

Largest Circulation Publication in Herkimer County Delivered Weekly by the U.S. Postal Service





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Number 31



# **Get Smart About Antibiotics**

Get Smart About Antibiotics Week (Get Smart Week) is an annual observance intended to engage relevant stakeholders, including professional societies, advocacy groups, for-profit companies, state and local health departments, the general public, the media and others around antibiotic stewardship in the outpatient, inpatient and animal health settings. This year, Get Smart Week was observed Nov. 16-22, 2015. Get Smart About Antibiotics Week is intended to raise awareness of antibiotic resistance and the importance of appropriate antibiotic prescribing and use.

The use of antibiotics is the single most important factor which contributes to antibiotic resistance and up to one-third to one-half of antibiotic use in humans is either unnecessary or inappropriate. Taking antibiotics when they are not needed creates additional health risks by increasing the chances a patient will experience a bad drug reaction, and also leads to the

(Rt. 365A)

development of antibiotic-resistant bacteria which affects everyone in the community.

Did you know?

• Antibiotics can have reactions and side effects. Harmful effects from antibiotics, such as side effects and allergic reactions, cause 1 out of 5 emergency department visits for adverse drug events and lead to 50,000 emergency department visits in children each year.

• Antibiotics can be overused and misused.

It is estimated that more than half of antibiotics are unnecessarily prescribed to children in doctor office settings for cough and cold illness, most of which are caused by viruses.

• Antibiotics can only cure infections caused by bacteria, not viruses.

• Antibiotic resistance is growing.

An estimated 2 million illnesses and 23,000 deaths occur each year in the United States due to antibiotic-

resistant infections. Overuse and misuse of antibiotics are main drivers of resistance.

Get Smart About Antibiotics Week 2015 marks an important year, during which the National Action Plan for Combating Antibiotic-Resistant Bacteria laid out key actions for implementing the National Strategy. Furthermore, a White House Forum was held in June 2015 to discuss the issue of antibiotic stewardship and heralded widespread and coordinated commitments to combating antibiotic resistance among a wide variety of stakeholders.

The CDC encourages healthcare providers to make sure that an antibiotic prescription is absolutely necessary in order to prevent the spread of antibiotic resistance. The CDC has all of this information and more on their website including fact sheets, planning materials and toolkits to help launch your Get Smart About Antibiotics Week. http://www.cdc.gov/getsmart.



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# Did you know?

Drivers who travel between the United States and Canada or plan on renting a car for an international business trip or vacation should understand that driving rules vary from country to country. One noticeable difference is the side of the road vehicles travel on, as well as the measurement system used for calculating speed and distance. Although speedometers will often feature both mph (miles per hour) and kmh (kilometers per hour), it helps to have a rough idea of the conversion between the two speed measurements. Every mile per hour in speed translates to roughly 1.7 kilometers per hour. Therefore, if the posted speed limit is 55 mph in the United States, expect to travel at 88.5 kph in Canada. Always heed speed limit postings and regularly check your vehicle's speedometer to ensure you are driving at or below the legal limit. Traffic offenses that might be tolerated in one country may not be tolerated across the border, so always obey the local laws when behind the wheel.



Greeting cards are a popular method of corresponyou a card this year. dence throughout the year. Cards are purchased for birthdays, graduations and milestone events. One of consider sending it separately from the big holidays.

the more popular times of the year to find cards purchased and sent in bulk is during the holiday season.

The Greeting Card Association claims 1.6 billion Christmas card units (including boxed cards) are purchased for Christmas. Many people consider sending cards essential to their holiday traditions

Here are some statistics on greeting cards and ways to improve upon your Christmas card sending process.

• Women purchase an estimated 80 percent of all greeting cards and will spend more time choosing a card than men.

• The vast majority of individually purchased cards are between \$2 and \$4 in price. Christmas card economy is found by purchasing boxed cards in bulk

• The visual design of a greeting card is the first to capture a person's attention, but the saying within will have a greater impact. Consider purchasing cards that are blank inside so you can add your own personalized sentiments.

• For the perfect balance of imagery and verse, try a photo greeting card. This way you can customize both the image and the wording. They're even effective for business correspondence. Simply use a picture of your office team or other workers in place of a family photo.

· Personalized cards need to be purchased early to allow for production. Try to get your orders in by early November to leave you time to address and mail them.

• Buy extra cards than you think you need. This way you can send reciprocal greetings to a person who has mailed



Thanksgiving or New Year's cards can be unique. • If you want your card to stand out from the masses,

• Try your hand at creating your own greeting cards from papercrafting materials. You also can embellish ready-made greeting cards with stamps, glitter, stickers, and other customized effects.

· Keep a database of addresses saved on your computer. Then you can print address labels and save much time hand-addressing Christmas cards. Your address list can later be customized for other friend or family events.

• Check the postage of your card. Oddly shaped envelopes or even square cards may require extra postage because they could be processed by hand at postal facilities.

• The Greeting Card Association says that even though many people use digital means of communication, greeting card traditions are still popular and even are being adopted by today's youth.



