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Price Chopper (fr) Great American (lc) Tops (Stamford) (lc) Valley Market (lc) Hannaford (lc) Dollar General (Ic)

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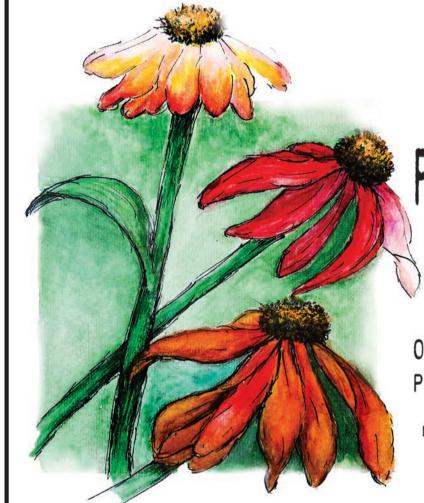
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\_\_\_\_\_

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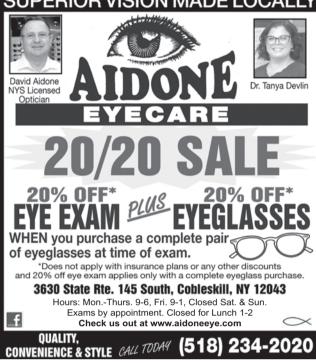
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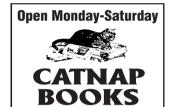
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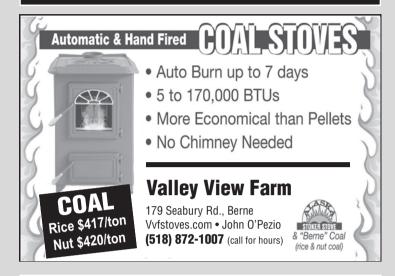


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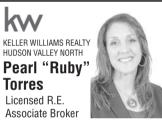
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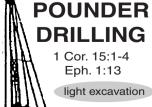
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**Papers** 

8	Check the	, 2, 4, 0 Or / <sub> </sub>	Japers you i	Noula	i iike your au to
	Serving Schoha MOHAWK V	R PENNYSAVER  rie, N. Delaware, parts of Otsego  ALLEY MY SHOPPER  rn Montgomery, E. Herkimer Co	**************************************		TURNPIKE PENNYSAVER Serving Otsego & parts of Herkimer ONEONTA/COOPERSTOWN Serving Otsego County
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	□ AUTOMOTIVE □ CHRISTMAS TREE GUIDE □ CHILD CARE GUIDE □ PETS □ FARM □ FAMILY SALES	ON YOUR Ad WIll A  SNOW REMOVAL COLLECTOR'S CORNER HUNTER'S HEADQUARTERS REAL ESTATE GUIDE HOME IMPROVEMENT HEALTH BEAT	SERVICES OFFERED  BUSINESS OPPORTUNITIES COMPUTER CORNER FIREWOOD LAWN & GARDEN RECREATION	words Secor DEA Norw	es are for ads containing up are 10¢ each (private)/25¢ nd week is half price for priv DLINES: ich- Monday at 3 pm, Sid
100	☐ MISCELLANEOUS	HELP WANTED Number	of weeks to run	Turn	oike & Oneonta/Coopers

MISCELLANEOUS HELP WANTED Number of weeks to run				
1.	2.	3.		
4.	5.	6.		
7.	8.	9.		
10.	11.	12.		
13.	14.	15.		
16.	17.	18.		
19.	20.	If your ad has more than 20 words, please attach a separate sheet.		

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518-284-2421 or 1-800-686-1626

## For The Community

COMMUNITY CHURCH of Howes Cave, Sunday, traditional service 10:30 am, 128 Lester Lane. Reverend Tom Davis.

DUANESBURG HISTORICAL SOCIETY presents "Quaker Street, Stepping Back in Time", September 7th. 10am-12pm Free tours of the historic 1807 Quaker Meeting House and the 1859 Quaker Street Church. 11am-3pm Join us at the Research and Archive Center, 450 Quaker Lane in the hamlet of Quaker Street for our Open House featuring historical displays of Quaker Street its industries, architecture and residents. Experience outdoor centered activities including a History Hunt, toys and games from the 1800s, and free ice cream from Hannaford Market. Funding by Schenectady County Cultural and Arts Grant.

