

**FIREWOOD FOR SALE**

**FIREWOOD FOR SALE LEWISTON/YOUNGSTOWN AREA** - Delivery available. \$99 per face cord. 716-523-6680.

**FREE ITEMS**

**FREE! PANASONIC 42" TV** - It's old, but it works and its free. 628-9654.

**FREE! BEAUTIFUL, UPRIGHT PIANO** - In excellent condition. Needs tuning, you must move. Call 512-2713.

**FREE! SPINET PIANO** - Baldwin Acrosonic. Very good condition. You move professionally. 773-8908.

**FREE! DOUBLE BED FRAME** - Free to someone in need. 692-1955.

**FREE! WORKING TV W/REMOTE** - Free to someone in need. 692-1955.

**HOME IMPROVEMENT SERVICES**

**DECKING SERVICES**

**D&S DECK & FENCE STAINING HOUSE POWERWASHING**  
 SCRUB & MOLD REMOVAL  
 CONCRETE SEALING  
 EXTERIOR STAINING  
**694-2711**  
**WWW.DANDSDECK.COM**

**LOST & FOUND**

**KEYS FOUND** - On Saturday 8/1 at dusk, at Stony Point and East River (North end of island) Call NFP to describe. 773-7676.

**MOTORCYCLES WANTED**



**MOTORCYCLES WANTED** - Before 1985. All Makes & Models. Running or Not. Any Condition. \$Cash Paid\$. Free Appraisals. Call 315-569-8094 or Email: [cyclerestoration@aol.com](mailto:cyclerestoration@aol.com)

**REAL ESTATE**

**PUBLISHERS NOTE:**  
 All Real Estate advertising herein is subject to the Federal Fair Housing Act which makes it illegal to advertise "any preference limitation or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



**APARTMENTS FOR RENT**

**NORTH TONAWANDA**

**MID CITY PLAZA AREA** - Modern 2 bedroom. Available now. VERY competitive rent. Senior housing (over 55). 874-6670.

**HOUSES FOR RENT**

**GRAND ISLAND**

**HISTORIC FARMHOUSE FOR RENT** - 4 bedroom, 2 bath. 2 car garage. Acreage. Grand Island. Oct. 1st. 912-6590.

**TECH SERVICES**

**TECHNICAL SERVICES PROVIDED** - Hardware/software Issues, Professional Installation. Troubleshooting: PC's, Internet Connectivity, Mobile Devices, TV's. Very reasonable rates. Brendan 716-418-4970.

**TUTORING**

**TUTOR** - Will tutor your child with homework and remote learning. Master's Degree in Education. Certified. 716-262-4276.

**NYS CERTIFIED TEACHER IN PRESCHOOL THROUGH 6TH GRADE, AND SPECIAL EDUCATION**

- Would like to assist you during this time of change and uncertainties. I have availability on Mondays, Wednesdays, and Fridays during the school days, to support your child academically and emotionally in my home (with distance learning and in-person). Text or call 716-579-3691

**GARAGE SALES**

**GARAGE SALE DEADLINES:** For the BEST COVERAGE place your ad at least 1 1/2 weeks before the date of your sale. Placing your ad as early as possible will give us time to make sure it appears in the paper(s) you want, when you want it to, and make sure that more people see your ad!

**GRAND ISLAND**

**1906 MARJORIE ROAD** - "Ricci Girls" Fall Garage Sale. Sat. 9/26. 9am-1pm.

**227 SOUTH LANE** - 9/26. 9am-2pm. 10/2-10/3. 9am-2pm. Baby strollers, highchair, many items, great prices!

**2499 FIX ROAD** - 9/24-9/26. 9am-1pm. Brass headboard, double oven broiler/gas, baby items, toys, much more!

**2878 E. RIVER ROAD** - October 2nd & 3rd. 9am-2pm. \$1.00, \$2.00, and \$3.00 tables. Tools, DVD's, costume jewelry and more.

**LEWISTON**

**4788 CREEK ROAD** - Sat. 9/26, Sun., 9/27. 8am-1pm. baby strollers, car seats, appliances, luggage, hardware and more.

**RANSOMVILLE**

**2551 LAKE ROAD** - 9/25 - 9/26. 8am-2pm. Some furniture, miscellaneous decor, housewares, and more!

**TOWN OF LEWISTON**

**1121 DIVIDE ROAD** - Saturday, 9/26. 9am-4pm. Household items, vacuum cleaner, much more! Masks Please!

**TOWN OF NIAGARA**

**8400 DONNA DRIVE & GARLOW ROAD** - 9/24 - 9/26. 9:30am-4pm. Baby clothes, toys, tools, signs, furniture, CDs.

**Place your garage sale ad online at [wnypapers.com](http://wnypapers.com) or call 773-7676**

**Department of Health encourages communities to protect themselves against flu – especially this season**

**BY THE NIAGARA COUNTY DEPARTMENT OF HEALTH**

It's fall, and influenza (flu) season is here again. The flu is a respiratory illness caused by influenza viruses that infect the nose, throat and lungs. The virus spreads mainly from person to person through droplets made when people with flu cough, sneeze or talk. The virus also may spread when people touch something with flu virus on it and then touch their eyes, nose or mouth. Flu can cause severe illness, hospitalization and death. Anyone can get the flu, and serious problems can occur at any age.

