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Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.  
For the Lord is good; His mercy is everlasting, And His truth endures to all generations. Psalm 100:4-5



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## 12th Annual Candlelight Memorial Service

Love doesn't end with death. Families that have had a child die understand that. And it is with that understanding, plans are currently underway in hundreds of areas across the country, as well as around the globe for a Worldwide Candle Lighting event. The 12th Annual Candlelight Memorial Service sponsored by Catholic Daughters of the Americas and Our Lady of Hope Catholic Church in Fort Plain will host this ecumenical event on Sunday, Dec. 13 at 6:45 p.m. at Our Lady of Hope Catholic Church, 115 Reid Street, Fort Plain.

Held annually, the second Sunday in December, the Worldwide Candle Lighting unites family and friends who light candles for one hour to honor and remember children who have died at any age from any cause. As candles burn down in one time zone, they are then lit in the next, creating a virtual 24-hour wave of light as the observances continues around the world. This event unites the families to mourn as one, especially during the holidays. This special Sunday, thousands of families join in quietly, lighting candles informally in their home or in churches and houses of worship,

funeral homes, hospitals and local hospice and civic community groups.

Please join us in this beautiful tribute to our children. All families and friends are invited to attend from all of our surrounding communities. This service can make handling the holiday season a little easier. Come light a candle in memory of a child, sibling or a grandchild who has died — that their light may always shine. We invite everyone to participate, whether it is to support someone you know or because you have



been personally touched by the death of a child.

This has been a year of uncertainty in dealing with the COVID-19 pandemic. So too, has been the decision to hold this annual ecumenical service. But after careful consideration we have decided to participate in the event once more. In keeping with guidelines for mass gatherings, it is imperative that reservations be made promptly because of the limitations of 50 people to meet the distancing regulations. **Masks will be required throughout the service.** Unfortunately because of the COVID-19 restrictions, we must bypass the refreshments and social gathering following this year's service.

We will once again have a "Memorial Table" available for displaying poems, pictures and other mementos remembering the life of your child. If you have your candle from last year please bring it with you. For other candle lighting services in the area please go to [CompassionateFriends.com](http://CompassionateFriends.com)

Please RSVP by Dec. 4 to Doris Dutcher, 52 Garfield Street, Fort Plain NY 13339, or call her at 518.993.4612.

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The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2020. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

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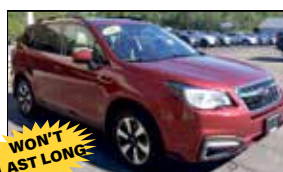
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## To your good health

by Keith Roach, M.D.

### CBD recommendation awaits more research

**Dear Dr. Roach:** I have a friend whose daughter has an egg allergy. She said her daughter will break out in a rash if she eats anything that even has trace amounts of egg in it. Another friend of hers told her to use CBD oil to prevent reactions, but I am skeptical. I cannot find anything credible to support the claim. What are your thoughts? — E.B.P.

**Answer:** Almost every day I hear another claim that cannabidiol, the major nonpsychoactive component of cannabis, is effective for some medical condition. Unfortunately, the evidence of effectiveness of CBD is very limited.

The sole Food and Drug Administration indication for CBD is for the treatment of two uncommon childhood seizures: Dravet syndrome and Lennox-Gastaut syndrome. There is preliminary evidence that CBD may be useful for anxiety disorders, some types of sleep disorders and chronic pain. There is active research on other conditions, including asthma, multiple sclerosis and contact dermatitis. I believe it is likely that CBD will be proven effective for other conditions, but until there is better evidence of effectiveness, I cannot make a recommendation to use CBD (outside of the two forms of childhood epilepsy for which it is indicated).

Although there are laws in all 50 states legalizing CBD, the federal government's position is still that cannabis extracts are Schedule I controlled substances, although they do not seem to be enforcing action against CBD at present. Unfortunately, independent laboratory analysis of available CBD products show

that about a quarter of them have less CBD than advertised, and another quarter contained the psychoactive component THC.

For food allergies, I would recommend strongly against using any unproven treatment. Egg allergies have a broad range of severity in children, from mild rash to life-threatening airway swelling and anaphylaxis. Although many children outgrow egg allergies, your friend should listen to her daughter's doctor, not her CBD-supporting friend.

**Dear Dr. Roach:** I recently changed primary doctors, and I saw the report of my echocardiogram. It said I have "mild left ventricular hypertrophy with some diastolic dysfunction." Could you tell me what this means and if it is serious? — C.B.

**Answer:** An echocardiogram uses sound waves to take precise images of the heart. The cardiologist interprets those images to make statements about the anatomy of the heart, including thickness of the walls of the heart, as well as its function.

The left ventricle is the chamber of the heart that pumps blood to all of the body, having received oxygenated blood from the lungs. Consequently, it is the thickest of the chambers. "Hypertrophy" means "too much growth" — that the wall is too thick. "Diastole" is the part of the cardiac cycle where the ventricles fill up. This should happen at very low pressures. In diastolic dysfunction, which commonly accompanies left ventricular hypertrophy, the left ventricle requires higher pressure to fill that thickened and stiffer wall.

LVH and diastolic dysfunction are most commonly results of high blood pressure. Some of the many medicines we use to control high blood pressure are good at helping the heart fill at lower pressure. Not everybody with these findings on an echo needs treatment. The key word in your report is "mild," which generally indicates no need for treatment beyond careful blood pressure monitoring.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.*

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## Chow Line: Tips to enjoy holiday meals without packing on the pounds

With the holidays approaching, many people are concerned about trying to stay healthy while also enjoying all the rich, delicious foods and traditions associated with the many celebrations that are or will be soon occurring through the end of the year.

While the issue of maintaining your weight or avoiding weight gain over the holidays is something that many people focus on this time of year, the issue has taken on even more significance for many people this year who've already gained weight during the COVID-19 pandemic. The phenomenon has even got its own name: "Quarantine 15," which refers to the weight gain some people have experienced after stay-at-home guidelines went into effect.

"Many people are looking for ways to either avoid temptation or make better choices that will allow them to maintain a healthy weight while they navigate all the indulgence of the season," said Jenny Lobb, a family and consumer sciences educator for Ohio State University Extension. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"I think the best piece of advice for this season is to create a daily routine and stick to it through the holidays and beyond," she said, "not just for weight management, but to provide your body with the nourishment and energy it needs for optimal focus and performance each day."

With that in mind, Lobb offers the following tips that can help you enjoy the holidays and still meet your food-related health goals.