FOOD PANTRY is available at Bethany Lutheran Church, 185 Church Street, Central Bridge, NY every month on the 2nd Monday 10 am -12 pm. Everyone is welcome, no questions asked.

IF YOU HAVE a drinking problem, we offer a solution! Try noon time meeting of Alcohol Anonymous every Monday at the Cobleskill United Methodist Church, 107 Chapel Street. Information 774-266-3772.

Mariaville Lake Craft Fair and Farmer's Market, September 7, 2024, 10am- 4pm, rain or shine, 8282 Mariaville Rd., Mariaville, NY, craft vendors and more, free admission and parking.

BELLY DANCERS! Artists! Join a core group for weekly freestyle World Beat dance event. Contact djZep for more information: 518-227-7799.

#### CARS WANTED, CRAFTERS WANTED

SCHUYLER LAKE VOLUNTEER Fire Department Auxiliary Car Show, Lawn sale and craft Show. Sunday, September 15, 2024; 9am to 4pm Schuyler Lake Firemen's Field, 7503 State Route 28, Schuyler Lake, NY 13457. Cars wanted (\$10 entry) for car show - trophies available. 12pm to 4pm can pay at door. Crafters wanted - \$20 for 10 x 10 spot bring tent. Inquiries, call 315-858-0392. Send info and check to SLFD Auxiliary, Box 112, Schuyler Lake, NY 13457 by 8/-

IS YOUR LIFE affected by someone else's drinking and/or drug problem? Feeling hopeless? Try an Al-Anon meeting: 6:30 pm Thursday basement of Schoharie Reformed Church 518-248-1334 or 518-295-7419.

IS YOUR LIFE affected by someone else's drinking and/or drug use? Feeling hopeless? Try an Al-Anon meeting; noon on Tuesday, Cobleskill Methodist Church on Chapel Street. 518-261-6351 or 518-295-7419.

MOHAWK VALLEY
Beekeepers Club. Schoharie
County and vicinity. Meetings
3rd Thursday, monthly at 7PM
Cornell Cooperative extension,
Cobleskill, NY
valleybeekeepers2@gmail.com.

SARAH'S FOOD PANTRY, free. Evangelical Lutheran Church, 890 NY-443, Gallupville. Every 2nd & 4th Thursday of the month 12:00pm-4:00pm 518-421-2939.

JESUS NEVER FAILS Community Church 1161 Elizabeth Town Road, Ilion, NY 13357. Rev. Hans Drew. Sundays 11 am 518-568-7983.

NEW HOPE CHRISTIAN Fellowship, 32 Spencer Street, Dolgeville. Sunday School at 9:40am, Sunday mornings, main service at 10:30am and Bible study Wednesdays at 7:00pm.

ORTHODOX CHRISTIAN CHAPEL of the Seven Holy Youths

of Ephesus, 166 East Main St, Morris NY. Rooted in the historical Christian Church (traditional, biblical and transformational). Vespers, Saturday 5:00pm Hours & Divine Liturgy Sunday 9:00am. Fr. Photie Erdman, Rector. Email: fr.photie@gmail.com. Phone: 607-288-3485. Website: www.oneontaorthodox.org

Schoharie Seventh Day Adventist Church, Sabbath Study 10-11:30, Worship Service 12-1, 2861 St. Rt. 10, Summit, NY, 12175

Middleburgh Creativebug - Use your Middleburgh Library card and PIN to enjoy unlimited access to thousands of online art and craft classes available at "https://www.creativebug.com/lib/middleburghlibrary" \ t blank'Creativebug.

Middleburgh Library - 9/3 - 1:00-4:00 PM - Mahjong - Join the ladies for games of Mahjong. If you don't know how to play, they will help you. Men are welcome also.

Middleburgh Library - 9/2 - The library will be closed to observe Labor Day Holiday.

Middleburgh Library - Be sure to check our calendar on our website at www.middleburghlibrary.info for future programs. Also, don't forget our Facebook page.

GREAT DEALS, great prices... why look anywhere else for the item you've been wanting? Bet we have it in the My Shopper!

