



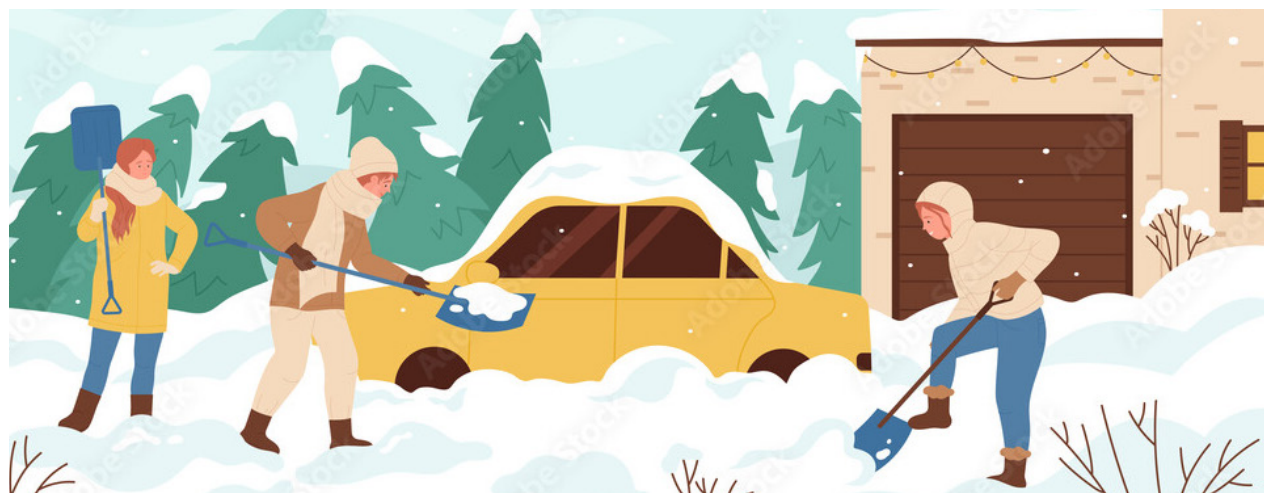
The Vestal Town Crier

Proud to Be Your Hometown News for Over 44 Years



Vol. 35 No. 21 NEWSTAND PRICE \$1.00 Friday, January 12, 2024 SUBSCRIBE at Publisher@TiersNews.com

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 3

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



Blood Donation Facts On Page 8

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



PET OF THE WEEK:

Coaly



Hi! I'm Coaly! I'm a two year old bernedoodle! I now live with my mom in Vermont! I love running outside, going for long hikes and snuggling with everyone!

Send in a photo of your pet with a short bio to: kirsten@tiersnews.com to have your pet in the paper!



PAGE 4 Photos Courtesy Of Kaitlyn Hession!



VESTAL BOYS BASKETBALL VS WINDSOR



Calendar

Friday, January 12th
 >Early Release Day
 More info on page 7
 >VPL Open Game Day (All Ages Welcome)
 11AM - 3:30PM, Meeting Room

Saturday, January 13th
 A Railroad Lecture Series
 More Info On Page 8

Sunday, January 14th
 Vestal United Methodist Church Game Night,
 1PM

Monday, January 15th
 Martin Luther King Jr. Day
 No School

Tuesday, January 16th
 Mickey Greenberg Night!
 VHS, 6:30PM, More Info On Page 7

Wednesday, January 17th
 >Board Game Night
 6PM, VPL
 >New Visions Recruiting Event At VHS
 More Info On Page 8

Tuesday, January 23rd
 Java Joe Jammers - Live Music
 6PM, VPL Meeting Room



Vestal Fire Department Responses

vestalfire.com

by Walt Schlundt, Public Information Officer

01/02 12:18	Vestal Road	Carbon monoxide alarm
01/04 13:03	Vestal Road	Car into building; unknown injury
01/05 09:09	East Drive	General fire alarm
01/06 09:01	Vestal Parkway E.	General fire alarm
01/06 14:45	Colgate Street	Wires arcing
01/06 17:37	Owego Road	Carbon monoxide alarm
01/06 22:08	Sandy Drive	Unknown type fire
01/07 09:21	Foster Road	Accident - Car into a garage
01/08 09:51	Vestal Parkway W.	Vehicle roll-over - possible entrapment



VESTAL POLICE REPORT

Randy Cummings, 79, Vestal, arrested for Criminal Contempt 2nd Degree for violating a court order regarding keeping his dog restrained when in public and contained in a fenced enclosure.