Published weekly on Friday by Lee Publications 6113 St. Hwy. 5, Palatine Bridge, NY 13428

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# **Clean up pesky pine needles**

Despite how well you may tend to Christmas trees and wreaths, you can expect some pine needles to find their way onto your floors during the holiday season. Such needles can become imbedded in carpeting or stuck in socks and furniture, proving to be quite a nuisance. Attempting to vacuum them all up can be frustrating, as some vacuums simply do not have the suction power to handle all of those heavy needles. Plus, they can become lodged in the inner cavities of the vacuum and clog it. To lessen the mess, wrap a tree bag around the base of the Christmas tree when you are setting it up and hide it under the tree skirt.

This bag will catch many of the needles that fall off during the season. Each day, sweep any needles that make it to the floor so they are not tracked around the house throughout the month of December. Think about making a homemade sticky needle catcher. Wrap duct tape around your hands or a broom with the sticky side facing out, then pat areas of the floor where needles have accumulated, and the needles will likely stick to the tape. If you want the evergreen aroma to last a little longer in your home, place collected pine needles in a cloth satchel and make a potpourri bag for an inexpensive air freshener.







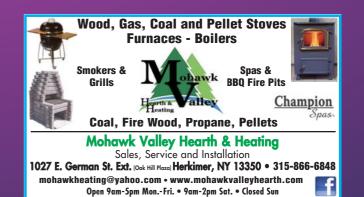


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• The color red belongs to Christmas. Fill a clear glass with cranberries and top it off with a few white roses or lilies. Float cranberries and a few floating candles in a silver bowl, or fill some small, stylish bowls with cranberries and place them throughout the house.

• Arrange pears, pomegranates, artichokes and apples in a bowl with a few pine cones and evergreen cuttings. Add a few ornaments to boot.

• Family photos are a great way to personalize your tree. Put your favorite photo in a simple, lightweight frame and attach it to the tree with a ribbon.

• A grapevine wreath makes a perfect yearround welcome. For Christmas, dress it with ornaments and red ribbon. For New Year's Eve, add a touch of silver and gold.

• A bowl of ornaments makes a simple and stunning centerpiece or holiday accent for a tabletop or mantel. It's also a great way to put broken ornaments to use. Choose two or three colors of balls

and arrange them in a decorative glass bowl or a weathered wooden bowl. • To personalize a plain

and inexpensive evergreen wreath, tuck in small snips of dried flowers or wire on some favorite trinket or keepsakes such as pieces of costume jewelry or small antique toys.

• To hang a wreath without exposing unattractive wire or putting a hole in the middle of a door, tie a length of pretty ribbon around the wreath and then tack the ribbon to the top of the door.

• Use old socks to protect fragile ornaments and figurines when packing up holiday decorations. Slip an item inside an old sock and roll it up. (c) 2015 King Features

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Floating candles in water and Christmas decor







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#### Mohawk Valley Choral **Society Concert**

www.mvchoral.org.

Middleville

**DEC 20** 

Valley Voices for Christ

"Breath of Heaven"

Methodist Church. 6:30

United

"Rejoice"

Grace Church on the corner of Genesee and Elizabeth Streets, Utica. 3 pm. Tickets are \$12 in

#### **Festival Committee's 2nd Annual Character** Breakfast

Dolgeville Fire Station. The 1st seating will begin at 8 am and the 2nd seating at 9:30 am. Reservations are required! Tick-

pm. The fair is free to all students with an application deadline of Jan. 15. For an application and more information visit www.herkimer.edu/sc ience-fair

### Hanging stockings with care

Mantles adorned with garland and other holiday trinkets make fireplaces come alive for Christmas. That magic is only enhanced by hanging Christmas stockings, which are just waiting to be filled with goodies for good girls and boys. Those without a fireplace often hang stockings from windowsills and stairway banisters.

No written record exists to explain the origin of hanging stockings on fireplace mantles. Despite this, many people link the tradition to a tale about St. Nicholas. As that story goes, St. Nicholas was traveling through a village when he overheard the plight of three women. They were poor, and their father could not afford an ample dowry to marry them off. Rather than have them end up spinsters, St. Nicholas secretly tossed bags of coins through a window (or down the chimney, depending on which version of the story you read or hear), and they were captured in the girls' stockings hanging to dry by the fire. The family was overjoyed to have received such riches.

Soon news traveled about the mysterious money in stockings, and other children left out stockings for St. Nicholas to capture their own gifts.

The tradition has transformed over the years, and now many children hang stockings by the chimney with the expectation that the stockings will be filled with gifts from Santa. Traditions once suggested that only gifts from Santa were left in stockings, while gifts placed beneath the tree were from family, but that has since changed. Stockings are now meant to hold small gifts while larger items are placed under the tree.

Stockings should be hung away from the flames of the fire as a safety precaution. Some children even like to hang individual stockings on their bedposts instead of on a fireplace mantle.

> Stockings should be hung away from the flames of the fire as a sefety precaution.







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# Whatchamacallits

This week's Whatchamacallit is a cutting device patented in the year 1866. It's a Tobacco Cutter, created by Elijah Holmes — a prolific craftsman from Lynne, MA. This cutter is made of iron and has a hard maple wood base.

The handle is roughly 10" long and has a cutting blade affixed to trim the tobacco. Shade tobacco is grown around

Shade tobacco is grown around the New England states of Connecticut and Massachusetts. Early colonists acquired the habit of smoking tobacco in pipes from the Native Americans. Early Americans began cultivating the

plant commercially soon after. By the mid-1800s, Elijah Holmes was well established in the tool making business; he had diversified his manufacturing products into shoe tools, pipes and various tobacco tools and machines. Holmes died in 1872.

