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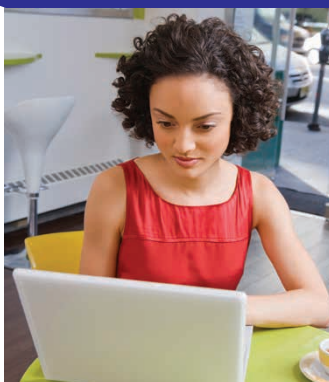
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Hours: Monday-Thursday 8:00 a.m. - 4:30 p.m.; Friday 8 a.m. - 12:00 p.m.
Evenings & Weekends by Appointment
Copy Deadline Noon on Thursday

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FREE ESTIMATES

NY stepping up outreach efforts to protect firefighters from threat of cancer

Newly announced decontamination protocols will reduce exposure to toxic contaminants

January 18, 2023 | Press Release, Gov. Kathy Hochul's Office

Governor Kathy Hochul today announced the State's Office of Fire Prevention and Control will begin new outreach efforts to help protect New York's firefighters and their families from the threat of cancer.

State Fire officials initially launched a similar outreach program in early 2020, which was placed on hold due to the pandemic. This new initiative coincides with January's Firefighter Cancer Awareness Month, raising awareness among the fire service on how to develop life-saving protocols for cancer prevention, and to support those who've already received a cancer diagnosis within their fire departments.

"The state's firefighters bravely risk their own lives and safety every day to protect their fellow New Yorkers," Governor Hochul said. "Sadly, cancer is a serious threat to the health and wellbeing of all of our fire service members, and we are committed to ensuring that these heroes have the most up-to-date guidance and information so they can enjoy a long, safe career and live a healthy life."

Studies have shown firefighters are at a higher risk of cancer than the general public, largely due to their exposure to an increased level of toxins found in smoke at structure fires. To ensure New York's firefighters are not only aware of this threat but also know how to limit their own risk, State Fire officials developed basic protocols for decontaminating firefighting gear following a response call and will be traveling throughout the state to promote their use by firefighters.

Research has shown that fire service members can take simple and inexpensive steps to reduce their exposure, as well as protect their families, to toxins and other carcinogens by up to 85 percent.

State Fire officials have begun working with counties across the state to schedule Firefighter Contamination Reduction and Cancer Prevention classes. At these meetings, State Fire will distribute firefighter decontamination kits to attendees. These kits contain information on decontamination immediately after incident response and items, such as a five-gallon bucket, post-fire wipes, hose, detergent, brush, and spray bottle.

"The brave women and men of New York's fire service protect us from danger every day," said NYS Homeland Security and Emergency Services Commissioner Jackie Bray. "However, too many lives of firefighters are being lost to cancer. During Firefighter Cancer Awareness Month we are ramping up efforts to educate the fire service and mitigate their risks of exposure to carcinogens found in smoke. I am proud of our State Fire team for leading the way on this initiative, providing in-person training sessions and distributing decontamination kits to fire departments across the state."

If firefighting turnout gear is not decontaminated properly after a fire, firefighters risk exposing harmful

chemicals to their firehouses and homes, potentially harming co-workers and family members. According to two studies conducted by the National Institute for Occupational Safety and Health (NIOSH), firefighters are currently being diagnosed with cancer at a nearly 10 percent higher rate than the general public and experiencing cancer-related deaths at a nearly 15 percent higher rate.

To combat these trends, DHSES and OFPC have established basic, inexpensive protocols which will go a long way in limiting firefighters' exposure to harmful chemicals often found in smoke.

If exposed during a response, firefighters should:

- Perform on scene gross decontamination, stop the exposure, and stop the spread of contaminants to the apparatus and station.
- While on scene, use post-fire wipes to reduce exposures.
- Shower as soon as possible and put on clean clothes.
- Wash tools, equipment, and apparatus after fires.
- Transport gear in non-porous containers such as a clear garbage bag.
- Wear only clean gear, including hood.

Starting this month, State experts will travel across New York State to bring these protocols directly to firefighters via in-person educational sessions at local fire departments. At each session, firefighters will view a live demonstration (click here) of the new decontamination protocols, a new educational video that details the protocols and the risks facing firefighters and have an opportunity for a Q&A with OFPC personnel involved in developing the protocols. Additionally, OFPC is expanding its entire roster of firefighting classes and trainings to include a section on cancer awareness and prevention education.

New sessions are being scheduled on a rolling basis. Firefighters looking to attend or host an educational session can view the State Office of Fire Prevention and Control's training calendar, or contact their county's fire coordinator.

"We are thrilled to continue our program educating members of the State Fire Service on immediate steps they can take to protect themselves following an incident response," said NYS Fire Administrator Jim Cable said. "Sadly, cancer is now the leading cause of firefighter deaths in the nation. Our goal is to reduce occupational illness by educating our brothers and sisters in the fire service on specific measures they can take to reduce exposure to contaminants and lower their health risks."

Reborn Fitness, Beauty & Spa LLC, Arts of Org. filed with Sec. of State of NY (SSNY) 3/10/2022. Cty: Orleans. SSNY desig. as agent upon whom process against may be served & shall mail process to Doris Vidal, 727 W Center St., Medina, NY 14103. General Purpose

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Michael G. "Mike" Bane, 67, of Medina, NY, entered into rest on Fri., Jan. 13, 2023 at Unity Hospital, Rochester, NY. Born on March 14, 1955 in Medina, NY, he was the son of the late Irving R. and Myra (Goldsmith) Bane. Mike graduated from Lyndonville High School and was employed with Fisher-Price for 20 years until their closing. In 1982 he married the former Bonnie Farrell and together they raised two children. He also worked at Lyndonville Vinegar and lastly he worked for Walmart in Brockport from which he retired. Mike was a member of the Lyndonville Fire Department and he loved the outdoors, especially while he was hunting and fishing and at one time was a NYS Hunter Safety Course Instructor. In his spare time, he enjoyed a cold one at the Lyndonville Hotel. Mike is survived by his former wife, Bonnie, a son, Ben Bane, both of Medina, three grandchildren, Hayleigh Bane, Dominic Rosselli, and Aleena Porter and a great-granddaughter, Valentina Rosselli. He is also survived by a sister Laurie and several nieces and nephews. Besides his parents, he is predeceased by a daughter, Danielle Bane, a brother, Steve, a sister, Lynne and a nephew, Robert Robb. Relatives and friends may call on Sat., Jan. 21, 2023, from 4 PM- 6PM at the Bogan & Tuttle Funeral Home, 112 N. Main St. Lyndonville, NY 14098. A private service will be held at the convenience of the family. Memorials may be made in his name to the Lyndonville Volunteer Fire Department, P.O.Box 150, Lyndonville, NY 14098. Please light a candle or share a memory of Mike at: www.bogantuttlefunerals.com



Genevieve H. Barber age 96 passed away Jan. 13, 2023 at United Memorial Medical Center. She was born Feb. 13, 1926 in Hamlin, a daughter of the late Charles and Minnie (Martin) Hughes and had lived in this area all of her life. She was a member of the Eagle Harbor United Methodist Church, the Rebeka's, the snowmobile club and the Family Motor Coach Association. She worked for T.J. Lipton's for many years and after she retired, she worked at Wegman's and as a hairdresser from her home. Genevieve and her husband owned and operated the roller-skating rink in Albion. She enjoyed bowling, golf, camping gardening, square dancing and playing cards, especially Euchre. But most of all, she loved spending time with her family, especially her grandchildren. In addition to her parents, she was predeceased by her husband George Jr., brother-in-law Chet and her brother Charles. Genevieve is survived by her daughter Carol (Bob) Engle; granddaughters Brandi (Kris) Gibson, Katie (Matt) Jurs; great-grandchildren Tyler, Nathan, Dominic and Olivia; sister Elsie Boring; nieces Pastor Susan Boring, Darlene (Mark) Nenni; nephew Brett Boring; niece Sharon Plummer as well as a great-niece and great-nephew. The family received friends at the Christopher Mitchell Funeral Homes, Inc. 21 West Ave. Albion Mon., Jan. 16 4:00pm-7:00pm. Her Funeral Service was held Tue. at 11:00am at the Eagle Harbor United Methodist Church, 13407 Eagle Harbor-Knowlesville Rd., Albion NY 14411. Memorials may be made to Supportive Care of Orleans, 14080 Route 31, Albion NY 14411, American Heart Association, 25 Circle St. Rochester NY 14607 or American Cancer Society, 1120 S. Goodman St. Rochester NY 14620. To share a special memory of Genevieve, please visit www.mitchellfamilyfuneralhomes.com.



