

# Hilites

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**BREAKFAST**  
**Hector Fire House, Rt. 414**  
SUNDAY, SEPTEMBER 14<sup>TH</sup> • 8:00-11:00am  
Eggs, sausage, bacon, pancakes, home fries, toast, French toast, coffee, juice, milk.  
Adults \$12; Children (6-10) \$8  
Under 5 are free  
2nd Sunday of the month.  
Sponsored by VLH Fire Department

**In This Issue**

• Auctions/Sales.....	3 & 5	• Pet of the Week/Pets.....	5
• Automotive.....	3	• Produce/Garden .....	9
• Churches.....	4	• Real Estate .....	3
• Electric Service .....	6	• Service Directory... 10-11	
• Employment.....	6	• <b>SPIRIT OF SCHUYLER.8</b>	
• For Sale .....	9	• Tree Service .....	3
• Garden/Produce .....	9	• Wanted .....	3
• Landscaping/Mowing... 6		• <b>WATKINS GLEN</b>	
• Locals Having Fun .....	4	• <b>HOT AIR BALLOON &amp; MUSIC FESTIVAL .....</b>	<b>2</b>
• Obituary .....	3		

**SHOP LOCAL**  
**Inserts**  
• Tops Market ..... P  
• Watkins Glen School... P  
P=Partial F=Full Distribution  
PUBLISHER: Bridgette Stewart  
DAILY NEWS: Lucille Barr  
DISTRIBUTION: Jim Stewart

  
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# SEPTEMBER 12•13•14

## LIVE MUSIC

Friday  
3:00-5:00 Seneca Jam - Rock/mix  
5:30-7:30 Clark Jackson Band - Country  
8:00-10:00 A Zeppelin Thing - Led Zeplin Classic rock

Saturday  
10:00-12:00 JLC Country Music Duo - Country  
12:30-2:30 Rocky Allen - Country  
3:00-5:00 Aaron Kelly - American Idol variety  
5:30-7:30 Uncle Stosh's Hard Core Pears - Rock/Classic rock  
8:00-10:00 Bonfire: A Tribute to AC/DC - Classic Rock

Sunday  
10:00-12:00 Jeremy James - Country/mix  
12:30-230 Jason Wicks Band - Country  
3:00-5:00 Crossfire Hurricane - Rolling Stones Tribute Band

## VENDORS

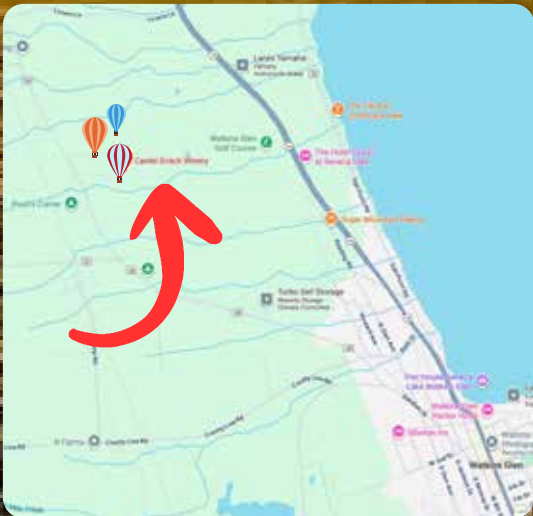
- |   |                          |
|---|--------------------------|
| Great Day Improvements                        | Chey's Perogi Shop       |
| TIKI BAR                                      | Alie's Creations         |
| Coopers Daughters Spirits                     | Pantry of Angels         |
| Putnam Amusements                             | WHOLESALE WONDERS        |
| Sunny Sips Lemonade                           | Aumicks Eats             |
| Funtastic Plastics                            | Siply Soda               |
| Tiger Lilly Creations                         | North Ferry Hats         |
| Jerry's Lunch Concessions                     | Ben & Jerrys             |
| Soupapotamus                                  | Angel Scripts            |
| Havoly  | Yeee Haw Mechanical Bull |
| Gramps Funnel Cakes + Fried Dough Consessions |                          |

Save now by purchasing your tickets by Sept. 11th.

