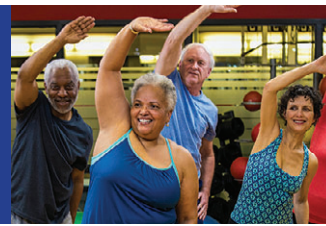


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MARCH 19 - 25, 2021

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POTSDAM-CANTON, NY

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NORTH COUNTRY THISWEEK

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Local news updated all day long

PCS will test all sports players

BY MATT LINDSEY
North Country This Week

POTSDAM — The Potsdam Central School Board of Education has yet to decide on Fall II high-risk sports as the availability of COVID tests is up in the air.

PCS Athletic director Mark Wilson at a PCS BOE meeting March 9 and asked the board how they felt about offering high-risk sports following a brief positive update about winter high-risk sports. He said the season has gone well and there have been zero positive COVID cases among student-athletes.

“Our (COVID) cases are going down, which is great in the county,” Wilson said. “I think that brings me to our next question. We’re set to start Fall II.”

Testing of athletes was discussed.

School Superintendent Joann Chambers said she needed to check with county officials about the availability of COVID tests to schools. As of the print deadline she had not heard back from county officials.

“We’ve got a little time on Fall II, we can certainly find out if those tests would be available to us,” she said. “We can estimate how many we’d need.”

AD Wilson was unsure how many tests the county would have to offer.

“When I ordered the tests the first time,

SEE SPORTS PAGE 14



Cheryl Shumway | NCTW

Frisby golf in Canton

Disc golf player Scott Hamilton throws a disc toward a wire basket at Canton's Schoolhouse Road course. A dozen hardy disc golf enthusiasts played on a cold, windy day recently, including from left, Geoff Falen and Jon Lomaki.

SLC 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 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

SEE NEGLIGENCE PAGE 14

One-third of adult St. Lawrence County residents have been vaccinated

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

Potsdam clinic hits 45,000 vaccinations

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 gov-

ernment 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>



Cheryl | Shumway

Spring sports

Clarkson University has begun their lacrosse season. Here, the Clarkson women's team practices Tuesday, March 9, on the plowed turf field.

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NORTH COUNTRY THISWEEK

Towns not clear on how to spend federal stimulus money

BY ADAM ATKINSON
North Country This Week

The towns of Canton and Potsdam are set to receive \$1.12 million and \$1.69 million respectively in federal bailout money through the American Rescue Plan recently approved by Congress.

However, it is still unclear how the money will be applied in the municipalities and local officials are still working out the details.

St. Lawrence County and its municipalities are set to receive more than \$30 million in tax dol-

lars from the federal government from the legislation, under the auspices of COVID-19 related aid.

Uses for the money are somewhat specific.

Costs of responding to COVID-related public health emergencies or the pandemic's negative economic impacts, financial aid to essential workers and to businesses employing essential workers and to municipal infrastructure improvements are allowed.

In a letter to the Potsdam town board, Potsdam Town Supervisor Ann Carvill said the money for

Potsdam will be shared with the villages of Potsdam and Norwood.

"Senator Schumer told us that he worked hard to ensure that the American Rescue Plan monies went straight to municipalities – as opposed to being sent to NYS. He was concerned that there would be a bottleneck at the State level. Half of the monies should be received within 60 days," Carvill wrote.

She said the Association of Towns will be guiding municipalities through the process of how the money can be applied.

"My gratitude goes to Senator Schumer and those who supported the American Rescue Plan. The

infusion of revenues will help suffering Americans and assist in invigorating the US economy," Carvill wrote.

The Potsdam supervisor told North Country This Week that she would update the publication with more details on how the money will be applied as she learns more.

Canton Town Supervisor Mary Ann Ashley told North Country This Week that the \$1.21 destined for Canton is to be shared with the villages of Canton and Rensselaer Falls but it still needs to be determined exactly how much each municipality will receive from the dole.

"How the funds can be spent

is another area that needs to be further clarified. Once the exact details are clear, the Town Board will take all of it into consideration. We will use this federal funding in a responsible way by following the established guidelines and continue to focus on the people as our priority. Municipal governance and management of public funds in providing direct services is complicated. There are several critical issues that we are addressing," Ashley told the newspaper.

The Canton Town Supervisor praised Senator Schumer for his role in securing the funding for the municipality.

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PCS board okays coaches, resignation

POTSDAM — The Potsdam Central School Board of Education approved several sports coaches' leaves of absences and a teacher resignation at their most recent meeting.

The Board approved the resignation of elementary special education teacher Emily Hunt.

Leaves of absences were okayed for teaching assistant Victoria Lint, English teacher Denielle Baxter, and elementary teacher Jennifer Saber.

Winter coaches approved include Steve Beast and Mike LaSala as co-assistant coaches with the boys varsity hockey team.

Ashley Chevier was appointed

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Black Lives Matter rally

A Black Lives Matter rally marking one year since police killed Breonna Taylor was attended by about two dozen people at the Potsdam Post Office March 13. BLM leader Jen ThomasBidwell called for justice and equal treatment for minorities and greater public involvement to create change in the system. Her speech was followed by a march through downtown.

140 responses claim lack of internet access

BY ANDY GARDNER
North Country This Week

CANTON – Out of over 900 responses to the St. Lawrence County broadband survey received through March 5, 140 said they don't have internet access, or don't know if they do.

St. Lawrence County Planning Director Jason Pfothenhauer updated the Board of Legislators on the survey during the Monday, March 8 Operations Committee meeting.

He added that out of 29 commercial responses, 12 lacked internet access.

The county has partnered with the Development Authority of the North Country for the two-pronged survey. Residents can go to <https://www.stlawrencecountybroadband.com> until April 30 and fill out a questionnaire. Meanwhile, DANC

is sending a contractor to actually go out and look at all of the utility poles in the county to see where broadband cable is or isn't, and where it could be added.

"We'll be able to develop some spatial analysis based on addresses where the gaps are with the broadband," Pfothenhauer said. "That's going to serve us well as we do a strategic targeting for funds that will help us improve the broadband throughout the county."

Legislator Larry Denesha, R-DeKalb, said he was initially skeptical of the survey being done online, but he sees the response so far as a good indication.

"I think that's a sign that we're probably reaching some of the folks that needed to be reached," he said.

Part of the questionnaire is actually answering questions, and part is a speed test. The speed test can

be done on a cell phone but it has to be connected to wi-fi. Using the phone's data plan "would give us a false response for the speed test," Pfothenhauer said.

People can also call the Planning Office for assistance at 315-379-2292.

The county is advertising the survey at the mass COVID-19 vaccination clinic in Potsdam. They're also looking at advertising it through flyers on public transit buses, and with home-delivered meals through the Office for the Aging.

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Tips lead to Walmart theft arrest

POTSDAM — Tips from the public resulted in the arrest of a Massena man who is accused of stealing from a local store.

A Massena man was arrested on connection with a shoplifting incident at Potsdam Walmart, 7494 U.S. Highway 11, last month, according to state police.

Joseph W. McGregor, 34, was charged with fourth-degree grand larceny following a traffic stop March 12 around 1:30 p.m. on U.S.

Highway 11, officers said. Troopers said he was driving on a suspended license.

He was additionally charged with two counts of seventh-degree criminal possession of a controlled substance and one count of not having a controlled substance in its original container, officers said.

McGregor was cited and released.

State police thanked the public for calling in with their tips.

Waste water plant bids accepted

BY ADAM ATKINSON
North Country This Week

POTSDAM — The Potsdam Village Board approved several bids for chemicals used at the village's waste water treatment plant and passed some resolutions related to the improvement of the improvement project at the plant.

The board approved the following contracts and purchases at its meeting Monday, March 15:

- Surpass Chemical, sodium hydroxide at \$1.247 per gallon a tank truck load and \$4.337 per gallon less than tank truck load delivered.

- Thatcher Company of New York, Inc., alum at \$0.860 per gallon tank truck load and \$2.965 per gallon less than tank truck load delivered.

- Slack Chemical, sodium hypochlorite at \$1.398 per gallon tank truck

load and \$1.828 per gallon less than tank truck load delivered.

Slack Chemical, sodium fluoride at \$1.05 per pound delivered, 2,200 pounds.

Slack Chemical, poly aluminum chloride at \$2.20 per gallon tank truck load and \$3.20 per gallon less than tank truck load delivered.

Slack Chemical, phosphate at \$12.36 per gallon delivered, 30 gallon drums.

Clean Waters, liquid polymer Pac280 at \$1.82 per pound or Pac 285 at \$1.89 per pound, 450 pound drum.

The board approved several payments to contractors for work at the waste water plant at the March 15 meeting as well.

