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ST. LAWRENCE COUNTY'S MOST-READ PAPER

DSS faces negligence lawsuit

BY ANDY GARDNER
North Country This Week

CANTON — A woman is suing St. Lawrence County under the Child Victims Act for negligence stemming from alleged sexual abuse by foster parents in the 1970s.

The defendant, named in court documents by the initials C.I., is suing the county and 10 unnamed defendants.

The complaint says C.I. “made a diligent effort” to name the 10 other defendants but “has been unable to do so.” It says they were responsible for her safety, supervision or placement in foster care.

Court documents say the two foster fathers who sexually abused C.I. are Gene Thomas and George Burkum. It says the abuse began when she was 10 years old, about six months after being placed in the Thomas house. It says Thomas and a friend identified as Ray would sexually abuse the girl. It also says she and her brother were physically abused by the foster parents. That allegedly happened in or around 1973.

Around 1976, C.I. was placed in the home of George and Thelma Burkum, when the defendant was about 13 years old. Court documents say she was physically and verbally abused there. It says she was sexually abused in that home by George Burkum and his adult son, Daniel.

The complaint alleges C.I. complained to

SEE NEGLIGENCE PAGE 21



Massena Police Activity League | Submitted

Supporting youth in Massena

Massena's Police Activities League rewarded members of their after-school program with gift cards for their homework efforts. The Taco Bell Foundation provides funding to support PAL students' academics, said director Zachary Monroe. Receiving rewards for the last two weeks are, top row from left, Zackery German, Peyton Murray, Lily Green, Julianna Dennis. In front row are Sophia Powers, Iryanna Miller, Layla LaPlante, William Arno.

Massena preps for legal weed

BY ANDY GARDNER
North Country This Week

MASSENA — The acting village mayor says that an ongoing effort to examine the local codes with regard to legal cannabis businesses isn't intended to let them set up shop anywhere they'd like.

Acting Mayor Matt Lebire made the comment during the Tuesday, March 16 village board meeting.

The state is in talks to possibly legalize cannabis as part of the 2021-22 state budget. If that fails, then the point is moot.

If legalization happens, Lebire said they're not looking at amending the codes “to say come in, come in anywhere.”

“We'll say where it's appropriate to be located and where it's not,” Lebire said. “There are some businesses you might not want, say, next to a school.”

He characterized their efforts as “striking a balance ... to meet the state requirements, but also make sure it's the right way for the Village of Massena.”

Aaron Hardy, the chief village code officer, previously spoke with North Country This Week and said he's focusing on researching what municipalities have done in other cannabis-legal states.

Earlier this month, Hardy said, “Right now, we're looking at local codes anywhere from California to Colorado. I'm just starting to look at the documentation up in Maine.”

At that time, he said researching codes in place elsewhere is a common approach to adding or amending Massena's existing codes.

“We like to look at other municipalities' rules and regulations, see how

SEE WEED PAGE 21

Ogdensburg seeks grant to fund firefighter positions

OGDENSBURG — Ogdensburg City Manager Stephen Jellie, said the city successfully submitted application for the Department of Homeland Security, Federal Emergency Management Agency (FEMA) sponsored Staffing for Adequate Fire and Emergency Response (SAFER) Grant.

The city is requesting FEMA provide funding in the amount of \$2,051,670 to be used for the salary and benefits of five firefighter personnel over a three-year period.

Currently, Ogdensburg

maintains a total staff of 21 personnel for the fire department and the award of this grant will aid in their ability to maintain that staffing level this fiscal year and through the next two years.

“The City of Ogdensburg is committed to maintaining an effective firefighting force during this period of significant fiscal distress and economic downturn, but we must obtain state and federal funds to ensure we can maintain critical life safety programs at current levels

of service. If the Governor's proposed budget continues as planned with a 20% with hold in state aid we will be forced to make reductions to match the expected revenues,” Jellie said. “Unfortunately, we do not yet know what the overall impact to our economy will be as the country begins to recover from the impacts of the COVID-19 Pandemic, and we may not for some time, which also makes the projected sales tax revenue uncertain as well.

SEE SAFER PAGE 21



Cheryl Shumway | NCTW

Pool in Ogdensburg

Cayence Peluso-Hunter shoots pool as Jayden Salazar watches at the Ogdensburg Boys and Girls Club recently. They are among up to 50 students daily who attend the after-school club this year. Director Thomas Luckie said there has been a big decrease in attendance due to COVID-19, but it is showing signs of picking up now.

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THISWEEK

Boutique Air gets federal EAS for Massena

MASSENA — The United States Department of Transportation has selected Boutique Air to provide Essential Air Service at Massena Airport.

According to a press release from Congresswoman Elise Stefanik, Boutique Air will provide 21 nonstop, roundtrip flights per

week from Massena International Airport to Baltimore/Washington International Thurgood Marshall Airport and/or Boston Logan International Airport.

Congresswoman Stefanik issued the following statement: "I have long advocated for the Essential Air Service program and have deliv-

ered critical funding for our North Country rural airports which is important for our local economy. I recently wrote a letter of support for Boutique Air to provide service at Massena Airport, and I am thrilled their request was approved."

The Massena Town Board voted unanimously on Dec. 1, 2020 to recommend Boutique Air to provide the service. The town has been waiting on final approval of the pick by the U.S. DOT.

Cape Air and Southern Airlines had also made pitches for Massena's EAS contract last year. They were proposing to use Pilatus PC12 airplanes, which are unpressurized and have one pilot. Boutique Air is planning to use new Piaggio airplanes to fly out of Massena that can fly above bad weather, and arrive in Boston in 65 minutes.

Read more about the story at:

<https://www.northcountrynow.com/news/massena-town-board-recommending-boutique-air-continue-air-service-provider-0290605>.

Fire union wants job restored, city wants settlement

BY JIMMY LAWTON
North Country This Week

OGDENSBURG — An email exchange between Ogdensburg City Manager Stephen Jellie and Ogdensburg Fire Union President Jason Bouchard urges the reinstatement of firefighter Jake Thornton.

Meanwhile, Jellie says he's presented the union with an offer that would allow for two more firefighters to retire with an increased incentive.

The email obtained by North Country This Week urged Jellie to use the SAFER grant to help fund the position and reduce overtime costs by increasing the number of firefighters to 22.

"With potential savings in overtime and the savings represented in hazard pay, there is no reason not to bring FF Thornton back. Why would the city use this route,"

Bouchard said in the email.

"Not only would Jake's return be beneficial to the overall safety and fire protection of the city. Jake could also provide a bridge to mediate overtime and hazard pay. Why wouldn't the city consider this as a cost savings measure? It would help a local family, generate positive PR for both sides, and let us wait for arbitration appropriately with all willing members employed," Bouchard contended.

Jellie said the city is more than willing to negotiate a settlement, but said he does not have the ability to exceed the 2021 budgeted number of 21 positions for the fire department.

"I sincerely believe that concluding the remaining matters, without judicial intervention, is within our grasp, and it defies logic why you continue to refuse the city's good faith efforts and offers to settle this matter. I remind you that we made no less than four generous offers, that would have already settled this matter (to include the reinstatement of Jacob Thornton), and we are prepared to negotiate a reasonable settlement to the remaining two matters," he wrote.

"I strongly urge you to consider my offer as previously disclosed this week that will guarantee IAFF local 1799 the 5 person daily staffing it seeks and provide efficient officer staffing level desired by city management. If reinstating Jacob Thornton is a serious priority for you, I recommend we meet soonest to negotiate a collective resolution," he said

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Head Start | Courtesy

Head start in Ogdensburg

Clare Murdock, far left, a nurse with St. Lawrence County Community Development Program's Head Start program, reads a story in Ogdensburg about healthy foods to sisters Elyssa and Aiyana Parson and their mother, Elizabeth Parson of DeKalb Junction. The Head Start program is accepting applications for its centers throughout the county and its home-based program. Children who turn 3 or 4 by Dec. 1, 2021 are eligible. For more information, call 315-386-8574 or email hbcoord@slccdp.org.



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CPH working to provide methadone clinic in Massena

BY ANDY GARDNER
North Country This Week

MASSENA – Canton-Potsdam Hospital is in the process of filling out extensive applications for certificates to begin running a methadone clinic at the St. Lawrence Centre mall.

St. Lawrence County Community Services Director Jay Ulrich updated county legislators on the project during a Monday, March 15 Services Committee meeting.

He said although St. Lawrence Health System owns and operates CPH, the clinic would actually be an extension of that specific hospital. They had to fill out a form that needed county and state approval. He said that's done, and now CPH is filling out a lengthy application to the state.

Ulrich said that since the clinic is starting from scratch, the application can go over 100 pages.

"It's a startup. It's not an expansion of an existing program," he said. They're pretty thorough."

He said CPH is "waiting on a few

key things" for that application, one being finalized floor plan and things like that."

Safety and security measures to guard the methadone are a big part of it.

"It has to be configured in a way for both safety and to prevent intrusion. They have to have a safe in an ultra-secure place. There's specifications of the thickness of the walls and things like that. With the safe, there's special specs so someone doesn't come in and remove the methadone," Ulrich said.

After the state approves the plans, they need to seek approval from the Drug Enforcement Administration (DEA) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

In addition to approval for the methadone clinic, CPH is proposing a separate mental health clinic in the same space. They would have separate entrances and be totally divided by a wall.

That clinic requires its own regulatory approval.

One-third of adults vaccinated in SLC

BY ANDY GARDNER
North Country This Week

CANTON – St. Lawrence County has vaccinated about one-third of adult residents as a new group will be eligible for vaccination, Public Health Director Dr. Dana McGuire told county legislators.

She made the comments during the Monday, March 15 Services Committee meeting.

"For first dose administration, we're just under the 32% mark," she said, adding that the figure was as of March 9, with updated totals expected soon. She said that gets updated once per week.

She said just under 17,000 had received second doses.

Starting Wednesday, March 17, a

new group of essential workers will be able to get vaccinated.

Dr. McGuire said that includes "public facing workers" for government or non-profit agencies.

"This would include town workers and those that do not-for-profit," she said.

A slideshow she showed county lawmakers said the category also includes social service and child service caseworkers, government inspectors, sanitation workers, DMV workers, county clerks, building-service workers and election workers.

People can check their vaccine eligibility status and schedule appointments for vaccination at <https://am-i-eligible.covid19vaccine.health.ny.gov>

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FREE CATALOG!

Massena may have new mayor soon

BY ANDY GARDNER
North Country This Week

MASSENA – The village could have a new mayor in a month. Acting Mayor Matt Lebire at the Tuesday, March 16 village board meeting said they've received resumes and letters of interest from several residents interested in filling out the rest of the unexpired mayor's term through November.

"I think it's an incredibly fair timeline for us to have the goal of taking action at our April board meeting," he said. "We did receive ... three resumes with letters of interest ... one resume without a letter of interest, and one letter of interest without a resume," Lebire told the trustees. At last month's meeting, he said they were looking for a resume and letter of interest from anyone who

might want the job. Lebire, a village trustee and deputy mayor, has been acting mayor since the arrest of former mayor Tim Currier in December on drug charges.

Currier, also a former police chief, announced the resignation in a statement released Tuesday, Jan. 19.

He had previously announced a leave of absence to seek drug treatment shortly after his Dec. 1 arrest on charges of misdemeanor possession of crack cocaine, fleeing police and a felony count of evidence tampering.

He was arrested at gunpoint after fleeing county detectives and federal agents who had attempted to pull him over near Center Street.

Currier was charged with fleeing the stop and throwing one gram of crack cocaine out of his passenger window, shortly after coming to a stop near the intersection of Center and Willow streets.



Cheryl Shumway | NCTW

Fishing in O'burg

David Cutrie, Heuvelton, fishes along the Oswegatchie River across from Ogdensburg's Hosmer Marina on Tuesday afternoon, March 9. He said he was enjoying fishing with the warm weather.

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School eyes spacing options

BY MATT LINDSEY
North Country This Week

NORWOOD — School officials at Norwood-Norfolk Central get more students back on its grounds for in-person learning if health officials okay shortening the recommended six-foot spacing rule.

There have been talks nationally of shortening the recommended six-foot rule to three-feet and the Centers for Disease Control and Prevention is studying the data. In schools, students are seated six-feet apart and are supposed to maintain that distance from each other throughout the day.

"Right now the CDC is discussing a report to look at that social distancing – and shrinking the social distancing," he said.

Cruikshank said that good hygiene and mask-wearing are the most effective ways to mitigate the virus.

"If the CDC changes guidance ... before we can do much, it has to go to DOH at the state level, then the county level before it can get to us," he said.

The change could allow all, or nearly all students to return to school in-person.

One issue would be busing students. Students are seated individually right now, unless they live in the same household.

A second issue, brought up by Board Member Jon Hunkins, is spacing during specialized subjects such as physical education or music. Currently, the recommended spacing in those classes is 12-feet.

Cruikshank said he was not in full agreement with the 12-foot mandate for those classes.

"If I were in a PE class sitting in the corner, longer than 10 minutes, even if no one is within 30-feet of me, public health will probably quarantine me," Cruikshank said.

The super added that he had not heard any specifics related to 12-foot spacing, and it would be reduced to 6, or even 3-feet.

Cruikshank pointed out that with spring right around the corner that it would be easier to accommodate spacing issues, and that they could possibly utilize space in the auditorium.

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SLC public health director honored

BY ANDY GARDNER
North Country This Week

CANTON – County legislators applauded and praised the outgoing public health director as she gave what was her last weekly COVID-19 update to the lawmakers.

Dr. Dana McGuire had previously announced she's stepping down from the position this month. She will be replaced on an interim basis by Jolene Munger, who has been the county's deputy public health director.

McGuire leaves the position with

the COVID-19 rate in the county declining to what she described as levels that haven't been seen since cases exploded following the Thanksgiving holiday.

"We currently had 143 (new cases in the last week). Last week, we had 365. Two weeks ago, we had 540," she told the legislators Monday, March 15. "We haven't seen this since about mid-November time."

McGuire thanked the board for supporting her during her time as public health director.

"I just wanted to thank everyone for the support and the opportunity

to serve the county," she said. "I've learned a great deal and I just want to thank anyone

"We owe you a huge thank you, too. To say you've done a great job under trying circumstances would be making light of it," said Operations Committee Chairman Joe Lightfoot, R-Ogdensburg.

"You've led that department with distinction ... You've done a hell of a job, doctor, and we appreciate it," Lightfoot added, which drew a round of applause from the legislators both in the boardroom and participating on Zoom.

Village of Massena sets first draft budget hearing for March 29

BY ANDY GARDNER
North Country This Week

MASSENA — The village will begin working on their 2021-22 budget.

Village trustees during their Tuesday, March 16 meeting voted to set three work sessions, and two public hearings they'll need to get the work done.

One of the hearings will be on the

first-draft budget at 5 p.m. Monday, March 29. Following that will be the second hearing on a local law to possibly exceed the 2% tax cap.

Acting Mayor Matt Lebire said they aren't planning to override the limit. The board generally opens the hearing, and if during the work sessions they end up needing to exceed the tax cap, they can vote and pass it.

"This is a formality ... that's

required should we need to exceed the limit.

"If there's no need to exceed the limit, we take no action," Lebire said.

"This does not mean we are necessarily going to exceed that limit."

There will be a second work session Tuesday, March 30 at 5 p.m., and, if necessary, a third on Wednesday, March 31 at 5 p.m. at the same location.



Cheryl Shumway | NCTW

Pandemic anniversary

Lisbon Central School students released hundreds of biodegradable balloons March 12 to recognize resiliency at the first anniversary of the pandemic. "Students shared that they felt happy, it was beautiful, and it helped them feel free. Many students shared that this was the best day of school ever," said a Lisbon teacher. Debby McNally, Kate Spriggs, and Lauren Morley coordinated the event.

BRIEFLY

Correction

A headline incorrectly stated that St. Lawrence County Family Court Judge Cecily Lavigne Morris will run for family court judge. She announced she will not seek reelection this November. NCTW regrets the error.

Drugs in jail

CANTON — Two St. Lawrence County inmates were charged Sunday with drug possession at the county jail stemming from an incident reported to St. Lawrence County sheriff's deputies March 8. Dylan R. Sharpstene, 25, and Kody G. LaRock, 25, were each charged with first-degree promoting prison contraband, felony, and seventh-degree criminal possession of a controlled substance, officers said. Both men were allegedly in possession of Suboxone while incarcerated at St. Lawrence County jail. Both men were arraigned by Judge Dana and will remain in jail, deputies said.

Drug possession

OGDENSBURG — An Ogdensburg resident was charged with drug possession Thursday night on Rensselaer Avenue, according to city police. Jamie K. Shaver was charged with fourth-degree criminal possession of a controlled substance, felony, at 11:19 p.m., police said. Also charged with Sheldon J. Dunn, 28, Brooklyn. He was charged with fourth-degree criminal possession of a controlled substance, felony, officers said. Dunn was also cited for third-degree aggravated unlicensed operation and insufficient signal, police said. Both subjects were held pending arraignment, officers said.

