



The Vestal Town Crier

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Student Recognition Breakfast Highlights Special Student Accomplishments

Photos Courtesy of the Vestal School District



A Vestal High School tradition, the Student Recognition Breakfast honors students for leadership, significant personal responsibility, outstanding dedication to learning, a positive attitude, or kindness to others, among other attributes. This year's breakfast was held on February 15, 2024, in the Commons, and over 50 students from all four grade levels were recognized.

Students receiving recognition were:

Freshmen

Mika Friedman, Mikayla Iuzzini, Sunnia Lewis, Danin Muhovic, Chloe Mulcahy, Nathan Schake, Cameron Smith, Tomas Testani, Emily Wickman, and Henry Zhou

Sophmores

Nada Abdalla, Quadiah Callender, Jesus Diaz, Zach Geary, Ava Meza, Preston Scott, and Kaitlin Wahl

Juniors

Alex Bailey, Kaitlyn Berry, Romeo Hime, Megan Jones, Preston Kressly, Simon McConnell, Eli Olmstead, Madison Rucker, Kelsey Smith, Jack Tomancik, Kornkanya Wonghajak, and Delpine Zinkin-Fan

Seniors

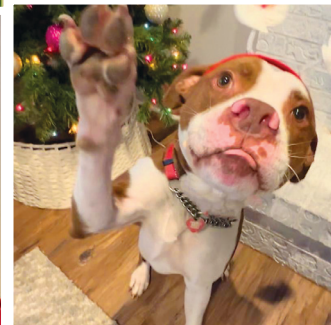
Cayden Bohigian, Marko Boyko, Karly Crooks, Amber Gill, Vanessa Hoke, Jessica LaClair, Rose Luxamarre, James Potenzino, Matthew Shirley, Tyler Showers, Madelyn Slocum, and Ryan Teed



VIEW IN ANNOUNCEMENTS "Two NY Army National Guard aviators killed in Texas"

PET OF THE WEEK:

Bowen



Hi, I'm Bowen! I'm a very goofy boy with a knack for marketing. Follow my blog. I'm an only child, but I have a distant cousin, Dwayne. Hi Dwayne.

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



**Friday, March 15th
NO SCHOOL!**

**Tuesday, March 19th
Dollars For Scholars Meeting**

7AM; Zoom; Visit: vestal.stier.org for more info

Wednesday, March 20th
>ARE Recorder And Ukulele Concert
African Road Auditorium; 7PM
>Won't You Be My Neighbor Day
10:30AM; More info on page 5

Thursday, March 21st
>VMS Grade 8 Promotion Photos Day
> TH Elementary Grade 3 Recorder Concert
Tioga Hills Elementary; 7PM

Friday, March 22nd
>VHE STEAM Night
Vestal Hills Elementary; 6PM
>Bluey Party @VPL
Ages 3-10, 5:30-7:30PM

Register Online at www.vestalpubliclibrary.org

Saturday, March 23rd
>Free Easter Egg Hunt
11AM; Arnold Park, Ages 1-10
>Last Day of Family Swim at VHS



Vestal Fire Department Responses

vestalfire.com

by *Walt Schlundt, Public Information Officer*

Vestal Fire Department Station History

Company Number One was the first fire company in the Town of Vestal. This company was officially incorporated on January 3, 1922. The first fire station in the town was erected in 1924, immediately to the south of the present Station One building on North Main St., at a cost of \$11,114.

The current Station One building was dedicated on October 20, 1962.

The first piece of firefighting apparatus, which cost \$3500, was an American LaFrance triple chemical pump mounted on a Brockway chassis. Funds to purchase this engine were accumulated by firemen, who held fund raising events such as dances, dinners, and door-to-door solicitations.

As time marched on and the town grew, so did the need for greater fire protection. Realizing this need, a meeting was held on January 25, 1938 to form Company-2.



VESTAL POLICE REPORT

Lindsay Dixon, 30, Vestal, arrested for Criminal Possession of a Controlled Substance 7th Degree, Criminal Possession of a Controlled Substance 4th Degree, Aggravated Unlicensed Operation 2nd Degree, Failure to Signal Prior to Turn and Unreadable License Plate for possessing Suboxone and Methamphetamine during a traffic stop.

