



LAKE COUNTRY Pennysaver

170 N. Main St. • Albion, NY 14411-0231
585-589-5641 • Fax 585-589-1239
ads@lakecountrymedia.com

A publication of LAKE COUNTRY MEDIA
READ ONLINE AT:
www.lakecountrypennysaver.com



1939 Oak Orchard Rd.
Albion, NY 14411
Eat in or take out
682-6050

SHEET PIZZA and 50 WINGS SPECIAL
\$63.99 PRE-ORDER YOUR SUB TRAYS FOR THE BIG GAME BY TUE., FEB. 8!

Open 3-10p • Closed Wed. • Now Open Sundays 1p

Winter CLEARANCE

SALES IN ALL DEPARTMENTS!



I'M A TWO-SIDED MATTRESS

AMERICAN MADE

MATTRESSES BY **Gold Bond** Since 1899

Like us on Facebook for Giveaways, Coupons & More!

MON / TUES / WED / FRI
8:30 am - 5:30 pm

THURSDAYS
8:30 am - 8:00 pm

SATURDAYS
8:30 am - 5:00 pm

115 Main St. Brockport

585-637-3710

DunnsFurniture.com

**CUSTOM • PRINTED
YARD SIGNS**
Call for pricing and details!
**LAKE COUNTRY
Pennysaver**
585.589.5641

REMINDER

J-Co Can & Bottle Return, 206 Hamilton Street, Albion & NOW 718 S. Main St. MEDINA! 6 cents returns on the 6th, 16th & 26th.

CUSTOM-MADE RUBBER STAMPS and SELF-INKING STAMPS. Return address or what ever you might want on a rubber stamp. Any stamp can be customized with a logo, initial or design. Stop in and see what we have to offer. **Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641**

SNOW PLOWING: Holley, Kendall, Point Breeze, Kent area. Reasonable rates. **585.659.8130**



BEAR

1-year-old male shepherd mix with the biggest smile!! Energetic, playful and lovable.
Give us a call!

Please call 585-752-2588 for adoption and appointment information

Corner of 98 & 31A, Albion

www.friendsoftheocas.org • OCadoptions@aol.com

NOTICE OF FORMATION

Iced & Glazed, LLC filed Articles of Organization with Sec. of State (SSNY) on December 31, 2021. Office location: Orleans. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1213 S. Main Street, Medina NY 14103. Purpose: any lawful activity.



USE YOUR TAX REFUND

NO INTEREST FOR 48 MOS*

QUEEN-SIZE MATTRESS SETS
up to **30% OFF**
MAX PIES

KING-SIZE MATTRESS SETS
up to **30% OFF**
MAX PIES

FULL- & TWIN-SIZE MATTRESS SETS
up to **30% OFF**
MAX PIES

SOFAS & LOVESEATS
up to **40% OFF**
MAX PIES

BEDROOM GROUPS
up to **40% OFF**
MAX PIES

KITCHEN SETS
up to **30% OFF**
MAX PIES

DINING ROOM SETS
up to **40% OFF**
MAX PIES

CARPETING
up to **30% OFF**
MAX PIES

LUXURY VINYL PLANK
from **\$3.99/ft.**
MAX PIES

ROCKER/RECLINERS
up to **30% OFF**
MAX PIES

END TABLES
up to **30% OFF**
MAX PIES

BUNKBEDS
up to **40% OFF**
MAX PIES

HUTCHES
up to **40% OFF**
MAX PIES

SWIVEL ROCKERS
up to **40% OFF**
MAX PIES

ODD 4-DRAWER CHESTS
up to **40% OFF**
MAX PIES

LIFT CHAIR RECLINER
up to **30% OFF**
MAX PIES

GLIDE ROCKERS
up to **30% OFF**
MAX PIES

CHAIRS
up to **40% OFF**
MAX PIES

ENTERTAINMENT CENTERS
up to **30% OFF**
MAX PIES

ADJUSTABLE BEDS
up to **30% OFF**
MAX PIES

HIDE-A-BEDS
up to **30% OFF**
MAX PIES

Lake Country Pennysaver
ADVERTISING DEADLINE:
NOON on THURSDAY



LAKE COUNTRY Pennysaver

170 North Main St., PO Box 231, Albion, NY 14411-0231
Phone (585) 589-5641 Fax (585) 589-1239
e-mail address: ads@lakecountrymedia.com

Hours: Monday-Thursday 8:00 a.m. - 4:30 p.m.; Friday 8 a.m. - 1:00 p.m.
Evenings & Weekends by Appointment
Copy Deadline Noon on Thursday

The Lake Country Pennysaver is published and delivered every week to the homes and businesses of Albion 14411, Barker 14012, Clarendon 14429, Eagle Harbor 14442, Elba 14058, Fancher 14452, Holley 14470, Hulberton 14473, Kendall 14476, Kent 14477, Knowlesville 14479, Lyndonville 14098, Medina 14103, Middleport 14105 and Waterport 14571 by The Albion Holley Pennysaver, Inc.

Notice: The Lake Country Pennysaver will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the sole right to edit, revise or reject any and all advertising - with or without cause being assigned-which, in her judgment, is contrary to the interest of this publication. The opinions expressed in this publication are not necessarily those of the publisher. We cannot guarantee the return of photographs. The Albion-Holley Pennysaver, Inc., dba Lake Country Pennysaver-all rights reserved. No portion of this publication from creative concept to text, graphics or images, may be reproduced without the express written consent of the publisher. The Lake Country Pennysaver accepts newsworthy releases of articles from all concerns. Articles and releases will be published as space allows and the publisher reserves the right to edit or reject any press release or news copy.

All advertising may be cancelled or corrected, but must be in writing by 4 p.m. on the Wednesday preceding the next publication. Paid ads appearing in this paper do not necessarily reflect the views of the Lake Country Pennysaver or their employees. The Lake Country Pennysaver will not be held accountable for typographical or grammatical errors which may appear in the Lake Country Pennysaver unless the error totally changes the meaning or nature of the advertisement. The Lake Country Pennysaver reserves the right to refuse any advertisement.

POSITION: We do our best to comply with all requests for special position. POSITION however, CANNOT BE GUARANTEED. No adjustment, refund or reinstitution will be made because of the position in which an advertisement is published.



© 2017 Albion-Holley Pennysaver, Inc.

Prior sales excluded. Limited to in-stock items only. Must present coupon.
*Minimum purchase required. Subject to credit approval.

Like us on Facebook!

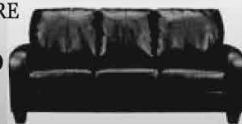


WHERE OUR CUSTOMERS SEND THEIR FRIENDS

EST. 1905 | Family Owned | Bedding | Carpeting | FURNITURE

400 Jackson St. | BATAVIA | 585.343.6280

M-F 9-5 (appts avail 5-7p); Sat 10-4; Sun Closed



Fair Haven Gift Shop IS CLOSED

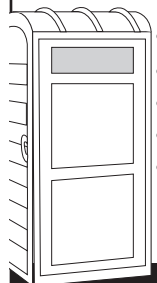
Entire contents are for sale

Please call at 585-589-9151 to discuss price and inspect goods (leave message)

14359 Ridge Rd., Albion, NY (adjacent to Tillmans Village Inn)

PORTABLE TOILET RENTALS

www.bestrentalswny.com



- Restroom trailers
- Single units
- Handicap units
- Portable sinks
- Flush units

Serving Orleans County since 1990.

Best Rentals, Inc.
585.682.0863 or 585.738.5381 Cell

NEW lower PRICES!

Say it with a BANNER

3' x 8' vinyl full-color banner only **\$80**
2' x 6' vinyl full-color banner only **\$53**
Many materials & finishing options available!

Call us for a free quote!

LAKE COUNTRY Pennysaver 170 N. Main St., Albion, NY 14411 • (585)589.5641
www.lakecountrypennysaver.com ads@lakecountrymedia.com Find us on Facebook

Directv Now. No Satellite. \$40/mo 65 Channels. Stream news, live events, sports & on demand titles. No contract/commitment. 1-866-825-6523

S.S. STOVEPIPE!!

Custom sheetmetal fabrication! Painted steel cupolas. Specializing in stainless steel & galvanized. Shoreline Sheetmetal, 12667 Rte. 18, Lyndonville. Tues., Thurs., Fri. 8-5, Saturday 8-12.

Senior gentleman- Will pay \$250/month to rent a room in your home. Call Gerald 1.772.359.8984

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Request a free quote today! Call for terms & conditions. 1-844-334-8353

CHILDCARE

CLARENDON: Dependable. Infants & toddlers welcomed. NY State licensed. D.S.S. approved. **OPENINGS AVAILABLE. 585.638.5750**

FIREWOOD: Split, Seasoned Firewood. \$80 per face cord. Free Delivery. 585.489.8911

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725

Home Improvement

All your home improvement needs - from Bathrooms to Kitchens; from Roofing to Siding. Including Carpentry, Electric & Plumbing. **Call JHS 585.615.3821**

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. Money back guaranteed! Call now 1-833-666-8336

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236

Fireplace/Chimney

SERVICES. All brands. Installation, caps, relining, repair, cleaning, crowns. Sales and Service. New and Refurbished. Wood, gas, and pellet stoves and fireplaces. **REGENCY FIREPLACE PRODUCTS.** 42' lift service. SERVING ORLEANS COUNTY. Call/ Text: 585.356.5567. Email: dhw202@yahoo.com. www.fireplaceandchimneyservice.com

Storage Trailers for sale or rent. 585.416.5029

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-833-386-1995 today!

NEED RAFFLE TICKETS? Come to the Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201

Electrician

Experienced and insured. **London ProElectric. Brian London 585.283.1301**

Central Boiler Classic Edge OUTDOOR WOOD FURNACE. Heat more with LESS WOOD. Call Today. **Brightly Farms, 1765 Redman Rd., Hamlin. 585.964.8756**

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58 #6258

WE KNOW WOMEN!

They want clean carpets! **Call Burris Cleaning.** Clean 2 rooms and get a FREE hallway cleaning! 585.589.1754 **www.BurrisCleaning.com**

WANTED TO BUY. Good working refrigerators & stoves. 585.589.4270

GENERATOR SERVICE. Most makes & models. Time for a tune-up. **Call Greg's Tractor, 90 South Main St., Middleport. 716.735.7181, 585.735.5606**

Hero takes stress out of managing medications. Hero sorts & dispenses meds, sends alerts at dose times & handles prescription refill & delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-free trial! 1-888-684-0280

R & M Seamless GUTTERS. 585.735.6610

Homemade Pies

Order your award-winning homemade pie today. **Chap's Elba Diner, Main St., Elba 585.757.5001**

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-434-9221 www.dental50plus.com/44 #6258

Water Lines

Quality, clean excavation water line installation [b]from home to road. FREE estimates[/b]. **Chappius Excavating 585.757.7546**

THANK YOU, MEDINA!

The Medina Area Association of Churches (MAAC) would like to thank the generous men, women, and children of Medina who donated toys, books, games, puzzles, hats, mittens, and scarves for the MAAC Christmas Box Program. Many families and Senior Citizens were able to enjoy a very Merry Christmas.

Special thanks to all the **VOLUNTEERS** who helped, including the Medina Firemen and the Ridgway, Shelby and East Shelby volunteer firemen and their families.

We are **very grateful** for financial donations and goods or services received from the following:

Businesses, Churches, and Organizations:

- The Grove United Methodist Church
- Cascades Container Packaging
- Alpha Theta Chapter of Delta Kappa Gamma
- C & H PC
- Walmart
- Emma Reed Webster Aid Assn., Inc
- Presbyterian Women First Presbyterian Church
- Glad Tidings Baptist Church

- Medina Parade of Lights Toy Donation
- Beta Sigma Phi Sorority
- Medina United Methodist Women
- TOPS Market
- Ladies Auxiliary East Shelby Vol. Fire Dept.
- Junior Wilson Sportsmen's Club, Inc.
- Trinity Service Guild Trinity Lutheran Church

And Individuals:

- Joan Bower
- Linda & David Kozubal
- Virginia Roberts
- Mr. & Mrs. John Misiti
- Jan Toale
- Lili McLaughlin
- Jean Sipple
- Clifford Wise 4th grade students of Christina Lopardi & Alina Patterson
- Medina High School Essentials Drive, led by Sara Cinquino, SA co-advisor
- Kathleen Evans
- Crystal Hungerford
- Doreen Goffe
- Becky Fike
- Ruth Cleveland
- Abigail Young
- Nelda & David Callard
- Janet & James Pritchard
- Lowell & Eleanor Davis
- Andrew Szatkowski
- Lisa Liston
- Bob Harrold

And especially the following:

- Alan and Susan Cobb in memory of Mary Cobb
- Marilyn B. Hiwiller in memory of Dorothy H. Boyd

SALE OF SURPLUS PROPERTY

Please take notice, the Village of Albion Board of Trustees will receive and consider purchase offers for the following Village owned properties through Feb. 7, 2022:

- 61 Brown St., Tax Map 62.19-3-6, assessed at \$11,300
- 120 W. Bank St., Tax Map 73.6-2-3, assessed at \$7,400

All purchase offers can be submitted to the Village of Albion, 35 E. Bank St., Albion, NY. All property is sold as is and the Village of Albion Board of Trustees hereby reserves the right to reject any and all purchase offers, or any informality in any and all bids.