- Use the U.S. Department of Agriculture's MyPlate dietary guidelines as your guide to healthy eating. MyPlate encourages people to eat more fruits and vegeta-

bles, lean protein, and whole grains, including advocating that people make half of the food on their plate fruits and vegetables.

- Fruits, veggies, protein and whole grains help contribute to a feeling of fullness while providing the nutrients our bodies need. Filling up on those foods first might help you eat less of the other, richer foods that you might encounter later.

- Celebrate Your Plate ([celebrateyourplate.org](http://celebrateyourplate.org)) has easy, tasty recipes that feature fruits and veggies that you might want to try.

- Plan ahead — whether you are packing a lunch or snacks — for your workday. Take snack breaks and a lunch break, taking time away from work or the screen to prepare and eat healthy food, and to get reacquainted with home cooking.

- Pay attention to what you bring into your home, planning meals and doing grocery shopping so you have the ingredients to prepare those meals rather than filling up or mindlessly snacking on less healthy foods all day long.

- Keep an eye on your portions. In the words of the Dietary Guidelines for Americans, "enjoy your foods, but eat less." You can still enjoy those special holiday treats, but keep an eye on the portions and try not to overdo it. Filling up on fruits and vegetables first might help you stick to smaller portions of the richer foods you choose to eat.

- Limit your liquid calories. Lots of holiday drinks such as alcoholic beverages, eggnog, and festive coffee drinks contain more calories and sugar than some desserts. So, keep an eye on the beverages that you're choosing, try to fill up on water first, and then treat those richer drinks more like desserts or sweets.



*With the holidays approaching, many people are concerned about trying to stay healthy while also enjoying all the rich, delicious foods and traditions associated with the many celebrations that are or will be soon occurring through the end of the year.*

Lastly, try to understand that not all of your holiday eating habits are going to be perfect, so cut yourself some slack and enjoy the season.

*Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, OSU Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line writer Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or [turner.490@osu.edu](mailto:turner.490@osu.edu).*

## Gingerbread kit fundraiser and contest Contest underway now until Dec. 14

Little Falls Community Outreach, in cooperation with The Cakery Cafe of Dolgeville, is having a gingerbread kit fundraiser. The Cakery Cafe will provide participants with basic gingerbread house kits, including baked gingerbread walls and roof, edible icing glue and gumdrops. Each kit will cost \$20, with Outreach receiving 50%. Kits are now available.

Outreach Executive Director Tamara Razzano said, "This really sweet fundraiser will help us to provide support to families during this pandemic."

ic."

Safe kit pick-up will be pre-arranged at the Community Outreach, 16 Jackson St., Little Falls. Call 315.823.1409. Payment can be made via Dropbox on Facebook, or debit/credit card or cash/check payments can be made at time of pick-up.

Participants will have the option to enter a completed gingerbread house contest on Facebook in three categories: ages 2-12, 13-18 and over 18. Be creative. It does not need to be edible. Each participant will need to

provide Outreach with a photo of their gingerbread house by Dec. 7. The Facebook community will vote for their favorite house from Dec. 8

- 12. Winners will be announced on Monday, Dec. 14. Prizes will include gift certificates from Fall Hill Bead Shop and The Cafe at Stone Mill, both of Lit-

tle Falls, and Alfie's of Dolgeville.

Donations can be made to Little Falls Community Outreach, 16 Jackson St., Little Falls, NY 13365

([facebook.com/littlefallscommunityoutreach](https://facebook.com/littlefallscommunityoutreach)). Little Falls Community Outreach provides support to the communities in the Herkimer County



## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com)**

### November 27

**Utica Zoo is introducing Bright Nights** 5-8 p.m. Bright Nights will run each Thursday through Sunday until Jan. 3 (except Christmas Eve, Christmas Day and New Year's Eve). To learn more visit [www.uticazoo.org/brightnights](http://www.uticazoo.org/brightnights) or call 315.738.0472.

### December 5

**Food Sale** 11 a.m. until sold out Grace Church, 7 E. Main St. (next door to the church), Mohawk. Selling soup, mac n' cheese and chili. Takeout only. Christmas crafts also available.

### December 14

**Cancelled: One Day Bus Trip to**

**visit Destiny USA Mall in Syracuse.** For more information, call the Herkimer County Historical Society at 315.866.6413.

### December 19

**Oil Painting Class with Wilson Bickford** 11 a.m.- 3 p.m. "Snow Glow" at Auskerada Place, 78 S. Main St., Dolgeville. Call Diane 315.429.3618 to register.

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**Mon. Nov. 30th** - Normal Monday Sale

**Mon. Dec. 7th** - Normal Monday sale & Monthly Fat Cow & Feeder Sale. A group of Angus Feeders.

**Sat. Dec. 12th** - 11:30 Holiday All Breed Special - due to the overflow of the All Breed sale we having another sale. Early consignments From Morrill Dairy sends a load, Retso, Davis Farm, Sparling Farm, Rach-Len, Peacefull Valley Farm, Boardwalk Holsteins, B&L Dairy, Sunny Acres, Hell-Hollow Farm, Hills Valley Swiss, Jonwan Farm, Fine-Kine Dairy, Champlin-Arlig, Rivercross, plus more great consignments that have been coming in. We will be cutting this off at 125 head so if you're interested call today.

**Mon. Dec. 14th** - Normal Monday sale & Monthly Heifer Sale

**Mon. Dec. 21st** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Mon. Dec. 28th** - Normal Monday sale & Monthly Organic Day  
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## The various ways to pay off student loan debt

Students and families invest heavily in higher education. Many students rely on student loans to finance their educations. In fact, students amassed \$1.56 trillion in student loan debt by 2020.

According to Forbes, American student loan debt is now the second highest consumer debt category, exceeded only by mortgage debt. The Institute for College Access and Success says the average student loan debt is \$32,731, while the median student loan monthly payment is \$222.

Some students feel like paying off student loan debt is impossible. Many loan repayment schedules kick in shortly after graduation, and certain borrowers may not yet be making enough money to afford even the minimum payments on their student loans. Thankfully, there are ways to get out from under student loan pressure.

• **Investigate income-driven repayment.** IDR will lower student loan payments based on your income, and some plans even promise to forgive any remaining balance once the repayment period is up. That period can take between 20 and 25 years.

• **Make a move.** The Rural Opportunity Zone program encourages Americans to move to rural Kansas to help discourage population decline and to give others the benefits of a lower cost of living. Seventy-seven Kansas counties have been authorized to offer student loan payment incentives.