Barn fire

HAMMOND — An Amish barn burned Sunday night on State Highway 37. Morristown Fire Department responded to the blaze at 1182 SH 37 around 11:30 p.m. after the fire was spotted by someone driving by. The barn was a complete loss, fire officials said. There were no injuries reported. Hammond Fire Department received mutual aid from Brier Hill, Morristown, Heuvelton and Redwood fire

departments. Also on scene were the Morristown Junior Firefighters, Morristown Auxiliary and St. Lawrence County Sheriff's Department.

Domestic dispute

WADDINGTON — A Waddington man was arrested following an alleged domestic dispute Sunday, according to state police. Troopers said they charged 31-year-old Joshua J. Kerr with second-degree assault, fourth-degree criminal possession of a weapon, second-degree unlawful imprisonment and second-degree harassment, officers said. Kerr allegedly struck the victim in the head with a cell phone, which caused a fracture to her nose, officers said. She also received contusions to both eye sockets and the left side of her chin. Kerr reportedly bit one of the victims hands and tried to prevent her from leaving a room in the home, police said. The victim was treated at Claxton-Hepburn Medical Center for her injuries, troopers said. Kerr was arraigned virtually and released.

Broadband bill

Congresswoman Elise Stefanik, who represents St. Lawrence County in the 21st Congressional District, cosponsored the Broadening Online Opportunities through Simple Technologies (BOOST) Act. This legislation, introduced by Rep. John Moolenaar (MI-04), allows rural homeowners to claim a \$300 tax credit after purchasing a mobile hotspot or a signal booster to connect to the Internet and increase connection speeds, said a press release from Stefanik's office. This credit would be available to homeowners who live in rural areas where they cannot connect to the Internet, or where Internet speeds do not currently meet federal requirements. "The COVID pandemic has highlighted that it is essential that rural regions like the North Country have greater access to reliable broadband connection. I am proud to cosponsor this bipartisan solution that would make internet access more affordable," said Congresswoman Stefanik.

Alleged brick throwers

WADDINGTON — State police

are asking for the public's assistance in identifying two snowmobilers who allegedly damaged a home recently. Police said that on Feb. 20 they responded to Linden Avenue

for a report of criminal mischief. An investigation revealed that two people on snowmobiles drove through the victim's yard at approximately 10 p.m. and threw bricks at the

house, causing damages. Anyone with information is asked to contact Trooper Kyle Blackmer at SP Ogdensburg at (518) 873-2776. See photos: bit.ly/3rTFKSz.

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Alex Lesyk will seek St. Lawrence County Court Judge seat

Attorney Alex Lesyk is running for St. Lawrence County Family Court Judge on the Democrat line. "I currently have the privilege of being Principal Court Attorney for the Honorable Robert G. Main, Jr., the Acting Family Court Judge in Franklin County, where I assist in all aspects of Family Law, including conferencing with attorneys and drafting judicial decisions. In the past 30+ years, I have handled every type of case involving North Country children and their families, including child neglect and abuse, juvenile delinquency, child custody and visitation, and domestic violence matters requiring orders of protection for vulnerable family

members. "I have also represented children with special education needs in local schools and successfully prosecuted child homicide and sex crimes cases. "Having practiced law in Family Court for over three decades, and now working in the Family Court system, I have the experience and knowledge needed to be your Family Court Judge." Lesyk is a board member of Maximizing Independent Living Choices (formerly the Massena Independent Living Center), which provides a wide variety of support services to local children and families dealing with disabilities.

He is also a past member of the St. Lawrence County Workforce Investment Board's Youth Council. Lesyk was the co-coordinator of the annual St. Lawrence County High School Mock Trial Competition at SUNY Canton. In addition to sponsoring the county competition, he recruited local lawyers to mentor North Country students for the county and state-level competitions. "Before accepting the position as Principal Court Attorney to Acting Family Court Judge Main, I was an Associate Professor of Legal Studies and the Business Department Chair at SUNY Canton. "I instructed hundreds of students in law and ethics. I also

recruited and supervised local attorneys who were hired as part-time instructors. I was invited several times to teach police cadets at the David Sullivan - St. Lawrence County Law Enforcement Academy as well as local Justice Court judges, attorneys, and police administrators," Lesyk said in a prepared statement. Lesyk is admitted to practice in the United States Supreme Court. He was awarded the Denison Ray Criminal Defender Staff Award from the New York State Bar Association for his representation of low-income clients. He was also recently appointed by the New York State Court of Appeals to the

Unified Court System Tribal Courts Committee, which strives to resolve Tribal Court issues with state and federal courts, including cases involving the Indian Child Welfare Act. Lesyk graduated from Columbia University with a degree in psychology and earned his law degree from Fordham University School of Law. Lesyk will face off against Attorney Andrew Moses who is also running for St. Lawrence County Family Court Judge. Moses made the announcement recently on the steps of the St. Lawrence County Court House.

OBITUARIES

Dorothy L. Prosper, 75 formerly of Potsdam

MADRID: Dorothy L. Prosper, 75, of Madrid and formerly Potsdam, passed away Thursday night (March 11, 2021) at Upstate University Hospital in Syracuse, NY. Dot was born January 19, 1946 in Potsdam, to the late E. Stanley and Pauline (Benson) Howlett. She graduated from Potsdam Central School in 1964 and continued her education in Watertown, NY, attending beauty school. In 1964 she also fell in love with her companion for life John Prosper, and after a short courtship they were married in January of 1965. Shortly down the road they welcomed their first son John II (Elaine) of Chesapeake, Virginia, followed by twin boys Mark (Pendaley) of Suffolk, Virginia and Jeffrey (Sandra) of Norfolk, New York.

vacations with John Sr. to Myrtle Beach and also to Southern Virginia to visit her two sons and their families. In the last many years of her life, Dot very much enjoyed having coffee and maybe dessert during memorable conversations with her son Jeffrey and John Sr. at the Potsdam Ponderosa. Most important to Dot was having been able to spend 56 years of her life enjoying the pride she shared with John Sr. of raising three strong and independent boys to men.



Dorothy Prosper

After raising 3 boys until they were all in grade school, Dot started a 37-year career in food services at SUNY Potsdam where she became the expert in food preparation and was responsible for the presentation of two salad buffets for the many thousands of students over those many years. Her pride in her work was very evident to those who enjoyed the fruits of her labor. Dot most enjoyed taking long walks with John Sr. in the village she called home for 75 years, she also enjoyed reading books and always looked forward to the weekend when she could go and socialize with many friends at the Potsdam Elks and visit Commander Elaine at the Norwood American Legion. Dot especially looked forward to taking

Dot is also survived by six grandchildren she so very much adored, Taylor, Connor, Kayla, Jessica, Jacob and Sydney; and two great grandchildren, Juliette and Bennett; sisters Patricia Michels and Martha Phillips; and many wonderful nieces and nephews. She was predeceased by a brother, E. Stanley Howlett III. Per Dot's request there will be no funeral services at this time. A celebration of life will be scheduled at a later date chosen by the family. Memorial Contributions can be made to the Potsdam Humane Society; 17 Madrid Avenue; Potsdam, NY 13676. Condolences, fond memories and thoughts can be shared with Dot's family at www.garnerfh.com.

Daniel J. Earl, 81 Ogdensburg

OGDENSBURG -- Funeral services for Daniel J. Earl, 81, will be private per his request. Mr. Earl passed away on Monday afternoon, March 15, 2021 at his home, surrounded by his loving family and under the care of Hospice. Arrangements are under the direction of LaRue & Pitcher Funeral Home. Daniel J. Earl was born on December 16, 1939 in Ogdensburg, the son of the late Henry and Elinor (Cole) Earl. He was a 1957 graduate of St. Mary's Academy. On August 20, 1960 he married Victoria LaFlair. After graduation he worked in the construction field for many years before being appointed Director of Buildings and Assessments for the City of Ogdensburg. He retired after 27 years of service. Daniel enjoyed Syracuse Basketball, hunting, fishing, bird watching and Western movies. He loved cooking for his family

and caring for his grandchildren. Daniel is survived by his wife, Victoria Earl, eight children; Kelly (Brian) Medhurst, Daniel (Linda) Earl Jr., Scott A. Earl, Angela (Carlos Tosca) Earl, Darin A. Earl, KC Earl, Aaron (Kari Gardner) Earl and Elinor (Bert) Compo. He is also survived by 15 grandchildren and 5 great-grandchildren. He was predeceased by his parents, Henry and Elinor Earl and his three brothers; Berton, Arthur and Robert Earl. Expressions of sympathy may take the form of donations to Hospice of St. Lawrence Valley 6805 US Route 11 Potsdam, NY 13676. Online condolences may be made at www.LaRuePitcher.com.



Daniel Earl

Marion P. Hazel, 95 Massena

MASSENA -- Marion P. Hazel, 95, of 38 Riverview Drive, peacefully passed away Wednesday morning, March 10, 2021, at the Highland Nursing Home. Marion was born June 18, 1925 in Massena, daughter of the late William and Hermine "Minnie" (St. Dennis) Mousseau. She attended Massena Central School, and on March 26, 1945 she married Gordon J. Hazel, Sr. at St. Mary's Chapel. She worked at Alcoa as a mail clerk, and at Massena High School in the lunchroom, and always remembered fondly her days working at Newberry's at the soda fountain. Marion was a member of the Ladies Red Hat Society, Massena Senior Citizens, various skating clubs and the "Scoots" dancing club. She was a great ice skater, and enjoyed bowling, plaster crafts, and camping at Fish Creek. An avid dancer throughout her life, she began teaching line dancing at the age of 68. Marion is survived by her husband of 75 years, Gordon; her son Richard and Sherry Hazel of Massena; her daughter Joanie Hazel of

Massena; and her daughter-in-law Kathleen Wood of Plattsburgh; five grandchildren, Ryan, Matthew, Marc, David and Lynn; and five great grandchildren, Charlie, Lily, Josie, Coby and Dylan. Besides her parents, Marion was predeceased by a son, Gordon Hazel, Jr. on January 19, 2010; and her sisters Alice Hazel, Eleanor Fykes, Helen Caron, and Julia Limer; and her brothers Paul, Harold, Lawrence, and Edward Mousseau. Friends called Monday, March 15 from 1-3:00 PM at the Donaldson Funeral Home, Massena. Funeral services will be held privately. Donations may be made in Marion's memory to the American Cancer Society and St. Jude's Children's Hospital. Memories and condolences may be shared online at www.donaldsonfh.com.



Marion Hazel

Kenneth Brabant, 60 formerly of Ogdensburg

Former Ogdensburg resident Kenneth Michael Brabant, 60, died March 14, 2021 at his home in Bunnell, Florida from complications of diabetes. At his request, no service will be held. Ken was born November 15, 1959 in Ogdensburg, NY to Richard and Joan Brabant. He attended school in Heuvelton and Lisbon and served his country in the National Guard. He also graduated from Potsdam State and received a Master's

degree from Clarkson University. He spent years doing what he loved, teaching math to high school students. He worked in Ogdensburg, NY, South Carolina and Florida. Ken loved hunting in the mountains and woods, but also loved sitting by the ocean. He is survived by his father Richard and stepmother Jackie Brabant, his brother Richard and Chris Brabant, sisters; Mary and Robert Andrews and Barbara Brabant. He is also survived by one son, Buddy Wilson, and two grandchildren Kendra and Conner Wilson. He has several nieces and nephews. He was predeceased by his mother Joan Schneider Brabant. Donations may be sent to the American Diabetes Association.



Kenneth Brabant

SUBMITTING OBITUARIES: For more information or to submit an obituary for a former St. Lawrence County resident, email obituaries@northcountrynow.com or call 315-265-1000 ext. 33.

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Town happy with air service choice

BY ANDY GARDNER
North Country This Week

MASSENA – Town Council officials say they're happy that Boutique Air will continue as the Essential Air Service provider, and they think there's no need now to extend the town airport runway to accommodate a larger plane. Officials talked about the airport during the March 17 Town Council meeting. Essential Air Service is a federal subsidy to fund flights in and out of rural airports. Boutique Air will offer 21 weekly round-trip flights from Massena to Baltimore/Washington International Thurgood Marshall Airport and Boston Logan International Airport. Flights will be on eight-passenger Pilatus PC-12 planes. "We look forward to that relationship. It's been a great relationship over the years and it's growing even more," Deputy Supervisor Sam Carbone said. "We have a lot of promotional items we're putting together. They've been a partner on our branding, and that's going to grow as well." Carbone said that while extending the Massena International Airport runway to allow larger aircraft could be feasible with a population increase, it isn't necessary now.

"If we extended the runway ... we would actually be required to have fire and police at the airport for takeoffs and landing. It would be quite costly to have that service here," Carbone said. "I have a feeling if we added to our runway and had a bigger plane, we almost had Skywest, that would be detrimental to our bottom line here in Massena." "I don't believe building that out and hoping to attract more people here would be the answer," Carbone said. "If our area grew in population, that might be something to look at." "Our airport is made for the nine-passenger plane. That was a concern with a previous EAS contract that the bigger plane, the 50-passenger jet," Town Supervisor Steve O'Shaughnessy said.

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NORTH COUNTRY THIS WEEK | MASSENA-OGDENSBURG, NY | MARCH 20 - 26, 2021

NCNOW SURVEY

The Question:

Have you dined out more, less, or about the same during the pandemic?

GOVERNOR ANDREW M. Cuomo announced that restaurants outside of New York City, which have been operating at 50 percent capacity, can now move to 75 percent capacity starting March 19. This includes eateries in St. Lawrence County. Have you dined out more, less, or about the same in St. Lawrence County during the pandemic?

HERE ARE COMMENTS from some survey participants:

“Do not plan to dine out during the pandemic at all.”

“Went into a small local place when no other diners were present, twice! Otherwise did not eat in any restaurants. There was too much potential for covid.”

“Have not dined out at all in a year!”

“About the same. Not really changed routine unless the restaurant isn’t allowing in-person dining as some are. Been doing more takeout to help support them.”

“I have not had a sit down meal in a restaurant in over a year, and have no intention of going until fully vac-



6.2% - Dined Out More
15.5% - Dined Out About the Same
78.3% - Dined Out Less

More respondents have dined out less.

Cathy Whalen | NCTW

inated and the daily numbers for new cases approach zero.”

“I dine out at only those establishments that provide for proper social distancing and require masks up until the food is served.”

“Did not dine out at all, but did take out often.”

“Much less. We used to eat out about 3 times a week. We have not been to a restaurant in over a year now. We have done takeout a few times.”

“We have not dined out at all in over a year and that include take-out. We will not be going inside restaurants (bars, theaters, etc.) anywhere until after herd immunity is reached with Covid vaccinations.”

TO READ MORE COMMENTS, visit NorthCountryNow.com/ncnow-survey.

TO TAKE THE CURRENT SURVEY, visit bit.ly/3tlBagb.

LETTERS

Liddell running for Waddington town supervisor

Today I announce my candidacy for Waddington Town Supervisor. This is not a moment I am taking lightly, in fact this is a culmination of 13 years in the making.

When I moved my family here all those years ago, political aspirations were the last thought on my mind.

After many years owning and managing construction companies, building infrastructure projects in and around central Florida, We decided to raise our children in a town that I knew would cultivate them into amazing women who would help change the world.

We decided to combine our passion for food into a new career, where better to start a new venture than the very place my roots began? I have accomplished both of those tasks.

I have run a successful restaurant since 2008, and despite changes to keep up with the times, we’ve continued to serve the community of Waddington, and surrounding areas.

When I was asked to run for this position, we were in the process of “downsizing” our business to fit our new “empty nester” situation. I agreed to run, as now I have the time to dedicate to this office.

I can’t say that the current political climate hasn’t played a part in this decision, but it is not by any means the main reason. I’ve always been the background guy.

I have supported so many people in my life, but I never sought the spotlight. I have witnessed far too many “politicians” take office only to legislate for themselves and further their careers, not speak for the “average joe.” I am an average joe.

I am the product of many generations of North Country blood. I

wasn’t born with a silver spoon in my mouth, I have built and operated businesses my entire life.

I have always based my life, and businesses around the community. Whether that be by putting on fundraisers, supporting events and organizations, or always being there to lend a helping hand.

I am a proud graduate of “hard knocks university,” and I will bring this education to serve you all.

I am proud to stand here today and ask for your support in this endeavor.

I am backed by the Republican and Conservative Parties, I am a dedicated problem solver, who is fiercely passionate.

As my wife will say, I just never know when to give up...and that’s what she loves.

I hope you all can come to support that too. I have been, and will continue to be, community oriented, honest, hard-working, and dedicated.

I want to leave you with something my Dad always reminded me of, life is 10% what happens to you and 90% how you react to, as we are in charge of our attitudes.

It’s time to bring a good common sense attitude to North Country politics. I hope I can earn your vote.

Kevin Liddell
Waddington

Stefanik should worry about federal government issues

Regarding Rep Elise Stefanik and her calling for Governor Cuomo to resign and for President Biden to call for Cuomo to resign: Maybe Representative Stefanik should worry about the federal government where she was voted to represent our district in the House of Representatives at the federal government.

Maybe she should not talk about Governor Cuomo and his issues because she backed former President Trump, who has been accused of multiple sexual assault allegations, credibly accused of rape, and paid hush money to people he had affairs with and tried to cover up the payments.