Village of Albion, Board of Trustees

Start each day with a peaceful night's sleep!



Peaceful Sleeper® Mattresses
Luxurious Pillowtops
Organic Mattresses
Conventional Two-Sided
Custom Sizes • Metal Bed Frames

Hours: Mon., Tue. & Thu. 9a - 6p • Fri. 8a - 7p • Sat. 8a - 12p

1230 Foss Rd. (off Rt. 18) • Lyndonville

WANTED Farm land to rent.

Call **PANEK FARMS**
585-589-1404



4040 Bates Rd.
Medina, NY 14103
798-1439
www.arthillexcavating.com
info@arthillexc.com

Residential & Commercial • Insured

SEPTIC SYSTEMS

- Pumping
- Cleaning
- Repairs
- Installation

- Blacktop
- Ponds Digging & Cleaning
- Stone, Mulch & Topsoil
- Site Work
- Water & Sewer
- Trucking Services



FREE ESTIMATES



Obituaries



Luis A. Andino, Jr., 48, of Buffalo died unexpectedly Jan. 15, 2022 at his residence. He was born April 16, 1973 in Queens, NY to Antonio and Gloria (Romero) Andino and had lived in this area over 20 years. Luis enjoyed taking walks, listening to music, cooking, and especially making people laugh. Mr. Andino was predeceased by his siblings: Raymond Casenova, Danny Flores, Tito Romero, and Myra Flores. He is survived by his mother, Gloria Romero; brother, Jose (Ashley) Casenova; sisters: Maria (Felix) Casenova, Elminia Evans, Migdalia Flores; grandmother, Martina Romero; as well as several nieces and nephews. There will be no calling hours and a private service and interment will be held at the convenience of the family. In lieu of flowers memorials may be made to The Willow Domestic Violence Center, P.O. Box 39601, Rochester, NY 14604. Arrangements for Luis have been entrusted to the Christopher Mitchell Funeral Home of Albion. To share a special memory of Luis, please visit: www.mitchellfamilyfuneralhomes.com



Jesse R. Bieber was born on Feb. 15, 1965, at EJ Myers Hospital, Buffalo. On Jan. 19, 2022 he departed this life at the same hospital (now ECOM) from COVID-19. Jesse was blessed with amazing parents: Douglas (deceased) and Mary Jane Bieber. At age 32, Jesse was reunited with his birth father, Kenny (Joanne) Parris and predeceased by his step-dad, Harold Cleckley. He leaves behind the love of his life, wife of 33 years, Jennifer (Bruning) Bieber; children: Joshua Bieber of Middleport and Jolene (Jackie) Bieber of Gasport; mothers-in-law: Charlene Richey and Mary Beth Dooley; sisters:

Melissa (Todd) Hansler, Tricia (Chris) Suba, Kerry James, Shonda Cleckley; sisters-in-law: Gretchen Bruning, Megan Bruning, Ingrid Bruning; brothers: Keith (Tammy) Parris, Kenny (Michelle) Parris, Kevin Parris and Jason Cleckley; brothers-in-law: Martin (Jenna) Bruning, Gabe (Jenna) Bruning. He was Godfather to Miss Charitie Bruning, Miss Hannah Suba and was predeceased by Wyatt Jeffords. He is also survived by countless nieces, nephews, cousins, aunts and uncles. Jesse loved his family, farming, auctions, his beagle puppy Jack, spending time by the campfire with friends, going to concerts, taking long drives and was a tractor enthusiast. He was the Town of Royalton Historian for 16 years and worked for the Department of Agriculture for 12 years. He was a member of the Town of Royalton Historical Society, Royalton Planning Board, Trinity Lutheran Church of Wolcottsville, Roy-Hart Agricultural Education Committee, Niagara County 4-H program, Niagara County Farm Bureau, WNY Gas & Steam Engine Association and Chairman of the Royalton Bicentennial Committee; and former member of the Cornell Cooperation Board of Directors. Family will receive friends at Bates, Wallace and Heath Funeral Home, Middleport, NY on Tue., Jan. 25 from 12-3 p.m. with an open casket and a closed casket from 5-8 p.m. We will meet at Trinity Lutheran Church, Wolcottsville, 12 p.m. on Wed., Jan. 26. Directly after the service we will proceed to the Wolcottsville Fire Hall for a Celebration of Life! Family and friends will be present at the fire hall until 6 p.m. Casual dress is required at all arrangements, as per Jesse's request. In lieu of flowers please make donations in Jesse's memory to Niagara County 4-H Sponsors, 4487 Lake Ave, Lockport, NY 14094; or the Gasport Beautification Committee, 8770 Rochester Rd, Gasport, NY 14067. To share a special memory of Jesse, please visit: www.mitchellfamilyfuneralhomes.com



James A. Borucki, 66, of Clarendon died unexpectedly Dec. 25, 2021. He was born Jan. 24, 1955 in Buffalo and had lived in this area over 23 years. Jim was a U.S. Air Force Veteran serving as an Aircraft Maintenance Technician. He enjoyed drawing and painting and especially watching movies. There will be no prior calling hours. A private interment will be held in WNY National Cemetery with Military Honors. Jim's arrangements have been entrusted to the Christopher Mitchell Funeral Home of Albion. To share a special memory of Jim, please visit: www.mitchellfamilyfuneralhomes.com



Elizabeth A. "Liz" Cloy, 62, of Middleport died in her home following a long illness on Jan. 18, 2022 surrounded by her family. She was born Nov. 27, 1959 in Lockport to Richard and Lela (Eckhardt) Arlington and was a life-long resident of this area. Liz had worked as a server at the former Basket Factory Restaurant and then in later years at Lockport Savings Bank in Medina. She was a member of the Middleport United Methodist Church, enjoyed painting, reading, doing puzzles, taking walks and baking cookies with her granddaughter. Mrs. Cloy was predeceased by her husband, Kevin. She is survived by her son, Glen Sager and granddaughter, Skigh of Middleport; parents: Lela and William Lathrop of Lockport; brother, Scott (Deborah) Arlington niece, Brittany Shepard of Fla.; good friend, Betty Hoste and her beloved dog, Lily. There will be no calling hours. Family and friends attended her memorial service Sat., Jan. 22 in the Middleport United Methodist Church. Interment will be held at the convenience of the family. In lieu of flowers memorials may be made to Niagara Hospice, 4675 Sunset Dr., Lockport, NY 14094. Liz's arrangements have been entrusted to the Bates, Wallace & Heath Funeral Home of Middleport. To share a special memory of Liz, please visit: www.mitchellfamilyfuneralhomes.com



Edward L. Davis, Jr., 56, of Gaines died suddenly at this home Jan. 15, 2022. He was born Aug. 8, 1965 in San Antonio, Texas and had lived in this area for most of his life. Ed was a proud member of the NRA; enjoyed hunting, shooting, and loved to fish. He cherished his friends and would always be willing to help anyone in need. Ed also had special love for his dogs, Lenny and Dixie. Mr. Davis was predeceased by his wife, Donna. He is survived by his loving sister, Claudia (Michael Nenni) Schuner of Albion; siblings: Lynell Penrose of OK, Mary Ann Hauser of TX, Donald Tireman of TX; several nieces and nephews, and many close and dear friends. There will be no calling hours and a private service and interment will be held at the convenience of the family. In lieu of flowers, memorials may be made to PAWS Animal Shelter, 3371 Gaines Basin Rd., Albion, NY 14411. Ed's arrangements were entrusted to the Christopher Mitchell Funeral Home of Albion. To share a special memory of Ed, please visit: www.mitchellfamilyfuneralhomes.com



Alice Grier, 97 of Bates Rd., Medina, NY, died on Jan. 12, 2022. She was preceded in death by her parents, and her husband, Clarence Grier. Left to mourn her passing is her great-niece, Sydell Green; 9 great-great nieces and nephews; and very close friend, Lloyd Aston. The family received friends at the Christopher Mitchell Funeral Home, 21 West Ave., Albion on Thu., Jan. 20 where her service will immediately followed. Interment was held in Boxwood Cemetery, Medina. To share a special memory of Alice, please visit: www.mitchellfamilyfuneralhomes.com



Amy C. Herbert, entered into rest on Dec. 25, 2021 in West Orange, NJ. Born on March 22, 1946 in Rochester, she was a daughter of the late Walter A. and Margaret (Cato) Krozel. Amy graduated from Holley High School and went on to study political science at St. Lawrence University. Amy was a wife and mother and later became a teacher by obtaining her Master's degree in elementary education at Nazareth College, Rochester. She worked for many years as a substitute teacher in the Rochester City School District. Amy loved to read, travel, shop and spend time with family and friends. She will lovingly be remembered as a devoted mother and grandmother. Amy is survived by her two daughters: Jennifer L. Herbert (Joseph Militello) and Margaret A. (Christopher) Burns; grandchildren: Isabella Militello, Quinn Burns and Emily Burns; sister, Gail (late Tom) Younker; brother, Ken (Sue) Krozel; nieces: Kim (Younker) Ashworth, Melissa (Younker) Althouse, Stephanie (Younker) Valenti, Holly (Krozel) Gilpin, Emily (Krozel) Days; and nephews: Tom Younker and Ken Krozel. A memorial service will be announced for a later date in the spring to be held at the First Presbyterian Church in Medina. Burial will be in Boxwood Cemetery. Arrangements are in the care of Cooper Funeral Home, 215 W. Center St., Medina. Share memories and condolences at: www.cooperfuneralhome.com



Mary Ann Kelly, 78, entered into rest on Fri., Jan. 14, 2022 at the Villages of Orleans Health & Rehab Center in Albion. Born Feb. 26, 1943 in Medina, Mary Ann was the daughter of the late John W. and Alice (O'Brien) Kelly. She was a 1960 graduate of Medina High School. On April 24, 1965 she married Robert F. Bessel and together raised two children. A devout Catholic, Mary Ann was a lifelong parishioner of Holy Trinity Parish, St. Mary's Church in Medina. Early on in life she worked for Cooks Wholesale in Medina, then for Fisher-Price Toys and finally for Bernzomatic. Mary Ann loved gardening, doing crafts and especially spending time with her grandchildren. In addition to her parents she was predeceased by her brother, John W. "Bill" Kelly, Jr. in 1971; and former husband, Robert Bessel in 1992. Survivors include her daughter, Kelly (Michael) Bice of Watertown; son, Jason (Joleen) Bessel of Medina; grandchildren: Megan and Hannah Oram, Olivia and Johnathan Bessel; step-grandchildren: Dylan and Cassidy Bice; several nieces and nephews; and special friend, Ann Bane. Calling hours were held on Thu., Jan. 20 at Cooper Funeral Home, 215 W. Center St., Medina. Her Mass of Christian Burial was celebrated on Fri., Jan. 21 at Holy Trinity Parish, St. Mary's Church, Medina. Interment was in St. Mary's Cemetery. In lieu of flowers, memorial donations may be made to the Alzheimer's Association at www.alz.org, North Country Troopers Assisting Troops at www.nnytroopers.com or to a charity of one's choice. Share memories and condolences at: www.cooperfuneralhome.com