To read the U.S. Patent application: www.google.com/patents/US55861





### Put a bow on it! Our obsession with gift wrap

#### by Lucie Winborne

Some of us hate it enough to pay someone else to do it. Others take delight in folding corners just so, or the challenge of covering uneven angles, not to mention the seemingly endless varieties of design and texture.

But why do we wrap gifts in paper in the first place? As with so many modern practices, it dates back to ancient cultures. First came the Chinese and their priceless gift of the invention of paper in 105 A.D. That was followed in the eighth century by the Japanese "furoshiki" and Korean "bojagi," reusable wrapping

# Herkimer County Historical Society Holiday sale

The Herkimer County Historical Society is holding a Holiday Sale during the month of December in their Gift Shop offering 10 percent off your purchase with specially marked items at further discounts, including the popular "Images of Amerseries books, ica" "Herkimer," "German Flatts," "Little Falls," Frankfort," "Kuyahoora Towns" and "Valley Towns" on sale for only

\$15 each. Their Gift Shop offers a wide variety of books on local and New York State history, a new selection of Herkimer Diamond jewelry and gifts. and unique items such as the Herkimer County afghan. Historic Sites puzzles, and Trivia game. They are located at 406 Main Street in N. Herkimer and open Monday-Friday, 10 a.m. - 4 p.m. For more information, call 315-866-6413.

cloths originally designed for transporting goods or preventing clothing mix-ups in traditional baths, as well as covering gifts.

By 1509, a new English invention appropriately dubbed wallpaper filled a similarly dual purpose, but not for long, since it easily cracked and tore upon folding. The Victorians, whose notions of decor are considered "fussy" by many nowadays, applied a like aesthetic to their gift wrapping, using elaborately decorated paper adorned with ribbons and lace. But that paper also was heavy and rather unwieldy. It gave way in the early 20th century to colored tissue ... which is still in use today, but more as an interior covering.

So what happened in between?

Chalk it up to yet another example of necessity being the mother of invention. In 1917, holiday business boomed so well for a couple of stationery store-owning brothers in Kansas City, MO, that they ran out of colored tissue paper. Fortunately, a search of their inventory yielded a supply of "fancy French paper" designed for lining envelopes. In the true spirit of American ingenuity, they put it on sale at 10 cents a sheet.

Guess what was snapped up in a Kansas City minute?

The enterprising brothers tried their experiment again the following year, and the year after that. Finally convinced they were on to something, they began designing and producing their own decorative paper, solely for the purpose of wrapping gifts.

Still, let's face it — gift wrap isn't practical. In fact, it's downright wasteful. So why do we spend more than \$2 billion on it every year?

Maybe it's the element of surprise. Maybe it's because, as research has suggested, we feel more positive about a gift that is wrapped. Or maybe it's just because that paper is so darned pretty.

Whatever the case, those two brothers from Kansas

City knew a good thing when they stumbled upon it. Because, in case you hadn't guessed it, their last name was Hall. As in Joyce and Rollie Hall.

As in Hallmark.

You heard it here.

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Love it or hate it, gift wrapping has been a tradition for centuries.



# **Types of sunroofs**

Today's vehicles are equipped with more amenities than ever before. Drivers willing to spend a little extra can now cruise down the highways in vehicles equipped with built-in WiFi and cameras that allow drivers to see everything around their cars and trucks. While new gadgets attract drivers' attention, sunroofs, which have been around since 1937, remain very popular as well. Drivers who like to allow a little light and fresh air into their vehicles may be surprised to learn that there are many different types of sunroofs. The following are a just a handful of sunroof options drivers may want to consider when buying their next vehicle.

• Top-mount: Drivers who want a top-mount sliding sunroof may be able to find both manual and electric sliding options. In a top-mount sunroof, a large glass slides on tracks on top of the roof, and many feature integral wind deflectors that eliminate noise from the wind no matter how fast the car is traveling.

• Panoramic roof systems: Like their name implies, panoramic roof systems provide a wider view than other sunroofs. That view is available whether the sunroof is open or closed, and panoramic systems are typically made of glass. Passengers in both the front and rear seats can enjoy the view through panoramic roof systems.

• Spoiler: Spoiler sunroofs are also known as tiltand-slide, and these sunroofs are a popular built-in factory option. The view through a spoiler sunroof is not as wide as that of a panoramic system, but they tilt to vent and slide open, so passenger headroom is

by JoAnn Derson

your guest bath!

Check often.

• Three ways to use an empty tissue

box: 1) store plastic grocery bags inside;

2) line with a small plastic trash bag

and use in your car as a travel trash

can; 3) cut out the bottom and use it to

disguise an extra toilet tissue roll in

• Love oranges? Save the peels to add

to your potpourri mix. Remove as much

of the pith as possible, and cut into

strips. Air dry in bright light for about a

week. Or you can set the strips on

parchment and dry in a partially closed

oven set to 175 F for about 45 minutes.

• "When the last serving of jam has

been used, I will happily add some oil

and vinegar to the jar, along with a few

choice spices, then shake. It's an in-

stant vinaigrette, with a fruity tang." -

not typically affected by their presence.

• Inbuilt: Inbuilt sunroofs are common in luxury vehicles. With an inbuilt sunroof, the panel slides open between the metal roof and interior headliner. That creates a full opening, but it takes away some head-room. Unlike imported models that use painted steel, American-made inbuilt sunroofs typically use a glass slider, which provides a view whether the sunroof is open or closed.