Daniel S. Burdick age 51 of Albion, NY formally of Port Allegany, PA passed away on Jan. 12, 2023 at the Cleveland Clinic with family by his side. He was born Aug. 19, 1971, in Port Allegany PA. He was the son of the late Karl Burdick. Dan is survived by his mother, Muriel Buongiorno, his wife Kelly (Haskins) Burdick of Albion, 4 Daughters, Megan Kotarski (Robert), Lindsey Kotarski (Andrew) of Albion, NY, Karey-Ann (Rigo) Torruco-Pina of East Dublin, GA, Dhannilynnie Burdick (Scotty) of Charlotte, NC. 10 grandchildren, Jayden Plummer, Izabell Torruco-Pina, Eli Patten, Owen Pulaski, Parker Stymus, Salomon Torruco-Pina, Mariela Torruco-Pina, 3 Step grandchildren Skyler Wilson, Kicker Wilson and Julianna Wilson along with a future grandchild. Mother in-law Mikell Haskins of Coudersport, and Aunt Beverly Potter (Ell) of NV. Dan was also survived by 2 brothers Timothy Burdick (Kelly) of Coudersport, PA and Jonathan Burdick (Celia) of Albion, NY as well as many nieces, nephews and cousins and several sister in-laws and brother in-laws. He was also proceeded in death by his Father in-law Paul Haskins and Sister in-law April Burdick of Coudersport. Dan enjoyed life to the fullest after receiving a double lung transplant in 2018. He was given a second chance to enjoy his grandchildren and family and encouraged everyone to become an organ donor. Not only did he receive a set of lungs, in his passing he donated his organs to help many, many people in need of transplants. The family will have a private memorial service at a later date. In lieu of flowers please consider donating to: Second Chance Trust Fund, Ohio Department of Health, 246 North High Street Columbus, OH 43215. In his memory, please consider becoming an organ donor.

Henry L. Couch age 57 passed away Jan. 12, 2023 at Strong Memorial Hospital following a short battle with cancer. He was born Dec. 30, 1965 in Medina, a son of the late Donald and Nancy (Adams) Couch and had lived in this area all of his life. Henry worked as a mechanic at A&M Transmissions in Fancher. In addition to his parents, he was predeceased by his brothers Peter and Michael; his niece Paula. He is survived by his siblings Elizabeth Montgomery, Paul Couch, Susan Turturro, Stephen (Diane) Couch, Thomas (Amy) Couch, as well as several aunts, uncles, nieces, nephews, and cousins. The family received friends at the Christopher Mitchell Funeral Homes, Inc., 21 West Ave. Albion, Thur., Jan. 19 5:00pm-7:00pm where his Memorial Service followed at 7:00pm. Private burial will be in Old St. Joseph's Cemetery. In lieu of flowers, memorials may be made to CURE Childhood Cancer Association 200 Westfall Rd. Rochester, NY 14620. To share a special memory of Henry, please visit www.mitchellfamilyfuneralhomes.com



Robert Raymond Crafts, of Cortez, Florida, passed away on Jan. 3, 2023 at Tampa General Hospital. He was born in Medina on Feb. 19, 1943, the eldest son of the late Robert L. and Margaret (Powley) Crafts. A graduate of Medina High School class of 1961, he went on to graduate from Cornell University and received his Masters in Special Education at University of Arizona. He followed a number of diverse career paths that included education, landscape management, and building award winning fountains and waterfalls in his adopted home state of Florida. He leaves special friend, Cathy Lerner, three brothers F. Ward, Richard, and Chris, as well as daughters Kathy (J.C.) Cole, Carly (Jason) Bove, Amber Crafts, Star Crafts and numerous cousins, grandchildren and great grand children. He will be remembered for his humor and positive outlook on life. Donations may be made to the Leukemia & Lymphoma Society.



Dotty DuSett passed away on Jan. 16, 2023 at the age of 100. She was predeceased by her husband, Guy Gibson DuSett Jr., and her daughter, Dawn D. Donohue. She is survived by her children, Danna DuSett, Kim Torrance Bannister, and Guy DuSett III; her grandchildren, Kelly Collazo, Amie Santiago, Genessa Donohue, Johnathan Donohue, Ra'Ann (Todd) Feiock, Summer Torrance, Toya Torrance, Dannielle Bannister, Nichole Bannister, and David Bannister II; her great-grandchildren, Autumn, Steven Guy, Davien, Lana, Baylee, Amara, Charles, Aria, John, Nathan, Jordyn, Adyan, Sky and Torrance; and her sister-in-law, Pat Quinn. Dotty was also predeceased by her brother, David Quinn; and her sister, Marjorie Scott. Dotty and Guy hosted many exchange students over the years and considered their beloved Mahdu Balachandran, from India, as one of their sons. Dotty was born in Hilton, New York on Sept. 20, 1922 to Evalyn and Walt Quinn. In 1948 she married Guy Gibson DuSett, Jr. and they moved to the Hamlet of Hindsburg, in Orleans County, where they raised four children who loved their mom's cooking, always politely asking, "who are these for?" before digging into any pies, cakes and cookies when arriving home, after school. Dotty and her husband enjoyed square dancing and swing dancing in their leisure. Dotty was a 4th generation member of 4-H. She was a leader for 4-H of Orleans County and a member for 90 years. She taught sewing, cooking, baking, crafting, parliamentary procedure, public speaking and leadership skills. Dotty was a member of the Civil Air Patrol during World War II. She also always took care of neighbors in crisis. Dotty reported that she had collected locally for "every darn disease known to man", as she was taught to say, "yes, I can!" to every request for assistance. Dotty retired from Eastman Kodak Company. She was the church secretary/clerk for Murray Baptist Church, where she donated much of her time. She was a charter member of the International Exchange of Foreign Youth and taught genealogy at Cornell University. She was a life-long member of Parma Greece United Church of Christ. She was a literacy volunteer and a member of the Grange. She enjoyed putting on monologues. She delivered for Meals on Wheels, and received a community award from JC Penney for her volunteer work. She also won an Office of the Aging volunteer award. She will be deeply missed by all who knew her. Family and friends are invited to call on Mon., Jan. 23, 2023 from 4:00 - 7:00 pm at the Thomas E. Burger Funeral Home, 735 East Avenue in Hilton. Dotty's Funeral Service will be held on Tues., Jan. 24, 2023 at 11:00 am at Parma Greece United Church of Christ, 1211 Manitou Rd, Hilton, NY 14468. Interment will be held at the convenience of the family in Sandy Creek Cemetery. In lieu of flowers, donations can be made to Orleans County Cornell Cooperative Extension 4-H, 12690 State Route 31, Albion, New York 14411 in Dotty's memory.



