



# The Vestal Town Crier

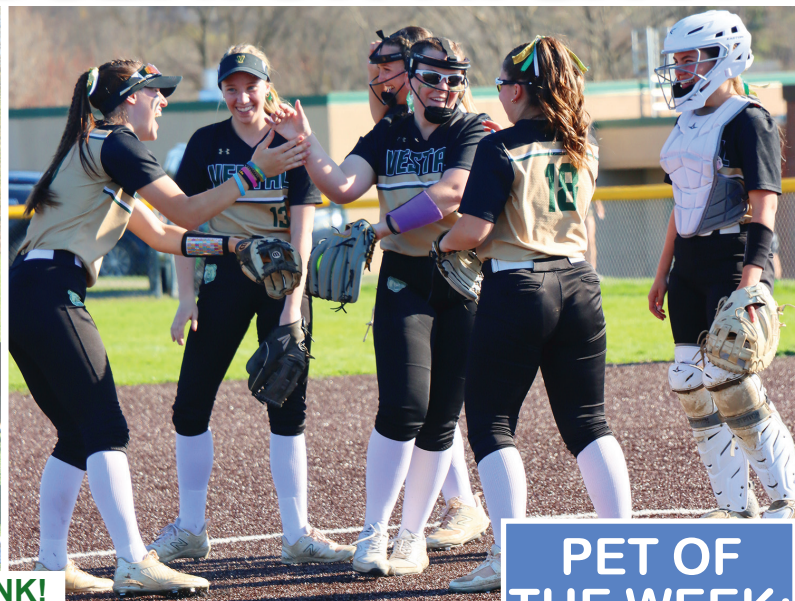
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Vol. 35 No. 38 NEWSTAND PRICE \$1.00 Friday, May 10, 2024 SUBSCRIBE at [Publisher@TiersNews.com](mailto:Publisher@TiersNews.com)

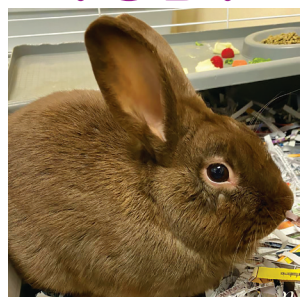
## VESTAL GIRLS SOFTBALL SENIOR NIGHT!

Seniors and their families



PHOTOS ON PAGES 5 AND 8, COURTESY OF MARYESTHER WHITEBRINK!

PET OF THE WEEK:  
**TOBY**



Hi there! I'm Toby! I'm a fluffy, gentle, sensitive boy with a crush on the neighbor's cat, Lola. My ears are big, but not as big as my heart. I love cuddles and gentle pets. My favorite time of day is when mom watches her shows and I get to sleep on her lap. Mom and I are currently watching Three Body Problem.

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

# HAPPY MOTHERS DAY



EVERY CAT'S DREAM PRESENTS...

## APRIL SHOWERS BRING MAY MEOWERS!

KITTEN & CAT ADOPTION EVENT

BAKE SALE  
CRAFTS & ACTIVITIES  
BOTTLE DRIVE



VESTAL PUBLIC LIBRARY  
MAY 11TH, 2024  
10:00AM ~1:00PM



5/11 Kindness and the Magic Ring

Apalachin Lions will be sponsoring a Doug's to go fish fry on May 16th., it will be at the Comfort Inn on Rte. 434 . We will also be holding our annual broom sale at the same location. The time for both events will be 11:00 A.M. until 6:00 P.M.

## A.R.E. Talent Show

The A.R.E. Talent Show will be happening on Friday, May 17, 2024 at 6:30 pm. Second through fifth Grade students will be able to audition on Friday, May 10, 2023 after school approximately 3:20-5:30 pm. Please be prepared to pick up students following their auditions. Please provide a note for students staying after school for the auditions, stating that they will be picked up (not taking the bus or walking home).

Kindergarten and 1<sup>st</sup> Grade students are welcome to perform in a group dance with their grade. The dance will be worked on in their General Music Classes. We are looking forward to showcasing their many talents!

Mrs. Graham





# Vestal CALENDAR

Friday, May 10th

Open Game Day - All Ages

11AM - 3:30PM; VPL Meeting Room

Tuesday, May 14th

>School Board Meeting & Annual Public Budget

Hearing; 6PM; Clayton Avenue

>Teens Outdoor Lawn Games

3PM; VPL Reading Garden

> Mad for Art: Painted Rock Gnomes

6PM; VPL Meeting Room

> VHS Vestal Voices Concert

7PM; VHS Auditorium

Wednesday, May 15th

>Board Game Night - All Ages

6PM; VPL

> VMS Spring Bands Concert

6:30PM; African Road Auditorium

Thursday, May 16th

>District K - 12 Art Show Reception

5PM; Vestal Public Library

> THE Grade 2 Musical

6:30PM; Tioga Hills Elementary

Friday, May 17th

African Road Elementary Talent Show

6:30PM; African Road Auditorium

Monday, May 20th

>Bright and Beautiful Therapy Dogs

6PM - 7:30PM; VPL Youth Department

> VPL Board of Trustees Meeting

6:30PM; VPL Meeting Room

Tuesday, May 21st

>Public vote on School Budget, Bus proposition,

& Election of School Board members...