• **Work in public service.** A Public Service Loan Forgiveness program, or PLSF, enables student loan forgiveness in exchange for working for a nonprofit or working in government.

• **Refinance the loans.** Graduates may not be

aware that they can refinance their student loans at a lower rate or choose new loan terms, including variable or fixed rates. Maturity dates can even be renegotiated in certain instances. It's possible to

save thousands of dollars in interest by refinancing, particularly if borrowers have a credit score of at least 650.

• **Make more than the minimum payment.** Financial advisor Dave

Ramsey says making the minimum payments on student loans will not get them paid off fast, and the interest could pile up as well. By paying more than the minimum payments, you can pay down the

principal more quickly. Designate tax refunds and salary increases to pay down student loan debt.

• **Ask for help.** Speak with your boss about whether he or she can help pay off student loans.

Some employers offer conditional student loan repayment to employees.

These are some of the ways that student loan debts can be repaid quickly, efficiently and creatively.

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Worship 11 AM

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Friday 7 PM

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Phone 866-4282  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS**  
**ANTHONY and JOSEPH**  
229 S. Main St.  
Phone 866-6373  
Sunday Mass 10 AM  
No Saturday Vigil

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Pastor Michael Servello  
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Utica, NY 13503  
Phone 792-4748  
Saturday 6 PM • Sunday 9 & 11 AM

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326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

**NEW LIFE CHURCH**  
Pastor David Hayner  
337 Protection Ave.  
Phone 866-1164 • www.nlc-mc.org  
Worship 10 AM  
Wednesday Worship 6:30 PM

**TRINITY EVANGELICAL**  
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9 AM Faith Formation Sunday School  
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www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

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Thursday 11:30-12:30 PM  
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Church Service 10:30 AM  
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Sunday Morning 11 AM

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**CATHOLIC COMMUNITY OF LITTLE FALLS**  
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763 E. Main St.  
Phone 823-3410  
Saturday Vigil Mass 4 PM  
Sunday Mass 10:30 AM

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Sunday Schedule:  
High Mass, Rite II 10 AM  
Nursery & Sunday School 9:45 AM  
(Sept.-May)  
Fellowship Coffee Hour 11:15 AM  
Choir Rehearsal 11:30 AM  
Holy Day Masses as announced  
Confessions by appointment

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Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

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Sunday School 9:15 AM  
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Sunday School 10 AM

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## VP-TECH Student Council collects hygiene items to be donated to local shelters

The Herkimer-Fulton-Hamilton-Otsego BOCES VP-TECH Student Council recently collected a few boxes' worth of hy-

giene items to donate to local shelters through the United Way as the first step of efforts they want to take this school year to

support the community.

"They want to bring people together," VP-TECH school counselor Adam Bombard said. "They want

to help people."

The VP-TECH Student Council hygiene drive for the United Way took place throughout the month of October. Boxes were set up in the offices of the Herkimer BOCES William E. Busacker Complex in Herkimer and in all of the VP-TECH classrooms, and students and staff donated items such as shampoo, diapers, toothpaste and deodorant.

This is the second school year that VP-TECH has had a student council. Council members were determined through an election process. Bombard and VP-TECH busi-

ness teacher Andrew Carpenter-Brockway are the council advisors.

The idea for the hygiene drive was suggested by one of the mentors for VP-TECH Mentor Mondays –

Melinda Green, an architect with SMSA Architects who also is involved with the United Way. The VP-TECH Student Council

VP-TECH 9



VP-TECH Student Council members recently conducted a drive to collect hygiene items to be donated to local shelters through the United Way. (L - R) Sophomore Representative Nick Seifried, Treasurer Jenna Lyman, Sec-retary Flare Livingston, President Connor Dibble, Vice President Andrew Doolittle, Senior representative Holly Allen and mentor Melinda Green.

Photo courtesy of Herkimer BOCES

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## VP-TECH from 8

advisors and members decided to take on the project – hanging posters, sending out messages to staff and talking to other students about making donations.

"We thought it was a good cause, and we also thought it was a good first organizing effort to kind of model to the council what they can do," Carpenter-Brockway said.

Because it's still early in the school year, there has only been one council meeting so far and everybody is more separated this school year due to COVID-19 distancing measures. Carpenter-Brockway didn't know how well the hygiene drive would go, but there was a strong response from people from various BOCES programs, he said.

"I wasn't sure if we would even fill up one box," he said. "I'm actually very satisfied with the amount of stuff we collected."

Green visited VP-TECH on Oct. 30 to collect the donated items, and it was a good experience for the students to see that their efforts were going to have an impact, Carpenter-Brockway said.

"I think they felt good about it," he said.

Projects such as the hygiene drive also allows the VP-TECH name to get out more and help people in the community learn about the program, Carpenter-Brockway said.

There is a lot of senior representation on the committee this school year – including the council president, vice president and senior representative – so that should benefit the council because seniors have the most knowledge and awareness about what the council can do successfully, Carpenter-Brockway said.

"They've seen things change," he said. "They've seen things work and not work."

To help with their efforts, the council members created four committees this school year: Morale Committee, Fundraising Committee, Community Service Committee and Communications Committee.

The council advisors said they want VP-TECH Student Council members and the rest of the VP-TECH students to know they can make a difference in the community, and other similar efforts such as a food drive are anticipated for this school year, Bombard said.

"We want the students to connect with the community," Bombard said. "We want them to understand they have the power to connect with the community – that they can do good; that they can help people."

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## E-ZPass for sale at the Herkimer Department of Motor Vehicles

Sylvia M. Rowan, Herkimer County Clerk and the Department of Motor Vehicles wishes to inform her constituents that E-ZPasses are available for sale in her Herkimer Department of Motor Ve-

hicles.

The New York State Thruway Authority has installed a new E-ZPass system on the New York State Thruway. If you don't have an E-ZPass and would like to purchase one the

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ment of Motor Vehicles at 315.867.1129 or 315.867.1002 for additional information.

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## Strange but true

by Lucie Winborne

• The weight of all the ants on earth is greater than that of all humans.

• Doctors who perform laparoscopic surgery, which involves inserting a tiny camera into a patient's body through a small incision, have better coordination if they play video games at least three hours per week. According to a 2003 study, gamer surgeons made 37% fewer errors and worked 27% faster than those whose only "video game" experience was the surgery itself.

• The ancient Romans used swan fat or donkey milk to soften wrinkles, while sores and freckles were treated with the ashes of snails.

• Eskimos use refrigerators to stop their food from freezing.