Steven Warner, 36, Montrose PA, arrested for Petit Larceny for shoplifting from Kohl's.

Amber Bradbury, 38, Johnson City, arrested for Petit Larceny for shoplifting from Wal-Mart.

Lorenzo Jenkins, 38, Vestal, arrested for Violating Sex Offender Registry Requirement, for failing to report current address.

Ryan-Mykal Bacon, 24, Johnson City, arrested for Petit Larceny for shoplifting from Wal-Mart.

Gabriel Kimble, 27, Binghamton, arrested for Driving While Intoxicated, Driving While Intoxicated-More than .08 BAC, Aggravated Driving While Intoxicated-More than .18 BAC, Failed to Use Designated Lane and Driving the Wrong Direction on a One-Way Street after a traffic stop.

Olivia Powell, 20, Endicott, arrested for Petit Larceny for shoplifting from Wal-Mart.

Tyler Neira, 35, Endicott, arrested for Criminal Possession of a Controlled Substance 7th Degree, Criminal Possession of a Controlled Substance 5th Degree and un-inspected motor vehicle for possessing Cocaine and Methamphetamine during a traffic stop.

Kassi Andrus, 24, Johnson City, arrested for Petit Larceny for shoplifting from Wal-Mart.

Kevin Krise, 20, Newfield NY, arrested for Petit Larceny for shoplifting from Kohl's.

Derrick Pease, 30, Vestal, arrested for Violating Sex Offender Registry Requirement, for failing to report current address.

Anthony Franklin Jr., 31, Vestal, arrested for Violating Sex Offender Registry Requirement, for failing to report current address.

Anthony Wahl, 31, Binghamton, arrested for Driving While Ability Impaired by Drugs, Speed in Zone, and Moved from Lane Unsafely after a traffic stop.

Lori Littler, 43, Vestal, arrested for Criminal Possession of a Controlled Substance 2nd Degree, three counts of Criminal Possession of a Controlled Substance 3rd Degree, two counts of Criminal Possession of a Controlled Substance 4th Degree, two counts of Criminal Use of Drug Paraphernalia 2nd Degree, Criminal Possession of a Controlled Substance 7th Degree after the execution of a search warrant.

Vestal Town Crier

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NEWS/ADVERTISING DEADLINE

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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

Letters To The Editor

I suppose the best adjective to convey what's happening in the Town of Vestal is gaslighting, disturbingly it's from the inside out. I've had the privilege to be on a winning team at the Town of Vestal. I'm a low level, but I feel, integral part of a successful functioning unit. In the eight years of my employment at the Town of Vestal, we were led by a winning Town Supervisor, not without his flaws, that was voted out in November of 2023.

A new Town Supervisor stepping into the role January 1st, 2024, came with promises of integrity and transparency. But, like the 91' Giants, the Town of Vestal is now suffering the Handley age, (you can look it up). In less than ninety days I've watched this new leader dismantle a superb police department, inject doubt, disharmony, and outright falsehoods throughout all departments causing a tsunami of discord amongst employees that is collapsing the foundation of all things that made the Town of Vestal a force in Broome County to be recognized.

Now distrust of our newly elected leader and her elected running mates is pinnacle and employee morale are ground-level at best. I've watched humble internal leaders, workhorses,

Department Heads and the like question their own integrity and career paths under the new umbrella of arrogance, recklessness and overall disregard for the roles at hand. The irresponsible choices and decisions being made at the top level lack humility and knowledge, ultimately suffering the foundation of a proven winning team. Like many of my coworkers I find myself scrambling to understand what the end game is for this new regime. That question is still unanswered. Now the Town of Vestal is a snake eating its own tail.

Reminder, Leaders are required to wear many hats. Not many faces.