A resolution was based to pay Blue Heron Construction \$14,175.05 for contract work on waste water pollution control facility and pump station

improvement project.

A payment was also approved to Burns Brothers Contractors for contract work on the project in the amount of \$69,962.70.

The board also approved a payment of \$27,475 to Life Science Laboratories Inc. of East Syracuse for annual laboratory testing requirements for the plant for June 1, 2021-May 31, 2022.

The board approved a payment to the firm Barton & Loguidice of \$5,595 for professional services for construction administration work on the water pollution control facility and pump station.

The Development Authority of the North Country was paid \$958.50 for professional services on the technical services agreement for the water pollution control facility and pump station.

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BRIEFLY

Police advisory plans

POTSDAM -- 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. The public can register and join a Zoom meeting on March 18 at noon or

March 22 at 6 p.m. There will be an opportunity for public comment 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. Register for March 18 Zoom meeting: https://us02web.zoom.us/join/join/join/register/tZludOyupjopG9K6iYa_QeHR-sM-6VEPyY9gN; or register for March 22 at 6 p.m. Zoom meeting: https://us02web.zoom.us/join/join/register/tZcudOmuqjIjGtyIaoVmAxq2iI-ois_MUXts

Contractor payments approved

POTSDAM — The Potsdam Village Board approved two payments to independent contractors working on the fluoride system improvements project at their March 1 meeting. A payment of \$3,960 to J.E. Sheehan Contracting was authorized. The board also approved a payment of \$1,800 to Environmental Design & Research for professional services through Jan. 31 rendered on the project.

COVID-19 vaccine clinic

CANTON — The St. Lawrence County Public Health Department will be administering COVID-19 vaccinations on Friday, March 19 from 8 a.m. to 6:30 p.m. It will be held at the Leithead Fieldhouse, 100 Park St, for individuals in the following eligible groups: 1. Priority Group 1b Essential Workers — Expanded eligibility now includes public-facing government and public employees, not-for-profit workers who provide public-facing services to New Yorkers in need, and essential in-person public-facing building service workers, as of March 17. Info, [www.stlawco.org/news/expanded-eligibili-](http://www.stlawco.org/news/expanded-eligibili-ty-vaccine-registration-open-leithead-fieldhouse-canton-march-19)

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Pierrepont

Hubbard's General Store and Post Office at Pierrepont circa 1882. The older gentleman on the porch is Philo Leonard. In the buggy are Lansing Gleason and Irving Leonard. The boys in the photo are Hubbards. (Photo courtesy of St. Lawrence County Historical Association.)

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Dee Fischer | Submitted

Kickin' up mud in Canton

'Mother Nature gave us a good day and we took full advantage,' said photographer and mother Dee Fischer of Canton. 'Warm weather and signs of spring means mud puddles!' Keaton and Aspen Fischer are seen above enjoying the mud and sunshine recently at their home.

Solar law makes progress

BY ADAM ATKINSON
North Country This Week

CANTON — The Canton Town Board keeps moving a few steps forward with honing down its laws regulating commercial solar operations.

The board held a public hearing at its meeting March 11 on its local law regulating battery energy storage systems like the types used by large scale commercial solar operations. The hearing was brief and the board later discussed the resolution establishing the law and two others dealing with the issue.

The town is currently in the sights of several commercial solar farm companies and the planning board has already reviewed one operation to be operated on Meade Road. That project has been under scrutiny due to the proximity of the operation to a neighboring residence and right-of-way questions. Town Councilmen Bob Washo and Jimmy Smith have said however that there are several more companies in the pipeline developing projects around the town. The town has been scrambling to keep up with the interest and the permitting process and review for the projects, and has been crafting various laws to handle the new technology and business of commercial solar power.

During the March 11 meeting, after the public hearing, the board held off approving the battery energy storage law to allow time for town attorney Eric Gustafson to review the State Environmental Quality Review Act form on the law itself. Gustafson said the engineering firm Barton & Loguidice, which is reviewing the law, did not see any issues of concern related to the law's required SEQR process and that each solar project that would

be seeking town planning approval would have to go through its own SEQR process. However, he recommended the board review the SEQR findings on the law before its passage.

At the March 11 meeting board did pass a resolution amending its budget to pay for the contract with Barton & Loguidice for SEQR support services on the proposed law regarding battery energy storage systems. Town Supervisor Mary Ann Ashley told the board that the money was available in the budget.

In other related action, the town board discussed amending its building permit fee for solar array projects as well. However, the town officials opted to hold off approving a new fee schedule until a new full-time code enforcement officer was in place.

Village gets poor compliance review

BY ADAM ATKINSON
North Country This Week

POTSDAM — The Village of Potsdam scored next to last out of 20 villages around the state reviewed for state Open Meetings Law compliance.

According to the New York Coalition For Open Government, the not-for-profit organization conducting the review, the village earned an F grade. Potsdam scored only 15 out of 100 points in several key criteria which dealt with how they posted meeting minutes, agendas and documents on their website for the public to review.

The Coalition is a self-described "nonpartisan, not-for-profit organization comprised of journalists, activists, attorneys, educators, news media organizations, and other concerned citizens who value open government and freedom of information." The group, based in Williamsville, NY, regularly reviews various municipalities for state Open Meetings Law compliance and public access to government information around the state. The organization produces reports on their finds several times a year.

"The real problem here, as we mentioned in the report, is the lack of information being provided to the public. So if you are not posting minutes, I, as a concerned citizen, if I missed the meeting, I don't know what happened," said Paul Wolf, president of the Coalition, during an

online press conference announcing the release of the report on March 4.

"If you're not posting your meeting agenda and I'm a concerned citizen I don't even know what you are talking about. Maybe there is something I'm interested in, but how do I know? If you post your meeting agenda but not your documents, it's kind of hard to follow along in a meeting when people are discussing and voting on things and you can't see the contract they are discussing or the resolution they are discussing," the president said.

"It's really keeping the public in the dark in a lot of ways. This is basic stuff," Wolf said. The president said block clubs publish their minutes and documents so elected governments should be able to as well.

In the Coalition report released March 4, Potsdam along with 19 other villages, had an opportunity to score up to a total of 100 points — 15 points for posting all 2020 meeting

minutes, 35 points for posting agendas for February 2021, 35 points for posting meeting documents for February 2021, and 15 points for allowing public comments during meetings. Any municipality scoring 64 points or less earned an F grade. Potsdam scored 15 points out of 100.

According to the report, not all of Potsdam's meeting minutes for 2020 were posted, and that the meeting agenda and meeting documents were not posted for the village board's February meeting.

The Coalition said that failure to post the documents online prior to a meeting is a violation of the state's Open Meetings Law.

The report goes on to criticize the state's Open Meetings Law itself, saying it is weak and in need of improvement, with more mandates for local governments to improve public access to information.

The coalition's website is <http://www.nyopengov.org>.

BRIEFLY

County buildings to reopen

CANTON — The county is preparing to reopen their building to employees, and eventually the general public, starting next month. County Administrator Ruth Doyle made comments at the Monday, March 8 St. Lawrence County legislature committee meeting. Since cases are on the decline, and more vaccinations are going into arms, she said the process would start next month at the earliest. The case rate would have to remain stable for the citizens to come back in person. The county will use the remainder of the ongoing state of emergency declaration to plan for workers to return.

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Rescue squad chief says suicide, overdose calls are way up

BY JIMMY LAWTON
North Country This Week

OGDENSBURG – Ogdensburg Volunteer Rescue Squad Chief of Emergency Services Ken Gardner says he's seen a significant increase in suicide and overdose calls as the pandemic lingers on.

"In the last month, we've had eight suicides. In our district, we've had five," he said.

Gardner says he can't blame the

increase in deaths and suicides directly on COVID-19 or the impact of isolation, but says he believes it's "not helping."

Gardner says he's seen younger victims and older victims. In addition to gunshots and hanging, he's seen methods used recently that are less common than what he's seen in the past.

"It's scary. It's really something I have not seen in my 35-year career," he said.

"It kind of blows your mind to see young people doing those things," he said.

Gardner spoke briefly at Monday's meeting of the Ogdensburg City Council where he shared some of the information and followed up with North Country This Week Tuesday for an interview.

Gardner said the situation isn't unique to the area, and his observation is supported by the Centers For Disease Control which published information in June 2020 regarding mental health, substance use, and suicidal ideation during the COVID-19 Pandemic.

"Elevated levels of adverse mental health conditions, substance use, and suicidal ideation were reported by adults in the United States in June 2020," the report says. "The prevalence of symptoms of anxiety disorder was approximately three times those reported in the second quarter of 2019 (25.5% versus 8.1%), and prevalence of depressive disorder was approximately four times that reported in the second quarter of 2019 (24.3% versus 6.5%)."