12PM - 8PM; Vestal Central Junior Gym

> Annual Board of Education meeting and

certification of Vote

9PM; Admin Board of Education Conference

Room

> VHS Orchestra Concert

7PM; VHS Auditorium

Wednesday, May 22nd

> Pins & Needles: Kit and Crochet

6PM; VPL

> ARE Grade 2 Musical

6:30PM; African Road Auditorium

> VHE Band/Chorus Spring Concert

7PM; Vestal Hills Elementary



## Vestal Fire Department Responses

vestalfire.com

by Walt Schlundt, Public Information Officer

**Vestal Fire this week responded to:**

**10 fire alarms, 4 fire alarm activations, 2 EMS assists, 1 sparking vehicle, 2 electrical fires, 3 smoke detector activations, 1 carbon monoxide alarm, and 1 car fire**

04/28	19:36	West Drive	Fire alarm activation
04/28	23:14	Vestal Parkway E.	Commercial fire alarm
04/29	13:24	Castleman Road	Assist EMS
04/29	14:55	Chalburn Road	Disable vehicle - sparking
04/30	00:55	Norris Avenue	Electrical fire in garage
04/30	03:59	East Access Road	Commercial fire alarm
04/30	10:57	Connector Road	Fire alarm
04/30	12:30	Vestal Parkway E.	Possible electrical fire
04/30	14:34	West Drive	General fire alarm
04/30	18:29	West Access Road	Fire alarm activation
04/30	19:45	West Access Road	Fire alarm activation
04/30	22:59	Castleman Road	Assist EMS
05/01	09:50	Connector Road	Fire alarm
05/01	17:21	State Route 267	Mutual aid to Silver Lake, PA for an apartment fire alarm
05/02	09:54	Vestal Parkway E.	First floor smoke detector activation
05/03	05:48	Vestal Parkway E.	Commercial fire alarm
05/03	23:39	East Access Road	Commercial fire alarm
05/04	10:47	Vestal Parkway E.	Car fire
05/04	17:24	Noyes Road	Commercial fire alarm
05/04	20:51	West Drive	Fire alarm activation
05/05	04:42	Clarkson Drive	Basement smoke detector activation
05/06	06:54	Clarkson Drive	Basement smoke detector activation
05/06	11:29	Knight Road	Carbon monoxide alarm
05/06	13:20	West Drive	Rec room fire alarm



# VESTAL POLICE REPORT

Joseph Kleitz, 44, Binghamton, arrested for Driving While Ability Impaired by Drugs and Aggravated Unlicensed Operation 3rd Degree when investigating a check welfare complaint.

Ronald Morse Jr., 41, homeless, arrested for Criminal Possession of a Controlled Substance 7th Degree for possessing Heroin/Fentanyl when investigating a check welfare complaint.

Edward Blatchford, 36, Endicott, arrested for Criminal Possession of a Controlled Substance 7th Degree and Criminal Use of Drug Paraphernalia 2nd Degree for possessing a scale and Fentanyl when being arrested on active warrants.

Monica Bell, 47, Bainbridge, arrested for Petit Larceny for shoplifting from Wal-Mart.

Robert Johnston, 25, Binghamton, arrested for Petit Larceny for stealing vehicle parts from the victim's vehicle.

Rasheed Crawford, 40, Binghamton, arrested for two counts of Petit Larceny for shoplifting from Best Buy on two days.

Christopher Koedatich, 38, Binghamton, arrested for Petit Larceny for shoplifting from Kohl's.

Benjamin Verenich, 29, Utica, arrested for Resisting Arrest and as a Fugitive From Justice, for pulling away from officers who were arresting him on the warrant out of Florida.

William Riley, 41, Endicott, arrested for Criminal Trespass 3rd Degree for entering Best Buy after previously being trespassed from the location.

Degardo Newborn, 48, Binghamton, arrested for Driving While Intoxicated, Driving While Intoxicated-More than .08 BAC, Aggravated Driving While Intoxicated-More than .18 BAC, Aggravated Unlicensed Operation 1st Degree (all felonies), Fail to Keep Right and Refusal of Breath Test after a traffic stop.

Robert Paro, 39, Apalachin, arrested for Driving While Ability Impaired by Drugs and Moved from Lane Unsafely after a motor vehicle accident.

## Vestal Police Department's New "Crime Watch Network" is Live!

This site allows the community to: report crimes, search for past crimes, provide tips, access crime maps, access alerts & community events, and register for alarms/cameras!

Visit: <https://crimewatch.net>

# What Have Reptiles Been Up To All Winter?

As the length of daylight increases and temperatures begin to warm, ectotherms—animals that cannot regulate their own body temperature—will begin to emerge from their winter refuges. Hibernation (or brumation) is how reptiles avoid dying in freezing temperatures and surviving in a landscape where conditions are not warm enough the entire year.



burrow into the mud below water to survive the winter. Most do, but box turtles overwinter in deciduous forests below the frost line in the soil. Also, not every water supply may be adequate for overwintering. During overwintering, different species of turtle have different levels of tolerance to hypoxic (low oxygen) conditions. Snapping turtles can endure almost complete oxygen deprivation for extended periods of time, whereas wood turtles need a constant supply of dissolved oxygen in the water to survive the winter.

Reptiles are not able to regulate their body temperature internally, as they cannot generate body heat. They need an external source of heat to bring their body temperatures to levels where basic activities can occur, such as foraging, digestion of food, basking, shedding, mate searching, and gestation.

Generally, reptiles require two features for survival during their inactive season: refuge from freezing temperatures and an oxygen supply. Even though most turtles are found in close association with water, not all turtles

tles can endure almost complete oxygen deprivation for extended periods of time, whereas wood turtles need a constant supply of dissolved oxygen in the water to survive the winter.

An excellent example of overwintering flexibility can be found in the timber rattlesnake, where here in the North, the species require rocky ledges and talus slopes to survive the winter. Conversely, in the south they may be almost completely submerged at or near the water table during the winter months.