Mark Madden, 55, Vestal, arrested for Petit Larceny for shoplifting from Aldi.

Marcy Paolucci, 40, Endicott, arrested for Petit Larceny for shoplifting from Wal-Mart.

Corey Brookes, 31, Apalachin, arrested for Driving While Intoxicated, Aggravated Unlicensed Operation 1st Degree, Uninspected Motor Vehicle and driving on a restricted license after a motor vehicle accident.

Kathleen Tyler, 31, Lisle, arrested for Petit Larceny for shoplifting from Wal-Mart.

Mujahmid Smith, 42, Binghamton, arrested for Driving While Intoxicated, Driving While Intoxicated-More than .08 BAC, Refusal of Breath Test and Moved from Lane Unsafely after a traffic stop.

Kelly Norton, 57, Montrose PA, arrested for Driving While Intoxicated, Driving While Intoxicated-More than .08 BAC and Aggravated Driving While Intoxicated-More than .18 BAC after an investigation of a vehicle driving through the front yard of a residence.

Chakaris Glover, 37, Binghamton, arrested for Grand Larceny 4th Degree and Identity Theft 1st Degree for using a stolen bank account number to pay her personal bills.

Lucas Tanner, 24, Unadilla, arrested for Bail Jumping 3rd Degree for failing to appear in court on a scheduled court date or within 30 days thereafter.



Advanced Resume Development/ Skills Based Resume Writing Virtual Workshop

Tuesday, January 16, 2024, 1 – 2 PM

This is a virtual workshop, please visit the Zoom link below to register: https://us06web.zoom.us/webinar/register/WN_FjYUpxJtT8q8qyw841D8Fw

This workshop will help you understand the purpose of a resume, review concepts in building a resume, and discuss how to effectively convey your talents specifically to the job you're applying for. We will provide helpful tips on the construction of your resume, information on what hiring businesses are looking for, and even transform a sample resume into a Skills Based format! Additionally, we will touch on cover letters and how to search for quality job leads.

For participants with disabilities, if you require any reasonable accommodations to participate in the event, please notify the Customer Engagement unit at least 72 hours prior to the event at virtualworkshops@labor.ny.gov. We will make every reasonable effort to secure an accommodation that will meet your needs.

Vestal Town Crier

Vestal Town Crier (USPS 0052-26)
 Published weekly by Newspaper Publishers LLC
 PERIODICAL POSTAGE PAID at Conklin, NY 13748
 POSTMASTER: Send address changes to:
 Vestal Town Crier P.O. Box
 Publisher: Gretchen VanWalterop
 607 775-0472
 Member



NEWS/ADVERTISING DEADLINE
 The Vestal Town Crier 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 Vestal Town Crier are \$35 a year in Broome County, \$100 outside of Broome County, and papers are mailed every Thursday from Conklin.

LETTERS TO THE EDITOR
 All letters to the editor are welcomed. 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.

We are delighted to have your news! Your photos are welcome! Contact us:
 Call us today: 607 755 0472 E-mail: news@tiersnews.com



Golden Bears Look for Improved Rankings in 2024

By Hal Ehrhardt

Coach Joe Shore used the final December rankings to remind his team that the only rankings that count are the ones at the end of the season. After their first month of meets the Golden Bears have a few top-ranked athletes in Section 4 Top-25 ranked individuals but have no one ranked in the Top-25 of Section 4 in half of the individual events among the 22 teams. The highest ranked Golden Bear is Ben Elie who has the #4 6-dive score in Section 4. He also leads the Golden Bears in the 50 Free. Logan Kim leads the Vestal swimmers with Top-10 rankings in both the Fly and the Backstroke. Adi Banerjee is the highest ranked Golden Bear in the 100 Breast and also earned a Top-25 ranking in the 100 Back. Newcomer David Cozma is the only first year Golden Bear to earn a Top 25 ranking (100 Breast) and he also earned Top-10 Freshman rankings in the IM and 500.