Tickets are available at:  
[www.watkinsglenballoonfest.com](http://www.watkinsglenballoonfest.com)

VIP Tickets are limited!

Balloon Ride Tickets are available on our website as well, on the Balloon Ride Ticket page.



Castel Grisch Winery is conveniently located minutes away from Franklin St. in Downtown Watkins Glen.

Accessable by CR 28 and Lovers Lane off RT 14

3380 CR 28  
Watkins Glen, NY 14891





# Obituary

Erin M. (Reed) Preczewski passed away peacefully on August 19, 2025 after organ failure consumed her life. Erin is survived by her husband, Lou, as well as her amazing 3 children, Juliana, Zachary, and Alexander. She was predeceased by her father “Eddy” Reed, as well as her mother and best friend Joan (Brennan) Reed, her paternal grandparents Rosalyn and “Ken” Reed, and maternal grandparents John and Eileen Brennan. Up until the end of her last minutes on earth, she maintained her kindness, grace, compassion, appreciation of beauty, as well as her unconditional love for family and dear friends.



Erin didn’t have rose colored glasses, yet saw the world with a realistic vision. She had a deep passion for learning with perseverance for excellence. Erin loved cooking, baking, trivia, soft blankets, photography as its finest, her animals (2 cats and a dog), and of course her wonderful children. Food was her love language.

Erin worked for Chef’s diner for years with dedication, coining her nickname, “Five Star” from loyal patrons at the restaurant. She volunteered at Watkins Glen International “Strong kids, safe kids”, as well as the Watkins Glen Fire Department for years. Erin was also a New York State Certified First Responder, including CPR/First Aide, Ground Crew Safety for Mercy Flight Central Inc. for farm medic training for agricultural accidents. In addition, she would frequently donate her time locally in any way possible.

Because she was an introvert, the internet was her stomping grounds and frequently looked up new recipes on TikTok, snarky gossiping, as well as exchanging inappropriate (yet funny) memes. With an OCD mentality, generalized planning was a prerequisite with anything from weekly meal plans for the family, doctor appointments, vacation itineraries, maintenance schedules, creating a solid foundation for our family.

Erin will be missed tremendously by family and friends. Calling hours were held on Saturday, September 6, 2025 from 2:00pm - 4:00pm at Vedder, Scott & Zinger Funeral Home, 122 N. Genesee St. Montour Falls, NY. A memorial service followed at 4:00 pm. All who cared for Erin were welcome to show their final respects. Burial services will be held privately at the family’s discretion.

Funeral arrangements are under the direction of Vedder-Scott & Zinger Funeral Home, Montour Falls, NY. To leave the family a message of condolence, please visit [www.vedder-scottzinger.com](http://www.vedder-scottzinger.com)



## HAUGHEY-WOOD & ZINGER FUNERAL HOME

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122 N. Genesee Street  
Montour Falls, NY 14865

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[www.haugheywoodzinger.com](http://www.haugheywoodzinger.com)

## ROYCE-CHEDZOY

Funeral Home, Inc.

212 E. Fourth Street  
Watkins Glen, NY 14891

[RoyceChedzoy.com](http://RoyceChedzoy.com) TEL: 607-535-4331

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Open: Monday - Friday • 7am-5pm; Saturday • 8am-3pm  
Closed on Sunday

### AUCTIONS/SALES

## CONTINUING OUR GARAGE SALE

New items added every week!

Clothing is new, many have original tags. Ladies' L & XL summer \$1 each. Starting to sort and display warm weather clothing. Linens, kitchenware, household items. Office and school supplies. Framed art. No junk.

We will be adding more each week as we sort and space becomes available.

**FRIDAYS 3PM-6PM**  
**SATURDAYS 10AM-2PM**

Or by appointment, phone Walt: 607-532-4204.