The report notes that given the methodological differences and potential unknown biases in survey designs, the analysis might not be directly comparable with data reported on anxiety and depression disorders in 2019.

However, according to the survey, "approximately one quarter of respondents reported symptoms of a (Traumatic Stress Related Disorder) related to the pandemic, and approximately one in 10 reported that they started or increased substance use because of COVID-19. Suicidal ideation was also elevated; approximately twice as many respondents reported serious consideration of suicide in the previous 30 days than did adults in the United States in 2018, referring to the previous 12 months (10.7% versus 4.3%)."

From Gardner's anecdotal perspective, things have gotten worse, not better since then.

He says while overdoses were on the rise prior to the pandemic, he estimated he's seen a 25 percent increase in recent months.

He said the suicides and overdoses are not accounting for a significant portion of the 2,500 calls he expects to see this year, but the frequency has made them feel "almost routine."

"It's sad. I don't know what there is that we can do to stop it," he said.

St. Lawrence County does have a 24-hour crisis outline, Reachout that people struggling with suicidal thoughts or drug addiction can turn to. Reachout is a "free confidential, non-judgmental crisis and information hotline serving the residents of St. Lawrence County," according to the county website. The phone number is 315-265-2422.

St. Lawrence County provides substance abuse and mental health service through the Human Service Center, which can be reached at 315-386-2048.

On top of the increase in such calls, Gardner says the Ogdensburg Volunteer Rescue Squad has struggled with a reduction in active volunteers.

Anyone interested in helping the squad can call 315-393-0837.

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Legislators praise outgoing health director

BY ANDY GARDNER
North Country This Week

CANTON – County legislators applauded and praised the out-

going 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

'I just wanted to thank everyone for the support and opportunity to serve the county.'

Dr. Dana McGuire
SLC Public Health Director

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.

Despite a very challenging year, Niles Asset Management, Inc. continued to grow in 2020. Both our Wealth Management Division, and Institutional Consulting Division helped guide clients through a very taxing environment.

The Wealth Management Division grew through both increases in our client base, as well as through market growth, particularly in the equity markets.

The company also continued to provide a unique service to financial institutions across the state in the form of asset liability and risk management services, through our Institutional Consulting Division.

This includes policy formulation and analysis with the goal of helping these institutions identify, measure, monitor, and control the various risks inherent in institution balance sheets, including liquidity, interest rate, and capital management, as well as transacting large investments in the credit markets.

Also, in an effort to assist several local charities through the challenges of 2020, NAM made significant donations and pledges to several organizations in our marketplace. Our goal was and continues to be to give back to our local communities, through annual support of charitable groups and organizations.

Meanwhile, we remain optimistic, as we look forward to 2021, and hope for a return to full health and normalcy throughout the country. We will continue to serve the North Country marketplace via our three offices, Canton, Brushton and Plattsburgh, and will be totally dedicated to our mission of "Building Wealth Through Discipline."

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Rev. Mike Catanzaro | Submitted

From left, Donovan Voisine, Jarad Murray, Tyler Locke and Dave Regan.

Canton fountain to be restored

CANTON — A crew from Locke Design and Build and the Village of Canton recently loaded the fountain from the Park in Canton for transport to Robinson Iron in Alexander City, AL where a full restoration will begin immediately.

Anticipated return and reinstallation will take place in late spring, meanwhile Locke Design and Build will recommence work to the basin once weather permits.

This multi-year effort to refurbish the iconic fountain is quickly nearing completion.

Great thanks are offered to all who have contributed to and sup-

ported the endeavor, and for their patience, said a press release from the Rev. Mike Catanzaro from the First Presbyterian Church of Canton. The church owns the park, which is open for public use.

Funding is extremely tight as completion off the restoration nears, the press release said. Those who have not already contributed are invited to help fund this community-wide undertaking by sending a donation to The Park and Fountain Fund, c/o The First Presbyterian Church of Canton, 17 Park St., Canton, NY 13617.

For more information, call the Rev. Catanzaro at 315-386-2570.

PCS student activities return

BY MATT LINDSEY

North Country This Week

POTSDAM — Although they may look different than previous years, most extracurricular activities at Potsdam Central School have returned.

PCS Middle School Principal Dan Cooke said about 80% of after-school programs are underway.

"Of course they're taking a much different look than they have in the past, but many of them are running virtual," he said. He added that some are running partially virtual and partially in-person.

Recent middle school activities have included cross-country skiing, chess club, and some Cornell Cooper-

ative Extension programs.

Cook said the district is planning a virtual talent show as well.

"All-in-all we're going pretty good and really trying to give the best opportunity for all our extracurricular activities at the middle school," the principal said.

At the high school, Principal Mark Bennett said they have been able to offer most extracurricular activities in some capacity since October.

Some of those programs include French Club, robots, jazz band, and Whiz Quiz, among others.

Bennett said class advisors have gone above and beyond by offering programs several times a week, instead of just one day; allowing for smaller settings in-person.

Drug charges at county 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 sent back to jail.

OBITUARIES

Sally Ann Miller, 71 formerly of Canton

Once in Oregon, Sally continued to play an active role in the Dahlia Society, Power Squadron, and went



Sally Miller

on to complete her associates degree as a Medical Assistant from Southwestern Oregon Community College, with a certificate in Medical Transcription.

Sally was lovingly welcomed into the Miller family for the last twenty years by Robert's sons Timothy (Carolyn) of Martinsville, VA; Daniel (Kathy) of Millersville, MD; Andrew (Marcile) of Fremont, CA; and Joseph (Tama) of Stephens City, VA, along with grandchildren and extended family including many from the O'Harra clan.

She is pre-deceased by her parents and three siblings- Beatrice (Mace), Betty Jane (Smith) and Tina (Todd) and many beloved Aunts, Uncles and extended family.

She is survived by her son Gregory Hewlett II of Phoenix, AZ, her daughters Tammy O'Brien (Ken-

neth) LaMora of Morrisonville, NY, and Tiffeney O'Brien of Boston, MA, and her grandchildren Cyndi, Mark, and Brooke Hewlett, all of Sunrise, AZ; Brody and Maggie LaMora, of Morrisonville, NY, and her grand-dog Chloe O'Brien of Boston, MA.

She is also survived by her 8 remaining siblings; Mary Hurd of Schaghticoke; Janet (Leo) Laddison of Hermon; David Gilson of Potsdam; Dean (Cherie) Gilson of Kellogg, ID; Sheila Gilson of St. James, MO; Douglas (Barb) Gilson of Sayre, PA; Jeffrey Gilson Sr. of Canton; and Gary (Christine) Gilson of Liverpool.

The family is grateful for the service and support of Bristol Hospice, Peace Harbor Medical Center, New Horizons and the Florence Volunteer Rescue Squad.

No services are planned at this time. A portion of Sally's ashes will be buried in Arlington National Cemetery, with the remaining ashes spread with her husband Bob's ashes in the ocean per their final wishes. In lieu of flowers, the family kindly requests donations be made to Bristol Hospice (Florence, OR) at www.bristolfoundation.org.

Dorothy L. Prosper, 75 formerly of Potsdam

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.



Dorothy Prosper

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 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.

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.

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.

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

RECENT DEATHS

ALICE VAN VLEET, 89, formerly of Canton, Mar. 14. Arrangements with O'Leary Funeral Service, Canton.

DOROTHY PROSPER, 75, formerly of Potsdam, Mar. 11. Arrangements with Garner Funeral Home, Potsdam.

JAMES MORRISON, 90, Canton, Mar. 10. Arrangements with French Funeral Home, Gouverneur.

DEITRE GILSON, 72, Canton, Mar. 7. Arrangements with O'Leary Funeral Service, Canton.

SALLY MILLER, 71, formerly of Canton, Mar. 5.

GLEN HALL, 50, Canton, Feb. 24. Arrangements with O'Leary Funeral Service, Canton.

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OBITUARIES AND death notices are posted as soon as they are available at NorthCountryNow.com/obituaries

SUBMITTING OBITUARIES: Families now have the option of publishing obituaries in North Country This Week -- ask the funeral home to submit the obituary for publication in the paper as well as on NorthCountryNow.com. 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.

NORTH COUNTRY OPINION

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

First Amendment to the Constitution of the United States

NORTH COUNTRY THIS WEEK | MARCH 19 - 25, 2021

LETTERS

Father issues apology to sons

To my sons:
I am sorry. The adults in this state have failed you.
I'm sorry we allowed our elected representatives in Albany to "defer" their responsibility of co-equal branches of government to a single politician.

I'm sorry that we allowed politicians to masquerade as scientists. I'm sorry that politicians do not trust adults to make decisions based on facts.

I'm sorry that a politician can determine who and what is "essential" in your life.

