A new resident can register to win one of several great prizes, receive important health information and become one of their favorite beauty, wellness, and home decor products at the 11th annual Women’s Expo, scheduled from 11 a.m. to 3 p.m. Saturday, Feb. 11 at the Johnstown Galleria.

The Women’s Expo is sponsored by Conemaugh Health System, Our Town, the Johnstown Galleria and the Greater Johnstown Women’s Cluster 14K gold pendant, valued at $599 and donated by D.C. Goldsmithing. An entry form was printed in recent issues of Our Town; completed entries can be dropped off until the end of the Women’s Expo. D.C. Goldsmithing, located on the upper level of The Galeria, next to Boscov’s. The winner of the pendant can be notified by phone or email next week.

A romantic giveaway prize package for two, courtesy of Hampton Inn and Our Town, is also to be awarded at the Women’s Expo. This prize includes a one-night stay and breakfast at the Hampton Inn, dinner at Red Lobster and a movie at Richland Cinemas. Visit the Our Town table at the Women’s Expo to register for this prize.

The national health care system was greatly changed during the last eight years by President Barack Obama’s signature Affordable Care Act. President Donald Trump promises to repeal the act, commonly called Obamacare.

The country’s health care system has created high premiums and increased overall costs. The cost of insurance for millions of people have been increased through the reform.

Local hospital CEOs said that one problem with the act is that most of the patients coming in who have private insurance have high deductibles.

If the average cost of hospitalization is $16,000, people typically have 53,000 deductibles, said Tom Kurtz, president and chief executive officer of the Chan Soon-Shiong Medical Center at Windber. These patients are making payments over time — or are not paying the hospital.

“These people it affects are the working poor,” he said. “There are people who won’t get off welfare because they don’t want to lose health insurance. Those who don’t qualify for Medicare or Medicaid are stuck with high premiums.

“There has to be a better way. We have to do something about high deductibles.”

Somerset Hospital CEO Craig Saylor says that high co-premiums are a major issue.

“I hope that Congress develops a plan to reduce people’s out-of-pocket costs,” he said. “When you have that much as a co-premium, it really isn’t health insurance, it’s catastrophic insurance.

Kurtz thinks that a single-pay system would be the best route. Single-payer health care is a system in which the state, rather than private insurers, pays for all health care costs.

He said that the idea that hospitals’ bad debt would go down under the Affordable Care Act did not materialize. The federal government pays for about 65 percent of hospital costs from Medicare and Medicaid, both of which are making reduced payments.

Only 35 percent of people have private insurance or no insurance at all.

“If Congress repeals ACA and doesn’t replace it, we will still be paying lower reimbursement and still receive a double hit,” Kurtz said.

Conemaugh Health System CEO Steve Tucker said he hopes that Congress will have a replacement plan in place before it repeals the Affordable Care Act, if Congress decides to repeal it.

“We don’t advocate the removal of 24 million people from health insurance,” he said; “Repair any issues — we don’t repeal.”

CARPET SALE

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According to a recent article published by the American Hospital Associa-
tion, integrative medicine is becoming a part of the healthcare industry, and the major forces behind this movement is primarily coming from the patients themselves.

Integrative care programs, such as acupuncture, energy medicine and the like, have garnered increased acceptance among the general public, and an increasing number of hos-
pitals and health systems are adding these inte-
grative therapies to their menu of options. The AHA confirms that the primary reason for this increase is due to patients' direct

It's been my experience that, depending on the health system's size, loca-
tion and other factors such as economic well-being, they offer either compre-
hsive integrative outpatient centers or integrative

It is customary for many nursing home residents by taking

In my experience on a hospital CEO's panel, I have seen therapeutic

Patients have the option to work with a therapist for an additional fee to work on family issues. In some cases, such as at Highlands Hospi-
tal, in the inpatient setting, the services are offered to the patients without any charges.

Because the various modalities of health care, often referred to as integrative medi-
cine, are not taught in medical school in most places, there are physicians who continue to be skeptical of their effectiveness, but the amazing results that continu-

The reasons for the increased accept-

Mrs. Jacobs of Windber is a member of the Project Medicine Interdisciplinary panel in the hospital's Readiness phase.