Rita F. Mondo, 94, of Medina, entered into rest on Wed., Jan. 12, 2022 at Medina Memorial Hospital- North Wing Skilled Nursing Facility. Born in Medina on May 15, 1927, Rita was a daughter of the late Leo and Mary (Kaniecki) Fraczak. She married the late Russell J. Mondo. Rita worked for many years as a bank teller at the Medina Savings & Loan Association. She was a devout Catholic and was a parishioner of Holy Trinity R.C. Parish, St. Mary's Church in Medina. She and Russell were avid travelers. Rita was a great baker. Rita loved to have company over and enjoyed playing cards at the Senior Citizens of Western Orleans. Rita will be fondly remembered as a loving wife, sister, aunt and great-aunt. Rita was preceded in death by her beloved husband of 63 years, Russell Mondo in 2012; siblings: Virginia Fraczak, Joseph (Lois) Franklin, Sr., Stanley "Slats" (Martha) Fraczak, Leonard (Lucretia) Fraczak, Isabelle (Joseph) Mastrimonico, Dorothy (Francis) Garbarino, Marion (Edward) Washak and Irene (Paul) Sterling; brothers-in-law: Caesar Mondo, Warren Scarlett and John Poler. Survivors include sisters-in-law: Mary Scarlett, Teresa Poler and Harriet Mondo; nieces and nephews: Cynthia Hewitt, Virginia Klotzbach, Christine Biernacki and Clara Lake; and many great-nieces and nephews. Her Mass of Christian Burial will be held at a later date to be announced later in the spring. Interment will be in St. Mary's Cemetery. In lieu of flowers donations may be made to the Medina Memorial Hospital- North Wing Activities Program, 200 Ohio St., Medina, NY 14103; Holy Trinity Parish, 211 Eagle St., Medina; Knights of Columbus 418 Main St., Medina; or to the Senior Citizens of Western Orleans, 615 West Ave., Medina. Arrangements are in the care of Cooper Funeral Home, 215 W. Center St., Medina. Share memories and condolences at: www.cooperfuneralhome.com



Doris E. Quintern, 84, of Gasport left this world to be reunited with her one true love, Deane, Jan. 17, 2022. She was born June 17, 1937 in the Town of Yates to August and Gladys (Plummer) Riemer and was a life-long resident of this area. For many years, Doris taught Sunday School and Confirmation Class at Mt. Olive Lutheran Church in Lockport where she was also a member and belonged to the Altar Guild. She enjoyed working in her yard and tending to her flowers; as well as watching soap operas, Jeopardy and Wheel of Fortune. Doris was also an avid NY Yankees Fan, but most of all she was very family oriented and a devoted wife and mother. Mrs. Quintern was predeceased by her husband, Deane; son, John; grandson, Robbie; and siblings: Donald Riemer, Joyce Banazwski, Marian Warne, Shirley Schnackel, and MaryLou Young. She is survived by her sons: William (Pamela) Quintern of MD, David (Darla) Quintern of Ransomville; daughters: Eileen (Ron) Gawel of Niagara Falls, Jeanne Quintern of Gasport, Jennifer Atherton of Fla.; sisters: Margo Schuner of Medina, Carol Hibbard of Fla.; 15 grandchildren, 4 great-grandchildren,

several nieces and nephews. There will be no calling hours. A memorial service will be announced and held at a later date with interment in Huskey Cemetery. In lieu of flowers, memorials may be made to: Oishei Children's Hospital, 818 Ellicott St., Buffalo, NY 14203. Doris's arrangements have been entrusted to the Sherrie Bream Funeral Home of Gasport. To share a special memory of Doris, please visit: www.mitchellfamilyfuneralhomes.com



Douglas "Doug" Rodas passed away on Jan. 13, 2022 at Unity Hospital. Born on July 20, 1962, Doug was a son of the late Luther and Shirley (Rose) Rodas. After graduation from Brockport High School, he became an electrician working at SUNY Brockport, where he met the love of his life,

his wife Dawn (Trolley) Rodas. He loved the great outdoors, including hunting, fishing, and camping, classic cars, motorcycles, and spending quality time with his family. Doug will also be remembered for his gentle and loving nature with all animals, especially Cocker Spaniels and his two Yellow Labs, Harley and Sammie. He is survived by his wife, Dawn; step-daughter, Erica (Mark) Kuntz; daughter, Connie Rodas; granddaughter, Julianna Kuntz, and three siblings. There were no prior calling hours. In lieu of flowers, memorial donations can be made to an animal shelter or rescue organization of your choice. Doug's arrangements have been entrusted to Christopher Mitchell Funeral Homes, 21 West Ave., Albion, NY 14411. To share a special memory of Doug, please visit: mitchellfamilyfuneralhomes.com



• Family owned since 1957 •

CHRISTOPHER MITCHELL

FUNERAL HOMES, INC.
Albion - 589-4471 • Holley - 638-6397
www.mitchellfamilyfuneralhomes.com

Winner of the 2020 NFDA Pursuit of Excellence Award
Three generations of serving our community.

Saeva Metal Works LLC, filed with the Secretary of State of New York (SSNY) on December 23, 2021. Office Orleans County SSNY designated as agent for process and shall mail to 3715 Eagle Harbor Rd., Albion, NY 14411.

FIREWOOD

AGAINST *the* GRAIN

WOOD SALES

Formerly known as B&D Wood Sales

Dry Seasoned Firewood • Delivery or Pickup Available

Call or text Philip for pricing: 585-732-0521

HOUSEHOLD APPLIANCE REPAIR, in-home service. **Dave's Appliance** 716.735.7053

Tractor tires, rims, tubes & parts. Ridge Farm Supply, Rt. 104, Jeddo, 585.735.7429, www.ridgefarmsupply.com

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8-6 ET)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 833-719-3029 or visit dorranceinfo.com/acp

CARPENTRY

Home Maintenance & Repair. 30 years of experience. Insured. References. **CHR-CARPENTRY, HOME MAINTENANCE & REPAIR.** 716.251.1685, call or text

SEPTIC

DON'S TRUCKING is pumping septic & hauling driveway stone, topsoil, sand & all other types of materials. Also: Bobcat, backhoe & dump truck service. Lawn and driveway installs and repairs. **Call Don's Trucking 585.732.3407, 585.659.8683**

WANTED TO BUY. Good working refrigerators & stoves. 585.589.4270

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 844-649-4766

FULL COLOR VINYL BANNERS. Any Size. Lake Country Pennysaver 170 N. Main St., Albion. brad@lakecountrymedia.com, 585.589.5641

LETTERHEAD, ENVELOPES, BROCHURES - WE PRINT EVERYTHING! Check our low prices! Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641

PET GROOMING

Clean Dog = Happy Dog. Call Sugar's Shears today! 585.332.9932 Jody. 243 South Main Street, Albion

Looking To Buy

2006 or newer cars and trucks. WE PAY CASH. 80,000 miles or less. Call us on classic cars too! Call Cliff at Spurr Dealerships 585.391.6527

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-521-5138

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-570-0887

R & M Seamless GUTTERS. 585.735.6610

WATERS BASEMENT

Waters Basement Services, Inc., The only WATER that should be in YOUR BASEMENT is BOB WATERS... Waterproofing. Drain Tile, Sump & Backup/Pumps, Wall Crack Repair, Stone Foundations, Structural Repair, Rim Joist Spray Insulation & More! Visit our Web Site for complete services & Before & After Photos. www.WatersBasementServices.com. 585.765.3369 or 716.474.3898

DAVIS HOME SERV.

Electric, power washing, decks and more. Insured. Family owned. Reasonable rates. Senior Discounts. 585.520.9880

Jacob B. Hebdon
Licensed Funeral Director

Timothy D. Cooper
Licensed Funeral Director

215 West Center Street
Medina, New York 14103
585-798-4131
CooperFuneralHome@gmail.com
CooperFuneralHome.com

POLE BARN

Garages & Additions
Roofing, Siding & Remodeling

Tim & Robert Gregoire Construction

Insured **455-6277** References

Subscribe Now

to receive the newest copy of the Lake Country Pennysaver via email!

Sign up at:
www.LakeCountryPennysaver.com

ads@lakecountrymedia.com 585-589-5641 **LAKE COUNTRY Pennysaver**

Hope

RESALES

* A Community Thrift Store.

Buy One
Get One
Free Sale

BUY ONE, GET ONE FREE

ON ALL CLOTHING JAN. 26 - FEB. 12, 2022

Lyndonville UMC • 585-765-9313

Hours: Wed 10a-1p, Thu 4-7p - 7, Fri & Sat 10a-1p

GENERAC

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
855-972-3529

FREE

7-Year Extended Warranty*
A \$695 Value!
Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GENERAC

PWRCELL

SOLAR + BATTERY STORAGE SYSTEM

Prepare for Power Outages & Save Money

REQUEST A FREE QUOTE!

ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!*

| (877) 350-0197

*Offer value when purchased at retail. Solar panels sold separately.

NEED A HANDYMAN?

The Eviction Moratorium Has Been Lifted!

Let us help you get those on-hold projects back on tract.

SERVING THE GREATER ORLEANS COUNTY AREA. FULLY INSURED.

"You go have fun and I'll get the work done"

Look no further, I'm your man!

FREE ESTIMATES Call Ed 716-843-6680

NOTICE OF SALE IN FORECLOSURE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF GENESEE STATE OF NEW YORK MORTGAGE AGENCY, Plaintiff, v. KATHRYN J. DARKER, et al. Defendant. PLEASE TAKE NOTICE THAT In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Genesee County on October 26, 2021, I, John C. Gavenda, Esq. the Referee named in said Judgment, will sell in one parcel at public auction on February 8, 2022 at The Genesee County Court Facility, One West Main Street, Batavia, County of Genesee, State of New York, at 10:00 AM the premises described as follows: 2625 East Shelby Road a/k/a 2625 E Shelby Road Oakfield a/k/a Barre a/k/a T/O Barre & T/O Oakfield, NY 14125 SBL No.: 126.-1-272 & 14.-1-2.2 ALL THAT TRACT OR PARCEL OF LAND situate in The Town of Barre, County of Orleans, State of New York and situate in the Town of Oakfield, County of Genesee, State of New York. The premises are sold subject to the provisions of the filed judgment, Genesee County Supreme Court Index No. E67517 in the amount of \$65,615.88 plus interest and costs. The aforementioned auction will be conducted in accordance with the Court System's COVID-19 mitigation protocols and as such all persons must comply with social distancing, wearing masks and screening practices in effect at the time of this foreclosure sale. Brettanie L. Hart Saxton, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 500 Bausch & Lomb Place Rochester, NY 14604 Tel.: 855-227-5072 70430

GARAGE SALES & AUCTIONS

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-866-713-1595

WE KNOW WOMEN!

They want clean carpets! Call **Burris Cleaning**. Clean 2 rooms and get a FREE hallway cleaning! 585.589.1754 www.BurrisCleaning.com

AWARDS & TROPHIES. Custom Engraving, Plaques, Medals, Ribbons. Sports, Academics, Music & Drama, Memorials, 1st Responders, Auto Shows, Fairs & more. **Lake Country Pennysaver** 170 N. Main St., Albion. brad@lakecountrymedia.com, 585.589.5641

Senior gentleman- Will pay \$250/month to rent a room in your home. Call Gerald 1.772.359.8984



THE LAW AND YOU

BY NATHAN D. PACE ATTORNEY AT LAW

CONTRACTS IN EVERYDAY LIFE

People may not realize they are entering into contracts, either written, verbal or implied, through day-to-day transactions. Conditions for air transportation, disclaimers on event tickets, terms of service, leases, rental agreements, and even checking a coat or using valet services for a vehicle are all considered contracts. Contracts are essential elements, not just for business agreements but also for interpersonal arrangements and social agreements. Contracts allow individuals and businesses to mutually agree on specific acts and are legal agreements in which compliance can be enforced and litigated in a court of law. While you needn't necessarily consult an attorney before checking your coat, it is imperative to have legal counsel review any contracts prior to signing them.

What makes a contract special -- and essential for business dealings -- is that it is binding on the parties. If one party doesn't hold up its end of the bargain, the other party has legal remedies for any resulting damages. To schedule a consultation, please call the **Law Office of MACK & PACE**. Our areas of specialization include business law, family law, estate planning, and criminal law.

(585) 798-1000
534 Main St., Suite 6
Medina, NY 14103

Hint: An implied contract is most often based on a set of circumstances, which courts analyze to determine whether a contract indeed exists.

"The Right Lawyer Matters."

