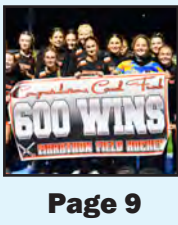


HOPE  
See inside for  
a supplement  
that spotlights  
Breast Cancer  
Awareness  
Month.



SPORTS  
Marathon field  
hockey coach  
Karen Funk  
earned her  
600th win on  
Thursday.



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2024 daily No. 203

SATURDAY, OCTOBER 12, 2024

# Cortland Standard

www.cortlandstandard.com

CORTLAND, N.Y.

\$1.75  
newsstand

## DA candidates meet Thursday in forum at ATI

Cortland County district attorney candidates will speak Thursday at a forum at Access to Independence in Cortland.

Incumbent Patrick Perfetti, a Republican, and challenger Elizabeth McGrath, will discuss issues surrounding disabilities and aging and how they apply to the county prosecutor's office from 3 to 5 p.m. at 26 N. Main St., Suite 1.

"We talk with each candidate separately and ask about the same set of issues and questions," said Erin Valley, an advocacy specialist with Access to Independence. "We also make clear that



McGrath



Perfetti

we want to focus on the candidate in front of us and

not their opponent — to minimize or ideally avoid any partisan rhetoric on both sides. As a nonprofit receiving government funding, all our political activity must be nonpartisan."

Questions from the audience will be taken, as time permits, Valley said. Questions must be based on policy and presented in a non-partisan fashion.

The forum is open to the public, and will be broadcast via Zoom. To register for the livestream, go to <https://tinyurl.com/2z58hefd>.

— Todd R. McAdam

## DAV, volunteers send aid to town hit by hurricane

### From Staff Reports

Volunteers filled a trailer Friday with seven tons of supplies for Newland, North Carolina, which is recovering from Hurricane Helene.

Residents in the western North Carolina community have been without power and access to potable water, food and shelter since Helene struck two weeks ago. Volunteers from the Cortland DAV, Cortland Fire Department, Cortland Professional Firefighters Association, city Department of Public Works and elected officials packed water, toiletries, cleaning supplies, canned good, paper products, dry goods — and a generator — into the trailer

at the former state armory on Wheeler Avenue.

The supplies, in a trailer donated by CNY Farm Supply, will be driven to the Newland Volunteer Fire Department.

Mayor Scott Steve said he called Newland Mayor Derek Roberts to tell him the trailer was on the way. "Many of these families have lost everything; we hope these donations will help keep this community afloat until more substantial resources arrive," Steve said.

The Cortland DAV has announced it has more supplies and may send another load to Newland. To contribute, call the DAV at 607-756-5100.



Kevin T. Conlon/City Editor

The Cortland Disabled American Veterans collected supplies that were loaded Friday afternoon at the city-owned former state armory for delivery to storm-ravaged Newland, North Carolina. The community was hit hard by Hurricane Helene.



Photo illustration by Lily Byrne

Jimmy Peart, left, Owen Gallup, Emma Williams and Lucian Fischer show off the doodles they contributed to their mural at St. Mary's Catholic School.

## St. Mary's Catholic School students finish mural

By LILY BYRNE  
Staff Reporter

[lbyrne@cortlandstandard.com](mailto:lbyrne@cortlandstandard.com)

Sixth-graders have spent the last few weeks drawing the things that keep them happy and healthy on the side of their school.

If you pull into St. Mary's Catholic School in Cortland, you will now be greeted by a large dove flying over the words "faith, hope, love." The new mural was just completed by students from St. Mary's Catholic School and Randall Middle School.

Sixth-grader Owen Gallup said the best part of working on it was working with his friends.

"We did a lot of planning," Gallup said. "Then we painted it in all different colors, and then we had to tape everything and doodle inside of the letter, which was really fun."

If Gallup ever had the opportunity to paint his own mural, he would paint a giant Air Jordan sneaker, he said.

The student muralists worked two hours after school three times a week for the past three weeks. Mol-



Lily Byrne/Staff Reporter

Del Andrejko stands in front of the "O" he painted. The symbols represent things that make him happy and healthy.

ly Reagan, a muralist and St. Mary's art teacher, said there is nothing better than getting to work with her students.

The project, which was done in partnership with Catholic Charities, the Diocese of Syracuse and the Mother Cabrini Health Foundation, focuses on mental health and

social-emotional learning, Reagan said.

It comes as the kids are about to enter a difficult time in their lives. The Rural Health Institute reports that 28.6% of kids from the seventh to 12th grades in the greater

See MURAL, page 4

## How Central NY quietly became a major hub for drone innovation

By BRAD RACINO  
[syracuse.com](mailto:syracuse.com) (TNS)

Tucked away on the second floor of the Syracuse Hancock International Airport lies an office filled with computers and wall-mounted screens showing in real time the comings and goings of nearly every object in the Central New York sky.

A handful of people — some waiting to take off, others for arrivals — sit on benches outside the room's floor-to-ceiling windows. They'd be forgiven for thinking what they're seeing inside is some routine aspect of airport operations.

It is not.

What's happening in that office,

one floor above baggage claim, is helping lead the development of a multibillion-dollar national drone industry, which seeks to revolutionize everything from transportation and shipping to safety and security to farming and agriculture to construction and environmental monitoring.

There are screens depicting weather conditions in Syracuse under 400 feet, where drones typically operate. Another shows where drones are flying within five miles of the airport, along with the location of the aircraft's operator. Another marries that information with real-time commercial flights.

"There's nobody else doing this,"

said Ken Stewart, who oversees the airport-based office of NUAIR, a nonprofit helping to shepherd the future of Central New York's drone industry. "This is a very unique place."

The Central New York region, and specifically the work being done at NUAIR, is unmatched compared to other areas in the country when it comes to drone technology and integration, local officials say.

Over the past decade, Syracuse and Central New York have quietly positioned themselves among the national leaders of this emerging field.

"The unique demographics of Upstate New York make it an ideal

See DRONES, page 4

## Police: Cortland man died in bus crash

### From Staff Reports

DRYDEN — Tompkins County sheriff's deputies have identified a person who died in a Cortland Transit bus crash Wednesday in Dryden.

Kevin Welch, 63, of Cortland, was one of five passengers in the bus that

collided with a tree about 2:36 p.m. Wednesday at West Lake Road near Chaffee Road off Route 38, deputies said.

Four of the passengers were taken to Cayuga Medical Center in Ithaca to be evaluated. Welch was taken to

Guthrie Cortland Medical Center, where he was pronounced dead. The driver was airlifted to Robert Packer Hospital in Sayre, Pa.

The cause of the collision remains under investigation. Cortland Transit officials have declined comment.

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### WEATHER



Rain  
Tomorrow's Weather:  
High near 55  
SE wind 3 to 7 mph  
More on page 2

### ONLINE



[www.cortlandstandard.com](http://www.cortlandstandard.com)





Police/fire

Man charged with vandalizing car wash

**Accused:** Matthew J. Barber, 36, homeless  
**Charges:** Fourth-degree criminal mischief, a misdemeanor

**Details:** Police said Barber damaged property about 5:19 a.m. Oct. 4 owned by Splash Car Wash at the business, 876 Route 13 in Cortlandville. He left the scene before police arrived, but he was arrested about 6:50 a.m. Thursday, according to police.

**Legal Actions:** Barber was ticketed to appear Oct. 28 in Cortlandville Town Court.

Groton man charged with DWI after crash

**Accused:** Jeffrey Butler, 57, of Groton

**Charges:** Driving while intoxicated, a felony

**Details:** Butler was involved in a one-car crash about 4:59 p.m. Oct. 2 on Cortland Road in Groton, state police said. He failed to negotiate a curve, went down an embankment and landed in some brush, police said. Butler failed a field sobriety test. Butler has a previous impaired-driving conviction in the past 10 years.

**Legal Actions:** Butler was taken to the Tompkins County Jail for centralized arraignment and a later appearance in Groton

Town Court.

Woman charged after I-81 crash

**Accused:** Zenaida Saldana, 58, of Fulton

**Charges:** Driving while intoxicated, a misdemeanor

**Details:** Saldana was involved in a one-car crash about 7:59 p.m. Oct. 4 near mile-marker 54.8 on Interstate 81 in Homer, state police said. Saldana struck the rear driver's side of another vehicle, and failed a field sobriety test, police said. A later test showed a blood-alcohol content of 0.1%.

**Legal Actions:** Saldana was ticketed to appear Nov. 19 in Homer Town Court.

Marathon woman charged with DWI

**Accused:** Faye A. Strauf, 54, of Marathon

**Charges:** Driving while intoxicated, a misdemeanor

**Details:** State police stopped Strauf's vehicle about 10:15 p.m. Saturday on Route 41 in Cortlandville after noticing it swerve over the double-yellow line into the opposite lane. Police said they noticed the smell of alcohol and she failed a field sobriety test. A later test showed a blood-alcohol content of 0.09%.

**Legal Actions:** Strauf was ticketed to appear Nov. 4 in Cortlandville Town Court.

Death Notices

**HOPKINS** — Beverly E. (Knolls) Hopkins, 86, of McLean, died Oct. 9, 2024. Funeral services will be held at 1 p.m. on Friday, Oct. 18, 2024 at St. Paul's Lutheran Church in Cortland. Friends may call at the church on Friday from noon to 1 p.m. preceding the service. Interment will follow in the McLean Cemetery. Arrangements are with the Shurtleff Funeral Home. A full obituary will follow in Tuesday's edition of the *Cortland Standard*.

Weather

Local

**Rest of today:** Mostly cloudy, then gradually becoming sunny, with a high near 58. Northwest wind around 10 mph, with gusts as high as 20 mph. A low around 36 at night, calm wind.

**Sunday:** Periods of rain. High near 55. Southeast wind 3 to 7 mph. Chance of precipitation is 90%.

Skies Today

<b>Saturday, October 12, 2024</b>	
Sunset today	6:28 p.m.
Sunrise tomorrow	7:16 a.m.
Normal high temperature	62
Normal low temperature	41
Average temperature	51
Full moon	Oct. 17

Extended

**Sunday night:** Periods of rain and possibly a thunderstorm before 11 p.m., then periods of rain between 11 p.m. and 2 a.m., then showers likely after 2 a.m. Low around 39. Chance of precipitation is 80%.

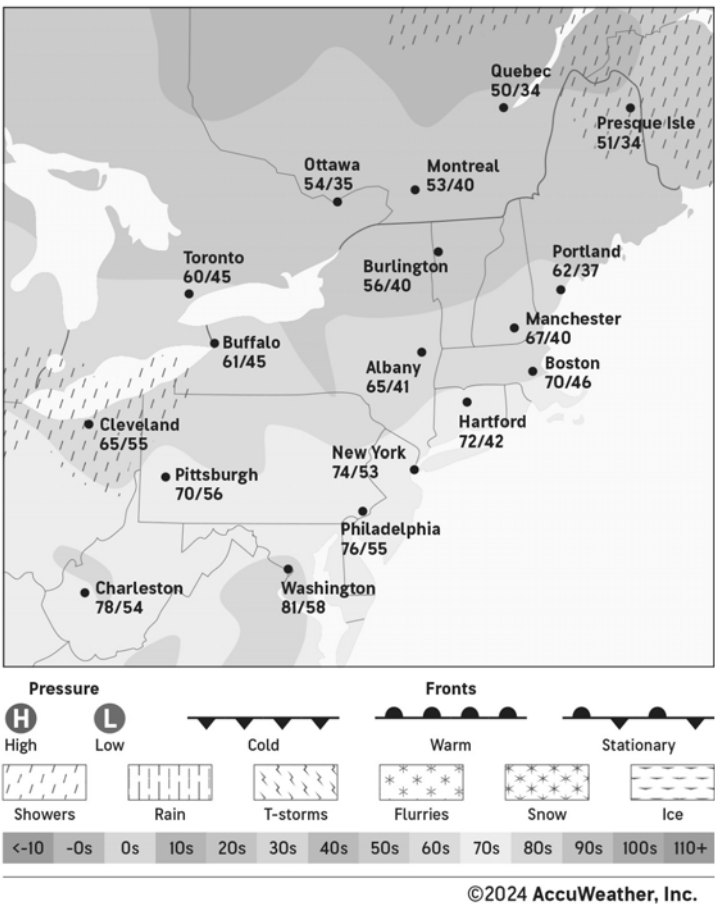
**Columbus Day:** Showers likely. Mostly cloudy, with a high near 47. Chance of precipitation is 60%.

**Monday night:** A chance of showers. Mostly cloudy, with a low around 33.

Precipitation

Oct. 10-11	Trace
Month to date	0.36 inches

Forecast for Saturday, October 12, 2024



Lottery Winners

ALBANY (AP) — Here are the winning numbers selected Thursday in the New York State Lottery:

**Numbers:** Midday: 2-6-5, Evening: 0-2-3; **WinFour:** Midday: 8-0-3-1, Evening: 9-5-6-0; **Pick 10:** 2-4-5-6-13-19-21-22-33-37-42-43-50-60-62-65-67-68-73-76; **Take Five:** Midday: 6-17-31-34-37, Evening: 3-11-27-32-37; **Cash4Life:** 5-7-12-34-60, Cash Ball: 3

Making It Right

The Cortland Standard will print corrections and clarifications of news articles in this space. If you find mistakes or omissions, call the managing editor at 607-756-5665 x 166.

Records

Ethel Kennedy, social activist and wife of RFK, dies at 96

By MICHAEL CASEY and STEVE LeBLANC  
Associated Press

BOSTON — Ethel Kennedy, the wife of Sen. Robert F. Kennedy, who raised their 11 children after he was assassinated and remained dedicated to social causes and the family's legacy for decades thereafter, died on Thursday, her family said. She was 96.

"It is with our hearts full of love that we announce the passing of our amazing grandmother," Joe

Kennedy III posted on X. "She died this morning from complications related to a stroke suffered last week."

The Kennedy matriarch, mother to Kathleen, Joseph II, Robert Jr., David, Courtney, Michael, Kerry, Christopher, Max, Douglas and Rory, was one of the last remaining members of a family generation that included President John F. Ken-



Kennedy

nedy. Her family said she had recently enjoyed seeing many of her relatives before falling ill.

A millionaire's daughter who married the future senator and attorney general in 1950, Ethel Kennedy was by Robert F. Kennedy's side when he was fatally shot in Los Angeles on June 5, 1968, just after winning California's Democratic presidential primary.

Obituaries

Patty Blackman

Patty Blackman, age 61, was called to glory peacefully, at home surrounded by family on October 9, 2024. She was married to Richard Blackman in 1980 and together they had two children. She was a retired Cornell University employee, having worked proudly at the College of Veterinary Medicine for many years.

Patty was a lifelong member of the Harford community and made it a better place for her neighbors by way of her service. She was also a lifelong member of the Harford Fire Department, serving many years as the Captain of the Rescue Squad. She was a leading force behind the Fire Department's Search and Rescue Team and volunteered her time in both training and in deed, not just for the Fire Department, but for the community at large. Patty founded Harford's Harmony United Helping Food Pan-



try, as well as the town's Good Neighbor Fund. She spearheaded many fundraisers and personally went door to door checking on neighbors when the need arose. Patty spent her later years enjoying horseshoes and the time spent with her friends that she made on the league.

Her acts of service have not gone unnoticed by the true loves of her life, her family. Patty was predeceased by her loving husband Dick, to whom she was a devoted and doting wife. Patty leaves behind her daughter Tina, son Robert (Jessica), and grandchildren: Andrew, Catherine, Richard, Jonathon, Benjamin, William, Elizabeth and her great-grandchildren. All of whom she delighted in. She will also be remembered by her surviving siblings, large extended family, and the community who mourns her passing.

Services will be private at the convenience of her family. In lieu of flowers, donations may be made to CareFirst of Steuben County.

Kind words and fond memories may be offered to her family at [www.FlintFuneralHome.com](http://www.FlintFuneralHome.com).

Stanley Nilsson

Stanley Nilsson, 93, of Homer, NY, passed away Thursday, October 10th, 2024 at Guthrie Cortland Medical Center, and then peacefully went home to be with the Lord Jesus Christ.

Stan was born in Proctor, VT on March 13, 1931, the second child of two born to the late John and Elin (Brandt) Nilsson, who were Swedish immigrants.

For eight years, Stan loved owning and operating a dairy farm in Brandon, VT. He then moved to Akron, OH to study history and industrial arts at Kent State University, graduating with a Bachelor's degree.

In 1961, Stan married the love of his life, Beulah O. Clegg at the Chapel on Fir Hill. They settled in Cortland, NY where he enjoyed teaching and building homes for many years. Stan's love of the Bible and its mean-



ings meant a great deal to him and his faith in Jesus Christ was real.

Stan was predeceased by his wife, Bea, of 48 years, his son, Brandt, his parents, and his brother Lloyd.

Survivors are his daughter Lisa (Matthew) Belknap and his son Eric (Lisa) Nilsson; his six grandchildren Isak, Malin, Britta, Ezra, Klara, and Chelsea, three great grandchildren, and one on the way. Stan also leaves behind his second wife, Rachel Rood, and her daughter, Melonie.

Calling hours will be Tuesday, October 15th at the Wright Beard Funeral Home noon to 1 p.m. with the funeral service at 1 p.m. Pastor Hyun Joon Kim of the McGraw United Methodist church will officiate.

Burial will follow in Glenwood Cemetery, Homer, NY.

Funeral services will be streamed on Stanley's obituary page on Wright-Beard Funeral Home, Inc., website.

To offer condolences online visit, [www.wright-beard.com](http://www.wright-beard.com).

Charles J. (Chuck) Polcaro

Charles J. (Chuck) Polcaro age 60 of Webster, NY passed away unexpectedly at home on August 15, 2024.

Born June 7, 1964 in Syracuse, NY, he was the son of the late Patrick and Doris Polcaro. He was employed by NYSEG (later Avangrid) as a Senior Network Operations Center Architect for more than 30 years until his retirement in 2021.

During his tenure at NYSEG, Chuck was recognized as an expert talent called upon to design, implement, and troubleshoot complex networking architectures.

His colleagues frequently reached out to him for insights when advanced expertise was needed. Chuck's level-headed approach, dedicated work ethic, and deep subject matter expertise were held in high regard by all those who had the pleasure of working with him. His



Towns

Church group plans dinner

Cortland First United Methodist Fellowship Outreach Committee will have a lasagna dinner from 4:30 to 6:30 p.m. Oct. 26 at 734 Route 222, Cortlandville.

The menu includes lasagna, both with meat and meatless, salad, Italian bread, brownie sundae and a beverage.

The meal costs \$15 for adults, \$8 for kids 5 to 12 and free for kids under 5.

Grange plans spaghetti supper

The Cortland County Pomona Grange will have a spaghetti supper at 5 p.m. Oct. 19 at the East Homer Grange Hall.

The meal includes spaghetti and meatballs with tossed salad, Italian bread, brownie and ice cream. The meal costs \$12 for adults, \$6 for children 5 to 10 and free for kids under 5. Take-outs are available.

\*\*\*\*\*

**GUN SHOW**

**Sunday, October 13<sup>th</sup> • 9 am to 3pm**

Lisle Volunteer Fire Hall • Rt. 79, Lisle, NY

75 Tables ★ BUY - SELL - TRADE

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NYS law requires that a NICS background check be completed on all firearms sales or transfers, including rifles or shotguns. To avoid this background check is a crime. To offer to sell a firearm and then transfer it at another location to avoid a NICS check is also a crime. There are dealers here who will do background checks for you at a nominal cost.

\*\*\*\*\*

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# Boeing’s lawyers face relatives of Boeing Max crash victims

By DAVID KOENIG  
AP Airlines Writer

FORT WORTH, Texas — Relatives of some of the 346 people who died in two crashes involving Boeing 737 Max planes were in court Friday, where their lawyers asked a federal judge to throw out a plea agreement that the aircraft manufacturer struck with federal prosecutors.

The family members want the government to put Boeing on trial, where the company could face tougher punishment.

In July, Boeing agreed to plead guilty to a single felony count of conspiracy to commit fraud in connection with winning regulatory approval of the Max. The settlement between Boeing and the Justice Department calls for Boeing — a big government contractor — to pay a fine and be placed on probation.

Passengers’ relatives call it a sweetheart deal that fails to consider the lives lost.

“The families who lost loved ones in the 737 Max crashes deserve far more than the inadequate, superficial deal struck between Boeing and the Department of Justice,” said Erin Applebaum, a lawyer whose firm represents some of the families. “They deserve a transparent legal process that truly holds Boeing accountable for its actions.”

Lawyers for the government and the company filed court briefs defending the settlement, and lawyers for the passengers’ families explained their opposition to the deal. U.S. District Judge Reed O’Connor questioned both sides during Friday’s hearing in Fort Worth, Texas.

If the judge accepts the guilty plea, he must also approve the sentence that Boeing and prosecutors agreed upon — he can’t impose different terms. It is unclear when O’Connor will decide the matter.

