

# Hi-Lites

217 North Franklin Street, Watkins Glen, NY 14891  
607-535-9866 • hilites217@gmail.com • www.hilites.net



watkinsglen  
AREA CHAMBER  
MEMBERS, JOIN US!  
February 18  
9 - 10 AM  
REGISTER  
explorewatkinsglen.com/chamberevents

Pre-Sorted Standard  
US Postage  
Watkins Glen, NY  
Permit #17

ECRWSS  
Postal Patron

100% MAILED  
CIRCULATION IN  
SCHUYLER COUNTY

February 5, 2025

Visit us on **facebook** Schuyler County's ONLY Locally Owned & Operated **FREE** Community Newspaper

## DON'T FORGET TO ZIP UP!!



7/16" 4x8 Zip Board... **38<sup>99</sup>**  
3-3/4"x90' Zip Tape... **35<sup>95</sup>**

## SESCO #6x1-1/4" Phillips Head Collated DRYWALL SCREWS



1000 Pack  
**28<sup>75</sup>**

## WERNER 6' Fiberglass STEP LADDER



**72<sup>99</sup>**

## DON'T BUY IT RENT IT!!

Floor Sanders, Drywall Lifts, Power Snakes & much more!

\*View our complete rental list on our Facebook page!



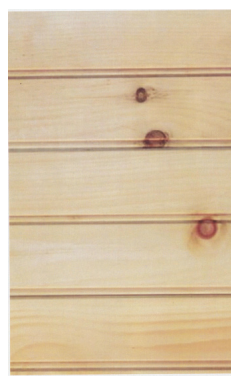
## DEWALT

Tough System 2.0  
24" 3 pc  
TOOL  
BOX  
TOWER



**229<sup>00</sup>**

## PINE SPECIALS



1"x6" T&G  
KNOTTY  
PINE

Edge & Center Bead  
Random Lengths

**98¢** Lin. Ft.

## 1x8 Economy SHIPLAP PINE

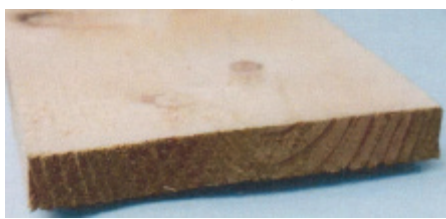
8' Lengths

**4<sup>59</sup>** Each



## 1X12 KILN DRIED ROUGH SAWN PINE

**2<sup>19</sup>** random lengths  
Lin. Ft.



# W WATKINS LUMBER

401 Third Street,  
Watkins Glen, NY 14891  
**607-535-4423**

Monday-Friday 7:30-5pm  
Saturday 8am-3pm

**It's Our Annual Once-A-Year BIG GAME SUNDAY SALE!**

**Come Spin the Wheel!**

**Save 5% to 50% or Maybe Even FREE!**

(Special orders & prior sales not included) Wow, hard to believe it is our 42<sup>nd</sup> Big Game Sale!

**BIG GAME SUNDAY ONLY SUNDAY, FEB 9<sup>th</sup> • 10AM-5PM**

FAMILY OWNED & OPERATED

**FAMOUS BRANDS**

SINCE 1983

"You're Looking Good For Less"

412 N. Franklin Street,  
Watkins Glen, NY 14891  
607-535-4952

Shop Online @ [www.famousbrandsoutlet.com](http://www.famousbrandsoutlet.com)

\*Sale prices do not apply to prior purchases

**Hours: MON, TUES, WED, THURS 9-6; FRI, SAT 9-8; SUN 10-5**

Dearest Hi-Lites and Daily News Readers,  
Renovations are progressing nicely and on schedule. I will still be working remotely at our Ovid office for the time being so if you stop by the Watkins Glen office and I am not there, please call and leave a message. Or better yet, call before you come! I am very flexible and can meet you if need be. Most business can be accomplished through email these days so please reach out to me at hilites217@gmail.com. Remember, patience is a virtue. I will contact you as quickly as I can.  
*Thank you continually for your understanding!*  
Bridgette

### In This Issue

- Automotive/Wanted ..... 5
- Electric Service ..... 2
- Firewood ..... 5
- For Sale ..... 2
- Gorges Givers Yoga ..... 8
- Health & Fitness ..... 7
- Landscaping/Mowing ..... 2
- Locals Having Fun ... 4 & 7
- Obituaries ..... 2
- Pets/Pet of the Week... 3-4
- Professional Directory .6-7
- Real Estate ..... 3
- SNAP-Ed ..... 8
- Tax Service ..... 7
- Tree Service ..... 2
- Wanted ..... 2

### Inserts

- Tops Market..... P
- P=Partial F=Full Distribution
- OUR STAFF**
- PUBLISHER: Bridgette Stewart
- DAILY NEWS: Lucille Barr
- DISTRIBUTION: Jim Stewart

Notice: The Hi-Lites reserves the right to edit or reject any material. The Hi-Lites does not assume financial responsibility for typographical errors in advertisements. However, when notified promptly of an error, we will furnish the advertiser a letter to be shown to customers, acknowledge such error, and will reprint in its next edition that portion of the advertisement in which the typographical error occurred. The opinions expressed in this publication are not necessarily those of the publisher.

**Save fuel! Save time! Shop LOCAL**

## Obituary

**SALLY J. DUPUY**, age 46, of Rochester, NY and formerly of Montour Falls, NY passed away on Friday, January 10th, 2025 at Unity Hospital in Rochester after a brief illness.



Born in Ithaca, NY on October 10th, 1978, she was the beloved daughter of Timmie Dupuy of Montour Falls, NY and Evadene Truax of Tennessee.

Sally graduated from Odessa-Montour High School in 1996. After graduation, Sally found herself working various jobs in the healthcare field. Sally is survived by her parents, Timmie Dupuy and Evadene Truax, along with her brother's Tyler Dupuy and Tanner Dupuy, both of Montour Falls, NY.

Sally enjoyed her time outside, especially trout fishing in the springtime. She was an avid Buffalo Bills fan. Sally had a personality that touched the lives of everyone that she was around. Her smile and laugh would fill the room upon entering. She will be deeply missed by many.

There will be no services at this time. A Celebration of Life will be held later in the spring. Funeral arrangements are under the direction of Vedder-Scott & Zinger Funeral Home, Montour Falls. To leave the family a message of condolence, please visit [www.vedderscottzinger.com](http://www.vedderscottzinger.com)

## Obituary



**WILLIAM J. HOLUB**, age 84, of Newfield, NY passed away on Sunday, January 19, 2025 at Seneca View Skilled Nursing Facility in Montour Falls, NY. William was born on November 14, 1940 to William Holub and Flora (White) Switzer.