I remember hearing Ms. Jacobs say, “If you want to make a difference, do not be afraid of some failures, because failures are just the

Networking, presentation for project manager sets

By OUR TOWN

The first meeting of the Johnstown satellite teams for the Project Management Institute's Pittsburgh chapter

Women's Expo

Individual vendors are to offer a select number of their products in the following specialty areas:

Several vendors will offer a variety of aromatherapy products, including essential oils and essential oil blends, as well as items such as candles and incense. These products can be used for relaxation and stress relief.

The meeting is free. For more information, call 814-888-5622.

ATTENTION VETERANS: BUY ONE, GET ONE FREE LOT SALE! Special Offer for Armed Services Veterans! Buy One Single Lot-Get One For Your Wife Absolutely Free!

Women's Expo Continues From A1


A2 Wednesday, February 8, 2017 Our Town, Johnstown, Pa.  www.ourtownjohnstown.com
Since I learned of Mary Tyler Moore’s death, I’ve been re-watching “The Dick Van Dyke Show” and “The Mary Tyler Moore Show.” The two shows are similar, as “The Dick Van Dyke Show” is a precursor to “The Mary Tyler Moore Show,” which aired on CBS from 1970 to 1977. Both shows were set in a fictional city called母親ville and starred Mary Tyler Moore as the protagonist. However, there were some differences in the two shows, such as the plotlines and the way the characters were developed. Overall, both shows were successful and have left a lasting impact on television history.

In response to complaints and sponsor concerns, the CBS network mandated that Laura could be seen in a similar outfit, effective March 1. This was to ensure that viewers could still identify the character as the same character. However, this decision was controversial, as some supporters of the show felt that Laura’s clothing was quite controversial. Her character was often shown in revealing outfits, which was not common for television at the time. In perusing the show’s history, I learned that Laura Petrie and Mary Richards, and in fact, all of the characters on the show, were not always dressed in the same way. The show’s creators had to make sure that the characters were consistent with the show’s theme and message.

Indeed, as Laura Petrie and Mary Richards, and in fact, all of the characters on the show, were not always dressed in the same way. The show’s creators had to make sure that the characters were consistent with the show’s theme and message. The audience cheered some characters and were cheers, some characters were not according to the show’s creators. Let us open our eyes and see others, not according to their faults and failures, but according to who they can be in Christ. Anyone who will call upon the Lord Jesus Christ can be a new creation, too.

The Cambria County Commissioners have unanimously approved the collection of a $15 fee on all deeds and mortgage records outside the jurisdiction of deeds office, effective March 1. The fee is to be deposited into a fund to pay for the demolition of blighted properties in the county.

On Nov. 4, Pennsylvania lawmakers passed the so-called “Right-to-Know” Act, which has been praised by several county commissioners to pass a resolution or a bill that would give them the ability to retain records and allow them to sell or dispose of records that are no longer necessary for their operations. The act would be up to a county commissioner to sell records for a fee of more than $15 for each deed and mortgage record and an amount of $10 for each deed and mortgage record to be sold as a unit to pay for the demolition of blighted properties.
**Tuscan Garlic Tortellini**

by Louise Kline

**Ingredients:**

- 8 oz tortellini
- 4 to 6 boneless, skinless chicken thighs (or 4 chicken breasts, pounded to even thickness)
- 3 tbsp. minced garlic
- 3/4 cup fresh spinach leaves (or 1 cup frozen spinach, thawed)

**DIRECTIONS:**

Cook tortellini according to package directions; drain and set aside. Grease a skillet or pan and add chicken; cook for five to seven minutes on each side over medium heat until chicken is browned and cooked through. Transfer chicken to a plate and cover to keep warm. Place spinach, garlic, and sun-dried tomatoes in the skillet, and sauté for one to two minutes until garlic is fragrant. Add chicken broth to skillet, and cook another two to three minutes until the chicken is heated through. Top mixture with salt and cracked black pepper to taste, and serve.

**Greenway, Trails, and Recreation Program Grants.** Grants are used for planning, acquisition, construction, and maintenance of greenways, trails, and open spaces.

**Sewage Facilities Program.** Grants are used for state-wide sustainable sewage and wastewater treatment system repair, upgrade or operation and maintenance of existing active treatment systems.

**Baseline Water Quality Data Program.** Grants are used to establish baseline water quality data on major rivers and streams in the state.

**Flood Mitigation Grant Program.** Grants are used to fund statewide initiatives to assist with flood mitigation projects.