Boeing is accused of mislead-



AP Photo/Reed Saxon, file  
In this Jan. 25, 2011, file photo, the Boeing Company plant and signage are seen in El Segundo, California.

ing regulators who approved minimal, computer-based training for Boeing 737 pilots before they could fly the Max. Boeing wanted to prevent regulators from requiring training in flight simulators, which would have raised the cost for airlines to operate the plane.

The Justice Department argues that conspiracy to defraud the government is the most serious charge it can prove. Prosecutors say they can’t prove that Boeing’s actions caused the crashes in 2018 in Indonesia and 2019 in Ethiopia.

The agreement calls for Boeing, which is based in Arlington, Virginia, to pay a fine of at least \$243.6 million, invest \$455 million in compliance and safety programs, and be placed on probation for three years.

The case is among a host of issues with which the manufacturer must contend.

Talks broke down this week with striking factory workers who assemble some of the company’s best-selling planes. The company withdrew its offer and S&P Global Ratings put it on its credit watch list, citing increased financial risk because of the labor unrest.

On Thursday, the company filed a complaint over what it calls unfair labor practices against the International Association of Machinists and Aerospace Workers. Boeing in its complaint with the National Labor Relations Board said that the union’s public narrative is misleading and has made it difficult to reach a resolution.

# Tennessee to launch \$100M loan program for Helene cleanup

NASHVILLE, Tenn. (AP) — Tennessee Gov. Bill Lee says counties severely impacted by Hurricane Helene will soon be able to access a new \$100 million loan program designed to help clear debris and repair damaged water systems.

Lee announced the program, dubbed the Helene Emergency Assistance Loan or HEAL program, on Thursday. The Republican says the no-interest loans will go toward communities while they wait for federal reimbursements.

“Federal dollars will be available later, but these communities need immediate relief,” Lee said in a statement. “Tennessee’s record of fiscal conservatism has placed us in a strong financial position to make government work for the people and step up to help in this time of need.”

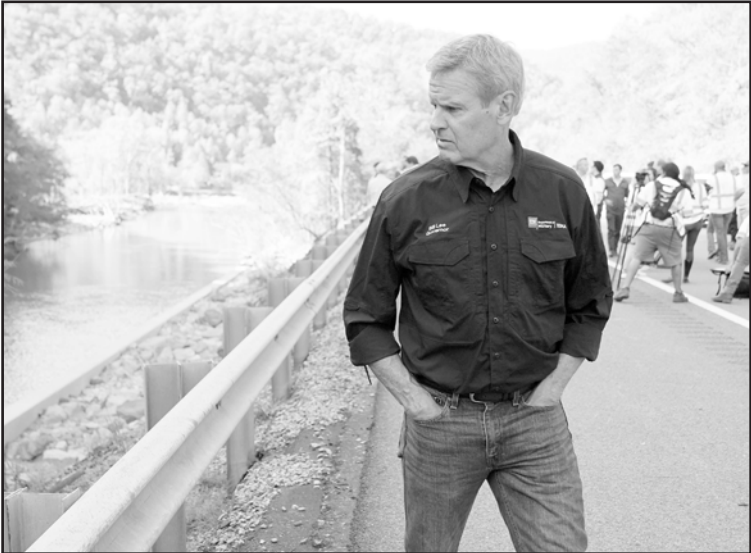
Lee says the idea was inspired following his meeting with a local county mayor in East Tennessee just days after Hurricane

Helene ravaged multiple southern states. During that conversation, Lee said the mayor was concerned about not making payroll while paying for clean-up costs.

The program will be divided by allocating \$35 million for water and wastewater repairs and \$65 million for debris removal. The state funding is being pulled from Tennessee’s Medicaid program, known as TennCare. Lee said these dollars are supposed to assist health and welfare, which is what the loan program is designed to do.

Counties eligible for assistance include Carter, Claiborne, Cocke, Grainger, Greene, Hamblen, Hawkins, Jefferson, Johnson, Sevier, Sullivan, Unicoi and Washington.

Tennessee has reported 17 deaths are a result of Hurricane Helene’s rampage throughout the state, but a few residents remain missing. Numerous bridges and roads remain damaged as cleanup efforts continue.



AP Photo/George Walker IV via Pool  
Tennessee Gov. Bill Lee surveys the damage from Hurricane Helene along Interstate 40 near the North Carolina state line Monday, in Cocke County, Tennessee.

# Abortion has passed inflation as the top election issue for women in the US under 30, survey finds

By GEOFF MULVIHILL  
Associated Press

Abortion has passed inflation to become the top issue in the presidential election for women younger than 30 since Vice President Kamala Harris replaced President Joe Biden at the top of the Democratic ticket, according to results released Friday of a survey of female voters by KFF.

About 2 in 5 in the group of young voters said abortion was their top concern in the recent survey, compared with 1 in 5 who ranked it most important in the same survey in the spring.

In the earlier edition, inflation was the top concern for younger voters, as it was for women voters of all ages. Inflation remained the top concern for women in each age group over 30 and for women overall. Women overall ranked abortion as their No. 3 concern, after inflation and threats to democracy, but ahead of immigration.

KFF, a health policy research, polling and news organization, surveyed 678 female voters Sept. 12 through Oct. 1. Most of them were participants in an earlier wave of the same poll, conducted in May and June. The follow-up survey group was supplemented with 29 Black women to ensure an adequate sample size of that group. The sampling error was plus or minus 5 points, with larger ranges for subgroups of voters.

Abortion has long been a major issue, but the landscape shifted in 2022 when the U.S. Supreme Court, powered by three justices nominated by Harris’ current opponent, former President Donald Trump, overturned



AP Photo/Paul Sancya, File  
Protesters demonstrate at a rally outside the state capitol in Lansing, Michigan, June 24, 2022.

Roe v. Wade and opened the door for states to impose abortion bans.

Most Republican-controlled states are now enforcing such bans, including 13 that bar abortions at all stages of pregnancy, with some exceptions, and four with bans that kick in after about the first six weeks of pregnancy — before women often realize they’re pregnant.

Harris has been making abortion access a centerpiece of her campaign.

Younger women who responded to the

survey and spoke with The Associated Press on Friday have noticed.

Ally Zobel, 19, who describes herself as a left-leaning independent and lives in Woodbridge, Virginia, said that reproductive health is the most important issue for her as she prepares to vote for the first time — and that she appreciates Harris’ calls to restore abortion rights nationally.

She said that she’s concerned about stories of women having health emergencies because they can’t obtain an abortion —

and that “pregnancy’s really hard” and that people should not be forced to continue if they don’t want to.

“As a mom, I don’t want my kids growing up in a world where it’s like that,” she said.

Sydney Wright, a 29-year-old stay-at-home mom in Effingham County, Illinois, said Roe v. Wade being overturned propelled the restoration of abortion rights to the top of her list of concerns. And while she’s not thrilled with everything about Harris, the Democrat’s abortion position is one of the main reasons Wright plans to vote for her.

“I’ve seen people have to travel out of state and come to Illinois for health care,” said Wright, who is not registered with a political party. “I’ve heard of cases where doctors were forced to leave patients to suffer until they were practically dead until they could give them medical care.”

In addition to the presidential race, a number of other elections this year could impact the abortion landscape, including in nine states where there are ballot measures that would protect the right to abortion in the state constitution.

Races for Congress — as well as state offices such as governor, legislators, state supreme court justices and attorneys general — could also help determine abortion policy moving ahead.

Overall, about two-thirds of women said the election will have a major impact on abortion access, up from just over half in the initial survey.

# Treasury official says withdrawing the US from IMF and World Bank would be a ‘step backward’

By FATIMA HUSSEIN  
Associated Press

WASHINGTON — Withdrawing the United States from the IMF and World Bank would be “a step backward,” a top U.S. Treasury official said Friday, defending the organizations before a presidential election that could cast uncertainty about America’s future in them. In advance of the institutions’ annual meetings this month, Jay Shambaugh, the undersecretary for international affairs, alluded to a Project 2025 proposal for the U.S. to pull out of the IMF and World Bank if Donald Trump wins. The proposal is part

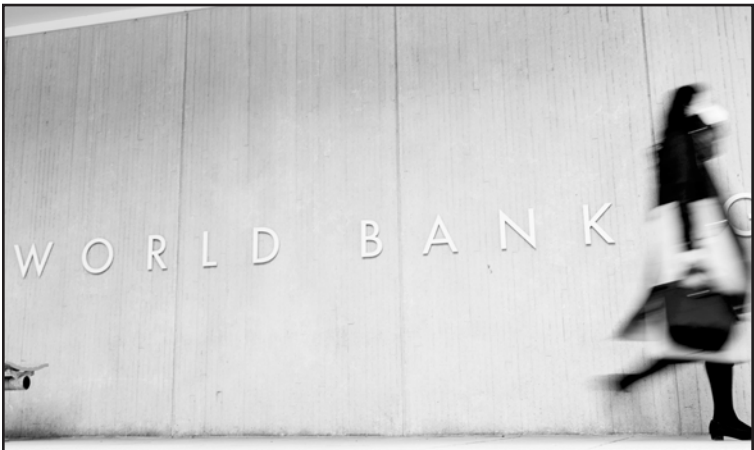
of a plan created by the Heritage Foundation as a possible handbook for the next Republican administration, though Trump has said it is not related to his campaign and he is not bound to its ideas.

“There are those who have suggested the U.S. withdraw from these institutions; this would be a step backward for our economic security,” Shambaugh said in a speech at the Atlantic Council. Without U.S. leadership, “we would have less influence and we would weaken these institutions. We cannot afford that.”

Often lenders of last resort, the International Monetary Fund and

World Bank use billions in loans and assistance to buoy struggling economies and encourage countries operating in deficit to implement reforms they say promote stability and growth.

Asked more directly about the Project 2025 plan in a question and answer session, Shambaugh was measured in his response, noting that the Hatch Act restricts partisan political activity by federal employees. But he said that over many decades there have been proposals to withdraw from the institutions by people who say the U.S. would be better off without them.



AP Photo/Reed Saxon, file  
The World Bank building is pictured in Washington, April 5, 2021.



# DRONES

continued from page 1

place to build part of the industrial base for drones,” said Bobby Sakaki, the founder of several Utah-based Unmanned Aerial Systems companies who recently visited the region to learn about its drone economy.

Sakaki posted on social media after his trip, declaring Upstate NY “objectively the furthest along of any UAS-related economic development or accelerator program in the country.”

“You have very high-skilled workers with relevant experience in a comparably low cost-of-living area,” he told Syracuse.com | The Post-Standard. “The value is just unreal good.”

You’ll find here such drone-related players as Hidden Level, a company that began six years ago with four people in a basement and recently hit 80 employees; cutting edge MQ-9 drones, or Reapers, flying almost daily out of the Air National Guard’s 174th Attack Wing; accelerators like GENIUS NY awarding millions to drone-related companies to stay and build in New York; and students training to become the newest batch of pilots, innovators and leaders within the uncrewed industry.

Part of this system comes from government grants and initiatives, public-private partnerships and people like Stewart who see the potential.

But some of it was also luck: This region has a combination of geography, climate, available airspace and existing defense contractors that make it unlike any other place in the country.

“There’s a lot of opportunity here for New York to really start thinking about being an aerospace center for next-gen aviation,” Stewart said.

However, there are headwinds that prevent the drone economy here from fully taking flight. The strongest: How can anyone monitor the more than two million drones now in operation over U.S. airspace while ensuring the safety of commercial planes, infrastructure and every American who would rather not have an airborne lawnmower crash into their skull?

The federal government didn’t expect the explosive growth of drones, and it is still working to set up regulations and integrate the craft within air traffic, Stewart said.

“The FAA can’t scale for this sector,” he said.

In the meantime, Central New York’s industry continues to grow and innovate in ways that are attracting talent, money and interest from across the globe.

## THE RISE OF DRONES

Depending on how you define the term, drones have been around for at least a century, with the earliest remote-controlled craft created by an English scientist for use during World War I.

Much of drone development over the next 80 years happened within the military, and the tech got better and better, with longer ranges, more precision and higher altitudes.

But drones really burst into the public in the 1990s with the General Atomics MQ-1 Predator, which the CIA and U.S. Air Force used in Afghanistan, Pakistan, Iraq and other combat zones that needed surveillance, targeted strikes and air support.

As technology advanced and costs came down in the early 2000s, drones went mainstream. Hobbyists and professionals began using them for aerial photography and videography, or just for fun.

In 2013, the Federal Aviation Administration selected a 50-mile corridor between Rome and Syracuse as the first of seven drone test sites now in the U.S.

Taking a shot at a \$500 million pot of economic development money, five Central New York counties then came together to



Brad Racino | bracino

**Doug Hill, the director of the Maker Institute at the Keenan Center for Innovation, Entrepreneurship and Creativity at Le Moyne College, shows off his drone during a visit to the Tully Valley mudboils on Aug. 15.**

capitalize on that momentum. They proposed positioning the region as a “global center for the development of Unmanned Aerial Systems (UAS) and their safe integration into commercial airspace.”

They cited companies like Lockheed Martin, SRC, Saab-Sensis and others that were already here because of the region’s history of manufacturing, defense and aerospace.

They won the money.

And that — along with efforts from private and public agencies over the past decade — is what opened the door to the commercial drone industry.

## STARTING SMALL

Doug Hill’s \$9,000 drone whipped high above an inaccessible wetland just south of Syracuse in August, collecting photos and videos that would show the extent of a century-old environmental problem.

Mudboils in the area cause tons of silt and sand from underground to vent daily into Onondaga Creek, turning the water into a coffee-colored muck. The Onondaga Nation can no longer use the stream for fishing, and the polluted tributary leads to Onondaga Lake, the subject of a billion-dollar environmental cleanup.

“There’s a channel of cold water coming out of this round hole,” Hill said, looking at the video feed on his remote control. “That is a mudboil.”

Hill is the director of the Maker Institute at the Keenan Center for Innovation, Entrepreneurship and Creativity at Le Moyne College, and the founder of Sparrowhawk, a company that gives new drone pilots real-world experience.

Outfitted with 6K resolution video and near-infrared sensors, Hill’s drone captured changes in how and where the water was surfacing, and where new fissures were popping up from ground collapse. It would be used to inform environmental agencies about how widespread the Tully problem had become.

“What do you do when birds attack this thing?” a reporter asked.

“You go straight up,” Hill said. “It’s not the behavior of prey — it’s the behavior of a predator — to go up like that.”

Drones often do dangerous or difficult work that can save money and sometimes lives.

Insurance companies, for example, increasingly rely on the technology to save claim adjusters from scampering onto storm-damaged rooftops with a clipboard after a disaster. Farmers use them to more precisely spray their crops, detect diseases and monitor their livestock. Hospitals are using them to deliver medicine to patients or organs to other hospitals.

One of the problems though, Hill said, is that while licensed



Brad Racino | bracino

**A small drone takes flight near the Tully Valley mudboils site on Aug. 15.**

drone operators need to prove through a written test that they know as much about the rules of the air as a commercial airline pilot, there is no hands-on component to the exam.

“All these kids in high school pass the test, they go to Walmart, and now they’re a certified drone professional,” he said. “It’s kind of like giving a 16-year-old a Ferrari to learn to drive.”

So, Hill created Sparrowhawk. Some of the company’s pilots have come from the Keenan Center’s new drone training program, which is open to the public and was set up with \$600,000 from NUAIR.

“The idea is, we roll them right into jobs,” Hill said.

As the drone economy ramps up locally, Hill said he expects Sparrowhawk to grow, spinning off side companies specific to the industry’s needs, like environmental monitoring or real estate photography.

He calls those future offshoots “baby sparrows.”

“We have an unfair advantage here,” he said. “We have the Keenan Center here, we have NUAIR, and we have GENIUS NY.”

## SEEING OPPORTUNITY

Several things attracted Frank Noppel and his company, blueflite, to Syracuse: the 50-mile flight corridor, NUAIR and New York’s high-tech manufacturing industry.

There was also the opportunity to get his company into GENIUS NY, the world’s largest accelerator for the “uncrewed systems” industry — located in downtown Syracuse.

“We learned about GENIUS NY and applied and got in, and obviously that gave us more and more reason to enhance our presence in the state, and take advantage of the ecosystem there,” Noppel said.

GENIUS NY offers mentorship, networking, business devel-

opment and training to drone-related companies. It also awarded blueflite \$1 million last year after the company won the annual GENIUS NY pitch competition.

Noppel at the time said that in Syracuse his company had “discovered a unique ecosystem perfectly suited” for its operations. He then hired staff, set up a satellite office within the GENIUS NY space at the Tech Garden and began working with past GENIUS cohorts to build his business.

As a result, the next batch of blueflite drones will be partially manufactured in New York, Noppel said.

GENIUS NY launched in 2017 from the \$500 million state grant. Since then, it has awarded more than \$21 million to 37 companies — 14 of them international — which have raised more than \$100 million in venture capital, said Kara Jones, director of GENIUS NY.

Portfolio companies have raised nearly \$350 million in additional funding apart from the GENIUS NY investment, Jones said.

Five GENIUS participants each year must remain in Central New York for at least 12 months as part of the accelerator, and they’re offered support and incentives to stay longer. The number of applicants for the program continues to grow each year, Jones said.

Half of the participants have stayed in state, she added.

By both funding companies that are already here and by bringing in outside startups, Syracuse has distinguished itself, said Kevin May, a vice president at Hidden Level, a Syracuse-based company that makes sensors for detecting drones and offers access to a network of these portable detection systems.

“When you pair that with a bit of a technology hub here, I think that does make some pretty cool things happen,” May said.

Hidden Level started with four former employees of the defense

contractor SRC in a basement and has grown to 80 workers in six years, May said. The company’s tech blankets cities with an array of “passive” sensors that listen to the information coming from drones to geolocate them.

Standard radar systems can track big craft, like airplanes, but aren’t great at spotting objects as small and as low-flying as drones.

That’s important when it comes to securing soft targets, like at AT&T Stadium in Dallas, where Hidden Level lets local police know about drones breaking flight restrictions — and even where the drone operators are standing. That way, police can find and ticket operators, and make them land the craft.

Hidden Level does the same here.

“We did security for the New York State Fair here in Syracuse a couple times with New York State Police,” May said. “We set up our sensors and they recognized, ‘Hey, we have people flying drones over this thing, there’s people everywhere — this presents a risk.’”

Hidden Level recently spun up a new manufacturing plant in Syracuse and expects to build a third facility here soon. Much of the company’s success is owed to the talent it can acquire — just think about the number of local defense contractors, May said.

“We’ve been pulling people from SRC and Lockheed that have this background in both radar and electronic warfare to say, ‘How can we take this kind of military, technical background and apply it to more of a commercial space?’”

## MILITARY MIGHT

Syracuse made history when it became the first in the nation to launch unmanned aircraft from a commercial airport in December 2015. The drones were escorted by manned planes to warn operators on the ground about potential collisions.

Four years later, the region set another first when the FAA allowed the drones — MQ-9 Reapers — to fly unescorted in and out of the airport.

“If you look back over 10 years of what’s happened with this aircraft, and if you compare that to any other military aircraft or anything else, we’re changing faster than any of the other ones,” said Col. Seth Anderson, commander of the 174th Maintenance Group at Hancock Field Air National Guard Base.

“We’ve come a long way,” he said.

The 174th Attack Wing trains MQ-9 pilots and has served in nearly every armed conflict from the 1950s through today. Its hangar houses 10 MQ-9s, which are marvels of engineering: 5,000 pounds, 36 feet long and able to fly more than 1,100 miles without stopping.

Reapers can be used for reconnaissance, search and rescue, airstrikes or anything else the Air Force needs. And there’s a reason they fly so often in the Central New York skies.

Pointing to a computer screen inside the 174th base, Anderson traces his finger from Syracuse westward to Buffalo, eastward to Vermont, then northeast toward Canada.

“There is a lack of commercial air travel in that sector,” he said. “Because there’s nowhere to go — they don’t need to go there. It’s a hole. It’s a pocket. By coincidence.”

The lack of air traffic means the 174th doesn’t need to worry (much) about collisions; FAA agreements block off airspace to operate the MQ-9s.

The massive swath of air also allows Anderson and the 174th to operate under different conditions. There are lakes and forests, which can be used to train pilots in search and rescue operations; cities like Syracuse to plan disaster responses; and different climates.

# MURAL

continued from page 1

Cortland area exhibit three of the four key symptoms of depression.

And 31.4% of kids in seventh and eighth grades report being bullied on school property.

“They did what they wanted, and what was important to them,” Reagan said. “All of the doodles within it that kids came up with are meant to be symbols for how to have a full, rich, happy life.”

Del Andrejko, a sixth-grader,

filled an “O” with things that helped his mental health. This summer, he hiked from France to Spain, and incorporated an arrow that he saw on the trail of his pilgrimage.

“First we chalked it out, then we primed it, then we painted it over with green and I doodled all over it,” Andrejko said.

“We had to practice doodling a lot,” Gallup said. “I did a lot of smiley faces and stars. We drew a lot of sports, because me and my friend play sports, and we did it together.”