Robert Gerald Hiller, of Medina, passed into glory on Sun., Jan. 15, 2023 after battling a swift and aggressive kidney cancer. Born on Dec. 14, 1962, he was a son of the late Gerald Robert Hiller and Shirley Virginia (Fox) Hiller. Bob attended Alfred State College, where he met his wife, Lee Walker. After marrying and living in Greece, NY for a couple years, the couple moved back home to Medina to help the Walker family run Lake Plaines Implements. After those doors closed due to family illness, Bob worked for Niagara Ford in Wrights Corners for ten years. Wanting to branch out on his own, he came back to the implement building in Medina, still owned by the family, and opened Lake Plains Agri-Parts for a few years. The opportunity to work with the public at the Medicine Shoppe Pharmacy in Medina came along. We will forever be grateful to owners Paul Grout and Rick Mufford for their leadership and the opportunity for Bob to do a job he loved. Bob then worked a short period in the maintenance department at Medina Memorial Hospital before his tired body said "enough". Over the past six years, Bob remodeled the family homestead room by room, creating a haven for family get-togethers, holidays and celebrations of all kinds. Surviving to cherish his memory are his wife, Lee Hiller; sons, Bradley Hiller and Andrew Hiller; daughter, Bailey Hiller; six grandchildren; his mother, Shirley Hiller; brothers, David (Paula) Coleman, Gary (Lori) Coleman and Tom (Stephanie) Hiller; sister, Becky (late Bruce) Toter; several brothers and sisters in-law, nieces and nephews; and many very dear friends. A special thank you to Roswell Park nursing staff on 6 West, Supportive Care of Orleans, Cooper Funeral Home and the community for all of your love and support. Please consider donations in memory of Bob to the Ridgewood Bible Church (address above), Roswell Park Cancer Institute at www.roswellpark.org/giving or to Supportive Care of Orleans at www.supportivecareorleans.org. A Celebration of Life will be held on Sat., Jan. 21 at 11:00 a.m. at the Ridgewood Bible Church, 7073 Ridge Rd., Lockport, NY 14094. Pastor Chuck Jennings will officiate. Arrangements are in the care of Cooper Funeral Home, Medina. Share condolences at www.cooperfuneralhome.com.



George M. Jago, age 77, died Jan. 14, 2023 in his home following a brief illness. He was born June 14, 1945 in the Town of Royalton to Melvin and Dorothy (Fitch) Jago and was a life-long resident of the area. George was a member of Trinity Lutheran Church, a member of the New York State and National Trappers Associations as well as the NRA. He loved to hunt, trap, and be outdoors. One of his greatest joys however, was to be with his family as he was a loving husband and father. He is survived by his wife of 50 years Lois, his daughters: Luann Tobin of Wrights Corners, Laura (Michael) Bishop of Lockport, his brothers: Fred (Dorothea) Jago of Wolcottville, William (Darlene) Jago of Akron, his sister: Brenda (Les) Bower of Lockport, 6 grandchildren, 6 great grandchildren as well as several nieces and nephews. The family will receive friends Fri., from 10-11am in Trinity Lutheran Church, 6369 Wolcottville Rd., Akron, NY, 14001 where his Funeral Service will follow at 11am. Interment will be in Trinity Lutheran Cemetery in the Spring. In lieu of flowers, memorials may be made to Trinity Lutheran Church. George's arrangements have been entrusted to the Bates, Wallace & Heath Funeral Home of Middleport. To share a special memory of George, please visit: www.mitchellfamilyfuneralhomes.com



JoAnn Keiffer, 61, of Lyndonville, NY, entered into rest on Tues., Jan. 10, 2023 at Mercy Hospital of Buffalo with her loving family at her side. Born on Jan. 8, 1962 in Braxton, West Virginia, she was the daughter of the late Harry and Olive (Starcher) Weese. JoAnn was a devoted wife and mother who cherished the time she spent with her grandchildren. She was known for her green thumb in growing flowers around the house. She is survived by her husband of 38 years, Douglas, four children, Kenneth (Stacy) Weese, Matthew Keiffer, Kristin (Joel) Keiffer and Savannah (Tim) Keiffer, seven grandchildren, Justice, Misty, Matthew, Kenneth Jr., Naomi, Aaliyah, and Bentley. Also surviving are five siblings, Donnie Weese, Jackie Davis, Dencil Weese, Douglas Weese, David Weese and many nieces and nephews. Relatives and friends may call from 10 AM-11 AM on Sat., Jan. 21, 2023 at the Bogan & Tuttle Funeral Home, 226 Pearl St. Medina, NY 14103 where a funeral service will be held at 11:00 AM. Burial will be private for the family. Please light a candle or share a memory of JoAnn at: www.bogantuttlefunerals.com



Donna L. McCowan, age 78, left this earth on Thurs., Jan. 12, 2023 at the Orchard Rehab & Nursing Center in Medina. Born Dec. 17, 1944, Donna was a daughter of the late Carl Emery, Sr. and Erma M. (Allis) Emery. Donna was a loving caretaker to family and friends for most of her life. She also worked for S.A. Cook, Fisher Price Toys and lastly in the bakery at Super Duper. Donna loved books and was an avid reader. She loved camping, playing cards, cooking and spending time with her family and friends. In addition to her parents, she was predeceased by her daughter: Betsy M. Brown; brother, Carl Emery, Jr.; sister, Arlene Shirley Jones; and life partner, Philip Tomasso. Donna adored her granddaughters, Maria Meadows, Samantha Brown both of WV and grandson, Bev Brown, Jr. of TN. She also leaves behind a sister, Peggy Luczak; many nieces, nephews and cousins that she loved and took care of over the years. Particularly, she had a special bond with her nephew and his wife, Ricky and Patty Jones, who took the daily responsibility of caring for her until her passing. Although she will be sadly missed, the family is grateful for the care she received while residing at Orchard Rehab & Nursing Center. A graveside committal will be held in Bates Road Cemetery at the convenience of the family. Arrangements are in the care of Cooper Funeral Home, 215 W. Center St., Medina. Share condolences at www.cooperfuneralhome.com

Kenneth G. Pittler passed away Jan. 9, 2023. Born Aug. 25, 1956 in Lockport is the son of Evelyn (Taylor) Pittler and the late Adelbert Pittler. Kenneth worked in production for Harrison Radiator Div of GM in Lockport. Besides his mother Kenneth is survived by his son, Shawn Pittler; granddaughter Arienna; siblings Linda (Tom) Udell, Catherine (Herb Harmer) Plumb, Anna Pittler, Cora Woodroe, Mark (Christine) Pittler, Sharon Pittler, and Deanna (Mike) Pieniaszek and the late James Pittler; also several nieces and nephews. Relatives and friends were invited to graveside services Tues., Jan. 17th at 1 PM in Royalton Mountain Ridge Cemetery.



Nella Lee (Dempsey) Porter, age 83, passed peacefully in her home under the care of Hospice on Jan. 14, 2023. She was the daughter of the late George and Eleanor Dempsey. She was preceded in death by her husband Ronald Sr. and her son Ronald Jr. Nella is survived by her 2 daughters: Kim (Kurt) Zunner, Mary Jo (Greg) Stewart and daughter-in-law: Desiree. She is also survived by 10 grandchildren, 11 great grandchildren, her sister: Melodie McGee, her brother: Jack (Laury) Dempsey as well as many nieces and nephews. A Celebration of Nella's life will be held at a later date. In lieu of flowers, memorials may be made to Niagara Hospice, 4675 Sunset Drive, Lockport, NY, 14094. Nella's arrangements have been entrusted to the Sherrie-Bream Funeral Home of Gasport. To share a special memory of Nella, please visit: www.mitchellfamilyfuneralhomes.com

Kathy Putnam, age 71, passed away unexpectedly at her home on January 11, 2023. She was born May 1, 1951 in Ithaca, NY. Kathy was predeceased by her parents, and son, Charles Gustke in 2016. Kathy is survived by her son, David Putnam, grandchildren, Trevor, Ashley, Jessica, Olivia, sister, Karen Downing as well as nieces, nephews, and cousins. Services for Kathy will be held at the family's convenience. Kathy's arrangements have been entrusted to the Christopher Mitchell Funeral Home of Holley, NY. Memorial contributions in Kathy's name may be made to a charity of your choice. To share a special memory of Kathy, please visit www.mitchellfamilyfuneralhomes.com.