• Pop-up: Pop-up sunroofs are compatible with many vehicles, and they are among the least expensive options to install. Pop-up sunroofs are manually operated tilting panels that typically are made of glass. Panels must be stored when removed, but they also can be tilted to provide a venting effect.

# Want to keep bird feeders from becoming squirrel buffet?

Many homeowners enjoy feeding birds in their yards until squirrels start nibbling at the feed — or the feeders.

Squirrels climb on bird feeders and eat the food, often chewing and clawing through wood and plastic to get to it.

"While squirrels are nice to have in the backyard and are a part of wildlife, they can be a big nuisance," said Chris Mullins, a Virginia Cooperative Extension specialist at Virginia State University. "There are several things you can try to keep squirrels away from bird feeders if you want to feed birds — not squirrels in your yard."

The best way to keep a squirrel away is to make bird feeders less accessible. Mullins said.

"Place feeders well away

from trees, wires and porches to make it more difficult for squirrels to get on the feeder," he said. Ideally, mount birdfeeders on a smooth metal pole at least 6 feet high, and prune any branches or bushes within a 12-foot radius. Placing a wire bird cage around a feeder or smooth plastic or metal baffles above and below it also can restrict a squirrel's access.

If feeders are hanging from a horizontal wire, adding spinners can keep squirrels from climbing across the wire. The spinners can be thread spools, short lengths of pipe or hose or empty plastic soda bottles.

Also consider cleaning and removing debris and spilled seed from the ground that could be attracting squirrels.

Replace destroyed feeders with those that have doors that will be triggered by a squirrel's weight to close and restrict access to seed. Alternatively, choose metal feeders to discourage chewing.

Feed birds nyger or safflower seed, which are less attractive to squirrels. Also try adding cayenne pepper or similar spices to birdseed to deter squirrels; squirrels are sensitive to the perceived heat of peppers, while birds are not.

"If all else fails, consider putting food out for the squirrels. Squirrels love to eat dried corn," Mullins said. "Perhaps they'll consider snacking on the corn and leave the bird feed alone."

### Now Here's a Tip

C.L. in Tennessee

• Keep your jeans or other denim items from fading by soaking them in a solution of cold water and salt (two tablespoons to a gallon) for about an hour before washing.

• How can you keep snow and ice off your windshield? Some say a solution of three parts vinegar to one part water sprayed on the windshield each night can cut your ice-scraping time in half or better. (Use caution to avoid your paint job.) Try covering your wipers with an old pair of long socks so they don't freeze to the glass!

• "To clean a can opener, get it wet and run a folded paper towel through it while turning the handle. Works best if done after each use." — H.P. in Washington

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#### December 11, 2015

#### Hello Again,

For the first 5 years of my life, my entire exposure to the English language was with Mom and Dad and several of our Irish relatives. They spoke English with an Irish brogue, so naturally I spoke with a brogue. That brogue was a cute little moneymaker. Customers at the general store gave me either pennies or candy so they could hear the little fellow with the Irish brogue. I didn't smarten up until it was too late. By the 2nd or 3rd grade I lost the brogue and the cute little money making scheme was gone. Makes one wonder if education is all it's cracked up to be!

This morning, while I was enjoying a cup of tea and toast with peanut butter, a man sitting a couple of stools away from me paid a very nice compliment referring to "Hello Again." He said, "I don't know if those stories you tell are the truth or not...I don't care, I just love to read them!"

Now I ask you...do you think any self-respecting Irishman would



resort to blarney just to tickle a funny bone? Please read the P.S. at the close of this week's Hello Again.

It seems as we grow older we often turn down memory lane to fill in the quiet times and add to our conversations. Words such as "when I was a kid," or "my grandmother used to say..." seems to come to our conversational rescue quite often.

Christmas time is surely the season of memories. Who doesn't have a Christmas scene or situation, which will be remembered and shared for a lifetime?

For Christmas in 1939 or 1940 I received a beautiful, freshly painted, green hand sled with bright red runners. I wondered how Santa got the sled down the chimney. I was the happiest kid ever. A few years later I started to remember my older brother Wes had at one time a sled just like mine but his was bright red. I wondered what had happened to his sled. Just a little can of green paint made for one happy boy that Christmas.

A few years later I met a young couple that refused to speak of Santa Claus as they said they did not want to have their children growing up believing or dreaming about Jolly Old Saint Nick. In our house we enjoyed Santa Claus and felt very confident that as our children grew up they would know the difference between folklore and the truth about the Babe in Bethlehem.

The Babe, Jesus, was sent to us by our Heavenly Father to live among us in human form; to teach us about the Lord, to instill in us faith, and to give us the promise of eternal life. What would any of our lives be without the teachings of Jesus and without the promise of eternal life?

During a real thunder, lightning Psalm 23:1 and brimstone sermon, the young preacher standing behind the pulpit said, "Brothers and sisters if you want to go to heaven stand up stand up - I say stand up!!" With that, the entire congregation climbed to their feet. "Amen. Amen," he said in his best preaching voice. "Now brothers and sisters, if you do not want to go to hell, sit down!" With that everyone sat down except brother Smith who remained standing. "Brother Smith," said the young preacher, "you are still standing! Does that mean you want to go to hell?" "No I don't!" replied Brother Smith, "But you are still standing and I didn't want you to have to go alone!"

