

The Country Courier

Proud to Be Your Hometown News for Over 49 Years



Friday, January 12, 2024

CC Vol. 49, No. 24

Your Towns. Your News.

Price \$1

Snow Shoveling Can Be Hazardous To Your Heart



As snow (finally!) arrives in New York, the American Heart Association cautions that snow shoveling may carry increased risks for a cardiac event

Clearing sidewalks and driveways of snow may be essential to keep from being shut in; however, the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, urges caution when picking up that shovel or even starting the snowblower. Research shows that many people may face an increased risk of a heart attack or sudden cardiac arrest after shoveling heavy snow.

The American Heart Association's 2020 scientific statement, Exercise-Related Acute Cardiovascular Events and Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective—An Update, notes snow shoveling among the physical activities that may place extra stress on the heart, especially among people who aren't used to regular exercise. Numerous scientific research studies over the years have identified the dangers of shoveling snow for people with and without previously known heart disease.

Article Continued On Page 5

Lung Association Report: High Levels of Cancer-Causing Radon Gas Detected in 13.9% of New York State Homes

During National Radon Action Month in January, the American Lung Association urges everyone to test their home for radon



Radon is the second leading cause of lung cancer and the "State of Lung Cancer" report reveals that it is detected at

high levels in about 13.9% of homes in New York State. During January for National Radon Action Month, the American Lung Association in New York is urging everyone to help save lives by testing their home for radon and mitigating if high levels are detected.

Article Continued On Page 6

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SV BOWLING MATCH

Page 4!

Page 4!

VS WINDSOR

"Red Cross: Emergency Blood Shortage May Delay Medical Procedures" On Page 5!



Article on Page 5

"Martin Luther King Jr: A Visionary Leader in the Fight for Civil Rights" On Page 7!



Calendar On Page 2

"Amplifying the Voices of Caregivers and Families" On Page 3

"New Year, New Goals, Less Waste" On Page 7

In The Announcements:

- "Sheriff's Office Seeks Community's Help in Identifying Larceny Suspect"

- "Common Weatherization Myths - Debunked!"



Friday, January 12th
F.P. Donnelly P.T.A. movie night

Monday, January 15th
Dr. Martin Luther King, Jr. Day,
NO SCHOOL

Tuesday, January 16th
Chem Free Prom Committee meeting, 6PM

Wednesday, January 17th
Susquehanna Valley Central School District
Board of Education Meeting
6:00 p.m.

Tuesday, January 23rd
NYS Regents Exams, Finals and Midterms
Susquehanna Valley Central School District

Tuesday, January 30th
Town of Kirkwood Work Session – 6 PM

DMV AT CONKLIN TOWN
HALL

WEDNESDAY – 9 A.M. until 1 P.M.

Conklin Town Court Hours
 Monday, Wed, & Fri 8:00 am – 2:00 pm
 1st Friday of the Month 8:00 am – 4:00 pm



Lap Swim
Open Swim at SV

Just because it's getting colder doesn't mean you have to stop swimming! Come to our beautiful, heated pool at Susquehanna Valley for Lap Swim and Open Swim sessions every Monday! Lap Swim is 6:30-7:00 p.m., followed by Open Swim from 7:00-8:00 p.m. every Monday Night. Keep in mind that Lap Swim and Open Swim are CANCELLED whenever schools are closed for a holiday or inclement weather. See you in the pool

The Susquehanna Valley Spirit Shop is now open!

Hey Sabers Fans - there's a great place to stock up on Sabers gear! It's the Susquehanna Valley Spirit Shop! Access at SVSABERS.org

KIRKWOOD TOWN COURT HOURS
 Monday – Friday 8:00 AM – 3:30 PM

KIWANIS FOOD VOLUNTEERS NEEDED
 Once a month, couple hours to help free food distribution at the Community Center. Third Monday of month, volunteers NEEDED to help, or the Town is in danger of losing this program. Contact Mr. Krasowsky, millerton-card@aol.com or 607-238-7554.

EDITORIAL NOTES
Dear Editor:
 We have been receiving letters and reviews of the changes to the Country Courier, we will post them here without names listed. The absence of names has a long history in American Reporting, up until the early to mid 1970's.