While I think Cuomo should resign, President Biden has no right to call for the governor’s resignation as it is a state power, not a federal power and there is a clear separation of the two, as described by the Constitution Elise claims to believe in.

Just because Trump broke the law doesn’t mean everyone can and should.

Jeffrey Wilson
Massena

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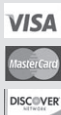


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LETTERS

Shame, threats, retaliation no way to manage city

What story will Ogdensburg's city manager use next to defend his actions? He says the city can't afford essential public services because of "significant fiscal distress". But he's also stated, in reference to applying for the SAFER grant: "One of the problems is you have to show there is financial hardship and right now with everything we're doing I'm not sure that will come through." So which is it? It depends on what ill-advised decision he's trying to justify.

When talking about firefighter Jake Thornton being laid-off, he initially stated he needed two firefighters to retire to bring him back. Then he said he needed only one retirement. But that's to the public. To the Ogdensburg Firefighter's Union, he says he needs a contract deal to bring him back, wanting to essentially nullify the union's existing agreement.

The truth is, the city can bring Jake back now at no additional cost (the numbers were provided to council). And the city manager can make that decision on his own, instead of holding Jake hostage for a deal and blaming the union for the situation he created.

Here's his latest insulting deflection attempt, emailed to the union president on Friday: "It is not the city that owes the Thornton Family any additional effort; it is you! It is the entire membership of IAFF Local 1799 that owes a real effort".

That's just a small excerpt of the latest rambling email from the city manager, where he threatens another layoff and calls the union "shameful and greedy", after the fire department has now lost eight positions since the end of 2019 (went from 29 total down to the current 21).

As many have discovered, the city manager talks a good game, but there's another side, and when you look deeper you can find the mis-truths, inconsistencies, and outright carelessness.

For example, more than three months ago we were told he was getting signed agreements for automatic mutual aid into the city, but we recently learned he got a letter two months ago from Heuvelton's mayor stating that Heuvelton Fire rejected such an agreement because it's not feasible.

The letter was dated January 13, and the city manager decided to hide it (?) until the first week in March, when he shared it with the media. He never told OFD members, and his emailed "directive" remains in place for OFD officers to call for mutual aid automatically anyway, even though the volunteers clearly haven't agreed. Morristown's fire chief has said that his department will also not sign such an agreement.

So why did he finally share the rejections? Because he just wanted to blame OFD members for not getting his way, calling them "shameful" for not supporting his unsupported plan. The volunteer departments made it clear what works best for them, which the city manager has decided to ignore.

So what spurious story will he give us next? Whatever it is, it's worth looking for the truth and questioning why he's not doing what's right, like bringing Jake back to work (at the OFD), honoring a binding contract, and respecting the wishes of outlying volunteer fire departments.

Shaming, threatening, retaliating, using layoffs as leverage, hiding valuable information, and ignoring reasoned input is no way to manage. And trusted leaders don't blame others for the problems they

are solely responsible for. But that's where we're at. Brought to us by the four politicians allowing it.

Ron Bouchard
Retired OFD Assistant Chief

Vaccine is ticket return of normal life

The Stanford marshmallow experiment is why America has struggled so badly with COVID-19. Offer little kids a marshmallow right now, or two if they wait 15 minutes. You can rightly guess that lots of children go for the one immediate marshmallow.

Last April and May, after the March shutdown, way too many states opened up everything too

quickly, and, as Dr. Anthony Fauci said recently, "I believe that if you look back historically, we've done worse than any other country, and we're a highly developed, rich country."

But right now, things are better. Really! After leading the world in COVID-19 cases and deaths in 2020, the United States is vaccinating people better in 2021 than everyone except perhaps Israel and the UK. (Hmm, I wonder what changed on January 20th). As I write this, over 93 million doses have gone into arms, and over 30 million Americans are fully vaccinated.

And yet, Republican led states like Texas and Florida are opening all the way, without even the basic

common sense of a mask mandate, when really all they have to do is wait out these mediocre spring weather months while another 150 to 200 million Americans get vaccinated and then we can have an awesome summer. Like the little kid who opts for one marshmallow now over two later, they'd rather have infectious fun right now, even if it means ruining summer.

However, this is not a pat on the back for liberals. Too many of my fellow leftists have given in to what political blog lawyers, guns, & money calls Eeyorism, side-eying anyone and everyone gathering together outside in a park, even scolding fully vaccinated people who start traveling. But the vaccines are good!

While they don't entirely prevent infection, they do completely stop hospitalization and death. Conservatives were wrong, COVID-19 isn't "the flu," it's much worse, that's why we shut down. However with the vaccine COVID-19 actually is no worse than the flu! Vaccines really are a get-out-of-COVID-free card.

Of course, it's reasonable for the vaccinated to still wear masks in stores until the pandemic is over, you can't ask a cashier to know who is or isn't safe, but if the CDC would just tell us that vaccination is the ticket to normal life, they'd get a lot more of the skeptics to do the right thing and get vaccinated.

Sean Pidgeon
Morristown

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LETTERS

Library needs your support to survive

I live in a house with no books. There is nothing here to read if I don't go to the library and borrow a book. I'm eleven years old now and I have had my own library card since I was nine. I get teased at home by my mother who thinks it's silly for me to spend my time reading. When you live in a family without much money, it makes life hard. My family consists of my mother and me. She has a job but she only makes minimum wage. Luckily, our apartment is close to her job so she can walk to work because we don't have a car.

Okay...ignore that paragraph. I made it all up. I'm not eleven and I wasn't raised by a single parent. But, for the people of Ogdensburg and the surrounding area, this "story" is told to create awareness that this scenario exists much more frequently than you may imagine. Indeed, there are children being raised in poverty all over the north country. Luckily for them, they currently have access to the Ogdensburg Public Library. But, that could all change as of 12/31/2021. The Ogdensburg City Council is planning on cutting operating funds, and as a result, we may lose our

library.

Think of this....no book sales, no book store, no soirées, no book club convention, no children's book sales, no summer carnival for children, no meet the candidates night, no poetry slam, no loans of books or movies, no crafts for children, no book reading contests!

Think about it, folks. If you think Ogdensburg is on the right course, then sit back and relax - do nothing. But if you want to participate and do something, vote yes on the library referendum on May 18 at the Ogdensburg Golden Dome. Our library is essential and our library needs your help to survive. Now.

"Our lives begin to end the day we become silent about the things that matter."

Martin Luther King, Jr.

Jana Norris
Ogdensburg

Commemorating National Agriculture Month

In the North Country, agriculture is the backbone of our economy and an indispensable part of our culture. A wide array of agricultural goods, products and agribusinesses, close proximity to the Canadian border, and a long history of conservation and family tradition are crit-

ical to economic prosperity and job security in our rural communities.

Throughout the COVID-19 pandemic, North Country producers have stepped up to the challenges of providing a safe and an abundant food supply for families. As we work to beat the pandemic, I will continue to push for enhanced flexibility for Paycheck Protection Program loans and other support programs for farmers, ranchers, small craft breweries, and distilleries, as their survival is vital to our vibrant ag sector.

I have also called on the Biden Administration to resume direct payments to eligible farmers through the Coronavirus Food Assistance Program and improve the Farmers to Families Food Box Program. This program relieved many North Country families of the food insecurity by providing them with fresh and local food. In another effort to tackle this unfortunate reality, I recently supported the GIVE MILK Act, which would increase access to milk products for WIC program participants.

In addition, a stable and reliable workforce continues to pose a challenge for North Country farmers, especially our dairy farmers. I recently cosponsored the Farm Workforce Modernization Act, bipartisan legislation that would modernize the H-2A visa process to support our local farms' workforce needs. Additionally, any North Country farmer knows that broadband access is essential as agriculture becomes increasingly reliant on advanced technologies. Last year, I worked directly with the FCC to ensure upstate New York was eligible for the Rural Digital Opportunity Fund (RDOF) and helped secure more than \$99 million for broadband buildout in some of the most rural portions of the North Country. I will continue to cosponsor bipartisan legislation that increases rural broadband access and keeps our communities connected.

As one of the leading conserva-

tive voices for fiscally responsible solutions to the growing challenge of climate change, I will ensure our North Country farmers have a seat at the table. Farmers are the original stewards of the land, and discussions about climate change must involve their important perspective. That is why I originally cosponsored the Growing Climate Solutions Act, to reduce barriers for farmers seeking enrollment in the carbon marketplace.

This Congress, I will continue to work closely with farmers to meet their changing needs and support legislation to deter government over-regulation and expand market access for free and fair trade. And this National Agriculture Month, I commemorate our North Country dairy farmers, maple producers, apple growers, breweries, wineries, equipment dealers and agribusiness owners for their hard work, grit, and determination in providing for our rural communities and local families!

Representative Elise Stefanik
U.S. House 21st District

Most popular Republican presidents were celebrities

Interesting isn't it, that the two most popular Republican presidents were both celebrities; a movie star and a TV personality? Forty years after Reagan, people still believe in the "trickle-down economy" and Trump's MAGA message continues. People would rather vote for actors who can say their lines with a straight face, whether true or not, than vote for qualified citizens who have demonstrated life-long commitment to public service.

It's also interesting that voters think the Republican Party cares about the small-town America that they love, since Republicans are the ones who empowered the Walmart corporate mentality that killed Main Street America. It's been the party of the 1% and corporations ever since Reagan lowered the tax on the wealthy from 70% to 50%

in 1981 and from 50% to 28% in 1986. There isn't a shred of evidence from decades of economic analysis to show that wealth trickled down from the top, but who needs evidence when the "Big Guy" smiles and tells you otherwise?

It's interesting that conservative voters think that Republicans can stop societal change even though studies by sociologists reveal that changes occur regardless of the party in power. Society is constantly undergoing transformation in demographics, lifestyles, morals and behavior and Democrats don't cause those changes. But they do react to evolving, new issues and seek to rectify injustice, inequality and harm to fellow human beings.

Believing the impossible promises of two political actors didn't save small-town America, save the rural farmer from agribusiness, make people act more like Christians or stop change. So Republican voters might want to realistically educate themselves on the issues and policies that will affect their children and grandchildren in the future rather than blindly cling to the past.

Martha Hodges
Massena

Libraries are vital to community

As Ogdensburg Public Library cardholders and avid readers, for years we borrowed books, audio books for our trips, digital books for convenience, and were big fans of partnering with the North Country Library System.

However, it was not until our granddaughter, then age 3, came to stay with us for 6 weeks that I was introduced to what a real treasure the library was. MaKayla and I attended the weekly story hour and music and movement programs. She was welcomed by staff and children alike. During those hours there were giggles, smiles, laughter, and signs of friendships blossoming.

MaKayla would browse the shelves for that one special book to borrow. It was her very first time. We attended special programs where she and so many others were introduced to Reptiles. Over the next 4 years, when MaKayla would visit Ogdensburg, she would always ask to return to the Library. Sophie, the library's resident turtle, was always the first to be greeted. Then she was off to the children's room; greeting everyone with "I am back!" and a great big hug.

I found myself truly seeing our library during the time I shared there with my granddaughter. I saw children able to spend supervised visits with parents, folks utilizing computers for job searches and research, others working on puzzles, reading the newspaper, and even those who were able find a safe and peaceful place where they could be comfortable enough to take a nap. Our library has its doors open for all to come in.

We moved to Virginia this past September and one of the first things we did was to locate our new library. Libraries are vital! Don't let yours and ours slip away.

Vote yes to support our library.
Diane Clark
Ogdensburg

LETTERS TO THE EDITOR of North Country This Week are welcome and should be 400 words or fewer and are subject to editing. They can be e-mailed to Letters@NorthCountryNow.com, faxed to 315-268-8701, mailed to P.O. Box 975, Potsdam, NY 13676 or dropped off at our new office location, 4 Clarkson Ave. in Potsdam. North Country This Week does not independently check all facts and figures presented in letters to the editor.

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The Catholic Community of Ogdensburg

St. Mary's Cathedral and Notre Dame Church invite you to join us in prayer during this holy time

St. Mary's Cathedral 415 Hamilton Street Ogdensburg 315-393-3930	Notre Dame Church 125 Ford Avenue Ogdensburg 315-393-5050
--	---

Holy Thursday, April 1
9 am: *Morning Prayer at St. Mary's Cathedral
7 pm: *Mass of the Lord's Supper at St. Mary's Cathedral

Good Friday, April 2
9 am: *Morning Prayer at St. Mary's Cathedral
3 pm: *Liturgy of the Lord's Passion at St. Mary's Cathedral
(followed by Sacrament of Penance until all are heard)

Holy Saturday, April 3
9 am: *Morning Prayer at St. Mary's Cathedral
8 pm: *Easter Vigil Mass at St. Mary's Cathedral

Easter Sunday, April 4
8 am: *Mass at St. Mary's Cathedral
9:30 am: Mass at Notre Dame Church
11 am: Mass at St. Mary's Cathedral

*These Masses / services will also be live-streamed at:
www.ogdensburgcatholics.org

All safety protocols remain in place (distancing, face coverings, sanitizing, etc.)

Please join us as we celebrate the great gift of salvation in Jesus the Lord!



Steve Putnam and Annette Barr present Michelle Jerome with her certificate at Northwest Tech

Culinary students recognized

BOCES Northwest and Seaway Technical and Career Centers congratulate two culinary students for their recent achievements.

Michelle Jerome is recognized as the March student of the month at Northwest Tech. She is a senior in Annette Barr's culinary arts program and plans on attending

SUNY Potsdam in the fall.

Noel Newton was named Potsdam Rotary Club Student of the Month for February at Seaway Tech.

She is the daughter of Kevin and Kimberly Newton and attends Potsdam Central High School.



BOCES | Provided

Food for health

Recently Steve Putnam is teaching a lesson to the seniors in health careers on meal prep for home health aide at Northwest Tech he holds a head of lettuces explaining the nutritional value of vegetables in a healthy balanced diet.



Tarra Bartlett, left, and instructor Chelsea Lawrence, right, present Newton with her certificate.

BOCES Northwest Tech announces 2nd quarter honor students

OGDENSBURG -- BOCES Northwest Technical and Career Center announces students on the 2nd quarter honor roll. Students include: Allied Health: Riley Baxter, Amber Cunningham, Caitlynn Cunningham, Hailey Cunningham, Ellie Gagner, Jordan Kloeping, Emily Pandel, Cynthia Snyder, Mackenzie Spicer, and Dakota West

Alternative High School Equivalency Program: Tiffani Bowen, Jason Gordon and Brandy LaRock

Automotive Tech 1: Aiden Amo, Braedon Bunnell, Andrew Hollis, Brady Howard, Eric Robinson, Cayden Toland, Ryan Warchol, Jayden Williams and Trent Williams.

Automotive Tech 2: Brock Compo, Blake Hall, Tyler Olmstead, Hayden Ward.

Building Trades 1: Brandon LaFlair, Bryan Mahoney, Noah Martin, and Abbie Rybka.

Building Trades 2: Eric Brown, Tyler Fleming-Carlisle, and Matthew Hodgdon.

Cosmetology 1: Aliya Best, Sophia Bobb, Violeta DeGroat, Cheyenne Evans, Emma Jameson, Natalie Kroeger, Kiersen LaFlair, Skylée LaValley, Olivia Liebstien, Jocelyn Manzer, Mallory Morley, Morgan Nolan, Cordelia Pickman, Shaylyn Reed, Taylor Thesier, and Braxton Woods.

Cosmetology 2: Breanna Ashley, Erin Barkley, Naleigha Kinney, Emma Lafaver, Jenna Lira, Hailey Mann, Liberty Montroy, Jaselyn Pomasles-Santana, Mckynzee St. Germain, and Lindsay Weir.

CREATE: Hunter Antwine, Miah Cross, Cody Cunningham, Jayden Deshane, Jessica French, Kayla French, Joseph George, Wayne Harris, Tyler Hinkley, Merick Jackson, Stefin Jacob, Dean Johnson, Nicholas LaRock, Destiny Leeson, Sean Robinson, and Seven Robledo.

Criminal Justice 1: Haley Dawley, Shyllynn Dixon, Tristen Durand, Evan Felt, Breanna Gladle-Besaw, Natalie Howie, Jason Hynes-Gagnon, Katelyn Ladlee, Cheyenne Morris, Rose Pharoah, Adreannah Rische, Tess Tracy, Adriauna Willard, and Hannah Wood.

Criminal Justice 2: Katelyn Ashley, Garrett Austin, Elaine Clark, Emma Davis,

George Gilbert, Hunter Joannette, Paige LaRock, Kade Marshall, Tori Martire, Cameron O'Neil, Megan Perry, Rodger Premo, Jeb Sellers, Erika Snyder, Emily Jo Sovie, and Chase VanBrockliln. Culinary Arts 1: Katelyn Adams, Jason Dow, Jr., Abigail Evans, Anna Hoffman, William Millemon III, and Nathaniel Mills.

Culinary Arts 2: Allison Bennett, Taylor Bettinger, Alexis Bouchey, Braydon Crosby, Breanna George, Michelle Jerome, Avery Rand, and Abigail Thompson.