William was a lifelong area dairy farmer. He was often found frequenting local businesses to see his favorite friends, which included eating meals at Chef's and drinking an afternoon beer at Seneca Lodge. He loved the outdoors and animals, and enjoyed spending time walking in the woods. William is survived by, and will be missed by, many close friends.

Friends are invited to call on Thursday, February 6, 2025 from 4-6 pm at Vedder-Scott & Zinger Funeral Home, 122 N. Genesee St. Montour Falls, NY. To leave the family a message of condolence, please visit [www.vedderscottzinger.com](http://www.vedderscottzinger.com)

## Obituary



**BETTYLOU PEARSALL**, a beloved figure in the Watkins Glen community, passed away on January 29, 2025, at the age of 88. Born on March 22, 1936, she dedicated her life to service, education, and family, leaving behind a legacy that will be cherished by many.

BettyLou earned her nursing degree from Plattsburgh State and devoted 37 years as the school nurse for Watkins Glen Central School. Her unwavering compassion and dedication to the health and well-being of the students left an indelible mark on the community. After retiring, she continued her service through volunteering at Schuyler Hospital and the Watkins Glen Public Library, actively contributing to the welfare of her neighbors.

Her faith played a vital role in her life as she was a life-long dedicated member of the Presbyterian Church, where she found solace and community. Beyond her professional and volunteer commitments, BettyLou had a passion for travel, relishing long vacations and trips, always behind the wheel, eager to explore new places and create memories with her loved ones.

BettyLou is survived by her three children: Wendy Pearsall (Dwayne Simpson), Marla Pearsall, and Michael Pearsall (Mary Scheidel). She was also the proud grandmother of Kalila Simpson, Bryce Simpson, Maya-Alta Pearsall, Xavier Pearsall, Landon Pearsall, and Finley Pearsall. Each of them will hold dear the lessons and love she imparted throughout her life.

She is predeceased by her husbands, Ralph Pearsall and Bob Kelchner, who were integral parts of her journey through life.

BettyLou Pearsall will be remembered for her kindness, dedication, and the love she shared with her family and community. Her spirit will continue to inspire those who had the privilege of knowing her.

Memories and condolences may be extended to the family in her guestbook found at [www.RoyceChedzoy.com](http://www.RoyceChedzoy.com). Royce-Chedzoy Funeral Home of Watkins Glen is assisting the family.

**OVERWHELMED,  
CONFUSED  
and FRUSTRATED** with your

**MEDICARE CHOICES?**

Don't know who to TRUST for ADVICE?

**WE CAN Help!!**

**Marion Decker**  
Licensed Broker  
607-734-1100  
Licensed in NY & PA

**VEDDER-SCOTT & ZINGER FUNERAL HOME**  
"OUR FAMILY CARING FOR YOURS"

**David G. Zinger**  
Licensed Funeral Director

122 N. Genesee Street 607-535-2396  
Montour Falls, NY 14865 [www.vedderscottzinger.com](http://www.vedderscottzinger.com)

**ELECTRIC SERVICE**

**TERRY ELECTRIC:** Fast, professional service with reasonable rates. Free estimates, senior discounts. Insured. Call Paul 607-739-4484.

**LANDSCAPING**

**BRUSH HOGGING,** excavating, driveways, top soil, mulch, stone, lot clearing, drainage, lines, sidewalks, concrete pads, hole augering, plus portable welding, tractor mounted rototilling. Owner/operator Mike Rounds. 607-594-2170. 607-483-3036.

**FOR SALE**

**METAL BARRELS FOR SALE:** \$5 each. Call and pick yours up today. 607-564-3485.

**WANTED**

**WANTED:** Coins, Currency, Gold, Silver, Stamps, Jewelry. Highest prices paid. By appointment or Cayuga Coins at 215 N. Cayuga St., DeWitt Mall Ithaca. 607-277-3301 or 607-277-2646.

**CASH PAID**

for old tools, old jewelry, old furniture, military items, fishing lures, hunting items, old crocks, arrowheads, old signs. I buy all kinds of older things. House or barn contents. Estate or 1 item. Call anytime, ask for Mitch. 607-546-7391 or 607-216-5383.

**BUYING**

Old costume jewelry. Call Patti, 607-535-7831.

**TREE SERVICE**

**STUMP GRINDING. LOT CLEARING. TREE REMOVAL.**

Jim Gee's Tree Service. Free Estimates. Insured. "If you want to remove a tree, call Jim Gee," 607-857-2140.

**MISCELLANEOUS**

**FINGER LAKES LEARNING, INC:** A nonprofit organization dedicated to promoting environmental education and water health in the Finger Lakes region. All individuals and groups are welcome. Contact us: Phone: (607)-368-6292. Email: [rhurley082@gmail.com](mailto:rhurley082@gmail.com)



# Cayuga Heart and Vascular

## Expert Heart Care Close to Home

You put your heart into everything you do. That's why Cayuga Health's team of cardiologists are committed to providing exceptional heart care. Whether you're looking to manage an existing condition or take proactive steps towards better heart health, our specialists are here to guide you every step of the way.

**Ask your healthcare provider for a referral today.**

**Ithaca  
Cortland  
Montour Falls**



A Member of Centralus Health

**Learn more today! [cayugahealth.org/heart](http://cayugahealth.org/heart)**

**ROYCE-CHEDZOY**  
Funeral Home, Inc.  
212 E. Fourth Street  
Watkins Glen, NY 14891  
RoyceChedzoy.com TEL: 607-535-4331

**FOR SALE**

**ITEMS FOR SALE:** Enviro Maxx-B pellet stove, 70,000 btu, 16" window and fan, asking \$600; Black Max generator, 3600 running watts, 4500 starting watts, asking \$300. 607-535-7970.

**INJURED IN AN ACCIDENT?**

Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-454-4717. Be ready with your zip code to connect with the closest provider.

**FREE TAX PREPARATION SERVICE**

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are **50 or older** or **can't afford paid tax preparation**.

**Schuyler County Human Services Building**  
323 Owego Street, Room 120  
Montour Falls, NY 14865

Every Thursday  
February 6th - April 10th, 2025  
9 am - 3 pm

To register for an appointment  
**CALL 607-535-7108**  
(Appointments only - no walk-ins)

Clients have the option to wait in a separate, socially distant area while their taxes are being completed.

Masks are not required but you are welcome to wear one.