Sixth grader Jaydin Downey-Thomas loved the doodling aspect. She drew water drops, crosses, hearts, stars and a pawprint to represent her dogs.

“We worked with social workers to have informal talks on good mental health and keep up with social-emotional wellness, and really modeled that through creating the mural,” Reagan said. “Just being together, being outdoors, talking about mental health, and then coming up with symbols for how to stay healthy in all different ways.”

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# Immigrants brought to the US as children ask judges to keep protections against deportation

By KEVIN MCGILL and JACK BROOK  
Associated Press

NEW ORLEANS — Immigrants who grew up in the United States after being brought here illegally as children were among close to 200 demonstrators who gathered Thursday outside a federal courthouse in New Orleans, where three appellate judges heard arguments over the Biden administration’s policy shielding them from deportation.

At stake in the long legal battle playing out at the 5th U.S. Circuit Court of Appeals is the future of about 535,000 people who have long-established lives in the U.S., even though they don’t hold citizenship or legal residency status and they could eventually be deported.

“I live here. I work here. I own a home here,” said María Rocha-Carrillo, 37. She traveled from her home in New York to join the



DACA supporters rally outside the 5th Circuit Court of Appeals in New Orleans on Thursday.

demonstration and was on the front row of a packed courtroom as the hearing started. She said she was

brought to the U.S. at age 3 when family members immigrated from Mexico, where she was born. She

could not get a teaching certificate until the Deferred Action for Childhood Arrivals program al-

lowed her to build a career in education.

Opponents of DACA weren’t in evidence among the demonstrators. But opponents, chiefly Texas and eight other Republican-dominated states, have said in court arguments and legal briefs that they incur hundreds of millions of dollars in health care, education and other costs when immigrants are allowed to remain in the country illegally. As the hourlong hearing opened, Brian Boynton, arguing for the Biden administration, said the states have no standing to sue because they have demonstrated no harm caused by DACA. He said his argument is bolstered by Supreme Court decisions made since the 5th Circuit heard and rejected that contention in 2022.

Judge Jerry Smith pushed back. “I don’t understand how you get anywhere with that argument,”

Smith said, stating that the Supreme Court precedents don’t contain unequivocal language that would require the appeals court to back off its previous finding.

Judge Stephen Higginson seemed more willing to consider the argument.

“A dramatic or sea change in analysis allows us to follow the Supreme Court instead of errant 5th Circuit law?” Stephenson asked.

“That’s correct,” replied Boynton.

Judges on the panel gave no indication when or how they will rule. The case will almost certainly wind up at the Supreme Court.

Former President Barack Obama first put the Deferred Action for Childhood Arrivals program in place in 2012, citing inaction by Congress on legislation aimed at giving those brought to the U.S. as youngsters a path to legal status and citizenship.

# N. Carolina governor signs Hurricane Helene relief bill

RALEIGH, N.C. (AP) — North Carolina Gov. Roy Cooper on Thursday signed the state’s first relief package to address Hurricane Helene’s devastation, allocating \$273 million for immediate needs and giving flexibility to agencies and displaced residents.

The Democrat signed the measure, approved unanimously Wednesday by the Republican-dominated General Assembly. Nearly all the money will serve as the state’s share that is needed to meet the federal government’s match for state and local disaster assistance programs.

Other money will be used in part to ensure public-school nutrition employees at closed schools get paid and to help officials administer elections in the coming weeks.

“Recovery for Western North Carolina will require unprecedented help from state and federal sources and this legislation is a strong first step,” Cooper said in a news release. The legislature also agreed separately Wednesday to return to Raleigh on Oct. 24, when action on additional recovery legislation is expected.

The \$273 million in

Wednesday’s bill originates from the state’s savings reserve, which contained \$4.75 billion. The enacted measure also waived fees for people in western counties to replace lost driver’s licenses and identification cards, as well as permitting requirements for some highway repairs and open burning of storm debris.

On elections, the General Assembly expanded rule alterations for conducting elections and turning in ballots from 13 to 25 counties, and it changed the options people in the region have for turning in absentee ballots.



North Carolina Gov. Roy Cooper, right, and Deanne Criswell, administrator of the U.S. Federal Emergency Management Agency, are pictured at Charlotte Douglas Airport, Oct. 5, in Charlotte, North Carolina.

# Opinion

opinion@cortlandstandard.com

Cortland Standard

## Our Opinion

### Whatever it may bring, winter is coming

Everybody complains about the weather, but nobody does anything about it.

We love that old saying. And as winter begins to peek its head into the greater Cortland area in recent days as overnight temperatures begin to dip into the lower 30s, the National Oceanographic and Atmospheric Administration recently released a prediction for the fast-coming winter months.

It calls for a warmer-than-normal winter with above-normal precipitation. That indicates that the winter weather pattern for the past decade will continue. However, AccuWeather, the private weather forecasting service, is adding a little more snow to this year’s prediction. The forecast covers only December through February.

Last season was a disappointment for snow lovers, including skiers and snowmobilers whose sleds have sat mostly idle unless

they ventured north to the Tug Hill area that gets its share of snow when there is a dearth elsewhere.

Eight of the past 10 winters have had less snow than normal. Seven have been warmer than usual. AccuWeather expects temperatures to be one to two degrees above normal. That can be the difference between snow, ice or rain.

Ice can pose its own safety risks in the winter. It poses risks for pedestrian falls and slippery conditions on roads that can produce accidents that endanger health and lives. It can also bring down power lines, leaving us susceptible to the frigid weather.

Despite the old saying about nobody doing anything about the weather, while we can’t control it, we can prepare to respond to it. Having a generator is a great resource if it is within your means.

We can take other steps to help ourselves and our neighbors. That

includes keeping sidewalks clear when snow does arrive and spread salt or some other material to melt it or improve traction. We can also check in on family and neighbors when conditions become difficult.

The National Weather Service has a useful list of winter prep items. Check the fluids in your car and test the battery. Install the snow tires in a few weeks. At home, make sure you keep the usual emergency supplies: Enough food for a few days, snow shovel, flashlight and batteries. Firewood or other alternative heat sources might be good. And if you need medication, keeping a few days worth on hand would be smart in case the weather keeps you home. Predictions are not always completely accurate. But one thing we know, winter is coming and it is time to get ready. With frost warnings beginning to pop up, we have our first reminder of what it will bring.

## Good Old Days

October 12, 1974

An invaluable diagnostic tool for physicians and surgeons has been provided at Cortland Memorial Hospital with the establishment of a division of nuclear medicine.

Nuclear medicine is the application of radioactive substances, “isotopes,” to medicine.

With use of extremely small quantities of these radioactive substances, the physician can make early and exact diagnoses while the patient receives less radiation than would have been used with earlier methods of diagnosis.

October 12, 1999

Randall Elementary School Principal Cliff Kostuk wants to raise student achievement by raising parent involvement. So he sent report cards to parents for them to grade themselves on how well they participate in their children’s school activities.

## Today in History

The Associated Press

Today is Saturday, Oct. 12, the 286th day of 2024. There are 80 days left in the year.

Today in history:

On Oct. 12, 2002, bombs blamed on al-Qaida-linked militants destroyed two nightclubs on the Indonesian island of Bali, killing 202 people, many of whom were foreign tourists.

Also on this date:

In 1492, Christopher Columbus’s first expedition made landfall on what is now San Salvador Island in the Bahamas.

In 1870, General Robert E. Lee died in Lexington, Virginia, at age 63.

In 1960, Soviet Premier Nikita Khrushchev protested remarks at the United Nations by pounding his shoe on his desk.

In 1968, Mexican track and field athlete Enriqueta Basilio became the first woman to light the Olympic flame at the opening ceremonies of the Mexico City Summer Games.

In 1973, President Richard Nixon nominated House minority leader Gerald R. Ford of Michigan to succeed Spiro T. Agnew as vice president.

In 1984, British Prime Minister Margaret Thatcher escaped an attempt on her life when an Irish Republican Army bomb exploded at a hotel in Brighton, England, killing five people.

In 2000, 17 sailors were killed in a suicide bomb attack on the destroyer USS Cole in Yemen.

In 2019, Eliud Kipchoge became the first person to run a marathon in less than two hours, crossing the finish line of the INEOS 1:59 Challenge in Vienna, Austria, with a time of 1:59:40.

Today’s Birthdays: NASCAR Hall of Famer Ned Jarrett is 92. Singer Sam Moore (Sam and Dave) is 89. Broadcast journalist Chris Wallace is 77. Actor Hiroyuki Sanada is 64. Jazz musician Chris Botti (BOH’-tee) is 62. Actor Hugh Jackman is 56. Country musician Martie Maguire (The Chicks) is 55. Actor Kirk Cameron is 54. Olympic gold medal skier Bode Miller is 47. Actor Josh Hutcherson is 32.

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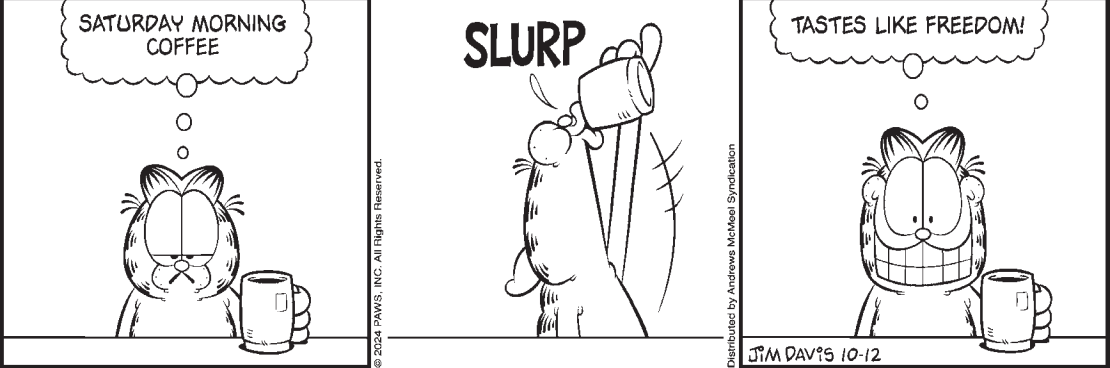
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## Letters

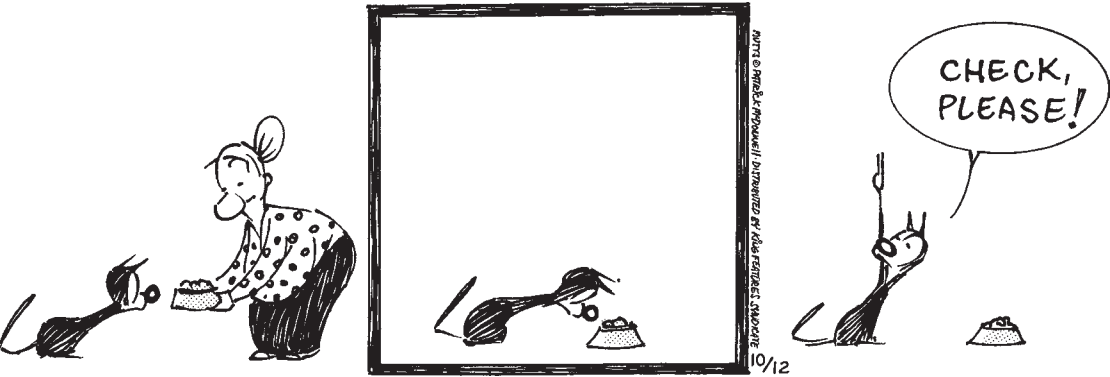
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**MUTTS**



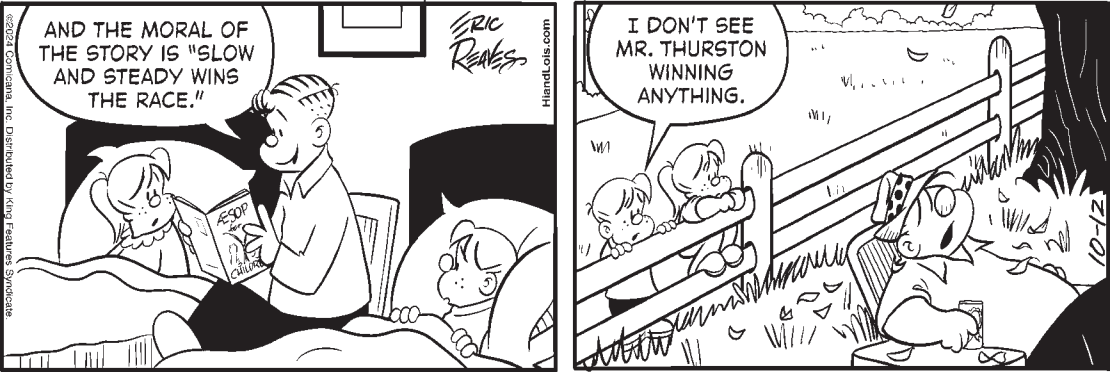
**TIGER**



**BEETLE BAILEY**



**HI AND LOIS**



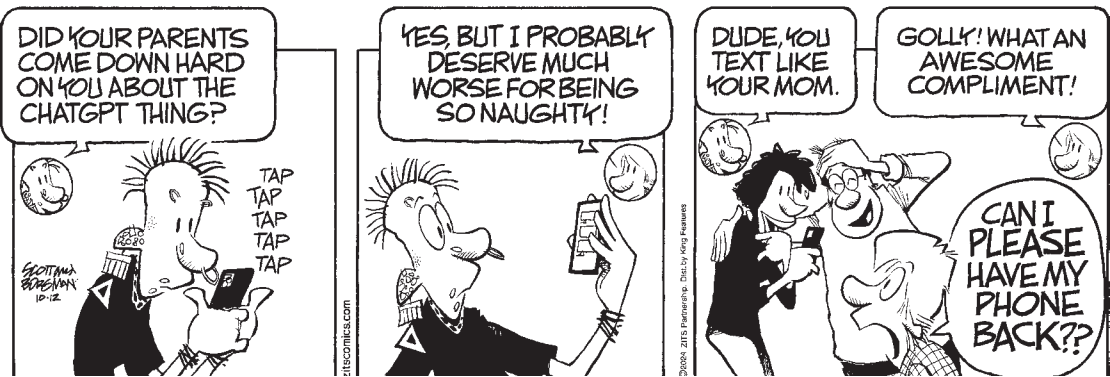
**HAGAR THE HORRIBLE**



**BABY BLUES**



**ZITS**



**CROSSWORD**

By **THOMAS JOSEPH**

**ACROSS**

- 1 Black shade
- 6 Barn-raising sect
- 11 Clarifying words
- 12 Knight's weapon
- 13 Frenzied
- 14 Potpourri bit
- 15 Lead-ins
- 17 Galena, e.g.
- 18 Bustle
- 19 Left after lunch
- 22 Photographer Goldin
- 23 Sonata ends
- 24 Bakery buys
- 25 Sere-naded
- 27 High return
- 30 "Orpheus" director Jean
- 31 Oklahoma city
- 32 Wee worker
- 33 Market events
- 35 Water nymph
- 38 Wrong
- 39 Be penitent

**40** Gaggle

- group
- 41 Makes a touch-down
- 42 School paper

**DOWN**

- 1 Monkey
- 2 Plummer of "Pulp Fiction"
- 3 Unlikely to be talked out of
- 4 Den
- 5 Buoy up
- 6 Swiss peak
- 7 Writer Rita — Brown
- 8 Com-pletely
- 9 Alarms

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

**Yesterday's answer**

- 10 Wife of Menelaus
- 16 Express disdain for
- 20 Following
- 21 TV plugs
- 24 Blasting stuff
- 25 Brahms piece
- 26 Shout on the set
- 27 Lords' wives
- 28 Black Sea port
- 29 "Gold-finger" singer
- 30 Lock setting
- 34 Iowa State setting
- 36 What's more
- 37 — Plaines

1	2	3	4	5	6	7	8	9	10
11					12				
13					14				
15					16			17	
18				19		20	21		
22				23					
			24						
	25	26					27	28	29
30							31		
32				33		34			
35			36	37		38			
39						40			
41						42			

10-12

**Sudoku**

**SUDOKU**

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

Level: Advanced

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

**Cryptoquote**

A XYDLBAAXR  
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

10-12

**CRYPTOQUOTE**

S D V D Z J E N Z L Y V N V W L Y L S

A H V W S M B L Y W Q T S O L N M

X W N Y X W N B L Y E L J E L , A W L J

L C L B R A S C L E B L Y V H Y S M T S Z L .

— B S E W L T E S B Y N J

**Yesterday's Cryptoquote:** THOSE WHO SAY IT CAN'T BE DONE ARE USUALLY INTERRUPTED BY OTHERS DOING IT. — JAMES BALDWIN

**Astrological Forecast**

By **Magi Helena**

**Sunday, October 13, 2024**

**ARIES (March 21-April 19):** Faithfully fulfill the promises you made to yourself and others. Others in your life might have heightened expectations that do not match the reality of a situation, and you might have a few unrealistic ideas yourself. Get grounded.

**TAURUS (April 20-May 20):** You shouldn't expect things to stay the same forever. Change may be on the horizon, so consider getting prepared. There's a chance to ease any growing concerns of your inner circle by laying out a plan to achieve your goals.

**GEMINI (May 21-June 20):** Focus on the bigger picture. You might ask how you can help the people around you. Whether it is time or money contributing to a cause could be good for moral compass, and could help make you feel good about yourself, too.

**CANCER (June 21-July 22):** Admit that there are things you cannot control. You may be too close to see the actual challenge. You could come much closer to achieving your goals if you cooperate and collaborate rather than pushing to get your own way.

**LEO (July 23-Aug. 22):** You could be involved in a situation where any attempt at resolution could be seen as interference. It may be wise to let them settle it themselves and help with cleanup afterwards. Sometimes distance is really for the best.

**VIRGO (Aug. 23-Sept. 22):** You're not the only one involved in the decisions you are making. Consider discussing your plans with your support system before you make the final call. Their input could give you important perspectives and insights.

**LIBRA (Sept. 23-Oct. 22):** A compromise may need to embody old-school ideals of fair play, integrity, and tolerance. When important decisions must be made, use your best judgment; don't be pushed into doing something against your own wishes.

**SCORPIO (Oct. 23-Nov. 21):** Finding the correct answers may take longer than you expected. There might be a limited amount of tardiness you can get away with before someone looks for alternatives. Take the necessary steps to improve your focus and concentration.

**SAGITTARIUS (Nov. 22-Dec. 21):** You've been working on a challenge for long enough. Your most logical ideas could run into a roadblock or cause you to feel stuck. It may be time to consult outside experts, or at least a trusted friend, for a possible solution.

**CAPRICORN (Dec. 22-Jan. 19):** You have your own agenda, lofty goals, and a power base, but so does your competition. You might be evenly matched, but all sides must be willing to accept a compromise dictated by higher standards and overall drive for victory.

**AQUARIUS (Jan. 20-Feb. 18):** You may connect with your most reliable advisors and

seek their guidance on any troubling issues before taking action. There might be a chance to discover inspiration close to home and strengthen a friendship in the coming week.

**PISCES (Feb. 19-March 20):** Stay grounded and practical in your plans and actions. Avoid getting lost in a cycle of overthinking or unrealistic strategies, as they might further confuse you. Consider keeping an eye on the clock in order to be more punctual.

**IF OCTOBER 13 IS YOUR BIRTHDAY:** The upcoming two to three weeks may be a pivotal time when you must make wise decisions and choose whether or not to embrace new opportunities.

People could be attracted by your charm but may also have oversized expectations. Weigh the strength of your commitments and loyalties carefully. This might not be the time to focus on business strategies or financial gain, so consider following your heart for more promising results.





AP Photo/Louise Delmotte

About Sangare, lead actor in “Souleymane’s Story,” poses for photographs after a premiere at the Louxor Cinema in Paris, Tuesday.

# Asylum-seeker to film star

## Guinean’s unusual journey highlights France’s arguments over immigration

By DIANE JEANTET  
Associated Press  
PARIS — A few months ago, Abou Sangare was an anonymous, 23-year-old Guinean immigrant lacking permanent legal status in northern France and, like thousands of others, fighting deportation.

Now a lead actor in “Souleymane’s Story,” an award-winning feature film that hit French theaters this week, his face is on every street corner and in subway stations, bus stops and newspapers.

The film and Sangare’s sudden success are casting light on irregular migration in France just as its new government is taking a harder line on the issue. It is vowing to make it harder for immigrants lacking permanent legal status to stay and easier for France to expel them.

Sangare plays a young asylum-seeker who works as a Paris delivery man, weaving his bicycle through traffic in the City of Light. In a case of life imitating art, Sangare’s future also hangs in the balance.

Like the character he portrays, Sangare is hoping to persuade French officials to grant him residency and abandon their efforts to force him to leave.

“When I see Souleymane sitting in the French Office for the Protection of Refugees and Stateless Persons, I put myself in his place, because I know what it’s like to wait for your (identification) papers here in France, to be in this situation — the stress, the anxiety,” Sangare told The Associated Press in an interview.

“Like me, Souleymane finds himself in an environment that he doesn’t know.”