Submitted by Vestal Town Employee

Vestal Hills Elementary And Vestal Middle School Students Advance To NYS PTA Reflections Adjudication

All eight students who submitted artwork to the regional PTA Reflections contest will be moving up to the New York State level. Congratulations to Vestal Hills Elementary students James Cannon (first grade), Grace Donahue (fourth grade), Madeline Fosco (fifth grade), Katherine Lu (fifth grade), Noah McElligott (fourth grade), and Harrison Weston (fourth grade). Also qualifying for the NYS PTA Reflections contest are Vestal Middle School seventh-graders Kevin Gopalan and Nevin Gopalan.

James Cannon was recognized in the category of Primary Visual Arts. Grace Donahue and Noah McElligott won in the category of Intermediate Literature. Madeline Fosco's photograph moves up in the category of Intermediate Photography. Kevin Gopalan was recognized in the category of Middle School Literature, and Nevin Gopalan in Middle School Music Composition. Finally, Katherine Lu and Harrison Weston both won in the category of Intermediate Visual Arts.

In 2022, Noah McElligott was the first Vestal Hills Elementary student to move up to the National competition, and Madeline Fosco was the first to win at the national level in 2023 with an Award of Excellence in Photography.

The PTA Reflections program provides opportunities, recognition, and access to the arts, which boost student confidence and success in the arts and in life. This year's Reflections theme was "I am Hopeful because..." and categories included Dance Choreography, Film Production, Literature, Music Composition, Photography, and Visual Arts.

Photos Are On Page 4!

Vestal CSD To Host Regional Training For School Nurses, In Collaboration With UHS

Many schools in the Broome-Tioga area will be facilitating professional learning for teachers and staff on Superintendent's Conference Day, Thursday, March 14, 2024. In addition to our traditional professional learning workshops, Vestal Central School District is pleased to partner with UHS to host a regional training for school nurses from 8 a.m. to 3 p.m. at Vestal Middle School.

The proposal was suggested, and the training plan facilitated by Vestal CSD Nursing Department Chair Aishia Mortenson. "I wanted to bring our profession together," explained Mrs. Mortenson.

"Nursing practices are constantly changing, and we are better as a profession when we are able to support and learn from each other."

She went on to point out that regional school nurses have not had the opportunity to network during a school year since 2020 – the beginning of the pandemic.

Mrs. Mortenson collaborated with Caitlin DiGuilio and Courtney Ellis-Jamison, both Family Nurse Practitioners at UHS, to develop the training by determining relevant topics on which to collaborate.

Sessions will include Emergency Preparedness, Stop the Bleed, Broome and Tioga County Resources, the Dominic Murray Sudden Cardiac Arrest (SCA) Act, and more.

Vestal Hills Elementary Treasure Hunt!

By Kaitlyn Hession



Everyone was on the hunt for treasure as the annual Vestal Hills Elementary Treasure Hunt took place at the school on the evening of March 8th.

Students of Vestal Hills and their parents/guardians started their journey at the entrance of the school where they were given the rules of the adventure along with their first clue. After getting a puzzle piece from a station, they were given another clue that led them to their next location. After gathering all the pieces, the groups then headed to their last station to assemble their puzzle pieces that showed where the treasure was. At the end, kids were given candy and a variety of 'Under the Sea' treasures that fit with this year's theme.

The Vestal Hills PTA started this event 3 years ago. During that time, large amounts of people weren't allowed in schools at the same time. To combat this, the organization held a neighborhood treasure hunt where people would go to different houses that were on the route to collect their clues and prizes. Even though many families turned up for the first hunt, it was unsure whether the turnout would be as successful once it started taking place in the school. Turns out, families loved it just as much as a total of 120 students took part in this year's treasure hunt!

"It's so wonderful to be part of a school and a community that really supports its families and wants to help promote that school/home connection," said Vestal Hills PTA President and Substitute Teacher Stephanie Mirabito, "This event is a great way for families to bond!"

Photos Are On Page 8 Courtesy Of Kaitlyn Hession!

EDITORIAL NOTES

We have been receiving letters and reviews of the changes to the Vestal Town Crier, 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. We do so to protect our sources.