**VESTAL RECREATION**

## Summer 2024 Camps

REGISTRATION IS NOW OPEN

LIMITED SPACE

VESTAL.NY.MYREC.COM

### 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

## IF YOU WANT SOMETHING YOU'VE NEVER HAD, YOU HAVE TO DO SOMETHING YOU'VE NEVER DONE

Fire Dept. Family

For more content like this, visit the Vestal Fire Department on Facebook!

## Foodbank of the Southern Tier- APALACHIN LIONS WALK-UP MOBILE FOOD PANTRY

Wednesday, May 22nd, 2024, 10-11 AM  
St. Margaret Mary's Church  
1110 Pennsylvania Ave.  
Apalachin, NY 13732  
Pre-registration required

REGISTRATION  
Tuesday before – May 21st  
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](http://www.foodbankst.org/cfd)  
Bring a cart or bags to carry food!

## MOTHER'S DAY FUN FACTS!

1. More calls are made on Mother's Day than any other day of the year.
2. Mother's Day is the third highest selling holiday for flowers and plants.
3. One of the earliest Mother's Day celebrations was in Ancient Greece. The Greeks would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood, and generation.
4. The moniker 'Mom' comes from babies. The first thing most babies can vocalize is the 'ma' sound, which is why in almost every language the word for mother begins with the letter 'M' or is some iteration of the 'ma' sound.
5. Woodrow Wilson signed Mother's Day into law as a nationwide holiday in 1914.
6. In 2023, over \$35 Billion was spent on Mother's Day.
7. The most popular gift for Mother's Day is the greeting card.
8. 41% of Americans plan to buy their mom jewelry. However, flowers still remain the most popular gift option, with about 72% of Americans opting for a floral present.
9. Mother's Day is the Third Most-Attended Church Service
10. Carnations are the Official Mother's Day flower.

## Vestal Town Crier

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**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.

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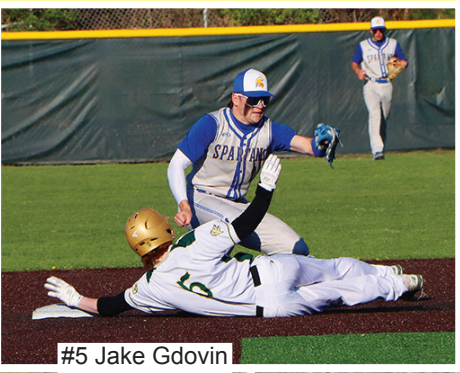
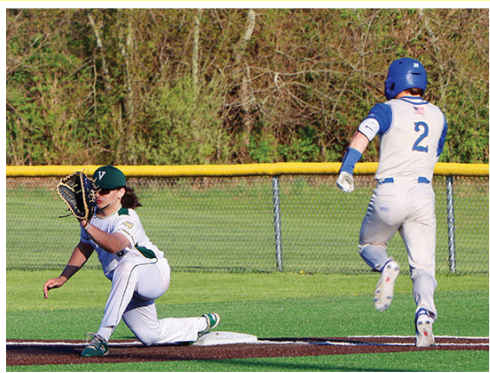


# VESTAL BOYS BASEBALL GAME VS M.E.



Senior Night Photos Coming Next Week!

Photos Courtesy of Maryesther WhiteBrink



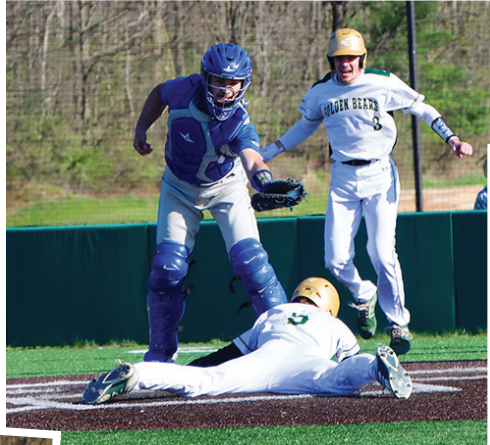
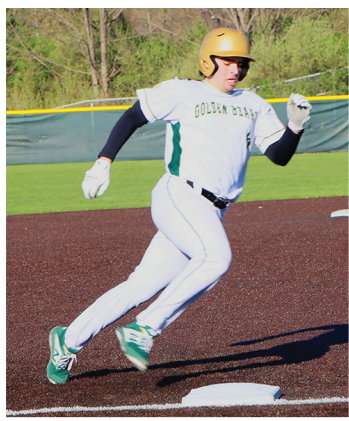
#5 Jake Gdovin



