

Parishville And Hopkinton News And Notes

BY HELEN CONDON
265-2482

Dear Readers,
This weekend my friend Leon LeBeau gave us a birdfeeder and even though the bird seed I bought from the Cub Scouts has not come in yet I purchased three kinds and blended them myself to try to attract the birds we have in this area. Of course, sunflower seeds will bring the evening goosbeaks, they love these fat sweet seeds more than any other bird. The redpolls that live in the Arctic and Canada's Northwest Territories during the summer and winter with us in the northern United States, like small sunflower seeds and a smaller seed that looks like caraway but is great for finches. They are a member of the sparrow family. The little black-capped chickadees fly to the feeder and snatch a seed and then up into the spruce tree to crush it with their blunt beaks.

The weird thing about the black-capped chickadee is that it sleeps and rests in what appears to be a sitting position without falling off the twig. A tendon in their foot is pulled tight and locks their toes around the perch. When the chickadee wants to fly away it just straightens the leg by raising its body and the lock is released. If you have ever had the opportunity to see a chickadee up close you can see how the tendon pulls out

Pull on the tendon and you can see the toes actually curl.

A trick I pulled on the kids when they were younger was to sit a chicken leg on a wicker table on the front porch. I had attached a piece of dental floss to the tendon and strung it through the wicker top and down through to a shelf about six inches from the floor. When everyone had gathered around I pulled the floss from my close advantage point in a nearby chair. The toes of the chicken started closing and unclosing with surprising agility. This same procedure is used to hold these perching birds on the branch even in high wind storms.

Anyway, back to the feeder. I hung it in the spruce tree which stands between our house and the museum.

The only problem with it was the low hanging branch on the tree was on the other side and only in partial view from the kitchen window. My husband, Fran, decided to move it to the front of the tree so we could sit at the table and enjoy the birds with the field glasses. He attached four heavy wires to each corner of the feeder and climbed on a tall wooden stepladder to reach the branch which is about 15 feet in the air. The nuthatches watched from a nearby tree, waiting for the corn and seeds to be put back in the

could continue their picnic when all of a sudden the ladder tipped and Fran fell from the top onto the snowfilled driveway. It all happened so fast that I couldn't catch the heavy ladder as it also fell, hitting him on the head and back. He says he feels fine, just has a few bruises on his back, shoulders and head! And all this so we can watch the birds! I hope they appreciate his efforts.

Helen House has a great feeder made for her by a niece. The sides are glass and wood with holes drilled in the wooden part up near the top. This allows the smaller birds to eat inside away from the more aggressive Jays who feed from the

base. Helen is Howard Hinman's sister and tells of Howard's Pomeranian, a close friend for over nine years, dying of a virus. Howard is looking for another Pomeranian as a dog is great company.

This is the time of year the seed catalogs start coming in and also the time you should be plating seeds indoors for transplanting into the garden in May. Herbs that are slow growing, delphiniums, foxgloves and cutting flowers like zinnias can be planted now. When you see the prices of the already grown variety in the stores or nurseries you will wish you started a few in-

side. I have lots of fruit trees to order and because we'll be moving to George Street in the spring they will come at just the right time seasonwise as well as timewise for us. After much consideration the mackintosh, Jonathan and yellow transparent are the ones chosen. Looking outside at three feet of snow sure makes one wonder if the ground will ever be soft enough to transplant anything but we will see the narcissus and daffodil shoots coming up through the warm earth sooner than we think.

Jim Bradish will be celebrating his birthday on Feb. 2.

Nancy (LaRue) Mittelstaedt who had twin boys around Christmas time has undergone surgery for her appendix. Corliss Mittelstaedt has gone down to help with the boys until she is on her feet again. Get well soon!

Anyone with news for next week's column is asked to call Helen Condon by Jan. 30. Don't forget next Sunday the "Victorian Parlor Days" pastimes with a talk by storyteller Bill Smith and a demonstration by yours truly in the art of braided rug making and many more crafts on display at the Adirondack Museum, Blue Mountain Lake, at 1 p.m.



WINTER COAT — This fallen tree wears a winter coat of snow in the photo above taken by Parishville-Hopkinton correspondent Helen Condon.

ATC Lists Spring Courses

CANTON — Canton ATC's Office of Continuing Education and Community Service notes the following continuing education courses for the spring semester:

- Real Estate I** — This 45-hour, non-credit course of study is approved by the State of New York, Department of State, Division of Licensing Services. The course is required for persons who aspire to become licensed real estate salespersons. Classes will begin on Feb. 9 through May 27 and will meet each Monday evening from 6:30 to 9:40 p.m. There are three Wednesday night classes. Classes will not meet during the weeks of Feb. 23 and April 13 because of scheduled college holidays. Walter Christy is the instructor.
- Basic Stained Glass** — This eight-week, non-credit course will be taught by Tina Siebels beginning on Feb. 10. The class will meet every Tuesday for eight three-hour sessions, from 6:30 to 9:30 p.m. The course is designed to teach the beginner the basics of stained glass artwork. Students will learn how to cut glass, copper foil application and soldering, and how to construct suncatchers.
- Advanced Stained Glass** — Master stained glass artist, Richard Ashley will teach experienced students in fine line flower design, pattern picture making, glass bending, design pattern lampshade and other ambitious projects of the students' choice. The class begins on Feb. 4 and will meet for eight consecutive Wednesdays, from 6:30 to 9:30 p.m. The class will not meet on Feb. 23 because of the College's mid-winter break.
- Alternative Emergency Medical Technician Refresher Course** — This course is for emergency medical technicians who have maintained current knowledge and skills via field experiences, in-service training and continuing education. Candidates must hold a current Emergency Medical Technician's Certificate and a current American Heart Association or American Red Cross Basic Life Support Cardiopulmonary Resuscitation Card. The class will meet for six sessions beginning March 9 at 6:30 p.m.
- Basic Skin and Scuba Diving** — Sanctioned by the Professional Association of Diving Instructors, this six-week course will introduce students to the basics of a scuba program and then progress to an open water dive. Classes will begin on Feb. 16 at 7 p.m. and will meet for six consecutive Tuesdays. The instructor is John Porter of Underwater Discoveries of Ogdensburg.

EXPANDED PHYSICIANS SERVICE

In order to meet demand for needed physician services, I will be utilizing additional physician(s) in my practice. Dr. Peter Meyer is now working in my practice on a full-time basis.

Our office is located on Main Street in Norwood, across from the Village Green, approximately 5 minutes from Potsdam and 15 minutes from Massena.

If you would like us to serve as your primary care physicians, please phone 353-2341. Even with Dr. Meyer here, only a limited number of new patients can be accommodated.

Another option for patients is the Norfolk Medical Office (384-3206), staffed by physician assistant Harry Laing and sponsored by my office.

Even if you do not have a current medical problem, it may be helpful to you to establish yourself as a patient before an emergency occurs.

JAN S. CLOSE, M.D.

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