Long driveway at 2989 State Route 96A,  
2 miles west of Interlaken Post Office.

**GARAGE SALE:** 2860 Countyline Rd., Watkins Glen. Saturday, September 13th, 9am until 6pm. Lots of freebies and household items. fishing rods, tools, and much more!

**BARN SALE:** Sept. 11, 12, 13. 4245 Ct. Rt. 14, Jackson Hill Rd., Montour Falls. Many items, antiques, tools....

**YARD SALE:** 112 Walker St., Montour Falls, 9/13 & 9/14, 9am.

### Chris' Contracting

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Shingles • Painted Steel • Rubber Roofing  
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### WANTED

**WANTED:** Coins, Currency, Gold, Silver, 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 SPORTS CARDS** printed before 1980. Call 607-368-3565.

### BUYING

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

**WANTED:** Any excess garden produce, fresh fruit, etc. for Schuyler Outreach Food Pantry. Prefer Monday/Tuesday drop-offs. Corner Decatur/10th St., Watkins Glen. Questions: 607-535-2815.

### TREE SERVICE

## WHY CALL THE rest WHEN YOU CAN CALL THE BEST?

Finger Lakes Landscaping Tree Removal. 24/7 emergency tree service, free estimates, fully insured, Sr. citizen & veterans discount. Ray Speicher, 607-377-2701. [RaymondSpeicher@yahoo.com](mailto:RaymondSpeicher@yahoo.com)

## 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.

### AUCTIONS/SALES

### REAL ESTATE

**BUYING OR SELLING? LET US HELP. FRANZESE REAL ESTATE** “Your Neighborhood Experts Making You Feel At Home” 607 N. Franklin St. Watkins Glen. 607.210.6100 [www.franzese-realestate.com](http://www.franzese-realestate.com).

### FOR RENT

3 bedroom upstairs apartment, Odessa school district, NO PETS. Call 607-738-4302.

### REAL ESTATE

## 3 BEDROOM HOUSE FOR RENT

Village of Odessa, no pets. Call for details, 607-738-4302.

**FOR RENT:** 2 bedroom mobile home, Montour Falls, \$875 plus utilities. 607-742-0772.

**CONTACT YOUR LOCAL** real estate agent for quality rentals.

## Palmer Manufactured Homes

### 20 HOMES ON DISPLAY!

Sectional/Single/Modular  
**WWW.PALMERHOMES.NET**  
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### AUTOMOTIVE

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Hrs: Mon-Fri 8-4; Sat By Appt.

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## Early Awareness and Screening Helps Prevents Prostate Cancer

While risk can vary based on a person's age, race, and ethnicity, studies show 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Doctors say it's best not to skip preventative testing, and to get screened.

“As men get older, they have more issues with their prostate” said Dr. Oussama Darwish, a urologic surgeon at Arnot Health, a member of Centralus Health.

Getting tested by age 45 helps doctors establish your baseline, detect any signs of cancer, and provide treatment with significantly better outcomes. Unlike a colonoscopy, the test is only a small poke.

“Testing for prostate cancer, which is usually done by a blood test, looks for PSA, or prostate-specific antigens in the prostate.” Dr. Darwish said.

Elevated levels can sound the alarm for cancer, but it's not necessarily a reason to panic. High PSA levels can be caused by benign prostatic hyperplasia or BPH, and prostatitis, both which affect the prostate gland. This can be a sign that the prostate is enlarged due to an infection or hormonal changes caused by aging.

Urologists recommend being proactive, especially those with a first-degree relative diagnosed with prostate cancer. If a parent, sibling, or child in your family has been diagnosed with cancer, Dr. Darwish says it's important to let your primary care provider know.



Testing for prostate cancer, which is usually done by a blood test, looks for PSA, or prostate-specific antigens in the prostate.

“I recommend being more consistent in checking patients with a history of prostate cancer or breast cancer in their family because it doubles the risk of having prostate cancer in the future.”