Schwab Farm Market & Bakery

Open 7 days a week: Mon. - Sat. 8 a.m. - 6 p.m. • Sun. 9 a.m. - 3 p.m.
Route 31, Gasport • 716-735-7570

1,000 Island River Rat Cheeses Available

Apples: EverCrisp, Honeycrisp, SnapDragon, Ruby Frost, Empire, McIntosh, Candy Crisp

**APPLES
ORANGES
BANANAS
FRESH DELI MEATS
CHEESES
FRESH BAKED GOODS DAILY**

Check out our low deli prices!

Estate Sale

Second Time Around – Due to weather
The Eileen McElwain Residence
11034 Furness Parkway, Medina
(off Maple Ridge, west of Roberts Farm Market)

ONE DAY ONLY • EVERYTHING 50% Off or More
Sat., Jan. 29, 9:30am-2:30pm

MASKS REQUIRED

MANY INTERESTING ITEMS STILL LEFT! Irish collectables, crystal, jewelry, curio cabinets, flat screen TVs and much more.
For pictures www.lorraineoakley.com.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490

WANTED TO BUY: HAY TROLLEYS out of old farm barns. ph. Alan 585.451.2019

Peter Madaffer's Paper Hanging & Interior Painting. Quality work at an affordable price. **New Phone # 585.230.6411**

JTW Services
Call JTW Services for your outdoor needs. Offering custom log sawing, excavation and grading, brush removal, and driveway repair. Also offering stone/gravel delivery. Call 585.774.1056, for a free estimate.

SPENCER'S PLUMBING AND REMODELING.

Windows, doors, remodeling upgrades. 24-hr emergency service. **Fully insured. Call Larry @ 585.957.3200**

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-855-270-3785

KEN HEITZENRATER HOME IMPROVEMENTS: Roofing, siding, replacement windows, decks, garages, deck staining, additions. Interior remodeling - Kitchens, bathrooms, etc. 716.795.3705

OVERALL HANDYMAN

For All Your Handyman Needs. No job too small. We do it all. Insured. Senior Discounts. 585.331.6565, Bill Stephens

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141

Cruz Landscaping

SNOWPLOWING, Tree trimming & cutting, Fall cleanup. Free Estimates. Fully insured. Nothing too small. 585.474.4599, hcruzlandscaping@yahoo.com

WANTED

Farm land to rent or buy. Highest prices paid.

Call 585-764-7973

Unique Retail Shop

Collectables, Gifts, Antiques and Furniture. 3422 N. Gravel Rd., Medina, 585.798.5430. Tues.-Thurs. 10-4, Fri.-Sat. 10-5. We also offer Furniture Upholstering. Karen's Collectables with over 50 years of experience.

NEED RAFFLE TICKETS? Come to the Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641



NEED COPIES FAST? No problem!

16¢ PER COPY for 100 black & white copies on 20# bond

E-mail your PDF file and get high-quality copies!

For the highest quality and quickest turnaround, we recommend converting all documents, including Word and Publisher files, to PDF before e-mailing.

LAKE COUNTRY Pennysaver

VISIT: 170 N. Main, Albion | CALL: 585-589-5641
OR E-MAIL: ads@lakecountrymedia.com

BESTCENTER
BUSINESS EMPLOYEE SKILLS TRAINING

NEW! Subbing 101

Ever consider a career in education? Why not begin your journey as a substitute?

Whether as an aide, an assistant or even a teacher, now is a great time to enter the profession! This workshop will provide you with some basic tools and tips to get you started and feel more confident in the classroom. Under the direction of life-long teachers from Genesee Community College, the Genesee Region Teacher Center and the Tri-County Teacher Resource Center, participants will explore topics related to classroom management, professionalism, record keeping and technology, as well as create a toolkit to assist in the classroom. Come join us and discover if education is the career of your dreams!

GCC, Batavia Campus, Room T119

Fee \$35

2 Sessions (4 hours in-person, 2 hours asynchronously on your own)

Wednesdays, Feb. 2 & 9, 1:00-3:00 pm

Register by January 28

Notary Public Review

SUNY GCC - Online via Zoom

Fee \$69

Thursday, Feb. 10, 1:00-5:00 pm

Upcoming Healthcare Certificate Programs:

Phlebotomy Technician Program	Mon./Wed, 2/28-5/16	6:00-9:30 pm	\$1,799
Clinical Medical Assistant Program	Tues./Thurs., 3/1-6/2	6:00-9:30 pm	\$2,599

NYS SAVE, DASA and Child Abuse Certification Training

This New York State Certification program involves three teaching/coaching certifications:

- Mandated Reporter (Child Abuse)
- School Violence/Prevention (SAVE)
- Bullying Prevention Education (DASA) training.

The program is focused on new teachers, new coaches, and new employees hired for healthcare and social services organizations. This self-paced training course will be delivered 100% online, utilizing GCC's online learning platform, Blackboard. Students will have one week to complete.

Online via Blackboard • Fee \$99

Tuesday, Feb. 22-Monday, Feb. 28

Register by February 4

CPR (Adult & Pediatric), AED and First Aid Training

Participants will learn to:

- Recognize a medical emergency
- Handle breathing and cardiac emergencies
- Act appropriately and effectively and sustain life until professional help arrives
- Prevent disease transmission
- Identify and care for bleeding
- Sudden illness and injuries

GCC, Batavia Campus, Room T119

Fee \$99

Saturday, February 19

9:00 am-3:00 pm (1/2-hour break)

BEST CENTER | GCC BATAVIA CAMPUS | REGISTER TODAY!
ONE COLLEGE ROAD, BATAVIA, NY 14020 • (585) 345-6868 • WWW.BESTCENTER.ORG • BESTCENTER@GENESEE.EDU
Genesee Community College is an equal opportunity/affirmative action institution.



Healthy Choices

— Your guide to looking and feeling your best —

Signs of a HEART ATTACK

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain. Often people affected aren't sure what's wrong and wait too long before getting help. Symptoms include:

CHEST DISCOMFORT. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH with or without chest discomfort.

OTHER SIGNS may include breaking out in a cold sweat, nausea or lightheadedness

Women are somewhat more likely than men to experience other common symptoms, particularly **SHORTNESS OF BREATH, NAUSEA/VOMITING, AND BACK/JAW PAIN.**

If you or someone with you has one or more of these signs, don't delay!

Call 9-1-1 immediately!

Source: The American Heart Association & the National Heart, Lung & Blood Institute

Why breakfast still matters

Many adults recall being told "breakfast is the most important meal of the day" when they were youngsters. Though the accuracy of that phrasing hinges on what people eat during their morning meal, scientific evidence supports the notion that breakfast is important to overall health. A 2017 study published in the Journal of Physiology found that eating breakfast decreased the activity of genes involved in insulin resistance and increased the amount of sugar taken up by the cells. Those two results suggest that eating breakfast could help protect against chronic illnesses, including type 2 diabetes. As important as breakfast can be, more important is what individuals eat for breakfast. Various cereals contain a significant amount of added sugars, which the Mayo Clinic notes have been linked to a host of adverse health effects, including weight gain, increased triglyceride levels and tooth decay. In 2019, registered dietitian nutritionist Sharon Collison told Time magazine that a morning meal that contains protein, whole grains, healthy fat, and a fruit or vegetable can increase satiety and reduce risk for snacking later in the day. In addition, such a breakfast should provide significant amounts of fiber, vitamins and minerals that can benefit both short- and long-term health. ■

LIVE WITH FRIENDS IN A HOME-LIKE SETTING.



- A tastefully furnished private room
- No admission fees
- Daily activities
- All home-cooked meals included
- Hairdresser on site
- Accepting residents

The Willows **585-798-5233**
Adult Home

459 East Oak Orchard St., Medina



SIGNS OF A STROKE

Sometimes symptoms of a stroke are difficult to identify. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking a few simple questions:

- 1 Ask the person to **SMILE**.
- 2 Ask the person to **TALK AND SPEAK A SIMPLE SENTENCE**. i.e. It is sunny out today.
- 3 Ask the person to **RAISE BOTH ARMS**.
- 4 Ask the person to **STICK OUT HIS TONGUE**. If the tongue goes to one side or the other, that is a sign of a stroke.

OTHER STROKE WARNING SIGNS

- Sudden **numbness or weakness** of the face, arm or leg, especially on one side of the body
- Sudden **confusion**, trouble speaking or understanding
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking, dizziness**, loss of balance or coordination
- Sudden, **severe headache** with no known cause

If you or someone with you has one or more of these signs, don't delay!

CALL 9-1-1 IMMEDIATELY!

Source: The American Stroke Association



HEALTHY LIFESTYLE

Do you have HEEL pain or ARCH pain?

HEEL SPUR SYNDROME/PLANTAR FASCITIS is a common problem among people who are active. It starts as a dull intermittent pain in the heel which may progress to a sharp persistent pain. Classically, it is worse in the morning with the first few steps, after sitting, after standing, or after walking.

- Plantar fasciitis often begins with irritation and tearing of the fibrous band of tissue on the bottom of the foot, which may eventually result in the formation of a heel spur.

- Contributing factors: flat pronated feet, high arched feet, poor shoe support, increased age, sudden weight increase, increased activity level, family tendency.

- Approximately 2-3 times your body weight of force is exerted on each foot with walking. Flexible, non-custom molded arch support found at those advertised shoe stores cannot support these forces and usually do not provide long-lasting relief, do not come with a lifetime warranty, and are typically more expensive than custom-molded ones made by our office.

- 95 percent of our patients symptoms are resolved with conservative treatment, avoiding surgical intervention.

- We also offer surgical procedures with the best post-op success rates using Endoscopic Plantar Fasciotomy techniques and **EPF** resulting in minimal incisions and scarring, immediate ambulation and often back in a shoe in one week.

If you can't remember when your feet didn't hurt, now is the time to give us a call!

Advanced Podiatry Associates

Dr. Joseph Canzoneri
Dr. Evan LaTourrette

2 State St., Batavia • 585-343-8150

NEW PATIENTS WELCOME

MINIMAL WAIT TIME

Mon, Wed, Thu 8 a.m.-5 p.m.

Tue 8 a.m. - 8 p.m. • Fri 8 a.m. - 12 p.m.

EVENING HOURS AVAILABLE

In-Office Fluoroscan • Handicapped Accessible



LIFT CHAIRS by

MED-LIFT & MOBILITY INC.
Quality Life Chairs

prices starting

at **\$699**

DUNN'S
HOME FURNISHINGS
Est. Brockport 1912

Family owned & operated for 100 years!
1912 - 2012

115 Main St. • Brockport
637-3710

Open weeknights until 9:00pm



Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
866-643-0438

FREE 7-Year Extended Warranty*
A \$695 Value!
Limited Time Offer - Call for Details

Special Financing Available Subject to Credit Approval
*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



Travel Thoughts By Kim

Let's go on an adventure together...to Santa Barbara, CA!

Santa Barbara was the first stop on a West Coast Adventure I took in March/April of 2017. This was a fabulous trip that lasted about 15 days between a seven day cruise, extra time spent in the San Francisco area, and a train ride to Seattle. Maybe I'll do an article soon that pulls all the parts of that trip together. For now, I want to talk about Santa Barbara.

beautiful settings. Both wineries were beautiful with comfortable and lovely tasting rooms and stunning landscapes. They both offered us samplings of their best wines – both red and white – all of which I really enjoyed, which is not typical for me. I was never really a red wine fan. But, after my trip to California, I grew to appreciate them and absolutely LOVED the Pinot Noir offered by both of these wineries.

We spent the afternoon in Solvang. Solvang is a small Dutch city in Santa Barbara County, located in the Santa Ynez Valley. It was founded in 1911 and incorporated in 1985. Solvang is often dubbed "The Danish Capital of America". To ensure they maintain their identity as a Dutch village, all businesses must have an old world Dutch look. It really makes for a great place to visit. We had lunch "on our own" and lots of time to shop and wander around the unique village.



Me in the vineyard at LaFond Winery in Santa Barbara, CA. Beautiful landscape and delicious wines.

I had originally booked a walking tour that included food and wine tastings through an eclectic section of Santa Barbara. But, I heard some other passengers talking about a different tour that sounded better, so I swapped them out. I'm really glad I did! The tour I ended up taking included a drive through the wine country surrounding Santa Barbara, visits to two estate wineries, and time for lunch and shopping in nearby Solvang – a quaint Dutch Village. It was a fabulous day!

The ports in Santa Barbara can't accommodate large ships, so we had to tender in from the ship on smaller boats. The country side around the Santa Barbara area is just stunning! Lots of rolling hills with vineyards and farms as far as the eye can see and mountains off in the distance. It was a gorgeous warm and breezy spring day in California. We were outside a lot of the day and it felt amazing.