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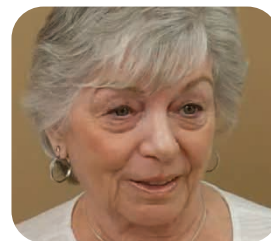
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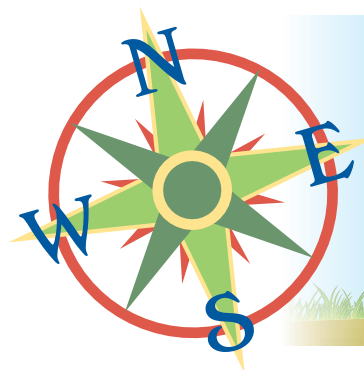
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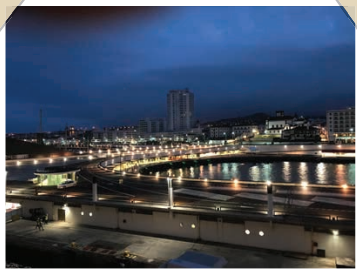
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Travel Thoughts By Kim

Let's go on an adventure together....to the Azores!



View of the port of Ponta Delgada, Portugal from the cruise ship at sunrise.

In April / May 2019, I took a cruise across the Atlantic Ocean. I left out of Fort Lauderdale, sailed for seven days across the ocean, spent two days in the Azores, two days in Cork, Ireland, a day in Liverpool, England, and two days in Dublin, Ireland (the cruise ended upon arrival in Dublin, I chose to stay over another day). I will focus this article on my time in the Azores.

The Azores are an archipelago – a group of islands made up of inactive volcanoes that are part of Portugal. The island that we docked at is Sao Miguel and Sao Miguel's capital is Ponta Delgada – the port we spent two days in. I really enjoyed exploring this island – it was beautiful and I learned a lot!

The wildest animal on the island is the rabbit – nothing poisonous and no snakes! Dairy is a huge industry for them – lots of cows and they told us that the cows have adapted to be able to climb the steep hills like goats do. Since the islands consist of inactive volcanoes, there was really nothing growing on the island when it was first discovered and began to be inhabited. All the flora was brought in from other places, there is very little, if any, native plants mostly just mosses. Winter is the azalea season and summer

is hydrangea season – we saw LOTS of gorgeous azaleas in full bloom just ending their season growing wild all over. One of our tour guides said, "The Azores is a place where you remember to breathe." What a beautiful way to describe her island! It is simply stunning and definitely has a laid back atmosphere.

We spent two days in Ponta Delgada. On the first day, I booked a whale watching tour. We saw mostly dolphins and the weather was a bit rough, but I can now say I've been whale watching in Hawaii, Alaska, and Portugal.

After the whale watching tour, I got back on the ship to freshen up and change before an evening excursion. For dinner, I went with a big group to a local hotel for a traditional Portuguese dinner and entertainment. The food was amazing and the views from the room we dined in were incredible. After dinner, a local troop of folk dancers and singers entertained us. It was so much fun. I was exhausted when I got back to my cabin on the ship – the exciting full day wore me out.



Traditional Portuguese singers and dancers entertained us after dinner in port.

On day two, the sun came out and it was perfect for exploring. The shore excursion I chose

for day two was a scenic country side tour and it was amazing. We toured the city of Ponta Delgada, strolled through one of several botanical gardens on the island, visited a pineapple plantation, and took in the views from the upper rim of one of the inactive volcanoes.



We visited a pineapple plantation – a major agricultural export for the Azores. The climate in Portugal isn't right for growing pineapples in the ground, so they grow them in greenhouses.

The botanical gardens was gorgeous and so peaceful – I could have spent an entire day there. I was surprised to discover that one of the island's major exports is pineapple. They were originally brought to the island as a decorative flower, but they soon found they could grow them in greenhouses and export them for income. I learned all about the process and also got to try some pineapple liqueur – very potent, but quite delicious.

At the rim of the inactive volcano, we had perfect views of Sete Cidades – Crater Lakes. This is the second largest crater on the island and one of the Seven Wonders of Portugal. Inside the crater are twin lakes separated by a narrow strait. When the weather conditions are right, you can

see the two lakes take on different colors – one is blue and one is green. It wasn't a vibrant view, but we could definitely see the two different colors. It was gorgeous! There is a legend explaining this phenomenon involving a bad-tempered king who was also a sorcerer, his princess daughter, and forbidden love. The whole story is included in my blog post, so be sure to check it out (I love stuff like that).

It was an amazing two days on a gorgeous and interesting island rich in history and tradition. Check out my blog for more photos and stories about my time in the Azores.

The Azores: <https://thoughtsbykim.com/2019/06/07/2019-transatlantic-cruise-tac-2-azores/>

Happy Adventuring,
Kim Pritt



A visit to one of many botanical gardens on the island resulted in my favorite photo of the entire trip. I wanted a photo of the staircase, but this young girl ran into my shot. I thought it ruined the photo, but it turned out amazing – like something out of Harry Potter!

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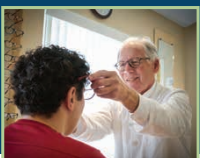
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Why and when should adults have routine eye exams?

By Dr. Robert W. Ford, Chief of Optometry, Oak Orchard Health

Most adult vision problems are a continuation of the vision problems you grew up with. But even if you never needed glasses, your eyes will change as you get older. Forty seems to be a magic number when most people begin to need reading glasses, but routine eye exams are recommended long before age forty to detect other vision and eye medical problems. Vision problems are probably caused by a combination of heredity and environment and are not usually preventable.

Can You prevent eye diseases?

Not really, but you can reduce your chances of getting eye diseases by following the recommended medical guidelines for staying healthy. Try to eat a balanced diet, limit the amount of sugar and sweets you eat, and exercise frequently. Following these guidelines helps your entire body, including your eyes.

Do sunglasses help prevent cataracts?

If you spend a lot of time outdoors for work or for fun, sunglasses help reduce your chances of getting certain types of cataracts. And that goes for kids as well as for adults. Remember to also wear eye protection for hazardous jobs and aggressive sports.

How do your eyes work?

Vision is a dynamic process involving both the eyes and the brain. The eyes receive light and images from the environment, and the brain then stores, analyzes and interprets this data to give us vision. The eyes must be healthy so that light entering the eyes through the pupils, comes to focus on the back surface of the inside of the eyes, the retina, where the data is sent to the brain, resulting in vision. Eye doctors examine all the parts of the eye to make sure that the light has a clear path to the retina. If you are nearsighted or farsighted or have astigmatism, they put lenses in front of your eyes that bring the light to focus on the retina. They perform tests to see if your two eyes are working together and to see if your eye muscles are moving the eyes correctly. If vision problems are not corrected, you may have blurred vision, eyestrain, and sometimes headaches. Uncorrected vision can also result in poor performance in the workplace depending on the job vision demands.

Will you need to have your pupils dilated during an eye exam?

Often this is needed. Why? Eye doctors look through your pupils to see into your eyes. They will often use dilating drops to make your pupils bigger so they can see more of the back of your eyes. It helps rule out any abnormalities such as diabetes, glaucoma, floaters, developing cataracts, and retina diseases. Pupils are dilated every 3 or 4 years when you are young and healthy, and more frequently as you get older.