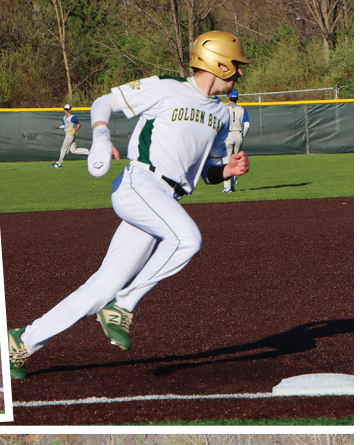
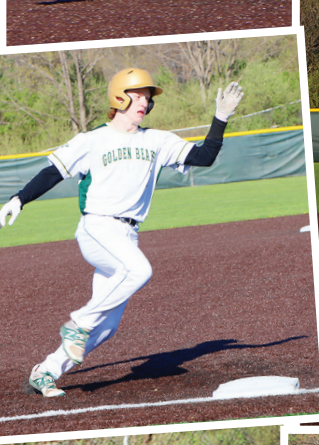
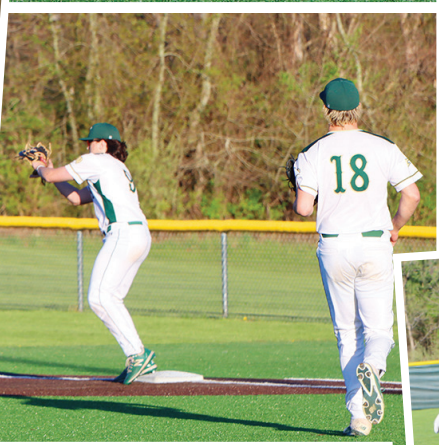
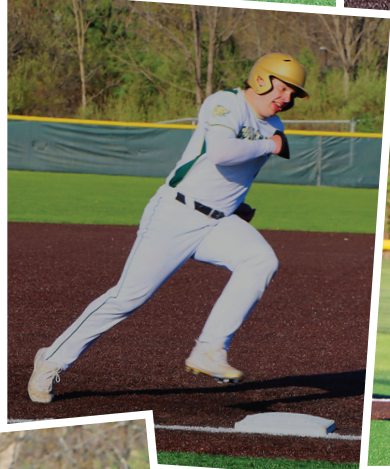
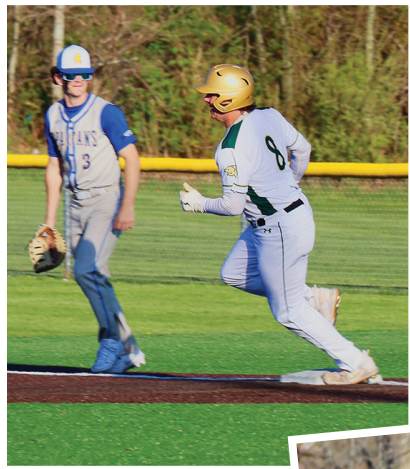
#2 Aidan Traver



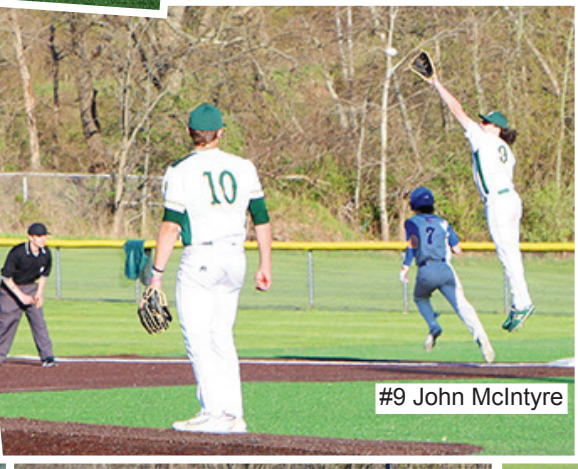
That Batter is OUT



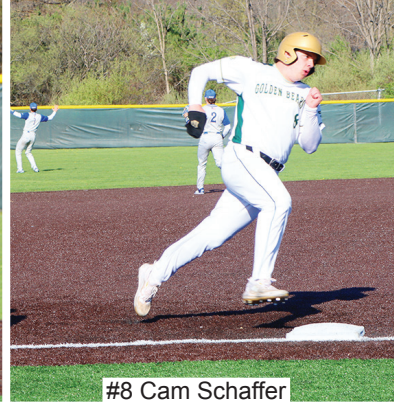
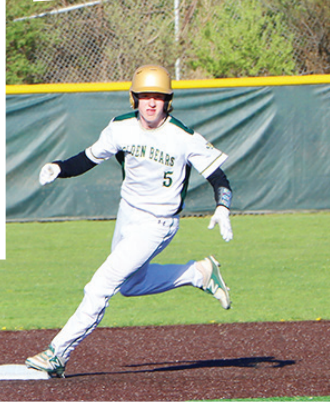
He Caught it!