• Disney's musical fantasy comedy "The Princess and the Frog" led to an unexpected salmonella outbreak in the United States. More than 50 children were hospitalized after the film's release when they attempted to free handsome princes with a kiss from what turned out to be perfectly ordinary, definitely non-prince frogs.

• Redheads produce more vitamin D than other hair colors.

• Bao Xishun, a Mongolian herdsman, saved the lives of two dolphins by using his incredibly long arms to remove plastic from their stomachs. Bao stands nearly 8 feet tall and each arm extends

more than 3 feet. All other attempts at saving the dolphins had failed.

• Watermelons may be a tasty treat today, but that wasn't always the case. Originating in Africa, they were first cultivated solely for their water content — their flavor was very bitter!

• In Sweden, the body warmth of more than 200,000 commuters passing through Stockholm's Central Station is harvested to provide heat for an office building across the road.

*Thought for the Day: "When I was young, I admired clever people. Now that I am old, I admire kind people."*  
— Abraham Joshua Heschel

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## Bible trivia

by Wilson Casey

1. Which book of the Bible (KJV) mentions the word "thanksgiving" the most times at eight? Genesis, Nehemiah, Psalms, Isaiah

2. In 2 Timothy 3:1-2, what human qualities does Paul list as being signs of the last days? Adulterers, Sun worshipers, Renegades, Unthankful people

3. From Psalms 106:1, "O give thanks unto the Lord; for his ... endureth forever"? Love, Good, Mercy, Spirit

4. In 1 Thessalonians 5:18, "In every thing give

thanks: for this is the ... of God"? Power, Will, Gratitude, Travail

5. From Leviticus 22, a sacrifice of thanksgiving is most meaningful when it is ...? Sincere, Often, At your own will, Extravagant

6. Where was Jonah when he prayed with the voice of thanksgiving? Fish's belly, Aboard ship, In the wilderness, Mountaintop

**ANSWERS:** 1) Psalms; 2) Unthankful people; 3) Mercy; 4) Will; 5) At your own will; 6) Fish's belly

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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## Poland apple tree project stands for collective good citizenship

An apple tree made out of paper now hangs in the hallway near the elementary entrance at Poland Central School District as a reminder to students that they all form a strong citizenship together despite being separated in their classrooms this school year due to COVID-19 regulations.

Students from more than a dozen elementary classrooms decorated paper apples and wrote ways they have been or could be good citizens on the apples that hang on the tree.

Herkimer County Sheriff's Office Deputy Heather DuPont, the Poland safety patrol officer, organized the project and said the tree display helps teach that citizenship is both about your individual positive actions and how people build a positive community together.

"They see that being a citizen is more than just doing good deeds," she said. "You're one apple on a tree."

DuPont organized the apple tree project with elementary teachers through the virtual Morning Meetings that elementary teachers have the option of participating in once per week this school year. The meetings used to be held in person on



Poland Central School District elementary students wrote examples of good citizenship on paper apples to be added to a paper apple tree in the hallway by the elementary entrance. The project was organized by Herkimer County Sheriff's Office Deputy Heather DuPont, the Poland safety patrol officer. Photos courtesy of Herkimer BOCES

Mondays, but switched to virtual this school year and are organized by Assistant Principal Gina Smith, school social worker Kimberlee Schneider and school counselor Jan Kochan. Poland art teacher Alison Faggiano created the paper apple tree, and DuPont hung it in the hallway and printed and cut out paper apples for students to decorate.

DuPont, a 2004 Poland graduate, started as Po-

land's safety patrol officer in November 2019. She participates in the Morn-

ing Meetings by providing videos to students and organizing projects for stu-

dents connected to the theme of the week such as making the apple tree for "citizenship," creating paper suns for "kindness" and writing things students are thankful for on paper leaves for "gratitude."

"Each week is something different," she said.

DuPont said she is thankful that the Morning Meetings organizers invited her to participate.

Last school year, while making her rounds, DuPont would see children in the hallways and in the cafeteria and would have many chances to interact with them.

"This year, I don't have that with the little ones," she said. "They stay in

the classroom due to COVID restrictions."

The Morning Meetings videos and the apple tree project helps keep her connection with students because they can say they saw her in the video or saw the apple tree in the hallway, she said.

"They can see me as a familiar face, so I'm not just that sheriff's deputy in the hallway," she said. "It's also kind of an ice-breaker for them to talk to me about, so it's not just, 'Hey, I saw you walking in the hallway today.'"

DuPont's Morning Meetings video about citizenship covered what it means and actions peo-

Poland 11

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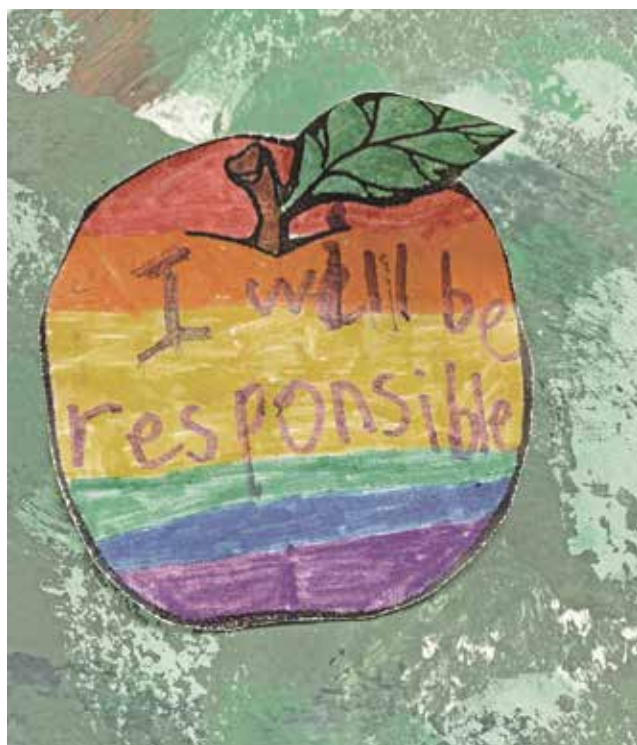
## Poland from 10

ple can take to be good citizens. Students wrote their ideas on apples such as helping someone else at school or picking up litter.

"The idea of the project was to think of a way to just get kids' minds thinking," she said.

Putting everyone's apples together on the tree also shows the collective good citizenship at the school and gives students a chance to be part of something with other classrooms during an unusual school year, DuPont said.

"They each feel like they had a hand in it," she said. "They go by that tree every day. To see something positive is a good thing."



The paper apple tree is filled with messages of kindness.