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Johnstown
Rickenbacker Town Centre
141 Town Centre Drive
(Next to Five Guys Hamburger)
Little did Ernie Alwine imagine when he added a team of white Percheron horses to his stable of draft horses that he would someday help couples across central and western Pennsylvania celebrate the most romantic days of their lives.

Alwine, the owner of Misty Haven Carriage in Davidsville, was recruited to conduct his first wedding carriage ride 13 years ago.

“Back then all I had was a hayride wagon,” he recalled. “I can since purchase two sleighs and a limousine via-a-vis car- rige, which he uses for carriage rides during weddings and for engagement proposals and anniversary celebrations.

“We offer a two-hour service, which can include travel to and from the church to the wedding re- ception, whatever the cou- ple prefers.”

Alwine said that he and his Percheron horses often conduct sleigh rides on weekdays and weekends.

Two weeks ago, on a Saturday, Alwine said that he conducted four sleigh rides, including a prom; the hayride wagon, ap- proximately 15 people.

One weekday this past Christmas, I was in Ligonier for three hours to conduct sleigh rides for people who had chartered a bus there and wanted sleigh rides,” he said.

He explained that the via-a-vis car can seat three people, plus the driv- er; the hayride wagon, ap- proximately 15 people.

One sleigh seats four people; the other, 12. Both sleighs have wheels; the wheels can be removed from the four-seater to glide in snow.

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Elk experience

Elementary students in Marathon Carr’s class at Johnstown Christian School took a virtual field trip in January to get an up-close look at Pennsylvania’s elk herd. The students connected with the Elk County Visitor’s Center by using Skype, a computer program that allows users to video chat. The students also had a hands-on look at elk ecology, thanks to a delivery of elk antlers, pelts and bones to their classroom. Submitted photo

Huskies attend inauguration events

By OUR TOWN

A Bishop Carroll Catholic High School student and a 2014 alumnus of the school participated in separate activities during the presidential inauguration in Washington, D.C.

Sophomore Josh Kinzely attended the inauguration as a delegate to the Presidential Leadership Summit, held Jan. 18 to Jan. 22 in Washington. The summit was sponsored by the Envision program, an organization which brings high school students together to explore career and leadership experiences.

The delegates heard from renowned speakers, such as Gen. Colin Powell, Spike Lee, Carly Fiorina and Malala Yousafzai, who worked in small groups to design solutions to real-world issues and gathered at the National Mall to watch the presidential inauguration.

Bishop Carroll alumnus Ty Krug, now a third-year biology major at the Virginia Military Institute, served in the Battle of the Colors, a ceremony in which the national flag during the military college’s procession in the inaugural parade. Krug is a color sergeant in the Corps of Cadets, participates in the Army ROTC program and is assistant prosecutor for the institute’s juvenile court.

His father and uncle are both Virginia Military Institute alumni, and his brother Nate, a senior at Bishop Carroll, has been accepted to attend the school next year.

Lake Ravenstahl, vice president of sales and marketing, said the Pittsburgh-based gas company, which is still interested in providing natural gas to Davidsville, but Peoples doesn’t have enough manpower and resources to complete the construction this year.

“Davidsville and a community we’re very interested in,” he said. “I expect we’ll lie in further communica- tion with the project will be abandoned and delay- ed for next year.”

Peoples first began the process of obtaining per- mits for the gas line extension in 2013.

Conemaugh Township supervisors Chairman Steve Buncich said he was disapp- pointed to hear that the project was delayed because township residents sometime this year to discuss the project and more accurately gauge interest.

“We once were more firm in our plans, then we’ll reach out to the community,” he said.

Peoples serves about 359,000 customers in 16 counties in southwestern Pennsylvania.

Peoples Natural Gas delays Davidsville extension until 2018

By DYLAN JOHNSON
dj@dailyamerican.com

A Peoples Natural Gas project to provide about 1450 Davidsville residents with natural gas has been delayed until next year.

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The North American Society for Breast Disease - American Journal of Roentgenology Volume 2013, Number 30

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*Our Breast Tomosynthesis: American Society of Breast Disease 2013
American Journal of Roentgenology Volume 2013, Number 30
There’s a scene in “Hidden Figures” in which Alan Harrison, the NASA technician, is dealing with the early days of the U.S. space program and the importance of three very special people to the project’s success about the early days of the U.S. space program and the importance of three very special people to the project’s success. Because of its unique perspective and its ability to tell the story of exceptional people during exceptionally new branch of science.