Among the younger swimmers, Ben Hutchings leads the Golden Bears in the 200 Free while also earning Freshman Top 10 rankings in the 50 Free and 100 Free. Sayum Singhal has Top 10 Freshman rankings in the IM, Fly, 100 Free and Backstroke and leads the Golden Bears in the IM. Sophomore Lucas Matt leads the 500 Free list for the Golden Bears with a Top-10 Sophomore ranking, while also earning a Section 4 Top-25 ranking. Gavin Hantsch earned a Sophomore Top-10 ranking in the 500 Free along with Matt. Other newcomers who earned Class Top-10 rankings include Finn Hynes (200, 500, Back), Jayden Kim (Back), and Cameron Smith (Breast).

Others who earned Top-25 among the seven Class A schools included Harrison Cappellett, Ocean Sun, Luke Sobel, Michael Xue and Derek Dai. Among the relay teams the Medley relay featuring L. Kim, Banerjee, Hutchings and Elie is ranked 9th, while the 200 Free relay team of Elie, L. Kim, Sun and Hutchings is 10th. Singhal, L. Kim, Matt and Banerjee turned in the 11th fastest 400 Free relay among the 22 Section 4 teams.

Vestal Rankings in Section 4 as of 12/26 (S=STAC Top-25; A=Class A Top-25)

200 Medley Relay: 1st CV (1:38.17); 9th L. Kim, Banerjee, Hutchings, Elie (1:52.54 S-8, A-4);
 200 Free: 1st Schultz (CV 1:43.06); Hutchings (2:12.64 A-12, #4 Fr); Cappellett (2:13.98 A-14); Matt (2:17.35 A-17); Sun (2:20.98 A-22); Hynes (2:21.64 A-24, #8 Fr);
 200 IM: 1st Schultz (CV 1:52.63); Singhal (2:26.78 A-12, #4 Fr); Cozma (2:35.75 A-17, #8 Fr); Matt (2:38.36 A-19); J. Kim (2:45.77 A-22);
 50 Free: 1st Sadykov (CV 20.44); Elie (24.97 A-15); Banerjee (24.98 A-16); Hutchings (25.41 A-21, #2 Fr);
 Diving (6): 1st Jardin-Reed (COR 330.85); 4th Elie (247.25 S-4, A-3, #2 Jr);
 Diving (11): 1st Jardin-Reed (COR 553.05); No Vestal 11-Dive Results
 100 Fly: 1st Sadykov (CV 51.53); 9th L. Kim (59.19 S-8, A-4, #4 Jr); Singhal (1:06.85 A-13, #4 Fr); Sobel (1:30.03 A-25);
 100 Free: 1st Schultz (CV 47.60); L. Kim (55.13 S-23, A-10); Banerjee (55.14 A-11, #10 Sr); Hutchings (56.66 A-20, #3 Fr); Singhal (59.49 A-23, #4 Fr);
 500 Free: 1st Li (HH 4:51.81); 23rd Matt (6:07.41 S-18, A-9, #6 So); Cappellett (6:19.41 A-14); Hynes (6:21.13 A-15, #5 Fr); Cozma (6:24.66 A-16, #7 Fr); Hantsch (6:48.19 A-22, #10 So);
 200 Free Relay: 1st CV (1:29.46); 10th Elie, L. Kim, Sun, Hutchings (1:42.94 S-8, A-5);
 100 Back: 1st Sadykov (CV 53.45); 6th L. Kim (1:00.62 S-5, A-2, #2 Jr); 23rd Banerjee (1:05.46 S-20, A-9, #10 Sr); Singhal (1:09.28 A-14, #3 Fr); J. Kim (1:13.11 (A-19, #5 Fr); Cappellett (1:14.03 A-20); Hynes (1:15.77 A-23, #9 Fr);
 100 Breast: 1st Schultz (CV 57.16); 9th Banerjee (1:09.48 S-11, A-6, #7 Sr); 24th Cozma (1:14.95 S-23, A-10, #4 Fr); Smith (1:20.79 A-16, #7 Fr); Xue (1:26.39 A-23), D. Dai (1:27.78 A-25);
 400 Free Relay: 1st CV (3:18.50); 11th Singhal, L. Kim, Matt, Banerjee (3:55.70 S-91, A-5);