**AARP Foundation**

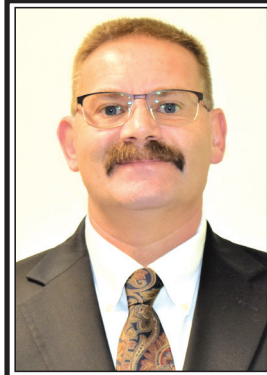
Town of Orange  
**Changing Board Meeting Time**  
 2nd Wednesday of the month  
 New Time 6 pm • Doors open at 5:30 pm  
 Next meeting February 12  
 Posted 1-28-2025 • Thomas Peer, Town Clerk

**Chris' Contracting**  
*All Types of Roofing*  
 Shingles • Painted Steel • Rubber Roofing  
 Vinyl Siding • Seamless Gutters  
**INTERIOR & EXTERIOR PAINTING**  
 Over 20+ Years Experience  
 References • Insured • Free Estimates  
 Chris Laughlin  
 607-936-3397  
 607-207-0771

**CHRISTIAN PARTNERS IN PRAYER** will meet on Wed., February 5 at Bethel Fellowship, 2035 State Rt. 414, Montour Falls 14865. Our purpose is to pray for our communities, churches, and the spread of the Gospel. We welcome all interested Christians to meet with us to pray. If anyone has questions please contact Dru at 607-857-8699, Carolyn at 785-614-1037, or Dru at drunurse@aol.com.

**REAL ESTATE**

**REAL ESTATE**



**Alan Specchio**  
 NYS Lic. Real Estate Salesperson



**210 N. Franklin Street**  
**Watkins Glen NY 14891**  
 alan@warrenhomes.com  
 www.warrenhomes.com  
 C: 607.731.7266  
 O: 607.703.0111

**EFFICIENCY APARTMENT FOR RENT:** newly remodeled, Watkins Glen School District, 2 miles out of the village, heat/electric included. \$500/month. 607-738-4302.

**NEWLY RENOVATED:** 3 bedroom 1st floor apartment, Watkins Glen school district. \$1500/month includes heat, electric, water, lawn maintenance, etc. Call 607-738-4302.

**Palmer Manufactured Homes**  
**20 HOMES ON DISPLAY!**  
 Sectional/Single/Modular  
**WWW.PALMERHOMES.NET**  
 147 Rt. 17C East of Waverly, NY

**MISCELLANEOUS**

**MISCELLANEOUS**

**C&S HANDYMAN SERVICE**  
 Shawn McChesney. Home Repairs, Interior Painting and more! Custom Furniture. Fully Insured with 20 years of Experience. 607.684.8467.

**FIND THE HI-LITES** online each week at www.hilites.net.  
**I HAUL AWAY FREE OF CHARGE** All appliances, air conditioners, junk lawn mowers, riding lawn mowers, all metal. 607-438-7542, 607-742-3636.

**Cleanout & CLEAN-UP**  
**J.D. JUNK & CLEAN OUT Services**  
 Same Day Service!  
 607-242-8076  
 315-450-2230  
**RATES START @ \$39!**  
**DEMOLITION & JUNK REMOVAL!**  
 Lawn clean & haul away. We clean out: houses, attics, cellars, barns. We take down: sheds, garages, mobile homes, trees, brush etc.

**WATKINS GLEN HOMETOWN HEROES PROGRAM**  
 will be opening for new applications on January 20th and closing on February 20, 2025. Applications may be found on Shoc's website Schuyler Housing Opportunities Council Inc. and also at the HSC Building - Schuyler Veterans Service Agency, 323 Owego Street, Montour Falls.

**Midlakes Sales LLC**  
 6500 Log City Rd., Ovid, NY 14521  
 Metal Roofing — Lumber — Trusses — Poles  
 Insulation — Drywall — Overhead Doors  
 Complete Garages — Shed & Deck Packages  
 Full line of hardware, glass, glass cutting, pipes, pipe cutting and threading, and a full line of contractor's tools!  
**607-869-9483**  
 Open: Monday - Friday • 7am-5pm; Saturday • 8am-3pm  
 Closed on Sunday

**WOW**  
  
**KopyKat Collections & Redemptions**  
 2419 County Road 17  
 Watkins Glen, NY 14891  
**BOTTLE & CAN 5¢ RETURN**  
 607-435-2642  
 dac2941@verizon.net  
**NOW OPEN**  
 Monday, Tuesday 10am-2pm, Wednesday Noon-7pm  
 CLOSED: Thursday, Friday, Saturday, Sunday and ALL National Holidays

**Make the smart and ONLY CHOICE when tackling your roof!**  
  
**LIMITED TIME OFFER! SAVE!**  
 UP TO **50% OFF** INSTALLATION  
**FREE ESTIMATE 1.833.370.1234**  
 Expires 4/30/2025  
 ERIC-HOME... MADE IN THE U.S.A.  
New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area if you call the number provided, you consent to being contacted by telephone, SMS/text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homesevicecompliance.com. All rights reserved. License numbers available at eriehome.com/erie-licenses/

**It's not just a generator. It's a power move.**  
 Receive a free 5-year warranty with qualifying purchase\* - valued at \$535.  
 Call 866-643-0438 to schedule your free quote!  
 \*Terms and Conditions apply.  
 GENERAC  
 Be prepared before the next power outage.

**PETS**

**PETS**

**MEET STRAWBERRY AND ROYAL**  
 Sex: Neutered Males  
 Age: 14 weeks  
 Breed: Pit Bull Mixes  
 Size: Medium  
 Strawberry and Royal are the last two of the litter of pups who came into our care at 2 days old. All have been well vaccinated for DHPP, rabies, kennel cough, dewormed, spayed or neutered, are on heartworm and flea and tick preventatives and microchipped. All have received lots of human attention, cuddles and socialized and are incredibly friendly, loving, outgoing little puppies. They are learning how to walk on a leash, although it can be a bit comical at times and are working on their potty manners. What a great way to start off your new year with love and laughter!  
 The adoption fee for puppies is \$275. All have been spayed or neutered, vaccinated for rabies, kennel cough, DHPP, have had a complete fecal analysis, treated for internal and external parasites, are heartworm tested and on heartworm preventative and flea and tick preventative and are microchipped. Stop in on Monday, Thursday and Friday from 10- 1, Saturdays from 10 - 4, Sundays from 2-5 without an appointment or call us at 607-594-2255 to schedule an appointment. Or, visit our website www.schuylerhumane.org to fill out an adoption application to get the process started.  
 The Humane Society Shelter is located at: 124 Marina Drive, Montour Falls, NY  
 607-594-2255 • info@schuylerhumane.org  
 United Way NY Rescue Registration: RR173  
 We are proud to be a United Way Agency