Katherine Goble, portrayed by the wonderful Taraji P. Henson, is an intellectually prodigy and a theoretical mathematician whose advanced theoretical mathematical concepts as God-Himself saw her tutor A. St. yasir, and biogeographic and mother of three, Henry plays the role as a segregationist is an unfortunate and initiatie that were only which exclusively all racial and sex-ism are not — but now — secondary to a crack down story about exceptional people during exception- tional times.

Katherine Goble, portrayed by the wonderful Octavia Spencer, is the most philosophically care of the three friends, willing devoted to “Hidden Figures” is populated by characters who are insufficiently well understood about segregation and are just as true to her character. A mathematics major assigned because of her gender and race to a seasonal job, Dorothy Vaughn, portrayed by the wonderful Octavia Spencer, is even a humorous little piece of laziness as a means of per- ceiving the most genuinely and honest truths. An Academy Award winner for 2013’s “The Help,” O- tavia Spencer with her wide eyes and open, gentle face effortlessly endears the audience’s affection even when voicing the most directly and honest truths. A deep-seated dissatisfaction — although, characteristically, she’s puzzled why he’s not bigoted, just . . . per- sonalism of Spencer’s Dorothy Vaughn. Jim Parsons as Katherine’s genteel military suitor, Aldis Hodge as Mary Jackson, who has an adventurous flair, and Donald Glover is its spirit, Spencer is her own heart. Her Dr. Stafford is not bigoted, just . . . per- sonalism of Spencer’s Dorothy Vaughn. Jim Parsons as Katherine’s genteel military suitor, Aldis Hodge as Mary Jackson, who has an adventurous flair, and Donald Glover is its spirit, Spencer is her own heart. Her Dr. Stafford is not bigoted, just . . . per- sonalism of Spencer’s Dorothy Vaughn. Jim Parsons as Katherine’s genteel military suitor, Aldis Hodge as Mary Jackson, who has an adventurous flair, and Donald Glover is its spirit, Spencer is her own heart. Her Dr. Stafford is not bigoted, just . . . per- sonalism of Spencer’s Dorothy Vaughn. Jim Parsons as Katherine’s genteel military suitor, Aldis Hodge as Mary Jackson, who has an adventurous flair, and Donald Glover is its spirit, Spencer is her own heart. 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Review: ‘Hidden Figures’

Continued from B2

“Hidden Figures” takes more than a few liberties with the facts, but the filmmakers will be quick to point out that the picture is not a documentary — the words projected concisely onto the screen on the first reel. With these words, we are in the year 1961, at the beginning of the space race. NASA (the National Aeronautics and Space Administration) is in its infancy, and the need for mathematicians and scientists to work on the space program is critical. The story of the African American women who helped bring us to the moon is the subject of this film.

The film is a true story, and while it is not entirely accurate, it is an accurate portrayal of the time period and the events that took place. It is a story of perseverance, determination, and the power of dreams. The film is directed by Theodore Melfi and stars Taraji P. Henson, Octavia Spencer, and Janelle Monáe. The film is rated PG-13 and is available on Blu-ray, DVD, and Digital.

While “Hidden Figures” is being described accurately as a “feel-good picture,” at the time of the historic space mission, the civil rights movement was happening in the United States. African American women were fighting for equal pay and equal opportunities in the workforce. The film does a great job of showing the parallel between the two events.

The film is a great reminder of the sacrifices that were made by these women and the importance of recognizing their contributions. It is a must-see for anyone interested in the history of the United States or African American history.
B4

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ABRAHAM LINCOLN WORD SEARCH

HOW TO PLAY:
1. It’s a fun way to get the brain moving and the mind to work. Crossword clues and grid are both included in the puzzle. Each 3x3 box contains the numbers 1 through 9 in the same line, column or 3x3 box. You must not repeat the numbers only once.

ANSWER TO PUZZLE NO. 964

VIEWWORDS INCLUDE INCLUSIVE USE AMERICAN SPELLING

ANSWER TO PUZZLE NO. 578

WORDS

HOUSE AMENDMENT CAPTAIN GETTYSBURG

ABRAHAM ILLINOIS SIXTEENTH CIVIL SHOT

POLITICS LAWYER PROCLAMATION UNITED THEATER SPEECH ELECTED GOVERNMENT

EMANULATION HONEST MEMORIAL MARY

LINCOLN BOOTH WAR

DISCLAIMER: Themed Wordsearches are generated by an automated process with limited editorial control and are purchased, for Our Town to publish, from a third-party website. Our Town is not responsible for any typographical errors found in the word search.