Winter Reading 2023-2024
 November 18-January 22
 Sweet Reads

- Read books and record your minutes to win wonderful prizes!**
- 5 Hour Prize: Raising Cane's coupon, 4 chance tickets
 - 10 Hour Prize: Free Book, 2 chance tickets
 - 20 Hour Prize: 4 chance tickets
 - 50 Hour Prize: 10 chance tickets
- Chance prizes are:**
- Kindle Fire 7
 - Target Gift card
 - Bag of Books
- You can also participate in Family Winter Reading Bingo for the chance to win a fun Winter Reading Basket.**



Broome County Regional Farmers Market

- Saturday, January 13, 2024, 9:00 AM - 1:00 PM
- Saturday, January 20, 2024, 9:00 AM - 1:00 PM
- Saturday, January 27, 2024, 9:00 AM - 1:00 PM
- Saturday, February 3, 2024, 9:00 AM - 1:00 PM
- Saturday, February 10, 2024, 9:00 AM - 1:00 PM



Cornell University
 Cooperative Extension

The Broome County Regional Farmers Market is a year-round market located in Binghamton, New

York! Come buy fresh produce and goods from your local farmers!

BROOME COUNTY LEGISLATORS

- | | |
|--|---|
| <p><u>Kelly F. Wildoner</u>
 District 3
 (Town of Binghamton, Conklin & Vestal)
 kelly.wildoner@broome-countyny.gov</p> | <p><u>Maj. Leader-Matthew J. Pasquale</u>
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| <p><u>Stephen J. Flagg</u>
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The Country Courier

NEWS/ADVERTISING DEADLINE
The Country Courier goes to press on Wednesdays. Deadline for news and advertising is the Friday before the desired week of publication.

SUBSCRIPTION RATES:
 Subscription rates to *The Country Courier* are \$35 a year in Broome County, \$100 outside Broome County and papers are mailed every Thursday from Conklin.

LETTERS TO THE EDITOR:
The Country Courier welcomes letters to the editor. All letters must be signed and include the phone number of the writer, to be used for verification of authenticity, not for publication. The editor reserves the right to refuse to publish letters which contain potentially libelous or erroneous statements. Also, letters endorsing political candidates are considered advertisements and should be prepaid as is all political advertising. No letters to the editor regarding political candidates will be accepted.

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Amplifying the Voices of Caregivers and Families

(StatePoint) Advocates say it's important to not only honor caregivers' dedication, compassion, and resilience, but to also acknowledge their challenges and aspirations. Doing so can help families thrive. Here are three ways that can happen:

1. Put families at the center of efforts to help families.

Ascend at the Aspen Institute uses the two generation (2Gen) approach long used by Indigenous communities in the United States and around the world. This approach recognizes that the goal of supporting families' well-being and helping children thrive is most attainable when advancing the interests of children and the adults in their lives together. As one example, Ascend worked with a father who grew up in poverty, but now serves on his local school board and informs state efforts to help others experiencing homelessness or poverty.

2. Lift voices, build power, expand equity.

That's the refrain of the Raising Child Care Fund, which advises and supports local efforts around the country to expand access to child care. These efforts work best when they are informed and led by parents and caregivers themselves. As a case in point, a network of advocates and parents in New Mexico worked for 12 years to codify a right to child care and early education within the state constitution.

3. Through commitment you can see impact.

The Robert Wood Johnson Foundation has committed itself to some of these principles in its own work, establishing the Family Advisory Committee—a collective of 12 parents and caregiver leaders from across the country with unique and diverse backgrounds, races and ethnicities, and family dynamics. The group has informed funding and grantmaking decisions by the Foundation, and contributed to efforts to align its own family supportive policies with these principles. To learn more about the Robert Wood Johnson Foundation's programs aiming to create a brighter, more supportive future for families and caregivers, visit <https://www.rwjf.org/>.

Initiatives and programs across the country are committed to emphasizing a collective approach that places families at the center of developing effective caregiving solutions. Collaboration is key to engaging families in decision-making processes and internal procedures, and the creation of initiatives that address the diverse needs and aspirations of communities is vital to improve the health and well-being of families today and in the future.