Certain genetic variations can also affect someone's chances of developing prostate cancer, this is especially true for people of African American heritage between the age of 55 and 65.

Screenings don't need to be done with a specialist. Primary care physicians may also perform PSA and digital rectal screenings. If you want to see a specialist, referrals from a primary care provider are encouraged but not required.


Arnot Health's urology office is located at 301 Hoffman Street, Elmira. Call (607) 733 – 1156 to make an appointment.

Cayuga Health's urology office is located at 201 Dates Drive, Suite 102, Ithaca. Call (607) 319 – 5747 to make an appointment.



LOCALS HAVE MORE FUN

UNITED WAY OF SCHUYLER COUNTY  
JAMIE "GILLY" GUILD MEMORIAL  
2025 HACKERS & WACKERS  
GOLF TOURNAMENT



Scan for Details

September 20th

**BREAKFAST**  
Hector Fire House, Rt. 414  
SUNDAY, SEPTEMBER 14<sup>TH</sup> • 8:00-11:00am  
*Eggs, sausage, bacon, pancakes, home fries, toast, French toast, coffee, juice, milk.*  
Adults \$12; Children (6-10) \$8  
Under 5 are free  
*2nd Sunday of the month.*  
*Sponsored by VLH Fire Department*



**FINGER LAKES ARTISANS:**  
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UNITED WAY OF SCHUYLER COUNTY  
JAMIE GUILD MEMORIAL  
HACKERS & WACKERS  
TOURNAMENT

SATURDAY  
SEPTEMBER 20 2025  
AT WATKINS GLEN  
GOLF COURSE  
AM Flight- 18 Holes \$400/Team  
PM Flight-9 Holes \$260/Team  
AM Flight registration 7am.  
Shotgun start 8am.  
PM Flight registration 1pm.  
Shotgun start 2pm  
100% of proceeds go to the United Way of Schuyler County  
Reserve your teams spot. Space is limited!

Tournament Includes  
18 holes of golf or 9 Holes with Cart  
Skins  
Breakfast or Hamburgers and Hot dogs on the turn  
Catered Dinner by Holy Cow  
Contest & Prizes  
Closest to the pin  
Longest Drive  
Hit the Dumpster 50/50  
Silent Auction



Event Information  


Register by texting 607-259-9460

St. Mary's of the Lake  
Fall Flower & Bake Sale  
Sept. 12th – Sept. 14th  
Hot Dogs, Burgers, Chips & Drinks  
will be available Friday & Saturday  
Friday, Sept. 12th, from 4:00 p.m. – 6:00 p.m.  
Saturday, Sept. 13th, 10:00 a.m. – 1:00 p.m.  
Sunday, Sept. 14th, after the 8:00 a.m. & 10:00 a.m. Masses



Fall Garden Mums, Ornamental Pepper & Montauk Daisy Plants \$7.00 or 4 for \$25.00  
This fundraiser benefits the many Ministries of St. Mary's of the Lake Church  
Your support is greatly appreciated!  
Please call the Parish Office with any questions at 607-535-2786


Benefit for  
**Amanda Goltry**  
Saturday, September 20<sup>th</sup>  
3 – 9 pm  
The Glen Club *aka* Jack Daniel's Club  
@ Watkins Glen International  
2790 Cty Rd 16, Watkins Glen, NY 14891  
(Enter through Gate #2)  
\$10 entry fee  
will include food  
& beverage  
Raffles,  
Chinese Auction,  
Pace Car Rides, Live  
Entertainment: Jeremy  
James & Muir Image  
Amanda has always gone out of her way to support her friends, family and loved ones, now it is time for us to come together and support her! All proceeds will benefit Amanda's fight against Breast Cancer  
For more information or how to donate please contact:  
Angela Mattison 607-542-8253 or Mary Cunningham 607-654-3174