## Return to the gym safely

Gyms have begun to re-open in parts of the United States and Canada after being shuttered to prevent the spread of COVID-19. It may have been several months since members have stepped foot in these facilities. That means not only will fitness enthusiasts need to be smart about COVID-19 precautions, they also will need to reacclimate their bodies to routine exercise.

Fitness resolutions may come earlier this year as people are eager to regain fitness levels achieved prior to shutdowns. Going about a return to the gym in a smart way can prevent injuries and illness.

**Ease into workouts**

There will be a transition period as you get back to your gym routine. Start with flexibility workouts like yoga or pilates that can help reacclimate your body to physical activity. These will help increase

blood flow, joint mobility and range of motion.

Expect that your stamina will have taken a hit from a prolonged absence at the gym. So if you once were a cardio master, it may take some time to build up to the speed and distance of a treadmill run or you may need to enroll in low-impact classes as your body adjusts.

The last thing you want to do is injure yourself, so the mantra "slow is pro" is key. Aim for exercising two or three times a week to begin with, and stick to shorter workouts of 30 minutes or less. Gradually increase the duration and frequency of workouts as you notice your endurance improving.

Stretching is essential after any workout, but especially helpful for those who are easing back into the gym. Stretches help avoid muscle tightening and spasms that can come with being unaccustomed to working out.

**Pandemic precautions**

Returning to the gym also means sharing space with fellow members. Official guidance on how gyms are to operate now vary by state. However, certain safety tips can help you stay safer if you're ready to work out indoors. Try working out at off-peak hours when the gym is likely to be less crowded,

even with capacity restrictions in place.

"Based on recent research, aerosolized droplets can remain airborne for up to three hours, making the potential for spread in crowded and confined spaces such as fitness studios problematic," said Dr. Robert Glatter, an emergency physician at Lenox Hill Hospital in NYC.

Maintaining distance and avoiding crowds is essential. Ask about air filtration and circulation at the gym. The rate of transmission of coronavirus may be higher in hot and crowded facilities without adequate circulation. Turn on fans or work close to open doors when possible.

Many gyms require that masks be worn while working out. This may mean members must take more breaks if the masks impede respiration during strenuous activity. While gyms may be spraying down equipment and high-touch areas, keep hand sanitizer or disinfectant wipes in your gym bag so you can do your own cleaning and keep your hands as clean as possible. Wash your hands after using any equipment if it's feasible to do so.

Now that gyms are open again, members must take additional precautions as they get back into the swing of things.

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## Tips to simplify shopping and wrapping

The holiday season is a busy time of year. People devote many hours to generating gift lists and planning their shopping excursions. Shopping can be all-encompassing during the holiday season, but it is only half of the gift-giving equation. After all of those toys, articles of clothing and other goodies are purchased, those items will need to be wrapped and hidden away. Gift-givers may be

looking for ways to make these tasks just a little easier.

### Shop early

The sooner you begin shopping, the more time you will have to purchase everything you need and then get it prepared for giving. While Black Friday and Cyber Monday sales feature great deals, there are discounts to be had all year long if you keep your eyes open. Grab an item here and there when

there is something that catches your eye and fits the needs of a gift recipient.

Shopping early also affords shoppers a greater buffer if they plan to do some of their shopping online. Shipping times have changed due to COVID-19, which has disrupted some supply chains and put added pressure on shipping companies. The U.S. Postal Service says prod-

ucts and packages may require more time to be delivered due to limited transportation availability, so shopping early can help ensure everything arrives on time.

### Tackle the kids' gifts first

Watching children's bright grins and all their excitement opening presents can make all the hard work worth it. Be sure that you shop for all of the gifts for children in your household first, especially if you play Santa's helper. Use opportunities when the kids are in school or at daycare to bring gifts into the house and then wrap them. Wrapping as you go can help to ensure there are no "spoiler alerts" prior to the holidays.

### Create a wrapping station

A dedicated area for wrapping can streamline the process. Gift wrapping supplies can be tough to keep organized because they're usually awkward sizes and can eat up a lot of space. That's where a wrapping station can come into play. It can be custom-made or you can

use items already around the house. A laundry room or a large closet can be the ideal location for a wrapping station. Because wrapping paper rolls are the most cumbersome wrapping supplies, find a way to corral them. A tall laundry hamper works, or consider hanging wrapping paper rolls horizontally on thin curtain rods attached to a wall or the back of a door. Simply pull off

the amount of paper you need and cut.

Organize other supplies in a nearby drawer or organizational caddy. Store gift bags and tissue paper in a fabric tote bag. Having everything within arm's reach cuts down on time spent searching for supplies.

It's that time of year for shopping and wrapping. Ensure it is a low-stress experience with some time-saving tips.



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## Amaryllis: A gift that keeps on giving

by Nadie VanZandt, Extension Master Gardener Intern, UVM

Amaryllis, a popular holiday plant, is cherished for its showy flowers in hues ranging from stark white to dazzling red.

This species was discovered in 1828 by a German botanist in Chile and classified as *Hippeastrum*, a genus of the *Amaryllidaceae* family. Growers hybridized them over the years into more than 300 cultivars.

As natives of South America, these perennial herbaceous bulbs thrive in a warm and humid environment. Although they bloom in spring in their natural habitat, in our

northern climate, amaryllis bulbs are grown as indoor plants, offering welcome cheer during the dreary days of winter.

With the holidays fast approaching, many of us may have received or even purchased an amaryllis as a gift. But did you know you don't need to throw out the plant when it stops flowering?

Your amaryllis will bloom in the next few weeks and grace your home with its spectacular blooms for several days. Watching the flowers emerge and the petals unfold is fascinating. But don't discard the plant when its last petals wither and fall. This stunning specimen deserves an-

other chance at showcasing its lasting beauty. Like most perennials, it can reward you for many years to come with proper care and attention.

The leaves of the amaryllis play an important role in generating food for its storage organ, its bulb. So, once the flowers have faded, the plant needs time to rebuild its energy.

Cutting the flower stalk at the top of the bulb after it turns yellow expedites this process. It ensures that the plant does not spend its energy developing seeds.

With the flowers removed, your job is to help the plant grow leaves. These tall, thick and

glossy leaves make the amaryllis an attractive houseplant even without flowers.

First, ensure that your pot has a drainage hole. You may need to repot the plant if it does not. Place the potted bulb indoors in a sunny location that gets at least four hours of sunlight daily. A window with southern exposure is ideal.