I'm sorry that you witnessed armed officers preventing your exit from the airport because you crossed an imaginary line on a map.

I'm sorry we allowed unlicensed medical personnel to confine you to your home based on no medical data other than being in the wrong place at the wrong time

I'm sorry that adults chose to prevent you from achieving your academic and athletic goals because they were scared.

I'm sorry that adults purposely made you fear living your life

I only hope that as adults, when you are challenged with similar events, you remember mistakes of the past.

As Ronald Regan said: "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream.

"It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children

what it was once like in the United States where men were free."

Todd J. Furnia
Canton

Reject the lie, refuse to die, we will not comply

It is extraordinary how quickly brain-washing propaganda has transformed us into crazed, hysterical hypochondriacs.

A so-called "deadly virus pandemic", which somehow has not managed to increase the number of deaths from the previous year, but amazingly did cause deaths from the flu and pneumonia to plummet, has made us willing to submit to self-inflicted misery and loss of freedom.

God, our creator has been banished, and we have been "freed" to create our own world, totally unencumbered by truth or reality.

We can now choose our sex, our marriage partner, and kill our own children in the womb. What glorious freedom!

Meanwhile the state, a not so benevolent step-father has taken over, proclaiming in the words of its prophet, Dr.Fauci : "Now is the time to do what you're told", and instantly the whole world scrambled to obey every tyrannical, draconian, inconsistent mandate.

So how is it that the most masked up, locked down states, New York and California, have the worst outcomes?

If you feel safe and virtuous wearing a mask and staying away from your friends and neighbors, then just carry on, but please don't force your feelings on those of us who think that breathing all day through pathogen-laden face coverings is as effective at blocking

viruses as a chain link fence is at keeping mosquitoes out.

Meanwhile, our children, confused and traumatized in body, mind and spirit, are sinking into suicidal despair.

So you want to be safe? Safe from what?

I can absolutely guarantee that you will not die from a car accident if you never get in a car, or from drowning if you never go near water, or even from food poisoning if you just stop eating!

That's ridiculous, you say? Really?

Then why have we agreed to shut down all normal life, supposedly to maybe slow down a virus that has a 99.95% recovery rate?

We are cooperating in our own destruction, being starved to death by big government, big tech and big business.

They keep getting fatter on daily feasts, occasionally throwing us some crumbs to ease our pain! Are we really willing to sacrifice ourselves and our children on the altar of Covid?

Without freedom of thought and speech, we can be herded like dumb sheep to the slaughter. But there are many of us.

We can choose to die a slow, miserable death, or to stand up, shake off our paralyzing fear, get together and save our children, take back and open our churches, our schools, our businesses, our communities, and yes, our country, and with one voice shout out:

We reject the lie!
We refuse to die!
We will not comply!

Kinga Snell
Norwood

NCNOW SURVEY

The Question:

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



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

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:
'Have not dined out at all in a year!'

'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.'

'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 vaccinated 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.

THIS WEEK'S QUESTION: Would you support allowing marijuana retailers in your community?

The NCNow Survey is an unscientific poll of visitors to NorthCountryNow.com who choose to participate. Please keep comments to 150 words or fewer; all are subject to editing.

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LETTERS

Which side is immoral?

In response to "What Does it Take to Get a Republican President Impeached?" which appeared in the Feb. 19-25 issue of North Country This Week: Ms. Shumway stated only Democrats are impeached and that Trump was not impeached. She then lists a bunch of debunked false charges against the duly elected President whom they hated even before his election.

Like our criminal justice system, someone is charged (impeached) by the state (House of Representatives) and then faces a trial by the jury (Senate) and convicted or not. In the case of President Trump, he was impeached twice (2019 & 2021) by his haters and then acquitted twice as there was no proof of the charges. Anyone can charge someone with anything, but it must be proven - Innocent Until Proven Guilty, a principle known as due process of law. This protection comes from the due process guarantees in the 5th and 14th Amendments of the U.S. Constitution.

She then goes on to calumniate the Republican Party as being immoral which better fits the Democrats. How about a quick Party Platform Comparison 2020:

Republicans: Oppose - infanticide, abortions, human cloning, experimenting on human embryos; family is a natural marriage of 1 man & 1 woman; oppose radical Equality Act; respect Conscience Rights in Healthcare; supports abstinence until marriage; supports homeschooling, private schools, vouchers.

Democrats: Support abortion & government funding of abortions worldwide; support homosexual marriage; support radical Equality Act; condemn Conscience Rights in Healthcare.; support LGBT sex education. (even in K-6); supports homeschooling, private schools, vouchers.

Now who is immoral?

Chris LaRose
Potsdam

Objective truth or personal truth

The United States of America is in serious trouble. The attempted takeover of the capital happened only two months ago yet already it is fading from our collective thoughts as we move on to the next big thing.

We are letting ourselves sink into the subtle allure of believing the best way to deal with a really big problem is to put it behind us and move on. This kind of thinking takes over so we can cease our worrying. But I am saying we need to worry, and what's more we need to pay attention to our democracy if we hope to hold on to it. If we go to sleep, the struggle for right over wrong, for truth rather than falsehood will be left to be settled by opinion polls. What a sorry way to try and be a nation.

Truth, objective truth, is under attack in this country as never before in its history. We live in an era that promotes one's personal belief as a stand in for all truth. But personal belief and objective truth are not the same animal. I can personally believe that a meteor streaking across the sky at night is actually a falling star. I like that belief, it sends a tremor through me to think that such an amazing thing could happen. But no matter what I personally believe, that flash of light is not a star, it is in fact, objective fact, truth, a meteor. My belief about it being a star does not and cannot change that chunk of ore or

rock into a star.

Now that we have suffered a failed coup, we are in the same boat with other people around the world who are watching their governments be upended by those who impose their will over other citizens by force. The tyranny of the minority over the majority. It is happening here in America, we are not above and beyond this trouble though we constantly say "it can't happen here". But it can! Yes the elected man is in the White House yet there are many people, not the majority, but enough who don't believe he should be our President. They are poised to undermine and upset this country in any way they can. How can good people, our friends, members of our families, congressmen and women, senators, get hooked on believing the election was stolen even against all the court cases that refuted this notion of rigged elections?

Consider for a moment the following quotes from Joseph Goebbels, a leading member of the Nazi Party and principal architect of the Holocaust. "If you tell a lie big enough and keep repeating it, people will eventually come to believe it...The essence of propaganda consists in winning people over to an idea so sincerely, so vitally, that in the end they succumb to it utterly and can never escape from it."

Good people, one and all can and do at times, have cloudy vision. If the only source of one's personal belief system comes from social media and opinion TV that reinforces personal biases...there is no sincere effort being made to know the objective truth.

If the only voices one hears are

the voices that repeat falsehood, if the only people one associates with are those who believe the same lies and if the truth seekers decide the problem of falsehood is too big and too ugly to call out; and most importantly if those who would be truth seekers go to sleep, then what hope can we hold to ever be a nation with liberty and justice for all?

Patricia Lennox
Potsdam

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 critical 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 with the FCC to 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 conservative 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.

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

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NORTH COUNTRY THIS WEEK | MARCH 19 - 25, 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

\$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 a 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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NORTH COUNTRY THISWEEK

**Disc golf grows
in popularity. 12**

Chamber awards. 13
Classifieds. 21 - 28



**MARCH
19 - 25, 2021**

VOL. 37, NO. 29
northcountrynow.com

SUNY Canton cleared to resume intercollegiate sports for spring

CANTON - SUNY Canton has been cleared to safely resume intercollegiate sports this spring for baseball, basketball, golf, lacrosse, softball, swimming and diving, tennis, track and field, and volleyball. State University of New York

Chancellor Jim Malatras recently announced that Canton was one of six SUNY colleges across three more athletic conferences that have been cleared, said a press release. The approval will allow more than 1,400 students in the SUNY system to compete.

The following sports have been approved for resumption, including baseball and softball, as well as men's and women's basketball (fall sport for special spring season), golf, lacrosse, swimming and diving, tennis, track and field, and volleyball.

With input from University Presidents, athletic department

administrators, coaches, trainers, and student-athletes, SUNY established a series of overarching guiding safety principles for all colleges and universities seeking to resume intercollegiate athletics. All plans must include:

- Endorsement from the respective local health department.
- One-hundred percent weekly testing of all student-athletes.
- Student-athletes must be tested within three days of departure for road contest.
- Student-athletes, coaching staff members, medical staff, officials, and media members must be masked at all times, except athletes

during active competition or practice.

- All schools must have COVID-19 symptom screening tools for home and visiting teams.
- If an individual has COVID-19 symptoms en route to the contest, the team must return to its home campus.
- If someone presents COVID-19 symptoms during a contest, that contest must be stopped immediately.
- No handshakes, group celebrations, or pre-game or post-game interaction with opposing teams.
- No eating on buses, and reduced bus capacity.