**HUMANE SOCIETY OF SCHUYLER COUNTY**  
**Pet Pals Reading Program**  
 Have a young reader aged 5-13 looking to build language and reading skills in a stress free, nonjudgemental environment?  
 Shelter animals are the perfect audience! Reading to animals not only boost's self confidence in young readers and furthers their comprehension skills, it also provides socialization for our animals and leads to increased adoption rates.  
 To sign up, please contact us at 607-594-2255 ext. 205 or email lday@schuylerhumane.org

Town of Orange  
**PUBLIC HEARING**  
 899 Hornby Road, Beaver Dams, NY 14812  
**February 12 @ 6pm**  
 Town Hall  
**NEW TRUCK PURCHASE**  
 Community Bank N.A. Loan to be taken out in the amount of \$316,247.30 with intestate of 5.25% for 5 years. International Truck 2026 HX620 SBA (HX620) with front plow and side wing with box. Any more information can be found at the town clerks office.  
 Posted 1-28-2025 • Thomas Peer, Town Clerk

**ATTENTION SCHUYLER COUNTY FARMERS & LANDOWNERS**  
 Do you want your land included in the county's agricultural district?  
 You can petition to add your land between **January 15 - February 15, 2025**  
 For additional information and enrollment forms visit [www.schuylercounty.us/agdistricts](http://www.schuylercounty.us/agdistricts) or call the Schuyler County Planning Department at 607-535-8211

**FREE, CONFIDENTIAL SCREENING** to receive SNAP benefits (formerly Food Stamps) call 535-2050 EXT210.

**RK HOWELL GRAVEL PRODUCTS:** Gravel, topsoil, crushed stone. We can deliver. 607-243-5480 for information.

**PETS**

**PETS**

**HUMANE SOCIETY OF SCHUYLER COUNTY**  
**PET PSA**  
 from the Humane Society of Schuyler County  
 February 25 is National Spay/Neuter your pet day!  
 Here are some reasons to get your pet "fixed."  
 Spaying/neutering your pets:  
 • Reduces/eliminates the risk of certain cancers and fatal infections.  
 • Pets that are spayed/neutered are typically healthier and live longer.  
 • Reduces the pet overpopulation issue.  
 • Reduces/eliminates unwanted behaviors, such as spraying/escaping/humping.  
 • Reduces stress in females that comes along with being in heat.  
**HSSC partners with Shelter Outreach Services, a mobile spay/neuter veterinary service to deliver high-quality, low-cost spay/ neuter services. Since 2000, the Humane Society has sterilized over 13,000 animals in our community.**  
 Due to high demand for this service, priority will be given to income-eligible residents of Schuyler County. Please call 607-594-2255 ext. 205 for more information.

**HUMANE SOCIETY OF SCHUYLER COUNTY**  
**PET PSA**  
 from the Humane Society of Schuyler County  
 Did you know that road salt is toxic to pets? Road salt can cause pet's paw pads to dry out, causing pain and inflammation. Pets will then sometimes lick the salt on their paws, leading to excess drooling, nausea, vomiting, diarrhea, and possibly coma and death.  
 To prevent your pet from ingesting salt and from pain, be sure to rinse your pet's paws in warm soapy water and wipe clean after walking around outside. You can also put booties on your pet, if they will wear them. You can also purchase pet safe rock salt to use.  
 124 Marina Dr. Montour Falls, NY  
 Phone Number: 607-594-2255

# LOCALS HAVE MORE FUN

607-661-9674

**BECAUSE LOVE NEEDS FLOWERS**

ORDER TODAY FOR  
*Valentine's Day*

IVY LANE FLOWERS

CARDS - GIFTS - CANDY - AND FLOWERS

223-1 N. Franklin Street  
Watkins Glen

IVYLANEFLOWERSNY.COM

**BREAKFAST**  
Hector Fire House, Rt. 414  
SUNDAY, FEBRUARY 9<sup>TH</sup> • 8:00-11:00am  
Eggs, sausage, bacon, pancakes, home fries, toast, French toast, coffee, juice, milk.  
Adults \$10; Children (6-10) \$8  
Under 5 are free  
2nd Sunday of the month.  
Sponsored by VLH Fire Auxiliary



304 N Franklin St Watkins Glen

*Truffles!*

BLISSFUL BITES FOR YOUR VALENTINE



www.SpeccsFudge.com ♦ 607.331.4276

SENECA LAKE  
3812 bistro  
@ Lakeside resort  
WATKINS GLEN NY

**OPEN DAILY**  
8 AM - 8 PM  
BREAKFAST LUNCH & DINNER  
(607) 535-4232  
www.3812Bistro.com

**\$5 DELIVERY**  
11a-6p daily no minimum  
Order online - takeout or delivery

Breakfast 8am - 11am  
Lunch 11am - 3pm  
Dinner 3pm - 8pm  
Local Beer & Wine

10% Loyalty Rewards 3812Bistro.com



3812 Bistro @ Lakeside Resort · 3812 State Route 14 · Watkins Glen

**BATH & SHOWER UPDATES** in as little as 1 DAY!  
Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. 1-877-543-9189.

**!!OLD GUITARS WANTED!!**  
GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277.

**GET BOOST INFINITE!** Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 844-329-9391

**DudleyBOX Studio:** Old White Farm Properties, Burdett, NY. Fine Crafts & Design. A Family Tradition. pauldudleybishop@gmail.com

**MAKE A WIZARD'S WAND.** Tuesday February 18th at 5:00PM. Dutton S. Peterson Memorial Library, Odessa, NY. Geared towards tweens and up. No registration required.

**CLOTHES PIN REFRIGERATOR MAGNETS.** Saturday February 8th at 10:00AM. Dutton S. Peterson Memorial Library, Odessa, NY. All ages welcome. No registration required.

**WOULD YOU BE INTERESTED IN LEARNING** about the original beliefs of The Bible as they were taught by Messiah, the Apostles and the first century church? If this appeals to you, free Bible studies are available to individuals upon request. Not affiliated with any denomination. For more info: 607-546-9494.

**988 SUICIDE & CRISIS LIFELINE.** If you or someone you know needs support now, call or text 988 or chat 988lifeline.org. Talk with us. There is hope.