When the top inch of soil is dry, water to keep the soil slightly moist, taking care not to wet the crown. In addition, you

will need to fertilize your plant twice a month with a general-purpose indoor plant fertilizer.

In the spring after the danger of frost has passed, move your amaryllis outside, taking time to slowly acclimate it to a location in full sun. Start by placing the bulb in a shady spot, gradually increasing its exposure to more sunlight each day for a week. Continue to water and fertilize.

Next – and this is critical to reblooming – give your amaryllis a period of

dormancy. To do this, you will need to stop watering and feeding it in late summer. Once the leaves have withered and died, you can cut them off.

Move your potted amaryllis (or just the bare-root bulb) to a cool, dark location away from freezing temperatures for eight - 10 weeks. Leave it until you are ready for another show.

To break its dormancy period, place in a sunny, indoor location and begin watering again to encourage your plant to repeat its growth cycle and bloom again.

Members of the *Amaryllidaceae* family are not only stunning but are widely used for their medicinal benefits. According to scientists, their leaves and bulb contain an alkaloid, a chemical known to exhibit antitumoral, antiviral, antiparasitic and other healing properties.

As a note of caution to pet owners, ingesting amaryllis leaves may cause your pet to have mild indigestion. Nibbling on the bulb may have more severe consequences.

This winter, why not save your amaryllis to rebloom next year? With little effort, you will get much reward.



*This winter, why not save your amaryllis to rebloom next year? With little effort, you will get much reward.*

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# Weekly SUDOKU

by Linda Thistle

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

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

## DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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# King Crossword

## ACROSS

- 1 Flourish  
6 "Rabbit, Run" author  
12 Tearjerker  
13 Construction piece  
14 "Anna Christie" playwright  
15 Coats  
16 Lima's place  
17 Father of Thor  
19 Away from WSW  
20 Style  
22 LummoX  
24 Most Wanted List org.  
27 Elite alternative  
29 Bart's sister  
32 Lincoln's election year  
35 Region  
36 Location  
37 Storm center  
38 Inseparable  
40 Osso buco base  
42 A cont.  
44 Level  
46 Apiece  
50 Boardroom props  
52 Prophet  
54 Half a story-book duo  
55 "My heavens!"

## DOWN

- 1 Part of N.B.  
2 Lecherous look  
3 Poppy drug  
4 Lubricate  
5 Tunes  
6 Wrinkly fruit  
7 Challenge for Laurel and Hardy in "The Music Box"  
8 Saharan  
9 Obsession  
10 "Show Boat"  
11 Gaelic  
12 Doo- — music  
18 Fool  
21 Make a choice, with "for"  
23 "The Greatest"  
24 Shriner's cha-  
25 Life story, for short  
26 Unknowing  
28 Waiting area  
30 Pigpen  
31 Nay canceler  
33 Coop denizen  
34 Multitude  
39 Old anesthet-ic  
41 Starts  
42 Turkish poten-  
43 "Animal House" group  
45 Capri or Wight  
47 Dogfight par-  
48 23-Down's old name  
49 The lady  
51 Sixth letter after 53-Down  
53 See 51-Down

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# HOCUS-FOCUS

BY  
HENRY BOLTINOFF



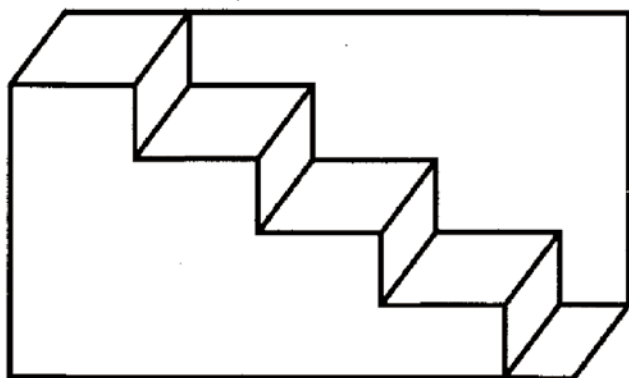
Find at least six differences in details between panels.



Differences: 1. Boy is taller. 2. Picture is vertical. 3. Chair back is different. 4. Fewer papers on floor. 5. Boy's collar is different. 6. Two checks on book.

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# OPTICALS

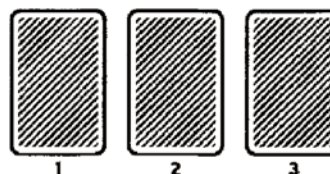


**UP OR DOWN, WE GET AROUND!** Is this staircase rightside up or upside down?

Answer: Look at it long enough and you will see that it goes both ways.

**A SQUARE DEAL!** Three cards have been removed from the deck and placed face down. See if you can figure out their values using the following four hints:

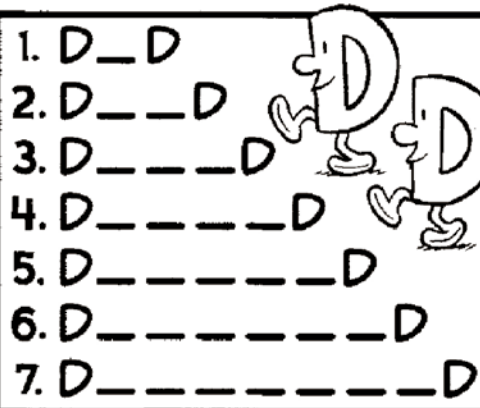
- Two kings are side by side.
- Two diamonds are side by side.
- You'll find a queen next to a king.
- You'll find a diamond directly to the left of a club.



Answer: Card 1: Queen of diamonds. Card 2: King of diamonds. Card 3: King of clubs.

# Junior Whirl

by Charles Barry Townsend



## A D-TO-D STEPWORDS QUIZ!

Today we're interested in finding "D" words. To the left are seven words that begin and end with the letter D. The following hints should help you fill in the missing letters.

- Something that doesn't work.
- Needed to sell property.
- Roofed over.
- A nameless trinket.
- Something divided up (slang).
- To confuse (variation).
- Found in cars.

Answers: 1. Doodad. 2. Deed. 3. Domes. 4. Doodad. 5. Divided. 6. Dumbfound. 7. Dashboard.

**DON'T FUDGE THIS ONE!** You'll enjoy the sweet taste of success if you can complete this word square. We give you the word FUDGE. Find four more 5-letter words so that all words used read the same across and down.

- To make mention of.
- To escape from.
- A rich candy (given).
- Trimmed the border.
- A type of tall grass.

Answers: 1. Refer. 2. Elude. 3. Fudge. 4. Edged. 5. Reeds.