Go Green After Taking Down Your Christmas Tree At The End Of The Holiday Season!

Choose From Options That Keep Your Tree Out Of The Landfill And Benefit Wildlife And The Planet:

Your municipality may offer a free tree collection or recycling program that will turn your tree into mulch or compost. Remember to remove all lights and decorations first. Contact your local department of public works to find out or look for an upcoming event.

If you have space in your yard, consider using your tree as a brush pile for the birds. Not only will the pile provide extra shelter for feathered friends during the cold winter months, but it'll also give you some excellent backyard bird-watching opportunities!

Some farms accept Christmas trees for their goats to munch on the vitamin C rich needles. Be sure to confirm that the farm near you is currently accepting Christmas trees before considering this option.

View tips on making your own brush pile and more outdoor tree disposal options.



SV Sabers Looking To Purchase a Yearbook

Yearbooks may be purchased online at Jostens.com until June 2, 2024. Personalized year books may be purchased until January 31, 2024.

Yearbook is a student run publication and your child is encouraged to join Yearbook Club. By joining Yearbook Club, your child will have the power to make their contributions to the assembly of this publication.

Info on Grad ads is on page 7

Kirkwood Senior Citizen Group

Officers:

Blanche Birtch, President
Jeanie Ditch, Vice-Pres.
Linda Yonchuk, Secretary
Linda Buffle, Treasurer

Jeanie Ditch & June Fedish, Trip Coordinator
Ellie Grubham, Sunshine Committee

Scheduled Meetings:

First Wednesday of each month, at Noon, at the Kirkwood Fire Station, Main Street, Kirkwood, unless otherwise noted.

Activities:

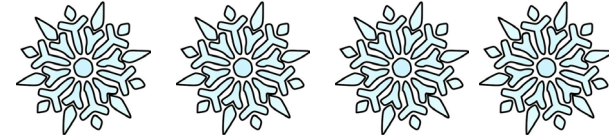
Meetings: Monthly @ Noon the First Wednesday of each month, at the Kirkwood Fire Station, Main Street, Kirkwood, unless otherwise noted. Everyone is asked to bring a covered dish, coffee and tea are provided. The meeting takes place after lunch, with Bingo to follow if anyone cares to stay October and November meetings are catered and will be at Elks Club at 12 noon.

Bus Trips:

Trips are usually 3 per year. Members pay for expenses for show tickets and meals, bus transportation is provided by the Town of Kirkwood.

Important Information:

Any senior in the Town of Kirkwood can join. Membership fees are \$15.00 per year. Unfortunately the group can only accept Town of Kirkwood residents at this time because of limited facilities.



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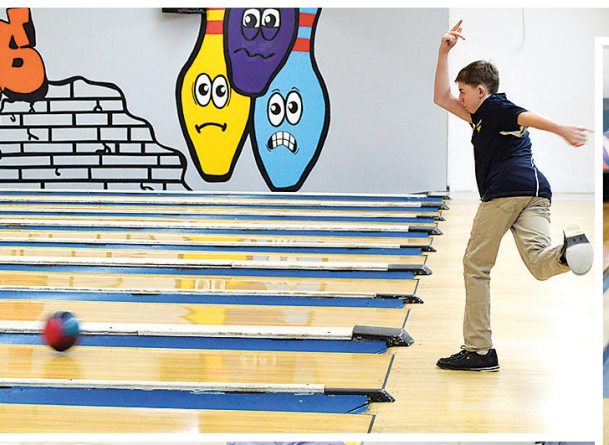
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SV BOWLING MATCH

VS WINDSOR

PHOTOS
COURTESY OF
KAITLYN
HESSION



Red Cross: Emergency Blood Shortage

May Delay Medical Procedures

Donors Urged To Give Now As Nation Faces Lowest Number Of Blood Donors In Decades

Donors Have The Chance To Help Save Lives, Win Trip To Super Bowl Lviii



The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. The Red Cross blood supply has fallen to critically low levels across the country, and blood and platelet donors are urged to make a donation appointment to help alleviate the shortage and help ensure lifesaving medical procedures are not put on hold.