### Village Of Cobleskill Scrap Metal Days Saturday, September 7, 2024

James Morrell, Owner of James Morrell Scrap Metal Recycling will be at the following location from 8 am to 4 pm:
157 South Grand Street, Cobleskill, NY 12043 (this location is the former church property)

James Morrell will be accepting any and all types of metal listed below.

All appliances, all automobile parts including batteries, outdoor items (such as patio furniture and bbq grills) copper, brass, a/c units, anything with a lead cord. Sorry no TVs.

This event has been organized by James Morrell, owner of James Morrell Scrap Metal Recycling. If you are unable to bring items to event Mr. Morrell will be more than happy to come to your home to pick up items. This will be done by appointment only. You may contact Mr. Morrell at 518-701-4049 to schedule appointments.

This ad is also for commercial businesses also. If you have metal you want removed before the event please call Jimmy to schedule pick up time.



SHARON SPRINGS Free Library hours: Monday & Thursday 10am-6pm, Tuesday, Wednesday & Friday 3pm-8pm Saturday 10am-1pm.Sunday closed. 129 Main St., Sharon Springs, 518-284-3126,

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SELLING AN ITEM? Put it in the classifieds! Go to sellingitfast.com

A DOLLAR HERE, a dollar there, get that unused stuff out of your hair. Place an ad in the My Shopper today!

DID YOU KNOW...You can either call in, Fax, e-mail, go to our website or stop in our office to place an ad with the My Shopper.

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STILL THE BEST BUY around; spend only \$8 and make \$5,000. Sell your car, truck or van in the My Shopper. Go to sellingitfast.com

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CLEAN UP WITH OUR classifieds and make a tidy profit. Dust it off and turn your clutter into cash! Sell it in the My Shopper: Go to sellingitfast.com

## 'EXPERIENCE"

September 8, 2024

Schoharie County Office for the Aging 518-295-2001

#### Laughter Is Good For The Soul

I failed math so many times at school, I can't even count.
What did the DNA say to the other DNA? ..." Do these genes make me look fat?"

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Schoharie County Office for the Aging & NY Connects Presents: Ready, Set Connect!! Please join us for a day of learning how to connect the dots of Long-Term Care Services and Supports! September 24, 2024, at The Gathering Place 50 Plus Community Center 127 Kenyon Road, Cobleskill, NY 12043. 9AM – 12:30PM refreshments included.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*

AARP Defensive Driving Class will be held September 13, 2024, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.

**September Life Chat:** Schoharie County Office for the Aging invites you to attend our Life Chat on Helios Care presented by Kelly McGraw at The Gathering Place, 127 Kenyon Rd., Cobleskill on Wednesday, September 25th. For questions or to RSVP contact Lenore Tsamis at 518-295-2001.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

#### MEDICARE OPEN ENROLLMENT IS COMING SOON

If you are enrolled in a Medicare Advantage Plan or a Part D plan, look in your mailbox for your Annual Notice of Coverage, usually mailed in September. It will provide you with important information about changes in coverage that your plan is identifying for 2025. With so many changes in drug prices and access to physicians and hospitals, it is important to review and make an informed decision about your coverage options for next year. Questions to consider:

- Is your plan changing costs like premiums, deductibles, and copays?
- Is your plan changing its provider network?
- Is your plan changing its drug formulary that might affect coverage of your current prescriptions or their prices.

You don't have to work through this alone - call our office for one-on-one assistance with a plan comparison during the Medicare Open Enrollment period, which runs from October 15th to December 7th. Schoharie County Office for the Aging 518-295-2001.

## Real Estate

#### HOMES FOR SALE

INTERSTATE HOMES: Manufactured & Modular home sales & installation serving NY & PA. 27 years experience. View our display models at 2543 State Route 7, Harpursville, NY 13787. 607-693-1632. Web or Facebook @ interstatehomes.net.

### SHOP LOCAL- IT MATTERS

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#### MANUFACTURED HOMES FOR SALE

1993 REDMAN 14' x 80' three bedrooms, two bath located at Broad Acres Mobile Home Park, State Highway 7, Worcester, NY. A 50+ community. Excellent refurbished condition. New carpet, linoleum, paint and appliances. Appraised at \$44,500. Price reduced to \$30,000 if staying in place at Broad Acres. \$35,000 if it is to be moved out. Contact Latham Homes, Oneonta, NY 607-432-0823.