Chemung Canal Trust Company Announces **FREE SHREDDING EVENTS IN SEPTEMBER** Chemung Canal Trust Company (CCTC), in partnership with Rogers Service Group, will host four free shredding events this September to help residents protect against identity theft. Each event runs from 1–3 p.m. and is open to individuals (not businesses) at no cost. Event Schedule: Sept. 13 – Arnot Road Office, Horseheads (29 Arnot Road); Sept. 20 – New Location: Montour Falls Firemen's Grounds (301 Clawson Blvd.); Sept. 27 – Waverly Office (405 Chemung Street); Sept. 27 – New Location: Southport Office (951 Pennsylvania Ave.) "Properly disposing of sensitive documents is one of the easiest ways to prevent fraud and identity theft," according to Scott T. Heffner, CCTC Senior Vice President & Director of Marketing. "This marks our 19th year offering this great public service." Rogers Service Group's mobile shredding trucks will be stationed in bank parking lots for easy drive-through access, with CCTC volunteers and Rogers' staff assisting with shredding and traffic flow.

**AWARD WINNING BOOK CLUB** every 3rd Wednesday at 11am. Sponsored by Dutton S. Peterson Library, Odessa, NY. Call the library for list of titles. (607) 594-2791.

**BRAIN GAMES** every 3rd Thursday at 11am. Keep your brain sharp at this monthly meet-up playing games, solving puzzles, and socializing with others. Sponsored by Dutton S. Peterson Library, Odessa, NY.

**FIND THE HI-LITES** online each week at [www.hilites.net](http://www.hilites.net).

**SUNDAY WORSHIP**

**AMERICAN BAPTIST:**

- Dundee Baptist Church**, 20 Seneca St., Dundee, NY 14837. 607.243.7313. Sunday Worship at 10:00 a.m.

**BAPTIST:**

- Alpine Baptist Church**, 5950 Cty Rt. 14. 607-594-2128. Thursday 7pm, Sunday School 10am and Sunday Worship 11am. KJV1611
- First Baptist Church**, 213 5th St., Watkins Glen NY. 14891. Pastor Jeff Miller. Sunday service 9:30am. Sunday School 10:30am. Live stream on Facebook. All are welcome, come as you are.
- Glen Baptist Church**, 33311 Reading Road, Watkins Glen. Sunday School 9:40am; Sunday Morning Worship 11:00am; Sunday Kids/Adult Bible Study 5:30pm; Wed. Prayer Meeting 6:30pm
- Grace Baptist Church**, 2032 Chambers Rd., Beaver Dams NY 14812, 607-962-4864. Service Times: Sunday school 9:45am; Sunday morning service 11:00am; Sunday Evening 6:00pm; Wednesday evening Bible study; 7:00pm. Nursery available each service. Junior Church 12 and under Sunday morning. We are a independent, fundamental, Kings James only, Bible believing Baptist church.
- New Hope Baptist Church**, 5528 State St. Millport, NY 14864. 607-739-2482. Pastor Jack Deyo. Church Service Wednesday 6pm, Sunday Service 11am, Sunday School youth & teenagers.
- Odessa Baptist Church**, 111 Fowler Place, Odessa, NY 14869. 607-594-2800. Adult and Teen Sunday School 9:30am. Service 10:30am Young Kids Sunday School during service. Wed. Women's Bible Study 9:30am. Sat, Men's Bible Study 6:30am. Sun, Group Bible Study 6:00pm.
- Pine Valley Baptist**, 4872 Pine Crest Rd., Millport, NY 14864. 607-739-7767. A.M. Service 11:00am, Sunday School 9:45am

**CATHOLIC:**

- St. Benedict's Church**, 307 Speedway, Odessa, NY, Saturday 5:00 pm Mass
- St. Mary's of the Lake Church**, 905 N. Decatur St., Watkins Glen, NY, Sunday 8:00 am & 10:00 am Masses
- The Parish Of Mary Mother Of Mercy:** St. Francis Solanus, 3660 Orchard St., Interlaken. Mass: Sat., 4:00pm; St. James the Apostle, 17 Whig St., Trumansburg, NY, Mass: Sunday, 9:00am; Holy Cross, 7231 Main St., Ovid, Mass: Sunday, 10:30am. For more info phone 607-294-0064. Or email: [immmery@dor.org](mailto:immmery@dor.org)