**FIREWOOD**

SEASONED HARDWOOD - FULL CORD \$210

GREEN HARDWOOD - FULL CORD \$175

KILN DRIED HARDWOOD - FULL CORD

607-846-0254  
DELIVERY AVAILABLE  
HEAP ACCEPTED

**AFFORDABLE TV & INTERNET.** If you are overpaying for your service, call now for a free quote and see how much you can save! 1-855-399-2803.

**JACUZZI BATH REMODEL** can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer.) Offer ends 3/30/25. Call 1-844-501-3208.

**ATTENTION OXYGEN THERAPY USERS!** Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-855-399-2719.

**FIND THE HI-LITES** online each week at www.hilites.net. 607-535-9866.

Public Health  
Schuyler County, NY

PHAB  
Advancing Public Health Performance  
World Health Organization Accredited

**Rabies Clinic**

Saturday, February 15th  
10am-12pm

Shared Services Building  
910 S Decatur St, Watkins Glen

- Cats, dogs, and ferrets must be at least three months old
- Cats and ferrets must be in a carrier (top-loading preferred)
- One animal per carrier
- Dogs must be on a leash
- Bring proof of any prior rabies shot
- Only bring the number of animals you can control

Pre-registration is available at [schuylercounty.us/rabiesclinic](http://schuylercounty.us/rabiesclinic)  
Walk-ins are always welcome.

No cost. Donations are appreciated.



106 S Perry St  
Watkins Glen, NY 14891 | [SchuylerCounty.US/PublicHealth](http://SchuylerCounty.US/PublicHealth) | 607-535-8140

The best way to keep your roof out of the landfill is with a Metal Roofing System

Your Roofing Consultant For  
**METAL ROOFING  
STANDING SEAM  
METAL SHINGLES**

**ZOOK'S**  
CONSTRUCTION, LLC  
Residential & Commercial Roofing



Free Estimates  
**(607) 999-ROOF**

**JD Clean Out**  
Junk Removal & Demolition

START YOUR WINTER CLEAN-UP  
WE ARE OPEN & FOLLOWING SAFETY REGULATIONS

**Rates Starting At \$39!**

**WE TAKE DOWN:** GARAGES • FENCES • SHEDS  
POOLS • TREES AND MORE!

**WE CLEAN OUT:** ATTICS • BASEMENT • YARDS  
GARAGES • HOUSES  
HOARDERS • AND MORE!

**HOUSEHOLD NAME YOU CAN TRUST!**

- MAKE THE JUNK GO AWAY TODAY -

**607-242-8076**  
**315-450-2230**

**EMPOWERING VICTIMS:** Justice Center of the Southern Tier envisions a community of victims and service providers working together in a safe environment that is free from coercion and fear. It is a place where victims can come for education, opportunity and comprehensive and integrated services in the pursuit of justice, hope and healing. JCST offers a host of services in one place including, but not limited to: Criminal Justice Advocacy, Case Management, Sounseling Services, Law Enforcement Availability, Civil Legal Network, and Compensation Claims. For more information, please contact Justice Center of the Southern Tier, 320 West Main Street, Suite A, Montour Falls, NY. 607-545-1100, info@justicecenter-southern-tier.org. www.justicecenter-southern-tier.org.

**AUTOMOTIVE**

**GOT AN UNWANTED CAR?** Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-888-251-3135.

**AUTOS WANTED**

**DONATE YOUR CAR TO VETERANS TODAY!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398.

**WE BUY 8,000 CARS A WEEK.** Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-855-403-3374.

**NISCELLANEOUS**

**DIRECTV** - All your entertainment. Nothing on your roof! Sign up for Direct and get your first free months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-534-6918.

**PREPARE FOR POWER OUTAGES TODAY** with a GENERAC Home Standby Generator. Act now to receive a FREE 5-year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move.

**WESLEY FINANCIAL GROUP, LLC TIMESHARE CANCELLATION EXPERTS.** Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971.

**DIRECTV STREAM** - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos. Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405.

**GET DISH SATELLITE TV + INTERNET!** Free Install. Free HD DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up to \$600 In Gift Cards. Call today! 1-866-782-4069.

**BEAUTIFUL BATH UPDATES** in as little as ONE DAY! Superior quality bath and shower systems at AFFORDABLE PRICES! Lifetime warranty & professional installs. Call Now! 1-855-399-2076.

**DO YOU NEED A ROOF OR ENERGY EFFICIENT WINDOWS & HELP PAYING FOR IT? YOU MAY QUALIFY THROUGH NEW RELIEF PROGRAMS** (800) 944-9393 or visit NYProgramFunding.org to qualify. Approved applications will have the work completed by a repair crew provided by: HOMEOWNER FUNDING. Not affiliated with State or Gov Programs.

**WATER IMPACTS YOUR HOME!**

Authorized Independent Kinetico Dealer  
**MARTIN WATER CONDITIONING** | Kinetico home water systems

**SKIN & HAIR**  
Treated water helps remedy dry skin and irritation.

**CLOTHES**  
Your clothes can last longer and remain vibrant with treated water.

**APPLIANCES**  
Treated water helps prevent your appliances from scaling and breaking down.

**TASTE**  
Coffee, Tea, and your drinking water taste better when treated.

**LIMITED-TIME OFFER**  
**\$100 OFF**  
A Whole House System or K5 Drinking Water Station

**LIMITED-TIME OFFER**  
**\$400 DOUBLE SAVINGS**  
When You Purchase Both a Whole House System & a K5 Drinking Water Station

**48 MONTH SPECIAL FINANCING AVAILABLE**

**FREE IN-HOME WATER TEST\***

**MARTINWATER.COM | 800-819-3598**

\*Free water test includes hardness, iron, pH, tds, chlorine & sulfur. Financing requires credit approval and is not valid toward prior sales. Offers are mutually exclusive & cannot be combined with other promotions or applied to prior sales. \$400 off applies to systems with a twin tank softener & a K5. \$100 will be deducted from total cost when purchasing a system with only one of those two units. Offers Expire 03/10/25