Why do adults need reading glasses or bifocals in their forties?

When you are young, the lenses that sit behind your pupils focus the light accurately onto the retina when looking at close objects or books. As we age, the lenses in our eyes get hard, and can no longer focus close-up images onto the retina. Eye doctors prescribe glasses with bifocals, trifocals, or just reading glasses to solve that problem.

Why are my eyes so dry?

Complaints of dry eyes are very common, and the diagnoses can be very complicated. Tears are constantly being produced to protect the surface of the eyes. For many reasons, the eyes get dry, and they may burn, itch, and get red. The lids may swell, and there may be deposits of mucus and debris in the corners of your eyes. Your vision can blur. The causes of dry eyes may include, a dry environment, inflammation, certain medications, lid oil gland dysfunction, allergies, a history of cataracts or Lasix surgery, hormone changes, and lid abnormalities. Your eye doctor may treat you with eye lubricants, hot compresses with lid massage, lid surgery, prescription medication, and more. The bottom line is, if you have dry eyes, see your eye doctor.

Glaucoma, the silent sight stealer

In the United States, 9% to 12% of all cases of blindness are caused by glaucoma. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma, but there are many treatments available to control this disease. Eye doctors screen for glaucoma at almost every eye exam. This is another good reason to have periodic eye exams.

The highly trained staff at Oak Orchard Health provides vision care for children and adults including people who have special needs. Call for an appointment or visit our website for more information www.OakOrchardHealth.org



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Is tea or coffee the healthier choice?

Millions of people consume coffee or tea, with some even enjoying multiple cups of these caffeinated beverages daily. Coffee is known to perk a person up in the morning, while tea is touted as a relaxing drink that can ease away stress. Some may wonder if one of these popular beverages is more beneficial for overall health than the other. Both, it turns out, have distinctive benefits.



Coffee and certain teas contain caffeine, a powerful stimulant for the central nervous system. Caffeine may improve endurance exercise outcomes and improve mental alertness. Healthline says that caffeine may reduce type 2 diabetes risk by improving insulin sensitivity. In addition, moderate caffeine intake has been linked to protective effects against dementias, metabolic syndrome and non-alcoholic fatty liver disease. Since coffee tends to have higher concentrations of caffeine than black tea (95 mg vs. 47 mg in an eight-ounce serving), it can provide more caffeine-related benefits than tea.

Both tea and coffee have high levels of antioxidants that can help people reduce their risk for certain illnesses. The National Cancer Institute reports that antioxidants in both tea and coffee have been shown to slow the growth of cancerous tumors. Tea may help lower cholesterol and the polyphenols in tea could boost good bacteria in the gut, according to Eat This, Not That! People may be more inclined to drink more coffee and tea so they can consume more antioxidants. However, excess coffee consumption can make people jittery from too much caffeine. Since tea has less caffeine, it might make for a better choice.

But tea and coffee provide similar health benefits, and one isn't necessarily better than the other.

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.

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HOW TO HOST A YARD SALE

Hosting a yard sale doesn't have to be hard. Here are a few tips, tricks, and strategies to help you succeed.

From Neighbor.com

1. SELL THE RIGHT THINGS

Make sure you're selling quality items. No one wants to buy junk. Plus, only have a yard sale if you have enough to sale.

2. PICK THE RIGHT DAY & PLACE

Most yard sales happen on Saturday mornings. If you don't live in a central location, see if a friend or family member will let you use their yard.

3. CREATE THE BEST SIGNS

Your signs should only have the most critical information:: yard sale, address, and time. Put signs on the main road and lead people to your house with more signs. Balloons and bright colors will help your sign stand out!

4. ADVERTISE ONLINE

Most yard sale shoppers will look online. Craigslist is still a popular place to post a yard sale, as is Facebook. check your local online classifieds to post your yard sale.

5. PRICE ITEMS CORRECTLY

Clothes: \$1-5. Jewelry: \$0.5-2. Shoes: \$3-7. Books: \$0.25-2. DVDs: \$2-3. Toys: \$2-5 Dishware: \$0.5-2 a piece, \$5-10 for sets. Small Appliances: \$1-2. Big Appliances: \$3-6 Decor: \$3-7. Furniture: \$10-\$100.

6. MAKE A HAGGLE STRATEGY

Shoppers will try to haggle prices with you. Develop a strategy before hand and know its totally acceptable not to lower your prices. Set a low point and consider pricing your items higher.

7. ACCEPT ALL TYPES OF PAYMENT

Go to the bank and grab a handful of \$10s, \$5s, and \$1s and some change. Most young shoppers will expect you to accept Venmo or a credit card . You can grab a free card reader at Square.com.

8. A FEW FINAL TIPS

- Put everything on tables, not sheets on the ground.
- Use stickers to price every item. This will save you from taking questions all morning.
- Put out a free box for the kids. A toy will keep them occupied while their parents shop.

REAL ESTATE GUIDE



7 Tips to Become Successful in Real Estate Investment in 2023

1. Choosing Your Market & Timing The Investment Wisely

For successful real estate investment, it's more important to know your local market than just what's going on nationwide. Your purchase and its success will be most influenced by the factors at work in your specific real estate market. A good rule of thumb to become successful in real estate investing is to avoid very hot markets. Some real estate investors here may brag about the appreciation of their properties or rising rates, but you risk buying at the top of the market and losing your money.

The real estate markets move in cycles due to the desire for economic profits, and every real estate market is at a slightly different phase of its housing cycle. You need to find markets that are in the phase of expansion – where sales and prices are rising, affordability is good, construction is low and capital investment is rising.

The exact market you're in should inform your approach as you choose investments. Peak new construction tends to occur past peak housing demand, which ultimately leads to temporary oversupply and lower prices. This bust phase usually lasts between 1-3 years before a price floor is found.

To become successful in real estate investment, your focus should also be on the location of the property within the market. You need to invest in those neighborhoods which have high population density, are developing, and have all basic amenities nearby.

All great neighborhoods have this in common:

- Low crime rate
- Great schools
- Access to parks and leisure destinations
- Access to medical care
- Family-friendly
- Access to public transportation
- Access to shopping malls and restaurants
- Good walkability

All of these translate into high demand for housing. If housing supply meets housing demand, real estate investors should not miss the opportunity since entry prices of homes remain affordable.

Avoid any area that is dependent on one economic driver such as the tourism or auto industry. Detroit is one such example of a market whose economy was heavily driven by the auto industry. When its auto industry failed, it led to a drastic decline in home values. All the rentals went vacant as no one able to find work. Fewer jobs in the city eventually resulted in fewer people able to live there. There were more houses than people who want them, so the law of supply-and-demand drove prices down.

2. Buy Low

Real estate investing can be compared to investing in a dividend-paying stock. The return on investment is based on how cheap you bought the commodity. However, you have to look at the return on the investment. A cheap little house in an unsafe neighborhood can be bought for little money, but you won't get much money from it, either.

3. Tap into the Hidden Market

The ideal case is buying property from a distressed seller because you can get it way below the fair market value. Forget foreclosure auctions; this can yield deals, but you'll often find properties in dire need of repair. Instead, look for homes with distressed sellers who haven't put it on the

market yet. The couple going through a divorce or family that wants to sell Mom's home after she passed are the ideal sellers; they just want to get the money, and the buyer is probably getting a well-maintained home.

4. Understand Your Costs Up Front

If you're new in the business of real estate investment, it is crucial to understand your costs upfront. It isn't just the cost of the property and realtor commissions. You'll need to pay for repairs, and too many newcomers to real estate investing don't know how to accurately estimate costs to repair that cracked foundation, fix electrical problems, and address pest infestations.