To protect yourself from getting the flu, the Center for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older get the flu shot every year. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

"Communities are encouraged to get the flu shot early in the fall, before the disease begins to spread," said Daniel J. Stapleton, public health director.

Some people are at higher risk for flu complications. This includes people 65 years and older, people of any age with certain chronic conditions (diabetes, asthma or heart disease), pregnant women and young children. Vaccination of people at high risk for flu complications is especially important to decrease their risk of severe flu illness. According to the CDC, many people at higher risk from flu also seem to be at higher risk from COVID-19.

"When going to get a flu vaccine, practice everyday preventive ac-

tions such as washing your hands often, avoiding close contact with people who don't live in your household, and covering your mouth and nose with a mask when around others," Stapleton added.

Getting a flu vaccine is more important than ever during 2020-21 to protect yourself, your family and our community from flu. Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone. When you get vaccinated, you reduce your risk of getting sick with flu and possibly being hospitalized or dying from flu. This season, getting a flu vaccine has the added benefit of reducing the overall burden on the health care system and saving medical resources for care of COVID-19 patients.

"To help slow the spread of diseases such as flu and COVID-19, it is important to stay home from school or work when sick," Stapleton said. "We all play an important role in protecting the health of our community. Stay vigilant, and continue to take every day preventive actions such as social distancing and wearing a mask appropriately."

According to the CDC, September and October are good times to get a flu vaccine. To receive a flu shot, contact your local health care provider or pharmacy, or visit [www.vaccinefinder.org](http://www.vaccinefinder.org). For more information about influenza (flu) 2020-21 season, visit <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>.

**Keeping skin healthy during COVID-19**

**SUBMITTED BY KENMORE MERCY HOSPITAL**

Washing your hands and wearing a face mask are your best defense against the spread of COVID-19, but for many it is taking a toll on their skin.

Frequent hand-washing and the use of hand sanitizer can deplete the skin of its natural moisture and oils, leaving dry and cracked skin. Face masks may rub across the nose and behind the ears, which can irritate the skin.

Elizabeth Clark, BSN, RN, CWOON, clinical wound adviser and ostomy nurse at Kenmore Mercy Hospital, shares some tips to help care for your skin while still protecting yourself from COVID-19.

**For Your Hands**

Keep washing your hands. Wash your hands for at least 20 seconds in lukewarm, not hot, water. Use soap, and wash every part of your hands, including between your fingers and around your nails. Hand washing removes harmful bacteria and viruses.

Dry your hands. Use a clean towel to dry your hands, but leave some water on them. You can also let your hands air dry.

Apply hand cream or ointment. While your hands are slightly damp, apply your hand cream or ointment. Applying moisturizer after hand-washing helps treat dry skin. Dry, cracked skin makes it easier for bacteria and other germs to get inside your body. Look for something that:

- ✓ Contains mineral oil or ceramides.
  - ✓ Comes in a tube rather than a pump-bottle.
  - ✓ Says it's "fragrance-free" and "dye-free."
  - ✓ Is lanolin free.
- Use hand sanitizer and apply

hand cream or ointment immediately after the hand sanitizer dries. Hand sanitizer can be very drying, so moisturizers help replenish your skin.

**For Your Face**

Choose soft, natural and breathable material. Choose a mask with tight, secure fit – either a procedure mask or a one made with tightly woven fabric. Avoid synthetic materials such as polyester, nylon and rayon. These make you sweat, which will dampen the fabric and, in turn, may cause irritation.

Create a skin barrier with moisturizer. Putting moisturizer on your face throughout the day is the best way to decrease friction between the skin and mask.

Keep your skin clean. When washing your face, avoid using any strong face soaps or exfoliators. Consider not wearing makeup. Wearing makeup under a mask can lead to clogged pores and breakouts.

Wash or replace your mask. Soiled masks can irritate your face. Washing your fabric mask by hand with regular detergent and hot water is gentler on the mask. Procedure masks are not meant for long-term use, so discard them if they are soiled or used too long.

Individuals over the age of 65 and those living with heart disease, diabetes, obesity, chronic lung disease, immunity problems or cancer are at higher risk for COVID-19. While social and physical distancing and frequent handwashing are the best ways to protect against COVID-19, you should check with your doctor about the best option for you.

If you continue to have skin issues, reach out to your primary care physician or call 706-2112 for a referral.



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