1	2	3	4	5
2				
3	F	U	D	G
4				
5				



## The Jerusalem artichoke: An unsung hero

by Nadie VanZandt, Extension Master Gardener Intern, University of Vermont

In the fall of 1621 the colonists joined the Wampanoags to partake in a thanksgiving celebration of the harvest. Historians believe they shared cabbage, carrots and parsnips from their home gardens and native plants such as walnuts, chestnuts, Concord grapes, cranberries, garlic and an unsung hero, the Jerusalem artichoke.

Contrary to its name, the Jerusalem artichoke (*Helianthus tuberosus*) did not originate in Jerusalem. Instead, it is a North American native with a captivating history.

In 1605 Native Americans introduced a root vegetable they called sunroot to the French explorer Samuel de Champlain. Its taste reminded him of artichokes. Champlain, in turn, sent this new vegetable to France where it be-

came prized.

The French named them *topinambours* after the Topinambá, a Brazilian tribe, who was visiting the Royal Court around the same time that they were introduced. Later, when sunroots arrived in Italy, they were identified as *girasole*, or sunflower in Italian, due to their large yellow blooms.

A mispronunciation of the name by English speakers led to *girasole* becoming "Jerusalem." It was through this interesting sequence of events that this vegetable became known as the Jerusalem artichoke.

Today they are commonly referred to as sunchokes or sunroots. They are a hardy herbaceous perennial of the Asteraceae (sunflower) family with rhizomes (underground stems) that bear tubers (storage organs).

Consider growing some in your garden next year. They can be grown in U.S.



Contrary to its name, the Jerusalem artichoke (*Helianthus tuberosus*) did not originate in Jerusalem. Instead, it is a North American native with a captivating history.

Department of Agriculture plant hardiness zones 3-9 and prefer full sun to part

shade. Tubers planted in early spring through early summer yield plants that

can reach 6 to 10 feet in height that will be adorned with showy yellow flowers from August to September.

They are cultivated for their edible, knobby tubers. However, due to their aggressive growth habit, they easily can overtake the home garden and should be planted in a dedicated location.

You can begin harvesting tubers after the first frost up until the ground freezes. Adding a thick layer of mulch before the frost can facilitate digging and extend harvest time.

Tubers can remain in the ground through the winter for storage and harvested the following spring when the soil is easy to work. If grown in the vegetable patch, take care to completely remove the tuberous rhizomes at the end of harvest to prevent spreading.

To harvest Jerusalem artichokes, first cut off several stems at the base of

the plant with loppers. Use a shovel and dig straight down to lift a sizable clump of tubers, which look like pieces of ginger.

Don't worry about cutting tubers as there will be plenty. They will easily come off the clump. Tubers are best fresh but can be stored for up to two weeks in a cool, dry place.

These tubers are nutritious and low in carbohydrates. They contain high levels of potassium and inulin, a starchy, soluble dietary fiber that helps maintain healthy intestinal flora and stimulates elimination. For this reason, it is recommended to eat them in small quantities.

Jerusalem artichokes have been the subject of various scientific research studies. Due to their low glycemic value and their high level of inulin, they are being studied for their health benefits in the treatment of type II diabetes and obesity. Their invasive nature and their tolerance to frost and poor soil also make them an excellent candidate as a source of biofuel such as ethanol and other chemical compounds.

Historically, Jerusalem artichokes have played an important role in hard times, notably during World War II in Europe when potatoes were in short supply. This year consider adding a side dish of Jerusalem artichokes to your Thanksgiving table, and sing praise for this vegetable.

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1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

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## ★ ★ ★ ★ ★

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## Announcements

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## Chippers

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**BRUTE FORCE** Firewood Processors Sales & Rentals. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543



# Country Editor

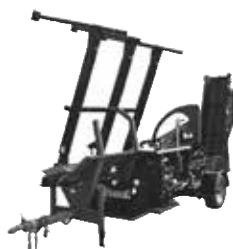
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## Logging Equipment

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**FIREWOOD PROCESSORS  
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**Dutchman Enterprises**  
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## Logging Equipment

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Both units rented. Ample  
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For Sale & Managed By

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Email: louise@crossettres.com www.crossettres.com

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- Call **518-673-0101**  
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Email: louise@crossettres.com www.crossettres.com

## Real Estate For Sale

## Tires & Tire Repair Service

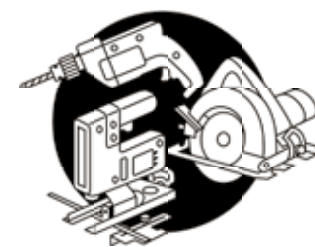
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## Wanted

**WANTED:** Coal miner's hat with light, the older the better. 315-866-8341

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**Country Editor**

PO Box 121, Palatine Bridge, NY 13428 □ Ph: 518-673-3011 OR 800-836-2888

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**per week**

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26 words - \$5.20	27 words - \$5.30
28 words - \$5.40	29th word - \$5.50
30 words - \$5.60	31 words - \$5.70
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34th word - \$6.00	

Name (Print): \_\_\_\_\_

Farm/Company Name: \_\_\_\_\_

Street: \_\_\_\_\_

County: \_\_\_\_\_

City: \_\_\_\_\_

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Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Fax #: \_\_\_\_\_

Cell #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Payment Method: ☐ Check/Money Order ☐ American Express ☐ Discover ☐ Visa ☐ MC

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ MM / YY

\* (REQ.) Card Security Code # \_\_\_\_\_

Name on Credit Card (print): \_\_\_\_\_

Signature: \_\_\_\_\_

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## Support a small business through volunteerism

The novel coronavirus COVID-19 that began sweeping across the globe in late 2019 has had a major impact on all components of daily life. From school closures to virtually shared holidays to lost revenue, the pandemic has made 2020 a challenging year.

The pandemic has forced many business owners to rethink their longstanding business practices. Verizon Business released findings from its Small Business Recovery Survey in September 2020 that revealed the impact small business owners and decision makers feel the pandemic has had on their businesses. Fifty-five percent of small businesses surveyed have concerns about staying afloat financially with regulations that limit business capacity. In addition, 67 percent of small businesses feel their financial security has been negatively affected, but 72 percent are optimistic they will be able to stay open at least six months or more.

One way small businesses may be able to survive and thrive is with the help of volunteers. The following are ways volunteers can help small businesses in an uncertain time.