#### AMERICAN HOMES

York's largest New manufactured housing dealer with many locations serving upstate NY. We have over 30 lot models on display, with many models available for immediate delivery. Free delivery and set up included within 60 miles of our Richfield Springs location. Check out our Facebook page promotional @AmericanHomes4050 . Check online www.AmericanHomesCNY.com or give us a call to schedule a walk thru at 315-858-1600.

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#### 3 BEDROOM FOR RENT, 8 MILES TO COOPERSTOWN

NICE 3 BEDROOM, one bath, furnished house for rent starting October 15th, pool. Located 8 miles from Cooperstown. \$1200 per month plus utilities. Oil, gas, electric, lawn care, salt and pool supplies for utilities. Plowing and trash collection are included. Call 315-858-0392 to see this gem before it is rented!

EFFICIENCY APARTMENT AVAILABLE in Richmondville, ground floor, off street parking, fully electric, no smoking or animals, \$600 per month plus security. 518-294-8860, ready September 15th.

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Are you pregnant or raising children under age five? WIC can help you give your family a healthy start! WIC offers healthy food, nutrition education, breastfeeding support, referrals to helpful services, and more!

WIC makes it easy for busy families to participate:

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- Appointments can be done over the phone or at a WIC office.
- Get recipes, information about healthy eating, and meal planning tips at your convenience using WIC's online nutrition education.

#### Use the eWIC shopping card to buy healthy food!

- Shop for your WIC foods using your eWIC card.
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- Swipe your card at the register to buy fruit, veggies, cereal, beans, and more.
- Buy food when it works best for you. Be sure to use all of your benefits before the end of your 30-day benefit cycle.
- Save your card! You will reuse it each month.

WIC has plenty of flexible options to fit your needs, so you have more time for what matters most!







## To learn more, visit WICHelpNY.org or contact your local WIC Office:

Schoharie County Community Action Program
518-234-2568
www.sccapinc.org



WICHelpNY.org

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#### WARNING ALERT FOR OUR READERS AND CUSTOMERS

Please be aware that certain individuals might approach you by falsely presenting themselves as a potential buyer. Under this false pretense, they might try to gain access to your personal banking information or any other opportunities that they may financially gain from. Such fraudulent offers and claims can be received via text, phone call or email. We advise our advertisers and readers to always use great caution when you receive such an offer and be ever mindful of such scams.

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## Auctions

#### Tax Foreclosed Real Estate Auction

#### St. Lawrence County • Online Only

90+ Parcels: Lots, Acreage, Homes, Commercial Properties

Online Auction Start: Saturday, September 14th, 2024, 12PM Online Auction Closing Begins: Saturday, September 28™,2024, 10AM

\*\*Action Required\*\*

To participate in this online only auction, please visit our website and complete the "Online Bidder Registration Packet".

Bidder Packet Due By: Thursday, September 26", 2024, 4PM For complete information, visit www.StLawCoAuction.com

PROFESSIONAL AUCTIONFERS

or call 800-536-1401, Ext. 111 "Selling Surplus Assets 7 Days a Week Online"

## Mohawk Valley Fall Machinery **Consignment Sale**

1300 State Hwy 163, Fort Plain, NY

Sat. Sept. 21st, 2024 • 9:30 am

Welcome Back!

Check Out AuctionZip #35160 for details as they come in

Refreshments Available

Terms: Cash or Check, Photo ID

**Armitstead Auctions** 518-993-2290 Cell 315-404-9731

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Sunday, September 8th at 9:30am Preview Day of Sale at 8 am Until Sale Start

Located at the Quality Inn & Suites Just Off Exit 23, I-88, Schoharie, NY

We will be selling the furnishings from two Schoharie County estates along with the partial contents from a former Albany County judge's home. Excellent condition and quality with nearly 500 lots to be sold! Vintage, Victorian and contemporary furnishings highlight the auction along with a vast amount of sterling silver, a major collection of quality cut glass, primitives, appliances, shop tools and equipment, a John Deere LX255 riding lawn tractor, snow blowers, plus much more.

