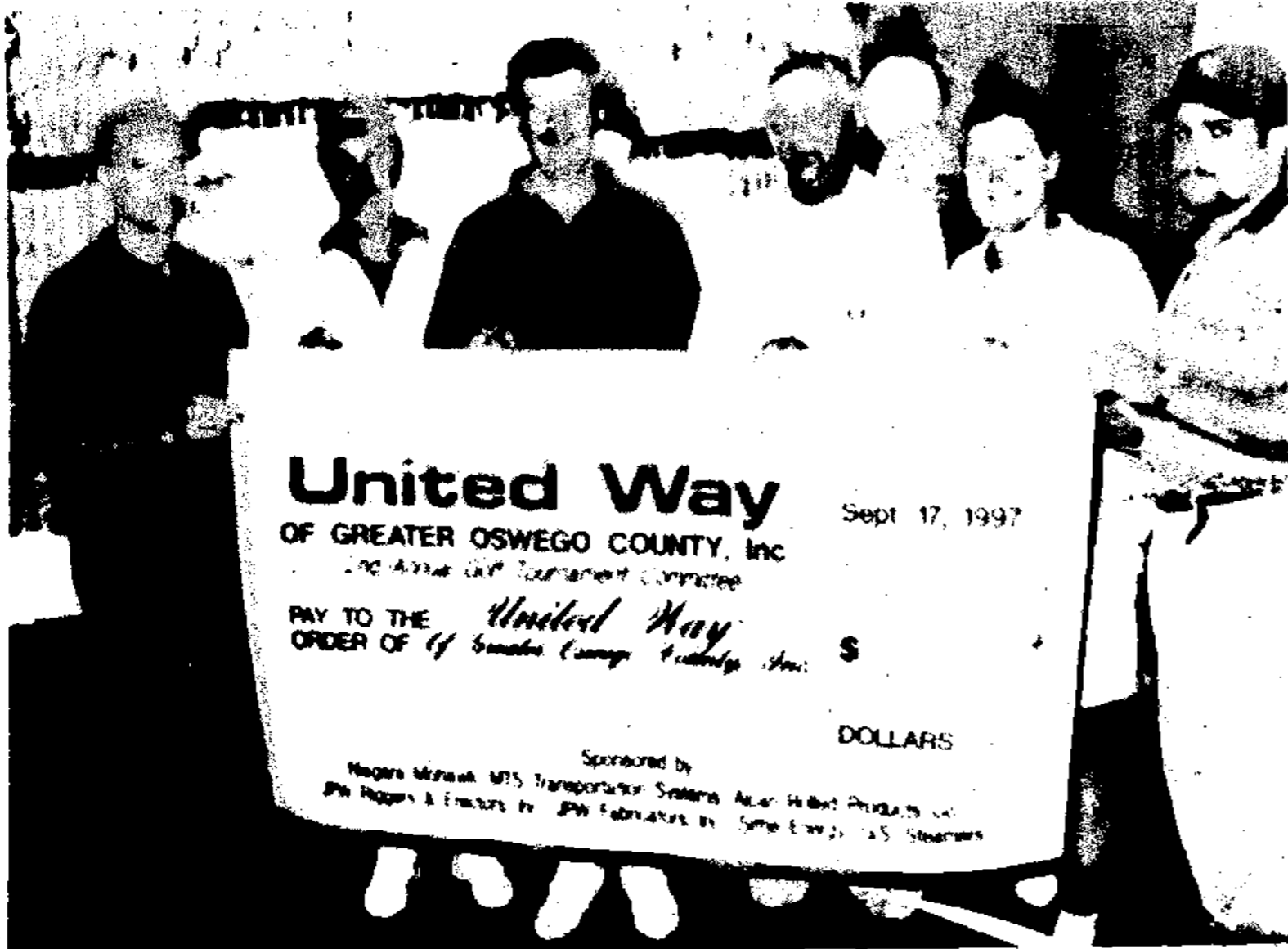


Sports



Check it out

United Way of Greater Oswego County realized over \$9,000 for the 1997 United Way Fund Drive from the second annual United Way Invitational Golf Tournament held at Greenview Golf Club in Central Square. Pictured reading the "big check" to hand over to United Way are representatives of the major sponsors of the event.



Rah-rah

The Pop Warner cheerleaders participated in competition Sunday, Oct. 26 at the Onondaga County War Memorial. Pictured in the back row, from left, are Lauren Thomas, Kristine Dewine, and Morganne Atutis. Kneeling in front is Tabatha Svereika.

-Valley News photo by Carol Thompson



Cheer up

Fulton varsity cheerleaders incite the Senior Night crowd during halftime of Friday's shutout of Camden.

