIFFICULTY THIS WEEK: ★★★

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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## Mega Maze

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## ANSWERS

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

Answer

Weekly SUDOKU



S	O	L	O	B	O	D	I	A	N	S
E	E	G	O	A	P	E	N	I	L	S
S	S	V	A	N	E	B	A	P	A	S
A	V	A	A	E	T	B	A	A		
R	A	C	E	I	R	K	E	C	E	R
A	B	S	C	O	N	D	P	E	T	A
E	R	A	D	A	B					
S	E	R	I	F	E	E	R	I	E	S
D	E	T	U	B	F	A	D	E		
N	A	M	A	R	I	S				
B	Y	A	D	B	A	G	O	A		
A	C	A	D	I	A	M	A	G	O	T
S	C	A	D	S	I	B	E	A	M	

Solution time: 24 mins.

Answers

King Crossword





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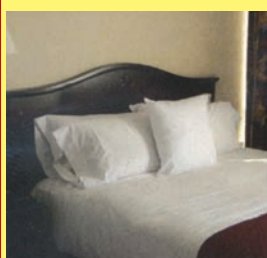
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