WE APPRECIATE ALL STORY TIPS AS WELL
EMAIL TO: News@TiersNews.com

Solar Eclipse at VPL

VPL will host a Solar Eclipse watch event from 2:30 - 4:30 on Monday, April 8. Solar glasses will be included for attendees while supplies last. Solar glasses are available for pick up for personal use for those who cannot attend the event. Limit of two pairs of glasses per family. Please note that the peak solar eclipse will be around 3:20 PM on Monday, April 8.

Vestal Scholars



Aubrey Baker, Golden Bear Volleyball, signed her National Letter of Intent to play with Division I Merrimack College on March 8!

Aubrey is the daughter of Astrid and Chris Baker of Vestal. She is a 3-year member of the Varsity Volleyball team and also ran on the Varsity Track & Field team for 3 years

A 3-year Scholar Athlete, Aubrey was named an AVCA Phenom Watchlist Athlete and has scored Athlete of the Week and Fall Athlete honors locally. She's made the All-Conference Team 3 times and All-State 2 times over her career.

Aubrey plans to study Athletic Training at Merrimack.

Courtesy Of Regina Felice

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Binghamton University Welcomes New Dean Of Students

Amanda Finch brings over 15 years of experience serving SUNY students

By Laura Reindl, Courtesy of Binghamton University



Binghamton University has a new assistant vice president and dean of students. Amanda Finch came to Binghamton in January, previously having spent 15 years at the State University of New York at Oneonta where she was the associate vice president, student affairs. At Oneonta she provided leadership to departments including residential life, health and counseling, student conduct, student life and leadership, the office of student experience, campus recreation and the center for social responsibility.

Finch will oversee the Office of the Dean of Students (DOS), which provides a variety of support programs and services designed to foster the personal and academic development and success of all Binghamton students. Areas that Finch will support include case management services, The Union, Off Campus College, Fraternity and Sorority Life, TRIO Upward Bound and Student Support Services, New Student Programs, Parent and Family Programs, Veteran Services and Campus Activities. Finch will also be responsible for managing communications with elected student leaders.

“I’m so excited to be working with the student leadership at Binghamton,” Finch said. “The students are dedicated to serving their constituents and have a passion for enhancing the Binghamton student experience. The team in the DOS office is incredibly strong and working every day to have a positive impact on students. I’m so proud to have joined the team and look forward to supporting the great work they do.”

Programming And Leadership Development

The DOS takes a holistic approach to student development, working to support students’ overall wellness, with the understanding that academic success is contingent upon success in other areas of life. The student experience outside the classroom is one area the DOS focuses on, providing opportunities to enjoy campus life like University Fest, the Spring Involvement Fair and Spring Fling. Campus Activities coordinates concerts and speaker series, and Late Nite and The Union provide additional opportunities for students to immerse themselves in campus life.

For the many students who live off campus in the local community, the Off Campus College (OCC) within DOS provides assistance navigating any challenges they may face with their off-campus living situation and serves as a liaison to local government officials and others involved in town-gown relations. The OCC offers proactive programming and communication to students living off campus regarding issues that are impactful to them, such as

budgeting, understanding lease agreements, local parking regulations, roommate compatibility, etc. Another natural area of convergence is overseeing fraternity and sorority life, which presents more great opportunities for student growth and development outside the classroom. Participation in student organizations can provide the opportunity to develop leadership skills that employers are looking for. Skills such as budgeting, critical thinking and consensus building are all in high demand and can be proven through experiential learning.

Individual Intervention

The DOS is also where students can go when they are trying to solve a problem that is affecting them academically or personally. In the case of serious illness, family tragedy, financial struggles and other personal emergencies, Finch and her team can point students in the direction of the help and support they need.

The CARE Team is perhaps the most recognizable entity in the University’s case management services. They help students cope with complex situations through identifying the source of the problem and forming strategies to overcome obstacles to success. Their services are nonpunitive — case managers serve as advocates for students.

In addition to the CARE Team, the dean of students facilitates the Students of Concern committee, with the goal of fostering early identification of concerns about students, which are most often disclosed by referrals to the CARE Team from concerned faculty, staff, students or families.