**HOME OF SHURFINE QUALITY FOODS & PRODUCTS**

**T BURG SHUR-SAVE**

2085 Route 96  
Trumansburg, NY  
PHONE 387-3701  
OPEN: 7-DAYS A WEEK  
7am to 9pm

**SUNOCO**

We gladly accept Debit Cards and the following:  
MasterCard DISCOVER NOWUS VISA

**www.tburgshursave.com**

**Long Stem Rose Bouquet \$29.99** dozen

**Red, Ripe Strawberries \$3.99** 1 lb. ctn.

**Baked Fresh Vanilla or Chocolate Decorated Cupcakes \$6.99** 6 ct., 1.15 oz.

**White or Yellow Land O Lakes American Cheese \$5.98** lb.

**Traditional or Honey Kretschmar Off The Bone Turkey Breast \$13.98** lb.

**White or Yellow Land O Lakes American Cheese \$5.98** lb.

**Baked Fresh Vanilla or Chocolate Decorated Cupcakes \$6.99** 6 ct., 1.15 oz.

**Assorted Varieties Maxwell House Ground Coffee \$3.98** 9.9-11 oz.

**Assorted Varieties Ronzoni Pasta 98¢** 16 oz.

**Assorted Varieties Francesco Rinaldi Pasta Sauce \$1.88** 23.5-24 oz.

**Assorted Varieties Furlani's Texas Toast 98¢** 6.75-8.46 oz.

**Assorted Varieties Wishbone Dressing \$1.98** 15 oz.

**Assorted Varieties General Mills Cereals \$2.98** 8.9-12 oz.

**Assorted Varieties Siggis or Brown Cow Yogurt 4/\$5** 5.3 oz.

**Assorted Varieties Cool Whip \$1.88** 8 oz.

**Assorted Varieties Freschetta Pizza \$5.98** 20.28-30.88 oz.

**Assorted Varieties Chobani Oatmilk \$2.48** 52 oz.

**Assorted Varieties Apple & Eve Orangic Juice \$2.48** 64 fl. oz.

**Assorted Varieties Sabra Hummus BUY 1 GET 1 FREE** 10 oz.

To assure sufficient supply of sale items, we must reserve the right to limit the purchase of sale items, except where otherwise noted. None sold to dealers or wholesalers. Not responsible for typographical errors. Artwork for display purposes only. Thank you for your cooperation.

**PRICES EFFECTIVE FEBRUARY 2025**

SUN 9	MON 10	TUES 11	WED 12	THUR 13	FRI 14	SAT 15
-------	--------	---------	--------	---------	--------	--------

**ANIMAL CARE**

**LAKE COUNTRY KENNELS**

Large Indoor Runs  
Special attention for every pet.  
Drop off and Pick-up  
By Appointment  
"Pets Leave Paw Prints on Our Heart"

1811 BAKER HILL RD  
WATKINS GLEN, NY  
607-973-2163 OR 607-329-3118

**SERVICE & BUSINESS DIRECTORY**

**AUTOMOTIVE PARTS**

**CARQUEST**

**AUTO PARTS**

STORE HOURS:  
SUNDAY CLOSED  
MON- FRI: 7:30 AM - 5 PM  
SATURDAY:  
WATKINS GLEN 8AM - 3PM  
MONTAUR 8AM - NOON

**WATKINS GLEN**  
201 N. Franklin St., Watkins Glen, NY  
607-535-2774

**BUILDER**

**H&S BUILDERS**

**ROOFING  
POLE BARN**

Ike Hertzler  
607-391-5529  
607-532-9582

2228 Vineyard Rd.  
Romulus, NY 14541

**BUILDING SUPPLY**

**TYRONE Building SUPPLY**

Lumber  
Pole Barn Packages  
Exterior Finishes

3700 St. Rt. 14  
Himrod, NY 14842  
607-243-9859

"Helping contractors build"

**CABINETRY**

**KraftMaid**

QUALITY CABINETS AT THE BEST PRICES!  
STOP IN AND SEE US FOR A QUOTE!

We also sell counter top: Laminate, Solid Surface, Quartz, Granite as well as Cambria products.

**WATKINS LUMBER**

401 Third St.  
Watkins Glen, NY 14891  
607-535-4423  
Mon-Fri 7:30-5pm  
Saturday 8am-3pm

**CLEANING SERVICES**

**ALLSTARR Cleaning**

Residential & Commercial Cleaning

**Allstarr Cleaning**  
607-738-5399  
3002 Lovers Ln  
Watkins Glen, NY 14891

**COMPUTERS**

**SCT Computers**  
Robert Wixson  
PC/Network Technician

**Microsoft CERTIFIED**  
Systems Engineer

Computer, Printer & Network Repair  
Computer and Peripheral Sales

306 N. Franklin St.  
Watkins Glen, NY 14891

Mon.-Fri. 8:00-5:30  
607-535-2495  
support@sctcomputers.com  
www.sctcomputers.com

**CONSTRUCTION**

**Esh's Construction**

New Construction  
Pole Barns  
Porches  
Garages

Call Henry  
607-233-3897

**CONSTRUCTION**

**ZOOK'S CONSTRUCTION, LLC**  
Residential & Commercial Roofing

Free Estimates  
(607) 999-ROOF

METAL ROOFING - STANDING SEAM - METAL SHINGLES

**DRYWALL & PAINTING**

**Veteran Owned**

**Siurano & Son**

Drywall & Finishing  
Interior & Exterior Painting  
Deck/Dock Restoration & Staining  
Pressure Washing  
Home Renovations

607-351-3102  
siuranoandson@gmail.com  
Call, Text or Email  
Free Estimates • Fully Insured

**ELECTRICAL & PLUMBING**

**KITCHENS & BATHS**

New Electrical Services and Upgrades  
Backup Generators  
New Municipal Water Service  
42 Years Experience

**CARVALHO CONSTRUCTION, INC.**  
607-582-7746  
lewiscarvalho@gmail.com  
Though the job be big or small, do it right or not at all!

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS, BBB ACCREDITED

**EXCAVATION**

- EXCAVATION • DRIVEWAYS
- GRAVEL PADS
- DRAINAGE DITCHES
- LOT CLEARING
- NEW & REPLACEMENT SEPTIC SYSTEMS

(607) 425-4564  
BURDETT, NY

**4 HYER TRUCKING & EXCAVATION, LLC**

**EXCAVATION**

**DRIVEWAYS & PONDS!**

**AHOUSE Trucking LLC**

We offer a variety of services like driveways, clearings, excavation and site work. We also haul 22 ton loads or smaller of stone, sand, dirt, mulch and much more.

Give us a call at  
607-351-6570

**EXCAVATION**

**SEA WALLS • DRAINAGE DRIVEWAYS**

**BETWEEN THE LAKES EXCAVATION LLC**

Full Site Excavating  
Small Scale to Large Scale

- New Ponds/Repair and Cleaning
- Driveways, Install and Repair
- Drainage
- Sea Walls, Retaining Walls
- Site Clearing
- New Lawn Installation, Repair
- Concrete
- Stone & Top Soil Delivery
- Much More

Free Estimates  
Fully Insured

607-793-3263

**EXCAVATION**

**Carson Excavating, Inc.**  
607-387-5534  
5345 Grove Road  
Trumansburg, NY 14886  
Insured • References  
Est. 2000  
Cell: 607-280-8001  
Backhoe, Dozer, Excavator, Dump Truck, Skidsteer, Rockhound, Auger, Basements, Barn Sites, Sewer, Driveway, Drainage, Ponds, Etc.