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.*

ABRAHAM LINCOLN ANSWER KEY

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.*

*A program like Themed Wordsearches is always fun, but please refrain from derogatory terms and remarks.

Sudoku

HOW TO PLAY:
1. Place the digits 1 through 9 in each 3x3 box, row, and column. Each 3x3 box contains the numbers 1 through 9 in a way that no digit is repeated within the box, row, or column. Each 3x3 box contains the numbers 1 through 9 in the same line, column or 3x3 box. You must not repeat the numbers only once.

ANSWER TO PUZZLE NO. 579

CROSSWORD

ACROSS
1. muffin
2. coat
3. he
4. gray
5. hair
6. sugar
7. coffee
8. natural
9. animal
10. sea
11. street
12. bread
13. vegetable
14. fruit
15. vegetable
16. fruit
17. vegetable
18. fruit
19. vegetable
20. food
21. vegetable
22. fruit
23. vegetable
24. fruit
25. vegetable
26. fruit
27. vegetable
28. fruit
29. vegetable
30. fruit
31. vegetable
32. fruit
33. vegetable
34. fruit
35. vegetable
36. fruit
37. vegetable
38. fruit
39. vegetable
40. fruit
41. vegetable
42. fruit
43. vegetable
44. fruit
45. vegetable
46. fruit
47. vegetable
48. fruit
49. vegetable
50. fruit
51. vegetable
52. fruit
53. vegetable
54. fruit
55. vegetable
56. fruit
57. vegetable
58. fruit
59. vegetable
60. fruit

DOWN
1. snow
2. winter
3. frost
4. ice
5. cold
6. dead
7. alive
8. living
9. hot
10. cold
11. heat
12. cool
13. warm
14. hot
15. cold
16. heat
17. cool
18. warm
19. cold
20. heat
21. cool
22. warm
23. cold
24. heat
25. cool
26. warm
27. cold
28. heat
29. cool
30. warm
31. cold
32. heat
33. cool
34. warm
35. cold
36. heat
37. cool
38. warm
39. cold
40. heat
41. cool
42. warm
43. cold
44. heat
45. cool
46. warm
47. cold
48. heat
49. cool
50. warm
51. cold
52. heat
53. cool
54. warm
55. cold
56. heat
57. cool
58. warm
59. cold
60. heat

PUZZLE NO. 579

PUZZLE NO. 580

PUZZLE NO. 578

PUZZLE NO. 964

WORD SCRAMBLE

S H T O E N

CAPTION IT!

"I really have to work hard to get this meal!"
— Dan Bender, Johnstown

"I don’t know what these things are that I’m eating, but as Tony the Tiger would say, they’re ‘Grrreat!’"
— Mike Torokach, Salix

"Thanks, neighbor!"
— Judith Wolfe, Johnstown

"Honey, we’re out of matmeg... plenty of cinnamon—can you use that instead?"
— Mark Albright, Westmont

"Thanks to my human, I do not have to dig in the snow for food. Just take it out of the bowl."
— Nancy Grace, Johnstown
Call Amy Fordick, Laura E. Gressick, Evan G. Freidhof of Lilly; Hannah M. McGlynn and Ashley Davidsville; and Eric R. Orner, all of Portage; Joanne 'cause I'm not even hungry.” — Joanne K. McGlynn of Connellsville; Ralphie! How did you get your name?” — John C. McGlynn of Connellsville.

The exact reason of why this happened has been dismissed by the Cambria County President Judge Norman Krumenacker III on May 11. "I hope that the city resurfaces it in the future because they asked solicitor David Andrews what the liability was doing the work. When asked for comment on the situation, Tim Burns, Pitt-Johnstown dean's list released... Back in stock. 1,500... Great Family Room... Selling Suits -- Requisition Number HM-5128 HN --... All shifts. Will train. Merchandise... Appliance... Appliances... youth's heaviest const.  Come outside, and now... All Income Limitations have been revised. Now one person can have an income of up to... Call Amy Fordick, Laura E. Gressick, Evan G. Freidhof of Lilly; Hannah M. McGlynn and Ashley Davidsville; and Eric R. Orner, all of Portage; Joanne 'cause I'm not even hungry.” — Joanne K. McGlynn of Connellsville; Ralphie! How did you get your name?” — John C. McGlynn of Connellsville. When asked for comment on the situation, Tim Burns, Pitt-Johnstown dean's list released... Back in stock. 1,500... Great Family Room... Selling Suits -- Requisition Number HM-5128 HN --... All shifts. Will train.
By KAYLA PONGRAC
Our Town Correspondent

Neil Simon’s “Last of the Red Hot Lovers” will be performed Feb. 15 beginning at 7:30 p.m. inside the Pasquerilla Performing Arts Center.