John Abernethy, a famous London surgeon, came out of his house and saw an Irish workman had piled paving stones on his sidewalk. "Remove them! Away with them," demanded the doctor. "But where shall I take them?" answered the worker. "To hell with them!" screamed the doctor.

"Hadn't I better take them to heaven?" asked the Irish workman. "Then they'd never again be in your way."

A couple of Christmas trees ago Santa parked his off season truck and borrowed my little red Spyder motorcycle to tug his Christmas sleigh around. While at the time I was pleased the Spyder could give Rudolph the Red Nosed Reindeer a break, Santa put too many air hours on. So this year I dressed the Spyder in yellow pj's and hid it out in the barn. I probably will get a lump of coal in my stocking this vear.

Something to ponder...It's been traditional at most funerals to quote from the book of Psalms. "The Lord is my shepherd I shall not want."

Do you believe the good Lord meant that a lazy person could refuse to work and not suffer "want?"

If you continue reading further in the Bible you will run across this verse in II Thessalonians 3:10; "If any man doesn't work he shouldn't eat." I believe lack of food would quickly help a lazy person have a change of heart!

When privileged to live and travel through our beautiful mountains, hills and valleys how can anyone believe it just happened? Genesis 1:1 says, "God created the heavens and earth." May the heavenly creator bless you and your family this year, believe me, He knows you are here!

#### Fred Lee & Family

P.S. I just couldn't resist tossing this bit of chatter. When Hillary Clinton was accused of spreading blarney, do you suppose she meant it to be a bit of Irish humor? I believe the good book admonishes us to forgive. I have often attempted to forgive but does that mean we should or can forget?



#### by Larry Cox

#### 'Joy of Cooking'

Q: My mother collected cookbooks during the 1930s and '40s. She has the 1943 edition of "Joy of Cooking" by Irma S. Rombauer. I understand that this particular edition is quite collectible. A neighbor has offered me \$25 for it. Should I sell or keep? - Lydia, Chesterfield. MO

A: Your neighbor's offer

sounds half-baked to me, and I'll explain why.

"The Joy of Cooking" was originally published in 1931, compiled by Irma Rombauer and illustrated by her daughter. Marion. It was a rather straightforward collection of recipes with German-American а twist. This cookbook, simply put, is one of the most famous and significant cookbooks in American history. It has had more than a half-dozen

editions and somehow, even after 84 years, has remained relevant.

The 1943 edition is especially interesting. Irma began revising her cookbook in 1942, keeping in mind that American cooking had changed since the start of World War II. Ration cards and shortages were commonplace. Her 1943 edition even featured meat substitutes, using leftover foods and sugarless desserts. Her suggestions

# Collecting

for wartime emergency soups are just as valid today as when they were featured more than 70 years ago.

Although the first edition of "Joy of Cooking" can sell for several thousand dollars, the 1943 edition also is desirable. I have seen several copies of this edition sell in the \$75-\$150 range.

Incidentally, this is my favorite cookbook and hardly a week goes by that I don't use it. and

yes, it is the 1943 edition.

Q: I have a Pez dispenser that I have had since 1983. It is "Little Orphan Annie." Is it worth keeping? — Drake, Davenport, Iowa

A: I found your Pez dispenser in several of my price guides, and they seem to agree that "Little Orphan Annie," which was issued in about 1982, is valued in the \$120 to \$180 range. A

good reference is "Collector's Guide to Pez: Identification & Price Guide" by Shawn Peterson and published by Krause Books.

Q: I have a Singer sewing machine that is one of the AH series. Can you tell me when it was manufactured? - Carol, Sun City West, Arizona

A: Your Singer was produced during a two-year period: 1947-48.

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by Lucie Winborne

Whether they adorn city-street lampposts or front doors, holiday wreaths are as much a symbol of the season as silver bells and carols ... and they've been around for longer than you might think.

A visit back in time with

added to symbolize the sun's power.

Ancient Persians donned wreaths as headbands to symbolize importance and success. Victorious Olympians endowed were with crowns of laurel much like those worn by Roman leaders, and similar coro-

nets embellished doors as marks of victory.

A quite different purpose was achieved by early Europeans, who used wreaths to identify their homes in much the same way we use house numbers today, with exotic blooms likely grown by the homeowner. But while modern wreaths serve a merely decorative purpose, their inherent meaning survives in some of the materials we use to make them, such as holly to represent immortality, cedar for strength ... and best of all, a joyous spirit of festivity and welcome.

Thinking about designing your own wreath this season? The possibilities are endless, but here are a couple of fun and easy suggestions.

Frosted Fruit: A great option for either autumn or winter. Just gather an assortment of artificial

fruits and insert a florist pick into each one. Roll them one at a time in tacky glue (available at your local craft store), then Epsom salts, and finally white iridescent glitter. Insert the pins into a foam brick and allow the fruit to dry. Wrap an 18inch straw wreath in green ribbon, securing it with pins, and use a craft knife to insert holes in the ribbon where the fruit will go. Insert the fruit into the wreath, beginning with the larger pieces and securing them with a glue gun. Attach an organza ribbon with wire and wrap the ends around the wreath.