Over the last 20 years, the number of people donating blood to the Red Cross has fallen by about 40%. When fewer people donate blood, even small disruptions to blood donations – such as the nearly 7,000-unit shortfall in blood donations the Red Cross experienced between Christmas and New Year's Day alone – can have a huge impact on the availability of blood products and dramatic consequences for those in need of emergency blood transfusion. Blood products are currently going to hospitals faster than blood donations are coming in, and in recent weeks, the Red Cross has had to limit distributions of type O blood products – among the most transfused blood types – to hospitals.

"Small changes in blood donor turnout can have a huge impact on the availability of blood products and dramatic consequences for those in need of an emergency blood transfusion," said Dr. Eric Gehrie, executive physician director for the Red Cross. "More challenges may lie ahead as the potential for severe winter weather and seasonal illness may compound the dire blood supply situation. Donors of all types – especially those with type O blood and those giving platelets – are urged to give now."

Who donations help

Blood donations made within the Western New York region help supply all our local hospitals and the patients they serve. For a Horseheads, NY resident, Dr. Kristina Workman, blood donations saved her life after what should have been the joyous birth of her second daughter, Eva, turned into complications that nearly cost Kristina her life. It took 33 units of blood to save Kristina's life and ensure that she would be there to raise her daughters with her husband, Jason Harris.

"One thing that really strikes me about blood donation is that you think about saving one person or helping one person to be healthier, but really, I would have been gone," Kristina said. "I'm very glad that I'm here. I would have been gone and everybody else would have been left with a hole and grief. I don't know what life would have been like for my husband and my daughters."

This National Blood Donor month especially, Kristina encourages donors to make and keep appointments in the days and weeks to come to help alleviate the shortage and ensure lifesaving medical care for patients in need.

"It is just not about the life that you are saving, it is about all of the other people that care about that person, and I hope that is a strong motivation for people to donate. It is touching a lot of lives. Every single donation has that power."

Don't wait – to make an appointment, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

The Red Cross and the National Football League (NFL) are partnering this January, during National Blood

Donor Month, to urge individuals to give blood or platelets and help tackle the emergency blood shortage. Those who come to give blood, platelets or plasma in January will automatically be entered for a chance to win a trip for two to Super Bowl LVIII in Las Vegas. For details, visit [RedCrossBlood.org/Super Bowl](http://RedCrossBlood.org/SuperBowl).

Upcoming blood donation opportunities Jan. 8 to 31st

Broome Binghamton

1/11/2024: 1 p.m. - 6 p.m., Chenango Bridge UMC, 740 River Rd

1/13/2024: 9 a.m. - 2 p.m., Boulevard United Methodist Church, 113 Grand Boulevard

1/24/2024: 11:30 a.m. - 4:30 p.m., Hinman Dining Center, 4400 Vestal Pkwy E

1/30/2024: 9:30 a.m. - 2:30 p.m., UHS Binghamton General Hospital, 10-42 Mitchell Avenue

1/30/2024: 11:30 a.m. - 4:30 p.m., Hinman Dining Center, 4400 Vestal Pkwy E

1/31/2024: 11:30 a.m. - 4:30 p.m., Hinman Dining Center, 4400 Vestal

Endicott

1/13/2024: 9 a.m. - 2 p.m., Our Lady of Good Counsel Church, 701 W Main Street

Johnson City

1/12/2024: 10:30 a.m. - 2:30 p.m., American Red Cross, 365 Harry L Drive

Whitney Point

1/26/2024: 2 p.m. - 7 p.m., Whitney Point United Methodist Church, 7311 Collins St.

Windsor

1/19/2024: 1:30 p.m. - 5:30 p.m., Our Lady of Lourdes Roman Catholic Church, 594 Kent Street

Tioga Apalachin

1/26/2024: 1 p.m. - 6 p.m., Apalachin United Methodist Church, 303 Pennsylvania Avenue



Interested in a Seasonal Job?



The holidays are one of the best times to get a new seasonal job in New York State. Whether you're looking for a part-time gig to give you a little more gift-giving cash, a second job to support your family, or you're looking for a fresh start in a new career field, there are so many seasonal jobs that are hiring right now.