Culinary Food Asst. 1: Harleigh Cameron and JayDonald King.

Graphic Communications 1: Iris Bailey, Sarah Cortez, Brendon Dashnaw, Daniel Griffith, Jr., Cassidy Juell, and Gavin Peters.

Graphic Communications 2: Fiona Heath, Natalie Hyde, Nicklas LaRue, Jacob Martin, Marissa McCabe, and Conner Spearance.

Health Careers 1: Kaylee Amo, Madisyn Bushey, Colin Clary, Kaley Dulmage, Natalie Fieldson, Ariana Green, Raven Murphy, Caydence Palmer Madison Parker, and Ian Sovie.

Health Careers 2: Kamrynn Gammon, Cassidy Gilbert, Carly Harper, Chloe Jewtraw, Landry Lapiene, Fletcher LaValley, Christine Miller, Kayleigh St. Pierre, Maddison Todd, and Alexis Worden.

HVAC 1: Donald Cordova, Ethan Holland, Aiden LaFlair, Nicholas McRoberts, David Pirie, Reed Putman, David Seiferth-Vernsey, Owen Thompson, and Haiden Vinch.

HVAC 2: Hayes Bouchey, Kyle Ceresoli, Dustin Dodd, Jacob Johnston, Teagan Jordan, Jackson LaRock, and Logan Tate.

Metalworking Technologies 1: Derek Barr, Caleb Breen, Mathew Dean, Hunter Hodgdon, and Caleb Preston.

Metalworking Technologies 2: Alex Martin, Dawson Olmstead, Braden Skaggs and Wyatt Sullivan.

Natural Resource Management 1: Cody Claxton, Jacob Collier, Drew Harmer, and Erick Parmeter.

Natural Resource Management 2: Jayden Carr, Sage Cordwell, Hilliary Jones, Adam Price, Jordan Sawyer, and Eli Tracy.



Chef John Dragun former owner of Windfall Bar and Grill works with students Cayleb Gage and Sarah Griffin

Culinary lessons are 'hands on'

Chef John Dragun visited the Culinary Arts Program at Southwest Tech recently. He assisted in helping the students make creole shrimp served over rice and beans.

Culinary Arts programs are offered at all three of the St. Lawrence Lewis BOCES centers.

Students enrolled in this Culinary Arts program receive the work experience and classroom learning needed to succeed in restaurant and food service careers.

Culinary Arts focuses on the general study

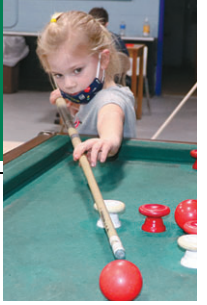
of cooking and related culinary arts that may prepare individuals for a variety of jobs within the food service industry.

The curriculum is based on a school-to-career program "ProStart," which has been developed by the National Restaurant Association Educational Foundation.

Instruction in food preparation, cooking techniques, equipment operation and maintenance, sanitation and safety, communication skills, applicable regulations, and principles of food service management is included.

NORTH COUNTRY THISWEEK

Bumper pool
after school. 13



Webinar series. 13
Classifieds. 21 - 27

\$1,400 in new books, supplies for library

OGDENSBURG – Thanks to generous donations, the Ogdensburg Public Library has added about \$1,400 of new books and supplies, purchased through AmazonSmile Charity Lists.

Friends of the Ogdensburg Public Library set up the online wish list in January to help make up for budget cuts. The list includes books, hand sanitizer and children's craft items, and donations are still accepted.

"We are extremely appreciative of the community far and wide for the donations," said library director Penny Kerfien. Donors include former alumni and retirees who now live out of state, she said.

Those wishing to support the library can visit the library's Facebook page for the online link, or search for Friends of Ogdensburg Public Library online at AmazonSmile Charity Lists.



NCNOW photo

Boating safety class offered by USCG Auxiliary

MASSENA – A boating safety class offered by USCG Massena Auxiliary will be offered via Zoom May 5-6 from 5 to 9 p.m. each night.

Participants need to attend both virtual classes and pass a test at the end. Cost is \$35 per person payable

to USCG Aux Massena 01-01. Mail a check to Bruce Burditt, 747 County Route 25, Malone, NY by April 21. Call 518-483-5073 with any questions. Books will be mailed to participants so a return address, e-mail address and telephone number is

required. An invitation to the Zoom. us class will be e-mailed to the participant. Minimum age to take the class is 10 years old. The class is limited to 20 people.

The boater's license is valid in all 50 states.



Ogdensburg Public Library director Penny Kerfien, from left, and Friends of the Ogdensburg Public Library Karen Wright and Kathy Lawrence display some of the books and supplies totaling \$1400 so far donated by the community through AmazonSmile Charity Lists.

HELP US PROMOTE YOUR BAND, CONCERTS AND EVENTS: Email events@northcountrynow.com, fax 315-268-8701, or mail to North Country Now, c/o North Country This Week, PO Box 975, Potsdam, NY 13676.

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1. "Jane Eyre"
2. Mercury
3. Kate Warne
4. Alka-Seltzer
5. John Kennedy and Joe Biden
6. Tunisia
7. Rat's mouth (named for sharp rocks where ships docked)
8. California: Mount Whitney and Death Valley
9. Jamie Foxx
10. "The Roy Rogers Show"

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NCNow photo

Bumper pool after school

Brooklyn Decker plays bumper ball after school at the Ogdensburg Boys and Girls Club recently. She is among up to 50 students daily who attend the after-school club this year. Director Thomas Luckie said there has been a big decrease in attendance due to COVID, but it is showing signs of picking up now.

State allowing receptions

Wedding receptions and catered events can now resume statewide said a recent press release from the governor's office.

All venues hosting weddings and catered events must follow the state's strict health and safety protocols, including the following requirements:

- Venues are restricted to 50% capacity, with no more than 150 attendees per event
- All attendees must have proof of recent negative test result or proof of immunization prior to the event
- Sign-in with contact information required to assist with potential contact tracing
- Venues must notify local health departments of large events, above the social gathering limit, in advance
- Masks will be required at all times except when seated and eating or drinking
- Ceremonial and socially-distanced dancing allowed in designated areas

The reopening of wedding receptions and other catered events builds on the governor's recent measures to further re-open the economy amid a steady decline in New York's COVID-19 positivity and hospitalization rates.

Effective March 19, New York City indoor dining will expand to 50 percent capacity and the rest of New York State will increase to 75 percent capacity for indoor dining.

The governor also announced beginning April 2, event, arts and entertainment venues can reopen at 33 percent capacity, up to 100 people indoors and up to 200 people outdoors.

Webinar series on sculptor

OGDENSBURG — The Frederic Remington Art Museum will offer a nine-part webinar series in conjunction with its new, permanent exhibition, "Beauty & Strength: The Life and Work of American Sculptor Sally James Farnham."

The webinar series explores Farnham's life, artwork, and artistic career. The nine sessions will take place on the last Tuesday of each month at noon, and are free and open to the public.

Last Fall, the Remington Museum, with funding by The Robert F. and Eleanor W. McCabe Founda-

tion, completed a new, permanent exhibit dedicated to the life and work of American sculptor Sally James Farnham. Because the coronavirus pandemic has delayed plans for a celebratory opening reception, and kept many visitors at home, the Museum will offer a live webinar to explore the exhibit from afar.

The nine-part series, presented by Museum Curator & Educator Laura Desmond via Zoom, will introduce Farnham and her work, and explore the themes presented in the exhibit.

To see a schedule, and to register, visit <https://bit.ly/3rNvXxc>.

Science Café film series planned

POTSDAM — The Science Café encourages the public to attend the 2021 Virtual Film Series @ Clarkson sponsored by the Clarkson Open Source Institute and an NSF Advance Grant. The series, featuring the films Coded Bias and Picture a Scientist, will be viewable on the viewers own time from March

19-31.

Registration and details about when the films are available for viewing on your own time from March 19 through March 31, and a schedule of panels and discussion opportunities can be found online at <https://lin-web.clarkson.edu/~jmatthew/films2021/>.

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Arts roundtable on websites

POTSDAM — SLC Arts will host its Regional Arts Roundtable on websites on Wednesday, March 24, at 1 p.m.

This month, the panelists are Naomi Pitkin, outreach coordinator, SLC Arts; Brooke Rouse, director of tourism, SLC Chamber of Commerce; Marina Loew, curator, Thousand Islands Arts Center; and Annie Davey, director, Potsdam Public Library.

Participants must register online at <https://slcartscouncil.org/>.

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OCP series changes lineup once more

OGDENSBURG — Ogdensburg Command Performances has again been forced to pare back its current season because of the pandemic.

"It is with regret that we once again have to announce another change in the remainder of the current season," OCP Administrator Sally F. Palao said in the latest press release issued by her non-profit group.

As a result, Mrs. Palao said previously scheduled productions of "Shimmer: A Winter Cirque Reverie," on March 28, and "3 Redneck Tenors: Broadway Bound" on April 15, have both been cancelled. She

anticipates they both will find a place in the 21-22 Season.

"The current season will now go forward with "What a Night! Jersey Boys Meets Mama Mia" on May 20," Mrs. Palao said.

"What a Night" will hit the stage at 7:45 p.m. at George Hall Auditorium at Ogdensburg Free Academy, she said.

Mrs. Palao said the continuing changes to the OCP lineup are the result of issues related to the COVID-19 pandemic.

However, she remains optimistic that the shows remaining in the 2020-21 lineup in Ogdensburg will

be popular with the public and provide a much-needed opportunity for people to get out of their homes and enjoy themselves in a social setting.

"We have just three shows left but we remain optimistic that they will all go off without a hitch and help us continue our goal of bringing live, professional theater and performance art to the region," Mrs. Palao said.

"We also are anticipating that people will soon feel more comfortable going out in public since so many are now receiving or have already received their Covid vaccinations."

The OCP administrator said because the season has now been pared back to just three productions, those who pre-purchased season tickets for what they originally anticipated to be a larger 5-show season, will be contacted directly.

"It goes without saying that people bought season tickets expecting to see five shows and now we only have only three left," Mrs. Palao said.

"So, we'll be making calls and reaching out to those patrons to ask them how they would like to move forward."

Mrs. Palao said those who have purchased season tickets will not be billed until they are contacted, and their wishes made known.

"No one's check will be cashed and no credit cards will be processed until we reach out and determine how many of the remaining shows people still want to attend," she said.

"If you are a season ticket holder you'll hear either directly from me or an OCP volunteer about your options."

Mrs. Palao added, "Covid has had serious financial repercussions on OCP so now more than ever, your tax-deductible donations will be greatly appreciated."

As a non-profit agency, the mission of Ogdensburg Command Performances is "to present the finest professional touring productions that are affordable for all, enhance and enrich the lives of all residents of northern New York & eastern Ontario, and provide educational opportunities that will foster a greater appreciation of the performing arts", according to Mrs. Palao.

The box office is currently closed but you can visit the website at <https://ilovetheatre.org/> or leave a message at: 315-393-2625 or email: ocp@ogdensburgk12.org.

The remaining shows and times for the 2020-21 season:

- What a Night!, Thursday, May 20, 7:45 p.m., George Hall Auditorium, Ogdensburg Free Academy; fifteen high-powered "pop" sensations on the Broadway stage with 40 of the most revered chart-topping hits of our time when Abba and Jersey Boys hit the stage as one.

- Songs and Stories of Neil Diamond, Wednesday, June 2, 7:45 p.m., George Hall Auditorium, Ogdensburg Free Academy; Jack Wright's interpretive singing and dynamic stage presence capture the essence of Neil Diamond's poetic expressions and complex lyrics that go far beyond the music in a powerful spectrum of emotions.

- Take Me Home: The Music of John Denver, Wednesday, June 16, 7:45 p.m., George Hall Auditorium, Ogdensburg Free Academy; Jim Curry has created the ultimate John Denver experience with multi-media photos and platinum hits such as "Rocky Mountain High" and "Country Roads". Celebrated nationally and internationally he captures the natural essence of John Denver's persona and unforgettable music.

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Remington Museum hosting annual member's juried exhibit

OGDENSBURG - The Frederic Remington Art Museum will hold its 2021 Members' Juried Art Exhibit from May 14 to Sept. 12.

For the 2021 Members' Juried Art Exhibit, the museum's member artists are invited to submit up to three digital photos of their art.

Open to artists everywhere, this exhibit is the museum's most inclusive juried art exhibit; every artist gets at least one work in the

show.

Last year's Members' Exhibit was a virtual show that featured 40 artworks by 31 member artists, said a press release from the museum.

This year's juror is Kasarian Dane, who is known for his reductive paintings on aluminum that investigate the complexities of color.

Dane has shown his paintings nationally in New York, Los Angeles, Chicago, San Francisco and Minneapolis, and internationally in London, Munich, and Paris.

His work has been reviewed in publications such as Artforum International, Time Out Chicago, New Art Examiner, Flavorpill, and Visual Discrepancies, among others.

Dane received his BFA summa cum laude in painting from the University of Minnesota in 1995 and his MFA in painting and drawing from the School of the

Art Institute of Chicago in 1998.

He lives and works in upstate New York where he teaches painting, drawing, and color at St. Lawrence University.

Dane will choose from digital representations of up to three artworks, and will award cash prizes for "Best in Show," 2nd, and 3rd place.

A "Public's Choice" prize, a museum wrapped canvas reproduction of Hauling the Gill Net by Frederic Remington, ca. 1905, will be awarded based on an open vote, both at the Museum and online at www.fredericremington.org during the exhibit.

The exhibition is open to any member of the Museum.

An artist who is not yet a Museum member may join when they enter their submissions.

The deadline for submission of digital images, payment, and information is April 6, and can be completed via the online submission form.

Entries can also be submitted via email to desmond@fredericremington.org with a completed entry form and payment mailed to the Museum.

The exhibit will open May 14 in the Richard F. Winter Gallery and the Torrey Family Galleries at the

Frederic Remington Art Museum; a virtual reception via Zoom will celebrate the opening.

There will be an online exhibit at www.fredericremington.org as well. Works in the exhibit may be offered for sale, with one third of the price benefitting the Museum.

Hunter's ed classes continue

The Department of Environmental Conservation (DEC) will resume holding its in-person, instructor-led Hunter Education Program (HEP) courses starting April 1. DEC will continue to offer online hunter education courses, as well.

"To prevent the spread of COVID-19, last year DEC successfully transitioned all of our hunter education courses online," DEC Commissioner Basil Seggos said. "I'm proud of the way our staff quickly pivoted, working with our contractor to offer online courses for new hunters and bowhunters, and I applaud their efforts to safely allow for resuming in-person instruction again in time for new hunters to pursue turkey this spring."

COVID-19 safety protocols will be followed in every in-person course, including health screening upon arrival, mandatory mask wearing, social distancing, smaller class sizes, and sanitizing hands and equipment.

In-person courses are free and taught by volunteer HEP instructors. Courses are offered in hunter, bowhunter, trapper, and waterfowl hunter education. Registration is required and all in-person courses require mandatory homework that must be completed prior to participating in the class. For more information, or to register for a HEP course, visit the Hunter Education Program page on DEC's website.

Although the number of courses offered may be limited this spring, interested participants are encouraged to check back often as new courses may be added. Online courses are also available. The cost of the online hunter education course is \$19.95. The course can be found on DEC's hunter-ed website. DEC also continues to offer an online bowhunter education course.

Since March 2020, DEC has seen more than a 12 percent increase in hunting and fishing license sales compared to sales from the previous 12-month period. During this time, which roughly coincides with New York State on PAUSE, resident turkey permits have increased more than 13 percent and junior hunting licenses increased by more than 25 percent. Certain types of lifetime licenses also increased by as much as 50 percent. A combination of factors, including the availability of online hunter education for new hunters and more time available to participate in the hunting and other activities as New Yorkers looked for recreational options during the pandemic, likely contributed to the increase.

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Important Social Security issues to consider before retiring

Hardworking adults spend years striving to achieve their professional goals.

Along the way, planning for retirement is a way to ensure all that hard work pays off when the time comes to call it a career.

In the United States, men and women nearing retirement age may be thinking about when they should begin collecting their Social Security retirement benefits.

Social Security is a social insurance program instituted by Presi-

dent Franklin Delano Roosevelt in 1935.

The program consists of retirement, disability and survivor benefits, and workers in the United States contribute to Social Security each week.

The decision about when to claim Social Security retirement benefits is one all those who have contributed to the program must eventually make.

In recognition of the difficulty of that decision, the Consumer Finan-

cial Protection Bureau offers the following tips to people wondering when they should begin collecting their Social Security benefits.

- Confirm your full retirement age. Full retirement age refers to the age at which people can begin collecting their full benefits.

Depending on the year you were born, you can begin collecting your full benefit at age 66 or 67.

Claiming your benefit before you reach full retirement age will lead to a permanent decrease in

your monthly benefits. Conversely, claiming after you reach full retirement age will lead to a permanent increase in your monthly benefits.

Since the stakes are so considerable, it's vital for adults to confirm their full retirement age before they claim their benefits.