Sangare says he left Guinea at age 15 in 2016 to help his sick mother. He first went to Algeria, then Libya, where he was jailed and treated “as a slave” after a failed crossing attempt. Italy was next, and he eventually set foot in France in May 2017.

His request to be recognized as a minor was turned down, but he was able to study at high school and trained as a car mechanic — a skill in demand in France. Recently, he was offered full-time employment at a workshop in Amiens, a northern French town that has been his home for seven years and which, incidentally, was French President Emmanuel Macron’s hometown, too.

But Sangare cannot accept the job because of his illegal status. He’s unsuccessfully applied three times for papers and lives with a deportation order over his head.

Critics say deportation orders have been increasingly used by successive governments.

“We are the country in Europe that produces most expulsion procedures, far ahead of other countries,” said Serge Slama, a professor in public law at the University of Grenoble.

But their use — more than 130,000 deportations were ordered in 2023 — is “highly inefficient,” he added, because many of the orders cannot for legal reasons be carried out.

Interior Minister Bruno Retailleau says about 10% of people targeted for deportation end up leaving.

Retailleau, appointed in France’s new government of conservatives and centrists last month, is making immigration control a priority.

He wants more immigrants lacking permanent legal status to be held in detention centers and for longer periods, and is leaning on regional administrators to get tough.

He also says he wants to reduce the number of foreigners entering France by making it “less attractive,” including squeezing social benefits for them.

Mathilde Buffière, who works with immigrants in administrative detention centers with the nonprofit Groupe SOS Solidarités, says officials are spending “less and less time” reviewing immigrants’ residency applications before holding them in detention centers.

In Sangare’s case, his life took a turn last year when he met filmmaker Boris Lojkine. Several auditions led to him getting the film’s lead role.

Sangare won Best Actor at the Cannes Film Festival’s “Un Certain Regard” competition this year.

But a more meaningful prize might be on the horizon: After Cannes, government officials emailed Sangare, inviting him to renew his residency application.

Responding to AP questions, French authorities said the deportation order against Sangare “remains legally in force” but added that officials reexamined his case because of steps he’s taken to integrate.

“I think the film did that,” Sangare told AP.

# A peek inside human brain shows a way it cleans out waste

By LAURAN NEERGAARD  
AP Medical Writer

WASHINGTON — A unique peek inside the human brain may help explain how it clears away waste like the kind that can build up and lead to Alzheimer’s disease.

Brain cells use a lot of nutrients which means they make a lot of waste. Scientists have long thought the brain has special plumbing to flush out cellular trash, especially during sleep — they could see it happening in mice. But there was only circumstantial evidence of a similar system in people.

Now researchers have finally spotted that network of tiny waste-clearing channels in the brains of living people, thanks to a special kind of imaging.

“I was skeptical,” said Dr. Juan Piantino of Oregon Health & Science University, whose team reported the findings Monday. “We needed this piece to say this happens in humans, too.”

The study was published in the journal Proceedings of the National Academy of Sciences.

The brain is remarkably active during sleep. One reason seems to be that’s the time it does a deep clean. And that’s gotten attention because while losing a good night’s sleep muddles people’s thinking, chronic sleep deprivation also is considered a risk factor for dementia.

## SO HOW DOES THE BRAIN CLEANSE ITSELF?

Over a decade ago, scientists at the University of Rochester first reported finding a network they dubbed the “glymphatic system.” Cerebrospinal fluid uses channels surrounding blood vessels to get deep into tissue and move waste until it exits the brain. When mice were injected with a chief Alzheimer’s culprit named beta-amyloid, it cleared away faster when the animals

were sleeping.

It’s not clear exactly how that network works although some research has shown the pulsing of the blood vessels helps move the waste-clearing fluid where it needs go.

But it’s been hard to find that system in people. Regular MRI scans can spot some of those fluid-filled channels but don’t show their function, Piantino said.

So his team in Oregon injected a tracer into five patients who were undergoing brain surgery and needed a more advanced form of MRI. The tracer “lit up” under those scans and sure enough, 24 to 48 hours later, it wasn’t moving randomly through the brain but via those channels just like prior research had found in mice.

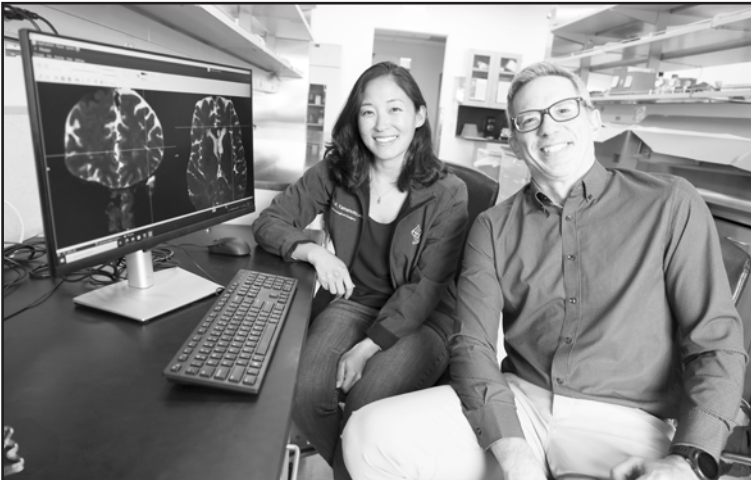
It’s a small but potentially important study that Rochester’s Dr. Maiken Nedergaard predicted will increase interest in how brain waste clearance connects to people’s health.

But to test if better sleep or other treatments might really spur waste clearance and improve health, “I have to be able to measure glymphatic function in people,” added Dr. Jeff Iliff of the University of Washington, who helped pioneer waste-clearance research. The question is whether the new study might point to ways of measuring.

Sleep isn’t the only question. For example, animal studies show an old blood pressure drug now used to treat PTSD may improve glymphatic function, and Iliff and colleague Dr. Elaine Peskind are about to study it in certain patients.

Additional larger studies in healthy people are needed and Piantino, whose lab focuses on sleep health, wants to find an easier, more noninvasive test.

“We cannot study all these questions by injecting people,” he said.



Christine Torres Hicks/OHSU via AP

Drs. Erin Yamamoto, left, and Juan Piantino, used special imaging to spot a long-suspected pathway the human brain uses to clear waste.

# A librarian who fought censorship battle in Texas lands in Philadelphia to revive school libraries

By KRISTEN A. GRAHAM  
The Philadelphia Inquirer  
(TNS)

PHILADELPHIA — Jean Darnell packed up her life and moved 1,500 miles away to Philadelphia because she believes in the promise of school libraries.

It’s a bold move for the nationally recognized educator from Texas, as Darnell has become the first Philadelphia School District library chief in years since the system let its school libraries wither starting in the 1990s.

At one point, the district had nearly 200 certified school librarians. In 2023-24, the district reported having the equivalent of just two full-time certified school librarians for its 216 schools, a ratio experts said was possibly the worst in the country.

Darnell has built a national reputation as “The Awaken Librarian.” She is a Pulitzer Center teacher fellow. She has served on the committee that chooses the Caldecott Medal, the revered children’s book prize.

Earlier this year, she appeared on the Dr. Phil show discussing AI and the future of education. She talks fast and thinks faster. And she is not about to fail, she said.

“Philadelphia is the country’s



Alejandro A. Alvarez/The Philadelphia Inquirer/TNS

Jean Darnell, known as “The Awaken Librarian,” is the Philadelphia School District’s new library chief.

OG capital. How do you not have a rich literacy program — that’s the antithesis of what I learned in U.S. history class,” Darnell said. “If our libraries fail, our literacy will tank, because there’s no separation of the two. Libraries should be the heart of schools, and thinking that you can have a fully operational school with no heart, that doesn’t work.”

‘A LIBRARIAN SAVED ME’  
Libraries are crucial to Darnell’s own story.

Darnell was confused and angry at age 8 when her parents divorced. Her worried family didn’t know what to do with her, so they sent her to the library, where a librarian built Darnell, a voracious reader, a fort created out of mismatched tablecloths

draped over tables and chairs. Once Darnell finished a school assignment, the librarian would slide a new book into the enclosure.

“It wasn’t super fancy,” Darnell said. “But for a kid who felt her world was crumbling, it was a place I could be free and imagine a better life.”

She got her work finished, and gradually, she healed.

Later, after Darnell’s divorce, she had no house or job. She found herself at the public library, where a librarian told her about a job fair, and helped her find resources to get an apartment.

More recently, an influential school librarian colleague guided Darnell, then an English teacher, into a program that gave teachers a path to become school librarians. She became a certified school librarian in 2013, and hasn’t looked back.

“At every pivotal point in my life, a librarian saved me,” said Darnell.

In Texas, Darnell fought censorship — her job was eliminated after a furor over Darnell teaching the popular young adult novel “The Hate U Give,” which administrators said promoted anti-police behavior. (The

book tells the story of a young Black woman from a struggling neighborhood who attends a mostly-white prep school. Starr, the protagonist, watches police shoot and kill her best friend.)

“I didn’t grind all this time to be stifled or to be silenced in Texas,” said Darnell. “I asked to leave Texas, and every door seemed to open for me. I was led here — this is where I was supposed to be.”

## ‘BREATH OF FRESH AIR’

Earlier this year, the Philadelphia School District, in conjunction with grassroots group Philadelphia Alliance to Restore School Libraries, won a federal grant to begin restoring district libraries. Officials said they hope they can launch what becomes a national model.

Debra Kachel, a leader of the volunteer library group, is delighted with Darnell’s appointment.

“PARSL is just thrilled with Jean. The district scouted out the best candidate, who brings a great deal of experience,” said Kachel, a professor and school librarian. “She’s a dynamo — just a breath of fresh air. I can’t wait to see what she can accomplish in Philadelphia.”



# Climate

## Climate change gave significant boost to Milton's destructive rain and winds, according to scientists

**By ALEXA ST. JOHN**  
**Associated Press**

Human-caused climate change intensified deadly Hurricane Milton's rainfall by 20 to 30% and strengthened its winds by about 10%, scientists said in a new flash study.

The analysis comes just two weeks after Hurricane Helene devastated the southeastern United States, a storm also fueled by climate change.

World Weather Attribution researchers said Friday that without climate change, a hurricane like Milton would make landfall as a weaker Category 2, not considered a "major" storm, instead of a Category 3.

WWA's rapid studies aren't peer-reviewed but use peer-reviewed methods.

The team of scientists test the influence of climate change on storms by analyzing weather data and climate models, but in the case of Milton — which followed so shortly after Helene — the researchers used only weather observations data. WWA said despite using different approaches, the results are compatible with studies of other hurricanes in the area that show a similar hurricane intensity increase of between 10 and 50% due to climate change, and about a doubling in likelihood.

"We are therefore confident that such changes in heavy rainfall are attributable to hu-



People are rescued from an apartment complex after flooding in the aftermath of Hurricane Milton, Oct. 10, in Clearwater, Florida.

man-caused climate change," said WWA, an international scientist collaborative that launched in 2015 and conducts rapid climate attribution studies.

At least eight people died in Milton, which spread damage far and wide even though it didn't directly strike Tampa as feared. Roadways flooded and dozens

of tornadoes tore through coastal areas. At one point power was out to some 3.4 million customers, and more than 2.4 million remained without power Friday morning.

Milton made landfall Wednesday evening as a Category 3 hurricane on the west coast of Florida near Siesta Key, about

70 miles south of the Tampa Bay area, driven by warm waters near record levels.

Climate scientist Michael Mann said he agrees with the thrust of the analysis that climate change substantially worsened the hurricane.

But if anything, Mann said, the study might "vastly understate

the impact that it actually had" with what he called "the fairly simple approach" of its estimates.

He cited other attribution studies after Helene that calculated significantly larger rainfall due to warming.

"It's the difference between a modest effect and a major effect," Mann, of the University of Pennsylvania, told The Associated Press. "I would argue that the catastrophic flooding we saw over large parts of the southeastern U.S. with Helene was indeed a major effect of human-caused warming."

Jeff Masters, a meteorologist who co-founded the commercial weather service Weather Underground, said the study looked solid to him.

"I support their conclusion that without climate change, Hurricane Milton would have hit as a Cat 2, not a Cat 3," he said.

Another analysis, done by research organization Climate Central, said earlier this week that climate change made possible the warmer water temperatures that amplified Milton. Andrew Pershing, the group's vice president for science, said the higher water temperatures were up to 200 times more likely with climate change.

The group said waters were more than 1.8 degrees F warmer than the 1991 to 2020 average.

AP Photo/Mike Stewart, File

### Contract Bridge

#### Changing courses in midstream

South dealer.  
North-South vulnerable.

NORTH		EAST	
♠ Q 3		♠ A 10 5	
♥ K 9 8 4		♥ J 10 5 2	
♦ Q J 9 2		♦ 8 7 6 3	
♣ K 7 4		♣ 6 2	
WEST		SOUTH	
♠ J 9 7 6 4 2		♠ K 8	
♥ Q 6 3		♥ A 7	
♦ —		♦ A K 10 5 4	
♣ J 9 8 5		♣ A Q 10 3	

The bidding:			
South	West	North	East
1 ♦	Pass	1 ♥	Pass
3 ♣	Pass	4 ♦	Pass
4 NT	Pass	5 ♣	Pass
6 ♦			

Opening lead — six of spades.

Assume you're in six diamonds and West leads a spade to East's ace. East returns a spade to your king, and it looks as though the rest of the tricks are yours for the taking.

But when you cash the ace of trump and West shows out, things are not quite as certain as they seemed. The problem is that if you draw all the missing trumps, you will go down unless the clubs are

divided 3-3 or the jack falls singleton or doubleton.

Naturally, you would rather not be forced to rely exclusively on a favorable club division if there was some other way to get around it. And, in due course, the solution comes to you: Your best chance lies in executing a dummy reversal.

Accordingly, you stop drawing trump and instead cash the A-K of hearts. You then ruff a heart with the four, lead the five of trump to the nine and ruff dummy's last heart with the king.

Next you lead the ten of trump to the jack and cash the queen, drawing East's last trump while at the same time discarding the three of clubs from your hand. You then score the last three tricks with the A-K-Q of clubs to bring the slam home.

By ruffing hearts twice in your hand, you score six trump tricks instead of the obvious five. It is this extra trick that allows you to make the slam without having to depend on a favorable break in the club suit.

Admittedly, it is unusual for declarer to ruff dummy's losers in his hand and end up discarding a loser on one of dummy's trumps, but that is the defining characteristic of a dummy reversal.

## Experts warn busy Atlantic hurricane season is not over

**By ISABELLA O'MALLEY**  
**Associated Press**

Millions of people in the southeastern U.S. still are reeling from the catastrophic damage caused by Hurricanes Helene and Milton, but scientists warn that the Atlantic hurricane season is far from over.

"As far as hurricane landfalls in the U.S., it's been crazy busy," said Jeff Masters, meteorologist for Yale Climate Connections. So far five hurricanes have made landfall in the U.S. — and the record is six.

Masters said it's possible that record will be matched since tropical cyclone activity is expected to be above-average for the rest of October and November.

Hurricane season officially ends Nov. 30 and peaks from mid-August to mid-October due to warm ocean waters. Masters said the very active period will continue into November because of favorable upper level winds in



AP Photo/Mike Carlson

A USPS worker inspects trucks now underwater as intense rain from Hurricane Milton caused the Anclote River to flood, Friday, in New Port Richey, Florida.

the atmosphere as well as ocean temperatures remaining at record-high temperatures.

"The Gulf (of Mexico) remains fairly anomalously warm

even at this point in the year, so we shouldn't relax," said Chris Horvat, assistant professor of earth, environment and planetary science at Brown University.

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High School Field Hockey

Marathon tops Moravia, Funk gets 600th win

Marathon 2  
Moravia 1

By MIKE ROSE  
Sports Reporter  
mrose@cortlandstandard.com  
MORAVIA — It was a milestone night for Marathon field hockey head coach Karen Funk Thursday at the Scarry Athletic Complex. Her team won a thriller in double overtime against Moravia, 2-1, and in turn earned her 600th win as head coach.

Funk is in her 51st season as head coach and has led Marathon to nine state championships. “It’s a lot of games,” Funk said. “When you put in the losses, the ties and you know I’ve been doing it long enough that I don’t count the games. The last couple of weeks it’s been mentioned every single time. It’s amazing. I coach it because I love watching these girls play. If there was a team that would do it for me, this would be it.”

Marathon seemed poised early on to cruise to Funk’s milestone. The Olympians took less than six minutes to find the back of the net when Audrey Ensign cashed in off a corner and beat Moravia goalie Lucy Coningsby. Marathon piled on chances throughout the first half while Moravia struggled to generate any response offensively. Despite controlling the first half, Funk knew it would take a complete game to defeat the Blue Devils.

“You know coming to Moravia, it’s always a tough game,” Funk said. “You play well and you never know what it’s going to be. I thought the first half we had it. The defense really stepped up.”



The Marathon field hockey team poses with head coach Karen Funk’s 600-win banner following a 2-1 double overtime win Thursday at Scarry Athletic Complex.

When the whistle blew to begin the second half, it was like a new Moravia team had taken the field. The Blue Devils began to control the game further and did enough to tie the game when Maeve Green found Brooklyn Lott for the equalizer.

The game became a stalemate from there. Both sides traded chances end to end and both goalies made critical, timely saves for their team. With 3:31 to play in regulation it seemed Marathon had the game won when they were awarded a stroke. Coningsby kept her team alive, stonewalling the chance and eventually sending the game to overtime.

The two teams once again traded chances in the first overtime, but neither side could deliver the

winner. The game ended much like it started in double overtime, when Ensign won a scrum in front of the net to slam home her second goal of the game. Ensign was relieved and in disbelief after burying the game winner. “I was like, ‘Holy cow, I can’t believe I did this,’” Ensign said. “I was definitely under a lot of pressure. I was like, ‘I’ve got to get my stick down, get this in for my team and for my coach.’”

Funk is hoping her team’s second overtime win of the season can jumpstart them for the stretch run. “Now that I think about it, I’m thinking maybe this is what the team needed to know just what they can do,” Funk said. “I hope it carries through the rest of the

regular season and then it’d be a great springboard to the postseason, so we’ll see what happens.

Marathon returns to action at 6:30 p.m. Tuesday against Greene. Moravia will be back at the Scarry Athletic Complex at 4:15 p.m. Tuesday, when it hosts Walton.

BOYS SOCCER  
CORTLAND 1, SOLVAY 0  
Cal Albright put away a first-half goal as Cortland earned a season sweep of Solvay. Austin Lind recorded the assist on Albright’s goal and Liam Burns saved three shots.

HOMER 1, PHOENIX 1  
Tristyn Henkel scored a first-half goal for Homer, but Phoenix

responded after the break and the game remained a draw. Garrett Berthelot picked up the assist on the goal and Levi Guay stopped 15 shots for the Trojans.

GIRLS SOCCER  
CINCINNATUS 8, DEUYTER 0  
Lucy Finch went for four goals as Cincinnati moved to 13-0 and handed DeRuyter its second loss of the season. Mandi Waltz, Cassia Schuyler and Ava Larrabee all recorded a goal and an assist for the Lions, Jocelyn Turshman scored once and Payton Landers recorded two assists.

UPCOMING SCHEDULE FOOTBALL Catskill at Groton, 1 p.m. today
BOYS SOCCER Cortland at Homer, 1 p.m. today Tully at Dryden, 11 a.m. today DeRuyter vs. Holland Patent, noon today at Kuyahora Town Park DeRuyter vs. Poland or Adirondack, Sunday at Kuyahora Town Park Cazenovia at Cortland, 7 p.m. Tuesday Mexico at Homer, 7 p.m. Tuesday McGraw at Madison, 4:30 p.m. Tuesday at Stockbridge Valley Central School Groton at Waverly, 7 p.m. Tuesday DeRuyter at Cincinnati, 4:30 p.m. Tuesday Fabius-Pompey at Tully, 6:30 p.m. Tuesday Union Springs/Port Byron at Moravia, 7 p.m. Tuesday
GIRLS SOCCER Carthage at Homer, 11 a.m. today DeRuyter vs. West Canada Valley, 10 a.m. today at Kuyahora Town Park DeRuyter vs. Poland or Little Falls, Sunday at Kuyahora Town Park Brookfield at McGraw, 2 p.m. Monday Fabius-Pompey at Cincinnati, 4:30 p.m. Monday Cortland at Chittenango, 6 p.m. Tuesday Homer at Cazenovia, 4 p.m. Tuesday Elmira at Groton, 6 p.m. Tuesday A-P-W at Tully, 4:30 p.m. Tuesday Stockbridge Valley at DeRuyter, 4:45 p.m. Tuesday
GIRLS VOLLEYBALL Homer at Marcellus, 8 a.m. today Groton, Moravia at Dryden, 8 a.m. today Phoenix at Cortland, 6 p.m. Tuesday Mexico at Homer, 6 p.m. Tuesday Indian River at Groton, 6:30 p.m. Tuesday
FIELD HOCKEY Marathon at Greene, 6:30 p.m. Tuesday Moravia at Walton, 4:15 p.m. Tuesday
CROSS COUNTRY Homer, Tully at V-V-S, 10 a.m. today Moravia at Manhattan Invitational, 9 a.m. Sunday
GIRLS SWIMMING & DIVING Dryden at Elmira, 9 a.m. today

High School Soccer

Stryker leads Moravia girls past Marathon

Moravia 3  
Marathon 1

By MIKE ROSE  
Sports Reporter  
mrose@cortlandstandard.com  
MORAVIA — It was senior night and pink night for Moravia girls soccer Thursday at Scarry Athletic Complex, but once the game began it became Stryker night. Cece Stryker netted a hat trick as the Blue Devils knocked off Marathon, 3-1.