To find seasonal jobs in your area, visit seasonalworks.labor.ny.gov.

"Snow Shoveling Can Be Hazardous To Your Heart" Continued From Page 1:



The lead author of that scientific statement and long-time American Heart Association volunteer Barry Franklin, Ph.D., FAHA, is one of the leading experts on the science behind the cardiovascular risks of snow shoveling. He has authored a number of studies on the topic, estimating that hundreds of people die during or just after snow removal in the U.S. each year.

"Shoveling a little snow off your sidewalk may not

seem like hard work. However, the strain of heavy snow shoveling may be as or even more demanding on the heart than taking a treadmill stress test, according to research we've conducted," said Franklin, a professor of internal medicine at Oakland University William Beaumont School of Medicine in Royal Oak, Michigan. "For example, after only two minutes of snow shoveling, study participants' heart rates exceeded 85% of maximal heart rate, which is a level more commonly expected during intense aerobic exercise testing. The impact is hardest on those people who are least fit."

A study conducted in Canada a few years ago found that the chance of heart attack after a snowfall increased among men but not among women. The study found that, compared to no snowfall, a heavy snow – about 7-8 inches – was associated with 16% higher odds of men being admitted to the hospital with a heart attack, and a 34% increase in the chance of men dying from a heart attack.

Franklin said winter weather in general can contribute to the increased risk. Cold temperatures may increase blood pressure while simultaneously constricting the coronary arteries. Those factors, combined with the higher heart rate from the extra physical effort, may increase the risk for acute cardiac events. There are even studies that show an increased risk for heart attacks among people using automatic snow blowers. Similar to the extra exertion of pushing shovel, pushing a snow blower can raise heart rate and blood pressure quickly.

"The impact of snow removal is especially concerning for people who already have cardiovascular risks like a sedentary lifestyle or obesity, being a current or former smoker, having diabetes, high cholesterol or high blood pressure, as well as people who have had a heart attack or stroke," he said. "People with these characteristics and those who have had bypass surgery or coronary angioplasty simply should not be shoveling snow."

Franklin said the most important thing is to be aware of the dangers, be prepared and take it easy, including taking short breaks. Even people who are relatively healthy should note that pushing the snow with a shovel is better physically than lifting and throwing it.

The American Heart Association urges everyone to learn the common signs of heart trouble and if you experience chest pain or pressure, lightheadedness or heart palpitations or irregular heart rhythms, stop the activity immediately. Call 9-1-1 if symptoms don't subside shortly after you stop shoveling or snow blowing.

If you see someone collapse while shoveling snow, call for help and start Hands-Only CPR if they are unresponsive with no pulse.



Why You Shouldn't Brush Off the Dentist This Year



When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.



Bald Eagle Viewing in Winter



Winter is a great time to view bald eagles in New York State. Viewing from a safe distance and at planned observation sites can offer an exhilarating and memorable experience. Wintering eagles begin arriving in December and concentrations peak in January and February. Most are heading to their nests by mid-March.

The Hudson River, the Upper Delaware River watershed, and sections of the St. Lawrence River are great

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through its dental.com partnership, a new technology called SmartScan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, SmartScan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.

More information is available at cigna.com and cignadental.com.

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

places to view bald eagles in the winter. DEC maintains two well-marked viewing areas in the Mongaup Valley on the Rio and Mongaup Falls reservoirs.

The following tips will help you to have the best possible experience:

- Use binoculars or spotting scopes instead of trying to get a little closer.
- Don't do anything to try to make the bird fly.
- Respect private property and avoid restricted areas.
- Scan the tree line for eagles that are perched in the tree tops.
- Look overhead for eagles soaring high in the sky.
- Arrive early (7 am-9 am) or stay late (4 pm-5 pm), when eagles are most active.
- Be patient, this is the key to successful viewing.
- For great photos, view these wildlife photography tips.

Warning: Harassing, disturbing, or injuring a bald eagle is illegal.