The team has had nearly 4 weeks of dedicated practice over the holidays. On Tuesday (1/16) they travel to Ithaca for their first meet of the new year. Last year they won their third consecutive dual meet over Ithaca, but the Little Red finished ahead of the Golden Bears at Sectionals, so this year's meet figures to be another close one. The Little Red have a pair of Top-5 ranked swimmers and their free-style relays are ranked just above the Golden Bears. They have a larger team than last year, but still lack depth in several events. The Golden Bears will need to use their own depth to finish on top of the final meet score.



Business Formation • Real Estate • Wills & Estates
Experienced - Reliable - Affordable
 Free 1/2 Hour Consultation
LAW OFFICE OF
DAVID S. BERGER
607-239-6766
 Real Estate • Closings • Deed Transfers • Title Insurance
 • Leasing • Mortgages • Elder Law • Wills • Estates • Trusts
 • Corporation Formations • Partnerships • LLC • Solo Business Start-Ups
 • Business Disputes & Collections • General Business Advice • Personal Injury
 dbergerattorney@gmail.com 301 N. Stage Rd., Vestal

“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.

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.

VESTAL BOYS BASKETBALL

VS WINDSOR

PAGE 4
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/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.

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 cigna-dental.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.

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

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.

The Humane Society Of Broome County Emphasizes That Pets Require Time To Acclimate To Their New Homes

In light of many individuals receiving pets as gifts, the Broome County Humane Society is providing guidance for those facing challenges with their new animals.

The humane society emphasizes the significance of recognizing that all animals undergo an adjustment period when transitioning to a new home. This adjustment period varies, ranging from a few weeks to as long as a year.

If you find that pet ownership is not suitable for you, it is recommended to engage in a thoughtful conversation before taking further steps.

Initiate a family discussion first; surrendering an animal to an animal shelter and finding a new home is a serious matter. Ensure everyone is in agreement, and communicate with either your local shelters or the facility where you acquired the animal, advises Shelter Manager Amberly Ondria.

The humane society underscores the importance of acting in the best interest of your pet but strongly discourages abandoning animals as an option.

BROOME COUNTY LEGISLATORS

Kelly F. Wildoner
District 3 (Town of Binghamton,
Conklin & Vestal)
kelly.wildoner@broomecountyny.gov

Stephen J. Flagg
District 1 (City of Binghamton,
Towns of Colesville, Fenton &
Kirkwood)
stephen.flagg@broomecountyny.gov

Scott D. Baker
District 2 (Towns of Kirkwood,
Sanford & Windsor)
scott.baker@broomecountyny.gov

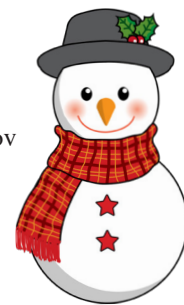
Chairman-Daniel J. Reynolds (Dist 5)
daniel.j.reynolds@broomecountyny.gov

Maj. Leader-Matthew J. Pasquale (Dist 7)
matthew.pasquale@broomecountyny.gov

Min.w Leader Robert Weslar (Dist 13)
bob.weslar@broomecountyny.gov

Health & Human Services Committee (OVER VETERANS)

Jason Shaw jason.shaw@broomecountyny.gov
Louis Augustini louie.augostini@broomecountyny.gov
Matthew Hilderbrant matt.hilderbrant@broomecountyny.gov
Kim Myers kim.myers@broomecountyny.gov
Mark Whalen mark.whelen@broomecountyny.gov



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.

Mickey Greenberg Night At VHS!

Tuesday, January 16th

Please come out to celebrate Coach Mickey Greenberg as we recognize his 50th year of coaching. Coach Greenberg has impacted the lives, and touched the hearts, of countless student athletes over the last half century and continues to do so today. He is a regional legend and this is an opportunity to acknowledge his amazing contributions to the community.