Moravia was dressed in special pink uniforms for breast cancer awareness and also honored its seniors before the game. The win capped off what has been a trying season on a high note.

“I will say that the team really wanted to win,” Moravia head coach Jackie Schnurr said. “This is our last game, so I think they really wanted to close out the sea-



Moravia’s Cece Stryker, right, works past a Marathon defender Thursday at Scarry Athletic Complex. Stryker scored a hat trick in the Blue Devils 3-1 win.

son with a win.” Stryker struck early on, with her first goal coming five min-

utes in. Marathon tied the game up nine minutes later after Scout Morse played a ball into the box

that was finished off by Kennedy Eaton.

The goal seemed to spark momentum for Marathon, as it generated most of the offense until Stryker connected again. Her second tally of the night came with just under 17 minutes to play and gave Moravia a lead it would not relinquish.

The final Stryker strike came in a flash to start the second half, as she scored just 12 seconds in. “Cece is up and coming,” Schnurr said. “She’s a sophomore, obviously is a leader of the team. She really helps keep the attitude up on the team, which is fantastic.”

Senior Emily Griffin picked up one of her two assists on the final marker.

Even with a two-goal edge Moravia, was not able to take firm control. Marathon peppered the Blue Devils with shots, but ultimately could not finish off

any chances. The Olympians controlled nearly all of the possession in the final 39 minutes and ended the night outshooting Moravia 15-4.

The Olympians’ next chance came with 7:35 to play on a ball that deflected off the crossbar and nearly crossed the goal line to cut the margin to one. Ultimately, Moravia held on for its second win of the season.

“It was so electric, we have three seniors this year and I’m just so glad they finally got to end the season with a win,” Stryker said. “It’s been a rough season, but we’ve had a lot of good times and its exciting to get a hat trick.”

Moravia will not advance into the postseason, so its season ends with Thursday’s win. Marathon needed a win Thursday to qualify for the postseason, but instead the Olympians’ season comes to an end on the road.

Petrella’s heroics boost Homer girls past Cortland in overtime

By RORY MASTINE  
Sports Intern  
sports@cortlandstandard.com  
Emily Petrella capped a Homer comeback with an overtime winner to dump rival Cortland 2-1 Thursday night at Cortland Jr./Sr. High School.

After creating opportunities for herself all game, Petrella found herself on a breakaway late in extra time and used the space to beat Cortland goalkeeper Darah Peck and call game for her Trojans.

The win wasn’t always a sure thing for the Trojans, who saw themselves down early after conceding a goal to forward Quinn Dodds. Cortland, which celebrated its seniors Thursday night, was determined to give its rivals everything it could handle.

“The theme of the season has

Homer 2  
Cortland 1

been that we never stop fighting,” Homer head coach Rachel Parker said of her team’s ability to play through adversity. “Whether we have to come from behind or it’s just a tough game, they’ve proven that they won’t get down on themselves, they keep their head in the game and just keep fighting.”

Homer continued to fly around on offense and look for scoring chances. However, the Purple Tigers had learned from their previous matchup.

“In our last game (against Homer) we were up 1-0 at halftime, and then we let in a second half hat trick to one player (Reese Kline), so our main goal was to

stop her,” Cortland head coach Brandon Prosser said. “So we used one of our faster and stronger players to do that. We did a good job stopping her. She still got some good opportunities, but she was our main focus.”

While Cortland effectively shut Kilne down for the evening, the Trojans still put plenty of shots on goal. Peck held strong in goal with 11 saves for the game.

“We always want to score more,” Parker said. “We do a great job creating opportunities, we just need to convert on more of them.”

Eventually, Emma Poli secured control of the ball on the doorstep and tapped it in for the equalizer. The two teams remained level for the entirety of

See HOMER, page 10

Tully loses battle of the Knights

By PAUL CIFONELLI  
Sports Editor  
pcifonelli@cortlandstandard.com  
TULLY — The Tully boys soccer team is hitting a skid at the wrong time, dropping a second game in a row Thursday night with a 2-0 loss to Bishop Ludden at Tully High School. Tully lost 3-0 to Manlius Pebble Hill Tuesday to end a seven-game winning streak.

The Black Knights were on the defensive early on and Bishop Ludden took advantage. The Gaelic Knights earned a penalty kick with 16:05 left in the first half after Sean Mize committed a handball in the box and Colder Sheen converted to make it 1-0.

Tully had been starting to turn the tide of the game before the penalty kick. The Black Knights started to turn it up another notch

Bishop Ludden 2  
Tully 0

after the goal, but star junior Julian Shay went down on the sideline 4:58 later holding his hamstring. That seemed to take the wind out of Tully’s sail.

“Him going down just makes it really difficult for us to do anything,” Tully head coach Bill Donald said. “We had to have some younger kids step up. I thought we worked really well today. Things went well, but the ball didn’t go in the goal. We’ve got to get that going. That’s two games in a row we didn’t get a goal.”

Shay’s loss was noticeable immediately, as his co-star, Ryan

See TULLY, page 10



Major League Baseball

Yanks' Chisholm accuses Royals' Garcia of trying to hurt teammate

During ALDS victory

By DAVE SKRETTA  
AP Sports Writer  
KANSAS CITY, Mo. — Yankees third baseman Jazz Chisholm Jr. accused the Royals' Maikel Garcia of intentionally trying to hurt Anthony Volpe while sliding into second base during Game 4 of a tense AL Division Series that New York clinched with a 3-1 victory Thursday night.

Garcia had led off the sixth inning with a single and Michael Massey had followed with a chopper to first base, where Jon Berti fielded the ball and stepped on the bag. He then fired to Volpe covering second for the double play, and Garcia slid hard into the base — and Volpe likewise delivered a hard tag on the Kansas City third baseman.

Tempers immediately flared and both teams flooded the field, though no punches were thrown and nobody was tossed.

"I just felt like he tried to go in and injure Volpe because he was being a sore loser. You know what I mean?" Chisholm said. "He was talking a ton on Instagram and Twitter and stuff. I do the same thing but I'm not going to injure somebody if they're



AP Photo/Charlie Riedel  
Umpire Roberto Ortiz holds back Royals' Maikel Garcia, center, after being tagged out by Yankees shortstop Anthony Volpe, Thursday, in Kansas City, Missouri.

winning a game. I didn't like that. I told him we don't do that on this side and I'm going to stick up for my guys."

Chisholm had already become the villain of the series when he said the Royals were "lucky" to win Game 2. He was reminded of the comment during every at-bat, too, getting a steady stream of boos from a crowd starved for postseason ball.

The Yankees jokingly booed him during a postgame celebration in the visiting clubhouse Thursday night, as they looked ahead to a matchup with the Guardians or Tigers with Game 1 of the AL Championship Series on Monday night at Yankee Stadium.

The Yankees and Royals have come to loathe each other over the years, long before this playoff

matchup. In fact, the angst can be traced back to the 1970s, when players such as George Brett of the Royals and the Yankees' Graig Nettles would get into all-out fist-fights during games that often decided who would be representing the American League in the World Series.

It looked a little like those days when the benches emptied Thursday night.

College Football

Army, Navy football teams both 5-0 for the first time since 1945

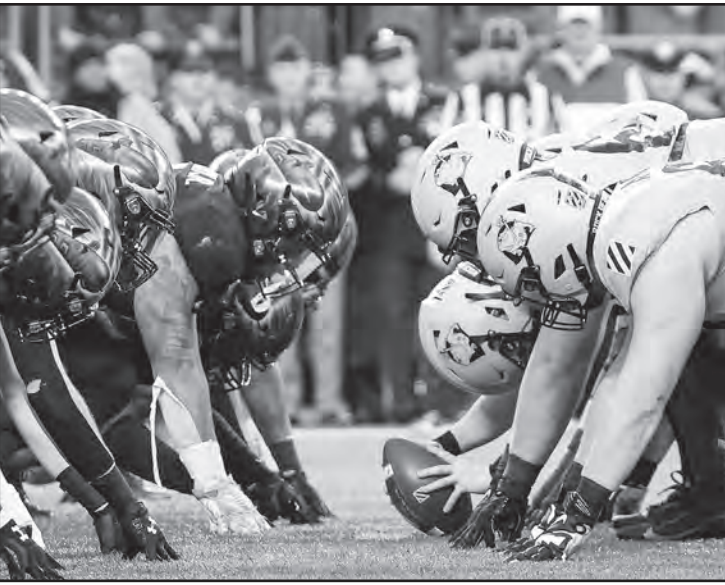
By STEPHEN WHYNO  
AP Sports Writer  
Until this year, Army and Navy had not each started the college football season 5-0 in nearly eight decades.

That was the fall of 1945, weeks after World War II ended, back in the heyday when service academies were powerhouses in the sport. Army, led by Heisman Trophy winner Felix "Doc" Blanchard, was declared the national champion that year by The Associated Press, the second of back-to-back titles.

The two programs have not been ranked in the AP Top 25 poll at the same time since 1960.

The Cadets at West Point and Midshipmen in Annapolis have put their teams back on the map with these unbeaten starts thanks to old-school approaches built around fundamental play and eschewing some of the game's modern elements on and off the field.

"You want to be relevant," Navy coach Brian Newberry said. "This is a humble group. It's a hungry group. It's still a



AP Photo/Winslow Townson, File  
The Navy Midshipmen and the Army Black Knights line up for the snap at the line of scrimmage at Gillette Stadium, Dec. 9, 2023, in Foxborough, Massachusetts.

group that has a chip on its shoulder, which I love, but we want to be significant in the landscape of college football here."

His team and Jeff Monken's at Army have coached their programs back to prominence as

most others around the NCAA rely on the transfer portal to upgrade their rosters and can use name, image and likeness money to attract talent. Army, Navy and Air Force are not permitted to give out NIL funds, which in ad-

dition to the military obligations of attending makes recruiting even more challenging.

"It's different because these are guys you've worked with, gone to class with, have done all these military trainings with," said Navy linebacker Colin Ramos, a senior captain. "There aren't 50 new guys on the team each year."

Monken, in his 11th season, said it is no different now than when he took the job, even though the business of college sports has changed drastically around him.

"We weren't given NIL money then, and there wasn't any transfer portal," Monken recalled. "This is how we build our team here, and it's how college football teams over the course of the history of college football have built their teams: recruit high school players, you retain them in your program, you develop them and hope you can put a team together that can win. That's just how we've got to do it here."

It's working.

National Football League

Analysis: Some quarterbacks just need a second chance, or a third, or a fourth

By ROB MAADDI  
AP Pro Football Writer  
Sam Darnold is realizing his potential on his fourth stop. Baker Mayfield and Geno Smith did the same. Jared Goff found his way on his second team.

Some quarterbacks just need a second chance. Or third. Or fourth.

Darnold was supposed to be a stopgap player in Minnesota, signed to a one-year, \$10 million deal to keep a seat warm for J.J. McCarthy. But the rookie first-round pick suffered a season-ending knee injury in August and Darnold has seized the opportunity.

The Vikings (5-0) are the NFC's only undefeated team

going into their bye week and Darnold is a major reason why they've had success. He has completed 63.5% of his passes for 1,111 yards, 11 touchdowns and four interceptions with a 103.4 passer rating.

"I knew all along if we could get some guys open, Sam Darnold's going to hit them because he's talented. He can play quarterback in the NFL, I've always believed that. I'm just proud of him," Vikings coach Kevin O'Connell said on Pat McAfee's show this week. "He's kind of not really worried about anything other than just his role on our team. He's one of our captains. He works as hard as anybody to be ready to go. I'm not

surprised when he goes out and has success."

Selected by the Jets with the No. 3 overall pick in 2018, Darnold lasted just three seasons in New York. He played for two coaches — Todd Bowles and Adam Gase — on teams that went 13-35. Darnold then spent two seasons in Carolina, playing for two coaches — Matt Rhule and Steve Wilks — and three offensive coordinators on teams that went 12-22.

He crossed over with Mayfield during a chaotic year in Carolina in 2022 and backed up Brock Purdy last season in San Francisco. Mayfield went from the Panthers to the Rams in 2022 and ended up in Tampa Bay last year.

Solid coaching and supporting cast matters.

Darnold has it in Minnesota with O'Connell, Justin Jefferson, Aaron Jones, among others.

"A lot of guys with ability and sometimes they get in a different circumstance or different system and they excel in it and then other times they don't," six-time Super Bowl champion coach Bill Belichick said on SiriusXM show "Let's Go!" "I think we've all seen a lot of guys, the Tom Bradys of the world, how much he improved over the course of his career, it's really phenomenal. It's not where you were. It's where you're going and how hard are you willing to work at it."

HOMER

continued from page 9

the second half before the overtime finish.

The Trojans' victory puts them at 8-4-1 on the season, setting them up nicely going into

the home stretch of the regular season.

With sectionals looming, Parker is looking to push her team to the next level so they can set themselves up for postseason success.

"They know what's at stake," Homer's rookie head coach said. "We're kind of winding down with these games and heading into sectionals. They're a young team but they're all veterans at this point, so they know that we

can't be satisfied yet and we need to start playing our best soccer at this point in the season."

Homer will return home for a matchup today at 11 a.m. against Carthage.

TULLY

continued from page 9

Rauber, was forced to move to striker and away from a better play-making spot. The Tully offense failed to get much going the rest of the way.

Shay returned to the game with 20:30 left in the game, but he appeared to be a step slower than normal. Donald eventually pulled him and sat him the rest of the game.

"He's day-to-day, so we'll see," Donald said. "He pulled it earlier in the season. He went to rehab and it got better. It was a little cold (Thursday night) and he stretched it. I'm guessing he'll be back next week sometime. I don't know if he'll play Saturday or not."

Tully's defense, led by Danny Byrne, Wes Chambala and Logan Sheriff, made one mistake on a free kick that allowed Bishop Ludden's Jack Ruddy to put away an insurance goal with 32:57 to go.

Bishop Ludden dropped back into a shell after going up a goal and appeared willing to win the game 1-0. Donald said Tully has seen that in recent weeks and needs to adapt to that style of play, as many of the top teams in Section III Class C play that way.

"They've got to understand that they're going to see a lot of defensive teams that are going to sit back on us and make us have to score, make it difficult for us to score and counter on us," Donald said.

Tully's two-game losing streak is not one to be ashamed of. Manlius Pebble Hill is a high-level team that has now beaten Tully and Fabius-Pompey, last year's sectional finalists. Bishop Ludden is unbeaten at 12-0-1 and No. 5 in the state's Class C poll, right behind Tully, No. 3, and Marathon, No. 4.

Donald knows his guys have what it takes to break out of their offensive funk, they just need to work through the struggles.

"I think they're pressing too hard in their minds of what they want to do," Donald said. "I think that gets in their way. They've got to relax and get back to free-flowing soccer."

"Our schedule's been brutal all season," Donald added. "People have figured out what to do to stop us and they're doing a good job of that. Now we have to make some adjustments and I'll see what those are. We'll keep playing with the formation until we figure it out."

Tully will look to get a win at 11 a.m. today at Dryden.

Bowling

281 BOWL YOUTH MAJORS LEAGUE			
High Scratch Games		High Scratch Series	
Landon Smith (237)		Landon Smith (619)	
Reed Smith (235)		Riley Van Liew (616)	
Nicholas Binns (232)		Nicholas Binns (591)	
Ricky Osborne (224)		Tyler Thomas (585)	
Tyler Thomas (221)		Reed Smith (585)	
Standings		Standings	
Oddballs	4	Team 5	2
Team 3	2.5	Team 6	2
Team 2	2.5	Great Balls of Fire	1.5
C4	2	Team 1	1.5
Team 8	2		

NFL

AMERICAN CONFERENCE													
East						South							
Buffalo	W	L	T	Pct	PF	PA	Houston	W	L	T	Pct	PF	PA
Miami	3	2	0	600	142	106	Indianapolis	4	1	0	800	102	114
N.Y. Jets	2	3	0	400	60	113	Tennessee	2	3	0	400	127	114
New England	1	4	0	200	62	102	Jacksonville	1	4	0	200	97	143
North						West							
Baltimore	3	2	T	600	147	126	Kansas City	W	L	T	Pct	PF	PA
Pittsburgh	3	2	0	600	92	73	Denver	5	0	0	1,000	118	85
Cincinnati	1	4	0	200	140	145	L.A. Chargers	2	3	0	400	68	150
Cleveland	1	4	0	200	79	121	Las Vegas	2	3	0	400	96	131
NATIONAL CONFERENCE													
East						South							
Washington	4	1	T	800	155	115	Atlanta	W	L	T	Pct	PF	PA
Dallas	3	2	0	600	117	121	Tampa Bay	3	2	0	600	111	115
Philadelphia	2	3	0	400	86	96	New Orleans	2	3	0	400	140	96
N.Y. Giants	2	3	0	400	89	104	Carolina	1	4	0	200	83	165
North						West							
Minnesota	5	0	T	1,000	139	76	San Francisco	W	L	T	Pct	PF	PA
Detroit	3	1	0	750	104	82	Seattle	3	3	0	500	146	150
Chicago	3	2	0	600	113	85	Arizona	2	3	0	400	120	129
Green Bay	3	2	0	600	128	108	L.A. Rams	1	4	0	200	94	139

NHL

EASTERN CONFERENCE									
GP					GF				
New Jersey	1	0	0	0	2	6	0	6	0
N.Y. Rangers	1	1	0	0	2	3	1	1	10
Ottawa	1	1	0	0	2	3	1	1	10
Florida	2	1	1	0	2	6	7	6	7
Montreal	2	1	1	0	2	5	9	6	9
Pittsburgh	2	1	1	0	2	6	7	6	9
Toronto	2	1	1	0	2	4	4	2	6
N.Y. Islanders	0	0	0	0	0	0	0	0	0
Carolina	0	0	0	0	0	0	0	0	0
Philadelphia	0	0	0	0	0	0	0	0	0
Tampa Bay	0	0	0	0	0	0	0	0	0
Washington	0	0	0	0	0	0	0	0	0
Columbus	1	0	1	0	0	2	3	6	10
Detroit	1	0	1	0	0	3	3	3	10
Buffalo	1	0	1	0	0	3	3	3	10
WESTERN CONFERENCE									
GP					GF				
St. Louis	2	2	0	0	4	8	6	6	6
Utah	2	2	0	0	4	10	0	6	6
Calgary	0	0	0	0	0	0	0	0	0
Dallas	1	1	0	0	2	4	3	3	1
Los Angeles	1	1	0	0	2	3	1	2	4
Minnesota	1	1	0	0	2	3	2	4	0
Vegas	1	1	0	0	2	8	4	0	0
Winnipeg	1	1	0	0	1	4	5	6	6
San Jose	1	0	0	1	1	5	6	6	6
Vancouver	1	0	0	1	1	5	6	6	6
Anaheim	0	0	0	0	0	0	0	0	0
Colorado	1	0	1	0	0	2	19	2	2
Edmonton	1	0	1	0	0	0	6	4	3
Nashville	1	0	1	0	0	3	4	3	3
Seattle	1	0	1	0	0	2	4	3	3



# US jobless claims hit 258,000, the most in a year, analysts point to Hurricane Helene, Boeing strike

**By MATT OTT**  
**AP Business Writer**

The number of Americans filing for unemployment benefits last week jumped to its highest level in a year, which analysts are saying is more likely a result of Hurricane Helene — and the Boeing machinist strike — than a broader softening in the labor market.

The Labor Department reported Thursday that applications for jobless claims jumped by 33,000 to 258,000 for the week of Oct. 3. That's the most since Aug. 5, 2023 and well above the 229,000 analysts were expecting.

Analysts highlighted big jumps in jobless benefit applications last

week across states that were most affected by Hurricane Helene, including Florida, North Carolina, South Carolina and Tennessee.

"Claims will likely continue to be elevated in states affected by Helene and Hurricane Milton as well as the Boeing strike until it is resolved," said Nancy Vanden Houten, lead U.S. economist of Oxford Economics. "We think, though, that the Fed will view these impacts as temporary and still expect it to lower rates by (25 basis points) at the November meeting."

Venden Houten said that Washington state was the most impacted by the Boeing strike and accounted for a disproportionate

share of the increase.

Applications for jobless benefits are widely considered representative of U.S. layoffs in a given week, however they can be volatile and prone to revision.

The four-week average of claims, which evens out some of that weekly volatility, rose by 6,750 to 231,000.