"Lung Association Report..." Continued From Page 1:

Radon is a naturally occurring radioactive gas emitted from the ground. Radon is odorless, tasteless and colorless, and can enter a home through cracks in floors, basement walls, foundations and other openings. Radon can be present at high levels inside homes, schools and other buildings. It is responsible for an estimated 21,000 lung cancer deaths every year and is the leading cause of lung cancer in people who have never smoked.

Here in New York about 13.9% of radon test results equal or exceed the Environmental Protection Agency (EPA) action level of 4 pCi/L, according to the Lung Association's "State of Lung Cancer" report.

"Radon in homes is more common than you think. In fact, high levels of radioactive radon gas have been found in every state but most places in the country remain under-tested, so this isn't something that should be taken lightly. Exposure to radon is the second leading cause of lung cancer in the United States," said Trevor Summerfield, director of advocacy for the Lung Association. "Testing for radon is the only way to know if the air in your home is safe. The good news is that it is easy to test. Do-it-yourself test kits are simple to use and inexpensive."

After high levels are detected, a radon professional should install a radon mitigation system, which is easy and relatively affordable. A typical radon mitigation system consists of a vent pipe, fan and properly sealing cracks and other openings. This system collects radon gas from underneath the foundation and vents it to the outside. Contact your state radon program for a list of certified professionals in your state. Some state health departments offer financial assistance or low interest loans for radon mitigation.

Learn more about radon testing and mitigation at Lung.org/radon and take the Lung Association's free Radon Basics course at Lung.org/Radon-Basics.

FUN FACTS!

1. Snow-bones are the lines of snow or ice left at the sides of roads after the rest of the snow has melted.
2. The yo-yo was originally a weapon used in the Philippine jungle.
3. Shoes that were specific to left and right were not made until the Civil War.
4. Reading rewires your brain for higher intelligence and empathy.
5. "Wrap rage" is the anger and frustration felt when you are unable to open packages.
6. A German word for nightmare is "alptraum," which literally means "elf dream." In German folklore, elves were dangerous figures who could control dreams and create nightmares.
7. If you type the word "askew" into the Google search box, the entire page will tilt slightly.
8. The Universe's average colour is called 'Cosmic latte'. In a 2002 study, astronomers found that the light coming from galaxies averaged into a beige colour that's close to white.
9. You remember more dreams when you sleep badly.
10. Giraffes are 30 times more likely to get hit by lightning than people.
11. Miami is the only major US city founded by a woman.
12. Cookie Monster's real name is Sid.
13. A grizzly bear's bite is strong enough to crush a bowling ball.

New Year, New Goals, Less Waste

By: Amanda Laverty, Sea Grant Knauss Fellow for the NOAA Marine Debris Program

Happy New Year! Did you make any goals or resolutions for the upcoming year? Here at the Marine Debris Program, we are striving to reduce the amount of waste we produce annually. The EPA estimates that, on average, Americans generate 4.40 pounds of waste per person per day. Now that is a lot of trash and unfortunately, much of it becomes marine debris. The good news is that because we are the problem, we can be the solution too! By committing ourselves to one or more of the goals below, we can help move in the direction of a cleaner and healthier world. If we strive to reduce our individual impacts, we can make a huge difference together! Here are a few simple ways to get started:

1.) Switch to reusable coffee cups

Goal: Bring a mug for your morning coffee.

Result: At even just two drinks a week, you will prevent over 100 disposable cups, lids, and drink sleeves from entering the waste stream over the course of one year.

2.) Use reusable bags

Goal: Bring reusable bags to the grocery store or for any other shopping activities.

Result: If you use five bags every week, you will save over 250 plastic bags from entering the waste stream this year.

3.) Skip the straw

Goal: When you go out to eat, inform your server that you prefer not to have plastic straws in your drinks.

Result: At every meal out, you can choose to reduce the total amount of straws that go to a landfill or end up in the ocean.

4.) Change to cloth towels

Goal: Consider using towels or washcloths rather than paper towels.

Result: By using reusable and washable towels, you will not only drastically reduce the amount of paper waste, but you will also save money!

5.) Shop in bulk and fill your own containers

Goal: Most of the plastic and waste we produce is from single-use packaging. Focus on unpackaged items when you shop and seek out stores with bulk goods where you can bring your own containers.