- Delay claiming if you can. The CFPB notes that you can expect to get an additional 5 to 8 percent in monthly benefits for every year you wait to claim your Social Security benefits after age 62, maxing out at age 70.

If you can afford to do so, wait to claim your full benefit until age 70, as doing so can translate to a benefit that's 32 percent higher than it would have been had you claimed your benefit at age 62.

- Budget for retirement. Short- and long-term budgeting for retirement can help you assess how much money you will need to cover your expenses when you stop working. This step can help you understand how much a reduced or increased

Social Security benefit will affect your bottom line in retirement.

- Continue working. Remaining in the workforce full-time or even part-time can have a considerable impact on the size of your Social Security benefit.

The CFPB notes that continuing to work for one or two additional years can replace low- or no-income earnings from your earnings record, thereby increasing your benefit.

- Consider the long-term needs of your spouse. Surviving spouses receive the higher of the two spouses' benefits. So it makes sense for the higher earning spouse to wait to collect his or her benefit until he or she reaches full retirement age.

The decision about when to collect your Social Security benefit is complex.

Discussing your options with your spouse and financial advisor can help you make the most informed decision.

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Watch for warning signs of arthritis

According to the Arthritis Foundation, arthritis is not a single disease, but rather an informal way of referring to joint pain or joint disease. In fact, the term "arthritis" is so wide-ranging that it actually refers to more than 100 types of conditions.

The Arthritis Foundation notes that arthritis-related pain may be constant or intermittent. One common misconception about arthritis pain is that it only occurs during or shortly after a body is at rest. However, arthritis-related pain can occur while the body is at rest and is not always triggered by an activity that incorporates a part of the body affected by arthritis.

This warning sign is, along with pain, the one that is most often associated with arthritis, even by people who don't suffer from the condition. Stiffness when waking up in the morning or after long periods of being sedentary, such as sitting at a desk during the workday or taking a long car ride, can be symptomatic of arthritis, especially if the stiffness lasts an hour or longer.

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Advice on building friendships for seniors in their golden years

Making friends as a child or even as a parent to school-aged children is relatively easy.

Classrooms and school functions facilitate the building of friendships.

Even as one gets older and enters the workforce, it's not uncommon for people to become friends with their coworkers.

As people near retirement age, their situations may have changed considerably.

Children have moved out, careers are coming to an end and friendships may be hard to maintain due to people relocating or traveling.

Older adults may aspire to make new friends, but they may not know how.

According to Irene S Levine, Ph.D., The Friendship Doctor and contributor to Psychology Today, it is not unique for seniors to want to make new friends.

Age can be a barrier because there are stereotypes that pigeon-hole people of certain ages.

But Levine notes that state of mind and physical ability is not directly tied to chronological age. Making friends is possible at any age. These guidelines can help along the way.

- Explore online connections.

A 2016 study published in the Journal of Gerontology found seniors (even those in their 80s) who stay connected with friends

and family using social media report feeling less lonely and better overall.

Connected seniors also demonstrated higher executive reasoning skills. There are plenty of ways to meet new people online by joining social media groups that cater to your interests.

In person meetings in particular cities or regions of the country also can make for great ways to make new friends.

Exercise caution when meeting people in person after contacting them online.

Bring another person along, whether it's a spouse or an adult child, to ensure that you are safe.

- Volunteer your time. One way to meet new people is to get involved with causes or activities you love.

This serves the double benefit of getting you outside and active and puts you in touch with people who share your passions and interests.

- Attend alumni events. If you have an interest getting in touch with someone from your past and reconnecting, make the time to attend school reunions and other alumni activities.

It can be fun to reconnect with friends from high school or college.

- Join a gym. The local gym isn't just a great place to get physically fit.

Group exercise classes also can

be ideal places to meet other people who enjoy working out. Strike up a conversation with

another class participant you see on a regular basis. Once you develop a rapport,

schedule lunch dates so your friendship grows outside of the gym.



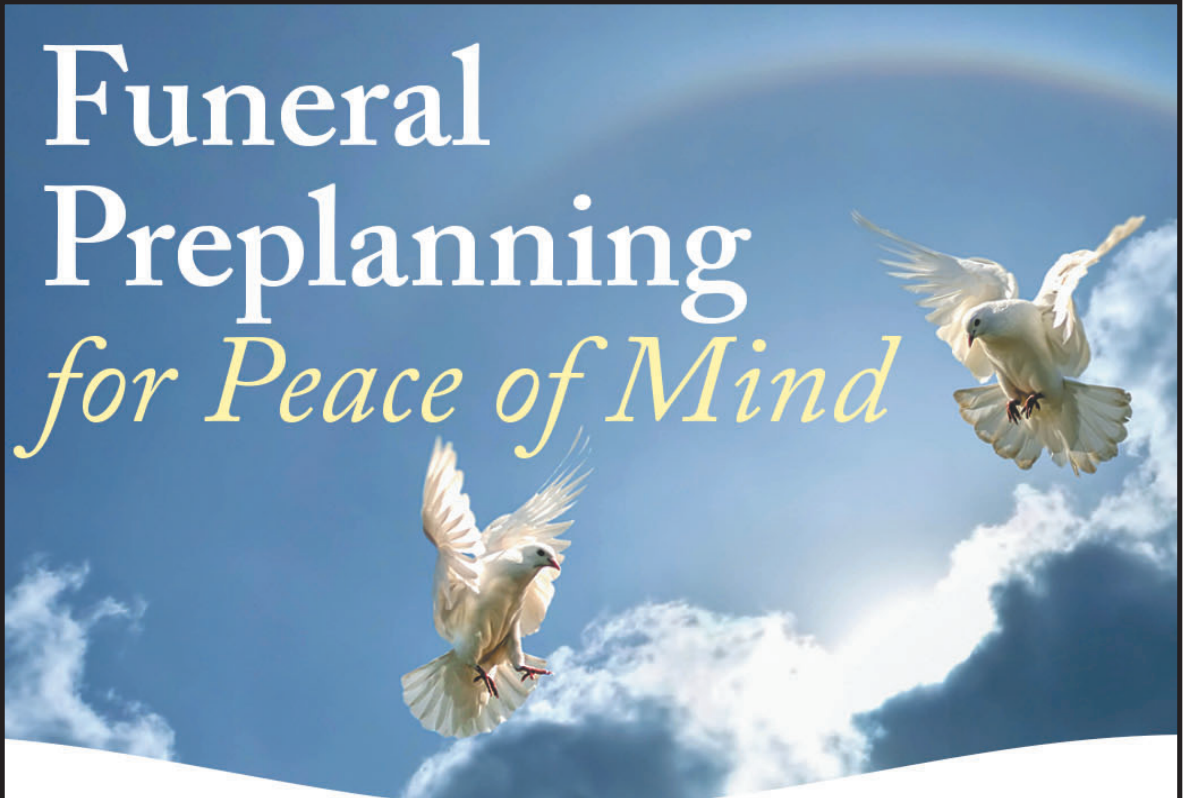
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O'burg, Canton grocery stores offer COVID vaccine

Ogdensburg and Canton Price Chopper pharmacies are now offering COVID-19 vaccinations for people age 65 and up.

They plan to offer both the Johnson & Johnson and the Moderna vaccines, depending on supply.

Johnson & Johnson's is a single-dose vaccine. Moderna requires one shot and then a booster 28 days later.

Price Chopper will use a new online scheduling system, which is available at www.pricechopper.com/covidvaccine. A rolling two days of appointments will be shown at once and new appointments will load every day. While vaccine availability is increasing,

distribution remains uneven, so people should continue to check the site for appointments.

The phased allocation of vaccines to designated groups, according to vaccine prioritization guidelines established by each state and immunization jurisdiction and their local health departments, is based in part on guidance from the CDC's Advisory Committee on Immunization Practices (ACIP).

As the supply increases, vaccination will progress to the next phase.

The state is now vaccinating those in Phase 1a and initial groups from Phase 1b. Community pharmacies are focusing on those 65 years of age and older.

The hope is to include more groups as soon as the state releases that information.

To determine eligibility for the vaccine and to register for an appointment, visit www.pricechopper.com/covidvaccine/. The vaccine is available at the Price Chopper/Market 32 stores listed above by appointment only.

If shot "events" are full, customers should continue to check the website on a regular basis for new availabilities.

Those who secure an appointment will receive an e-voucher to print out or display on a mobile device that should be brought to the pharmacy for their appointment, along with a government ID and insurance information.

After receiving the vaccine, each recipient will be asked to remain in a dedicated safe space on the premises for a required observation period of 15 to 30 minutes.



Donna Baskin | Submitted

Pleasant pheasant

This handsome pheasant has been visiting my 95-year-old mom's cedar trees right outside her living room window for several days and waking her up in the morning with his squawks,' said Donna Baskin of Ogdensburg. 'I think he's keeping her company while our dad has been in the hospital, then rehab where he contracted Covid. He was in the hospital a few days recovering, and now is back to rehab, basically starting from square one to get strong enough to hopefully come home. It has been a tough year for her already, and this big guy has been a bright spot in her life.'



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Preventing bathroom falls

Bathrooms can serve as sanctuaries, providing a warm tub to soak in after a long, weary day or a private place to retire for a few minutes of peace and quiet. Bathrooms also can be dangerous places, as various groups warn that most slip and fall accidents that occur at home will happen in the bathroom.

The risk of falling in a bathroom increases with age. According to the Centers for Disease Control and Prevention, seniors over age 65 have a 25 percent chance of falling in the bathroom. Seniors generally

have less flexibility and balance than younger people, meaning falls can be life-threatening. Bones easily can become fractured and internal bleeding may occur in serious cases. Bathrooms can be made more safe in a few simple ways.

- Keep the bathtub clean. Soap residue or other grime can contribute to slippery conditions in the shower and tub. Cleaning these surfaces frequently can improve traction.

- Declutter the space. Remove extraneous items from the bathroom that can pose as tripping hazards.

- Choose the right bath mat. Bath mats can contribute to slips and falls. For those who cannot live without them, choose a mat with slip-resistant backings and add double-faced tape for added security.

- Use a weighted shower curtain or install shower doors to prevent water from getting on the floor. Mop up any water or additional condensation to help dry the bathroom. Install an exhaust fan to help vent moisture that can condense and accumulate on the floor and fixtures.

- Make sure lighting in the bathroom illuminates all areas.

- Wearing non-slip shoes when in the bathroom can reduce the chances of slipping on wet floors.

- Install a walk-in shower or bathtub. These lipless fixtures can assist those who have difficulty entering a standard tub or shower. Grab bars also can help with maneuvering in and out of the shower area.

- Use a raised toilet seat. A raised toilet, or one with a special seat that reduces the distance one has to go to reach a seated position, may help prevent falls.

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How exercise can help senior citizens live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

Research published in the journal *Immune Aging* found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels.

People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal *Aging & Disease*.

In a study involving 11,335 women, researchers compared

Vo2 max, also known as aerobic capacity, in women with mortality data.

Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity.

The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters.

In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations.

While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical



Photo courtesy of Metrocreative

Seniors get exercise while working out in a group setting.

activity can stave off the effects of frailty and osteoporosis, which affects bone strength.

A study published in the *Journal of Internal Medicine* in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly.

ing a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture.

Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging.

Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness.

However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training.

How often should senior citizens visit the doctor for regular checkups?

Routine health checkups are a key part of staying healthy. Older adults may feel like they're always visiting one doctor or another. But what is an acceptable frequency for doctor appointments?

The answer isn't always so cut and dry, and many health professionals have mixed feelings even among themselves over the magic number.

The Centers for Disease Control and Prevention recommends adults over the age of 65 visit the doctor more than twice as often as 18- to 44-year-olds. According to Paul Takahashi, a physician at the Mayo Clinic in Rochester, Minn., adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on

preventative screenings.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite. Dr. Peter Abadir, an associate professor of medicine at the Johns Hopkins University School of Medicine, says frequent visits to health facilities where sick people congregate puts one at a higher risk of illness or infection. Visiting the doctor only when necessary is one way to avoid risky exposure.

Doctor visit frequency is not a one-size-fits-all answer. A yearly physical or checkup is a given, even for people who are healthy. People with a family history of certain conditions, like sleep disorders, cancer, high blood pressure, and other conditions, may need to see a

doctor more frequently than those with no such histories. In addition, patients may need referrals to certain specialists who work together to provide an overall health plan. That can increase the number of appointments and shorten the intervals between them. Johnson Memorial Health offers some statistics.

- People visit the doctor four times a year on average.
- Studies show that poor or uninsured people prolong the time between doctor's visits.
- Individuals with high blood pressure may need to see the doctor four times a year to ensure medications are working properly.
- Patients on dialysis see the doctor several times a week.

SLC deputies warn of DMV phone scam

CANTON — St. Lawrence County sheriff's deputies are warning the public of a phone scam involving the Department of Motor Vehicle.

Deputies say they received several complaints from local residents about a person who identifies

themselves as a member of the state DMV and attempts to gain personal information from the victim.

The scammer is calling from several phone numbers, including 315-335-8124.

The scammer claims the vic-

tim is about to have their driver's license suspended unless some type of personal information or payment is provided.

Deputies are investigating the incidents and asks anyone with info to contact them at 315-379-2222.



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Chamber honors Public Health

CANTON — The St. Lawrence County Chamber of Commerce hosted their annual membership meeting March 11 with the board of directors and membership present.

Highlighting the meeting was the presentation of two appreciation awards.

In addition to recognizing businesses at their annual dinner in the Fall, the awards allow the Chamber to appreciate close partners and board members.

The 2021 “Chamber Appreciation” Award was presented to the St. Lawrence County Public Health Department as a partner who has gone above and beyond to ensure the well-being of the Chamber, its mission, and its members, a press release from the Chambers said.

Rouse, who presented the award, said that “A year ago, we quickly formed a partnership with Public Health to ensure accurate, up-to-date information was being communicated to our members and the business community.

“A year of meetings, constantly changing guidelines, and an effort to be ahead of sourcing resources and information was what was needed to keep calm and keep moving on.

“As a member of the County’s reopening committee, the Chamber saw firsthand the intense situations, ongoing developments, and thoughtful considerations made by the Public Health Department on an ongoing basis.

“Navigating a ship, with an incomplete and fluid map...The pressure, the commitment, and the hope that kept us going, was only a fraction of what Public Health has championed and continues to lead.”

The 2021 “Chamber of Commerce Day” Award was presented to a board member, Christa Carroll of the United Helpers.

Presenting the award to Carroll was past-president Michelle Quinnell-Gayle, who said that Carroll is “a board member who shows a special interest in the well-being of the Chamber and St. Lawrence County as a place to live, work and play... ‘A chamber of commerce day’ is a ‘very pleasant day with no weather concerns.’ Christa has a positive attitude and contributes beneficially to making our organization and this

county as ‘blue-skied and sunny’ as it can be! In her short time on the board Christa has become a go-to member for new ideas, support, or feedback.

“Her positive and sincere perspective is always welcome, and she always has the Chamber in mind. In the last year, Christa contacted us to see if they could shift their employee holiday gifts to support Chamber members and local producers, recognizing the importance of every dollar for our members, especially this year.

“Christa was on our Rockstar welcoming committee for our Open-Air Market at the Power & Equipment Museum, sharing her enthusiastic spirit with every car that entered, easing what could have been an overwhelming experience as we welcomed people for our first event during COVID, in a new location, and under unique circumstances.

“The staff and volunteer crew felt at ease knowing that Christa’s shining smile, even under a mask, would set the stage for our guests to have a wonderful experience.”

A surprise recognition was also delivered upon Suzanne Casaday, Chamber insurance administrator and membership coordinator, who announced her retirement on June 30 of this year after 20 years as a member of the staff.

Nadia Cutler, President of the Chamber Board, noted changes to staffing in the past year, including the hiring of Executive Director Ben Dixon on Feb. 1 and the hiring of Regina Caswell as office manager.

She also shared recent Board changes including the upcoming retirement of Daniel Maguire of Kinney Drugs and the addition of Paul Redfern from St. Lawrence University.

Executive Director Dixon highlighted Chamber activities in, and priorities for, 2021.

Director of Tourism Brooke Rouse shared trends in, and planned activity for, tourism this year.

Laurie Marr of the Development Authority of the North Country spoke to the rural broadband survey being performed in St. Lawrence County.

New Chamber members and the 2021 budget were also presented, and Chamber Leadership Circle members were recognized for their major investments in the Chamber.



Jeremiah Papineau | Submitted

Above are L.E.A.'S Diner owners Steve and Tasha Bobardus, with Jeremiah S. Papineau, director of communications and foundation director for the VTC.

Diner wins People’s Choice

HEUVELTON -- L.E.A.'S Diner in Heuvelton received the most votes for the People’s Choice Award at the 22nd Annual North Country Chili Cook-Off. The event was held in a new format this year due to the COVID-19 pandemic.

“We’re at a loss for words,” said Steven Bogardus, who owns L.E.A.'S Diner with his wife, Tasha. “We are shocked, honored and blessed to have received the most votes.”

“It was a great experience for us and we had a lot of fun with it,” he added. “We can’t thank our family, friends and amazing customers enough for their support.”

Meme’s Diner in Felts Mills collected the most donations, earning the Top Fundraiser Award.