• No spectators.

"We are excited for our spring sports teams as the NAC moves forward with conference competition. Thank you Chancellor Malatras, for backing this important advancement," SUNY Canton President Zvi Szafran said. "We will continue to remain cautious and everything we do will have the safety of our student-athletes, staff, campus, and greater community in mind. Through extensive plans that aim to keep everyone as safe as possible, we look forward to letting our student-athletes enjoy the sports they love and have worked so hard to play."

Science Café hosts virtual film series

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.

Register to receive more details on panels, discussions and other related events as they are added to the series schedule.

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/>.



Regional Arts Roundtable set for 24th

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

SLC Arts will host a roundtable every month when a new topic is discussed by a guest panel, with time for questions at the end.

"Feedback from participants has been very positive," Alicia Murphy, regrant coordinator for SLC Arts stated.

"They find discussions interesting, informative, and having a positive impact on their work.

Topics are current and relevant, and inspire reflection.

By sharing information and events that impact all of us, roundtable participants feel connected to the greater North Country arts community.

The Regional Arts Roundtable provides a valuable opportunity for learning, networking and professional development."

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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NCNow photo

Disc golf player Jon Lomaki throws a disc toward a wire basket at Canton's Schoolhouse Road course. A dozen hardy disc golf enthusiasts played on a cold, windy Sunday recently.

Disc golf courses springing up in region

BY CHERYL SHUMWAY
North Country This Week

CANTON – A sport especially suited for the pandemic is gaining popularity in the North Country.

Disc golf courses are springing up around Canton, Colton, and Potsdam.

Thirty-nine players participated in a Professional Disc Golf Association tournament last November at Canton's 18-hole Schoolhouse Road course.

"I was immediately hooked when I started playing," said Canton resident Geoff Falen, one of several local organizers of the sport. "It's fun and affordable."

The sport is played on courses with 9 or 18 holes, like golf, but players throw discs similar to frisbees into wire baskets. Only one or two discs are needed.

A dozen year-round disc golf enthusiasts played at the Schoolhouse Road course recently, despite freezing temperatures and the added challenge of 20 mph winds. Kitty O'Neil, of South Colton, the lone woman in

the group, laughed, saying it was still easier than playing in deep snow.

"We built this course during COVID. I was working on this course almost every day when I didn't have a job," said David Tulloch, of Norwood. The course is on private land.

"Disc golf is easy to play. I played it as a kid. My whole family played it," said Steve Barnard, Potsdam. "It's good exercise and helps me have a healthy lifestyle."

A recreational disc course available to the public is on town land on Morgan Road, South Colton. It was designed by Will Trithart, Potsdam, in 2016.

"We added new alternate tee pads this year for many of the 10 hole course, so there is plenty of challenge," said Trithart.

Potsdam Recreation Department director Trey Smutz said they plan to install three disc golf baskets this spring at Sandstoner Park. The baskets were bought with a grant, thanks to Trithart he said.

"This new venue at Sandstoner Park will be a great site for clinics

and practice. The new location will join a new "Disc Golf Park" installed at SUNY Potsdam's Marshall Park in 2020. These sites will provide a way for the community to try to sport before heading to courses," said Trithart.

"If local people are interested, they can go to Instagram page @slcdisc. This is where anyone can reach out to find out when we play if they would like to join us. We are always open to teaching new players the game," said Scott Hamilton, Potsdam.

"We are all really excited that more people in the North Country are going to learn about and maybe try disc golf. Hopefully, the sport continues to grow up here, it is a great fit for our area and the families who live here," said Hamilton.

"One of my favorite things about the sport is how accessible it is to many types of people," he said.

BRIEFLY

Chicken BBQ

DEGRASSE — The Boondocks Snowmobile Club will host a chicken barbecue on Saturday, March 20 starting at noon at the DeGrasse Fire Hall, 2211 County Route 27. The menu includes a half chicken, salt potatoes, baked beans, rolls and a dessert. Cost: \$12 per dinner. The meal will be take-out only. For questions or to reserve a meal message the Boondocks Facebook page or contact Jennifer at 315-379-1103 and leave a message

Bingo not back yet

CANTON — The Canton Knights of Columbus currently has not set a date for bingo to return. "There has been some misinformation about this," said John Tallion of Canton KoC. "When the time comes for the return of bingo, an announcement will be made weeks in advance."

Free clothes

NORFOLK — Whistle Stop Thrift Store, 11 W. Main St., has free winter clothing items. The clothes will be given away starting Saturday, March 20 through Saturday, April 3. This also included household items. Store hours are Tuesday and Thursday, from 10 a.m.-2 p.m., and on Saturdays from 10 a.m.-noon.

'Hop into Spring' at library

MADRID – "Hop into Spring" is the theme of the Hepburn Library of Madrid with upcoming events planned for March and April.

An Easter carrot hunt is planned from Mar. 21-Apr. 21. Look for big orange carrots around town, call the library to tell where you saw the carrots, and get a free book bundle. The Carrot Hunt is part of the Spring Book Bundles, in collaboration with the Madrid Dam Music Series.

"Lifestyle Habits for Optimal Body-Mind Health: simple, natural steps to create vibrant health" will be presented March 25 at 6 p.m. on the library's Facebook site, part of its Across the Fence program. It will be presented by Paula Youmell, Functional Medicine RN, herbalist, yoga mentor, and natural health educator.

Story Time with Mrs. Paige is every Friday at 11 a.m. on the Madrid Library's Facebook page.

St. Mary's Thrift Shop in Canton plans to reopen

CANTON — St. Mary's Thrift Shop located on Main Street planned to reopen March 15.

Hours will be 10 a.m. to 4 p.m. Mondays and Wednesdays and 8 a.m.-1 p.m. on Fridays for shopping.

Donations will also be accepted from 10 a.m. until 2 p.m. Tuesday and Thursdays.

Masks and social distancing are

required.

Bring donations inside the shop through the back door. Due to space and health considerations, only clothing and fabric items (sheets, towels) can be accepted. Books and household items are not acceptable.

For a temporary period, winter clothing is free with a one bag limit.

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- Mercury
- Kate Warne
- Alka-Seltzer
- John Kennedy and Joe Biden
- Tunisia
- Rat's mouth (named for sharp rocks where ships docked)
- California: Mount Whitney and Death Valley
- Jamie Foxx
- "The Roy Rogers Show"

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Public Health honored by Chamber of Commerce

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.

Dixon shared comments about Casaday and said that she “started working for the Chamber in April 2001, brought in as the Health Insurance Administrator. Over the past 20 years, she has played many roles, chipping in and stepping up for whatever was needed, from office assistant, to gift shop
SEE **AWARD** ON 14.



Ben Dixon | Submitted

STLC Chamber of Commerce Executive Director Ben Dixon presents the 2021 Chamber of Commerce Appreciation Award to the St. Lawrence County Public Health Department. (L-R: Ruth Doyle, County Administrator; Dr. Andrew Williams, President of the St. Lawrence County Public Health Board; Dr. Dana Olzenak McGuire, Director of the St. Lawrence County Public Health Department; Dixon; Brooke Rouse, Director of Tourism for the St. Lawrence County Chamber of Commerce.)

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Local company releases new video game

POTSDAM -- Potsdam-based video game company Little Red Dog Games will have their new surrealist geopolitical strategy game Rogue State Revolution will be available for Windows PC on Steam, the Epic Game Store and on Humble.

The game will be released on March 18 for \$14.99, and is retailing at a 10% discount.

Modern Wolf, Rogue State Revolution is the most ambitious title to-date by LRDG: a turn-based game with elements of city building, management, diplomacy, and emergent narrative set in a fictional fledgling Middle Eastern democracy," an announcement says.

LRDG CEO Ryan Hewer is an assistant professor for game design and development at SUNY Canton.

AWARD . . .

management, to St. Lawrence Leadership Institute administration, to window decorating and event admission...all appreciate the day-to-day support and assistance and her role as key organizer of all documents and information in the office." Dixon noted Casaday's organized nature, dependability, and willingness to learn and help in any way needed. He wished Casaday many sunny

days with grandchildren and family in her retirement.

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 high-

lighted 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.



Cheryl Shumway | NCTW

New restaurant

Royal India Grill serving homemade authentic cuisine is now open at 38 Market Street, downtown Potsdam for dine-in, take-out, and catering. Call them at 315-265-5551. The menu can be found online at <https://potsdamroyalindiagrill.com/>.

SPORTS...

I tried to order enough for the entire season, for winter season, and they wouldn't let me order that many tests," Wilson said. "Because they weren't sure they'd have enough to, or how long they would last."