“As the Dean of Students at Binghamton, my primary goal is to provide education, advocacy and support to all students so that they can achieve success in their academic, social and personal development,” Finch said. “The offices that make up the DOS area are an integral part of student success. From support and advocacy to engagement and fun, we’re here to make a positive impact on the student experience at Binghamton University!”



Keep Earth GREEN For Every St. Patrick’s Day to Come!

Here are some environmental organizations that are welcoming donations from anyone and everyone!

1. 350.org
2. Environmental Defense Fund
3. Sierra Club
4. Climate Reality Project
5. Natural Resources Defense Council (NRDC)
6. World Wildlife Fund (WWF)
7. Union of Concerned Scientists (UCS)
8. Climate Central



Photos Courtesy Of Regina Felice and the Vestal School District



Kevin and Nevin Gopalan

Vestal Elementary And Middle School Students' Work Advance To NYS
Continued From Page 3



Grace Donahue, James Cannon, Madeline Fosco, Harrison Weston, Katherine Lu, and Noah McElligott



Friday, March 22nd @7PM
Doors open at 6:30; @VHS
Entry - Donation of any amount
Basket Raffles, team performances,
Parent Jump off and MORE!!!!



There are already 65 trees coming to VPL from Neighborhood Forest to help green our community and inspire youth environmentalism! Sign your child up to receive a free tree this Earth Day by filling out this short form: <https://www.neighborhoodforest.org/parent-registration/...> You can pick up your tree at our annual Seedy Saturday event on Saturday, April 27. Sign-ups are open now through March 15th, trees will arrive the week of Earth Day (April 22)! For Parent FAQs please see: <https://www.neighborhoodforest.org/parent-faqs/>



Won't You Be My Neighbor DAY

Wednesday, March 20

"No act of kindness, no matter how small, is ever wasted." — Aesop
Celebrate Won't You Be My Neighbor Day with us on Wednesday, March 20! Spread love and kindness in honor of Mr. Roger's birthday by being a good neighbor to those around you.

Kindness Storytime with Nathan's Butterflies

Spreading kindness is easy and fun!
Local non-profit organization Nathan's Butterflies will be at VPL on **Wednesday, March 20, at 10:30** to read stories about being kind. We will also do an activity that will empower you to spread kindness to friends, neighbors, or any person you know who needs a pick-me-up.

Family Take & Make Activity

Take & Make activity will be available to pick up at VPL **any time on Wednesday, March 20**. These kits include chalk and an activity packet from Hopeful Neighborhood. Draw inspiring chalk pictures or messages in your neighborhood or color and send a postcard to friends, neighbors, or other special people.



APALACHIN LIONS

69th Annual

EASTER EGG HUNT

Saturday, March 23, 2024 at 1:00 PM

Behind BOCES WEST SCHOOL on Penn. Ave.

Come and see the Easter Bunny.

Free New Digital Vision screening for kids
Free Kids ID's Tioga County Sheriff Dept.
Free Children's books give away by O/A Family Reading Partnership

All except the hunt are inside the TLC-BOCES School from 12:00PM-2:00pm
the **EASTER EGG HUNT is at 1PM**

Please HELP! Bring a non-perishable food item for our local food pantry.

Hope to see you there!! Rain Date: **March 30**

Everyone is Welcome

THIS EPISODE OF BLUEY IS CALLED:



AGES 3 - 10

PARTY

Wackadoo! This episode of VPL is called Bluey Party!
Come for some Bluey-themed fun on Friday March 22 from 5:30 - 7:30! The party will include crafts, activities, and snacks all based on the popular Australian show Bluey!

FRIDAY, MARCH 22

REGISTRATION REQUIRED
SIGN UP ONLINE
STARTING MARCH 1



FREE EASTER EGG HUNT SPONSORED BY THE VESTAL ELKS

SATURDAY, MARCH 23RD

11:00AM AGES 1-10YRS.

ARNOLD PARK, ANDREWS ROAD

Enjoy hunting for eggs by age group and visiting the Easter bunny. Bags are provided. In case of bad weather go to Vestalny.myrec.com or www.vestalny.gov (go to Department - pull down menu and to Recreation) or call the Vestal Recreation Department at (607) 754-3368



9 Surprising Facts About St. Patrick's Day

By HISTORY.com editors, including Amanda Onion, Missy Sullivan, Matt Mullen and Christian Zapata.