Don't think you can solve the problem by working on weekends to add a little paint. Most DIY work detracts from the value of the home, and trying to fix someone's electrical and plumbing issues yourself may make it unsellable unless you're already capable of doing work like this to code. Others fail to budget for closing costs, insurance, or utility costs and end up losing money on a deal.

5. Understand The Market

One of the best ways to avoid problems when investing in real estate is to understand the market. Understanding your real estate market will help you to evaluate the price of an investment property. Know how much the typical house in a community is worth per square foot and the rent you could charge for a given investment property. Renovate properties in ways that make it more appealing to the expected buyer.

For example, never reduce the bedroom count in a family-friendly community. Nor should you reduce the size of the closet or shrink the master bath to put in a hot tub few in the area would appreciate. Don't rip out a good yard to put in a pool if there is little demand for it. Choose the best real estate markets like the metro Atlanta area which has seen stellar growth in real estate.

In the Atlanta real estate market, demand has caused home values to rise around ten percent a year for the last few years. Housing prices in Atlanta dipped in 2017, allowing prices to adjust. Average home prices today are similar to where they were at the 2006 peak, but they're more affordable when you take inflation into account. If you put time and effort into truly understanding your local real estate market, you can significantly improve your chances of becoming successful in real estate investment

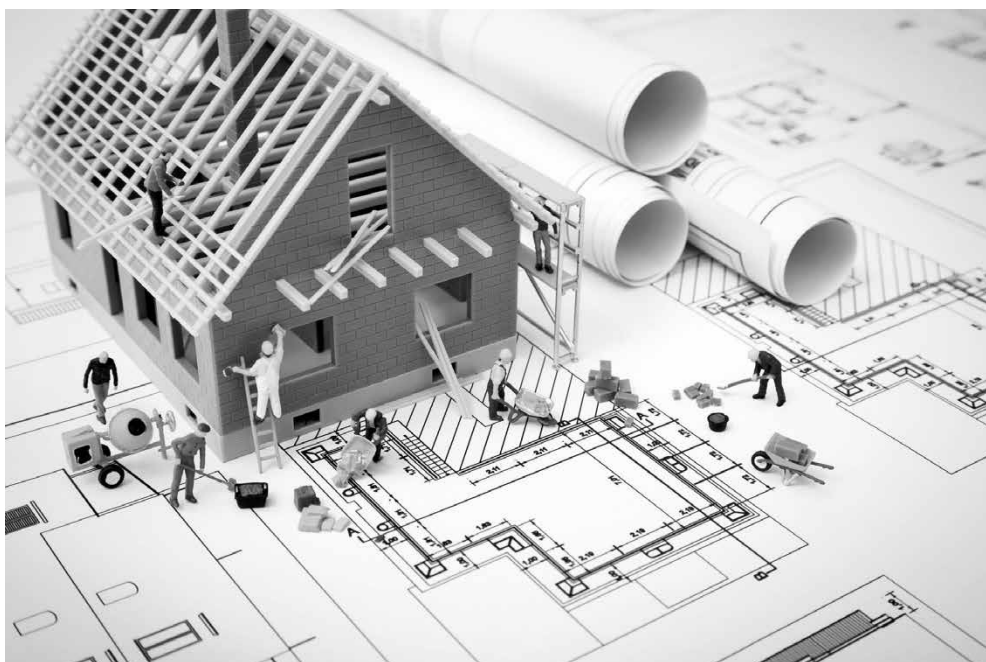
6. Manage Your Risks In Real Estate Investment

There are several ways in which you can manage risk in a real estate investment. First, don't go deeply into debt. When buying an investment property for sale, aim to put at least 10% down. Twenty percent is better since it eliminates private mortgage insurance and often yields a lower interest rate on the loan as well. Second, maintain a large cash reserve. You'll reduce the risk of having to sell a property fast at a loss if you have the cash to carry the property long before it needs to move.

By having a larger cash reserve, you'll also be able to pay for unexpected repair bills before you can put a property on the market. Running to a hard money lender to get the last \$20,000 to fix a property is possible, but it comes with a high-interest rate that eats into your profit margin. Managing risks in the right manner can significantly improve your chances of becoming successful in real estate investment.

Don't buy a property for which the math looks bad because you're afraid you'll lose out on the deal. Never fall in love with an investment property. You're not going to live there – someone else will. Be aware of your risk tolerance. Then take action to manage the risk, whether you're avoiding the fixer-upper you're afraid will be a money hole or improving your cash position before you buy it. If you can't handle the potential stresses of fix and flip, buy turnkey properties instead.

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CALL DAVID! \$349,900!

ALBION; 3,879 sq. feet; Renovated with 30 parking spaces! Call for more information. ML#R1424121

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NEW PRICE! \$104,900!

ROYALTON; Bdrms: 3; Baths: 1; Large 1 Car Detached Garage! At this price, this home is not expected to last long! Call today! ML#R1447772

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FARMETTE! \$269,900!

BARRE; Bdrms: 6; Baths: 1.5; 2 Car Detached Garage; Barn; 5 Acres; Pond; Above Ground Pool! Some Appliances Stay! Permanent Generator! ML#R1448407



LOT! \$58,000!

GAINES; 3.2 acre building lot which is cleared, has public water available! ML#R1445977



LAND! \$29,900!

BARRE; 2.3 Acres with over 470' of road frontage! Build your dream home! Public water at the street! ML#R1435291



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ALBION; Excellent BUILDING site! Privacy! No Village Tax! .92 acres with undeveloped wooded area behind the property! ML#R1433534

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Sat., Jan. 21, 12-2p
9661 Ridge Rd.,
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foot Multi Unit. \$169,900
(B1449404) Cynthia
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9898Sat., Jan. 21, 11a-1p
7252 Clark View Dr.,
LockportLockport- 3 Bedroom, 2
bath Ranch home. \$385,900
(B1446836) Lisa Ridgeway*
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BUSINESS OF THE WEEK

R1442041: ALBION • \$380,000 • 3 LG. RENTAL
UNITS W/ "SUPER" AMOUNT OF PARKING SPACE
• (OVER 40 SPOTS) Liquor Store • w/ Utility rm •
Separate Furnaces • Storage rm. • Men/Ladies Rstrm.
• Landlord pays all utilities • Super Location • Across
from "Courthouse Square"

HILLTOP HOME

R1447931: ALBION • \$249,900 • This Colonial sits on
a Hilltop and boasts: • 4 bdrms, 2 Full baths • modern
kitchen w/ din. area • formal dining rm. • lg. lv. rm., family
rm. • wall-to-wall carpeting • 1st flr. laundry • walk-in
attic • 2,500 sq. ft. living space • vinyl siding, thermal
windows • 2 acre lot • oversized 2 car garage- Home is
Well-MaintainedJIM THEODORAKOS, Owner/Broker
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Dedicated to prompt, courteous and honest
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PENDING!