No decision was made. AD Wilson sent an email sent to district parents that stated: "Our district is currently requiring all athletes participating in high risk sports, who are 13 years of age and older, to be tested for COVID-19 antigens multiple times per week using the Abbott BinaxNOW Rapid Test. It is anticipated that this will be in effect for Fall 2 season participants as well."

Chambers clarified this by email. "The Board approved the safety plan for (winter) higher-risk sports but wanted to investigate the feasibility of testing student athletes before deciding whether or not to move forward with interscholastic competition," Chambers said to NCTW. "Several Board members were comfortable approving that part of the season only if all student-athletes participated in the testing program."

Testing students was recommended by St. Lawrence County Public Health, but not required.

"If we had not received the consent of all of the parents of the higher-risk sports participants, I would

have brought that information back to The Board of Education for their consideration," Chambers said. "We would not have excluded a student from participation as this is not permitted."

The Board has not made a decision about Fall II sports yet as we are investigating the availability of the rapid tests.

The "Fall II" season would include varsity football, modified and varsity volleyball and modified boys and girls basketball.

Practices would begin March 22 with some games expected to begin at the end of the month.

In addition to high-risk sports, there is one low-risk sport PCS would offer during this shortened sports season.

Girls swimming would see PCS athletes reportedly use St. Lawrence Central's swimming pool.

NEGLIGENCE...

Burkum physically abused and beat C.I. for making the report.

The court documents go on to accuse the county and the Department of Social Services for "substantial structural and systemic flaws and deficiencies in the foster care system" at the time.

The complaint files two counts of negligence against the county.

County Attorney Steve Button said he had no comment on the lawsuit.

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Potsdam v Canton hockey 3/16

Potsdam ladies hockey players score on Canton at game held March 15 at the Canton Pavilion. Potsdam won the game, 9-4.

Water project one step closer

BY ADAM ATKINSON
North Country This Week

POTSDAM – The Potsdam town board moves another step further on its water and sewer districts projects on Route 56 with the passage of two bond resolutions totaling over \$10 million which will pay for the upfront cost of construction.

The board approved the two bond resolutions at its meeting Tuesday, March 9. The resolutions will allow the town to borrow money for construction of the water and sewer lines for the districts.

The board approved forming the districts last month after public hearings on the issue, a vote among residents in the districts and nearly two years of planning. The town hopes to spark economic development along the Route 56 corridor by providing municipal water and sewer service there. The company L.C. Drives already is planning a manufacturing facility in the districts which they hope to complete

by 2023.

At the March 9 meeting a resolution authorizing the issuance of serial bonds not to exceed \$5,511,000 for financing the cost of construction of the sewer district and a second resolution approving \$4,802,000 in serial bonds for the constructing the water district were approved by town board.

Construction on the districts is anticipated to take about 2 and half years, according to consultant Kevin Feuka, of the engineering firm C2AE, who is handling design and planning for the districts.

The town is counting on \$4.78 million in grants and loans from USDA Rural Development to help cover the cost. Other grant money is expected as well. The bond resolutions passed by the board Tuesday will allow the town to finance the construction up front.

Once complete, town residents living within the districts will pay about \$605 for sewer service per year and \$462 for water service.

Canton renews cable contract

BY ADAM ATKINSON
North Country This Week

CANTON — A franchise agreement with Charter Communications for cable and television services for the town of Canton is being considered by the town board.

The current agreement, a ten-year contract, is due to sunset in September.

Town Supervisor Mary Ann Ashley said at the town board meeting March 11 that the new proposed agreement with the company features several changes over the current arrangement with the town.

“There are some substantial changes in the language,” Ashley said. “It’s a pretty significant thing that we really need legal counsel to guide us on.”

The new proposal from Charter Communications is a 15-year agreement instead of the current 10-year contract Ashley said.

The supervisor said the franchise tax, currently at 5 percent, would be determined by the town in the new agreement. She said other municipalities in the county sport varying tax rates.

Town attorney Eric Gustafson said he would reach out to contacts he has in the industry to develop some recommendations on the contract to present to the board for consideration.

Town Councilman Tim Danehy said that before approval, he would like the town to have the results of a broadband survey by the Development Authority of the North Country planned for later this year. The survey is expected to present a clear picture of broadband services available in the town and gaps in service which may exist.

New zoning board member

POTSDAM — The Potsdam town board at their meeting March 9 appointed Kim Bisonette to fill a vacancy on the town’s zoning board of appeals.

Bisonette’s term will expire on Dec. 31, 2022.

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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 Liebsstein, 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 SENIORS

NORTH COUNTRY THIS WEEK | MARCH 19 - 25, 2021



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Canton, O'burg grocery stores offer COVID vaccine

Canton and Ogdensburg 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, custom-

ers 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.

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Important Social Security considerations

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 President 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 Financial 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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The Raquette | Submitted

RVFGC President Mike Pearl presents Mary Long with her appreciation plaque.

Long honored for service to local fish and game club

S. COLTON -- Valley Fish and Game Club recently awarded Mary Long a plaque for her many years of service to the club.

In her words she became active with the club prior to her marriage to Ed Long almost 52 years ago. Both her and her husband, who passed away a few years ago, held many positions in the club. Together

er that is over 100 years of service between her and her spouse.

Mary was the club treasurer until this January when she stepped down to spend more time with her grandchildren. Mary was always the first one at any club event, the smile that met you at the door and words of knowledge that we will still cherish.

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.

Skin over the joints affected by arthritis may become red and swollen. This skin also may feel warm to

the touch. The Arthritis Foundation advises anyone who experiences this swelling for three days or longer or more than three times per month to contact a physician.

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.

The Arthritis Foundation notes that people should not experience difficulty moving, such as when getting out of bed. People who experience such difficulty may have arthritis.



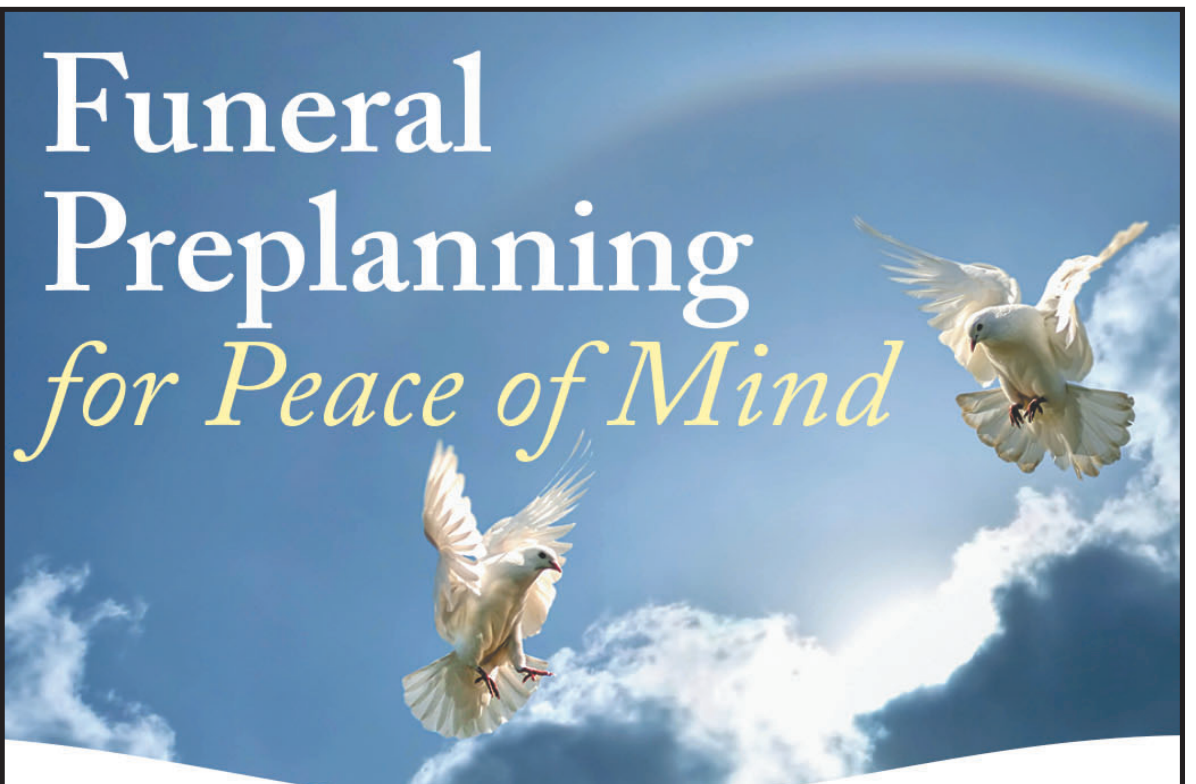
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How exercise can help senior citizens live longer

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



Photo courtesy of Metrocreative

Seniors work out in a group setting. hand.