Michael Bodolosky, executive director of the arts center, said that the play offers a fun way to celebrate Valentine’s Day.

“Neil Simon is just a great playwright, and this is a great comedy,” Bodolosky said. “I think a lot of people will be able to relate to this play, so I think people should make it a night out.”

The evening will appeal to all ages, Arcadia Theater CEO Jerry Ledney said. “You have young people who enjoy listening to the oldest, middle-aged, who listened to the music along with their parents and the more mature group who grew up with the music. It will be a fun evening.”

Ledney said this is the first time Arcadia has presented this show where the band members transform themselves from one group to another with costume changes. “They will look totally different as they perform, starting with the Four Seasons, then the Beach Boys and ending up with the Monkees,” he said.

He said the show is for those who enjoy harmony and the compositions of Goo-Goo’s, Brian Wilson and the writers from the Brill Building in New York, who penned some of the Monkees greatest hits. Other songs of many of these top hits include Neil Diamond, Boyz II Men and Jeff Barry and Ellie Greenwich. “They wrote many of the songs the group will perform,” Ledney said. “We feel the Dream Concert will take the baby boomers back to an exciting time.”

Songs sung are “I’m a Believer,” “Red Rubber Balloon,” “Trouble,” “Good Vibrations,” “Big Girls Don’t Cry,” “Day Dream Believer” and “Walk Like a Man,” all hits from the ‘60s, are to be performed, according to Ledney.

“Tickets are going extremely fast,” he said, “even though we have not really advertised. I think people heard they are coming and enjoy the music they play, so the fans purchased their tickets early.”

For tickets or more information, call the Arcadia box office at 814-467-9070, Monday through Friday, 10 a.m. to 4 p.m.

Tickets for this “Last of the Red Hot Lovers” are on sale now. For more information or to purchase tickets, visit www.upjarts.org or call the box office at 814-269-7200.

The Pasquerilla Performing Arts Center is located on the University of Pittsburgh at Johnstown campus.
MURDER IN THE BAYOU
By Ethan Brown
245 pages, Scribner (2016)

Fists clacking in the background: "Theatrical reporting." Others dubbed it immersion journalism. Though these labels could apply to "Murder in the Bayou," you could also simply type things, and just call it damn good reporting. Working with sources closest to the sordid underbelly of Jefferson, Louisiana — the hustlers and users and, in some cases, their law enforcement cohorts — Ethan Brown exposes the fragile network of unspoken lies that often hold corrupt communities together. Brown doggedly and poignantly asks why the unsolved murders of prostitutes have stacked up in this tiny community since 2005, and the reasons that often hold corrupt communities together. It's an important piece of work, and an inspiring example of watchdog reporting.

—@BruceJSiwy

THE VINYL REVIEW: ‘NOVA’

Most people likely haven’t heard the song “Nova” by Robert Palmer. It’s the B-side track on a 45 I picked up a while back. It’s an all-instrumental song with marginal appeal. It’s from Palmer’s 1988 album “Heavy Nova.”

—@BruceJSiwy

FAT ANGEL

Magic Hat’s Fat Angel was a welcome change after a month of the cheapass domestics. This beer is malty and heady with an unusual smoothness, given its pale ale genus. In fact, it could just be that the old palate welcomed the break from hop-heads seeking a more aggressive bite. But, in fairness, the malty nature of this beer can be seen as an attribute because the drinkability is improved, and not at the expense of maltiness.

The knock on this one is almost certain to come from hopheads seeking a more aggressive bite. But, in fairness, the malty nature of this beer can be seen as an attribute because the drinkability is improved, and not at the expense of maltiness.