1. The Real St. Patrick Was Born in Britain:

Much of what is known about St. Patrick's life has been interwoven with folklore and legend. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in the area now known as Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain. He eventually returned to Ireland as a Christian missionary.

2. St. Patrick Was Never Canonized:

Despite his status as a patron saint, St. Patrick was never actually canonized by the Church during his lifetime. This was primarily because such a process did not exist when he died in A.D. 461. It wasn't until 993 that St. Ulrich of Augsburg became the first saint to be formally canonized, and it was not until the 12th century that the Church established an official canonization process overseen by the Pope. While St. Patrick has not been formally canonized, many consider him to hold saintly status.

3. There Were No Snakes Around for St. Patrick to Banish from Ireland:

Among the legends associated with St. Patrick is that he stood atop an Irish hillside and banished snakes from Ireland—prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. And water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.

4. Leprechauns Are Likely Based on Celtic Fairies:

The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies—tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

5. The Shamrock Was Considered a Sacred Plant:

The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

6. Ireland's Only Female Patron Saint, Brigid, Has Her Own Holiday:

One of Ireland's three patron saints, alongside St. Patrick and St. Columille, St. Brigid (or Bridget) is the patron saint of Irish nuns, newborns, midwives, dairy maids and cattle. Believed to have been born in Ireland sometime around A.D. 450, Brigid was the daughter of a pagan king and an enslaved woman. She grew up to serve the church by building a church in Kildare, which was the site of a former shrine to the Celtic goddess, eponymous to her.

Said to have died in A.D. 524, Brigid's memory was kept alive by the church, which canonized her as St. Brigid. In 2023, Ireland designated February 1 a permanent public holiday in Brigid's honor.

7. The First St. Patrick's Day Parade Was Held in America:

While people in Ireland had celebrated St. Patrick since

the 1600s, the tradition of a St. Patrick's Day parade began in America and actually predates the founding of the United States.

Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida. The parade and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur. More than a century later, homesick Irish soldiers serving in the English military marched in Boston in 1737 and in New York City on March 17. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there. In 2020 and 2021, parades throughout the country, including in New York City and Boston, were canceled or postponed for the first time in decades due to the outbreak of the COVID-19 virus. They returned in 2022.

8. The Irish Were Once Scorned in America:

While Irish Americans are now proud to showcase their heritage, the Irish were not always celebrated by fellow Americans. Beginning in 1845, a devastating potato blight caused widespread hunger throughout Ireland. While approximately 1 million perished, another 2 million abandoned their land in the largest-single population movement of the 19th century. Most of the exiles—nearly a quarter of the Irish nation—came to the shores of the United States. Once they arrived, the Irish refugees were looked down upon as disease-ridden, unskilled and a drain on welfare budgets.

9. Corned Beef and Cabbage Was an American Innovation:

The meal that became a St. Patrick's Day staple across the country—corned beef and cabbage—was an American innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.

Foodbank Of the Southern Tier

APALACHIN LIONS WALK-UP MOBILE FOOD PANTRY

Wednesday – March 27th; 10-11 AM

St. Margaret Mary's Church
1110 Pennsylvania Ave. Apalachin, NY 13732

Pre-registration required

REGISTRATION

Tuesday before – March 26th
At 8:30 AM until full (current limit of 125 registrations)

If you register please attend

Phone: 2-1-1 or
Online: www.foodbankst.org/cfd

Walk-up Pantry
Bring a cart or bags to carry food!

St. Patrick's Day Foods

St. Patrick's Day is a wonderful opportunity to indulge in traditional Irish cuisine. Here are some classic St. Patrick's Day foods you can make to celebrate the occasion:

1. **Corned Beef and Cabbage:** This iconic dish is a staple of St. Patrick's Day celebrations. Corned beef brisket is slow-cooked with cabbage, carrots, and potatoes, resulting in a hearty and flavorful meal.