Taking the horse trolley through the village of Solvang was a joy. Seeing them around the village was pretty cool, too!

For lunch I chose a small diner and had a sampling of various Dutch sandwiches on pumpernickel bread and potato salad – so good!!! I couldn't resist capping off the meal with the specialty dessert – Aebleskiver!!! They are warm, soft donut-type balls with raspberry jam and powdered sugar. There were three on the plate, but they were so huge that I was only able to eat one and a half! They were amazing... I wished I had left more room so I could finish them!

After lunch, I visited many of the shops and sat on benches enjoying the wonderful day in such a lovely Dutch setting. It was a short day in Santa Barbara, but very memorable. It gave me a taste of the area, of the wonderful California wines, and an amazing Dutch inspired lunch. You can't beat that! If given the chance, I would definitely return for another look around this beautiful area of California.

Visit the blog post I wrote about my day in Santa Barbara for more photos: <https://thoughtsbykim.com/2017/04/12/santa-barbara-adventure/>

Happy Adventuring,
Kim Pritt



The lovely Dutch village of Solvang in Santa Barbara County located in the Santa Ynez Valley stays true to its Dutch heritage.

We visited two estate wineries – LaFond and Foley Estates. To be considered and "Estate" winery, they have to farm their grapes, process their wine, and bottle it all on their own property – nothing can be outsourced. I enjoy wine tastings – they can be great fun in

HYDRAULIC SALES & SERVICE

DIVERSE TECHNOLOGIES
over 40 years experience



To Serve & Strengthen Agriculture

716-542-4129
8539 Ertman Rd.
Lockport, NY 14094

Pumps • Motors
Valves • Cylinders

HAY FOR SALE: ROUND BALES, \$45.00/bale. Call Lynn-ette & Sons, Inc. 585.281.7833 or 585.682.4435

SMALL ENGINE PARTS. Over 10,000 parts in stock. **Greg's Tractor, 90 South Main St., Middleport. 716.735.7181, 585.735.5606**

MR. CLEANOUT

Any room in the house or outbuildings. Purchasing estates. Call Steve 585.798.5345 or 585.905.8135

D&B Siding/Roofing

Custom trim, replacement windows, vinyl siding, metal, shingle and rubber roofs, patio decks, seamless gutters. Free estimate, fully insured. Call 585.735.3441

SNOWBLOWER REPAIR. We service Cub Cadet, John Deere, Ariens & other makes. Pick-up & delivery available. **Greg's Tractor, 90 South Main St., Middleport. 716.735.7181, 585.735.5606**

PENS, PENCILS, MUGS, KOOSIES - See us for all your advertising novelties. **Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641**

Frenchy's

SPEED QUEEN & CROSLEY. Washers, Dryers, Ranges, Freezers & Refrigerators. FRENCHY'S APPLIANCE, 13576 Ridge Rd., Albion. 585.589.5947

Quality 3rd cutting alfalfa & tall fescue baleage For Sale. 585.798.2277

Catering

Let us cater your next event. Call Sandy, Chap's Catering 585.797.7505

Lake Country Pennysaver OPEN Mon.-Thurs. 8am-4:30pm. Fri. 8am-12noon.

STATE OF ALABAMA • MORGAN COUNTY • PROBATE COURT •

IN THE MATTER OF THE ADOPTION OF JACKSON DAVID RUSSO, A MINOR, BY RYAN AUSTIN TUNISON

NOTICE TO: JAMES WILLIAM RUSSO A/K/A JIMMY RUSSO, 11305 Ridge Road, Medina, NY 14103;

JAMES WILLIAM RUSSO A/K/A JIMMY RUSSO, WHEREABOUTS UNKNOWN

You will take notice that RYAN AUSTIN TUNISON, filed his petition on September 21, 2021 to adopt JACKSON DAVID RUSSO, a minor, alleging that James William Russo a/k/a Jimmy Russo, 11305 Ridge Road, Medina, NY 14103, has abandoned said minor. Please be advised that if you intend to contest this adoption, you must file a written response within thirty (30) days hereof with the attorney for the Petitioner, whose name and address is shown below and with the Clerk of said Probate Court.

Done this the 18th day of January, 2022.

Judge of Probate

Attorney for Petitioners:
Douglas R. Bachuss, Jr.
Nowlin, Bachuss & Gray Law Firm
118 E. Moulton Street
Decatur, AL 35601
(256) 353-8601

Judge of Probate
Hon. Greg Cain
Office of the Judge of Probate
Morgan County Courthouse
Decatur, Alabama 35602



Everything Reduced for our January CLEARANCE!

WORTZMAN FURNITURE
CARPETS & BEDDING

My Favorite Furniture & Carpet Store
309 Ellicott St., Batavia
343-0754
www.wortzmanfurniture.com

REMINDER

J-Co Can & Bottle Return, 206 Hamilton Street, Albion & NOW 718 S. Main St. MEDINA! 6 cents returns on the 6th, 16th & 26th.

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY \$20 OFF ANY SERVICE with coupon 42522! Restrictions apply. 844-355-9106

Dump Truck

10-WHEEL DUMP TRUCK FOR HIRE. Call Colton 585.797.7546

Storage Trailers for sale or rent. 585.416.5029

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 855-839-1738

FAX SERVICE

Available at Lake Country Pennysaver 170 N. Main St., Albion. 585.589.5641

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-888-796-8850

FIREWOOD: Split, Seasoned Firewood. \$80 per face cord. Free Delivery. 585.489.8911

REMINDER

J-Co Can & Bottle Return, 206 Hamilton Street, Albion & NOW 718 S. Main St. MEDINA! 6 cents returns on the 6th, 16th & 26th.

CUSTOM-MADE RUBBER STAMPS and SELF-INKING STAMPS. Return address or what ever you might want on a rubber stamp. Any stamp can be customized with a logo, initial or design. Stop in and see what we have to offer. Lake Country Pennysaver 170 N. Main Street, Albion 585.589.5641

SNOW PLOWING: Holley, Kendall, Point Breeze, Kent area. Reasonable rates. 585.659.8130

Directv Now. No Satellite. \$40/mo 65 Channels. Stream news, live events, sports & on demand titles. No contract/commitment. 1-866-825-6523

S.S. STOVEPIPE!!

Custom sheetmetal fabrication! Painted steel cupolas. Specializing in stainless steel & galvanized. Shoreline Sheetmetal, 12667 Rte. 18, Lyndonville. Tues., Thurs., Fri. 8-5, Saturday 8-12.

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Request a free quote today! Call for terms & conditions. 1-844-334-8353

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español

CHILDCARE

CLARENDON: Dependable. Infants & toddlers welcomed. NY State licensed. D.S.S. approved. **OPENINGS AVAILABLE. 585.638.5750**

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 1-855-587-1166

KEN'S REMODELING

AND MORE. Kitchens, bathrooms, decks, etc. 25 years of experience. Call 585.409.6173 or 585.205.3829.

Still conned by Donald Trump? You're not alone. Not much consolation. Paid by Gary Kent.

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-516-1375. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8am-6pm ET)

FOR SALE

For Sale: GM SAGINAW 4 speed transmission. 4 to choose from. \$400 O.B.O. Phone 585.589.4993

FOR SALE: 2014 CHEVROLET MALIBU. Excellent condition. 153k miles. \$9000 or BO. 585.682.4839

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials!

Snowblower

For Sale: SNOWBLOWER. 12 hp, 33" cut, \$400. 585.765.2376

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-866-731-3285

SAVE THE DATE

HOME GARDEN + OUTDOOR SHOW

ORLEANS COUNTY CHAMBER OF COMMERCE
Orleans County 4-H Fairgrounds
Route 31

Sat., April 9 - 10a - 6p
AND Sun., April 10 - 10a - 4p

VENDORS WANTED

For more info, call 585.301.8464 or email director@orleanschamber.com

Leaf & Filter GUTTER PROTECTION

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & 10% OFF

YOUR ENTIRE PURCHASE + 5% OFF TO THE FIRST 50 CALLERS ONLY!

FINANCING THAT FITS YOUR BUDGET! Promo Code: 285

CALL US TODAY FOR A FREE ESTIMATE 1-855-595-2102

Mon-Thu: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725

Home Improvement

All your home improvement needs - from Bathrooms to Kitchens; from Roofing to Siding. Including Carpentry, Electric & Plumbing. Call JHS 585.615.3821

Senior gentleman- Will pay \$250/month to rent a room in your home. Call Gerald 1.772.359.8984

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236

Fireplace/Chimney SERVICES. All brands. Installation, caps, relining, repair, cleaning, crowns. Sales and Service. New and Refurbished. Wood, gas, and pellet stoves and fireplaces. **REGENCY FIREPLACE PRODUCTS.** 42' lift service. SERVING ORLEANS COUNTY. Call/ Text: 585.356.5567. Email: dhw202@yahoo.com. www.fireplaceandchimneyservice.com

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. Money back guaranteed! Call now 1-833-666-8336

Central Boiler Classic Edge OUTDOOR WOOD FURNACE. Heat more with LESS WOOD. Call Today. Brightly Farms, 1765 Redman Rd., Hamlin. 585.964.8756

DIRECTV

DON'T JUST KINDA TV

DIRECTV

EVERY LIVE GAME EVERY SUNDAY



CHOICE PACKAGE 185+ Channels \$69.99* MO. For 12 mos. + taxes and fees.

- **NFL SUNDAY TICKET APP:** Stream NFL SUNDAY TICKET live—from anywhere—on your favorite connected devices. Out-of-market games only. Select int'l games excluded
- **RED ZONE CHANNEL®:** Never miss a touchdown from inside the 20. The RED ZONE CHANNEL® brings you the final yards of every scoring drive around league on one LIVE channel. (Included with NFL SUNDAY TICKET MAX) Only available in HD.

SIGN UP AND GET FIRST 3 MONTHS OF HBO MAX™ INCLUDED!

Contact Your Local DIRECTV Dealer
IV Support Holdings
833.644.0771

ARE YOU CONCERNED ABOUT SOMEONE'S DRINKING?

AL-ANON FAMILY GROUP MEETINGS

7 p.m. on Sunday
On Zoom only - Online Connection
Meeting ID: 899 7227 5382
Passcode: 936682
Phone Connection: 929-205-6099
Meeting ID: 899 7227 5382

7:15 pm on Tuesday
Phone Meetings only
Dial: 267-807-9601
Meeting ID: 501 118 393#

12:30 pm on Thursday
NOW IN PERSON
Weekly starting May 13
Unitarian Universalist Church
Corner of Park & Main St., Albion
Masks required.

AREA ALATEEN GROUP - 1.888.425.2666 CALL FOR DETAILS

REUNION GRUPO DE FAMILIA AL-ANON

Solamente en Zoom
Solamente en Ingles
Domingo 7:00 pm
Reunión bilingüe regresa cuando podemos reunirnos en persona

Beth's Sewing Box

Alterations & repairs. Dry clean service.

HOURS: MON., TUE., THU., FRI., SAT. 10A-6P

Watch for Repair Bundle Deals!

Roberts Farm Market

Fresh-Pressed Sweet Apple Cider

WINTER HOURS: TUE. - SAT. 9AM - 5PM

Apples, SK Herefords Beef, Seava Farms Eggs, Stoltzfus Dairy Cheeses, Merle Maple Syrup and Doans Honey (raw and regular)

11170 Maple Ridge Road • Medina, NY 14103
www.robertsfarmmarket.com
585-798-4247

the CAREER path



Kendall CSD is in search of a Full Time Evening Cleaner School Aide/Hall Monitor

Also needed in substitute capacity:

Substitute Teachers • Substitute Teacher Aides
Substitute Bus Drivers • Substitute Cleaners

Job Qualifications: Must have a High School Diploma to apply. Covid-19 Weekly Testing Required for all faculty and staff but you can opt-out if you are vaccinated.

Go to www.kendallschools.org for more information.

NOW HIRING Full-Time Human Resources Assistant

Awesome People and Culture.

Great Benefits include Health Insurance and tuition reimbursement

For more info. and to apply visit www.libertypumps.com/Employment-Opportunities



AUTOMOTIVE SALES

Orleans Ford in Medina, N.Y., is looking for a goal-driven individual for our team. Our consultants average between 180 and 250 vehicles sold per year. Come join our winning team. Experience a plus, but not necessary. We offer salary plus bonus, 401k, health-care benefits, & a great work environment.