**EPISCOPAL:**

- Episcopal Church of the Epiphany**, 11 Elm Street, Trumansburg, NY 14886. 607-387-6274. Sunday service at 9:30am, Rev. April Stace.
- St. James' Episcopal Church**, 112 Sixth St., Watkins Glen 10:45 service, Fr. David Hanselman
- St. John Episcopal of Catharine**, 4938 County Rd. 14, Odessa, NY 14869. Services begin at 8:45am. Since 1810.

**LUTHERAN:**

- Our Saviour's Lutheran Church**, 2872 Westinghouse Rd., Horseheads. 607-739-9412. Sunday 10:30 Community Worship Service with Music. All are welcome.

**METHODIST:**

- Burdett United Methodist Church**, Lake Street, Burdett. Sunday Worship, 11-Noon. Live stream on Facebook.
- Cayutaville Methodist Church**, Sunday Service at 9:30.
- Fresh Start Church**, Service held at the Glen Theater, Franklin St., Watkins Glen, NY 14891. Sunday service at 10:00am.
- Mecklenburg United Methodist Church**, 6069 Turnpike Rd., Mecklenburg, NY 14863, Sunday Services at 9:30AM All are welcome! Come as you are!
- Montour Falls United Methodist**, 128 Owego Street, Montour Falls, service time 9am.
- Odessa-Catharine United Methodist Church**, 305 Church Street, Odessa. Sunday School 9:30-10:30AM Sundays, Church 11:00 AM Phone: 607-594-2271. Pastor Mike Kelly
- Reynoldsville United Methodist Church**, Sunday service 9:30-10:30
- Tyrone United Methodist Church**, 3647 Church Hill Road, Tyrone, NY 14887. 607-292-3239. Pastor Lee Capodagli. Worship service every Sunday beginning at 10:15am.

**NON-DENOMINATIONAL**

- Beaver Dams Community Church** (Formerly Beaver Dams UMC) 1285 Co. Rt. 19, Beaver Dams. Sunday Worship at 9:30. All Welcome, Independent Christian Church
- Bethel Fellowship Church**, 2035 State Route 14, Montour Falls Sunday Service begins at 10:30am. Wednesday Reborn Free Recovery Meeting begins at 6pm.
- Full Gospel Church of Catlin Center**, 683 Backer Road, Beaver Dams, NY 14812. Pastors Terrence and Melissa Passmore. Sunday Worship 11:00am, Children's Sunday School 11:30am, Prayer Meeting Sunday 5:30pm. Wednesday night Bible Study 6:30pm. 607-873-7185, email: [fgccatlin@gmail.com](mailto:fgccatlin@gmail.com) Facebook page: Full Gospel Church of Catlin. We look forward to seeing you.
- Full Gospel Covenant**. 4227 Perry Hill Road, Altay. Sunday Service 10 a.m. All are welcome. Come as you are.
- Tompkins Corners Country Church**, 402 Chambers Rd., Horseheads 10:00am, Sunday School 10am. All are welcome. Independent Christian Church.

**PRESBYTERIAN:**

- Burdett Presbyterian Church**, 3995 Church St., Burdett, NY 14818 607-546-8560, Sunday worship starts at 10am. All are welcome!
- First Presbyterian Church of Watkins Glen**, 520 N. Decatur St. Sunday Worship 11:00am.
- Hector Presbyterian Church**, State Rt 414, Hector, NY. 9:30am Sunday Worship service
- Moreland Presbyterian Church**, 3045 Beaver Dams Moreland Rd. Beaver Dams NY 14812. Reverend Paul Yoder, Sunday 9:30-10:30. All are welcome to join in person or by phone. Call in at 701-802-5357, access code 2568066
- Rock Stream Presbyterian Church**, 6062 Reading Road, Rock Stream, Sunday Worship 10:00am.