“We congratulate L.E.A.'S Diner and Meme’s Diner for receiving their awards and thank all of the 28 restaurants in the tri-county area who participated,” said VTC Executive Director Sam Purington. “Their enthusiasm really made this event a success.”

The cook-off, typically a one-day event at the Dulles State Office Building in Watertown, is a fundraiser for the VTC to support transportation it provides for veterans and their families. This year, the event was held at participating restaurants in St. Lawrence, Jefferson, and Lewis counties throughout February. The move was made in an

effort to host the event in a way that would follow New York State mandates and adhere to CDC guidelines.

This year’s North Country Chili Cook-Off focused only on the “professional” award category and was held in a “pub crawl” format, in which those wishing to sample and vote on their favorite entries could do so at participating restaurants.

“We’re very happy with the participation both from the restaurants and from people in the community,” said Jeremiah S. Papineau, Director of Communications and Foundation Director for the VTC. “We’re very pleased with how everyone seemed to embrace the format for this special edition of the cook-off.”

Brandy Snyder, owner of Meme’s Diner, said she was delighted to be asked to participate and is very proud of her customers and employees who made that participation a success, raising \$560.

In addition to L.E.A.'S Diner and Meme’s Diner, the following restaurants participated in this year’s North Country Chili Cook-Off: Gram’s Diner, Adams; Spook Hill Bar and Grill, Adams Center; The Dockside Pub, Alexandria Bay; Sahara Restaurant, Carthage; The Church Street Diner, Carthage; Whistle Stop Tavern, Carthage; Zero Dock Street Restaurant & Bar, Carthage; River Bottom Bar & Grill, Clayton; Whiskey Jack’s, Constableville; The Cottage Inn, Copenhagen; Josh’s Riverside Restaurant, Croghan; Montague Inn, Lowville; Tony Harper’s Pizza & Clam Shack, Lowville; Boondocks Restaurant & Bar, Lyons Falls; River Valley Inn, Lyons Falls; Nu Pier Restaurant, Sackets Harbor; The Cottage Bakery, Three Mile Bay; Tavern230, Turin; Flashback Brewing Company, Watertown; Garland City Beer Works, Watertown; Mike’s Pig Pen, Watertown; Panera Bread, Watertown; The Grille at Hilton Garden Inn, Watertown; Pearl Street Pub, Watertown; Pete’s Trattoria, Watertown; and Tug Hill Hideaway, West Leyden.

Those businesses, combined with generous sponsorship, raised approximately \$28,000 for the VTC. The event typically nets upward of \$40,000 in a normal year. However, due to the constraints and challenges presented by the pandemic, Papineau said the VTC is quite proud of the results.

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WEED...

they've worked for them, and try to use portions of their codes so we don't have to reinvent the wheel," Hardy said.

At the time, Hardy said he was focusing on things that would deal with cannabis shops, or dispensaries. That includes regulations like where they're allowed to be located, and where they aren't.

"There are a lot of rules and regulations in some of these states," Hardy said.

If the village government decides to amend their local code to accommodate cannabis businesses, it would be subject to a public hearing where people would get to give input to the board members prior to any vote.

"When it finally comes time to look to put something on the books, the village is obviously going to have a public hearing on it, and we always look forward to public feedback, as these are rules and regulations for the community. Everyone in the community should be allowed to have input," Hardy said.

Massena currently has several liquor stores operating within des-

ignated village zoning. Most grocery stores, gas stations and drug stores in the village also sell alcohol products like beer, wine, and malt beverages.

NEGLIGENCE...

her social worker, Gertrude Stacy, about the physical and sexual abuse.

"The complaint was never investigated by defendants and no corrective measures were taken," court documents say.

The document goes on to say C.I. warned another social worker, Rita Whalen, not to place another female foster child in the home because of the physical and sexual abuse.

It goes on to say Thelma Burkum physically abused and beat C.I. for making the report.

SAFER...

"What is for certain, is that we cannot raise property taxes on our residents and we must continue to find efficiencies in the manner in which we operate all local municipal services. The awarding of this grant will provide much needed assistance to the fire department and the city."



Dave Shea | NCTW

Heuvelton stays undefeated

Heuvelton's Jed Crayford follows Coach Josh McAllister's directions trapping Madrd-Waddington's Coby Beldock. HCS stayed undefeated in the victory.

Bear harvest up in St. Lawrence County this year

The bear harvest in St. Lawrence County went up drastically in 2020, as North Country hunters took 122 bears last year, according to the Department of Environmental Conservation (DEC). In 2019, 76 bears were reportedly harvested.

New York State bear hunters took 1,723 black bears statewide during the 2020 hunting seasons, DEC Commissioner Basil Seggos announced.

"Black bears continue to prosper in New York's excellent bear habitat," said Commissioner Seggos. "Bear hunting seasons allow DEC wildlife managers to collect valuable information that our scientists use to help maintain healthy bear populations."

"And successful bear hunters

help maintain populations at sustainable levels and are rewarded with outstanding food for their families and friends."

The town-by-town take in the county for 2020 was:

Brasher, 4; Canton, 6; Clare, 5; Clifton, 7; Colton, 12; DeKalb, 1; Edwards, 10; Fine, 17; Fowler, 5; Gouverneur, 1; Hammond, 3; Hermon, 5; Hopkinson, 7; Norfolk, 2; Parishville, 12; Piercefild, 4; Pierrepont, 3; Pitcairn, 9; Potsdam, 2; Rossie, 2 and Russell 5.

In the Northern Zone, hunters harvested an estimated 571 bears—the highest number since 2015. A productive early season in the Northern Zone is generally followed by a relatively low regular season harvest, with the reverse anticipat-

ed in the year to come.

The 2020 bear harvest followed this pattern, with an early season harvest that increased four-fold from 2019, and a regular season harvest that dropped approximately 25 percent from 2019 numbers.

DEC says 116 was the greatest number of bears reported taken on any one day, which was on Sept. 12, opening day of early bear season in the Southern Zone.

The heaviest dressed-weight bear reported to DEC in 2020 was 550 pounds, and was reportedly taken in the town of Greenville, Orange County.

Scaled weights of dressed bears were submitted for 26 percent of bears taken in 2020.



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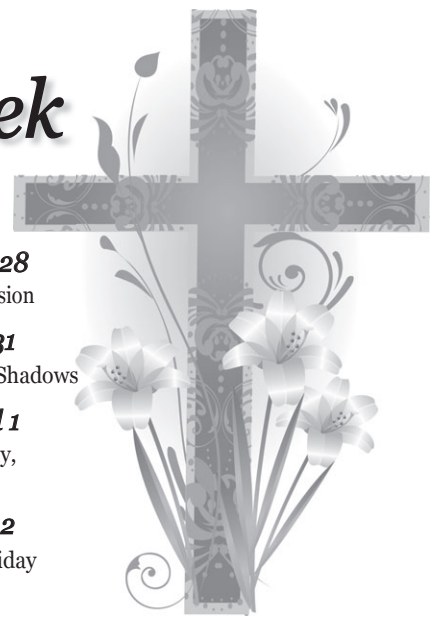
Palm Sunday, March 28
9 am - The Sunday of the Passion

Wednesday, March 31
6:30 pm - Tenebrae - Service of Shadows

Holy Thursday, April 1
2 pm - Maundy Thursday,
Holy Eucharist

Good Friday, April 2
Noon - Liturgy of Good Friday

Sunday, April 4
9 am - Easter Liturgy



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PERSONALS

SON TRYING TO FIND O'BRIEN FAMILY. DNA says he is an O'Brien but his family last name is French. Looking for a male O'Brien whose family has been in the CliftonFine/Newton Falls/Watertown area for over 100 years to complete free DNA test that we will pay for. Call Mary at (571)334-8850

Legal Notices

LEGAL NOTICE

Notice is hereby given, that in pursuant to the Town Board, and in compliance with Section 1660 of the Vehicle and Traffic Law, all Roads in the Town of Lisbon will be closed to vehicles having a gross weight more than 6 tons. Road closing goes into effect upon erection of signs and will remain in effect until the removal of such signs. Dated March 11, 2021. Michael Baldock, Highway Superintendent.

LEGAL NOTICE - The Town of Lisbon has determined that it has excess real property, consisting of 33.07 acres, tax map no. 61.001-1-32.2. The Town has accepted a purchase offer price from Five Mile Farms LLC in the amount of \$51,000.00 for this real property. This sale is subject to permissive referendum. Dated: March 11, 2021. Charles B. Nash, Esq. Attorney for Town of Lisbon.

NOTICE TO BRITTANY TUESDAY CLARK, A.K.A. BRITTANY RANKIN, IN THE CIRCUIT COURT OF THE TWENTIETH JUDICIAL CIRCUIT IN AND FOR CHARLOTTE COUNTY, FLORIDA, FAMILY LAW DIVISION, File No. 20-732 DR, IN RE: Minor W.J., An action regarding the adoption of the above styled minor child has been initiated in the above styled jurisdiction, and Brittany Tuesday Clark A.K.A. Brittany Rankin is a necessary party to the case. In the interest of due process, this Notice is being published in the last known geographical location of Brittany Tuesday Clark, A.K.A. Brittany Rankin. **SUMMONS AND NOTICE, NOTICE OF PETITION AND HEARING TO TERMINATE PARENTAL RIGHTS PENDING ADOPTION.** A petition to terminate parental rights pending adoption has been filed. A copy of the petition is being served with this notice. There will be a hearing on the petition to terminate parental rights pending adoption. You are commanded to appear before the Honorable Judge Mary Evans via Zoom on: Tuesday, April 13, 2021, at 11:30 a.m. for a Final Hearing on the Petition to Terminate Parental Rights. Download the Zoom Application (zoom.us) through your phone or on a computer and input your name and the following code: 889 339 8085. Then click "join." If you have problems logging in, immediately call Amaris Lewis at 941-764-1146. **UNDER SECTION 63.089, FLORIDA STATUTES, FAILURE TO TIMELY FILE A WRITTEN RESPONSE TO THIS NOTICE AND THE PETITION WITH THE COURT AND TO APPEAR AT THIS HEARING CONSTITUTES GROUNDS UPON WHICH THE COURT SHALL END ANY PARENTAL RIGHTS YOU MAY HAVE OR ASSERT REGARDING THE MINOR CHILD.** Amaris A. Lewis, Esq., Florida Bar No.: 120114, Bouchard Law, P.A., 17827 Murdock Circle, Suite B, Port Charlotte, Florida 33948, T: 941-764-1146, E: amaris@bouchardlawpa.com

PUBLIC NOTICE

Village of Potsdam Police Advisory Committee Presents Draft Recommendations & Plan Virtually March 18 and March 22. Members of the Potsdam Village Police Advisory Committee will present the draft recommendations and plan as a result of the committee's work over the past several months. Members of the public are invited to register and join one of the Zoom meetings on Thursday, March 18 at 12:00 PM or Monday, March 22 at 6:00 PM to learn about the details of the plan. There will be an opportunity for public comments and questions. The meetings will not be live-streamed, but public comments can be emailed at any time before or after the meetings to community@potsdampolice.com. Governor Andrew M. Cuomo established the New York State Police Reform and Reinvention Collaborative via Executive Order No. 203 in June 2020. Potsdam Mayor Reinhold Tischler selected and appointed the members of the Village of Potsdam Police Advisory Committee in recognition of the contributions each individual could provide to the process and of their collective dedication to the community. Representatives of the major institutions, including the two universities, school district, and hospital system, were invited, along with a number of active community citizens, two trustees, the town supervisor, Chief of Police, and one member of the department. The following document was compiled after months of meetings with community citizens, stakeholders, and leaders to identify recommendations for local changes to create systemic change that combats the inequities that exist in our society. The Police Advisory Committee met regularly between October 2020 and March 2021, with all meetings except the initial session held virtually via Zoom due to public health restrictions. Full committee meetings were live-streamed on the village's Facebook page, and comments were welcomed. The Committee later divided into three subcommittees: data and reporting, community, and operations. These three subcommittees focused on their topic areas and created a list of recommendations to help our community move forward. The most critical recommendation is the establishment of a Citizens Advisory Board, which will meet regularly and create a plan of action to implement the goals outlined in the plan. The plan is a starting point for our community to enact changes strategically and diligently; this is only the beginning of the critical work our community has committed to undergo. Register for Thursday, March 18 at 12:00 PM Zoom Meeting: <https://us02web.zoom.us/j/6498743322> Register for Monday, March 22 at 6:00 PM Zoom Meeting: <https://us02web.zoom.us/j/6498743322>

PUBLIC NOTICE

Meeting: <https://us02web.zoom.us/j/6498743322>

PUBLIC HEARING - PLEASE TAKE NOTICE THAT the Town of Louisville will hold the regular March Town Board meeting on Wednesday March 17, 2021 at 6:30pm at the Thomas J Carroll Louisville Municipal Building. It was postponed for one week due to unforeseen circumstances. 3/15/21 **Joanne Cameron, Louisville Town Clerk**
INVITATION TO BID The St. Lawrence County Property Development Corporation is seeking sealed bids for the Newell Building Phase IIB Project. Bids will be received until 2:00 pm, Tuesday March 30, 2021 by Richard Williams, Project Manager, St Lawrence County Property Development Corporation, 19 Commerce Lane, Suite 1 Conference Room, Canton, New York 13617, at which place and time the bids will be publicly opened and read aloud. Proposals received after that time will not be accepted. Single lump sum bids are required in accordance with plans and specifications. Sealed bids shall be marked with the bidders name and 'Newell Building Phase IIB - Do Not Open Bid Enclosed.' Bidding and Contract Documents will be available beginning March 15, 2021 from the Architect and may be examined at Brooks Washburn Architecture, DPC, 22 Depot Street Suite 16, Potsdam, NY 13676. Electronic copies of the Bidding and Contract Documents for the proposed work are available at no cost from the Architect by contacting Brooks Washburn, AIA at 315.268.1338 or emailing brooks@northnet.org AA/EEO/M,F,V,H EMPLOYER

NOTICE OF FORMATION

VPFA Family Housing LLC (the "LLC") filed Articles of Organization with the Secretary of State of New York ("SSNY") on 2/24/21. LLC office location: St. Lawrence County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process served to LLC, c/o Potsdam Housing Authority, 100 Racquette Road, Potsdam, New York 13676. Purpose: any lawful activity.

Notice of Formation of Trego Realty Group LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 1/29/2021. Office of location: St Lawrence County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail copy of process to: Elizabeth Lee Trego, 5 Rosebrier Ave, Massena NY 13662. Purpose: Any lawful purpose.

State Street Grooming, LLC - Articles of Organization filed with SSNY on 2/12/21. Office: St Lawrence Co. Designated agent of LLC upon whom process may be served

NOTICE OF FORMATION

is Johanna Kingsley, 311 CR 15, DeKalb Junction, NY 13630. Purpose: Any lawful purpose.

Publication Notice of Application for Authority of Foreign LLC.

NAME: Polaris Renewables LLC. The Application for Authority was filed with the Secretary of State of New York State (SSNY) on February 1, 2021. Office Location: St. Lawrence County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o Polaris Renewables LLC, 21 Leroy Street, Potsdam, New York 13676. Term: Perpetual. Purpose: To engage in technical consulting and commercialization of renewable polymer technology and for any other activity authorized by the State of New York.

MOUNTAIN CAT FARM LLC. Art. of Org. filed with the SSNY on 5/8/2020. Office: St. Lawrence County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 320 Chapel Hill Road, Colton, NY 13625. Purpose: Any lawful purpose.

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- 29 Sitting room
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- 38 A Great Lake
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- 41 Dumbstruck
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- 48 Performed to the end
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- 53 Broadcaster
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- 10 Metal source
- 11 Group of whales
- 17 Get ready, briefly
- 21 West Point freshman
- 23 Bakery lure
- 24 "Alice" waitress
- 25 Scepter
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- 30 "Eureka!"
- 31 "Evita" narra-
- tor
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- 33 MLB stat
- 36 Raised
- 37 Tenor Enrico
- 40 Deep, lustrous black
- 42 Candymaker Willy
- 43 Goofed
- 44 Pulls
- 45 Goose egg
- 46 - impasse
- 48 Bit of butter
- 49 Fib
- 50 Branch
- 51 "Uh-huh"

Answers found elsewhere in this paper.

Trivia Test

- 1. LITERATURE: Which 19th-century novel begins with the sentence, "There was no possibility of taking a walk that day"?
- 2. CHEMISTRY: Which element's Latin name is hydrargyrum and goes by the symbol Hg?
- 3. HISTORY: Who was the first female detective in the United States, hired by the Pinkerton Detective Agency in 1856?
- 4. ADVERTISING SLOGANS: What product's 1970s advertising slogan was, "I can't believe I ate the whole thing"?
- 5. U.S. PRESIDENTS: Only two Catholics have served as president of the United States. Who are they?
- 6. MOVIES: The "Star Wars" movie series was partly filmed in which African country?
- 7. LANGUAGE: What does the name Boca Raton (Florida) mean in Spanish?
- 8. U.S. STATES: The highest and lowest points in the contiguous United States can be found in which state?
- 9. ENTERTAINERS: Which American actor and comedian was born Eric Marlon Bishop?
- 10. TELEVISION: Which 1950s Western series featured the theme song "Happy Trails"?