Please send resume and contact information to vincec@orleansford.com or call 585-798-4316.

Orleans Ford

1405 S. Main St.
Medina, NY 14103

We're HIRING!

COMMUNITY ACTION OF ORLEANS AND GENESEE, INC.

MEDINA HEAD START FULL- & PART-TIME OPPORTUNITIES with Comprehensive Benefits

Head Start is open and providing in-person services to young children and their families! The following staff are needed to make this happen:

Teacher (Teacher Assistant Equivalent) - Medina

Responsibilities: Works cooperatively with/at direction of classroom

Lead Teacher to promote each child's total development. Maintains accurate records and prepares reports at direction of Lead Teacher.

School year, 36 hours per week, may be eligible for unemployment during program breaks (summer, winter and spring).

Requirements: Preschool CDA or Associate's Degree in Early Childhood Education AND experience working with children. Candidates with 9 college credits in Early Childhood, Child Development or a related field AND enrolled in 1) a CDA credential program that will be complete within 18 months OR 2) a program leading to an Associate or Baccalaureate degree may be considered.

Janitor/Sanitizer - Medina

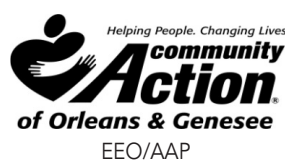
Responsibilities: Responsible for basic janitorial tasks including classrooms and common areas. Includes some grounds clean-up, maintenance.

Requirements: High school diploma and some janitorial skills. Qualify for agency approved driver status and own vehicle.

Candidates must be able to pass background checks and be fully vaccinated due to federal mandate. All above requirements must be met to be considered for hire.

QUESTIONS OR RESUME TO: Susan Jessmer, HR & Payroll Administrator, 409 E. State St., Albion, NY 14411 or email: hr@caoginc.org

RESPOND BY: Applications accepted until positions filled. Interviews beginning week February 14.



Truck Driver

Local Truck (Dump) Driver. Full or Part Time. Must have CDL A or B. Call Colton 585.797.7546

HELP WANTED: PCA 7-3, 3-11. HSK 7-3. COOK 7-3, 3-7:30. Will train. Must have COVID-19 Vaccination. Must work every other weekend and occasional holiday. Call The Willows 585.798.5233, Monday-Friday 9am-3pm.

Now Hiring

SEEKING PART/FULL-TIME HELP. Painting, cleaning, wood splitting, lawn care. Please apply at: 130 West Ave., Albion. 585.589.7478

HELP WANTED

J-Co Can & Bottle Return. Seeking Part & Full-time employees. Applications available at 206 Hamilton St., Albion & 718 S. Main St., Medina



WESTERN NEW YORK ENERGY

PLANT OPERATOR

We are pleased to announce that we are expanding our operations.

Western New York Energy is currently seeking motivated and dedicated team members who are eager to learn new processes and advance their careers.

- Starting pay is \$22 per hour.
- Excellent benefits - health and dental insurance, matching 401(k), life insurance, wellness benefits.
- Requirements: NYS driver's license, high school diploma/GED, ability to climb stairs and ladders.

Apply in person 4141 Bates Rd, Medina, NY or email resume to: jobs@wnyenergy.com



Snappy™

SAVE THE DATE!

OPEN INTERVIEWS ON SITE

February 2, 2022 • 10 a.m. - 2 p.m.
1 Bernz-O-Matic Drive, Medina, 14103

Looking to fill several Machine Operator positions as well as a Shipping/Warehouse Assistant

Please be sure to bring your resume or recent work history! Interviews & tours will be conducted on site for qualifying individuals!

For more information, call ATB Staffing Services at 585-318-4218

the CAREER path



Lyndonville CSD Vacancies

- Temporary Cleaner- FT 2nd Shift through at least 8/31/2022
- Substitute Cleaners
- Substitute Teachers
- Substitute Teacher Aides/Assistants
- Substitute Bus Drivers

Please see <https://www.lyndonvillecsd.org/page/employment> for additional information and application instructions. EOE

JOBS, JOBS, JOBS! APPLY NOW!

Machinist & Shop Assistant

Medina Area • Experience a must • M-F 7am-3:30pm • OT available
Pay rate \$20+ based on experience & interview • Full benefits package upon permanent hire! • Shop Assistant- Duties: shipping, cleaning & minor production/assembly work- Full Time M-F – Pay rate based on experience/interview, \$15-\$18/hr.

Production Asst in Barker

1st-shift production 6am- 4p • Pay Rate \$15.00/hr
1-QC lab tech 3pm to 2am • Pay Rate \$ 15.75/hr
2nd shift, 4p-approx 2:30a • Pay Rate \$15.50
with opportunities to earn attendance bonuses!

Machine Operator

SNAPPY IS GROWING! IMMEDIATE OPENINGS!
Medina area • Temp-to-hire! • Excellent company! • Full benefits effective immediately upon permanent hire!(401k, Health Insurance, PTO & Holiday Pay) • \$15.50/hr pay increase to \$16.00 upon permanent hire • Must be able to read a ruler!

Production Assistants

Medina area • Temp to Hire • Several Immediate Openings on all shifts! • Pay Rate \$15.00-\$15.90

Go to www.atbstaffingservices.com to fill out our application.
Walk-ins welcome to fill out a paper application. We NEVER charge a fee! EOE



534 Main St.
Medina, NY 14103
585.318.4218
LIKE US ON FB facebook

• CDL A Drivers •

Seeking drivers age 25+ w/3+ years of verifiable experience, DOT physical, & clean Class A CDL. Mixture of local (home nightly) and regional (1 night in truck) runs. Business is almost entirely 1-pick/1-drop truckload within the northeast.

Apply in person at: Elder Trucking

1754 Waterport Rd., Waterport, NY 14571

Call 585.682.4282 or email: ElderTrucking@gmail.com
Refrigerated experience & knowledge of grocery warehouse & food processing plant locations helpful. Performance based pay. Benefits negotiable. Full-time and part-time applicants welcome.

DO YOU FEEL A COMMITMENT TO HELPING THOSE IN NEED?

Genesee Orleans Ministry of Concern (GOMOC), a nonprofit agency, is seeking applications for EXECUTIVE DIRECTOR.

Please refer to the job description at www.ministryofconcern.org and mail a resume and list of references to:

GOMOC Board of Directors
121 North Main St. Suite 311
Albion, NY 14411



Central Solutions Staffing

Hiring @ Premier Genesee Nursing & Rehabilitation Center

Part-time Dietary Aide

(11:30am – 7:30pm, 4:30pm – 8:30pm)

278 Bank Street • Batavia, NY

Apply online at Indeed.com OR
Stop in and fill out an application OR
Call Heather 585-344-0584, ext. 2121
to schedule an interview

COMMUNITY ACTION OF ORLEANS AND GENESEE, INC.

HEAD START FULL-TIME OPPORTUNITIES with Comprehensive Benefits

Family Advocate - Albion

Works directly with parents including enrollment, support while child in program, case management, achieving family goals. **Full-year, 35 hours per week.**

Requirements: Associate's degree or higher in human service field required.

Lead Teacher - Albion

Responsible for planning and carrying out preschool classes with Head Start curriculum. Oversees Teacher(s), facilitates constructive adult-child interaction, and responsible for classroom environment, planning, documentation, and compliance with Federal and State regulations. Follows school calendar, unemployment available for times not working.

Requirements: Baccalaureate in Early Childhood Education or related area with coursework equivalent to a major in Early Childhood Education AND experience teaching preschool-age children. Associate's degree with proven 18 hours or more in Early Childhood and previous experience teaching pre-school may be considered.

Candidates must be able to pass background checks and be fully vaccinated due to federal mandate. Agency Approved Driver status and vehicle required.

Questions or Resume to:
Susan Jessmer, HR Administrator
409 E. State St., Albion, NY 14411
hr@caoginc.org • (585) 589-5605
RESPOND BY: Applications accepted until positions filled. Interviews beginning week February 14.



EEO/AAP

Full-Time Positions Available! ENTRY LEVEL MANUFACTURING POSITIONS

- FULL-TIME POSITIONS AVAILABLE
- APPLY TODAY, START TOMORROW
- Full-time openings on all 3 shifts
- **\$16.03 an hour plus shift differential**
- Apply online: <https://chapinmfg.com/pages/careers> or by visiting www.indeed.com OR stop in at 700 Ellicott Ave. in Batavia to fill out an application OR call (585) 343-3140 ext. 3028 to set up an interview

\$1,000 Bonus after 90 days!



Create a Career you LOVE



Thursday, January 27, 2022
OPEN INTERVIEWS
11am-3pm



18 Main St. • Mt. Morris
OR
64 Walnut St. • Batavia

Need more info.? Visit www.arcglow.org
send us an email at hr@arcglow.org

REAL ESTATE GUIDE



Facebook.com/whiplerealty
WHIPPLE REALTY
 MLS REALTOR
 Rochester and Buffalo
 EQUAL HOUSING OPPORTUNITY

OVER 2,500 SOLD!



5 S. Main St., Lyndonville, NY 14098
 585-765-2000 • www.whiplerealty.com



CARLETON- 12595 Cape Drive This year-round cozy ranch has everything you need! It features 2 bedrooms and 1 bath. Open floor plan with charming large kitchen. Spacious sunroom to enjoy beautiful water views of Long Bay. Walking distance to Lake Ontario! Spacious 2 car garage and a shed with washer and dryer. All appliances are included. Needs new roof and windows. Being sold in "as is" condition. Dawn Fox \$119,900



MIDDLEPORT- 69 S. Main St. Unique property located in the friendly village of Middleport. Comes with a fabulous large home. Features large kitchen, 1st floor laundry, living room, 1 bath, 2 bedrooms on 1st floor and 2 bedrooms on 2nd floor. Enclosed front porch and outdoor covered concrete patio for relaxing. Also included 2 large garages with 3 bays each, loads of storage, work benches, electric service; one of which was a former business. You can use for your own recreational purposes or start your own business! Zoned commercial. Dawn Fox \$129,900



YATES- 10965 Lakeshore Rd. Lots of potential in this water access acreage. There is room to build at the road, AND a private 3.78 acre rolling, hilly wooded land close to the Lake AND a 40x200 foot lovely waterfront piece of land with a low bank. Imagine a secluded cabin or camper with a walking access to your own lakefront to watch sunrises, sunsets and enjoy lake living. This is your chance to own acreage at the lake. Ginny Hughes \$149,900



BURT- 2644 McClellan Rd. Welcome to this meticulously maintained paradise. This charmer is located on 2 acres along Hopkins Creek with trails, decks, patios, inground pool, cabana and brick gas grill. Inside, updated kitchen with Corian countertops, pecan cupboards and Walnut floors open into the dining area. Oak flooring in other parts of the house. Updated ceiling, 2 bedrooms, full bath complete the 1st floor. 2nd floor, large bedroom with walk-in closet and full bath, full area. New furnace (2021) central air (2018) hot water heater (2021). Outside a separate studio building. Ginny Hughes \$289,900



CAMBRIA- 5336 Lockport Junction Rd. Located in the highly desirable Starpoint School District, this charmingly updated farmhouse needs nothing but someone to call it home. With brand new EVERYTHING, new floors, updated kitchen and bathrooms, new concrete patio, replacement windows throughout, as well as fresh paint, trim and anything else you could think of. New hot water tank, HVAC system, 200-amp service, updated plumbing, New blacktop, 2 car garage with electric subpanel! Rachael Fry \$279,900



SHELBY- 4604 S. Gravel Rd. A bit of a fixer upper, but so much potential! Solid brick home with 2 bedrooms on a crawl space foundation. Detached garage, metal roof. There are 2 driveways, 1 on each side of home. Being sold AS-IS. All utilities are in service and working. Being sold to settle an estate. Jeanne Whipple \$84,900



RIDGEWAY- 10591 Ridge Rd. This 4-5 bedroom farmhouse is waiting for you to move in! This well-kept property has ample parking spaces for several cars and abundant exterior storage. Pic a porch to relax on... east, west, south or a patio with garden north side overlooking an apple orchard. Inside, an updated entry leads to expansive 1st floor living area. Updated kitchen, large dining room, huge living room with a wood burning fireplace and an office/playroom/hobby room along with a full bath. Upstairs are 4-5 bedrooms with good storage and half bath. Hardwood floors throughout. 5-year-old roof, 3-year-old furnace and brand new hot water heater. Ginny Hughes \$225,000



ROOMS FOR RENT IN MEDINA. Very Clean. All utilities included. \$385/month. 585.589.7478

For Rent: ALBION. Modern 2-bedroom Townhouse with porch overlooking creek. 1.5 baths. No pets. References required. \$675. Mature adults only. 585.755.2919

1-, 2-, and 3-bedroom apartments in Albion area available. Newly remodeled, energy efficient. Please call 585.589.4270 for more information. Apply online krantzrentals.com

VILLAGE OF MEDINA: 2 and 3 bedroom lower apartments. Ready Now. 1st & last month's rent. Call for info. 585.409.3717

MEDINA: 2-bedroom apartment. Stove, refrigerator. Nonsmoking. No pets. References required. 239.362.7302

3-bedroom apartment. ALBION. Beaver Street. No pets. Applications @ 130 West Ave. 585.589.7478

OPEN HOUSE
 Sat., Jan. 29, 1-3p
 9115 Lakeshore Rd.,
 Barker

Barker- 2 Bedroom, 1 bath Cottage. \$255,000 (B1382880) Diane Ziehl* 585-331-9202 • BHHS ZAMBITO REALTORS • (585) 798-9898

Run your ad **Statewide!**

Reach over **7 MILLION homes!**
 Ask your sales rep. or call us at 589-5641.