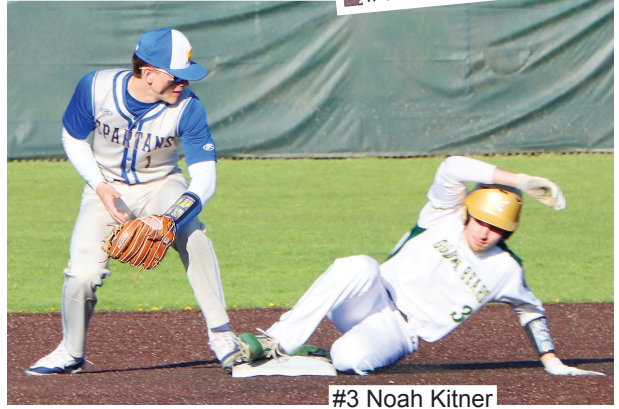
#10 Ben Tanton



#9 John McIntyre



#8 Cam Schaffer



#3 Noah Kitner

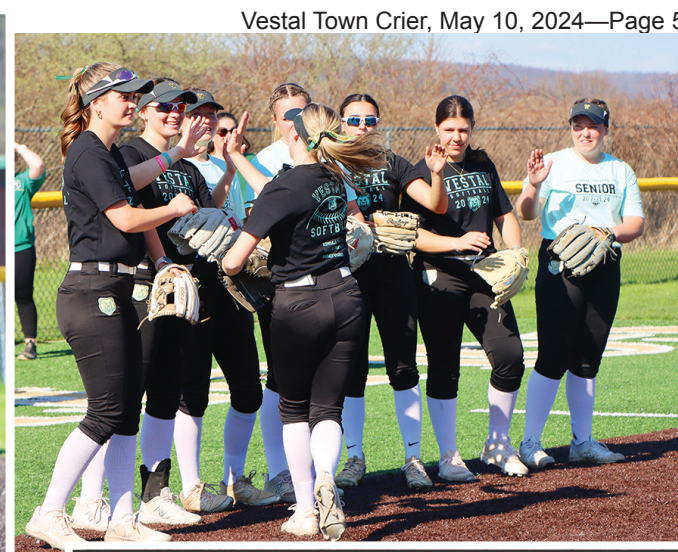
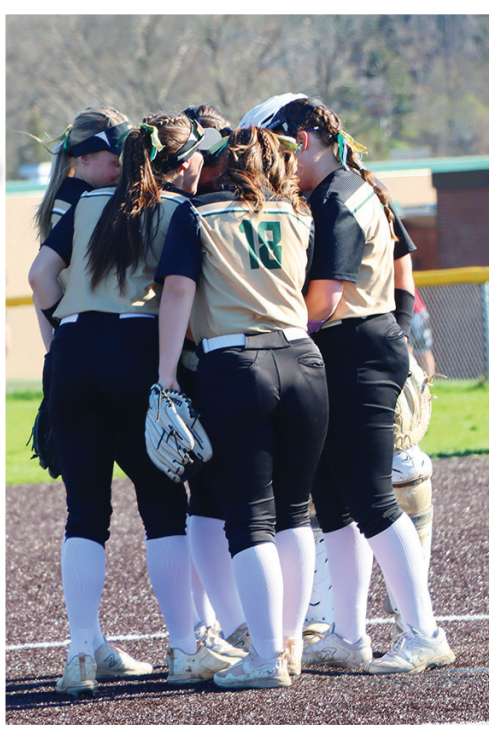


#6 Josh Dozoretz

HOME	INNING	GUESTS
7	7	1
BALL	STRIKE	OUT
•••	•••	•••
Final Score		

# VESTAL GIRLS SOFTBALL

Photos Courtesy of Maryesther WhiteBrink!  
Senior Photos on Page 8!



## SUBURBAN SEPTIC

- Septic Tanks  
Cleaned

- Portable  
Toilet Rentals  
and Sink  
Rentals

332 MAIN ST, KIRKWOOD, NY

**607-775-3693**

# Compassionate Care

Eric S. Veilleux, MD  
Bariatric/Foregut Surgery  
Guthrie Lourdes Hospital

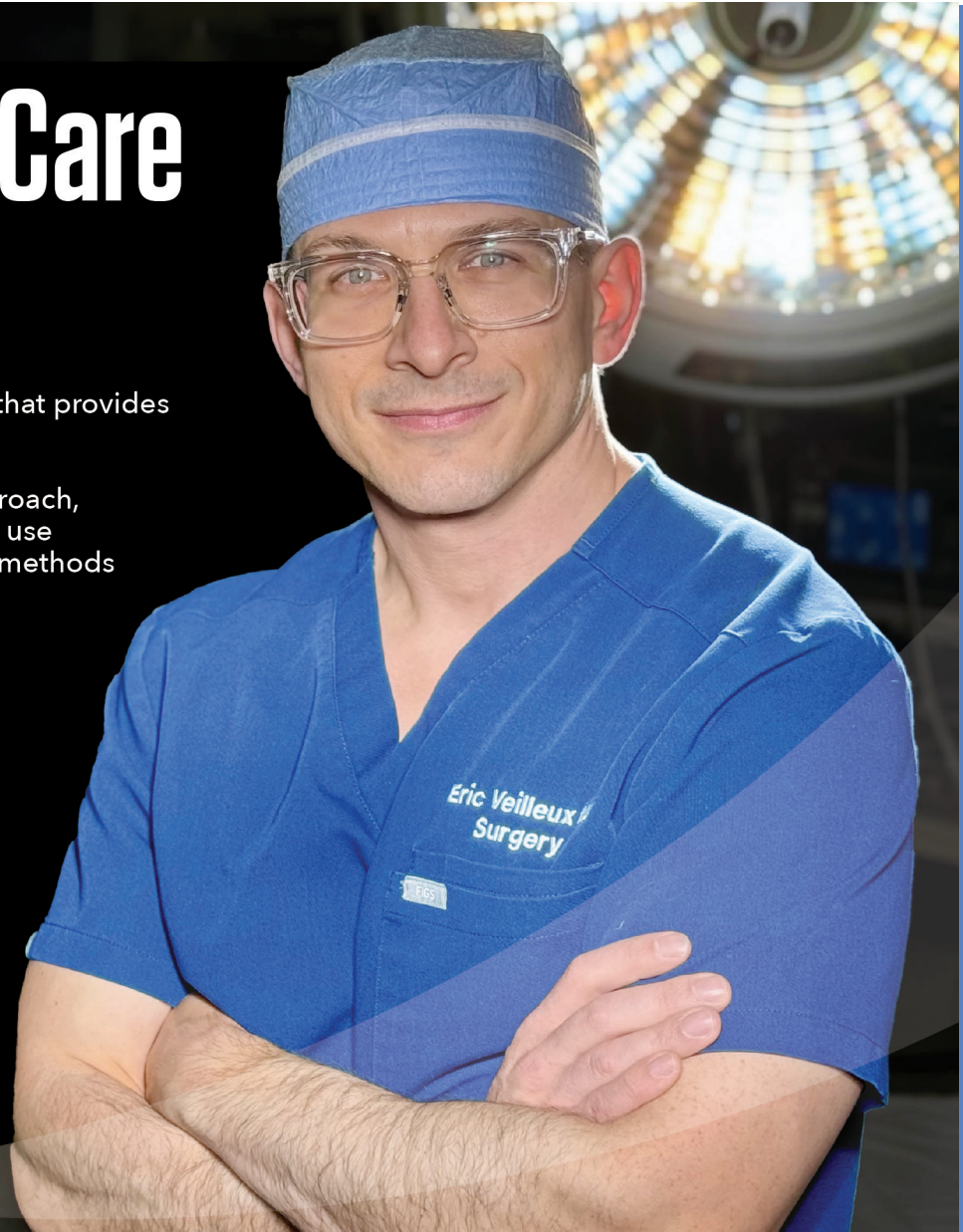
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# VHS 2024 YEARBOOK