The total number of Americans collecting jobless benefits rose by 42,000 to about 1.86 million for the week of Sept. 28, the most since late July.

Outside of the weather and labor strife, some recent labor market data has suggested that high interest rates may finally be taking a toll on the labor market.

In response to weakening employment data and receding consumer prices, the Federal Reserve last month cut its benchmark interest rate by a half of a percentage point as the central bank shifts its focus from taming inflation toward supporting the job market.

The Fed's goal is to achieve a rare "soft landing," whereby it brings down inflation without causing a recession.

It was the Fed's first rate cut in four years after a series of rate hikes in 2022 and 2023 pushed the federal funds rate to a two-decade high of 5.3%.

Inflation has retreated steadily, approaching the Fed's 2% target and leading Chair Jerome Pow-

ell to declare recently that it was largely under control.

In a separate report Thursday, the government reported that U.S. inflation reached its lowest point since February 2021.

During the first four months of 2024, applications for jobless benefits averaged just 213,000 a week before rising in May. They hit 250,000 in late July, supporting the notion that high interest rates were finally cooling a red-hot U.S. job market.

In August, the Labor Department reported that the U.S. economy added 818,000 fewer jobs from April 2023 through March this year than were originally reported.

# Inflation reaches lowest point in 3 years, some price pressures remain

**By C. RUGABER**  
**AP Economics Writer**

WASHINGTON — Inflation in the United States dropped last month to its lowest point since it first began surging more than three years ago, adding to a spate of encouraging economic news in the closing weeks of the presidential race.

Consumer prices rose just 2.4% in September from a year earlier, down from 2.5% in August, and the smallest annual rise since February 2021. Measured from month to month, prices increased 0.2% from August to September, the Labor Department reported Thursday, the same as in the previous month.

But excluding volatile food and energy costs, "core" prices, a gauge of underlying inflation, remained elevated in September, driven up by rising costs for medical care, clothing, auto insurance and airline fares. Core prices in September were up 3.3% from a year earlier and 0.3% from August. Economists closely watch core prices, which typically provide a better hint of future inflation.

Alan Detmeister, an economist at UBS Investment Bank, suggested that some items that contributed to higher core inflation last month, notably used cars, may rise again in the coming months, keeping prices a bit elevated. But other items that rose in price in September, like clothing and air fares, are more volatile and should cool soon.

"Things are still gradually coming down, but there is going to be volatility month to month," said Detmeister, a former Federal Reserve economist.

Taken as a whole, the September figures show that inflation is steadily easing back to the Fed's 2% target, even if in an uneven pattern. That decline suggests that the Fed will likely keep cutting its benchmark interest rate this year, with two quarter-point reductions in November and De-



AP Photo/Eduardo Munoz Alvarez, File

People buy groceries at a Walmart Superstore in Secaucus, New Jersey, July 11.

cember expected by most economists.

On a positive note, apartment rental prices grew more slowly last month, a sign that housing inflation is finally cooling, a long-awaited development that would provide relief to many consumers.

Omar Sharif, founder of Inflation Insights, said that measures of new rents show a steady slowdown, suggesting that the government's gauges of rent should continue to ease over time.

"I think we're on the right path here," Sharif said. "We should see rent cool off quite a bit."

Overall inflation last month was held down by a big drop in gas prices, which fell 4.1% from August to September. Grocery prices jumped 0.4% last month, after roughly a year of mild increases, though they're just 1.3% higher than a year earlier.

Still, food prices have risen nearly 25% from pre-pandem-

ic levels, which has hammered many Americans' budgets and taken on a high profile in the presidential campaign. Trump has often cited the cost of bacon, which soared 30% to a peak of \$7.60 a pound in October 2022, as an example of big increases in the cost of living. Bacon prices have since fallen to \$6.95 but are still elevated.

Restaurant food prices increased 0.3% last month and are up 3.9% in the past year. And clothing prices rose 1.1% from August to September and are up 1.8% from a year ago.

Bryan Tublin, co-founder of Kitava, a casual farm-to-table restaurant in San Francisco, said he has struggled mightily with rising prices for produce, meats and oils for the past three years. Though some of those prices have started to slow, he said, many farmers are still passing on to him their higher costs for things like shipping and labor.

In response, Tublin said, he has changed suppliers in search of cheaper products, substituting a local wild-rice blend for cauliflower rice when cauliflower prices shot higher.

Kitava also started charging extra for beef and other proteins at its two locations.

"I am starting to see signs that our prices are leveling out and the increases are lessening," Tublin said. "There's a little optimism... but it's still very early days."

The improving inflation picture follows a mostly healthy jobs report released last week, which showed that hiring accelerated in September and that the unemployment rate dropped from 4.2% to 4.1%.

The government has also reported that the economy expanded at a solid 3% annual rate in the April-June quarter. Growth likely continued at roughly that pace in the just-completed July-September quarter.

# TD Bank to pay \$3 billion in historic settlement with the Justice Department

**By LINDSAY WHITEHURST**  
**Associated Press**

WASHINGTON — TD Bank will pay approximately \$3 billion in a historic settlement with U.S. authorities who said Thursday that the financial institution's lax practices allowed significant money laundering over multiple years.

Canada-based TD Bank pleaded guilty to conspiracy to commit money laundering, the largest bank in U.S. history to do so, Attorney General Merrick Garland said.

"TD Bank created an environment that allowed financial crime to flourish," Garland said. "By making its services convenient for criminals, it became one."

High-level executives were alerted to serious problems with the bank's anti-money laundering program, but failed to correct them as employees openly joked about how easy it seemed to be for criminals to launder money there, Garland said.

The bank is the 10th largest in the United States, and its CEO said the company takes full re-

sponsibility and has been cooperating with the investigation. It's been taking steps to fix its U.S. anti-money laundering program, including appointing new leadership and adding hundreds of new specialists, said TD Bank Group CEO Bharat Masrani.

"We know what the issues are, we are fixing them. As we move forward, we're ensuring that this never happens again," Masrani said. "And I'm 100% confident that we get to the other side and emerge even stronger."

The Justice Department said the bank allowed at least three different money laundering networks to move a total of \$670 million through TD Bank accounts over a period of several years.

The institution became the bank of choice for multiple criminals and money laundering organizations, authorities said.

"From fentanyl and narcotics trafficking, to terrorist financing and human trafficking, TD Bank's chronic failures provided fertile ground for a host of illicit activity to penetrate our financial

system," said Deputy Secretary of the Treasury Wally Adeyemo.

In one case, a man moved more than \$470 million in drug proceeds and other illicit funds through TD Bank branches, bribing employees with more than \$57,000 in gift cards.

He chose TD Bank because it had the "most permissive policies," more than once depositing more than \$1 million in cash in a single day and then moving the funds out of the bank with checks or wire transfers, Garland said. It continued despite employees expressing concern about what he was doing.

There were also piles of cash dumped on a bank's counters and ATM withdrawals that totaled 40 times to 50 times higher than the daily limits, said Philip Sellinger, U.S. attorney in New Jersey.

In a separate scheme, five employees worked with criminal organizations to open and maintain accounts that were used to launder \$39 million to Colombia, including drug proceeds, Garland said.

There were also multiple red

flags in that case, including that the same Venezuelan passports were used to open multiple accounts, but the bank did not identify the problem until one of the employees was arrested.

In a third scheme, a money laundering network had accounts for at least five shell companies that moved more than \$100 million in illicit funds, but the bank did not file a required suspicious activity report until law enforcement alerted it.

The bank's "long-term, pervasive, and systemic deficiencies" in its policies over a period of nine years allowed such abuses to flourish, prosecutors said.

Two dozen people have been prosecuted for involvement in money-laundering schemes, including two TD Bank employees, Garland said. The investigation is ongoing.

The bank has also agreed to major restructuring of the corporate compliance program in its U.S. operations, as well as three years of monitoring and five years of probation.

## LEGALS

**MARATHON CENTRAL SCHOOL DISTRICT**  
**LEGAL NOTICE**

**Legal Notice Marathon Central School Board of Education Special Vote**  
**October 29, 2024**  
**Noon - 9 PM, High School CSE Office**

PLEASE TAKE NOTICE that a Special School District Meeting and Election of the Marathon Central School District, Cortland, Broome and Tioga Counties, New York, will be held on October 29, 2024 (the "Election Date") at the Junior-Senior High School (Room 107 CSE Office), in Marathon, New York, at 12:00 o'clock noon and the polls shall be kept open for voting by electronic voting machine between the hours of 12:00 o'clock noon and 9:00 o'clock P.M. Prevailing Time, for the purpose of voting upon the following proposition:

**BOND PROPOSITION:**  
**IMPROVEMENTS TO SCHOOL DISTRICT BUILDINGS AND FACILITIES**

Shall the following resolution be adopted, to wit:

RESOLVED, that the Board of Education of the Marathon Central School District, Cortland, Broome and Tioga Counties, New York, is hereby authorized to construct an addition to the Appleby Elementary School and make improvements to and reconstruct various School District buildings and facilities, including original furnishings, equipment, machinery, appurtenances, apparatus, site improvements, and incidental improvements and expenses in connection therewith, at a maximum estimated cost of \$12,000,000 and to expend \$900,000 2018 Capital Reserve Fund monies to pay a portion thereof and that the remaining \$11,100,000, or so much thereof as may be necessary, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law, and in anticipation of such tax, obligations of said School District shall be issued.

NOTICE IS HEREBY GIVEN that, pursuant to Education Law Section 2113(1), a special election to elect one member of the Marathon Board of Education will be held on Monday, October 29th, from 12 p.m. (Noon) through 9:00 p.m. in room 107 (CSE Suite) located in the Junior/Senior High School, 1 Park Street, Marathon, New York, by paper ballot, to fill the balance of the term of a vacant Board of Education seat expiring on June 30, 2026.

NOTICE IS ALSO GIVEN that applications for absentee ballots will be obtainable during school business hours from the District Clerk, and completed applications must be received by the District Clerk at least seven (7) days before the special election if the ballot is to be mailed to the voter, or the day before the special election, if the ballot is to be delivered personally to the voter. Absentee ballots will be available on September 11, 2024 at 12 PM. Absentee ballots must be received by the District Clerk not later than 2:00 P.M., prevailing time, on October 29, 2024.

A list of persons to whom absentee ballots are issued will be available for inspection to qualified voters of the District in the office of the District Clerk on and after October 22, 2024, between the hours of 8:00 A.M. and 4:00 P.M., prevailing time, on weekdays prior to the day set for the special election, and on October 29, 2024, the day set for the election. Any qualified voter then present at the polling place may object to the voting of the ballot upon appropriate grounds by making his/her challenge and the reasons therefore known to the Inspector of Election before the close of the polls.

NOTICE IS GIVEN that petitions nominating candidates for the office of the Member of the Board of Education must be filed with the Clerk of the District not later than MONDAY, September 30, 2024. The following vacancies are to be filled on the Board of Education:

TRUSTEE FOR A TERM EXPIRING JUNE 30, 2026  
CHELSEA SKINNER, Name of Last Incumbent

Each petition, a copy of which may be obtained at the District Clerk's office, must be directed to the Clerk of the District, must be signed by at least twenty-five (25) qualified voters, must state the name and residence of the candidate.

Date: September 2024  
HEATHER FRINK - District Clerk  
Marathon Board of Education



# How a medical crisis inspired ‘Small Rain’

By SAMANTHA DUNN  
The Orange County Register  
(TNS)

“They asked me to describe the pain but the pain defied description, on a scale from one to ten it demanded a different scale.”

So begins “Small Rain,” the new novel by literary sensation Garth Greenwell. It begins with a nameless narrator having a medical emergency and ends up exploring no less than the nature of love itself and the very meaning of our shared humanity.

Reviewers are describing “Small Rain” — published this month by publisher Farrar, Straus and Giroux — as “profound,” “a triumph of genuine vulnerability,” and “an exquisite addition to the literature of illness.”

Greenwell’s first novel “What Belongs to You” in 2016 established the 46-year-old Iowa resident as a force in contemporary American literature: That book won the British Book Award for Debut of the Year, was longlisted for the National Book Award and a finalist for other major laurels including the PEN/Faulkner Award. Plus, it was named a Best Book of the Year by more than 50 publications across nine countries. His second work, “Cleanness,” also garnered critical praise — it was a finalist for the Lambda Literary Award, and was cited as a top book of the year by numerous outlets including the New York Times, the New Yorker, TIME, NPR and the BBC.

Love, carnal desires, emotional intimacy and distance — that’s the terrain Greenwell mines in both “What Belongs to You” and “Cleanness.” But the scale of “Small Rain” feels even more intimate and personal.

Greenwell renders to devastating effect the way illness makes you defenseless, how dehumanizing the medical process is even as it saves your life, and why at the end of the day all that truly matters is being with the one you love.

“What makes me want to write a book is feeling utterly bewildered by something that I have witnessed, or something that has happened to me,” Greenwell said in a Zoom interview for the Southern California News Group’s virtual program Book-ish.

“I did have a medical crisis like the narrator’s in the summer of 2020,” Greenwell said. “I wasn’t in the hospital as long as he was, but after spending, I think, about eight days in the ICU, I just felt like something had happened to me that I couldn’t understand. And it’s that feeling that makes me feel like I need to write a book.”

Most of the story of “Small Rain” transpires over a few weeks during the height of the COVID-19 crisis in 2020, while the narrator is confined to his hospital bed.

Being a patient strips the narrator of any personal agency, which is made all the more acute because of the pandemic-era restrictions that limited

human contact.

“That was one of the things I wanted to explore, because, weirdly even though, you know, being ill is such a central and profound human experience, I actually think it’s underreported in literature,” he observed. “It’s a fascinating experience to find oneself as a patient and be embedded in the bureaucracy and the scheduling of a hospital, and also just having to sort of allow oneself to be cared for by others. I wanted to try to capture what that feels like.”

The nameless narrator of “Small Rain” shares some parallels to the life of the author himself beyond the hospital experience: Both share a home in Iowa with a poet husband. Greenwell’s real-life partner is poet Luis Muñoz, who runs the Spanish-language M.F.A. program at the University of Iowa, and to whom he dedicates this novel.

But even if it was, like his two previous novels, sparked by personal experience, that’s not to say “Small Rain” is in any way a nonfiction personal account in the way a memoir would be.

“I think there are great books that are memoirs, and I think memoir is 100 percent art,” he said. “I don’t think memoirs are lesser than novels, but I think that for me, for the particular tools I have for my sensibility, I need the tools of fiction. I need to be able to invent. I need to be able to be very free in the way I treat the material of my life. This book, it’s not a transcription. All sorts of things are made up.”

Even if interviewers seem fascinated by the elements of autobiography found in his fiction, Greenwell, frankly, isn’t.

He recalled an interview he did after the release of his first novel “What Belongs to You”; the main character of that book is a young American English teacher in Bulgaria, as Greenwell himself had once been.

“I remember this British interviewer asking me about, like, ‘How much of this is real,’ and I sort of gave my typical answer, and then she said, ‘Look, really. Just tell us.’ But I’m actually so baffled by that question,” he said. “Because, you know what it’s like? Oil paints are made with flaxseed oil. It’s like pointing at an oil painting in a museum and saying, ‘How much of that is flax?’ Experience has been pulverized, it has become a medium. So if someone points to a page and says, ‘How much of this is true?’, there’s no way for me to answer that question.

“It’s just that for my sensibility, there are things that are so complex, so difficult to think about, that they defeat all of my other tools for thinking, and that’s when I need art. And what I mean is, I need the pressure of scenes. I need the pressure of syntax. I need the pressure of sort of patterns of imagery; I need all of these resources of language that are not just about what something is saying or what the words mean, but instead about how language can affect our senses.”

# Ecological destruction fuels the horror in ‘The Deading’

By SAMANTHA DUNN  
The Orange County Register  
(TNS)

Sea snails offer the first clue that something is going terribly wrong in the fictional town of Baywood, California. But they’re not your average sea snails — these attack whatever they cling to. Then, a mysterious infection creeps into the wildlife, leaving nothing safe — least of all the townspeople.

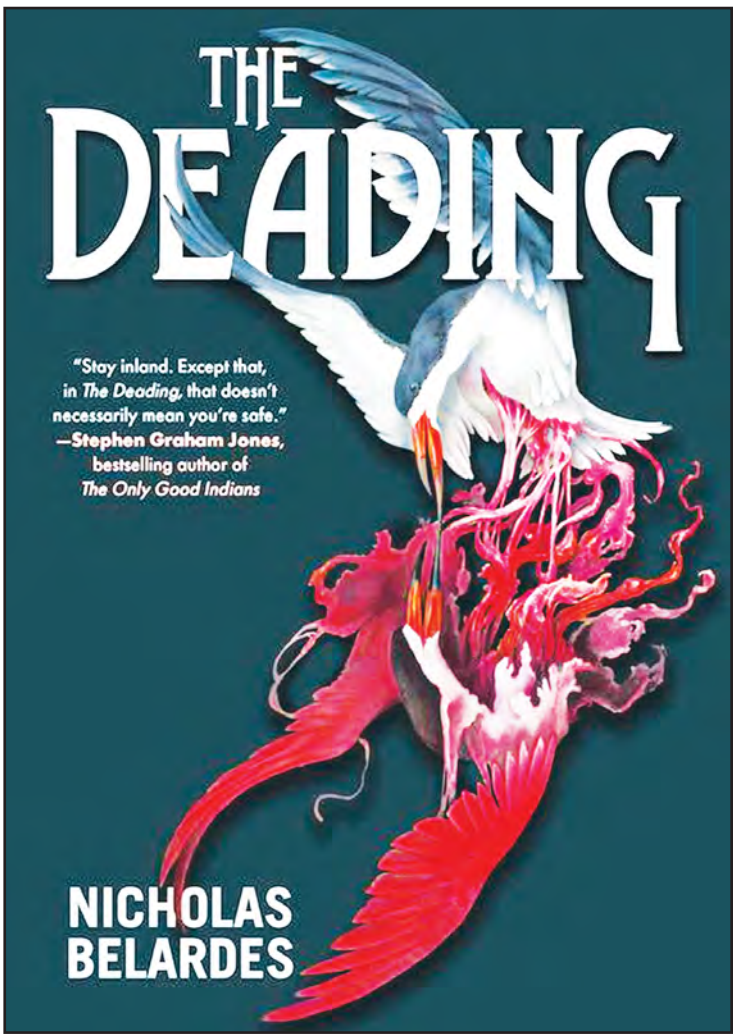
Nicholas Belardes of San Luis Obispo drew from his experiences growing up in California’s rural Central Coast to draft his debut novel “The Deading” (Erehwon Books), an apocalyptic vision of how ecological degradation fuels a society’s collapse. The New York Times Book Review raved: “‘The Deading’ is a dystopian eco-horror that perfectly balances social critique, lyricism and ghastliness. It’s a claustrophobic mosaic of a novel and an outstanding debut.”

Belardes, who is an occasional contributor to the Southern California News Group, answered questions via email about the ideas and experiences that informed his novel. This conversation has been edited for clarity and length:

**Q. Birds play a central role in “The Deading.” You are an avid birder yourself, so did the idea for this novel come out of your experiences observing the natural world?**

**Belardes:** You never know where the germ for a novel might come from. I’d read a bunch of Jeff VanderMeer novels and thought we were due a West Coast version of “Annihilation.” So, right away I knew I wanted to write eco-horror, something about nature, something unsettling. I didn’t know there would be birds.

Also, I knew I wanted to pen a story with the feel of an H.G. Wells’ something-comes-from-



Kensington/TNS

Pictured is the cover of “The Deading,” by Nicholas Belardes.

outer-space feel in its backstory. Something that rises from the deep, transforms humanity. I got to thinking: What if that something unknown was in sympatico with the ocean? And we all know that the oceans are a mess — ocean warming, climate change, mass bird and whale die-offs, toxicity from ocean dumping grounds, coastal nuclear facilities, sand dunes full of microplastics and metals because of “off-road recreation,” and birds migrating and breeding in that mess while government entities look the other way and collect recreation fees. It was the perfect stew for hor-

ror, my backyard, the California Central Coast.

That led to my own definition of eco-horror: the literature of confronting the damage we’ve done to the natural world.

With all of that said, “The Deading” does center around my bird studies. There’s power in observing nature. Stories we can tell about behaviors: hunting, migrating, surviving, dying. Bird lives play out in front of us daily. And sometimes, well, it can be a monster story. My first birding experiences included a swampy grove of trees and scrub in Los Osos, California called Pecho Road Willows.

## National Philanthropy Day November 15<sup>th</sup>, 2024

Connecting people who care with causes that matter ... right here in Cortland County!

National Philanthropy Day is your chance to make every donation count for even more. The Cortland Community Foundation is once again offering all Cortland County charitable organizations a chance to win a prize in one of two categories.