Result: You will generate less single-use packaging and save money to boot! In many cases, buying in bulk is less costly than individually-packaged items.

There are many ways you can reduce the amount of waste you produce on a daily basis! Challenge yourself this New Year to pay close attention to the amount of waste you produce over the course of one day or one week. The more attention we give this problem, the more incentive we will find to correct it. Try adopting one of the goals above and focus on it for a month. After you get the hang of a change in routine, it won't be hard to meet your waste reduction goals this year.

Martin Luther King Jr: A Visionary Leader in the Fight for Civil Rights

Martin Luther King Jr., a Baptist minister, social activist, and Nobel Peace Prize laureate, is celebrated as one of the most influential figures in the American Civil Rights Movement. Born on January 15, 1929, in Atlanta, Georgia, King dedicated his life to advocating for racial equality, justice, and nonviolent protest. His enduring legacy has left an indelible mark on the fabric of American society, inspiring generations to strive for a more inclusive and equitable world.

Early Life and Education:

Martin Luther King Jr. was born into a middle-class family with a strong tradition of activism and service. His father, Martin Luther King Sr., was a prominent pastor, and his mother, Alberta Williams King, was a former schoolteacher. King's upbringing in the African American Baptist church deeply influenced his values and commitment to social justice.

King's early education was marked by exceptional academic achievements. He skipped both the ninth and twelfth grades, enrolling at Morehouse College in Atlanta at the age of 15. It was during this time that he was exposed to the teachings of Mahatma Gandhi, which would later profoundly shape his approach to activism.

The Montgomery Bus Boycott:

King's journey as a civil rights leader gained significant traction during the Montgomery Bus Boycott in 1955. The boycott, triggered by Rosa Parks' refusal to give up her seat on a segregated bus, marked the beginning of a new era in the fight against racial segregation. Martin Luther King Jr. emerged as a prominent leader, advocating for nonviolent resistance as a powerful tool for social change.

King's eloquent speeches and commitment to peaceful protest played a pivotal role in the success of the boycott,

Join New York State in Celebrating Dr. Martin Luther King Jr.

OPWDD (Office for People With Developmental Disabilities) is proud to join Governor Kathy Hochul and all New Yorkers in honoring the legacy of Dr. Martin Luther King Jr. as New York State hosts the 2024–2025 Dr. Martin Luther King, Jr. Memorial Observance with its annual broadcast that will be aired statewide on PBS channels beginning MLK weekend, January 13-15. In addition to viewing options on PBS stations statewide, “New York State Celebrates Dr. Martin Luther King, Jr.” can be viewed at empirestateplaza.ny.gov/nyking, beginning at 10 a.m. on January 16.

The public is also invited to attend a special “NYS Celebrates Dr. Martin Luther King, Jr.” screening on Monday, January 8, at the Empire State Plaza Convention Center.

In addition to these special events, New York State holds several initiatives each year to fulfill Dr. King's vision of community. These include the Dr. Martin Luther King, Jr. Volunteer Fair on January 10, the Dr. Martin Luther King, Jr. Statewide Food Drive, which is now underway and runs through February 9, and the Dr. Martin Luther King Jr. Statewide Book Drive, which runs from February 20 to April 19.

Moreover, a virtual gallery of students' work who participated in the Dr. Martin Luther King, Jr. Student Fine Arts and Essay Exhibition will be on display from January 15 through February 29.

For details about these events and how you can participate, visit <https://empirestateplaza.ny.gov/nyking>.

ultimately leading to the Supreme Court's ruling that segregation on public buses was unconstitutional. This victory not only dismantled a discriminatory practice but also propelled King to the forefront of the civil rights movement.

The Southern Christian Leadership Conference (SCLC):

In 1957, King co-founded the Southern Christian Leadership Conference (SCLC), an organization committed to coordinating and supporting nonviolent direct action to end segregation and disenfranchisement of African Americans. The SCLC became a driving force behind major civil rights campaigns, bringing attention to the racial injustices prevalent in the South.