Please check online at AuctionZip.com under auctioneer #10100 for listing and pictures!

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#### Tax Foreclosed Real Estate Auction

#### Oneida County • Online Only

**Over 30 Properties** 

Online Auction Start: Friday, September 6<sup>th</sup>, 2024, 12PM Online Auction Closing Begins: Saturday, September 21<sup>st</sup>, 2024, 10AM

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'Selling Surplus Assets 7 Days a Week Online"

#### HOSKING SALES LLC

CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday - Misc. items, Poultry & Produce etc. will start approx. 1:00 before the Dairy follow with any Sheep, Lamb, Goat & Pigs, Calf sale in the evening 0 then feeders by all other bee

approx. after 5:30 then feeders followed by all other beef. Let's keep the cattle in the market place to help the competition - sending direct gives you no competition. Beef prices have been strong time to cull the bottom end-feeders etc. Let us help you. First Monday of each Month – Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Second Monday of each Month – Normal Monday Sale & Monthly Heifer Sale. Third Monday of each Month – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

Fourth Monday of each Month – Normal Monday Sale & Monthly Organic Day.

Fourth Monday of each Month – Normal Monday Sale & Monthly Organic Day. Fifth Monday (if there is one) – Normal Monday Sale.

Mon. Sept. 2nd - Memorial Monday - WE WILL BE CLOSED - ENJOY YOUR HOLIDAY!!
Mon. Sept. 9th - Normal Monday Sale & Monthly Heifer Sale & Fat Cow & Feeder Sale. Special: Complete Hi-Grade Holstein Dispersal. Consisting of 51 Al sired Milking age Cows, 15 Bred heifers, 30 Calves & Open heifers. Cows are ave. 60#/day 4.0F/3.2P. SCC 47,000. 20 year Super Milk Award! Tiestall cows go out both ends of the day to pasture. Heifers raised boxstall & group pens and are outside. Very impressive herd of cows and heifers you will not want to miss this sale. Owners: Roger & Jim Beach, Greene, NY. Also from overstocked Dairy - A load of Reg. Holsteins & Jerseys Milking age and heifers all from popular sires and High VG & EX Dams. Dairy starts at 1:00. Also 10-12 F1 Wagyu/Angus Cross feeders.

Upcoming Sales:
Sat. Sept. 21st - Morrisville, NY. 11AM. 41st SUNY Autumn Review Sale. Contact Sale
Sat. Sept. 21st - Morrisville, NY. 11AM. 41st SUNY Autumn Review Sale. Contact Sale
Sat. Sept. 21st - Morrisville, NY. 11AM. 41st SUNY Autumn Review Sale. Contact Sale Sat. Sept. 21st - wortsville, 11. Traw. 13 SUNY Audith Review Sale. Corract Sale chairs – Shyanna Ackerman 484-892-0504, Emily Button 585-444-1123, Jack Kowalewski 570-903-1738, Chloe Renaud 716-880-7185. Selling All Breeds of Registered Dairy Sale. Selling 120 head of Registered Dairy Cattle. Call if you want to consign or need someone to stop by. These sales fill fast so let us know if you have anything.

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#### HELP WANTED

HELP WANTED: Laborer homestead maintenance and repair. Cobleskill PT/FT. Temporary, pays cash. Email dsommers@hotmail.com or call 518-234-4422.

LOOKING FOR SOMEONE to help painting, carpentry, yard work, etc. Middleburgh/Cobleskill area. 518-261-6700.

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**Needs:** Warehouse Person - receiving, material stocking, customer service, must operate forklift.

Little Falls and Schenectady Branches

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## PART-TIME & SUBSTITUTE MEAL DRIVERS Office for the Aging

The Senior Council is seeking to fill Meal Driver positions, which will be reporting to the Office for the Aging, 113 Park Place, Schoharie, NY.

The Meal Driver will provide delivery of meals to home bound clients throughout Schoharie County. Under general supervision of the Nutrition Manager, the Meal Driver will perform the necessary functions to deliver meals to home bound clients in a timely, efficient, and professional manner in accordance with Office for the Aging and State Guidelines. Must possess a clean driver's license and be able to pass a health physical and drug screening.