## Available to Order!

Online sales of 2024's "The Den" will end on May 31! Yearbooks are \$60 each. If you have not ordered yours, here is the link to order online:

<https://link.entourageyearbooks.com/my/vestal-bears2024>

## Endwell Community Chorus presents



Saturday May 18 7:30 PM

**\*\*New Location This Year\*\***

Vestal United Methodist Church  
328 Main Street  
Vestal NY  
(Elevator Available)

Free Will Donations Accepted

## Broome County Legislators

Kelly F. Wildoner

District 3 (Town of Binghamton,  
Conklin & Vestal)

[kelly.wildoner@broomecountyny.gov](mailto:kelly.wildoner@broomecountyny.gov)

Stephen J. Flagg

District 1 (City of Binghamton,  
Towns of Colesville, Fenton &  
Kirkwood)

[stephen.flagg@broomecountyny.gov](mailto:stephen.flagg@broomecountyny.gov)

Scott D. Baker

District 2 (Towns of Kirkwood,  
Sanford & Windsor)

[scott.baker@broomecountyny.gov](mailto:scott.baker@broomecountyny.gov)

Chairman-Daniel J. Reynolds (Dist 5)

[daniel.j.reynolds@broomecountyny.gov](mailto:daniel.j.reynolds@broomecountyny.gov)

Maj. Leader-Matthew J. Pasquale Dist 7)

[matthew.pasquale@broomecountyny.gov](mailto:matthew.pasquale@broomecountyny.gov)

Min.w Leader Robert Weslar (Dist 13)

[bob.weslar@broomecountyny.gov](mailto:bob.weslar@broomecountyny.gov)

## Health & Human Services Committee (OVER VETERANS)

Jason Shaw [jason.shaw@broomecountyny.gov](mailto:jason.shaw@broomecountyny.gov)

Louis Augostini [louie.augostini@broomecountyny.gov](mailto:louie.augostini@broomecountyny.gov)

Matthew Hilderbrant [matt.hilderbrant@broomecountyny.gov](mailto:matt.hilderbrant@broomecountyny.gov)

Kim Myers [kim.myers@broomecountyny.gov](mailto:kim.myers@broomecountyny.gov)

Mark Whalen [mark.whelen@broomecountyny.gov](mailto:mark.whelen@broomecountyny.gov)

# Ann Jarvis and the Origins of Mother's Day

Every second Sunday in May, millions around the world honor and cherish the women who have shaped their lives with love, sacrifice, and unwavering support. This day, known as Mother's Day, has a deeply rooted history dating back to the early 20th century and owes its inception to the tireless efforts of a remarkable woman named Ann Jarvis.

Ann Jarvis, born on May 1, 1832, in Virginia, was a passionate advocate for social causes and community welfare. She became renowned for her commitment to improving public health and education, particularly in the Appalachian region where she lived for much of her life. However, it was her profound love for her own mother, also named Ann Jarvis, that led to the creation of Mother's Day as we know it today.

Tragically, Ann Jarvis Jr. lost her mother in 1905. This profound loss inspired her to establish a day dedicated to honoring the sacrifices and contributions of mothers everywhere. Her vision was not one of commercialism or grand gestures but rather a heartfelt occasion for individuals to express gratitude and appreciation to their mothers.

The first Mother's Day service was held at Andrews Methodist Episcopal Church in Grafton, West Virginia, on May 10, 1908. Ann Jarvis tirelessly campaigned for the recognition of Mother's Day as a national holiday, advocating for its significance as a day of remembrance and gratitude. Her efforts were met with widespread acclaim, and by 1914, President Woodrow Wilson officially declared the second Sunday in May as Mother's Day, a national holiday to be celebrated across the United States.

However, as Mother's Day gained popularity, Ann Jarvis became increasingly dismayed by its commercialization. She witnessed the holiday being exploited by businesses

eager to profit from it, with elaborate gifts, extravagant flowers, and greeting cards flooding the market. This stark contrast to her original vision prompted her to launch a vehement campaign against the commercialization of Mother's Day.

Anna Jarvis believed that Mother's Day should be a deeply personal and intimate occasion, centered on heartfelt expressions of love and gratitude. She urged people to eschew lavish gifts and instead embrace simple gestures such as handwritten letters, spending quality time together, or performing acts of service to honor their mothers.

Despite her best efforts, the commercialization of Mother's Day continued to escalate, much to Anna Jarvis's dismay. She spent her later years and much of her personal savings fighting against the commercial exploitation of the holiday, even going as far as organizing boycotts and protesting against companies that she felt were profiting at the expense of the holiday's true meaning.

Anna Jarvis passed away on November 24, 1948, but her legacy lives on in the timeless tradition of celebrating Mother's Day. Her unwavering devotion to honoring mothers and her passionate fight against the commercialization of the holiday serve as a poignant reminder of the true essence of Mother's Day – a day of genuine love, gratitude, and heartfelt appreciation.