**REFORMED:**

- Interlaken Reformed Church**, 607-532-4321. 8315 Main Street, Interlaken, NY. Morning Worship Services at 10:30. "GO Church" for children ages held during the worship service. All are welcome!!

**WESLEYAN:**

- Grace Lee Wesleyan Church**, 2075 Chambers Road, Beaver Dams. 9am Discipleship Hour; 10am Connection Cafe; 10:30am Worship; 6:30pm Youth Group.

Send information to email at [hilites217@gmail.com](mailto:hilites217@gmail.com). Thank You!



# FREE RABIES VACCINE CLINIC

Hosted by the Humane Society of Schuyler County and Schuyler County Public Health



October 18, 2025 10am-12pm  
124 Marina Dr. Montour Falls, NY  
For dogs, cats and ferrets only.

Pre-register to save time at the clinic! Scan the QR code to complete the form or check our website at [schuylerhumane.org](http://schuylerhumane.org). Form closes on October 16 at 4pm. Donations are not required but are appreciated.



For additional vaccine clinic dates, please contact Schuyler County Public Health.

## PETS

**FOR SALE: BOSTON TERRIER PUPPIES.** Black and white & red and white, 8 weeks old, first shots, vet-checked, and dewormed. Family raised, very friendly and playful, nice puppies. \$600 each. 607-869-3148.

**BE RESPONSIBLE!** Get your pet spade or neutered!

## MISCELLANEOUS

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**SATURDAY, September 20, 2025 - 9:00 AM**  
CONSIGNMENTS ACCEPTED FROM 6AM UNTIL 9AM ONLY

All poultry and animals must be in a suitable box with air holes or crate for selling. If possible, please put birds in viewable box/crate. All animals/poultry must be free from contagious or communicable diseases.

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Sex: Spayed Female      Breed: American Bully  
Size: Medium- Large      Age: 3-4 years


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With a deep and complex personality, Jeanette would benefit from an experienced dog owner, someone who can understand her emotions from love and adoration, to being protective of those she loves. Jeanette has experienced seizures which are now well controlled with regular medication. If you are looking for a canine soulmate, please do come to meet Jeanette.

The adoption fee for adult dogs is \$225. All have been spayed or neutered, vaccinated for rabies, kennel cough, DH(L)PP, 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](http://www.schuylerhumane.org) to fill out an adoption application to get the process started.

The Humane Society Shelter is located at:  
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Thursday, September 18th  
6pm- 6:45pm Cats and ferrets ONLY  
6:45pm - 7:30pm Cats, ferrets, and dogs  
Shared Services Building  
910 S Decatur, 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.  
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Or visit our website at www.cseop.org, select "Programs" from the Menu, then select "Literacy Volunteers" for more information

United Way



# Schuyler County Office for the Aging

## Health & Wellness Classes

**\*\*Pre-Registration Required for all classes \*\***

**Classes held at the Silver Spoon Cafe**

**Join Instructor Katy Dunlap for these exciting classes!**

**Chair Yoga for beginners**  
Relax your mind & body! Yoga promotes both physical and mental well-being using postures, breathing techniques and meditation. Class starts Monday, September 22<sup>nd</sup> from 2:00 - 2:45 p.m. Class Size is limited.