2. **Irish Soda Bread:** Simple yet delicious, Irish soda bread is a traditional quick bread made with flour, baking soda, buttermilk, and salt. It's easy to make and pairs perfectly with a pat of butter.

3. **Colcannon:** Colcannon is a comforting Irish dish made with mashed potatoes, cabbage or kale, butter, and sometimes scallions or leeks. It's creamy, flavorful, and the perfect side dish for St. Patrick's Day.

4. **Shepherd's Pie:** This hearty casserole features a savory filling of ground meat (traditionally lamb or beef) cooked with vegetables like carrots, peas, and onions, topped with a layer of creamy mashed potatoes.

5. **Irish Stew:** A warming and satisfying dish, Irish stew typically includes chunks of tender meat (such as lamb or beef), potatoes, onions, carrots, and sometimes other root vegetables, all simmered together in a flavorful broth.

6. **Boxty:** Boxty is a traditional Irish potato pancake made with grated potatoes, flour, baking powder, buttermilk, and sometimes eggs. It can be served as a side dish or enjoyed with toppings like sour cream and chives.

7. **Guinness Chocolate Cake:** For dessert, consider making a rich and decadent chocolate cake infused with Guinness stout. The dark beer adds depth and complexity to the cake, making it a favorite indulgence on St. Patrick's Day.

8. **Irish Coffee:** Finish off your St. Patrick's Day feast with a classic Irish coffee. This delightful cocktail combines hot coffee with Irish whiskey, sugar, and a dollop of whipped cream on top.

These classic St. Patrick's Day foods are sure to delight your taste buds and add a touch of Irish flair to your celebrations. Whether you're hosting a festive gathering or simply enjoying a cozy meal at home, these dishes are perfect for honoring the spirit of the holiday. Sláinte! (Cheers!)

FUN FACTS!

- The most frequent google search on International Women's Day is "International Men's Day"
- Bees can recognize human faces. They have an impressive cognitive ability that allows them to distinguish between different faces.
- A group of pandas is called an "embarrassment."
- The average person will spend about six months of their life waiting for red traffic lights to turn green.
- Slugs can hold their breath for up to 40 minutes underwater.
- The shortest commercial flight in the world lasts only 90 seconds. It connects the two Orkney Islands, Westray and Papa Westray, off the coast of Scotland.
- The original name for butterfly was "flutterby." Over time, the words got switched around to become "butterfly."

Total Solar Eclipse Coming Soon!

On Monday, April 8 just after 3 PM, a total solar eclipse will be passing through Western NY to Central NY and then through the northern part of the Adirondacks exiting the state through Plattsburg. While this total solar eclipse travels over a third of New York State, the entirety of the state will be able to see at least 88% of a partial eclipse. Experiencing totality is a once in a lifetime experience! Fun Facts: Last total solar eclipse in NYS was in 1925 and the next ones are expected in 2079 and 2144!

The eclipse will begin in Fredonia, NY, shortly after 2 PM Eastern Daylight Time. Full totality will begin in Chautauqua County at 3:17 PM, moving through the state to Plattsburgh at 3:25 PM. Locations in the path of totality could experience total darkness for up to 4 minutes and as little as 90 seconds, like in Syracuse. Check out a map of the path with the totality timetables (PDF).

To view the eclipse safely, remember the following tips:

- Remember to protect your eyes with specialized solar viewing glasses or pinhole projectors or even a colander!

- Check traffic before heading out for this epic event. Consider using 511NY for current travel conditions. But also remember that with lots of people comes slow and limited cell signal so you may want to have an atlas or maps in the vehicle.
- Speaking of limited cell signal, if you can't get a call out, remember texts with no emoji or images will generally get out when calls when a lot of people are using cell signals.
- Prepare for the weather: April can bring sun, ice, snow, rain, and mud!
- Remember NY statewide annual burn ban is in effect from March 16 through May 14. Do not park on dry (yellow/brown) grass to avoid sparking a wildfire.
- If camping, know the regulations, bring the proper gear, and watch out for ticks.

For more safety tips, check out I Love New York's Eclipse website. DEC will also be posting eclipse information on Facebook leading up to April 8.