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- 1st Place - \$10,000
- 2nd Place - \$4,500
- 3rd Place - \$2,000
- 4th Place - \$1,000

### Most Individual Donations Received

- 1st Place - \$7,000
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- 3rd Place - \$1,500
- 4th Place - \$1,000

### NEW Prize of \$1,000

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is the only public foundation responding exclusively to the needs of Cortland area organizations and the people they serve. Grants from the Foundation help support capital improvement projects and provide many types of equipment, materials and supplies for local organizations.

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Make donations to the Cortland Community Foundation for the benefit of your favorite 501(c) charities. Minimum \$100.00 and maximum \$5,000.00 donation per charity; there is no limit per donor.

### DONATE ONLINE at [cortlandcommunityfoundation.org](https://cortlandcommunityfoundation.org)

or mail your donation to:  
Cortland Community Foundation  
P.O. Box 466, Cortland, NY 13045

Donations must be received or postmarked no later than November 15, 2024. All donations received go directly to your designated charitable organization.

Charities are eligible to win one prize. The results will be tallied, posted at [cortlandcommunityfoundation.org](https://cortlandcommunityfoundation.org) and shared in The Cortland Standard.

Be a part of one of the biggest giving events in Cortland County! Show your support for your favorite non-profit organization while reminding our community that the spirit of giving is alive and well.



**CORTLAND COMMUNITY FOUNDATION**

## Small Rain Garth Greenwell

Author of  
*Cleanness*

Farrar Straus and Giroux/TNS

Pictured is the cover of “Small Rain,” by Garth Greenwell.





Lily Byrne/Staff Reporter  
Stacey Pryor, owner of Sinfully Sweet Cafe in Homer -- and a breast cancer survivor -- holds a tray of her buckeyes before dipping them in chocolate. She kept working through her treatment

# HOPE AWARENESS SAVES LIVES

## Homer cafe owner works through her breast cancer, literally and figuratively

By LILY BYRNE  
Staff Reporter  
lbyrne@cortlandstandard.com

Stacey Pryor likes to focus on the sweet things in life: her chocolate truffles with every flavor from salted caramel to champagne and amaretto; the cookies; the cupcakes; the fudge. Her picturesque business on Main Street in Homer has always been her priority, even when she went through treatment for breast cancer two years ago.

In October 2022, Pryor was getting out of the shower and glanced at the mirror on her medicine cabinet. She noticed a bumpy area on her right breast. “I didn’t think too much of it, but I thought it was strange,” Pryor said. Within a couple days, she had had an ultrasound, mammogram, a surgery and biopsy. The doctors initially thought it was an infection, she said. It wasn’t; it was stage four HER2+ breast cancer. The HER2 gene creates HER2

proteins, which causes breast cells to grow and divide uncontrollably, Breastcancer.org says. When a breast cancer has the HER2 gene amplification, it often grows faster, and is more likely to spread or come back. The cancer had just begun to spread to her lymph nodes under her right arm, but it was caught at a crucial moment, she said. “I went through chemo, I went through radiation, I had a lumpectomy, I went through more chemo, and I finished treat-

ment on Oct. 13 of 2023,” Pryor said. “I had the same attitude as most people have: ‘Not me.’ Denial. But luckily, it all moved so fast, I didn’t have time to really process it.” Sinfully Sweet Cafe is open seven days a week, and only has a couple employees. As a self-employed person, Pryor let her cancer affect her work ethic as little as possible. “I came in every minute that I possibly could come in,” she said. “I had a ton of support, but all in

all, I worked through the whole duration when I could. There were a few days I was down and out, but most days I made some sort of appearance.” The unfortunate part of not mentally processing her treatment is that it is affecting her now. Every day, the emotions are catching up to her. “My best advice would be to learn your body and know when you’ve had enough,” she said. “I didn’t rest enough, and I proba-

Continued on page 3



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AWARENESS*

*EARLY DETECTION SAVES LIVES!*

Early detection is the most powerful weapon against breast cancer. That’s why it’s important to make breast health awareness a regular part of your healthcare routine.



# New law expands insurance coverage of breast cancer screening

On the first day of Breast Cancer Awareness Month, Gov. Kathy Hochul signed legislation to expand insurance coverage of breast cancer screening and imaging to include procedures as recommended by nationally recognized clinical practice guidelines for the detection of breast cancer. “Every woman in New York State should have access to the full scope of coverage options for breast cancer screening and imaging, which is key to early diagnosis and treatment,” Hochul said. “This legislation ensures that critical preventative services are available without financial constraint – saving lives and setting a new standard of care for New Yorkers.” Legislation S.2465C/A.1696C changes parts of the Insurance Law to require

individual, group, and non-profit (including HMO) health insurance plans to cover breast cancer screening and diagnostic imaging. This coverage applies if a doctor recommends it based on nationally recognized clinical guidelines. The screenings include diagnostic mammograms, breast ultrasounds, and MRIs. The legislation also clarifies that cost-sharing will not apply to these procedures except to the extent it would result in health savings account ineligibility under IRS guidelines. The legislation defines “nationally recognized clinical practice guidelines” to include evidence-based standards developed by independent organizations or medical professional societies using a transparent methodology and reporting structure.

## Cayuga Health offers webinar on breast health

Cayuga Health will have a free, interactive webinar Oct. 24 on breast health and cancer prevention during Breast Cancer Awareness Month.

Register for the 6 p.m. event at [www.cayugahealth.org/Breast-Webinar](http://www.cayugahealth.org/Breast-Webinar).

Experts and survivors will share life-saving information and stories about breast cancer. From understanding risk factors to navigating the latest in breast imaging, speakers will cover topics ranging from protecting oneself to supporting loved ones.

The virtual seminar will feature a panel of healthcare experts from Cayuga Health, including Dr.

Walter Silbert, nurse practitioner Cyndi Davis, Dr. Hilary Dietz, nurse practitioner Marie Harkins and Carla Baudrons of the Cancer Resource Center. Dr. Carol Berlin will be the master of ceremonies.

## Cortland police sport pink badges

If you see Cortland police officers sporting a pink badge in October, they’re raising awareness of breast cancer, the department has announced.

October is Breast Cancer Awareness Month and officers made a donation to the Cancer Resource Center of the Finger Lakes to display the badge or a pink ribbon on their uniforms.

The Ithaca-based center offers a number of resources for people with cancer, including wellness programs, support groups, even a boutique that provides wigs, hats, scarves and mastectomy products. For details, go to [crcl.net](http://crcl.net).

## Pink cups raise money for Guthrie Breast Care Fund

Guthrie is teaming with Dandy this month for their “Pink Cups for a Cure” campaign, raising money for the Guthrie Breast Care Fund throughout Breast Cancer Awareness Month.

For every large coffee purchased in a signature Pink Cup at any of Dandy’s 63 locations – including one in Freeville – a

portion of the proceeds will benefit local breast cancer patients: 20 cents for each large coffee sold.

Customers can also make a direct \$1 or \$5 donation through the Dandy app by redeeming loyalty points.

The Guthrie Breast Care Fund provides financial assistance for medications, post-surgical supplies, diagnostic testing and other needs not covered by insurance.

Last year’s Pink Cup drive raised \$20,000.

“Since 2011, Dandy is proud to say that we have raised over \$150,000 for breast care patients in our communities and are excited to make a difference once again this October through our partnership with Guthrie,” Dandy Vice President Dyson Williams said.

## Guthrie offers Saturday mammograms in October

Guthrie hospitals, including Guthrie Cortland Medical Center, will offer Saturday screening mammograms throughout October, which is National Breast Cancer Awareness Month.

Early detection is key in the fight against breast cancer, The Sayre, Pennsylvania-based health group announced, and a mammogram remains the most effective screening tool for identifying breast cancer in its earliest stages.

To schedule an appointment, call 866-488-4743.

Besides Cortland, Saturday mammograms are available at Guthrie’s Corning Hospital, Lourdes Hospital in Binghamton, Robert Packer Hospital in Sayre, and Towanda, Pennsylvania, Tro and at Women’s Health on Shppers Road in Vestal.


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## BREAST CANCER RESOURCES

### Cancer Services Program

Cortland County Health Department  
60 Central Ave., Room 115  
Cortland, N.Y. 13045  
<https://www.cortlandcountyny.gov/529/Cancer-Services-Program>

### Renzi Cancer Center

34 W. Main St.  
Cortland, N.Y. 13045  
607-756-3130  
[www.guthrie.org/locations/renzi-cancer-center-guthrie-cortland-medical-center](http://www.guthrie.org/locations/renzi-cancer-center-guthrie-cortland-medical-center)

### Cayuga Cancer Center

1081 Commons Ave.  
Cortland, N.Y. 13045  
<https://cayugahealth.org/services/cancer/>

### Cancer Resource Center of the Finger Lakes

612 State St. Ithaca  
607-277-0960  
<https://crcl.net/>  
Serves these counties: Cayuga, Chemung, Cortland, Livingston, Monroe, Onondaga, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne and Yates

### CancerCare Support Groups

[www.cancercare.org/support\\_groups](http://www.cancercare.org/support_groups)  
800-813-HOPE (4673)  
Provides online support groups for patients, survivors, caregivers and bereavement

### Virtual Breast Cancer Support Group

National Support Group  
Second Wednesday of every month  
Noon to 1 p.m. CST  
[www.nationalbreastcancer.org/nbcf-programs/breast-cancer-support-group](http://www.nationalbreastcancer.org/nbcf-programs/breast-cancer-support-group)

### CancerConnects, Inc.

P.O. Box 2010  
East Syracuse, N.Y. 13057  
315-634-5004  
[www.cancerconnects.org](http://www.cancerconnects.org)  
[cancerconnects@gmail.com](mailto:cancerconnects@gmail.com)

### Share Cancer Support

[www.sharecancersupport.org/breast-cancer](http://www.sharecancersupport.org/breast-cancer)  
844-275-7427  
Organization offering support groups, education, videos and more for breast cancer patients

### Living Beyond Cancer

[www.lbbc.org/get-support/support-options](http://www.lbbc.org/get-support/support-options)  
888-753-5222

### Support group for patients and survivors

[Breastcancer.org](http://Breastcancer.org)  
[www.community.breastcancer.org/](http://www.community.breastcancer.org/)  
Active community support forum that connects with other people

### Susan G. Komen Breast Cancer Support Groups:

After Breast Cancer Diagnosis  
[www.abcdbreastcancersupport.org/get-support](http://www.abcdbreastcancersupport.org/get-support)  
Free phone-based peer mentor program that matches a trained volunteer with similar journey. Also has friends and family mentors available  
800-977-4121

### American Cancer Society – Cancer Survivors Network

[www.cancer.org/treatment/support-programs-and-services/online-communities.html](http://www.cancer.org/treatment/support-programs-and-services/online-communities.html)

### Sharsheret

[www.sharsheret.org/breast-cancer/for-men/](http://www.sharsheret.org/breast-cancer/for-men/)



# Exercise helps patients during and after treatment

By KEVIN T. CONLON  
City Editor  
kconlon@cortlandstandard.com

When a woman is diagnosed with breast cancer, physical therapist Tolbert Jefferies is part of the team at the Renzi Cancer Center at Guthrie Cortland Medical Center assigned to her care.

“It is a fluid process,” Jefferies said. “We address needs as they come up.”

Exercising while undergoing cancer treatment – chemotherapy or radiation, or perhaps recovering from surgery – isn’t always easy, or pleasant. But it’s important, said Dr. Hillary Dietz, an attending medical oncologist at Cayuga Medical Center, both throughout treatment of breast cancer and afterward.

“In general, with our cancer patients, we promote activity,” Dietz said. “People think they have to be on bed rest, but that’s not true. The better you are during chemo or treatment, the better you do.”

Studies have found that women undergoing chemotherapy before breast cancer surgery can tolerate treatment and have better medical outcomes if they are participating in a structured exercise program, she said.

An analysis of 61 studies of women with breast cancer shows those who exercised during treatment had significantly improved quality of life, fitness, energy and strength, reports Harvard Health Publishing, part of Harvard Medical School. Women who exercise during breast cancer treatment also report less anxiety, depression, and lower body mass index and waist circumference compared with the regular care groups.

Dietz said aerobic exercises that work the whole body, such as walking, jogging and swimming are good choices, as are weight-bearing exercises to help maintain bone density.

“You have to be doing something that gets your heart rate elevated slightly, she said. “So doing housing work or errands is not enough.”

“Try to stay as physically active as you possibly can,” she said, noting 30 minutes of exercise a day for five days a week is a good goal.



Photo provided by Guthrie Cortland Medical Center  
**Tolbert Jefferies, a physical therapist at Guthrie Cortland Medical Center, works with breast cancer patients throughout their care.**

## HOMER CAFE OWNER

from Page 1

bly didn’t take as much time as I should’ve during that period of time, because now I’m finding that I’m suffering more. It’s all hitting me now, I didn’t have time to think about it, I was busy working and trying to get myself better.”

While she is grateful for the extra time she has with grandkids, she simultaneously deals with survivor’s guilt, she said, and the fear of the cancer returning.

“Being a small-business owner, it affects me everyday,” she said. “I have not just myself, but my employees. I have my family and a lot of people that rely on me, so

every day I try to take care of myself so that it does not recur.”

Pryor is grateful for the medical advancements that have been made in the last decade for HER2 breast cancer. It’s much more realistic for people to survive it now, she said. She is currently on a blocker, which gives her an extra 3% chance of the cancer not returning, she said.

Pryor urges all women to get regular mammograms. She hadn’t gotten one for about five years before her diagnosis.

“If one person reading this is convinced to get a mammogram, it would all be worth it,” she said.



Photo provided by Guthrie Cortland Medical Center  
**Tolbert Jefferies, a physical therapist at Guthrie Cortland Medical Center, works with breast cancer patients throughout their care.**

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**Coughing/Sneezing/Wheezing**

**Ears Popping/Red Watery Eyes**  
**Drippy, Stuffy Nose/**  
**Itching/Insects**



**Joseph Flanagan,**  
**M.D.**



**Rizwan Khan,**  
**M.D.**



**Julie McNairn,**  
**M.D.**



**Mariah Pieretti,**  
**M.D.**



# Physical symptoms of breast cancer

The World Cancer Research Fund International reports that breast cancer is the second most common cancer across the globe, and the number one cancer in women. Nearly three million new cases of breast cancer in women are diagnosed across the globe each year.

Breast cancer poses a notable threat to women's health, but research and resulting advancements in treatment have made the disease more treatable than ever. Women also can play a part in ensuring better outcomes in relation to breast cancer by educating themselves about the disease, including its warning signs. The MD Anderson Cancer Center notes that most changes to the breast are a byproduct of hormonal cycles or conditions that are not as formidable as breast cancer. So women should not jump to any conclusions when spotting such changes. However, the MDACC recommends women visit their physicians if they notice any of the following signs and symptoms of breast cancer.

• Lump: The MDACC notes that a lump in the breast or armpit is the most common symptom of breast cancer. Echoing assertions made by the MDACC, the American Cancer Society notes that most breast lumps are not cancerous. The ACS indicates a lump that is a painless, hard mass with irregular edges is more likely to be cancer, though cancerous lumps also can be soft, round, tender, or even painful. The lack of uniformity regarding cancerous lumps is one reason why it pays for women to be extra cautious and immediately report any abnormalities in the shape and feel of their breasts to their physicians.

• Swelling: The ACS notes that some women with breast cancer will experience swelling of all or part of a breast even if they do not feel a lump.



**The MDACC recommends women visit their physicians if they notice any of the following signs and symptoms of breast cancer.**

• Dimpling: The MDACC reports that women with breast cancer may notice dimpling or puckering on the breast. According to the ACS, the dimpling can sometimes make the breast look like an orange peel.

• Nipple retraction: The National Cancer Institute notes that nipple retraction occurs when a nipple turns inward into the breast or lies flat against the breast. Though nipple retraction can be a sign of breast cancer, the NCI notes that's not necessarily the case for all women. Some women experience nipple retraction due to aging, breastfeeding, injury, infection, surgery, or certain conditions of the breast.

• Changes to the skin around the breast: The ACS notes some women with breast cancer experience redness on the skin around the breast or on the nipple. Additional changes may include dry, flaking or thickened skin around the breast and nipple.

• Discharge from the nipple: The Mayo Clinic notes that it's normal to experience discharge from the nipple while pregnant and during breastfeeding. However, fluid coming out the nipple when a woman is not pregnant or breastfeeding could be a symptom of breast cancer.

• Additional symptoms: The MDACC notes scaliness on the nipple that sometimes extends to the areola is another warning sign of breast cancer. The ACS also reports that swollen lymph nodes under the arm or near the collar bone can indicate that breast cancer has spread even before the original tumor in the breast has been felt.

Breast cancer is a formidable yet treatable disease. Women who recognize any signs and symptoms associated with breast cancer are urged to contact their physicians immediately.

## What the different stages of breast cancer signify

Upon being diagnosed with breast cancer, women and their families are presented with a wealth of information regarding the disease. Some of that information is unique to each patient, but much of it is based on decades of research and millions of successful treatments.

The American Cancer Society reports that cancer staging is a process during which doctors will attempt to determine if a cancer has spread and, if so, how far. Breast cancer stages range from stage 0 to stage IV. Each stage signifies something different, and recognition of what each stage indicates can make it easier for women to understand their disease.

### Stage 0

The Memorial Sloan Kettering Cancer Center notes that when a woman is diagnosed with stage 0 breast cancer, that means abnormal cells are present but have not spread to nearby tissue. The National Breast Cancer Foundation, Inc. indicates stage 0 breast cancer is the earliest stage of the disease and is highly treatable when detected early. Indeed, the American Cancer Society reports a five-year survival rate of 99 percent among individuals diagnosed with stage 0 breast cancer.

### Stage I

Stage I is still considered early stage breast cancer. The MSKCC notes a stage I diagnosis indicates tumor cells have spread to normal surrounding breast tissue but are still contained in a small area. Stage I breast cancer may be characterized as stage IA, which indicates a tumor is about as large as a grape and cancer has not spread to the lymph nodes, or stage IB, which indicates the tumor may be slightly smaller but is accompanied by small clusters of cancer cells in the lymph nodes or there is no tumor and only the small clusters in the lymph nodes. The ACS also reports a 99 percent five-year survival rate for patients diagnosed with stage I breast cancer.

### Stage II

A stage II breast cancer diagnosis indicates the tumor is at least 20 millimeters (about the size of a stage IA tumor) and potentially as large as 50 millimeters. The tumor also can be larger than 50 millimeters if no lymph nodes are affected (stage IIB). The ACS notes the size

of the tumor may indicate if the cancer is stage IIA or stage IIB. The MSKCC notes that a stage IIA diagnosis could indicate there is no tumor or there is a tumor up to 20 millimeters and the cancer has spread to the lymph nodes under the arm. A tumor determined to be between 20 and 50 millimeters that has not spread to the lymph nodes also indicates a stage IIA diagnosis. A stage IIB diagnosis indicates the tumor in the breast is between 20 and 50 millimeters and has spread to between one and three nearby lymph nodes. According to Cancer Research UK, the five-year survival rate for stage II breast cancer is around 90 percent.

### Stage III

Stage III breast cancer is considered regional, which the ACS reports notes had a roughly 86 percent survival rate between 2013 and 2019. The MSKCC notes that a stage III diagnosis indicates the tumor is larger than 50 millimeters and has affected lymph nodes across a wider region than in less developed stages of the disease. Cancers that have reached stage III may be categorized as stage IIIA, stage IIIB or stage IIIC. The American College of Surgeons reports that stage IIIA indicates a tumor of any size that has spread to between four and nine lymph nodes or a tumor larger than five centimeters that has spread to between one and three lymph nodes. Stage IIIB indicates any size tumor and that the cancer has spread to the chest wall. A stage IIIC diagnosis indicates the tumor can be any size and has spread to 10 or more lymph nodes.

### Stage IV

Stage IV is the most advanced form of breast cancer. If the cancer has reached stage IV, that indicates the tumor can be any size and has spread beyond the breast to other parts of the body, potentially including organs and tissues. The ACS reports that survival rate for this stage, which is considered distant, is 31 percent. However, the breast cancer advocacy organization Susan G. Komen notes that only around 6 percent of breast cancer diagnoses in women diagnosed for the first time have reached stage IV at the time of diagnosis.

Staging makes it easier to understand a breast cancer diagnosis. More information about breast cancer staging is available at mskcc.org and cancer.org.

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# What young women should know about breast cancer

A prevailing myth concerning breast cancer is that it only affects older women. Various medical organizations and institutions recommend women begin receiving mammograms starting at age 40, which may compel women younger than 40 to think that they are immune to breast cancer. Yale Medicine notes breast cancer in younger individuals is rare, but the organization reports it is the most common cancer among women between the ages of 15 and 39. In addition, a body of evidence points to a growing rate of breast cancer diagnoses in younger women.

The Cleveland Clinic says breast cancer in young women and people assigned female at birth is known as early-onset breast cancer. Even adolescents and young adults can get breast cancer. Although young people can get any form of breast cancer, invasive ductal carcinoma and triple-negative breast cancer are the most common forms of the disease among young women.