-Valley News photos by Dave Taylor



YMCA offers aerobic classes

The Fulton Family YMCA will be offering a low impact aerobics class to be held at Lanigan Elementary School. This class consists of warm-up, cardiovascular, and cool down segments, as well as floor routines for the upper and lower extremities. Beginning exercisers are encouraged to participate. Classes will be held Tuesdays and Thursdays from 6:30 to 7:30 p.m. beginning Nov. 4. Instructions will be led by Julia Lalik. Participants should bring their own exercising mat as well as hand weights. More information is available by calling the YMCA at 598-9622. Pictured, from left, in front, is instructor Julia Lalik; in back are Erin Grady, Renee Dembreck, and Becky Devendorf.

-Valley News photo by Kelly LeVea



Sofco, Inc.
Warehouse Outlet
481 No. of Co. Bldg.
Fulton

15% Off

All Printed Halloween decorations, clings, banners, plates, napkins, etc.



*15% Off All Printed Fall Plates, Tablecovers, Napkins & Decorations

COUPON

Buy (1) 26" Halloween Mobile - Get 1 Same Free (\$2.29 value)

No Expiration Date
With \$10 purchase
and coupon

593-2428

Mon - Fri 8-5, Sat 10-2

Lift with your legs

When you lift a heavy load improperly, you can seriously injure your back. The National Safety Council reminds you that as you lift, keep the object close to you as you slowly straighten your legs. Lift with your legs - not your back.

SALE

**ALL SHORTS
30% OFF**

Mon., Oct. 27 - Sat., Nov. 1

Large stock of:

Uniforms & scrubs, active wear, candles, herbs & vitamins, teas, bath products, lotions. Gift ideas & much, much more! See larger store...

... Nov. 3rd, right next door!

MARINO'S

*Fitness Plus
Health & Fitness Supply
and Gift Shoppe*

Lakeside Mall, Fulton
(across from Fulton YMCA)
592-3488 (FITT)

With This Ad

\$2 OFF \$20 or more

★ This Week's Special ★

Septic Tank
Pumping

\$20 off

Reg. \$110.00

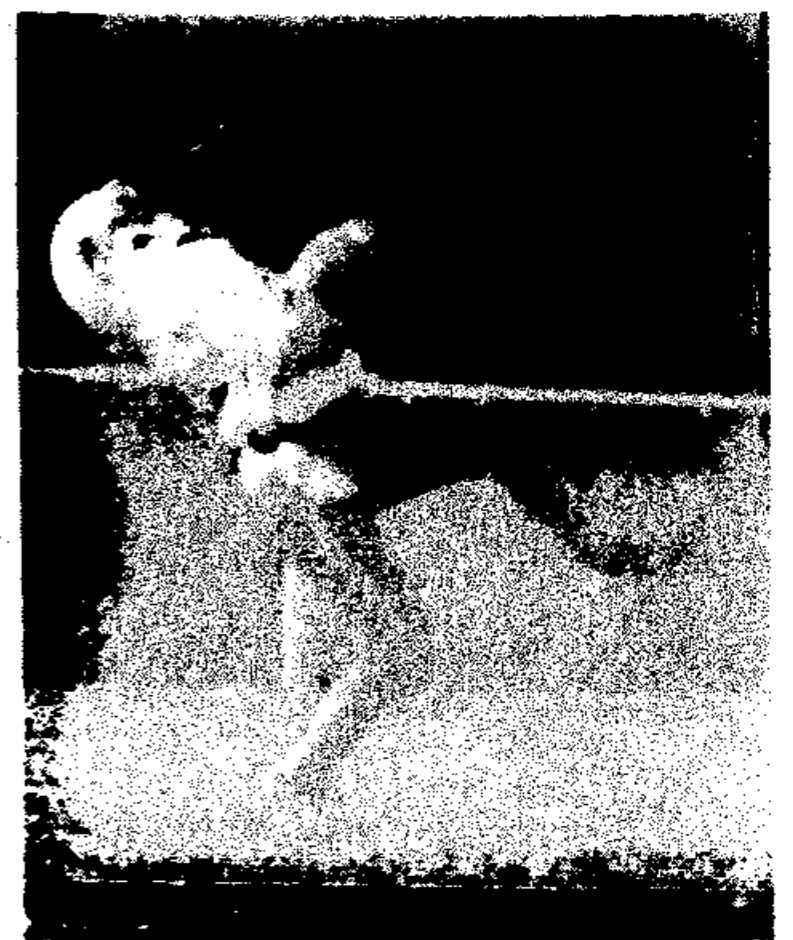
Now \$90.00

Coupon Valid
Oct. 27 - Nov. 1, 1997

Mon. - Sat. 8 a.m. - 5 p.m.

Gilbert Excavation

593-2472



Hold on

The Fulton Pop Warner Pee Wees coached by Scott Drake traveled to Clay on Saturday to take on the second place Panthers. The Pee Wees lost 27-6. Here the Raiders' Joshua LeVea goes out for a pass.

-Valley News photo by Kelly LeVea