• **Volunteer as a mentor.** Business coaches

lend their time and expertise to help businesses establish and achieve their goals. Coaches can work with small business owners to discuss the challenges they face and give specialized guidance to help grow their businesses. Coaches typically work for a fee, but volunteers can offer assistance at no charge to help businesses get back on solid footing.

• **Strengthen a web presence.** A strong internet presence is essential for small businesses. BrightLocal, a marketing firm that connects with local businesses, says 90 percent of consumers used the internet to find a local business in the last year. Those knowledgeable in search engine optimization, website building, online marketing, or even social media maintenance can volunteer their services with a local business to help garner online attention that can bring in

customers.

• **Use networking connections.** It won't take much effort to speak kindly about a small business to others and use networking connections to spread the word about a particular local firm. Spend a few hours each month sharing positive feedback about a company and getting their name out to others.

• **Support the vulnerable and those in need.** Even while small businesses have been floundering, many are still engaging in community efforts. Restaurants have donated meals to the elderly or less fortunate. Shuttered fitness centers have repurposed space to provide chaperoned virtual learning centers for students whose parents work and cannot stay home during the school day. Volunteers can work with small businesses to facilitate services such as

these, including delivering food or products, checking on those who are self-isolating, monitoring students, or helping to set up connections between businesses and those in need.

• **Fill in as a temporary employee.** As coronavirus affects employees, they may need to stay home to care for relatives or children, or they may

need to self-quarantine after exposure to the virus. Being without one or two employees can tax a small business. Having volunteers ready to fill in at a moment's notice can help

businesses overcome this obstacle.

Volunteers can provide the extra support that small businesses need during these challenging times.

**Show Local  
Businesses  
Some Love!**



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5qt Oil Change,  
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**Complete Collision Repairs**

### Herkimer County Office for the Aging



**NY Connects**  
Your Link to Long Term  
Services and Supports



**Come join us for a Virtual Public Hearing. You can participate by Zoom or by phone. The presentation will provide information on Office for the Aging/NY Connects services as well as ways to protect yourself during the COVID-19 pandemic.**

**Please share your thoughts on the services that Office for the Aging/NY Connects provides as well as any services that may be needed.**

**Date: Friday, December 11, 2020**

**Time: 10:00 AM & 3:00pm**

**You can participate by using Zoom or calling in.**

(If you need any special accommodations such as translation services or documents with larger print please let us know 3 business days prior to the meeting)



**Please call (315) 867-1121 to register. RSVP by Thursday, December 10th. This information brought to you by NY Connects, Your Link to Long Term Services and Supports; www.herkimercounty.org, then departments, then Office for the Aging; phone 867-1121.**

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 24 mins.

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

### Just Like Cats & Dogs

by Dave T. Phipps



### This Week's Holidays

Nov. 28 – French  
Toast Day

Nov. 29 – Square  
Dance Day

Nov. 30 – Stay At  
Home Because  
You Are Well Day

Dec. 1 – Eat A  
Red Apple Day

Dec. 2 – National  
Fritters Day

Dec. 3 – National Roof  
Over Your Head Day

Dec. 4 – Wear Brown  
Shoes Day



## Preparing a store for shoppers concerned by the COVID-19 outbreak

Business owners cannot predict what the future holds, but many are hopeful that the 2020 holiday retail season will provide a much-needed boost to their bottom lines. The outbreak of the novel coronavirus COVID-19 in late 2019 and early 2020 led to plunging revenues for small businesses across the globe, forcing some to close their doors for good while others had to lay off or furlough staff to stay afloat.

The holiday season is a lucrative time for retailers, and while small business owners are hopeful consumers will return this December, they may need to go the extra mile to calm any safety concerns their customers

may have. Officials with the Centers for Disease Control and Prevention have warned about the potential for a second wave of COVID-19 infections in late 2020, and that could compel holiday shoppers to stay home and shop online rather than in person. While it's wise for small business owners to improve their e-commerce capabilities so shoppers find it easier to buy their products online, business owners also can follow these CDC-recommended procedures to prepare their stores for shoppers concerned by the COVID-19 virus.

### Cleaning

When cleaning a store, the CDC advises owners and their employees to

wear disposable gloves. Surfaces should first be cleaned with soap and water, and then disinfectant should be applied. That's because soap and water and disinfectant perform different functions. Soap and water reduces the number of germs, dirt and impurities on surfaces, while disinfectant kills any remaining germs.

Stores with heavy foot traffic should be cleaned frequently, but all stores require daily cleaning to keep customers safe. Store

owners can devise their own cleaning schedules, but those whose stores are routinely welcoming customers throughout the day should plan to clean and disinfectant their facilities several times per day. The CDC advises paying special attention to high touch surfaces such as doorknobs, handles, countertops, and tables.

### Disinfecting

The CDC recommends using household disinfectants registered by the Environmental Protection

Agency, a list of which is available at <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>. When using disinfectants, business owners and their employees should wear skin protection and consider protective eyewear to protect against potential splash hazards. Ensure adequate ventilation when using disinfectants, opening windows if need be. Follow manufacturer application recommendations, which should be listed on product labels. Avoid mixing chemicals, such as household bleach with ammonia or any other cleansers.

### Electronics

The CDC urges business owners to use wipeable covers on electronics to further reduce the risk of spreading COVID-19.

Such covers also can calm customers' nerves and reassure them that business owners are taking every safety measure possible to ensure their health.

### Efforts

Business owners should post their policies regarding cleaning and disinfecting in full view of customers. Such postings may reduce anxieties about entering a store. In addition, business owners can inform customers they are willing to offer delivery or curbside pickup to anyone who's hesitant to enter stores this holiday season.

Opportunity awaits small business owners this holiday season. Taking every step to clean and disinfect their stores each day can reassure potential customers who may be hesitant to shop in person.



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**701 Warren Rd. Mohawk**  
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**4221 State Rte. 20, Richfield Springs**  
 This home will wow you when walking in the door as it has been totally renovated - features kitchen, dnr, lvr, 3 bdr & 2 baths. Nice large yard & an amazing heated garage with house. This property is great for a home business.

**173 Main St., Dolgeville**  
 Nice large 2 family home in the Village of Dolgeville. 1st floor apt. has 3-4 BRs, 1 bath w/lvr & kitchen. Upstairs you will find a 2 BR apt w/lvr, kitchen & back porch. Nice large double lot - plenty of parking for everyone.

**46 Moreland St., Little Falls**  
 Cute & adorable & ready for it's new owner. This home offers entrance hall, lvr & dnr, den, kitchen, full bath plus 2 BR. You will love the low maintenance yard, the covered deck with amazing view to sit & relax on.

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