Applications are available at the Senior Council Office, c/o the Gathering Place, 50 Plus Community Center, 127 Kenyon Road, Cobleskill, NY.

If you would like an application mailed to you, please contact Kim Witkowski at 518-254-7040.

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The Schoharie Valley My Shopper is looking for carriers interested in delivering our papers.

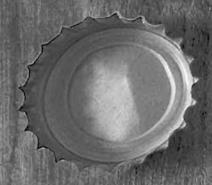
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BURLEY TANDEM BIKE 27 speed, excellent condition \$800; 24 speed Trek 1200 \$750. Call 607-244-9188.

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SIX POMERANIAN PUPPIES, 4 males, 2 females, very playful, 9 weeks old, \$350. 607-264-3665 261 VanAlstine Road, Jordanville, NY.

THREE FREE KITTENS. 8 weeks old, litter trained ready to go. Text only 607-244-7818.

TWO MALE LAB/-RETRIEVER mix pups looking for forever homes, 12 weeks old, \$200 each, please call Karen at 607-437-8956.

BLUE HEELER MINI Aussie mix puppies. Ready to go September 6th. \$100 each. Delivery available. Call Henry Miller 315-858-0103.

BORDER COLLIE Cross Puppies, excellent farm dogs, free to good homes. 607-766-1813 between 8:00am - 8:30am.

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FONDA: Thursday, September 5th & Friday, September 6th, 7:00am-3:00pm, 2329 Hickory Hill Road. Household, stereo, baby items, Chrysler 2.4 engine, old items and more.

FORT PLAIN: Saturday, August 24th and Saturday, August 31st, 7am-3pm, 338 Mill Lane. Three Family Yard Sale. Wood splitter with engine, dog kennel w/chain link fence - 3 sections. Also, 2'x6' insulated dog kennel with wire run, 10 gallon orchard sprayer tank (new). Bathroom vanity, 10'x10' blue canopy (new). 21 cubic ft. electric refrigerator. Chicken BBQ 9am-Homemade donuts, watermelons, cantaloupes, sweet corn, tomatoes, ground cherries. Miscellaneous items. Free

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NEW BERLIN: Friday, August 30th and Saturday, August 31st, 9am-4pm. 8 Moss Street. Baby boy clothing, boys sizes, 2 years - 6 years., strollers, bouncers, changing table, adult clothing and coats, many Halloween costumes and decor, books, shoes, boys cleats and sneakers -(Nike), Crocs, Thirty-One hand bags, and utility bags, wall decor, housewares, picture frames, jewelry, watches, Boyd's bears and hares. Nice stuffed animals, blankets, throws, knitting looms, Planet Plush beanies, collectibles, depression glasses, wreaths, crafting and art supplies, furniture, toys, TV, cassettes, DVDs, CDs, and VCR tapes. Wine glasses and bags, industrial coffee machine, wedding fountain and much, much more!!!

NORWICH: Yard Sale Labor Day Weekend! Saturday, August 8am-5pm, Sunday, 8am-3pm, September 1st, Monday, September 2nd, 8am-3pm, 13 Jones Ave. Baby & pet items, home decor, bedding, dishes, glassware, electronics, clothes & shoes. Boy's 8-12, men's big & tall, women's XL. Even a 2018 Ford Edge SUV with less than 30K miles! Plus much more! We're moving and ready to sell!

PALATINE BRIDGE: Friday, September 6th & Saturday, September 7th, 9:00am-3:00pm, 239 Groff Road. Vintage, back-to-school, housewares, lamps, bedding, fireplace items, cameras, office, winter coats & boots and much more.

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CENTER: Yard Sale. Friday, August 30th, Saturday, August 31st and Sunday, September 1st. 8am-3pm. 11378 County Highway 23, Unadilla (about a mile outside Sidney center. Many new treasures. Lots of jewelry, 200 LP records, bottles, Pyrex, restaurant ware, lamps, glass shades, chairs, Christmas lights, glassware, China, vintage linens, vintage purses, clothes, odd items, books, marbles and much more. Lots of \$1 items. Everything must go. Feel free to pull in and park. Please no early birds. And, if it's raining hard, we might open late or close early or not open at all.