Answers found elsewhere in this paper.



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The CLIFTON-FINE CSD is seeking highly qualified candidates to apply for the anticipated tenure track position of Special Education Teacher. **Certification: Students with Disabilities Grades 1-6 required; Grades 5-9 and/or 7-12 also preferred** If interested in this position, please fill out the application at www.cliftonfine.org. Please provide your letter of interest, resume with current references, transcripts and copy of certification. Anticipated start date is September 1, 2021. **Application deadline April 5, 2021.**

HOSPICE SOCIAL WORKER:

Hospice has an immediate opening for a full time BSW or LMSW passionate about making a difference. Hospice Social Workers work collaboratively with an interdisciplinary team to support the individual goals of patients and families facing advanced illness and end of life at home and in facilities. Responsibilities include assisting with access to community resources, End of Life counseling for both patient and family, and developing and updating care plans based on individual need. The successful candidate will demonstrate flexibility, knowledge of community resources, the ability to work with a team, strong time management skills and health care experience. Candidates must possess either a Bachelor of Social Work or a Master's degree in Social Work with a NYS licensure. Driver's license and vehicle required. Send resume to Mary Jones, Hospice of St. Lawrence Valley, 6805 US Highway 11, Potsdam NY. 13676. Application deadline is April 2, 2021. EOE.

BOOKKEEPER: Hiring bookkeeper proficient with QuickBooks online. Mon.-Fri. 9:30-4:30 Send resume to Pamelatrezz@gmail.com

Cactus Grill: DAY PREP COOK. Wednesday - Sunday 9-3 Call Larry for interviews 315-212-2707

CLEANERS: Now hiring restaurant cleaners. Wednesday through Sunday 8am-2pm. Call Larry for interviews 315-212-2707

Mama Lucia, Potsdam, full time evening cook position. Call Larry for interviews 315-212-2707

Canton Central is accepting applications for the anticipated positions of Tenure Track: Elementary Teacher, Health Teacher, Special Education Teacher (Middle School) and Teacher's Assistant. Also accepting applica-



Ogdensburg City School District

is accepting applications for the following openings for the 2021-2022 school year:

- CERTIFIED SECONDARY MATHEMATICS TEACHER**
- CERTIFIED SECONDARY SOCIAL STUDIES TEACHER**
- CERTIFIED SPEECH/LANGUAGE THERAPIST**
- CERTIFIED MUSIC TEACHER (ELEMENTARY LEVEL)**
- CERTIFIED PART-TIME PHYSICAL ED TEACHER**

(Salary Commensurate with Experience)

Failure to provide all requested materials will result in disqualification of the candidate's application. Please provide the following:

- Cover Letter
- Application (can be obtained in the Superintendent's Office at OFA or downloaded from our school website)
- Resume
- Copy of New York State Teaching Certificate(s)
- Original College Transcript(s)
- Letters of Reference
- Application deadline is **MARCH 29, 2021**

All requested materials are to be submitted to:

Kevin K. Kendall, Superintendent of Schools, Ogdensburg City School District, 1100 State Street, Ogdensburg, NY 13669
315-393-0900 (p) • 315-393-2767 (f)



Skilled Trades General Repairs

St. Lawrence University is accepting applications for a Skilled Trades position to perform general repairs and replacements to damaged, deteriorated or otherwise non-functioning conditions found in and about the University buildings and campus. Apply journeyman level knowledge and experience in carpentry, plumbing or electrical. Additional experience must encompass a basic knowledge from three of the following disciplines: carpentry, plumbing, electrical and painting. Apply skill and responsibility in the use of tools and equipment of the respective trades and be responsible for tools, materials, and devices to perform tasks according to accepted practices. Perform related duties as required to accomplish tasks. Primary work days Tuesday-Saturday with Sunday's and Monday's off. This is a coverage position as well, covering for other shifts when University needs require it.

Qualifications: High School diploma (or equivalent) required. Five (5) years' experience at journeyman trades level required. May consider specific coursework related to this position, up to a maximum of two years, toward the required journeyman trades experience. Required operation of equipment related to the trade. Bending, heavy lifting, climbing ladders and stairs. Ability and willingness to follow verbal and written instructions, create verbal/written reports and utilize a work order system. Must be able to meet University requirements to be authorized to drive University vehicles.

Interested applicants must apply online at:

<https://employment.stlawu.edu>. Review of applications will begin immediately and continue until position is filled. SLU is an Affirmative Action/Equal Employment Opportunity employer.

All offers of employment are subject to the applicant successfully passing a background (including criminal records) check.

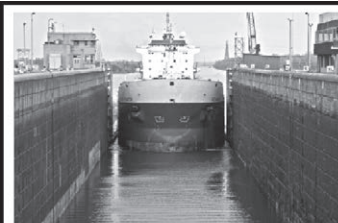
Office Manager / Bookkeeper Experience Necessary

Apply within or call

10 Willow Street • Massena • 315-769-9929

Fay Motors Inc.

BUICK | CADILLAC | GMC



Supervisory Contract Specialist Great Lakes St. Lawrence Seaway Massena, NY

View complete posting on www.USAJOB.S.gov (search on Massena, NY). Closing date is 04/12/2021.

For guidance please watch 'How to Apply for Federal Jobs', among other informational videos, on www.youtube.com/user/usajobsapp. For additional questions email U.S. Department of Transportation's Automated Staffing Office - TRANSJOBS@dot.gov.

tions for Bus Driver and Bus Monitor. Deadline is March 24, 2021. For more information, applicants may visit the Canton Central Job Opportunities webpage or email abrown@ccsd12.org. Credentials may be submitted to Attn: Autumn Brown, 99 State Street, Canton, NY 13617 or fax: 315-386-1323.

FULL-TIME SECRETARY/PARALEGAL for busy law office in Ogdensburg NY. Hours Mon-Friday 8:430 p.m. Prior legal experience desired but not necessary. Salary will be based on experience. To express interest please forward a resume to: nbarr@nylawcc.com.

ANTICIPATED VACANCY ANNOUNCEMENT. St. Regis Falls Central School District (EO/AE) is accepting applications for the following position: Elementary Special Education Teacher Grades 1-6 (NYS Certified). Application deadline is April 1, 2021. Applications are available at www.stregiscsd.org or by calling (518)856-9421 ext 1007. Please submit completed application along with a current resume, copy of college diploma(s), copy of Teaching Certificate, complete/official transcripts of all Undergraduate and Graduate work, and letters of recommendation to: Marlee Burnett, Superintendent's Administrative Assistant, St. Regis Falls Central School, PO Box 309, 92 North Main Street, St. Regis Falls, NY 12980 or Email: mburnett@stregiscsd.org

Extrusion Blow Molding:
A Medical Device Company is looking for someone with experience in operating extrusion, injection or blow molding equipment and resolving technical challenges. Individual should have a strong mechanical background with experience in trouble shooting with pneumatics and hydraulics is preferable. Good documentation practices and able to follow instruction while working in a clean environment. Position is full time with health insurance and 401K plan. Salary is based on experience. Please send resume to Asept Pak Inc 64 West Street Malone, NY 12953 or email to shawkins@aseptpak.com. Accepting resumes until March 31, 2021

HOME CAREGIVER WANTED
to join our team of amazing caregivers that provide care for our parents in their home in Canton. Prior eldercare experience, CNA, or LPN a plus. We currently have 2-3 nightshifts open 8pm-8am and other potential opportunities for shifts. Little care is required at night and there is separate caregiver room with double bed for sleeping, monitors in our parents rooms, and a computer. If you are outgoing, responsible and caring, and would like to learn more, please email me at eauster@schulich.yorku.ca

RIVER HOSPITAL
is hiring a **CARDIAC ULTRASOUND TECHNICIAN** to work on a per diem basis. This person will be instrumental in beginning our new program. We will work around availability of other work schedules. Please visit www.riverhospital.org to learn more about River Hospital and all of our programs.

CALL CENTER REP, GOUVERNEUR: \$13.25/hr, Rotating Shifts - Mon-Sun 7am-9pm. Diploma/GED Required. RX and Customer Service/Call Center Experience Preferred. Background and Drug Screen Required. Call Amanda 585-736-1358

CASHIER/FREIGHT PERSON OPENING at Evans & White ACE Hardware. Applicant should be highly motivated and responsible. Mornings and afternoons, weekdays and Saturdays. Apply today at 1 Maple St., Potsdam.

Grounds/Maintenance person wanted for an apartment complex in Canton. (315)386-2166 tn

CARPENTERS WANTED, Excellent pay for experienced carpenters, must have 5 years verifiable experience, own transportation. 315-250-0650 tn

Billing Specialist:
Under the direction of the Accounts Receivable Supervisor, the Billing Specialist in Third Party Billing and Accounts Receivable will compile, process and maintain third party billing of and Accounts Receivable of Health Services in a manner consistent with medical, administrative, ethical, legal and regulatory requirements in all areas of the Business Office. The Billing Specialist assumes responsibility for third party billing and accounts receivables, including the timely submission of claims to third party payers, rebilling, posting payments and adjustments, aged/open claims follow-up, and denial management. Status: Full-time, Non-exempt. Deadline: 03/24/2021. Complete announcement and application instructions are available online at: www.srmt-nsn.gov.

Hospice of St. Lawrence Valley
is accepting applications from experienced RNs interested in providing team-centered, home-based care. We are looking for full-time nurse case managers, per diem RNs and On Call and admission nurses to join our team. Interested in learning more about the role of a Hospice nurse? Give us a call to speak with one of our amazing nurses or spend a day with a nurse to really see what it's like! Qualifications: current NYS RN license and 2 years of experience in the acute care setting. Call, 315-265-3105, or email Ruth.Fishbeck@hospiceslv.org for more information or an application.

LANDSCAPE SERVICE (Apr thru Nov) spring cleanup, weed control, fertilizing, planting, mulching, pruning, fall cleanup. Your truck,




Potsdam Central School
Vacancies for 2021-2022 School Year:

- Special Education Teacher -- Elem.
- Elementary Teacher
- School Counselor (Guidance) -- MS
- Social Studies Teacher
- Technology Teacher --MS

An application link is available on the PCS webpage.

For questions, contact:
Ms. Davida M. Martin, Office of the Superintendent
29 Leroy St., Potsdam, NY 13676
315-265-2000, ext. 733

Application deadline: March 26, 2021 • EOE




Clarkson
Employment Opportunities

Assistant to the Dean of Students (Potsdam, NY)
The Administrative Assistant will perform a wide range of duties, to facilitate the efficient operation and office support activities for the Dean's office to oversee the administrative functioning of the Student Affairs Suite. This includes preparing reports, compiling data for review, writing letters, contacting students, and exploring and resolving problems. Must be able to handle a wide variety of situations and conflicts involving the administrative functions of the office. Maintain confidentiality of privileged information. Be a team player, have excellent interpersonal and communication skills and be able to work well with all levels of management and staff as well as outside callers. The Assistant to the Dean of Students will schedule and coordinate the Dean's calendar, make appointments, take messages and send emails on their behalf.

To view full posting and for more information on how to apply, visit <http://www.clarkson.edu/hr> and click "Career Opportunities" below Careers at Clarkson.

An equal opportunity /affirmative action employer, Clarkson actively seeks and encourages applications from minorities, women and people with disabilities. Prior to a final offer of employment, the selected candidate will be required to submit to a background check including, but not limited to, employment verification, educational and other credential verification, and criminal background check. Positions located at our Potsdam, NY campus.



Morristown Central School
SECONDARY SCIENCE TEACHER

Morristown Central School has an anticipated opening for a probationary **Secondary Science Teacher** (with a focus on STEM courses) for the upcoming 2021-2022 school year. This individual will possess a passion for teaching and a strong ability to build rapport with students in an environment where learning through 21st Century skills are valued and encouraged.

The successful candidate will be able to:

- Exhibit strong ability to develop connections with middle and high school students and to cultivate an atmosphere of mutual respect;
- Show a willingness to contribute to a learning environment that values and addresses the social-emotional needs of students;
- Design, implement, assess, and manage high-quality STEM instruction to meet the needs of all students;
- Incorporate STEM education through experiential learning and employ strategies for weaving STEM experiences into multi-disciplinary curricula;
- Collaborate with teachers and school administrators to develop curriculum focused on design thinking, engineering, and computer science; and further our efforts to integrate technology to maximize student engagement and to differentiate instruction;
- Effectively manage the classroom and individual student behavior to maintain a productive, growth-oriented learning environment;
- Communicate effectively in English, both orally and in writing, with staff, students, parents, administrators, and the community;
- Keep parents up-to-date on student progress through the use of standards-based report cards, electronic gradebook, emails, and/or other means of communication.

Qualifications:

- Bachelor's Degree Required; Master's Degree Preferred
- Teaching Experience Preferred
- NYS Certification in Science: Chemistry, Earth Science, Physics, and/or Biology.

To apply, visit <https://www.greenrockets.org/> (see District and Human Resources tabs). **Application materials should be submitted by no later than April 11, 2021.**

ALL EMPLOYMENT ADVERTISING in this newspaper is subject to section 296 of the human rights law, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, US Code, Chap. 630 excludes the federal government from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.



City of Ogdensburg Employment Opportunity
The City of Ogdensburg is currently accepting applications for the position of
CODE ENFORCEMENT OFFICER
The salary range is \$52,438 - \$68,307 with fringe benefits.

MINIMUM QUALIFICATIONS Either:

A) Graduation from a New York State registered or regionally accredited college or university with a Bachelor's Degree in Architecture, Civil Engineering, Civil Engineering Technology, Construction Technology or Fire Protection and Safety; OR

B) Graduation from a regionally accredited or New York State registered college or university with an Associate's Degree in Architecture, Civil Engineering, Civil Engineering Technology, Construction Technology or Fire Protection and Safety and one (1) year of full-time paid experience in building or fire prevention inspection, building construction work or in a building trade; OR

C) Currently possesses a New York State Department of State Code Enforcement Certification as mandated in the State of New York Title 19 NYCRR Part 434.5 (Certification of Code Enforcement Personnel) and has completed any necessary in-service Code Enforcement Personnel Training to maintain proper certification; (Candidates stating, they possess the NYS Department of State Code Enforcement Certification will be required to provide proof of such certification and that the certification is currently in compliance with the regulations set forth under the State of New York Title 19 NYCRR Part 434.5 (Certification of Code Enforcement Personnel) OR

D) Three (3) years of full-time paid experience as described in (B) above.

SPECIAL REQUIREMENT FOR THE ACCEPTANCE OF APPLICATIONS: Pursuant to the Department of State Division of Building Standards & Codes in the State of New York the incumbent must:

- Complete Basic Training requirements within eighteen (18) months of appointment.
- Obtain certification after completing the required Courses 9A16, 9B16, 9C16, 9D16, 9E16 and 9F16.
- Maintain the required yearly in-service training (24 hours annually) and any required advanced in-service training.

Applications must be received by **Thursday, April 1, 2021** at 4:00 p.m. To apply, please complete a Civil Service application along with a resume and cover letter to: "Code Enforcement Officer Search" c/o City Clerk's Office, 330 Ford Street, Room #4, Ogdensburg, NY 13669. Applications are available at <https://www.stlawco.org/sites/default/files/HumanResources/APPLICATION.pdf>. Please contact Andrea Smith, Director of Planning and Development, at asmith@ogdensburg.org or (315) 393-7150 with questions.

This is a provisional appointment. The successful applicant will need to take a civil service examination and score within the top three interested candidates in order to be permanently appointed.


The City of Ogdensburg is an Equal Opportunity Employer.

Lisbon Central School District
is seeking qualified applicants for the following positions:

- Anticipated Elementary Long-Term Substitute Teacher
- Substitute Teachers
- Bus Drivers • Bus Monitors
- Food Service Helpers • Custodial Workers

Deadline for Submission is **March 26, 2021**
Please apply using the Regional Common Application.

Application and information about Lisbon CSD may be found at: <https://www.lisboncsd.org>




LC DRIVES **Full-Time Machinist**

Responsibilities:

- Programming, setup and manufacturing of components for electric motors and equipment required to manufacture them. Familiarity with wire EDM, vertical machining centers, CNC turning centers and multi-axis mill machines. Willingness to work with other engineers to problem solve and develop new processes.

Qualifications:

- 5 years experience or Associates Degree in Machine Tool Field, GD&T experience, Mastercam experience

Interested parties should submit a resume to employment@lcdriives.com

Experienced Construction Workers

Local Construction Company searching for experienced workers in all aspects of construction.

Team Members Can Expect:

- Competitive salary with unlimited growth
- Bonuses for exceptional work. • Paid holidays
- Work year round • Paid travel
- Work in 4 counties up to a 100 mile radius from Colton, NY.

Call today to schedule a phone interview: 315-262-2150
Resume can be emailed to: paintingetcinc@gmail.com

Experienced Painters

Local Company searching for experienced Painters.

- Must be comfortable with heights.
- Must have 5 years of verifiable experience.
- Competitive Salary and Bonuses
- Work throughout the North Country up to a 100 mile radius from Colton, NY.