Candy Cane: Looking for a variation on the traditional circle? A candy cane wreath will add a perfect holiday statement to your home. Draw a candy cane shape on a large piece of paper, cut it

3 X R. A

Facebook Holiday Basket Raffle

out and trace it onto a 2inch thick piece of Styrofoam, then cut it out with a serrated knife. Wrap a piece of white felt 4-inches wider than the cane around it, using straight pins to attach it on the back, then wrap a piece of wire around the top, forming a loop for a hanger. Spread a bunch of peppermint candies and candy-cane pieces on a newspaper in a well-ventilated area, and spray them with polyurethane - making sure all sides are coated - and let them dry. Apply the candy with a glue gun and spray the cane with two more coats polyurethane. Add some sprigs of pine and a bright red bow to top it all off.

Enjoy your lovely creation!

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our pagan ancestors re-

veals that the Winter Sol-

stice, the shortest day of

the year, meant a great

deal to them. In anticipa-

tion of spring and in-

creased sunlight, cele-

brants gathered wreaths

of evergreen, a symbol of

life through darkness. In

Sweden, candles were



How To Enter: Go to Wendy's Beauty Connection Facebook Page - Click Photo & Share and Like To Your Page







#### Schedule of Events

**All Day** – Shopping at the quaint shops in downtown Little Falls -- Main Street, Albany Street and Ann Street. Be sure to visit the ShopLittleFallsNY website to learn more about all of the wonderful shopping and dining opportunities that our charming and historic city has to offer!

 $\pmb{8am}$  -  $\pmb{9am}$  — Registration for the Red Nose Reindeer 5K Fun Run, at the Little Falls Family YMCA.

**9am** — Start time for the Red Nose Reindeer 5K Fun Run. Santa Claus will fire the starting gun!

**9am - 10:30am** – Visit with Santa at the Little Falls Fire Station, on the corner of Main Street and William Street. Sponsored by the brave firefighters of the Little Falls Fire Department!

9am - 4pm - Artisans Craft Fair at the Elks Club, in the banquet room.

**9am - 3pm** – Indoor Farmers Market and Craft Fair at the Travel Lodge Motel, in the banquet room.

9:30am – HALO Christmas Tree lighting at Adirondack Bank.

**9am - 11am** — Supporting Our Troops and Building Bridges to Peace, at the Little Falls Community Center, East Main Street. Make Christmas cards for our brave service men and women, and make bracelets for them to distribute as tokens of friendship overseas.

**9am - 11am** — Christmas cookie decorating and chilren's games at the Little Falls Community Center.

**9am - 4pm** — Visit the Little Falls Historical Society Museum, and see this year's unique and special Christmas exhibit!

**10am - 1pm** – FREE Horse and Carriage rides! Take a tour of downtown Little Falls, departing from the Little Falls Historical Society.

10am - Noon – Write and mail letters to Santa Claus, in the Adirondack Bank lobby.
 10am - 3pm – Chainsaw Artist Mark Type carves a holiday bear at the Travel Lodge Motel.

**11am** — Puppet Show - A Christmas Carol - at the Travel Lodge Motel, in the banquet room. **11am** — Free Christmas movie at Valley Cinema. Enjoy a FREE showing of a classical holiday film on the all new digital screens of our beloved local movie theater!

**11am - Noon** – Come and cheer on your favorite wait-staff as they race for charity ... without spilling their trays laden with drinks ... in the Third Annual Bartenders Race! The race starts at 11am at The Renaissance!

11am - 1pm - Soup Fest - Main Street: taste all of the delicious home-made soups and stews by the best chefs from Little Falls! All pro-

ceeds to benefit local charities.

**Noon - 2pm** – Open house and tours at the WCA historical mansion. Come visit Santa at noon, followed by Christmas Carols presented by the Girl Scouts!

**Noon - 1pm** — The Edelweiss Schulplattlers childrens troupe performs German folk-dancing at the Travel Lodge. Come watch and learn a new style of dancing!

**Noon - 2pm** — Winter hat and mitten giveaway, at St. Paul's Universalist Church on Albany Street. Refreshments served.

**1pm - 3pm** — Soup Fest - Canal Place: taste Jill of the delicious home-made soups and stews by the best chefs from Little Falls! All proceeds to benefit local charities.

**1pm - 3pm** — Meet the characters of Frozen at the Travel Lodge, along with fun kid's **even**ts, arts and crafts, and games.



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COUNTRY EDITOR



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# Holiday plant toxicity

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

Several of our favorite holiday plants should be kept from children and pets, yet often they pose no serious danger in small amounts. There are many other and

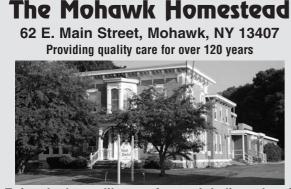


# Gift Ideas

Give a little sunshine to the bird lover in your life. Consider these bird-themed items: coloring books, T-shirts, wall calendars, pocket planners, journals, sketch books, note cards, coffee mugs, jewelry, fun plastic plates, tote bags, field guides, binoculars and on and on. Be creative. Enjoy the holiday season!

E-mail: birdingbits@cfl.rr.com © 2015 King Features Syndicate, Inc.

more toxic substances to children in homes to be



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"Where your family becomes a member of ours." www.mohawkhomestead.org 315-866-1841 mindful of, especially cosmetics, cleaning products, and personal care products.