R1426331: ALBION • NOW \$129,900 • side-
by-side! 2-family home - one of the best on
the mkt • 3 bdrms on ea side • 2 full baths on
ea side • all sep utilities • adequate parking
• good condition throughout • This could be
a real money maker! • new front steps have
been installed

NEW PRICE

R1434468: WATERPORT • \$43,900 •
YEAR-ROUND IN RESORT AREA OF
"SUNSET BEACH" • 3 bdrms, 1 bath
• lg. liv. rm • glass slider to back yd.
• metal roof • public water • lg. lot

HOME OF THE WEEK

R1425949: ALBION • NOW \$189,900 • a colonial built by
craftsmen who took pride in their workmanship • 4 bdrms, 1.5
baths • lg room w/ pocket doors, French doors • kitchen w/ cherry
cabinetry w/ butcher's block • two decorative fireplaces • all
natural woodwork throughout • 1st-fl laundry rm • much storage
& large attic • classic radiator heat • lovely backyard w/ fire pit &
patio area - well treed • lovely home on .75-ac lotR1370306: ALBION • NOW \$82,900 • 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 @ 585-615-0800 for
details! "NEVER BEFORE OFFERED AT THIS PRICE!"Rooms for Rent. Very clean, all
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NEW LISTINGS



Cambria- 2 Bedroom, 1 bath Farmhouse
Home w/Horse Farm. **\$565,000 (B1451140)**
Michael Manning* 716-870-4168



Batavia- 3 Bedroom, 1 bath Ranch
home. **\$209,000 (B1451517)** Deborah
Carpenter** 716-998-0039



Batavia- 4 Bedroom, 2.5 bath 2 Story
home. **\$119,000 (B1451538)**
Jessica A. Best* 585-409-8734



Avon- 2 Bedroom, 2 bath Mobile home
in park. **\$8,000 (B1451572)**
Jessica A. Best* 585-409-8734



Middleport- 1 Bedroom apartment
for rent. **\$850 (B1451248)** Renee
Schuner* 585-993-2274

NEW PRICE



Wheatfield- 4 Bedroom, 1.5 bath
Colonial Home. **\$363,900 (B1441691)**
Cally Couturier* 716-940-1815



Horseheads- 3 Bedroom, 2 bath
Ranch home. **\$264,900 (R1434906)**
Nathan Fox* 585-489-4222



Somerset- 2 Bedroom, 1.5 bath Ranch
home. **\$194,900 (B1425836)** Renee
Schuner* 585-993-2274



Shelby- 4 Bedroom, 1.5 bath Old
Style Home. **\$150,000 (R1448770)**
Angelia Pugh* 585-331-6347



Lockport- 3 Bedroom, 2 bath Mobile
home in park. **\$69,900 (B1448146)**
Lisa Ciccirelli* 716-523-4040



Barre- 2 Bedroom, 2 bath Cape
home for rent. **\$1,600 (B1447515)**
Rita Zambito** 585-317-8513

VILLAGE



Lockport- 2 Bedroom, 1 bath Bungalow
home. **\$45,900 (B1445247)**
Lisa Ciccirelli* 716-523-4040



Batavia- 3 Bedroom, 1.5 bath 2 Story
home. **\$115,000 (B1447472)**
Kara Zambito* 585-590-2218



Lyndonville- 4 Bedroom, 2 bath Traditional
home. **\$124,000 (R1440380)**
Angelea Pugh* 585-331-6347



Barker- 4 Bedroom, 2 bath Ranch.
\$235,000 (B1445788) Deborah
Carpenter** 716-998-0039



Medina- 2 Bedroom, 1 bath Mobile
home in park. **\$21,900 (B1428452)**
Renee Schuner * 585-993-2274



Medina- 2 Bedroom, 1 bath Mobile
home in park. **\$35,000 (B1441810)**
Peter Houseknecht* 585-734-4035



Newfane- 3 Bedroom, 1 bath Mobile
home in park. **\$39,900 (B1449130)**
Diane Ziehl* 585-331-9202

COUNTRY



Albion- 4 Bedroom, 2 bath 2 Story
home. **\$65,000 (B1435221)**
Renee Schuner* 585-993-2274



Oakfield- 3 Bedroom, 1 bath Colonial
home. **\$99,900 (B1448170)**
Diane Ziehl* 585-331-9202



Amherst- 2 Bedroom, 1 bath 2 Story
home. **\$174,900 (B1448562)**
Michael Bartlett* 716-622-9008



Porter- 3 Bedroom, 1 bath Ranch.
\$199,000 (B1422977) Deborah
Carpenter** 716-998-0039



Bethany- 3 Bedroom, 2 bath Ranch
home. **\$219,900 (R1450515)**
Nathan Fox* 585-489-4222



Greece- 3 Bedroom, 2 bath Cape Cod
home. **\$225,000 (R1448441)** Brian
Cignarale* 585-721-5275



Lockport- 5 Bedroom, 1.5 bath Colonial
Home. **\$240,000 (B1450652)**
James Soliday* 716-251-3035

COUNTRY



Barre- OWNER HOLD Or Possible Rent to own
Options! 4 Bedroom 2 full bath, 1st floor master
suite w/ whirlpool tub, large dining room w/ formal
sitting area 7 & wet bar. **\$300,000 (B1424674)** Rita
Zambito** 585-317-8513



Lockport- 3 Bedroom, 2 bath Ranch
home. **\$385,900 (B1446836)** Lisa
Ridgeway* 716-628-0422



Barre- OWNER HOLD Or Possible Rent to own
Options! 2 Bedroom 2 full bath Cape on over
9 acres 4 barns & workshop all in excellent
condition. **\$400,000 (B1424616)** Rita
Zambito** 585-317-8513



Middleport- 4,500 Sq. Ft. bldg. leased,
Business & inventory only for sale.
\$125,000 (R1433295) Angelea Pugh*
585-331-6347



Batavia- 4 Storefronts for sale combined
Sf. ft. of 6,214. **\$199,000 (B1440816)**
Mark Zambito** 585-576-3435



Middleport- 3,216 Sq. ft. commercial
space available. **\$275,000 (B1417180)**
Rita Zambito** 585-317-8513



Ransomville- 8,056 Sq. Ft. Winery with
17.60 acres. **\$1,100,000 (B1437172)**
Cally Couturier* 716-940-1815

COMMERCIAL



Cambria- 6,493 Sq. Ft. Winery with 19.70
acres. **\$1,200,000 (B1441339)**
James Soliday* 716-251-3035



Middleport- 4,580 Sq. Ft. w/ 11.83 acres
Commercial Business Available. **\$1,250,000
(B1383794)** Tammy Fearby** 716-239-0185



Medina- 72,814 Sq. ft. Commercial building
available. **\$1,790,000 (B1397979)**
Mark Zambito** 585-576-3435



Royalton- 0.76 Acre Vacant Land lot available.
\$25,000 (B1442880) Timothy A. Smith*
585-216-5077



Medina- 0.30 acre Commercial lot.
\$55,000 (B1436796) Renee Schuner*
585-993-2274



Cambria- 0.61 acre vacant land lot
Available. **\$65,000 (B1445856)** James
Soliday* 716-251-3035

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ATTN: C. Magowan
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Alfred Almond	Charter School of Inquiry	Gowanda	North Tonawanda City	Stanley G. Falk School
Allegany Limestone	Chautauqua Lake	Grand Island	Niagara Wheatfield	Starpoint
Amherst	Chautauqua Opportunities, Inc.	Hamburg	Oakfield Alabama	Sweet Home
Arkport	Cheektowaga Central	Hammondsport	OLV Human Services	Tapestry CS
Attica	Cheektowaga Sloan	Health Sciences CS	Orchard Park	The ARC of Erie County
Autism Services Inc.	Clarence	Henrietta G. Lewis Campus School @ Wyndham Lawn	Orleans-Niagara BOCES	The Summit Center
Avon	Cleveland Hill	Holland	Pavilion	Tonawanda City
Barker	Clymer	Holy Cross Head Start	Pembroke	Warsaw
Batavia	Depew	Iroquois	Perry	Wellsville
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Beyond Learning Center	East Aurora	Jasper-Troupsburg	Pine Valley	West Seneca
Brick Buffalo Academy CS	Eden	Ken-Ton	Pioneer	West Valley
Brocton	Elba	King Center CS	Randolph Academy	Westminster Community CS
Buffalo Academy of Science CS	Elmwood Village CS	Lackawanna	Reach Academy CS	Westfield
Buffalo Academy of the Sacred Heart	Enterprise CS	Lake Shore	Ripley	Williamsville
Buffalo Common CS	Erie 2 CC BOCES	Lancaster	Royalton Hartland	Wilson
Buffalo Creek Academy CS	Falconer	Letchworth	Salamanca	WNY Maritime CS
Buffalo Hearing & Speech Center	Forestville	Lewiston-Porter	Sherman	Wyoming
Buffalo United CS	Franklinville	Lockport	Silver Creek	
CA BOCES	Fredonia	Lyndonville	South Buffalo CS	
		Maryvale	Southwestern	
		Medina		
		Mount Morris		

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We are a team of 100 dedicated professionals representing a rich diversity of professional skills and lived experience. At Community Action of Orleans and Genesee, we don't just accept difference - we celebrate it, support it, and thrive on it for the benefit of our team and the communities we serve.