**EXCAVATION**

**Morgan Logging & Excavation**

**FIREWOOD HEAP ACCEPTED**

2427 Rt. 228, Odessa, NY 14869  
607-594-2742 Day & Night

All types exc. sewers driveways, ponds, land clearing, finish grading, Gravel & Stone, rockhounding, seed & mulch

Large - small dozer, backhoe, excavator - large & small, trucking, skidsteer, rockhound, loader, etc. Materials - crusher run, topsoil, any type of gravel or stone. Delivered or picked up at shop.

**GUTTERS**

**PEACHEY ENTERPRISE**

**Seamless Gutters**

3201 County Rd 138 Ovid, NY 14521  
Ph. 607.319.9844

**HANDYMAN SERVICES**

**L & B HANDYMAN SERVICES INC.**

OVER 35 YEARS EXPERIENCE IN:

- Remodeling • Concrete Work
- Plumbing • Flooring • Siding
- Sealing Driveways • Tree Removal
- Decks & Patios • Lawn Care
- Landscaping • Pressure Washing
- Demolition • Roofing

We also do attic, basement, & garage cleanouts!

Many trucks available

Sign up now for Winter Cleanup

Seamless Gutters & Gutter Guard  
"Never climb a ladder again."  
315-536-3756 315-870-0068  
landbtruckinghandymansvcs.com

**HEATING**

**NO GAMES NO ADDED CHARGES**

Discount for Veterans

**JUST PLAIN FAIR PRICING**

**GIVE A CALL TO SEE IF WE CAN SAVE YOU MONEY**

**Midway Propane Inc.**  
Box 3 5316 Rt. 14, Lakemont, N.Y. 14857  
607-243-7885

**HEATING**

**WIXSON'S HEATING & AIR CONDITIONING**

Sales • Service • Cleaning  
Complete Systems

**Thermo Pride**

HOME • OFFICE  
MOBILE HOMES  
594-2581  
Remember if your furnace needs Fix in call Bub Wixson

**INSURANCE**

**SIDLE INSURANCE & RISK MANAGEMENT**  
Service is our Product

- AUTO • HOME
- BUSINESS
- LIFE • HEALTH

607-535-6501  
TOLL FREE 888 84-SIDLE  
FAX 607-535-2360

AGENT@SIDLEINSURANCE.COM  
WWW.SIDLEINSURANCE.COM

**MEMORIALS**

**Thurston Memorials & Custom Crafts**

**Kent Thurston**  
1806 Bronson Hill Rd.  
Watkins Glen NY 14891  
607-242-6946

Competitive Prices  
Hand Craftsmanship

thurstonmemorials@gmail.com  
Thurston Memorials on Facebook

**PAINTING**

**C. J. MORSE PAINTING & CONSTRUCTION**  
EST. 1978

- Exteriors/Interiors
- Painting/Staining
- All Surfaces/All Finishes
- Repairs/Pressure Washing
- Decks/Basements
- Mildew/Mold Removal

Fully Insured/Free Estimates  
607-564-0620  
cjmorsepainting.com  
Senior Discounts • Scheduling Discounts  
Residential • Commercial

**PAINTING & STAINING**

**MIDLAKES PAINTING & STAINING LLC**

HOUSES  
INTERIOR PAINTING  
FIXUP/SPACKLING  
DECKS - FENCES

ANDY WENGERD  
3202 COUNTY ROAD  
138, OVID, NY 14521  
(315) 577-2700

**PLUMBING, HEATING & ELECTRIC**

**Kampfer COMPANY**  
PLUMBING • HEATING • ELECTRIC

(607)403-4163  
(607)267-6908  
kampfercompany@gmail.com

Serving the Finger Lakes  
Fully Insured  
Free Estimates

http://kampferco.com

**ROOFING**

**Little Beaver Roofing, LLC**  
 Don't Send Your Roof to the Landfill!  
 Cover it in an attractive metal roof. Save the mess from tearing off those old shingles, just cover it with metal.  
**Save \$\$\$\$\$\$**  
 Book a **FREE** roof inspection & no-obligation proposal in the next **TEN** days to find out how we can save you money!  
  
 Lodi, NY 14860  
 607-869-9484 • ask for Steve

**SERVICE & BUSINESS DIRECTORY**



**ROOFING**

**Walnut Ridge Roofing LLC**  
  
 Specializing in Traditional and Standing Seam Metal Roofing  
**315-350-0151**

**SEPTIC PUMPING**

**JEFF'S ON-SITE SERVICES, INC.**  
  
 • Septic tank pumping  
 • Grease trap services  
 • Septic system installation and repairs  
 • Hauling & Delivered Materials  
 Crushed stone  
 Item #4 Gravel  
 Sand & Topsoil  
 607-535-9530 EXT 2  
 or 607-227-4135  
 jeffsonsiteservices.com

**SEPTIC PUMPING**

**PUMPIN-N-DUMPIN INC.**  
  
 Septic Pumping • Installation  
 Repairs • Excavation  
 Drainage & Grading  
 Jared Marsh  
**(607) 793-8932**  
 pumpindumpininc@gmail.com


**SEPTIC SERVICE**

**KENNEY'S SEPTIC SERVICE**  
  
 • Septic Service •  
 • Portable Toilet Rental •  
 • Grease Removal •  
**Call for current pricing!**  
 Backhoe Service Available  
 Septic System Installation  
**607-738-4302**

**SCRAP**

Don't throw that old junk in the trash, turn your old junk into cash \$\$  
  
 Cars • Copper • Converters • Aluminum  
 Brass • Tin • Cast Iron • Steel • Stainless  
 "Always Competitive Prices Paid"  
 Check us out at  
 www.teetsandsonscrap.com  
 738 Black Oak Road, Newfield, 3 Miles Off Rt. 79  
**Teet's & Son**  
 Scrap Metal Recycling  
**607-272-1908**

**STORAGE**

**ALPINE STORAGE**  
  
 Easy Access ,  
 5 Sizes Available  
 5x10, 10x10, 10x15,  
 10x20, 10x30  
**(607) 594-3449**  
 1/2 mile North of Alpine  
 Junction on Route 13  
 Centrally located between  
 Ithaca & Elmira