The March on Washington and "I Have a Dream":

One of the most iconic moments in Martin Luther King Jr.'s life came on August 28, 1963, during the March on Washington for Jobs and Freedom. Standing in front of the Lincoln Memorial, King delivered his legendary "I Have a Dream" speech, calling for an end to racism and envisioning a future where individuals are judged by their character rather than the color of their skin.

This speech became a rallying cry for the civil rights movement and solidified King's reputation as a charismatic and inspirational leader. The march itself drew attention to the urgent need for civil rights legislation, leading to the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

Legacy and Assassination:

Martin Luther King Jr.'s tireless efforts and dedication to justice earned him the Nobel Peace Prize in 1964, making him the youngest recipient at the time. However, the struggle for civil rights faced significant challenges, and King continued to work towards economic justice and equality in the years that followed.

Tragically, on April 4, 1968, Martin Luther King Jr. was assassinated in Memphis, Tennessee. His untimely death shocked the nation, but his legacy endured. King's contributions to the civil rights movement paved the way for subsequent generations of activists, and his message of equality, justice, and nonviolent protest continues to resonate globally.

Martin Luther King Jr.'s impact on the civil rights movement was profound and enduring. His legacy transcends the boundaries of time and space, inspiring people worldwide to stand up against injustice and advocate for equality. As we commemorate his life and achievements, it is essential to reflect on the progress made and the ongoing work required to fulfill King's dream of a truly inclusive and harmonious society.

Grad Ads



Grad Ads are the perfect way to commemorate achievements and celebrate milestones. In addition, revenues from Grad Ads help our school create a better yearbook. This is optional and an additional cost, and must be created online at Jostens.com.

To purchase your ad online, please go to [Jostens.com](https://jostens.com) and follow the instructions on the website. Jostens is responsible for our school's yearbook ad sales. Please do not contact or send materials to the school. Our school reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

All Grad Ad orders must be placed by February 8, 2024.

I love the 1980's

TRIVIA WITH A TWIST

TRIVIA NIGHT

80's Trivia Night At
The Belmar!
Monday, 1/15/24,
6:30PM, The
Belmar Pub and
Grill

Lets get down with some 80's trivia! Everything 80's trivia from movies, TV, music, and politics.
Get dressed up, best dressed gets a bonus point.
Teams of 6 players or less, no phones and always FREE to play. Prizes for the top 3 teams.
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vs. SV Staff

Venue: SVHS Gymnasium 1040 Conklin Rd. **Hosted By:** Brookside PTA

Date: Wednesday January 24th **Game Time:** 7:00 pm **Doors Open:** 6:00 pm

Advance Tickets:		Tickets At The Door:		Reserved:	Courtside Plus:
Students	General Admission	Students	General Admission		
\$15	\$15	\$18	\$18	\$25	\$40

Tickets on Sale at:
<https://harlemwizards.com/schedule-tickets/>

Other Info: <https://www.facebook.com/groups/254922273047523>, or contact the PTA at svbrooksidepta@gmail.com

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AFTER SCHOOL ART
MAKE A SNOW GLOBE

AGES 6 - 12

3-POINT SHOOTING CONTEST

Monday, January 22
Ages 6 – 12 years
Time 4:00-5:00 pm
Kirkwood Public Library

Get creative and crafty after school! With a focus on found materials, we'll try new techniques and make unique projects each month. This month we'll make a snow globe.

Wednesday, January 24th
6PM - 7:30PM
Kirkwood Rec Center
Cedar Rapids Main Campus

We Rock the Southern Tier

11 Locations to Serve You

NY: Windsor • Lounsberry • Owego • Oxford
Conklin PA: Birchardville • Lenox
Montrose • New Milford • O'Dell • Wysox

Rock Products — Sand & Gravel
New York State DOT & PennDOT Approved Materials

CRUSHED STONE: NY- #1a, #1, #2, #3, Crusher Run, Screenings, Landscape Red Rock.
PA- AASHTO #8, #57, #1, #3, #2A Modified. RIP RAP / LANDSCAPE BOULDERS: NY- Fine, Light, Med., Heavy Stone Fill, Stackable Laid Rock. PA- R-3, R-4, R-5, R-6, R-7, R-8.
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