As we celebrate Mother's Day each year, it's essential to remember Ann Jarvis and her tireless efforts to preserve the authentic spirit of this cherished holiday. Let us honor her legacy by embracing the simplicity and sincerity of Mother's Day, expressing our love and gratitude to the remarkable women who have shaped our lives with their boundless love and selflessness.

## Celebrating the True Stories of Mothers

**The Miracle Mother:** In 2001, an expectant mother, Julie Armas, underwent surgery while still pregnant to correct a severe spinal defect in her unborn child. During the surgery, the baby reached out of the womb and grasped the surgeon's finger, a moment captured in a now-famous photograph. Both mother and child recovered well, and the image became a symbol of maternal love and resilience.

**Mother's Day at Sea:** In 2008, a remarkable rescue took place off the coast of New Zealand. A mother and her two daughters were stranded at sea for several days after their yacht was damaged in a storm. Despite the challenging conditions, the mother's resourcefulness and unwavering determination kept her family safe until they were rescued by a passing vessel on Mother's Day.

**A Mother's Sacrifice:** During World War II, Violet Jessop, a stewardess aboard the RMS Titanic, survived its sinking in 1912. She later served on the HMHS Britannic, which sank in 1916, and the RMS Olympic, which had a collision in 1911. Despite these harrowing experiences, Violet's courage and resilience as a mother shone through as she continued her work at sea to support her family.

**A Mother's Legacy of Love:** In a small town, a mother named Maria dedicated her life to caring for orphaned and abandoned children. On Mother's Day, the community came together to honor Maria for her selfless love and tireless efforts in nurturing and providing for countless children, many of whom regarded her as their own mother.

**The Mother Who Adopted an Entire Family:** In 2016, a single mother named Marisabel Figueroa adopted five siblings who had been in foster care for several years. Despite the challenges of raising a large family on her own, Marisabel was determined to keep the siblings together and provide them with a loving and stable home. On Mother's Day, the children surprised her with handmade cards and a special breakfast, expressing their gratitude for her unwavering love and support.

**A Mother's Musical Gift:** Sarah, a talented musician, had always dreamed of playing alongside her mother, who was

also a musician but had given up her passion to support her family. On Mother's Day, Sarah surprised her mother with a heartfelt performance, playing their favorite songs together on the piano. The joy and emotion shared between mother and daughter during the performance were a testament to the enduring bond they shared.

**The Mother Who Overcame Adversity:** After losing her husband in a tragic accident, Emily faced immense challenges as a single mother to three young children. Despite the grief and hardships, she remained resilient and dedicated to providing a loving and nurturing environment for her family. On Mother's Day, her children surprised her with a garden they had planted together, symbolizing growth, resilience, and the beauty that can emerge from adversity.

**A Mother's Generous Act:** In a small community, a mother named Grace organized a Mother's Day charity event to raise funds for families in need. She encouraged mothers to donate gently used baby clothes, toys, and essentials, which were then distributed to families facing financial hardships. Grace's selfless act of kindness and compassion brought the community together and highlighted the true spirit of Mother's Day – giving back and supporting one another.

**The Mother-Daughter Duo:** Samantha and her daughter, Emma, shared a passion for baking and often spent weekends together experimenting with new recipes. On Mother's Day, Emma surprised her mother with a beautifully decorated cake they had baked together, complete with a heartfelt message expressing gratitude for Samantha's love, guidance, and endless patience.

These stories and historical moments serve as testaments to the enduring power of maternal love and the profound impact mothers have on our lives. As we celebrate Mother's Day each year, let us remember these extraordinary tales and the countless unsung heroes who embody the spirit of motherhood every day.

# Mother's Day Word Search

- MOM
- MOMMY
- MAMA
- GRANDMA
- BEAUTIFUL
- BELOVED
- HEART
- MOTHERHOOD
- MATERNITY
- FAMILY
- MEMORIES
- LOVE
- DAUGHTER
- SON
- BABY

N L M O M M Y S M B R B S W S  
 J I A B M E L E S E E A W O G  
 U O B E L O V E D L G B M S L  
 L M L I O D T E K L A Y R U H  
 Y E R I S O N G Q L D B F K U  
 U T P E H O O D S O O I F C L  
 Y T I N R E T A M D T T R E O  
 V W C A P E Y J T U N E D X V  
 E A G R A N D M A D A Y A T E  
 R L M E U B O E T I S O U P E  
 R E G G L C B I T O I R G A M  
 B A B Y B E E N O T R E H R A  
 Y A D I R D O O H R E H T O M  
 U Y M E M O R I E S N P E D A  
 C H A F A M I L Y O G E R E E  
 X L R O V Z I C O J B A I N N  
 F I H E A R T K S L E P O E C  
 A J D O F Z I C B J W H M O M



## Mother's Day Quotes:

"Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love." – Stevie Wonder

"Acceptance, tolerance, bravery, compassion. These are the things my mom taught me." – Lady Gaga

"I can imagine no heroism greater than motherhood." – Lance Conrad  
 "The Price of Creation"

## 2024 Board of Trustee Candidate Questionnaire

Vote for three Board of Trustee candidates and on the VPL 2024/25 Budget on Tuesday, May 21 at the Vestal Central School District admin building. Learn about the four board candidates by reading their answers to the short questionnaire at: <https://www.vestaltpubliclibrary.org/post/2024-board-of-trustee-candidate-questionnaire>

Three trustees are elected annually to a three-year term.