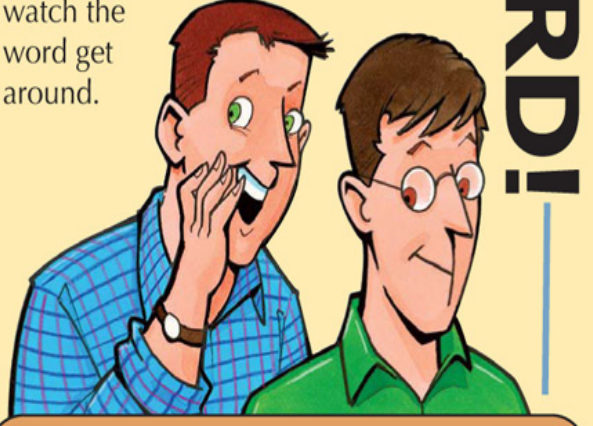
**VINYL WINDOWS**

**REPLACEMENT WINDOWS**  
 A FULL LINE OF VINYL REPLACEMENT WINDOWS  
 Call for Free Estimate & Professional Installation Custom made & manufactured by...  
  
**SOUTH SENECA VINYL**  
 Romulus, NY  
**315-585-6050**

**Selling or buying?**

**Spread the WORD!**

Whatever you want to sell, whatever you want to buy, you can't go wrong with the Classifieds. Reach out to hundreds of readers and watch the word get around.



**THE HI-LITES**  
 217 N. Franklin Street, Watkins Glen, NY 14891  
 607-535-9866 • hilites217@gmail.com

**CONSUMER CELLULAR** - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866

**MOBILEHELP**, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936.

**HEALTH & FITNESS**  
**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free information kit with details! 1-855-526-1060. www.dental50plus.com/ads #6258.

**ATTENTION: OXYGEN THERAPY USERS!** Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-866-477-9045

**ATTENTION: VIAGRA and CIALIS USERS!** A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-855-399-2582

**HEARING AIDS!!** High-quality rechargeable, powerful Audien hearing aids priced 90% less than competitors. Tiny and NEARLY INVISIBLE! 45-day money back guarantee! 855-819-7060.

**LIVE MUSIC**  
 Ovid VFW, 7068 St. Rt. 96, Ovid  
 featuring  
**Donna & The Country Mystics**  
 Saturday, February 8, 2025  
 8:00pm  
 Sponsored by  
**Lake Country Horsemen's Association**  
**OPEN TO THE PUBLIC**  
**No Cover - Donations Welcome**

**CONSUMER CELLULAR** - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-844-919-1682

**PEST CONTROL: PROTECT YOUR HOME** from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 1-866-448-8311 Have zip code of property ready when calling!

**Book your Project Now!**  
**Siding, Metal Roofing, Small Garages, and More!**  
**Don't Send Your Roof to the Landfill!**  
 Cover it in an attractive metal roof. Save the mess from tearing off those old shingles, just cover it with metal.  
**Save \$\$\$\$\$\$**  
 Book a **FREE** roof inspection & no-obligation proposal in the next **TEN** days to find out how we can save you money!  
**Little Beaver Roofing**  
 Lodi, NY 14860 • 607-869-9484, ask for Steve



**KraftMaid VANTAGE**  
 KITCHENS FOR THE REAL LIVING ROOM



**Every style. Any budget.**  
 Dream kitchens come in all shapes and sizes. With different lines of Kraftmaid®, we'll be sure you find the right fit for your project.  
 Stop in today and let our design specialist create the kitchen of your dreams at the best price!

**WATKINS LUMBER**  
 401 Third Street, Watkins Glen, NY 14891  
**607-535-4423**  
 Monday-Friday 7:30-5pm  
 Saturday 8am-3pm

# 10 Tips for Adults Nutrition Education Series

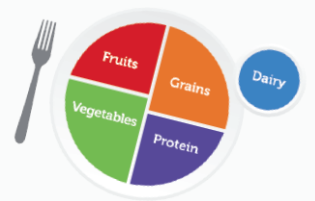
Office for the Aging presents a fun and interactive **no-cost nutrition workshop series for older adults**. Presented by Erin Willis, Nutrition Educator with NYSOFA SNAP-Ed.

## Series A Workshop: Choosing MyPlate

### 4-Part Workshop Series | Silver Spoon Cafe, Montour Falls



- Lesson A1: Introduction to MyPlate
- Lesson A2: Make Half Your Plate Fruits & Vegetables
- Lesson A3: Make Half Your Grains Whole Grains
- Lesson A4: Vary Your Protein Routine



**Begins 2/4, Tuesdays at 10AM**  
**Call or Email to Register: Erin Willis (607) 535 - 6822**






This material was funded by USDA's Supplemental Nutrition Program (SNAP). This institution is an equal opportunity employer. The Supplemental Nutrition Program (SNAP) provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. If you would like to request a reasonable accommodation to participate in the 10 Tips program, please contact the Schuyler County Office for the Aging at 607-535-7108.



## Cancer Care Yoga Class

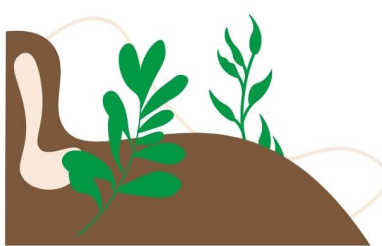
Rejuvenate yourself after the fatigue, anxiety and stress of cancer treatments. Join us for a one-hour mindful breathing exercise and restorative techniques to help manage side effects.

- 2025 Class Schedule**
- Saturday, February 8
  - Saturday, March 8
  - Saturday, April 5
  - Saturday, May 3
  - Saturday, June 14

-  **Start at 10 AM**
-  **Saturday, February 8**
-  **300 S. Madison Avenue, Watkins Glen, NY 14891**

Space is limited - Register today!  
**Kathie Notarfonzo to register**  
 **(607)-425-1042**

All are welcome and consultation with your healthcare provider is encouraged before starting the practice.



The Schuyler Health Foundation together with Gorges Givers hosts:

## Schuyler County Women's Cancer Support Group



**Facing Cancer Together:** A supportive community sharing experiences and coping strategies.

**Women afflicted by cancer, either as patients or caregivers, are invited to attend.**

- **4th Tuesday Monthly** (starting January 28)
- **6 to 8 p.m.**
- **Cascata Event Center**
- **224 Main Street**
- **Montour Falls, NY 14865**



 [susanm@htva.net](mailto:susanm@htva.net)  **(607)-259-7923**