Please forward resume to paintingetcinc@gmail.com or call 315-262-2150 for more information.

NOW HIRING

Transportation Security Officers
Part-time positions starting at \$16.51 per hour*

What We Do Matters

Your experience and insight will find a welcome home at TSA. Previous work in security isn't required. We'll provide paid on-the-job training, along with great federal benefits. Join our team at **Ogdensburg International Airport** or **Massena International Airport** in a mission that matters.



Apply online at tsa.gov/TSO

U.S. citizenship required. Equal opportunity employer. *Pay rate varies by location.

required. (315-323-8127)

NORWOOD-NORFOLK CENTRAL SCHOOL DISTRICT

is accepting applications for the following positions for the 2021-2022 school year: 1 FTE SCIENCE TEACHER (Biology Certified), 1 FTE MATH TEACHER, 1 FTE TECHNOLOGY TEACHER, 1 FTE READING TEACHER. Applications can be downloaded from the school website (www.nncsk12.org) or obtained in the District Office at NNCS. Please include

a cover letter, resumé, copy of certification, transcripts, and letters of reference with professional application. Deadline to apply is March 23, 2021. NNCS is an EEO Employer. NYS Education Department fingerprint clearance is required for all appointments.

Looking for CNAs or experienced caregivers ASAP to assist me in the morning 6am-9am, 4.00pm-5pm, and 7.30pm-10.15pm. \$17-\$22/hour Call for details 315-769-7134. I need help now or I'll have to go to a nursing home.

SUNY Potsdam Child Care Center, Inc. invites applicants to fill several positions: Part-Time, Full Time, and Substitutes to work with Infants, Toddlers, Preschool and School Age children beginning March 2021. Qualifications preferred: A.A.S. in Early Childhood Education or related field, Infant/Toddler or Preschool CDA, and experience working with young children. Send a letter of interest with an updated resume and three current reference letters to: Lori Moulton, Director, SUNY Potsdam Child Care Center, Inc., 185 Outer Main Street, Potsdam, New York 13676. Applications accepted until positions are filled. SUNY Potsdam Child Care Center, Inc. is an affirmative action/equal opportunity employer.

SUBSTITUTE EMPLOYMENT OPPORTUNITY Salmon River Central School District is currently accepting applications for the following substitute position: Substitute Nurse (LPN/RN); Applications can be found at www.srk12.org/employment/. Submit a completed application to: Angela Robert, Assistant Superintendent for Curriculum and Instruction, Salmon River Central School, 637 County Route 1, Fort Covington, NY 12937. The Salmon River Central School District does not discriminate on the basis of race, color, religion, creed, national origin, political affiliation, gender, age, marital status, sexual orientation, pregnancy, military status, veteran status, genetic predisposition or carrier status, ancestry, disability or any other legally protected status in regard to employment opportunities or educational/vocational programs or activities which it operates.

RN CASE MANGAGER. Would you like to be a Hometown Hero? Today, it's riskier than ever being an RN. HSNY understands the concerns surrounding staying safe at work but still making a difference in the lives of your patients. The safest place for our patients to be is at HOME! COVID-19 cases are on the rise in our county and now more than ever, our community needs homecare. We strive to keep our nurses safe while out in the community by requiring mandatory pre-visit screening and providing necessary PPE for all high-risk environments. Our patients appreciate our dedication to keeping them in their home environment amidst the pandemic. Stay safe while becoming the Hometown Hero we know you can be and apply immediately! Applications for RNCM being accepted through March 26, 2021. Click to apply. <https://us59.dayforcehcm.com/CandidatePortal/en-US/hamistergroup/Site/HEALTHCARE/Posting/View/124>

PROCESS ENGINEER

wanted in Ogdensburg. The successful candidate will possess an Engineering degree with an emphasis on chemical, mechanical or industrial engineering. Successful candidates must be willing to learn all aspects of the manufacturing process and demon-



Madrid-Waddington Central School Seeks ELEMENTARY SCHOOL PRINCIPAL (UPK-5)

Elementary School Principal: Madrid-Waddington Central School District, located in the St. Lawrence River Valley in Northern New York, seeks a dynamic educational leader who can work effectively and collaboratively with staff, students, administrative team members, and community. The Madrid-Waddington Elementary School is a UPK - 5 building of 335 students with a reputation for academic excellence amid a nurturing, respectful climate.

Qualifications: The District seeks a strong instructional leader with a demonstrated record of academic and professional success to join a highly qualified, motivated staff. Preferred candidates will have elementary level teaching, administrative and CSE experience. New York State SAS or Building Level Certification (or equivalent) required. Salary is commensurate with experience; 11 month position.

Application deadline: March 26, 2021.
Anticipated start date: July 1, 2021.

Application and list of required documents is available from the District Office (315) 322-5746 x 35221 or District Website www.mwsk12.org
Direct all correspondence to:
MR. ERIC BURKE, SUPERINTENDENT
Madrid-Waddington Central School District
PO Box 67, Madrid, NY 13660

MWCS is an affirmative action, EOE

strate good organizational and time management skills. Starting wage dependent on experience. Interested applicants may drop resume off to 110 Denny Street or email kim@hoosiermagnetics.com.

DENTAL HYGIENIST NEEDED to join our close-knit team. We serve all demographics of the population, from preschoolers to the elderly, and we operate a busy office with high levels of traffic. The ideal candidate will have a calm, reassuring and friendly demeanor as well as the ability to multitask in a fast-paced atmosphere. A valid NYS Hygiene license is a must. If you are interested please send your resume to [guldand](mailto:guldand@hamiltoninn.com).

dds.pllc@wny.twcbc.com

AUTOCAD/REVIT/DRAFTSPERSON Tisdell Associates, an engineering firm in Canton, NY, is currently accepting applications for a Draftsperson. Associates or Technical Degree in Drafting with a focus on engineering. 2+ years experience with AutoCAD. REVIT experience a plus. Full time position. Complete benefits package. Submit resume to bdanko@tisdellassociates.com

THE HAMPTON INN is seeking a part-time housekeeper. This person should be flexible, willing to work weekends, attentive to details and reliable. Please apply at the Hampton Inn, 169 Market St., Potsdam.

Community Bank N.A.

FULL-TIME BANK TELLER in Malone

Work Happy is in line with our Bank Happy philosophy. At Community Bank, N.A., we are committed to providing the highest level of employee support, whether through our benefits, our professional development or our challenging, but rewarding professional experiences. We are dedicated to helping you succeed. We believe engaging and empowering our employees is key to our success and our Work Happy mission.

COMMUNITY BANK, N.A. is looking for a Full-Time Bank Teller in Malone, NY who is a team player with a positive attitude. As a Full-Time Bank Teller, you will deliver a positive customer experience as you conduct financial transactions while actively listening for customer needs and referring customers to appropriate products. This exciting opportunity offers professional career growth within a full service financial institution that has been in business for over 150 years!

Qualifications: Must have reliable transportation, High School Diploma or GED, good communication skills, attention to detail, basic math skills, and computer skills. Ability to understand direction and adhere to established policies and procedures. Prior cash handling or customer service is preferred but not required.

In addition to our Work Happy Mission, as a dedicated Full-Time Bank Teller, You will be rewarded with great pay and benefits including: 10 paid holidays, paid vacation, supplemented Medical, Vision & Dental insurance, 401K with generous match, Pension, Tuition Reimbursement, Banking discounts and the list goes on!


If you are interested in applying for this position, please complete an online application on our website, www.communitybankna.com.

An Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, or protected veteran status and will not be discriminated against on the basis of disability.



North Country Eye Associates
PART-TIME RECEPTIONIST
 Busy office. Experience necessary.
 Competitive salary.
**Please send resume to: NCEA, 3 Lyon Place,
 Suite 101, Ogdensburg, NY 13669
 or email: NorthCountryEye@gmail.com**

PARISHVILLE-HOPKINTON CENTRAL SCHOOL DISTRICT invites candidates to apply for the following 2021-2022 positions:



- ♦ English Language Arts Teacher
- ♦ Teaching Assistant (*Anticipated*)
- ♦ Special Education Teacher (*Anticipated*)
- ♦ 2021 Summer Driver Education Instructor (MV-283A required)
- ♦ Bus Driver (CDL with PS endorsements, preferred)

NYS Certification required for all instructional positions. Applications may be obtained at www.phcsd.org. Please submit application, resume, letters of recommendation, and copies of certification by **April 15, 2021** to: Superintendent's Office, PO Box 187, Parishville, NY 13672.

Healey Medical Practice
 is seeking
**PT or FT
 MID-LEVEL
 PROVIDER**
 available to join our practice with offices in Canton and Potsdam.
Offering Competitive Salary and Benefits
 If interested, forward a letter of interest/resume to:
**Christine LaQuier,
 Practice Manager
 25 Park St., Canton, NY 13617
 christinel@healeymedicalpractice.com**



MECHANICAL ENGINEER I / MECHANICAL DESIGNER
 Tisdell Associates, an engineering firm in Canton, New York, is currently accepting applications for a Mechanical Engineer/Mechanical Designer for HVAC system design. AAS in HVAC Engineering Technology or Bachelor's of Technology in Mechanical Engineering. 2-3 Years relevant experience preferred. Full time position. Complete benefits package. Submit resume to bdanko@tisdellassociates.com

Environmental Protection Technician:
 The Environmental Protection Technician of the Water Resources Program (Water Resources Technician or Technician) will perform laboratory and field assessments to monitor the environment and investigate sources of pollution, including those that affect health, under the direction of a program manager, scientist or other specialist. These assessments may include a variety of protocols and require the use of scientific instruments. This work usually involves the collection of samples containing gases, soil, water, biota and other materials for testing or identification. Technicians will perform an analysis of results and prepare reports summarizing findings. Status: Full-time, Non-exempt. Deadline: 03/10/2021. Complete announcement and application instructions are available online at: www.srmt-nsn.gov.

Maxfields & Cactus Grill: Day & evening Cooks, Evening food runner, Pizza chef. Call Larry for interviews - 315-212-2707.

Primary Care Medical Office
 seeking FULL-TIME LPN. Salary commiserate with experience. Excellent retirement benefits. Please mail resume to 31 Hospital Dr Massena NY 13662, or email to drdugpta-massena@gmail.com

EMPLOYMENT INFO.
 \$18.50 NYC, \$16 L.I. & up to \$13.50 Upstate NY!
 If you need care from your relative, friend or neighbor and you have Medicaid, they may be eligible to start taking care of you as a personal assistant under NYS Medicaid CDDPA Program. No Certificates needed. Phone: 347-713-3553

CAREER TRAINING
TRAIN AT HOME TO DO MEDICAL BILLING!
 Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-516-1375. (M-F 8am-6pm ET)

Morristown Central School
 408 Gouverneur Street, Morristown, NY 13664

SUBSTITUTES
 are currently needed for the following positions:

- **Teacher • Teacher's Aide**
- **Clerical Worker**
- **School Monitor**
- **Teaching Assistant**

To Apply, please visit: <http://www.greenrockets.org>.

ST. LAWRENCE-LEWIS BOCES
 St. Lawrence-Lewis BOCES is looking to fill the following position:

SCHOOL PSYCHOLOGIST

Responsibilities include psychological and psychoeducational evaluations, diagnostic assessment, conducting and writing Functional Behavior Assessments and Behavior Intervention Plans, group and individual counseling, parent training, crisis intervention, and classroom consultation.

The ideal candidate would have the interpersonal skills necessary to work on a multidisciplinary team and possess knowledge regarding behavioral interventions in addition to child development.

NYS School Psychologist certification is required.

The BOCES application can be accessed & submitted online at www.sllboces.org. Applications will be accepted until this position is filled.
 EOE

MASSENA CENTRAL SCHOOL DISTRICT
 is currently accepting applications for the 2020-2021 school year for the following

**Teacher Aide
 Nightengale Elementary**

Please refer to <https://www.mcs.k12.ny.us> Human Resources - Job Opportunities for professional application process.

Please direct questions to:
lsloanbarkley@mcs.k12.ny.us or
 (315) 764-3700, extension 3011.

All written correspondence should be addressed to Human Resource Office, Massena Central School District, 84 Nightengale Ave., Massena, NY 13662.


**Required application materials: Support Staff Application and Resume
 Application Deadline: April 2, 2021**



EDUCATION
COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details!

EDUCATION
 (844) 947-0192 (M-F 8am-6pm ET)
TRAIN AT HOME TO DO MEDICAL BILLING!
 Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET)

Seaway Valley Prevention Council



HEALTH EDUCATOR

Seaway Valley Prevention Council is seeking a full time **Health Educator** to provide alcohol, substance use disorder and gambling prevention, mental and behavioral health prevention and health promotion activities in St. Lawrence County. Primary duties include public education, one-to-one and group interventions, short term solution focused counseling, community assessment, planning and intervention activities.

The position requires the ability to work both independently as well as in a team setting. The position requires working off-peak hours and some weekends, dependent upon program and events.

This 35 hour per week position requires a minimum of an associates degree and must possess excellent oral and written skills as well as demonstrate skill at group facilitation, one-to-one counseling, and have a passion for improving community level health. Valid driver's license required. Competitive salary & benefits, EOE.

Send resume and cover letter to
**Seaway Valley Prevention Council,
 Attn: Kathryn Olmstead,
 206 Ford Street Suite 301, Ogdensburg, NY 13669,
 via email to kolmstead@svpc.net or via
 BambooHR link: <https://svpc.bamboohr.com/jobs/view.php?id=16>
 by March 26, 2021.**

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- High school diploma or GED
- Two years related experience and/or training in customer service, dispatch/scheduling or project management, or equivalent combination of education and experience
- Ability to pass background check

Desired Qualifications:

- Working knowledge of HVAC industry
- 1 year of dispatch/scheduling experience
- Advanced level skills using Microsoft Office products.

TO APPLY
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7		9			6	2		
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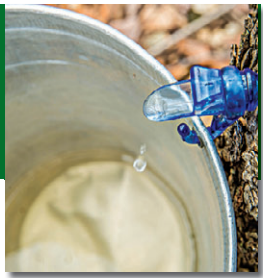
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.
Answers found elsewhere in this paper.

Take a pause for a little sweetness

This section sponsored by local maple syrup producers



NORTH COUNTRY THIS WEEK | MARCH 20 - 26, 2021

Sap is flowing!

Making maple products not just a hobby

BY ELLEN NESBITT
North Country This Week

And so it begins!
The maple sap is flowing and the producers are working to capture it, boil it and bottle the syrup.

For some, this is a generational, time-hon-

ored tradition, for others it's business as usual. While the methods have been improved over the centuries, maple syrup and maple products are a staple in the North Country.

St. Lawrence County ranks in the top three counties in New York state in maple production.

Vermont ranks first among the US states with 2.2 million gallons in 2020, NY is second with 804,000 gallons followed by Maine with 590,000 gallons.

However, as large as the production of maple syrup sounds in the US at 4.3 million gallons annually, the neighbors to the north in Quebec pump out more maple syrup than anyone in the world with 13.2 million gallons in 2020, that's more than 75% of the world's maple production.

Anecdotally, people in the North Country remember 2020 for many things, as the global pandemic hit just about at the height

of Maple Season.

Many considered it an early starting maple season that year, as well.

According to the USDA, the season average start date in NY was Feb. 19 and closed on March 28, an average of a 37 day season.

However, looking back to 2018, the average season length was a whopping 52 days, starting on Jan. 12 and going through May 2.

Maple is not just a hobby for many farmers. It is an added value to their production.

In NYS, the average cost per gallon retail in 2019 was \$47.30 per gallon, up from \$42.60 in 2018. Average wholesale pricing was

n\$37.40 in 2018 and \$42.40 in 2019 in NY.

Any maple producers will say the same thing, it is not a "get rich quick" endeavor.

With short seasons, investment in equipment, energy costs and labor, the process is long hours and hard work and can be a higher expense than just a hobby.

Producers should be prepared to make the investment in both the time they invest as well as money.

So maple lovers, now is time to support the local producers, and say "thanks" when visiting a favorite, or long-time sugarbush in a safe manner again this year.

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Maple sugar cookies

This recipe is listed on the NYS Maple Producers Association website at <https://nysmaple.com/recipes>. This cookie recipe was listed from Scott St. Mary of CedarBrook Maple Confections. 1/2 c. (1 stick) unsalted butter, softened

- 1 tsp. of vanilla extract
- 1 c. granulated NYS maple sugar
- 1 large egg
- 2 c. all purpose flour
- 1/2 tsp. baking soda
- 1/2 c. + 1 tbsp. maple syrup (very dark/strong flavor is preferred)
- 1/2 tsp. salt

Cream butter and granulated maple sugar together until light and fluffy. Add vanilla extract and egg, mix well. Add maple syrup, mix well. In separate bowl, sift together flour, baking soda and salt. Slowly add flour mixture to butter mixture and stir just until blended. Cover with plastic wrap, chill for 30 minutes. Preheat oven to 350°F. Drop 1" spoonfuls of cookie dough onto parchment paper-lined cookie sheets. Bake 10-12 minutes or until lightly browned on the edges.

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