## NYS Burn Ban Ends This Week



# New York State Burn Ban Between March 15 – May 15

Find us at: [www.vestalfire.com](http://www.vestalfire.com)  
 or  
 Face book - Vestal Fire Department

## School Budget Vote/School Board Election

Starting 5/21/2024  
 Polls open at 12:00 PM until 8:00 PM in the Vestal Central Junior Gym, 201 Main Street, Vestal.

School Board meeting and certification of the Vote to take place at 9 p.m. in the School Board Conference Room of the Vestal CSD Administration building, same address.



## Read to a Therapy Dog Monday, May 20th at the VPL!

Need a break from the stress of everyday life? Visit with a Therapy Dog and discover the magic of reading to a furry friend! Whether you're sharing your favorite story or simply enjoying some cuddle time, spending time with therapy dogs has been shown to reduce stress, promote relaxation, and boost mood. Don't miss this paws-itively wonderful opportunity to destress and unwind on Monday, May 20 from 6 - 7:30PM!

## Glenwood Nurse's Notes



### Sun Protection

As the weather gets warmer and our students are outside more it is important to protect them from the sun. Here are some sun protection tips:

- \*Choose a sunscreen with SPF of 30 or more
- \*Put sunscreen on before going outside and reapply every two hours
- \*Use a lip balm with SPF 15 or more
- \*Choose sunglasses that filter UVA and UVB rays

If your child does get a sunburn:

- \*Apply soothing lotions such as aloe gel. Try placing the lotion in the refrigerator before applying
- \*Drink plenty of water to avoid dehydration

### Reminders

Students who will be in grades K, 1, 3 and 5 next year will be required to have a physical exam. If your student is going for their scheduled physical with their doctor, please request a form from the health office or print it from the district website.

If your student will be absent or late to school, please call the health office at 607-757-2293, even if the teacher is already aware.

Have fun and stay safe!

# VESTAL GIRLS SOFTBALL SENIOR NIGHT!

Photos Courtesy of Maryesther WhiteBrink



The Seniors: Reilly, Cat, Adrienne, Chloe, and Kendall



Chloe Burkhard and her parents



Reilly Storer and her family



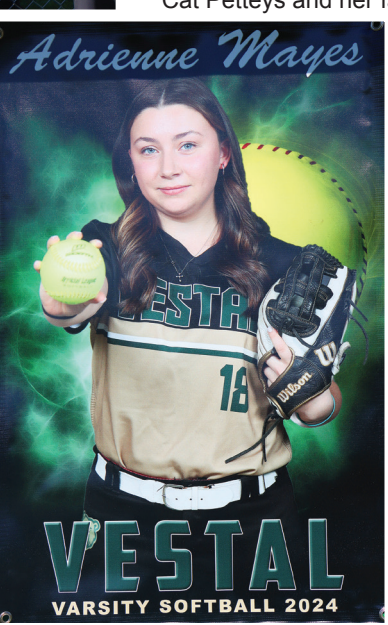
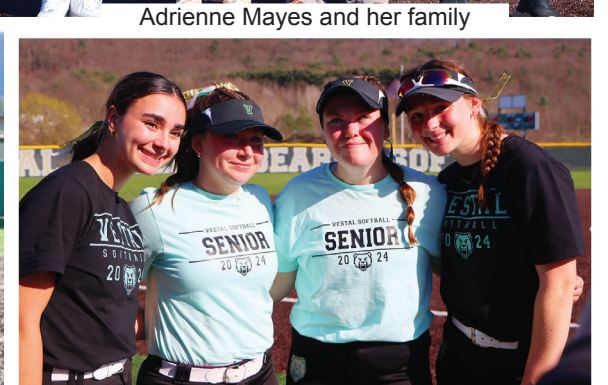
Kendall Brady and her family



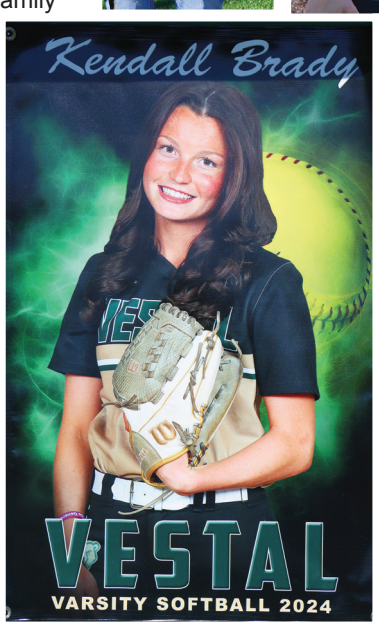
Adrienne Mayes and her family



Cat Petteys and her family



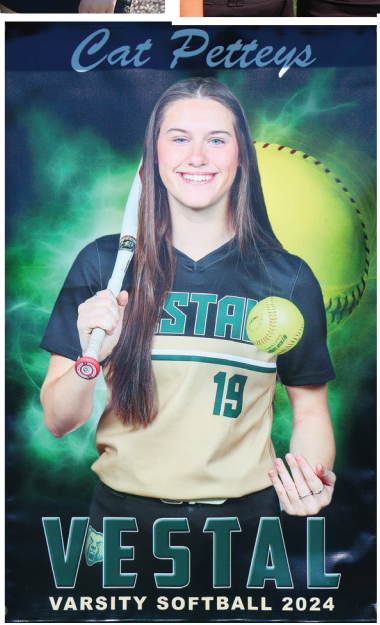
*Adrienne Mayes*



*Kendall Brady*



*Chloe Burkhard*



*Cat Petteys*



*Reilly Storer*

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VARSITY SOFTBALL 2024

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