Improve bone health

Strength training and physical 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. One in three adults aged 50 and over dies within 12 months of suffering 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.

Building friendships in your 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 pigeonhole 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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How often should older adults visit the doctor?

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 Taka-

hashi, 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.

St. Lawrence County 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 victim 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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Fax: 315-386-1012



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Owner

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LawrenceFuneralHome.org

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WANTED: Someone to build a gravel driveway & to cut some pine trees/clear land. 315-265-3599

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LOG LENGTH FIREWOOD 18-20 cord loads, \$775. delivered; Call Matt, 315-261-1707. tn

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PREGNANCY HELP

PREGNANT? NEED HELP?

Call 315-265-9520. The Gabriel Project. St. Mary's Church, Potsdam, will assist women in a crisis pregnancy.

SEWING

Burns Design Studio — custom dressmaking, alterations. Call Kathy, 315-265-0065.

TV/INTERNET/PHONE

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, SmartHD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21. 1-888-609-9405

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

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.

Sudoku

	1		9						5
5				3		7	2		
		4			8				9
		3	8						6
7	9			6	2				
	4			1				8	
		2	7						1
	5		6	4				3	
8					5	6			

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.

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ITEMS FOR SALE

For Sale \$400. Over \$2,000 worth of Craftsman 19.2 volt tools, Impact Drivers, Drills, Batteries, Chargers, Brad Nailer, reciprocating saws, trim saws, etc. (315) 261-3963,

ITEMS FOR SALE

located in Norfolk
Schwinn exercise bike, great shape \$100
Call 315-393-0149

WANTED TO BUY

SERIOUS COLLECTOR interested in buying vintage wood working tools. Individual collection. 315-262-7073

Sell your ash trees before they die! ISA certified arborist is buying large track of ash trees, must average 6 - 8 inches in diameter. Will pay market price. Also buying other hardwood and soft wood stands or trees. Call Matt at 315-261-1707. tn

King Crossword

ACROSS

- 1 Nightwear, for short
- 4 Rm. coolers
- 7 Fable writer
- 12 Decay
- 13 Prefix with athlete
- 14 Preamble
- 15 Mode lead-in
- 16 Soundly defeated
- 18 Zilch
- 19 Berth places
- 20 Retain
- 22 Away from NNW
- 23 Roundish 'do
- 27 Writer Harper
- 29 Sitting room
- 31 Prepared apples for baking

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16				17				
18				19								
20			21		22				23	24	25	26
				27	28			29	30			
31	32	33						34				
35					36			37				
38					39	40			41	42	43	44
					45				46		47	
48	49	50	51								52	
53								54			55	
56								57			58	

- 9 Pigs' digs
- 10 Metal source
- 11 Group of whales
- 17 Get ready, briefly
- 21 West Point freshman
- 23 Bakery lure
- 24 "Alice" waitress
- 25 Scepter
- 26 Hosp. areas
- 28 College URL ender
- 30 "Eureka!"
- 31 "Evita" narra-
- 32 Owned by us
- 33 MLB stat
- 36 Raised
- 37 Tenor Enrico
- 40 Deep, lustrous black
- 42 Candy maker
- 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.

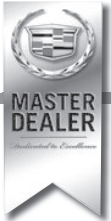


Deal of the Week!



2018 GMC SIERRA 1500 4x4
 - Only 15,000 miles
 - Power windows/Locks
 - Trailer Brake Controller
\$33,500

- **2017 CHEVROLET TAHOE LT...** \$40,900
Only 41,000 miles • Heated Leather Seats, Remote Start & Assist Steps
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Only 7,000 miles • Navigation, Sunroof, Heated Leather Seats
- **2018 CHEVROLET EQUINOX LT AWD...** \$21,500
Only 13,000 miles • Sunroof, Heated Cloth Seats
- **2017 BUICK REGAL SEDAN AWD...** \$19,900
Only 23,000 miles • Heated Leather Seats, Remote Start



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AUTOS FOR SALE

2013 Volkswagon Jetta black sedan - One owner, 25K mileage. \$8000. Call 315-393-0149 anytime.

WANTED: ALL JUNK CARS & trucks. Free Pick up. Will pay \$100 & UP. 518-521-8490 tn

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2015 Harley Davidson Road King. Jade/Black 7600 miles. Garage kept. Many extras. \$13,500. Call/text 315-250-4997

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DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes.

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 Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-4755

SNOWMOBILES

SNOWMOBILE for sale: 2001 Yamaha Venture. Liquid cooled, 2 up seat with cover, 1324 original miles & new battery Sept.2019. Excellent condition-runs great! \$2,000. 315-286-0684 or 315-286-0685 Gouverneur Rock Island Road, from Route US 11 turn off by Dunkin Donuts, go 9 miles mailbox 1843.

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Members Please Call
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Johnson

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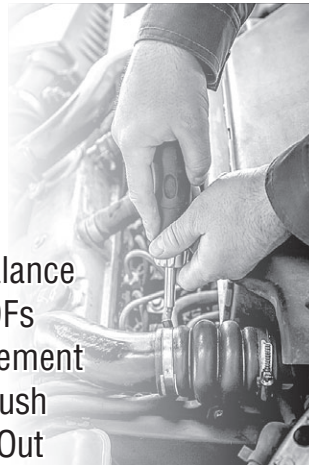


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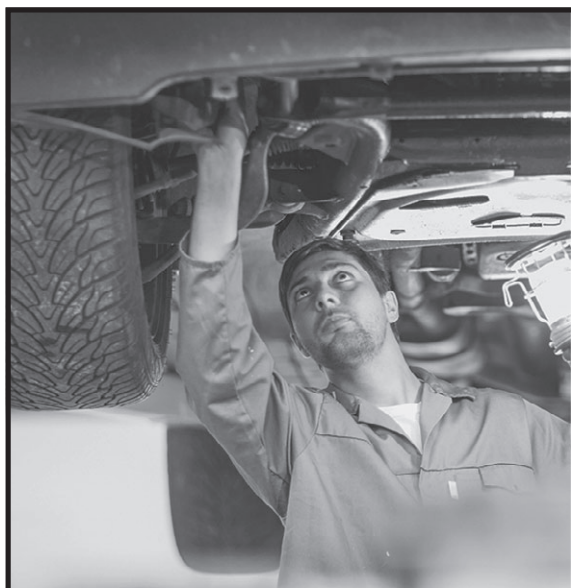
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315-265-7570

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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

LEGAL NOTICE

Bar No.: 120114, Bouchard Law, P.A., 17827 Murdock Circle, Suite B, Port Charlotte, Florida 33948, T: 941-764-1146, E: amaris@bouchardlawpa.com

TOWN OF STOCKHOLM PLANNING BOARD MEETING LEGAL NOTICE

• PLEASE TAKE NOTICE that the Stockholm Planning Board will hold a public hearing on Wednesday, March 24, 2021 at 6:00 P.M. at the Municipal Building, Winthrop. This meeting is on the request for an 8 Lot Sub-division by Mighty Pine, LLC on the property located on the Corner of Brookdale and Hurley Roads located in the Town of Stockholm. Due to Covid-19 restrictions, a face mask is required to enter the building and the six feet social distancing is in effect. These meetings are open to the public. Any written comments may be submitted to the Town of Stockholm Planning Board, 540 State Highway 11C, Winthrop, NY 13697. DATED: March 10, 2021. Chad Colbert, Chairman, Stockholm Planning Board.

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

PUBLIC NOTICE

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/8491212121> Register for Monday, March 22 at 6:00 PM Zoom Meeting: <https://us02web.zoom.us/j/8491212121>

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

PUBLIC NOTICE

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

VPHA 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 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.

Legal Notice Articles of Organization of Seaboard Solar holdings NY, LLC Under Section 203 of the Limited Liability Company

NOTICE OF FORMATION

Law. **FIRST:** The name of the limited liability company is: **Seaboard Solar Holdings NY, LLC.** **SECOND:** The county, within this state, in which the office of the limited liability company is to be located is ST. LAWRENCE. **THIRD:** The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address with or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: InCorp Services, Inc. One Commerce Plaza 99 Washington Avenue, Suite 805A, Albany, NY 12210-2822. **FOURTH:** The limited liability company designates the following as its registered agent upon whom process against it may be served within the State of New York is: InCorp Services, Inc., One Commerce Plaza, 99 Washington Avenue, Suite 805A, Albany, NY 12210-2822. **FIFTH:** The limited liability company is to be managed by: ONE OR MORE MANAGERS. I certify that I have read the above statements. I am authorized to sign these Articles of Organization, that the above statements are true and correct to the best of my knowledge and belief and that my signature typed below constitutes my signature. Wendy Hefley (signature) - Wendy Hefley, ORGANIZER, 3773 Howard Hughes Parkway, Suite 500S, Las Vegas, NV 89169-6014. Filed with the NYS Department of State on 9.14.2020. File number 200914010688: DOS ID 5835162. Filed by Wendy Hefley, 3773 Howard Hughes Parkway, Suite 500S, Las Vegas, NV 89169-6014.