LAKE COUNTRY Pennysaver

1 Bedroom Apartments
 Accepting Applications

Barker Commons
 1889 Quaker Rd., Barker, NY 14012 • 716-795-3921
 62 years of age or older. Handicapped/Disabled, regardless of age.
 Income qualifications, 30% of adjusted income when rental assistance becomes available.

Also accepting Section 8.
 Accessible Units • Off-Street Parking • Laundry on Premises
 Appliances & Carpeting • Community Room • Professionally Managed
 We maintain landscaping, trash removal, common area cleaning & snowplowing.
For information, please call for an application.

Call **Q & D Management**
800-848-8569
 800-662-1220 - TDD • NYS Relay Line 711

WOODROE REALTY

www.WoodroeRealty.com
 585-798-1934 | 445 Main St., Medina



NEW LISTING

ALBION - Turnkey business! Restaurant/bar. Equipment & furniture in excellent condition included. Backs up to the Canal. Exceptionally functional kitchen. Dining room w/cathedral ceiling, fireplace & wall of windows for your patrons to enjoy the canal with their meal. C/A. Banquet room, Balcony, Booths in bar area for more casual dining. \$219,000 Debi Woodroe **R1384922**

PRICED REDUCED

RIDGEWAY - Great view of the large back yard from the heated sunroom. 4 bdrms. New furnace 2016. Back portion of the roof new 2017 the rest of the roof new 2013. 1st floor small bdrm, bathroom & laundry. Large kitchen, formal dining room w/built in cabinets. \$108,000 Cheryl Krug Wirth **R1381312**

MULTI-FAMILY

BARKER - Awesome investment! 3 apartments w/ all separate utilities. Rents bring in \$23,820 a year. All units have laundry hook-ups. 30'x 48' two story barn would be great for storage. Circular driveway. Tenants all paid their rent through Covid. \$159,000 Debi Woodroe **R1376307**

VILLAGE

ALBION - 3 bdrm raised ranch w/2 tier deck off the kitchen, New roof 2013, New furnace & water heater 2019. 2 car garage built in 2009 w/electric, cable, concrete floor & extra overhead door. Home needs little cosmetic updating but everything has been done. \$139,900 Cheryl Krug Wirth **R1384368**

COUNTRY

GAINES - Possibilities! Rehab house with 3.30 acres bordering Otter Creek. Some of the work started, new staircase, some new hardwood floors, electrical & windows. Some plank siding will be left for the new owners. Current floor plan has 4 rooms 2nd floor & living room, open kitchen/dining area & full bath 1st floor. \$69,900 Cheryl Krug Wirth **R1383807**

COUNTRY

RIDGEWAY - 4 bdrm, 2 bath ranch sitting on over 2 acres!! This home has great potential with just a few finishing touches. Large masterbedroom w/master bath & sliding doors to deck. Laundry room & mud room between house & attached 2 car garage. 3 sheds. Secluded area in the back for campers. \$124,900 Cheryl Krug Wirth **R1375024**

ACCEPTING APPLICATIONS
 for 1-bdrm apartment

Medina Country Estates
 510 E. Oak Orchard St., Medina NY 14103
 For information or application, call: (585) 798-8730

Family and senior apartment living

- Off-street parking
- Laundry on premises
- Appliances and carpeting
- Maintenance landscaping, plowing, trash removal & common area cleaning
- Rental assistance available - 30% of adjusted income

All properties professionally managed
Q and D Management
 800-848-8569
 800-662-1220-TTY
 NYS Relay Line 711

REAL ESTATE GUIDE

**BERKSHIRE
HATHAWAY**
HomeServices

**Zambito,
REALTORS**



Rita Zambito
585-317-8513
Licensed Real Estate
Broker/Partner



Mark Zambito
585-576-3435
Licensed Associate Real
Estate Broker/Partner



11228 Maple Ridge Rd., Medina, NY 14103 • office: 585-798-9898 • www.ZambitoRealtors.com

NEW LISTINGS



**Elba- 4 Bedroom, 2 bath
Ranch home. \$199,900
(R1385272)
Natasha Allen*
585-414-4844**



**Tonawanda- 3 Bedroom
,2 bath Cape Cod home.
\$159,900 (B1385310)
Tammy Fearby**
716-239-0185**



**Lyndonville- 2 Bedroom,
1 bath Cape Cod home.
\$124,900 (B1385349)
Mark Zambito**
585-576-3435**

NEW LISTINGS



**Bethany- 2 Bedroom,
1 bath Old style home.
\$124,900 (B1385333)
Gary Miller*
585-406-0269**



**Medina- 857 Sq. Ft.
Commercial Space for
rent. \$875 (B1385301)
Tammy Fearby **
716-239-0185**



**Medina-2,682 Sq. Ft. 3
Unit available. \$199,900
(B1377540)
Tammy Fearby**
716-239-0185**

NEW PRICE

VILLAGE



**Medina- 3 Bedroom, 1.5 bath 2 Story
home. \$109,900 (B1373189)
Tammy Fearby** 716-239-0185**



**Lockport- 3 Bedroom, 1.5 bath Old
Style home. \$115,000 (B1366316)
Peter houseknecht* 585-734-4035**



**Albion- 3 Bedroom, 1 bath 2 Story
home. \$130,000 (B1379212)
Deborah Carpenter** 716-998-0039**



**Middleport- 4 Bedroom, 4 bath Cape
Cod home. \$415,000 (B1349786)
Mark Zambito** 585-576-3435**



**Lockport- 2 Bedroom, 2 bath Mobile
home in park. \$44,900 (B1379207)
Renee Schuner* 585-993-2274**



**Dalton- 3 Bedroom, 1 bath Ranch
home. \$59,900 (R1381018)
Samantha Raduns* 585-735-8282**



**Barker- 2 Bedroom, 1 bath 2 Story
home. \$134,900 (B1374132)
Renee Schuner* 585-993-2274**

COUNTRY

COUNTRY



**Hartland- 3 Bedroom, 1 bath Mobile
home w/land. \$140,000 (B1369389)
Mark Zambito** 585-576-3435**



**Hartland- 3 Bedroom, 2 bath Ranch
home. \$175,000 (B1383265)
Darren Dubai* 585-322-2818**



**Amherst- 3 Bedroom, 1 bath Cape Cod
home. \$175,000 (B1378095)
Deborah Carpenter** 716-239-0185**



**Kendall- 5 Bedroom, 2 bath 2 Story
home. \$215,000 (R1377513)
Andrea Koralewski* 716-417-0565**



**Barker- 2 Bedroom, 1 bath Cottage.
\$255,000 (B1382880)
Diane Ziehl* 585-331-9202**



**Clarence- 6 Bedroom, 3.5 bath 2 Story
home. \$745,000 (B1373340)
Cynthia Petkus-Barna* 585-590-0042**



**Gaines- 2 Bedroom, 2 Bath Cape Cod
Home. \$775,000 (B1371379)
Lisa Ridgeway* 716-628-0422**

BACK ON THE MARKET

MULTI-UNITS



**Albion- 2,244 Sq. Ft. 2 Unit Available.
\$88,000 (B1380100)
Rita Zambito** 585-317-8513**



**Middleport- 2,082 Sq. Ft. Duplex
available. \$99,900 (B1367682)
Mark Zambito** 585-576-3435**



**Lockport- 2,191 Sq. Ft. 2 Unit
available. \$250,000 (B1371260)
Joanne Roberts** 716-628-6869**

RESIDENTIAL RENTAL



**Medina- rental \$1,200
(B1379553) Mark Zambito**
585-576-3435**



**Ridgeway- 2,500 Sq. ft. Commercial
Building. \$109,900 (B1288997)
Deborah Carpenter* 716-998-0039**

COMMERCIAL



**BATAVIA- 2,985 Sq. ft. Commercial
Building. \$139,900 (B1321725)
Tammy Fearby** 716-239-0185**



**Medina- 7,920 Sq. Ft. Commercial building
available. \$165,000 (B1377495)
Mark Zambito** 585-576-3435**

COMMERCIAL



**Medina- 8,887 Sq. Ft. Commercial
Building. \$259,900 (B1347325)
Renee Schuner* 585-993-2274**



**Albion- 3,816 Sq. Ft. Commercial
Property. \$329,000 (R1380417)
Rita Zambito** 585-317-8513**



**Lockport- 23,989 Sq. Ft. commercial
property available. \$625,000 (B1371257)
Joanne Roberts**
716-628-6869**

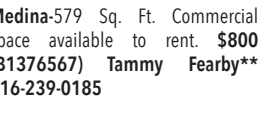


**Middleport- 4,580 Sq. Ft. w/ 11.83 acres
Commercial Business Available.
\$1,500,000 (B1383794) Tammy Fearby**
716-239-0185**

COMMERCIAL RENTAL



**Medina- 579 Sq. Ft. Commercial
space available for rent. \$800
(B1376567) Tammy Fearby**
716-239-0185**



**Medina- 555 Sq. Ft. Commercial
space available for rent. \$750 (B1376563) Tammy Fearby**
716-239-0185**



**Newfane- 10,200 Sq. ft. Commercial rental
space available. \$1,500 (B1385522)
Mark Zambito** 585-576-3435**

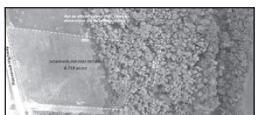
VACANT LAND



**Royalton- 3 Acre vacant land lot
available. \$34,900 (B1364270)
Deborah Carpenter** 716-998-0039**



**Carlton- 1.61 acre lot being broken off
of larger parcel. \$58,000 (B1374962)
Rita Zambito** 585-317-8513**



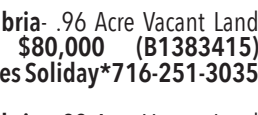
**Carlton- 6.76 acre vacant land lot
available. \$59,900 (B1383092)
Mark Zambito** 585-576-3435**



**Holley- 9.93 Acre vacant land lot
available. \$70,000 (B1366398)
Meghan Pietrzykowski* 716-697-1876**



**Cambria- .96 Acre Vacant Land
lot. \$80,000 (B1383415)
James Soliday*716-251-3035**



**Cambria- .99 Acre Vacant Land
lot. \$80,000 (B1383413)
James Soliday*716-251-3035**



**Cambria- To Be Built 2 Bedroom, 2 bath
Ranch home. \$249,000 (B1383422)
James Soliday* 716-251-3035**



REAL ESTATE GUIDE





SNELL REALTORS

www.snellrealtors.com

Est. 1957 MEMBER ROCHESTER & BUFFALO MLS

585-589-5700

REALTORS & APPRAISERS
107 N. Main St. • ALBION

Find us on Facebook
Facebook.com/SnellRealtors

CALL MARLENE!



LOT! \$17,900!

CARLTON; 1.4 acre partially wooded lot with a small pond. Call for more details! ML# R1385368

CALL JENNIFER!



NEW LISTING! \$124,900!

CLARENDON; Bdrms: 3; Baths: 1; All appliances stay, some new windows & flooring, newer metal roof, newer hot water tank, & more! 3 car detached garage/barn featuring 200 amp service, furnace, & water! ML# R1382381

CALL KAREN!