Over all this is a pretty sold offering — although it could just be that the old palate welcomed the break from a series of beers that cost about $14 per 30

—@BruceJSiwy

HOMETOWN connection

Continued from B6

SAMA: Arts-in-Education or Artistic Residencies program Nineteen districts and 37 schools are participating in the exhibits, offering a total of 255 works. Each district is permitted to submit up to 20 individual projects and two group projects. Schools in Bedford, Blair, Cambria and Somerset counties will be featured in the Loretto exhibition, of which the programs student artists. The SAMA-Loretto reception is set for 5 to 7:30 p.m. March 4. SAMA-Loretto Valley’s reception is scheduled for 1 to 4 p.m. March 5. The exhibitions are open to the public, but the museum suggests a donation of $5 per person in support of the collection.

SAMs-Loretto’s operating hours are 10 a.m. to 5 p.m. Tuesdays through Fridays, and 1 to 5 p.m. Saturdays. For more information, visit www.sama-lorettovac.org or call Jessica Campbell, education coordinator, at 814-472-3920.

Don’t miss this year’s Women’s Expo 2017 will provide women with the resources and advice needed to live happy, healthy, and successful lives. Women and their families alike will find the Women’s Expo to be educational and fun.

Don’t miss your chance to be a part of this highly anticipated event.

Advisement: 472-3920.

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Don’t miss your chance to be a part of this highly anticipated event.

IN THE BA YOU’RE...
**MEAT SPECIALS**

- LUMP CRANED CRAB MEAT $9.99
- BONELESS CENTER CUT PORK CHEROKEE $9.99
- GROUND PORK OR BULK SAUSAGE $9.99
- FROZEN CHICKEN TENDERS $2.99
- WHOLE KININ IN WINGS $1.99
- BONELESS CHICKEN THIGHS $2.99

**MEAT SPECIALS**

- FROZEN TUNA STEAKS & COD MEDALLIONS 12 oz. $4.99
- WHITE TUNA STEAK 3 oz. $1.49 each
- ALE TUNA STEAK 3 oz. $1.49 each
- BONELESS ROUND STEAKS $4.99 lbs.
- TURKEY BACON $1.79/lb.
- PEPPERED TUNA STEAK $4.99/lb.
- BEEF BOLONA $3.59/lb.
- BEEF BOLONA $3.59/lb.
- BEEF BOLONA $3.59/lb.

**CHICKEN & SEAFOOD**

- DEDICATED KITCHEN TOOL & KABOOGGLE $2.99
- FRESH EXPRESS 8 oz. bag $0.79
- BEEF BOLONA 12 oz. box $1.99
- REDDI WIP 1 Pk.$0.89
- REDDI WIP 1 Pk.$0.89
- REDDI WIP 1 Pk.$0.89
- REDDI WIP 1 Pk.$0.89

**DELI ITEMS**

- KETCHUP 2/$6
- HEINZ KETCHUP 2/$6
- WELCH'S GRAPE JAM/h/j 2/$6
- SMIFFIELD LIVER 2/$6
- LIVER EGG HAM 2/$6
- BEEF BOLONA 2/$6
- MAC & CHEESE 2/$6
- BETTY CROCKER DRY FRED $4.50
- Betty Crocker DRY FRED $4.50
- BEEF BOLONA 2/$6
- MAC & CHEESE 2/$6
- MAC & CHEESE 2/$6

**GROCERY SPECIALS**

- LITTLE DEBBIE MINI DONUTS $1.49
- FROSTED GOODIES $2.20
- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20

**IGA ITEMS**

- OATMEAL 18 oz. $0.99
- CRANBERRY PEELED ORANGE 18 oz. $0.99
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**Produce**

- ORANGES 1.5 lb. $0.65
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**Deli**

- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
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**Beech’s Deli**

- ROAST BEEF $5.99/lb.
- PULL-APART HAM $4.99/lb.
- DEPCELLE $1.52/lb.
- HAM $1.99/lb.
- BEEF $1.99/lb.
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**San Giorgio Pasta**

- San Giorgio Pasta $9.99/lb.
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**Beverages**

- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
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**Snacks**

- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
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**Specials**

- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
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**Miscellaneous**

- LARGEST SELECTION OF FRESH CUT VEGETABLES $2.20
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**Business Details**

- Location: 219-221 East Main Street, Johnstown, PA 15902
- Phone: 814-266-5311
- Open Hours: Monday-Saturday 9 AM - 9 PM, Sunday 10 AM - 8 PM

**Information**

- Fresh produce and dairy items are selected daily to offer the best quality.
- Special offers are valid on the specified dates and quantities.
- Check the store website for more details or call ahead to confirm availability.