The poinsettia (Euphorbia pulcherrima), the most popular flowering potted plant for indoors, has gotten a bum rap for a number of years. It's been falsely accused of being poisonous, yet no deaths from this plant have ever been recorded. In fact, research studies at Ohio State University have proven that poinsettias present no health hazard.

The rumors arise from a highly questionable report of a single fatality in Hawaii more than 80 years ago, a child who reportedly died after eating one leaf. However, that doesn't mean the poinsettia doesn't have mildly toxic properties. If ingested by pets or humans, it can irritate the mouth and stomach, sometimes resulting in diarrhea or vomiting.

The sap may cause a poison ivy-like blistering on contact with the skin on some persons unless washed off immediately. That's why it's important to place poinsettias, and other holiday plants, out of the reach of children and curious pets. Keep in mind that pets and people may differ in what plants are toxic, and to what degree. Kalanchoe, for instance, is not listed as toxic for people but is mildly toxic for pets.

How safe are other holiday plants to humans? Here's the rundown on some common plants which have toxic properties.

Holly (Ilex): Branches are used during the holidays in arrangements for the shiny (but prickly) dark green leaves and berries. Eating the bright, red berries of this plant usually result in no toxicity in small quantities. Large quantities cause nausea, abdominal pain, or vomiting.

Jerusalem Cherry (Solanum pseudocapsicum): This potted plant has been more popular in decades past, but still can be found during the holidays (so also called Christmas Cherry) for the rounded red fruits against the dark green leaves on a plant about a foot high. Every part of this plant contains the toxic substance solanocapsine, especially in unripened fruits and leaves. Eating the fruit or foliage will adversely affect the heart and can cause a range of symptoms including stomach pain, vomiting, headache, drowsiness, to others more severe.

Mistletoe (Phoradendron serotinum): This plant parasite of deciduous trees in the Southeastern states is used during the holidays for hanging above doorways, and for its white berries. While most exposures result in little or no toxicity, eating large amounts can cause acute stomach and intestinal disorders. These are caused by the chemical phoratoxin, related to ricin.

Yew (Taxus): The leaves, seeds (not the red fleshy covering), bark, and twigs of this evergreen can be toxic from the chemical taxine, causing breathing diffi-



culties, uncontrollable trembling, and vomiting. Most reported poisonings are from the seeds, and only result in mild symptoms. Allergic reactions may occur from nibbling on leaves. Yew is another example of the toxicity difference between people and some animals. It is toxic to people, pets, and livestock, but is devoured by deer.

Azalea (Rhododendron): This holiday plant is mainly grown as a shrub outdoors with thousands of variants. The leaves can be toxic, as is honey made from flower nectar containing grayanotoxins. Perhaps the first written account of rhododendron toxicity was from the 4th century in Greece, depicting the poisoning of 10,000 soldiers from a yellow shrub azalea. One study concluded that eating moderate amounts of azalea posed little danger to humans. Pets and children may be more seriously affected, so it should be kept from them.

Cyclamen (Cyclamen persicum): Since the thickened roots (rhizomes) of these are the primary toxic part, containing saponins (similar to those in English ivy), it is unlikely humans (including children) would eat such and be affected, and then only if large quantities are ingested. Skin exposure to the plant sap may cause a skin rash in some people. Pets, especially those that like to dig in pots, should be kept away from cyclamen.

Amaryllis (Hippeastrum): The toxic part of this plant is the bulb, which contains lycorine and similar alkaloids. These are the compounds found also in daffodils, and the reason wild animals such as deer know to leave them alone. House pets may not be so wise, so keep these away from them. Ingestion by humans is unlikely, with small amounts producing few or no symptoms.

For more details on toxic plants of all types, including common houseplants, consult the second edition of the Handbook of Poisonous and Injurious Plants by doctors Nelson, Shih, and Balick. From Springer publishing, it is one of the most authoritative, up-to-date, and affordable references for human poisoning by plants, and is used in many poison control centers.