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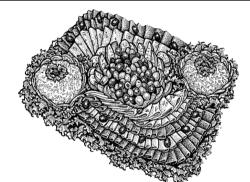
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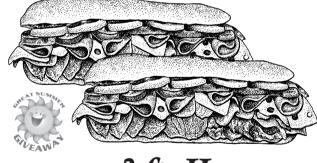
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sweets have always been my reward. I want my kids to have authentic rood from their culture, which isn't always nealthy. Eating healthy makes me feel like my taste buds are missing out. I have a prime parking spot at work, so why would I walk? Diet soda is as healthy as I get. My stomach just can't handle healthy stuff. I don't know how to look, so I have to stick to simple things like macaroni & cheese. I don't want to mess with my family's food prefer ences. I am too tired to battle with my kids over healthy eating. My kids don't like salad. My spouse doesn't like regetables. If I'm going to a buffet, I want to get my money's worth. My mother always made me clean my plate and I can't break the habit. I have no willpower when it comes to the dessert menu. If I'm stressed, I want some hing sweet. There are waaay too many delicious foods I want to eat. If I'm stressed, I want something salty. I ge pored with the same old food. My kids are picky eaters and I don't want to make two separate meals. Once I've opened a pack of cookies, I figure I might as well finish it. I've tried a bunch of different diets and nothing works. don't want to become obsessive about every calorie. Eating healthier requires a lot of planning and I just don't have ime for that. The gym is boring. I tried to change my diet before...it was too much effort. I don't have time to prepare a healthy meal. My taste buds are the way they are. There's always free food at the office, and I just can't say no. Fresh food spoils too quickly. I like going out to eat with my friends too much. I eat in the car, so I can't always ind healthy options. Temptation lurks everywhere – I can't help myself. Special deals and coupons encourage my pad food choices. Vacation calories don't count. I hate seeing myself in the mirror at the gym. I can't exercise wher t's humid. I don't want to get sweaty because I'll have to redo my hair. It's too snowy to work out. Vegetables are hard to chop. I walked 86 feet today and I'm already exhausted. I showered earlier, so I don't want to get sweaty My couch is too comfy. Taking the stairs is just too time consuming. The fluorescent gym lights make me look pale My bike shorts give me a wedgie. Working out makes more laundry. My workout videos are all on VHS, and I don't have a VCR. My tennis grunt isn't any good. I'm an athlete by proxy, thanks to my fantasy team. My workout would nterrupt my TV schedule. I feel sore after working out. My dog doesn't like to walk. I like cheese too much. Swea nakes me itchy. My gym is like a million miles away. I don't like working out with people around me. I don't wan to be locked into a gym membership contract. The gym owner is intimidating. Helmet hair isn't a good look on me burn enough calories carrying my purse around. I'm not zen enough for yoga. My sneakers smell like a locker oom. The gym is boring. Dessert is my weakness. I'd work out, but I might scuff my shoes. No one will exercise with me so I'm not motivated to go. My husband always makes excuses for not going to the gym, and I think he's kinda right. I'm not coordinated enough to exercise. I don't like how my hair looks in a ponytail. I never remember ny gym clothes. The gym is boring. If I didn't have time for lunch today, I definitely don't have time for the gym. don't like the way workout clothes look on me. I'm actually afraid of getting too buff. Working out isn't a good look or me. I look silly exercising. It's not convenient. The TV shows they play at the gym are terrible. I don't like watch ng people work out; it grosses me out. The gym cuts into my social life. Working out isn't really me. Exercise should be done in private. And my apartment is too small. I don't like sweating in front of people. Exercise just makes me nungrier. The gym is way too far from my house. The exercise schedule for workout classes doesn't fit my sched ale. I have a bad blister that makes working out painful. There simply aren't enough hours in the day. I can't ge notivated to do any exercise, so I'm stuck in a <u>rut</u>. The different exercise class options overwhelm me. I don't wan to sweat where other people sweat. It's tough to wake up in the morning. I end up just walking around the gym imlessly. Gym clothes are too expensive. Treadmills are SO boring. I don't want to run on the street where every one can see me. I ran out of sports bras. I forgot my running shoes...again. I'll start working out tomorrow. Swea nakes me itchy. I get enough exercise typing emails. It's my birthday, so it's OK to indulge. I'm married, so there's no need to hit the gym anymore. I'm