Are you a dedicated, experienced accounting/finance professional looking to make a difference? Community Action of Orleans and Genesee is looking for a hands-on **Assistant Controller** for our growing non-profit organization. The Assistant Controller is responsible for daily management of accounting and finance for the organization, including planning, organizing and directing all aspects of the financial department; development/administration of accounting and financial policies; accounting, grant management and required reporting, insurance, internal controls, budget, auditing, payroll and revenue cycle management and performing appropriate due diligence.

Qualifications:

- Bachelor's degree in accounting from an accredited four-year college or university.
- Minimum 5 years' experience in accounting, preferably in a non-profit setting.
- Ability to use complex judgment in interpreting, adapting and developing new guidelines such as agency policies, regulations, written precedents, and work directions for application to specific cases or problems.
- Ability to use complex analysis.
- Duties require considerable planning and initiative to work independently towards general results, devising methods, modifying or adapting standard procedures to meet the requirements of the agency.
- High level of proficiency in PC systems and MS Office products.
- Excel and Fund Accounting software experience a must.
- Possesses a valid driver's license and a clean driving record. Must be bondable.

Respond with resumé by January 31 to:
hr@caoginc.org

HR & Payroll Administrator
409 E. State St., Albion, NY 14411
EEO/AAP

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EOE

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- Requirements: Minimum 3 years driving experience. Good MVR, No DUI/DWI
- On farm/agricultural experience preferred

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Dining Positions Available

Competitive wages plus + spring semester stay bonus!

Dependable individuals who enjoy food service, a college environment, and delivering outstanding customer service **APPLY NOW** for one of the following positions:

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Job perks include: health insurance (FT only), 401(k) (FT only), free meal with every shift, free on-campus parking, 20% discount at Barnes & Noble store on campus, paid time off, rewards and recognition programs, Employee Assistance Program, flexible schedules, uniform allowance, opportunity for winter break and summers off (follows academic calendar), paid-training and promotion opportunities, and other voluntary benefits. **EOE Apply at basc1.org/jobs**



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

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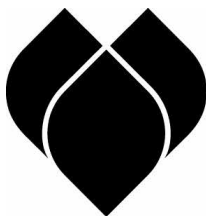
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- The RN is responsible for overseeing the development, implementation, and coordination of plans of care for our hospice patients in our Martin Linsin Residence by ensuring the delivery of high-quality patient care that follows applicable rules and regulations.
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CDL-B (with air brakes) or above preferred.

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This week's best sellers...

Hardcover Fiction >

1

35 WEEKS ON THE LIST
LESSONS IN CHEMISTRY
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2

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THE HOUSE IN THE PINES
by Ana Reyes

3

NEW THIS WEEK
WITHOUT A TRACE
by Danielle Steel

4

12 WEEKS ON THE LIST
THE BOYS FROM BILOXI
by John Grisham

5

12 WEEKS ON THE LIST
DEMON COPPERHEAD
by Barbara Kingsolver

Hardcover Nonfiction >

1

8 WEEKS ON THE LIST
THE LIGHT WE CARRY
by Michelle Obama

2

22 WEEKS ON THE LIST
I'M GLAD MY MOM DIED
by Jennette McCurdy

3

10 WEEKS ON THE LIST
FRIENDS, LOVERS, AND THE BIG TERRIBLE THING

4

11 WEEKS ON THE LIST
AN IMMENSE WORLD
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5

11 WEEKS ON THE LIST
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A reader lives a thousand lives before he dies. The man who never reads lives only once.

George R.R. Martin

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Solution on page 5

CLUES ACROSS

1. Tax collector

4. Fishes without the line touching water

8. Brooklyn hoopsters

10. Actress Lathan

11. A metric for athletes

12. Food storage location

13. Colossus

15. Desolations

16. Accustom to something unpleasant

17. __ Kubrick, filmmaker

18. You might ask this at Thanksgiving

21. Arkansas city

22. Gave food to

23. Request
24. V-shaped open trough

25. Make lively

26. It accompanies feather

27. Blonde bombshell

34. One who revolves

35. Bluish greens

36. Charity

37. Having the shape of a cube

38. Unwind

39. Believed by some to be the supreme being

40. Checks or guides

41. Leak slowly through

42. Top-quality

43. Midway between south and southeast

CLUES DOWN

1. Part of your foot

2. It's at the back of the eyeball

3. Where things stand

4. Offered

5. Contains pollen

6. Boisterous get-together

7. Asserts out loud

9. They're in the sky

10. Canonized

12. A politician's official stances

14. It can catch fish

15. British thermal unit

17. Helps little firms

19. Where patients go for treatment
20. Large red deer

23. Pokes holes in

24. "Star Wars" hero Solo

25. One in a hospital

26. Scandinavian god of battle

27. Famous cat

28. __ Angeles: City of Angels

29. Type of drug (abbr.)

30. City along the Rhine

31. Animal disease

32. Martini ingredients

33. Get away

34. Rare species of rodent

36. Suppress

The Impact of Reading on Personal Health

Books transport people to different times, provide a sense of escapism and introduce readers to different schools of thought. Individuals may read for pleasure and/or to expand their intellectual horizons.

It's important to note that reading also may help improve mental and physical health. With so much to gain from reading, now is a great time to embrace those book clubs, resolve to read more and explore how picking up a good book may be just what the doctor ordered.

Reduces stress

Immersing yourself in a story requires focus and concentration. According to researchers at the University of Sussex, it took just six minutes of reading for study participants to experience slower heart rates and reduced muscle tension.

Stress is one of the biggest threats to overall health, as the stress hormone cortisol can lead to inflammation in the body that may impede the immune system, according to Piedmont Health. Finding ways to reduce stress, including through activities like reading, is a win for anyone who wants to improve his or her health.

Impacts longevity

According to the 2016 study, "A chapter a day: Association of book reading with longevity," by Bavishi A, Slade M.D., reading exerts its influence on longevity by strengthening the mind. Reading positively impacts the way the brain creates synapses, optimizing neurological function. It also expands vocabulary, and helps with memory.

Changes the brain

A 2014 study published in Neuroreport determined reading involves a complex system of signaling and networking in the brain. As one's ability to read matures, these networks become stronger and more sophisticated. MRI scans found that brain connectivity increased throughout studied reading periods and for days afterward.

Increases empathy

Through literary fiction, readers are exposed to the situations, feelings and beliefs of others. This can help a person develop a greater ability to empathize with others, according to Healthline.

Helps improve sleep

Reading is an effective way to wind down and relax before going to bed. It can be a positive nighttime ritual, provided one reads a paper book or utilizes an e-reader that is not backlit, as bright lights from digital devices may hinder sleep quality. In fact, doctors at the Mayo Clinic often suggest reading as part of a regular sleep routine.

Reduces depressive feelings

Individuals diagnosed with depression may feel isolated and estranged from other people. Books may reduce those feelings by helping a person temporarily escape his or her world into another. Also, books can serve as a common ground through which conversations over shared interests can begin with others.

Reading has many positive health benefits, which is why resolving to read more can be beneficial.

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