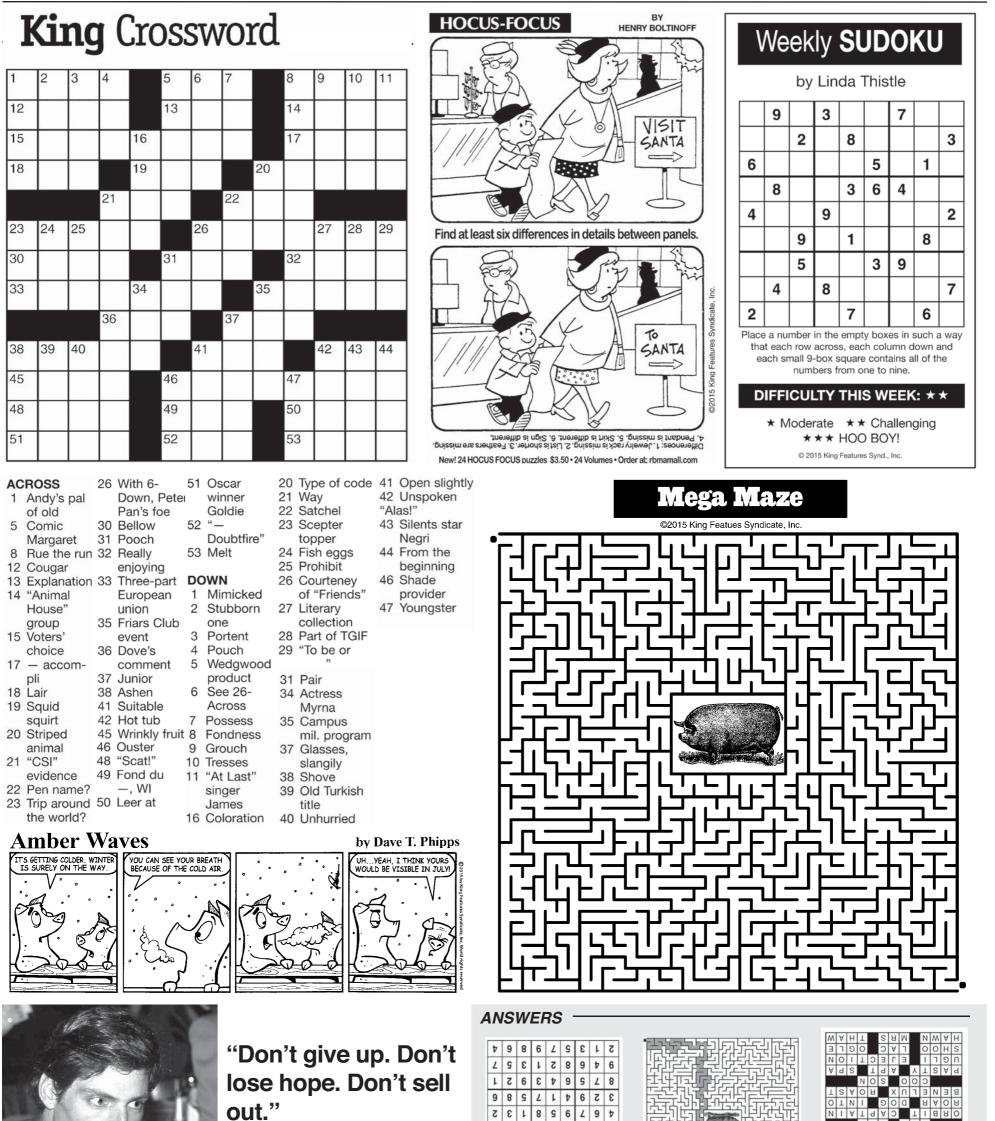
A couple of the more extensive websites to check out plants poisonous to humans are from North Carolina State University (www.gardening.ces.ncsu.edu/) and the University of California Davis at (www.ucanr.edu/sites/poisonous\_safe\_plants). There are several good online resources to check on toxicity of plants to pets, one being the American Society for Prevention of Cruelty to the Animals (www.aspca.org/pet-care), which also lists plants toxic to horses. Several sites, including Cornell University (www.poisonousplants.ansci.cornell.edu), deal specifically with plants poisonous to livestock.

If you suspect poisoning, seek immediate professional help. Unless told to do so by a doctor, do NOT make the person throw up. Call your local poison control center, often at your local hospital. Or, you can call the national poison control center hotline, toll-free, 800-222-1222 and talk with poison control experts. This service is available anytime, and can answer any questions on poisoning, even if not from plants and even if not an emergency.

Distribution of this release is made possible by University of Vermont and New England Grows — a conference providing education for industry professionals and support for university outreach efforts in horticulture.



#### COUNTRY EDITOR



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Answer

Weekly SUDOKU

JUDE

Mega Maze

Solution time: 21 mins.

Answers

- King Crossword -

DIMIA

Christopher Reeve

Christopher Reeve after the opening night of Marriage of Figaro in NYC, 1985

Photo by JB Frankel

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the shape to

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er. Wire, fishing

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also work well.

should pour 3

cups of very hot

or boiling water

into a clean,

wide-mouth,

heat-resistant

glass jar, such

as a pickle jar.

It is very important that the

water is hot, or

won't succeed

add 9 heaping

tablespoons of

borax powder

project

slowly

(available in the laundry

section of grocery stores).

Stir the mixture until dis-

solved. It will be cloudy at

first. Place the shape into

the mixture and tie the

hanger to a pencil set

over the middle of the

the

Then,

pipe

An

cleaner

adult

These one-of-a-kind sparkling crystals might appear overnight, but they'll last through the first thaw. Spend a few minutes with your family on a quiet evening this week, and make the first step of this winter craft using plain white pipe cleaners and a magic solution. Go to bed with visions of sugarplums and sparkling crystals. Presto! In the morning you'll wake to a spectacular, sparkling ornament, plus the happy memory of creating it together.

Here's how to make ice crvstal ornaments that never melt:

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onto the top of

Twist a white pipe cleaner into a festive shape such as a star, snowflake, Christmas tree or spiral. Twist one end of a second pipe cleaner onto the top of the shape to create a hanger.

mouth of the jar. Make sure the shape does not touch the bottom or sides of the jar.

Place the jar where it won't be disturbed overnight. (Always keep borax out of children's



reach.) As the mixture cools overnight, crystals will form. By morning, the pipe-cleaner shape should be sparkling with crystal-like formations. Gently lift the ornament from the jar.

Let dry. Remove the pencil and the second pipe cleaner, and attach a pretty ribbon for hanging. Display in a window or on a Christmas tree, or use as a decoration on a holi-

Note: Make sure to hang these higher on the tree so they will be out of reach of young children. Like any fragile ornament, these shouldn't be handled by kids under 3.

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