aiming for the "dad bod." I'm starting a "mom bod" trend. I consider the wallto my kitchen exercise. I just don't know what foods to eat. I've heard you can burn a lot of calories chewing. My ped is more comfortable than the gym. I don't want to deprive myself of anything. I'm too carefree to get into ar exercise routine. The elevator is faster than the stairs. I'm a busy parent. I need extra fat in the winter to keep me warm. I'm a struggling artist — I only have time for my art. I'm too busy running a business. I'm too busy writing a book. I'm too busy taking care of my family. I like cheese too much. I'm too busy volunteering. I'm too busy trying to build my resume. I tried working out, but I don't know if I'm doing it right. I'm too busy taking my kids to sports practices, art lessons, school, playdates, etc. I'm too busy doing the housework, shopping, cleaning and looking after the house. I have to help my kids with their homework. It's genetics. I don't know where to start with dieting or exercise. I don't want to interfere with my family's routine. I tried pilates, but I don't know if I'm doing it right The padding in my bike shorts isn't squishy enough. Once I've sorted out my work/life balance, I will figure out my liet and exercise. I can't pronounce "acai." I don't go to the doctor unless something is clearly wrong. I'm not the reatest at taking care of myself; I'm better at taking care of other people. It's too hard to be healthy during the nolidays. The gym is boring. It's either work or my kids that take up all my time. I don't like the color of green juice /egetables are rabbit food. I heard pizza counts as a vegetable because it has tomato sauce. My family doesn't like regetables. Lettuce might as well be grass clippings. I don't like green-colored food. Kale reminds me of shrubs. It ust seems like eating healthy is a trend. I can't pronounce "quinoa." Eating healthy just takes too much time. I can't esist upsizing my meals. I can't say no to ice cream on a hot day. It would be rude not to eat the cake my neighbor prought me. Bananas creep me out. I don't feel complete without something sweet after a meal. Snacking helps bass the time. Healthy food is more expensive. Health food stores smell funny. There are no healthy restaurants n my neighborhood. Healthy foods don't taste as good. I don't know how to cook healthy meals. I like potato chips oo much. The commute is my workout. I would exercise but it just makes me hungrier. I like fried food too much like tortillas too much. I can't start my day without doughnuts. I read that you can become addicted to working out. I can't text and lift weights at the same time. I don't like the music they play at gyms. I'll wait until I make my new Year's resolutions. The healthy section at my local supermarket is hard to find. If I go to the gym, my cats wil niss me. Being super disciplined just kinda harshes my vibe. I get enough exercise through quilting. There's way oo much good TV on this season. YOLO! Going to the gym would require me to change out of my bathrobe. Eating realthy and exercising just seems vain. If I go to the gym, I'm worried people will see my regrettable tattoos. Exerising just takes too much time to organize. I don't like people telling me what I should eat. I need my food to be un. The world would be a better place if everyone just ate what he or she wanted. Weights are heavy. Treadmills nake me feel like a gerbil. I tried working out once; it was sweaty. I don't want to waste gas by going to the health er supermarket. Being healthy has never been a priority. I'm too busy doing house stuff. Animals don't need to go to the gym, so why should I? What if I miss an email at the gym? I'd rather focus my energy on model trains. Spinach night have worked for that cartoon character, but not for me. I think it's a conspiracy to get people to eat things hey don't want to. What if I get super fit and my friends don't recognize me? My hair is too long to exercise. I can' be around all kinds of buff people. I think that in the future they'll invent a pill to make everyone healthy. I don't ea nealthy while on vacation, and I always want to feel like I'm on vacation. I don't want to shock my body. I don't wan to get all buff and then intimidate people at the beach. It just doesn't suit my hermit lifestyle. I'm just not sure who o listen to – my stomach or my doctor. Exercising just seems so 1980s. What if I like working out too much and

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2009 MITSUBISHI ECLIPSE Spyder GS Convertible. 2.4L 14F SOHC 16V FWD, automatic, red, black top 140k, Ohio car, no NY winters. Not rare, but hard to find. Includes Carfax and top cover never registered in NY. Always garaged. Fall price \$6,300. Vernon Center 315-843-4277.

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