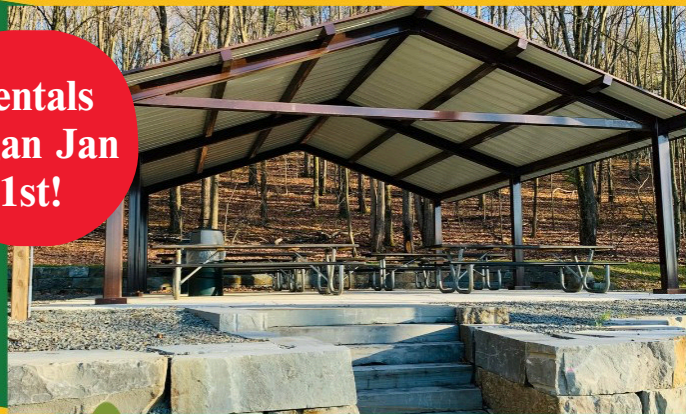
We will honor Coach Greenberg, at 6:30 PM, between the Binghamton vs Vestal JV & Varsity Girls Games, at the Vestal High School Gymnasium.

TOWN OF VESTAL RECREATION DEPARTMENT

ONLINE PAVILION RENTALS AT ARNOLD PARK

Go to vestalny.myrec.com to reserve a pavilion.

Rentals Began Jan 1st!



New Pavilion #4 provided by the Parks Dept

New Visions



Juniors: Explore potential career interests by shadowing professionals in the field. Check out our New Visions program offerings for the 2024-2025 school year.

New Visions is an academically rigorous program for college-bound seniors. Each New Visions academy provides students with practical, real-world work experiences that enhance their knowledge in their chosen field while they apply their academic content knowledge in an integrated setting.



Business



Education



Engineering



Health



Law & Government

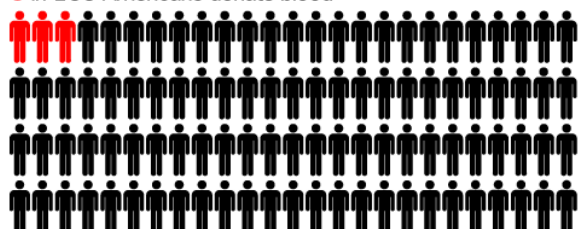


Vestal High School

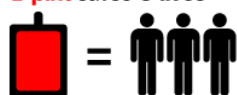
Wednesday, January 17, 2024 1:18 p.m.

“New Visions is an academically rigorous program for college-bound seniors. Each New Visions academy provides students with practical, real-world work experiences that enhance their knowledge in their chosen field while they apply their academic content knowledge in an integrated setting”

3 in 100 Americans donate blood



1 pint saves 3 lives



Donated whole blood may be transfused to a patient as is, or it may be broken down into its transfusable components - red blood cells, platelets, and plasma. Each component can be used to help save a different patient's life. That's up to three patients who can benefit from a single blood donation.

15m pints donated annually



American Red Cross blood supply is 48 hours from being empty

1 person only allowed 6 pints of blood donation within a year



10 pints average amount of blood in human body

PRESCHOOL STORYTIME

SIX WEEK SESSION BEGINS JANUARY 9
TUESDAYS @ 10:30 AM

- Themes:
- 1/9 - Penguins
 - 1/16 - Pizza
 - 1/23 - Sleep **
 - 1/30 - Hats **
 - 2/6 - Dogs
 - 2/13 - Valentine's Day

** This craft involves paint. Please, bring a smock or wear clothes that can get messy.



A RAILROAD LECTURE SERIES

Presented by
The Susquehanna Valley Railroad Historical Society

- Saturday January 13th 2024, 1:00pm- Bob Pastorkey will present *Railway Memories, A Salute to Phoebe Snow* at the **Vestal Public Library**
- Saturday February 10th, 1:00pm-Tom McEnteer will present *Railroads of the Southern Tier* at the **Vestal Public Library**
- Saturday February 17th 2024, 1:00pm -John Goodnough will present *Overview of Regional Railroad History* at **The Vestal Museum**



Come join us for a night of fun!

Sunday, January 14th
STARTS AT 01 PM

Drinks and Snacks

Vestal United Methodist Church