**Mixed Level for those with prior experience**

Continue enjoying the benefits of yoga with more advanced postures. Dates to be announced; call to be put on wait list. Regular practice can lead to higher energy levels and a greater sense of well-being. Class begins Wednesday, September 24<sup>th</sup> at from 9:30 to 10:15 Class Size Limited

**\*FREE for Schuyler County residents age 60+**

*\*Contributions for the individual programs are gratefully accepted*



**CALL OR EMAIL**  
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**607-535-6827**  
**wdrake@co.schuyler.ny.us**



# Medicare Open Enrollment

## October 15th – December 7th

**Need to review or enroll in a 2026 plan?**  
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**Schuyler County Residents: Call 607-535-7108**  
**to schedule an appointment**

New York State Residents: 1-800-701-0501

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**9/27/25 - 4pm to 8pm**

**CUTOFF DATE: 9/20**

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Spirit of Schuyler is a 501(c)3 non-profit organization dedicated to improving the quality of life and expanding meaningful opportunities for Schuyler County residents in times of need. The organization focuses on providing emergency financial assistance to residents who fight for their financial independence, support themselves and their families, and are self-sustaining until unforeseen circumstances occur.



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**WANTED:** Any excess garden produce, fresh fruit, etc. for Schuyler Outreach Food Pantry. Prefer Monday/Tuesday drop-offs. Corner Decatur/10th St., Watkins Glen. Questions: 607-535-2815.

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<p><b>September 9</b> <i>The American Revolution: A Concise History</i> Chapters 1 &amp; 2</p> <p><b>September 16</b> <i>The American Revolution: A Concise History</i> Chapters 3-5</p> <p><b>September 30</b> <i>Liberty's Daughters: The Revolutionary Experience of American Women, 1750-1800</i> Preface, Chapters 1-7</p> <p><b>October 21</b> <i>The Iroquois in the American Revolution</i> Entire book</p>	<p><b>November 4</b> <i>A People's History of the American Revolution (Slavery and the Revolution)</i> Chapters 6, pp. 309-379</p> <p><b>November 18</b> <i>Taming Democracy: The People, the Founders, and the Troubled Ending of the American Revolution</i> Chapters 5-Conclusion</p> <p><b>December 9</b> <i>The Shoemaker and the Tea Party</i> Entire Book</p> <p>COPIES OF ALL TITLES ARE PROVIDED!</p>
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Schuyler County Office For the Aging

# FALLS PREVENTION

## SEMINAR

Thursday, September 25th  
10 am - 2 pm  
Human Services Complex  
323 Owego St., Montour Falls

“From Awareness to Action”

**Speakers & Demos 10:00- 11:30 am**  
Room 120



**10:00 - 10:45 Demonstrations**

Schuyler Hospital Rehab  
Talk to the Pharmacist  
Blood Pressure Check  
Chat with Local Services and Programs

**11:00 - 11:30 Speakers**

**Susan Gruber, Certified Aging in Place Specialist**  
**Forward Thinking Home Solutions**

**Michael Hurley, Division Lead- Home Modification**  
**Gerould’s Heathcare Center**

**11:30 am - 12 : 15pm Stay for Lunch**

*Enjoy lunch at the Silver Spoon Cafe. \*The suggested contribution for the meal is \$4.00. Nobody is denied a meal if they are unable to contribute.*

**12:30- 1:45 BINGO Silver Spoon Cafe**

**RSVP for seminar & lunch by Sept. 19th. Call: 607-535-7108**



## Tai Chi for Health

Free classes held at the Silver Spoon Cafe.  
*Special invitation to caregivers of friends/family with memory loss. Come on your own or with your care partner!*  
*All others welcome too, space permitting.*

Thursdays, 10-10:45am  
Sept. 18 – Dec. 18, 2025  
Location: Silver Spoon Cafe  
323 Owego St., Montour Falls

To register, click here: [Tai chi for Health - Silver Spoon Cafe](#)

For more information or help registering, contact -  
Wendy: 585-287-6430 or [wfambro@lifespanrochester.org](mailto:wfambro@lifespanrochester.org)



This program is supported in part by a grant from the NYS Dept of Health

## What is Tai chi?

Tai chi combines slow moving with deep breathing.

## What are the benefits?

Increase strength, balance & posture.

Prevent falls.

Improve mind, body & spirit.

Reduce stress and increase relaxation.