2 FAMILY! \$129,900!

HOLLEY; Bdrms: 2 & 1; Baths: 1 & 1; Here is an opportunity to own a freshly painted & carpeted 2 family or convert it easily back to a single, 3 bedroom, 2 bath home! Possible Owner Held Financing! ML# R1381961

CALL ANTHONY!



NEW PRICE! \$59,900!

ALBION; Bdrms: 3; Baths: 1; Newer Roof & Newer Furnace. This is an opportunity to turn this rare brick home into your own! Call for more information! ML# R1379266

CALL DEBORAH!



COMMERCIAL! \$365,000!

ALBION; Perfect business opportunity in the Village of Albion! Liquor store and second tenant already! Plenty of parking! ML# R1359454

FEATURED



SHELBY – 4 bdrms, 1.5 baths sitting on 2.40 acres with a large barn w/leanto/carport. Home has a new meat roof, enclosed front porch, mudroom, wood stove for supplemental heat source, newer flooring & more! Just minutes outside of village for quick & easy drive to all the conveniences!! \$184,900 Cheryl Krug Wirth **R1384382 • WOODROE REALTY • (585) 798-1934**

Habitaciones en alquiler en area de Albion, por favor llame al **585.589.4270**

MEDINA: 2-bedroom apartment. Stove, refrigerator. Nonsmoking. No pets. References required. **239.362.7302**

ROOMS FOR RENT IN MEDINA. Very Clean. All utilities included. \$385/month. **585.589.7478**

For Rent: **ALBION.** Modern 2-bedroom Townhouse with porch overlooking creek. 1.5 baths. No pets. References required. \$675. Mature adults only. **585.755.2919**














1-, 2-, and 3-bedroom apartments in Albion area available. Newly remodeled, energy efficient. Please call **585.589.4270** for more information. Apply online krantzrentals.com

VILLAGE OF MEDINA: 2 and 3 bedroom lower apartments. Ready Now. 1st & last month's rent. Call for info. **585.409.3717**

Rooms for Rent. Very clean, all utilities included in Albion area. Please call **585.589.4270**



MORRISON REALTY

132 N. Main St., Albion • 585-589-5574 • 1-800-675-1405 A HUD Broker **MLS**               

I have 40 years of experience listing & selling real estate! Let me share that knowledge and experience with you! Call Jim at 615-0800.

JIM THEODORAKOS, Owner/Broker since 1980. A graduate of Cornell University, Jim is eager to help you with buying or selling your home. Call Jim at 585-615-0800.

JUDITH KOEHLER, Broker Associate. Reliable, knowledgeable, with 20+ years in the business.

BRUCE GOOD, Agent since 1966. Available to assist you in all your real estate needs. A proud service veteran.

DICK TAYLOR, Orleans County resident since 1969. Farmer and small-business owner. Dedicated to prompt, courteous and honest client service.



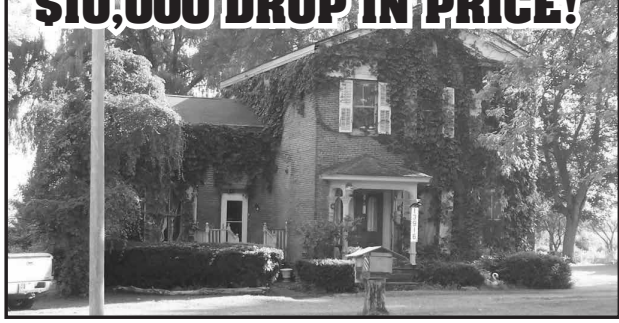
Medina- 2,682 Sq. Ft. 3 Unit available. \$199,900 (**B1377540**) **Tammy Fearby**** 716-239-0185 • **BHHS ZAMBITO REALTORS • (585) 798-9898**



Lockport- 2,191 Sq. Ft 2 Unit available. \$250,000 (**B1371260**) **Joanne Roberts**** 716-628-6869 • **BHHS ZAMBITO REALTORS • (585) 798-9898**

HISTORIC BRICK HOME!

\$10,000 DROP IN PRICE!



R1370306: ALBION • NOW \$89,900 • 190 YR-OLD, HISTORIC BRICK HOUSE

- living rm features marble fireplace w/ gas insert as its focal point • 3 bdrms, 2 full bath • oversized country kitchen • lg. fam. rm./Florida rm. • rear deck w/ glass slider off kitchen • forced air furnace only 3 yrs old • Call Jim @ 615-0800 for details!

LARGE COUNTRY HOME

PENDING!



R1373444 • MEDINA • \$123,900 • Well-maintained older country home • 4 bdrms, 1 full bath • modern kitchen • formal dining room • den/fam room • central air • much hardwood flooring • 18'x18' covered concrete patio • det. small barn & separate shed • Call Jim at 615-0800 for all information!

LARGE COUNTRY HOME!

PENDING!



R1388571: NEW LISTING • ELBA • \$199,000 • A LOVELY COUNTRY HOME • 6 bdrms, 2 full baths • 2 mud rms & 1st-fl laundry rm • handicap accessible bath rm • liv. rm. & parlor (which could be used as a 1st-fl bdrm) • gorgeous gas Fieldstone fireplace w/ heat vents • pocket doors • garage w/ door opener • blacktop circular driveway • 3.74 acres

LOTS & LAND!

PENDING!



R1379816: NEW LISTING • \$59,900 • A private wooded parcel of land with 598 ft. of road frontage by 1075 ft. of depth/ An exceptional hunting parcel just a few hundred feet south of Lake Ontario! Small pond on property! Call Jim at 615-0800 for details.



DINING & entertainment

DON'T FORGET!

Orleans County Snowdrifters Annual

PANCAKE BREAKFAST

Sun., Feb. 6, 2022

Serving 9am until noon

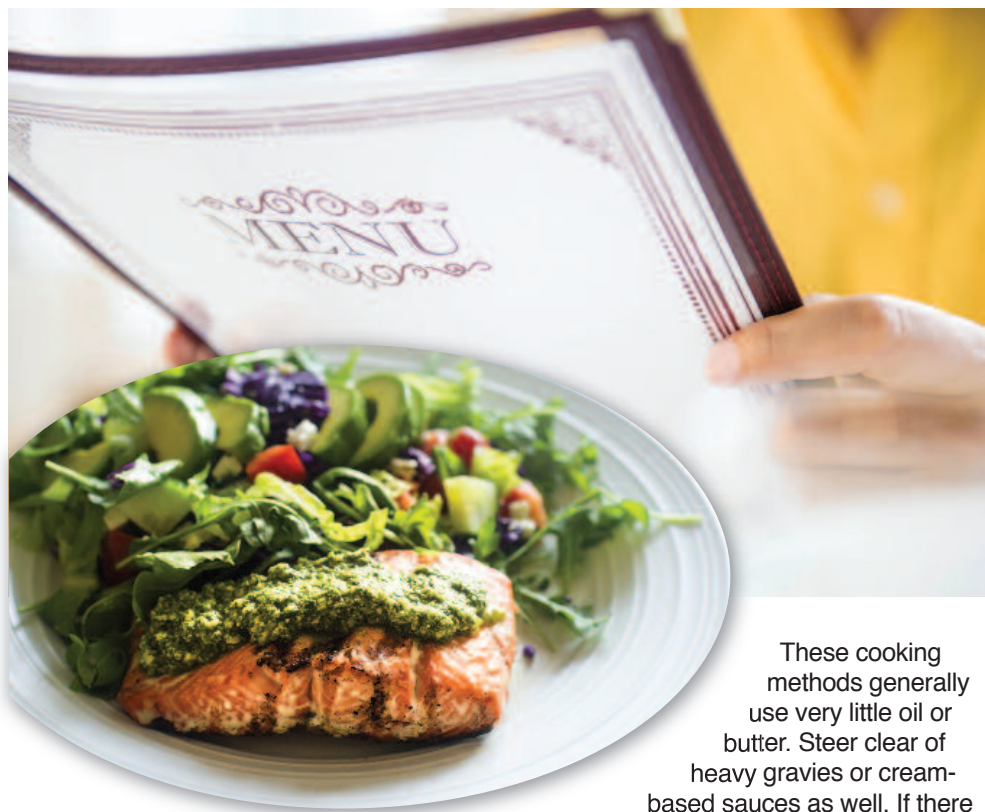
at the Carlton Rec. Hall • Rte. 98 • Carlton

Adults \$10 • Children 5-12 \$5, under 5 FREE!

50/50 RAFFLES • BASKET RAFFLE • WE DO NOT ACCEPT CHECKS



Sticking to a diet while eating out



These cooking methods generally use very little oil or butter. Steer clear of heavy gravies or cream-based sauces as well. If there is a sauce, ask for it on the side.

What to do when dining out is a challenge dieters know well. It's easy to control ingredients and portion sizes at home, but not nearly as easy when dining out.

Harvard Health Publishing says the average American eats out about five times a week, and that means figuring out how to stick to diets. Rest assured there are plenty of ways to socialize and enjoy meals away from home without compromising a diet.

- **Do your research.** Many establishments post their menus online and dieters can use that to their advantage. Prior to booking a reservation, review a restaurant's menu online to ensure there's something on there that won't compromise your diet. If you need further clarification, call the restaurant and see if substitutions can be made.

- **Have a go-to dish.** Many restaurants offer at least one diet-friendly item like a Cobb salad. Dieters can choose a go-to healthy dish that won't compromise their meals and then look for it when dining out.

- **Drink water.** Don't drink your calories. Alcoholic beverages or sweetened soft drinks can be heavy in calories. Instead of using your calorie allotment on liquids, save these indulgences for food.

- **Look for healthy cooking methods.** Scan the menu for foods that are steamed, grilled, baked, and stir-fried.

- **Choose the right food order.** According to BodyBuilding.com, eat protein first, followed by vegetables, and leave carbohydrates for last. The protein and vegetables should slow down digestion, leaving you feeling fuller, faster. That means you'll be less likely to overindulge on bread, potatoes or a sugary dessert.

- **Be forthright with dietary needs.** Share with your server or party host what you can and cannot eat. Most establishments or individuals are happy to help customers stick to a particular diet. You're not being "a pain" or "picky" by being frank about what you need to eat to be healthy.

- **Check out favorite dishes.** You may not know what you're eating unless you investigate. U.S. federal law now requires all restaurants with more than 20 locations to provide nutritional information for menu items. Search CalorieKing for data on foods from hundreds of popular nationwide chains.

- **Snack before you leave home.** Don't arrive at a restaurant feeling famished. Eat a small snack before leaving home or bring a few safe items you can use as backups so you'll have something to eat if the menu does not have much healthy fare.

Dieters can employ various strategies to stick to their diets while dining out.

Math Blocks

Fill in the missing blocks with numbers between 0-10.

The numbers in each row add up to the totals to the right.

The numbers in each column add up to the totals on the bottom.

	0		11
6		3	10
2		5	15
12	9	15	

C. KRUEGER'S

FINEST BAKED GOODS

ONLY
\$19.95
+ FREE SHIPPING
with code:
hearts22



Half Dozen Valentine Cookie Sampler Gift #856A

1.844.766.5599 | www.CKruegers.com/gift68



BIDLEMAN Featured Deals!

2020 CHEVROLET
SILVERADO 2500HD

Stock#P2148



\$73,644

2021 FORD
F-350SD KING RANCH

Stock#P2033



\$89,796

2020 FORD
TAHOE PREMIER

Stock#P2155



\$69,987

See our website for more details.

OVER 100 USED VEHICLES TO CHOOSE FROM!

TEN UNDER \$25,000!

More Great Deals!

2016 JEEP
CHEROKEE LTD.

Stock#P2080A • 53k miles



\$23,225

2019 CHEVROLET
EQUINOX LS

Stock#P2231 • 42k miles



\$24,879

2019 CHEVROLET
TRAX LS

Stock#P2149 • 28k miles



\$17,989

Service Hours: Mon. - Fri. 8 a.m. - 5 p.m. • Saturday 8 a.m. - 3 p.m. • Closed Sunday



BIDLEMAN CHEVROLET BUICK GMC

4048 OAK ORCHARD RD., ALBION, NY 14411 • 585-589-7056

WWW.BIDLEMANCHEVROLETBUICKGMC.COM

SERVICE HOURS: MON. - FRI. 8 A.M. - 5 P.M. • SAT. 8 A.M. - 3 P.M. • CLOSED SUNDAY