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

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North Country EMPLOYMENT

To Place Your Ad: 315-265-1000 | NorthCountryNow.com/Classifieds

PRINT ONLINE MOBILE SOCIAL

MCS Communications

is looking for a part-time bookkeeper. Hours can be somewhat flexible. Must be proficient in QuickBooks and general bookkeeping skills. Please email your resume and references to mcslineman@gmail.com

Farm Milking

and general cow work position. Adon Farms, Potsdam. Call Tony 315-244-1422

Field & Shop Work

Positions available @ ADON FARMS. CDL preferred. Call Tony 315-244-1422

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 Pamelatrez@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)



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.**

Seeking

CORNERSTONE SERVICES **Dispatcher/Scheduler**
 PLUMBING • HEATING • COOLING **Norwood office**

Locally owned and operated, Cornerstone is a fully-staffed HVAC contractor. \$13-20/hour

Responsibilities:

- Maintain Technicians daily schedule and dispatch technicians calls are completed
- Schedule return service trips parts are in
- Maintain the on-call schedule for technicians
- Maintain customer database
- Clear, concise communications with department managers, employees, and customers including keeping customers informed to schedule and requested lead times
- Provide customer account with maintenance contract billing information

Required Qualifications:

- Advanced customer service skills and ability to multi-task
- Organized, with attention to detail
- Geographical knowledge of service area or map reading skills
- Verbal and written communication skills and computer skills
- High degree of professionalism
- 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
 Contact Josh at **315-353-4515**
 or stop office during regular business hours
 32 S Main St. • Norwood



NOW HIRING
Office Supervisor
(Malone)

Community Health Center
 of the North Country

For more information or to apply, visit chcnorthcountry.org

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

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@ccsdk12.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:-4:30 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

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



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

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

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

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>

Office Manager / Bookkeeper
 Experience Necessary
 Apply within or call
10 Willow Street • Massena • 315-769-9929
Fay Motors Inc.
 BUICK | CADILLAC | GMC

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.

atl Human Resource Specialist
 needed in Canton, NY.
Apply at: www.AtlanticTesting.com/careers



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

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, rfshbeck@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, my tools, pay mileage, comp ui, experience 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. HSNNY 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 demonstrate 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

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.



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



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

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 Oimstead,
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.



Clifton-Fine Hospital

A SAMARITAN HEALTH PARTNER

Trusted Care. Close to Home.

Full-Time Maintenance Worker

Varied day shifts, Varied call schedule (some weekend)

Clifton-Fine Hospital is looking for a highly motivated, self-starter with basic knowledge used in facility maintenance. We are a 20 bed Critical Access Hospital in St. Lawrence County, located at the foothills of the Adirondacks.

Candidate must be able to work as part of a team and have strong communication skills. We are focused on patient/resident needs, patient safety, accountability, integrity and dignity. Understanding safety practices and procedures related to building trades is imperative. The Maintenance Worker will perform general maintenance and repairs for assigned equipment and facilities including plumbing, electrical, heating and cooling, basic carpentry and other building systems.

Qualifications and skills: Ability to follow instructions from supervisor or senior maintenance workers. Must be able to speak, read and understand basic instructions, operating and repair manuals. Ability to read and interpret blue prints.

Basic experience working with tools, hand and electrical. Able to measure with precision. Basic computer knowledge. High school diploma or GED. Five years' experience in maintenance field or mechanical repair work. Valid driver license required.

Clifton-Fine Hospital offers competitive wage and benefit packages including retirement, health, dental and vision insurance in addition to paid time off. Tuition reimbursement is available.

Please call or e-mail a letter of interest and resume to:
Cathy Rice, Director of Support Services
(315) 848-3351 ext. 237
crice@cfhis.org

Clifton-Fine Hospital is an Equal Opportunity Employer

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>.



REWARDING CAREER OPPORTUNITIES!

apply today!
claxtonhepburn.org/careers

Make a Career out of Caring!

- Current openings for graduate nurses available on Med-Surg and Mental Health Unit



Claxton-Hepburn Medical Center
 214 King Street, Ogdensburg, New York 13669

in a fast-paced atmosphere. A valid NYS Hygiene license is a must. If you are interested please send your resume to guldan.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.

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 commensurate with experience. Excellent retirement benefits. Please mail resume to 31 Hospital Dr Massena NY 13662, or email to drgupta-massena@gmail.com

LPN/MA Position Available

Primary Care office in Massena looking for an energetic, fun Nurse or MA to add to our great team. Jobs include rooming patients, answering calls, and various in office procedures/labs. Send resume to North Country Adult Medicine 38 Hospital Dr. Massena, NY 13662

\$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 CDDA Program. No Certificates needed. Phone: 347-713-3553



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.



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

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

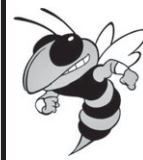
For guidance please watch 'How to Apply for Federal Jobs', among other informational videos, on www.youtube.com/user/usajobsapp. For additional questions email U.S. Department of Transportation's Automated Staffing Office - TRANSJOBS@dot.gov.

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)

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! (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! 855-543-6440. (M-F 8am-6pm ET)



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

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



Child Care Professionals Needed

The Center is open from 7:30 am to 6:00 pm Monday - Friday.

Assistant Teacher Positions : High school diploma and two years experience working with children ages 12 months to 3 year old. Full time, minimum wage

Substitute Position: High school diploma and two years experience working with children 6 wks to 5 yo.

School Age Lead Teacher: Associates Degree in Child Development, Elementary Education and 1 year experience working with children less than 12. High School diploma and two years experience working with children less than 12

School Age Assistant Teacher: High School diploma and two years' experience working with children less than 12.

Employment is subject to background checks. Email resume and two professional references to: cantondaycare@twcny.rr.com.

Questions, call Nancy Addison, Executive Director 315-379-1829.

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.

LAST CHANCE TO LOCK IN 2020 RATES!

Collegiate Village
POTSDAM

REDUCED RATES AVAILABLE!

WHY LIVE ON CAMPUS WHEN WE OFFER SO MUCH MORE, FOR LESS?

RESERVE YOUR APARTMENT FOR NEXT SEMESTER:

- PRIVATE BEDROOMS & BATHROOMS
- 24/7 EMERGENCY MAINTENANCE
- FLEXIBLE LEASE TERMS
- CABLE, INTERNET, & HEAT INCLUDED
- IN-BUILDING LAUNDRY
- FITNESS CENTER

CVPotsdam.com
(315) 600-3117

Reserve Yours Today!

Evergreen Park Apartments

TOWNHOUSE STYLE
~ Tenant Based Vouchers Accepted ~

Rent Includes: Utilities • Heat • Water
Electric • Trash Removal • FREE Parking

2 Bedroom, \$815/mo.
3 Bedroom, \$940/mo.

Stop by today to apply at Potsdam Housing Authority
100 Racquette Road • Potsdam • 315-265-3680

All applicants are subject to suitability screening based on criminal, credit, landlord history. Project eligibility guidelines apply based on income, assets and student status. No pets allowed. Potsdam Housing Authority provides Equal Housing Opportunity.

STUDENT RENTALS

G & D Properties Fall 2021 & Spring 2022
315-528-1203 1, 2, 3, 4 & 5 Bedroom Apts.
Text for links to videos Starting at \$2,350/Semester

Walking Distance to Clarkson & SUNY Potsdam

Your local hometown SunSetter dealer

SunSetter
AWNINGS
AUTHORIZED DEALER

Upstate NY's Largest SunSetter Awning Dealer
Since 1984 SUMCO Construction

In our uncertain world order sooner rather than later for summer shade and safe entertaining

Awnings Sold and Installed for Every Budget
\$250 Off Motorized SunSetter Awning

Safe remote pricing available. Phone, text or email.
315-330-0326 | 585-317-4791
jlimke55@gmail.com

STUDENT RENTALS

DOWNTOWN POTSDAM: 2 & 3 Bedroom Apartments. Most utilities included. Available for '21-'22 school year. 315-265-7370

POTSDAM Student Housing
2021-2022. Close to SUNY campus. Spacious 4 bedroom Apt. Laundry on site. Large parking. 107 Main Street. Call Dave 315-261-8227

NICE 2 BEDROOM -
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In Potsdam

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