Here Is Some Important Information About The Upcoming Presidential Primary

The Presidential Primary for New York State will be held on Tuesday, April 2, 2024, from 6 a.m. to 9 p.m. If you're not sure where your polling place is, contact the Broome County Board of Elections at (607) 778-2172 or visit their website at <https://www.broomevotes.com/>

To view the SAMPLE BALLOTS, please visit: <https://www.broomevotes.com/sampleballots>

DON'T FORGET: EARLY VOTING TAKES PLACE SATURDAY, MARCH 23 - SATURDAY, MARCH 30.

Thanks, and enjoy your day. :)

~ The Town Hall

BROOME COUNTY LEGISLATORS

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Min.w Leader Robert Weslar (Dist 13)
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Health & Human Services Committee (OVER VETERANS)

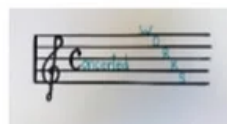
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New York State Burn Ban Between March 15 – May 15

Find us at: www.vestalfire.com
or
Face book - Vestal Fire Department

NYS Burn Ban Starts Now!



The Empire Saxophone Quartet with Joel Smales, Percussion



IN CONCERT, FREE AND OPEN TO THE PUBLIC
SUNDAY, MARCH 24, 2024 4 PM
VESTAL PUBLIC LIBRARY
320 Vestal Parkway East, Vestal, NY 13850

Many women have made contributions to the **Saxophone Quartet Literature** as both composers and arrangers. Come join us for a concert showcasing their works!

Original compositions chosen from works by Erika Svanoë, Rika Ishige, Grace Dunlap, Elaine Zajac, Clara Schumann, Melanie Thorne, Fernande Decruck, Claire Tomsett, Adrienne Albert, Cecile Chaminade, and Carol Chambers, and arrangements and transcriptions of various works and styles by Cheryl Chun, Audrey Cupples, and April Lucas

This program is brought to you through the Music Performance Trust Fund and Local 380-443 of the American Federation of Musicians.

Vestal Hills Elementary Treasure Hunt!

Photos Courtesy Of Kaitlyn Hession



The Amazing Treasure Chest



The Vestal Hills PTA President explains the rules to the kids



Here's your first clue



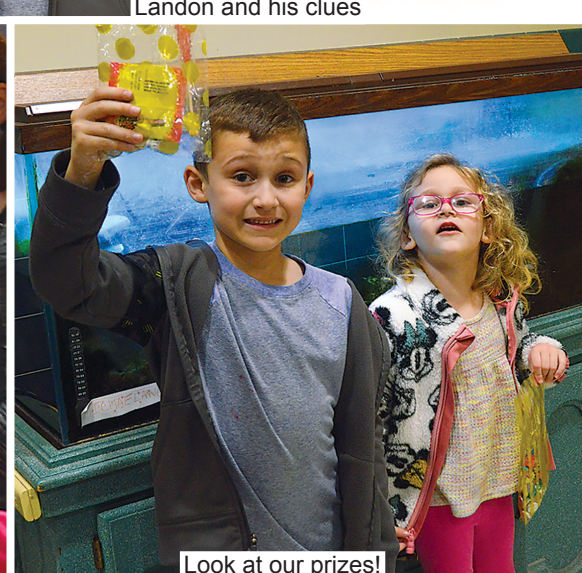
A Clue! A Clue!



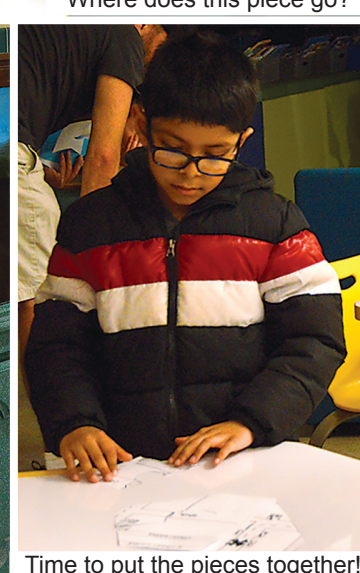
Landon and his clues



Where does this piece go?



Look at our prizes!



Time to put the pieces together!