Diagnoses of breast cancer have steadily risen in women under age 50 over the last 20 years, says the Washington University School of Medicine in St. Louis. Researchers believe the surge is largely driven by increases in the number of women diagnosed with estrogen-receptor positive tumors, which



A prevailing myth concerning breast cancer is that it only affects older women.

are cancerous tumors fueled by estrogen. The researchers also found higher rates of breast cancer among Black women, particularly those between the ages of 20 and 29. Black women in this age group were found to have a 53 percent increased risk of breast cancer.

The Breast Cancer Research Foundation says that breast cancers in women under age 40 are more likely to have features that

contribute to poorer outcomes and prognoses. Larger tumor size, advanced tumor stage, negative hormone receptor status, and an over-expression of the HER2 protein are some such features. The BCRF also reports younger women are more likely to experience a recurrence at five and 10 years after therapy compared to older women.

It is essential for younger women to be in tune with their bodies

and learn to recognize any signs that may be indicative of breast cancer. Since annual screenings are not often part of preventative health plans for women younger than 40, adolescents and young

adults need to alert their doctors if they suspect anything is wrong. Unfortunately, by the time a tumor in the breast can be felt, it likely has been present for some time already. Symptoms of breast cancer may include:

- Inverted nipple
- Breast lump or a lump in armpit
- Breast pain
- Changes in the skin of the breast
- Nipple discharge with or without pain
- Swollen lymph nodes

Any of these signs should be discussed with a primary care physician or a gynecologist.

Younger patients also are more likely to have a genetic connection to breast cancer. Individuals with one or more family members who were diagnosed with breast cancer are at higher risk and may want to consider screening at earlier ages.

Breast cancer is not a disease that only affects women 40 and older. Younger people can get breast cancer, and it's often a surprise and sometimes more aggressive.

## COVID-19 vaccine: Should I reschedule my mammogram?

From the Mayo Clinic

**QUESTION:** I just got my COVID-19 vaccine. Should I reschedule my mammogram?

**ANSWER:** Not necessarily. There's concern that side effects from the vaccine to prevent coronavirus disease 2019 (COVID-19) could be mistaken for breast cancer on a mammogram. But that doesn't mean you should cancel your mammogram if you've received your vaccine. Instead, contact the facility where your mammogram is scheduled to ask for guidance.

The vaccine that prevents COVID-19 can cause swollen

lymph nodes under the arm in which the shot was given. Your lymph nodes are part of your body's germ-fighting immune system. The swelling in the lymph nodes is a sign that your body is responding to the vaccine and building up defenses against the virus that causes COVID-19.

Breast cancer also can cause swelling in the armpit if cancer cells spread to the lymph nodes.

Some doctors are concerned that having a mammogram soon after vaccination may cause unnecessary worry about swollen lymph nodes. For that reason, some have recommended waiting four to six weeks after your final vaccine dose before having

a mammogram. That way, any lymph node swelling caused by the vaccine has time to go away.

Others, including Mayo Clinic, recommend that mammograms continue as scheduled. But be sure to tell your doctor about your vaccination, the date it occurred and which arm was affected. This information will be helpful for understanding the mammogram images.

If lymph node swelling is found on your mammogram and you've recently received the COVID-19 vaccine, the doctor who interprets your mammogram images (radiologist) will consider this when recommending whether additional imaging or follow-up is needed.

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Doug Schneider/Staff Reporter

Cortland firefighters are sporting pink in October to raise awareness of breast cancer. Their T-shirts, hoodies and other apparel feature an image of a hose twisted as a pink ribbon and the message: “No one fights alone.”

# They don’t just survive, the raise money to help others thrive

By DOUG SCHNEIDER  
Staff Reporter  
dschneider@cortlandstandard.com

For Kathleen Mezzaluna, the past years have been all about honoring the memory of her daughter, Laurie, who died almost 15 years ago.

For Wayne and Kathleen Friedman, the memories of Kathy’s successful cancer battle are still vivid – though she’s been free of the disease for nearly a decade.

For Sheila Ossit – also a breast cancer survivor – hearing her diagnosis prompted a surprise that approached shock. She and her husband were raising children, including a daughter.

Breast cancer isn’t cheap. If insurance pays for the bulk of the

treatment – if one is well-insured – other costs remain. Travel for treatment, and sometimes housing. Incidentals, wigs, prosthetics. Medication co-pays. It adds up – \$200 a month for the typical breast cancer patient, reports the National Institutes of Health.

Fundraisers step up, sometimes to help with the cost, sometimes to simply raise awareness. Pink police badges, ribbon-adorned clothing, motorcycle rides by groups like the Chrome City Divas. They all chip in.

Laurie Mezzaluna, with degrees from Boston University in communications and Chinese history, died at age 41 in 2009, five years after founding the Saint Agatha Foundation. Her mother has continued her daughter’s work to fund the expenses of cancer patients in Central New York. The name honors the patron saint of breast diseases.

The foundation serves residents of Cortland County and seven other counties and funds expenses for cancer patients.

“Laurie started a fund after she got sick,” at the age of 27, her mother said. “I promised her I would help it (grow). It has grown exponentially.”

Its annual fund-raising gala is Oct. 24 at Syracuse’s OnCenter.

More than 15,000 women and 150 men are diagnosed with breast cancer each year, the foundation reports; about 2,600 die from the disease.

The foundation has helped 12,000 women “just to relax and heal,” Mezzaluna said. They needn’t worry about having the gas to drive to appointments, or the money to pay utility bills. The foundation has paid for patients’ legal help. It’s even paid for YWCA memberships so patients have a place to swim or exercise.

“Everyone thinks there’s a catch,” Mezzaluna said.

There isn’t.

## ‘NO ONE FIGHTS ALONE’

Wayne and Kimberly Friedman’s message is on almost every T-shirt and hoodie Cortland firefighters are wearing this month: No one fights alone.

It’s a reminder that Wayne Friedman, now Cortland’s fire chief, has a role in his wife’s health, just as any loved one does. The reminder is all over the Cortland fire station, where firefighters wear T-shirts showing a pink hose wrapped in a ribbon and the message: “No one fights alone.”

It’s similar in concept to Cortland’s police wearing pink badges to raise money for the Cancer

Resource Center of the Finger Lakes.

Almost a decade ago, Kimberly Friedman woke up from surgery, a radical mastectomy, at Memorial Sloan Kettering Hospital in New York. The brain fog made remembering that Wayne Friedman was just down the hall difficult. She remembers screaming, although her husband does not.

But he was there.

Before her diagnosis, Kimberly Friedman’s life was a ball of stress. And after? “From the moment I’d wake up in the morning, the fear would start to come in.”

“I could choose to think about the fear, or push it out,” she said. “That’s taken a great effort; it’s a full-time job of being well.”

She has traded her stress-heavy existence for one where she regularly posts messages on Tik-Tok with reminders to “relax” and especially, “breathe.”

The Friedmans plan a trip next spring to Key West, Fla., to celebrate 20 years of marriage.

## RINGING THE BELL

“I was getting her ready for the prom,” Ossit said of her life at the time she was diagnosed. “I had a job. There were a lot of other things. I didn’t have time for cancer.”

But she got a diagnosis: “You have breast cancer.”

“I was 49,” she recalls. “I had kids to raise, a job.” She thought she was too young.

Today, she considers herself a survivor – a “thrivor.” She was fortunate, she says, that she was diagnosed early, and that the radiation treatments left her cancer-free.

Still, treatment left her exhausted, especially from driving to Syracuse and back. It was hard on her husband, too; he’d lost his mother to cancer.

Ossit kept working during treatment, then later moved into a new role: raising money via the Cortland Memorial Foundation for groups that care for cancer patients.

She mentions several, including Syracuse-based Hope for Heather, which provides comfort items, to patients recovering from surgery, to gasoline cards to help patients fuel their cars for a check-up or treatment.

Now, she gets to work with social workers at the Renzi Center at Guthrie Cortland Medical Center, which opened in 2021, after Ossit’s cancer treatment.

“This is in the community where we live,” she said. “I love my job.”

And she gets to ring the bell, a hospital celebration when a patient graduates from treatment.

## Foundations

- Saint Agatha Foundation – [SaintAgathaFoundation.org](http://SaintAgathaFoundation.org).
- Cortland Memorial Foundation – [www.guthrie.org/cortland-memorial-foundation](http://www.guthrie.org/cortland-memorial-foundation)
- Hope for Heather – <https://www.hopeforheather.org/>

## Noteworthy statistics underscore the prevalence of breast cancer

Breast cancer affects millions of women and their family and friends every year. Each of those women has their own unique experience upon receiving a breast cancer diagnosis, and those journeys hopefully end with successful treatment. Because each woman’s breast cancer journey is unique, data regarding the disease only tells part of the story. But recognition of key breast cancer statistics is still important, as data can compel support for women fighting the disease and underscore how vital it is for young women to prioritize breast health.

• A 2017 study from the American Cancer Society found that roughly 42 percent of cancer diagnoses and 45 percent of cancer deaths in the United States are linked to controllable risk factors for the disease. Breast cancer is no exception in that regard, as the



**Recognition of key breast cancer statistics is important, as data can compel support for women fighting the disease and underscore how vital it is for young women to prioritize breast health.**

Breast Cancer Coalition Foundation points to studies that have shown as many as 50 to 70 per-

Continued on page 7

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Parents pass down many things to their children, including hair color, height, and various other traits. Parents also can pass on an increased risk for breast cancer.

# A look at inherited breast cancer

Individuals can make various changes to their lifestyles to help reduce their chances of developing certain types of cancer, including breast cancer. One thing they cannot change is their genes, prompting curiosity about the role of family history in relation to breast cancer risk.

## First-degree connection

Parents pass down many things to their children, including hair color, height, and various other traits. Parents also can pass on an increased risk for breast cancer. Cancer Research UK says some people have a higher risk of developing breast cancer than the general population simply because other members of their families have had cancer. The organization says having a mother, sister or daughter (also referred to as a first-degree relative) diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. This risk grows even higher when more close relatives have breast cancer, or if a relative developed breast cancer before reaching the age of 50.

## Inherited damaged genes

Johns Hopkins Medicine says about 10 percent of breast cancers are related to inheritance of damaged genes. Several genes are associated with elevated breast cancer risk, including BRCA1 and BRCA2. Additional genes associated with an increased risk for breast cancer include PALB2, ATM, CHEK2, CDH1, STK11, PTEN, TP53, and NF1. People who have inherited a damaged gene may have a particularly high risk of developing breast cancer or other cancers, depending on the specific gene and their family history.

## Getting tested

Johns Hopkins says individuals can be tested for genes that put them at risk for cancer. That is a decision that merits ample consideration, and one that should be carefully discussed with a doctor and family members. Genetic counseling can look for inherited mutations in the BRCA1 and BRCA2 genes, the two most notable for increasing breast cancer risk. A blood test is typically covered by insurance companies and analysis can take a couple of weeks. More can be learned about genetic counseling and testing at [www.cancer.org](http://www.cancer.org).

Whether or not to get genetic testing is a personal decision. However, learning the outcome may help protect future generations. Someone with a genetic mutation has about a 50 percent chance of passing that trait on to children.

## Additional risk factors

Heredity is just one risk factor for breast cancer. The American Cancer Society says White women are slightly more likely to develop breast cancer than some other races and ethnicities. Studies have found that taller women have a higher risk of breast cancer than shorter women, although the reasons for that are not exactly clear. In addition, women with dense breast tissue have a higher risk of breast cancer than women with average breast density. Women who began menstruating early (especially before age 12) have a slightly higher risk of breast cancer. That risk can be attributed to a longer exposure to the hormones estrogen and progesterone. The same can be said for women who experienced menopause later (typically after age 55).

Various factors can increase the risk of developing breast cancer, including genetic markers and family history of the disease.

## STATISTICS • from Page 6

cent of breast cancers can be prevented if women adopt lifestyle changes early enough.

- The ACS estimates that approximately 30 percent of postmenopausal breast cancer diagnoses are linked to modifiable risk factors such as diet and physical activity levels.

- The World Health Organization reports 2.3 million women across the globe were diagnosed with breast cancer in 2022. WHO data also indicates 670,000 women lost their lives to the disease in 2022.

- Breast cancer poses a greater threat to women's lives in countries with a low Human Development Index (HDI), which is a metric used by the United Nations Development Programme to gauge a country's average achievement in areas such as healthy life and standard of living. WHO data indicates one in 12 women will be diagnosed with breast cancer in their lifetime and one in 71 women will die of the disease in countries with a high HDI. In countries with a low HDI,

where access to medical care is more limited, one in 27 will be diagnosed with breast cancer and one in 48 will die from it.

- Five-year survival rates indicate that treatment is most effective when breast cancer is caught in its earliest stages. Data from the ACS indicates a 99 percent five-year survival rate for cancer discovered before it has spread beyond the place it started. When the cancer is considered regional, which the National Cancer Institute defines as cancer that has spread to nearby lymph nodes, tissues or organs, the five-year survival rate is 86 percent. The five-year survival rate for distant cancer, which indicates it has spread to distant parts of the body, is 30 percent.

- Survival rates differ considerably between Black women and White women diagnosed with breast cancer. According to the ACS, the five-year survival rate for Black women between 2012-2018 was 83 percent compared to 92 percent for White women during that same period.

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# 3 strategies that can lower breast cancer risk

Breast cancer affects millions of individuals each year. The World Cancer Research Fund International reports that breast cancer is the most commonly diagnosed cancer in women across the globe, affecting roughly 2.3 million women each year.

Despite the global prevalence of breast cancer, various organizations report high five-year survival rates, particularly among women whose cancers are detected in the earliest stages of the disease. In fact, a 2023 study published in the journal BMJ found that the risk for dying from breast cancer in the five years after an early-stage diagnosis fell to 5 percent in recent years, a notable improvement from the 14 percent risk of death that was reported in the 1990s.

Increased survival rates for breast cancer are welcome news for women and their families. The higher survival rates are a byproduct of the tireless efforts of cancer researchers, who also have discovered links between the disease and certain lifestyle factors. Though there's no way to eliminate one's risk for breast cancer entirely, the American Cancer Society notes certain variables are within women's control. With that in mind, women can consider these three strategies that can lead to improved overall health and might help women lower their risk for breast cancer as well.

1. Reach and maintain a healthy weight. The benefits of maintaining a healthy weight include a lower risk for heart disease and stroke, and women should know that weight and breast cancer risk are linked as well. According to the ACS, increased body weight and weight gain as an adult are linked to a higher risk of develop-

ing breast cancer. That's particularly so among post-menopausal women. A 2023 study published in the journal BMC Women's Health found that the chances of developing breast cancer increase among post-menopausal women who are obese.

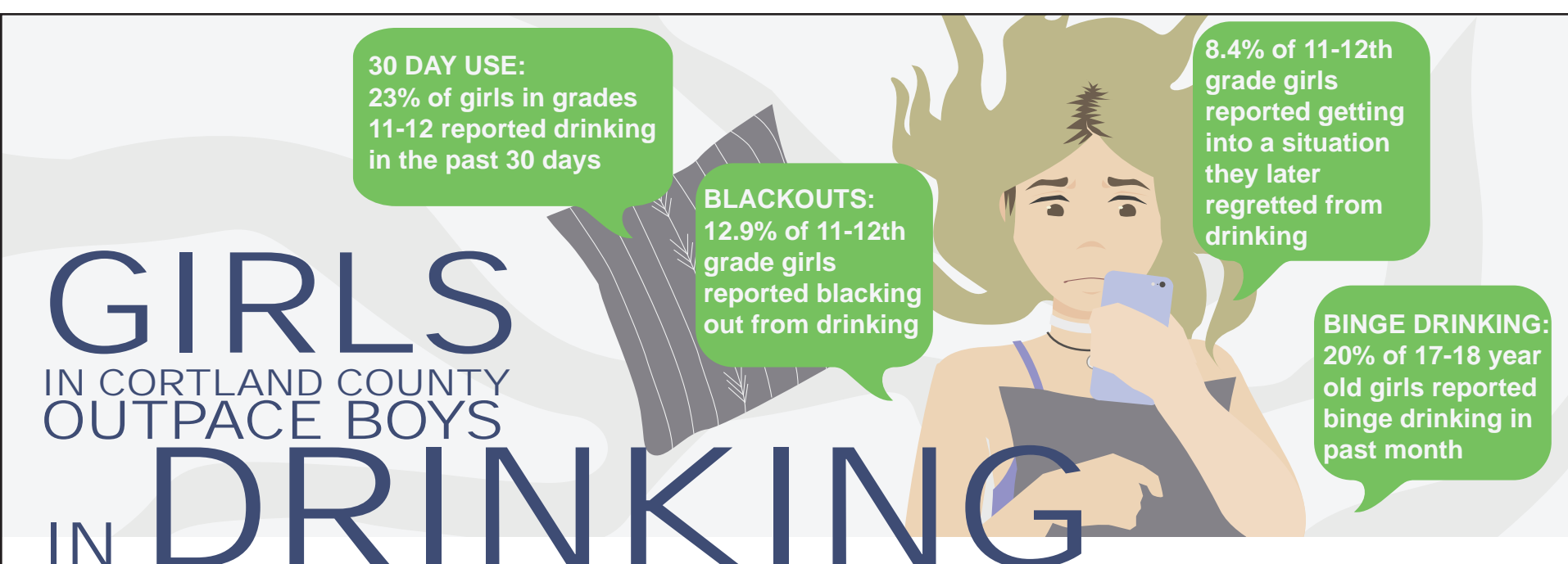
2. Avoid a sedentary lifestyle. Exercise is one of the ways to achieve and maintain a healthy weight, so it makes sense that being physically active can reduce breast cancer risk. The National Cancer Institute reports that a 2016 meta-analysis of 38 cohort studies found that the most physically active women had between a 12 and 21 percent lower risk for breast cancer than women who were the least physically active. The NCI also notes that additional studies have found that women who become more physically active after menopause also have a lower risk for breast cancer than those who do not.

3. Limit or eliminate alcohol consumption. The ACS urges women who drink to consume no more than one alcoholic drink per day, noting that consumption of even small amounts of alcohol have been linked to an increased risk for breast cancer. Officials with the MD Anderson Cancer Center note that the link between alcohol consumption and breast cancer risk is low. However, the MDACC notes that alcohol can contribute to unwanted weight gain, thus increasing cancer risk. In addition, alcohol can increase levels of estrogen and other hormones associated with breast cancer.

It may be impossible to completely prevent breast cancer. However, women can embrace strategies that improve their overall health in ways that lower their risk for breast cancer.



Maintaining a commitment to a physically active lifestyle throughout life can help women lower their risk for breast cancer.



## Understanding the Situation

Data from the 2023 Cortland County Youth Survey draws attention to a troubling trend: a notable percentage of girls, especially those in grades 11-12, are involved in alcohol use and binge drinking. 23% of girls in grades 11-12 reported drinking in past 30 days compared 14% of boys. Girls are also experiencing various negative consequences associated with their alcohol consumption.

Girls are not merely experimenting with alcohol; they're consuming it in quantities that can cause severe harm. The data reveals that of the girls aged 17-18, 20% admitted to binge drinking in the past month. As parents, educators, and community members, it's crucial to understand the severity of these figures. Alcohol can profoundly affect the developing teenage brain, potentially impacting cognitive functions, decision-making abilities, and emotional health.

According to the survey, girls 11-12th grade report notably higher rates of hangovers (16% compared to 9% for males), getting sick due to drinking (13% against 10%), and problems with their mental health (8% versus 5%). The data highlights clear gender disparities in the consequences of alcohol consumption among adolescents. This not only jeopardizes their health, but can also lead to poor academic performance, strained relationships, and high-risk behaviors.

## Prevention Strategies

The focus should be on prevention, education, and early intervention. Here are some steps parents can take to help prevent alcohol use among their girls:

**Open Communication:** Create a space where your daughters feel safe talking about alcohol, such as by listening without judgment and asking open-ended questions. Talk about the risks and consequences, and encourage them to share their thoughts and any peer pressure they might be experiencing. Honest, non-judgmental conversations help build trust, making it easier for them to come to you when they need help.

**Set Clear Expectations:** Make sure your daughters know your rules about underage drinking. Set clear rules and consequences for alcohol use. Having clear boundaries helps them understand what you expect and why making healthy choices is important. Be consistent with the rules and explain why they exist so they understand the risks involved.

**Be Involved:** Be a part of your daughter's life. Know who their friends are and who their friends' parents are. Encourage them to join activities like sports, clubs, or other hobbies that keep them busy and provide a healthy way to use their energy. Being involved in activities can help build their confidence, make them feel like they belong, and keep them from using alcohol to fit in or deal with stress. Show interest in their hobbies, attend their events, and make time for family activities to build a strong connection.

**Early Education:** Start talking about alcohol early. Give your daughters accurate information about what alcohol does to their body, mind, and future. The sooner these conversations start, the better prepared they will be to handle peer pressure and make smart choices. Use real-life examples and age-appropriate language to make the information relatable. Keep reinforcing these messages as they grow older and face new challenges.

**Model Responsible Behavior:** Kids often copy what adults around them do. Set a good example by drinking responsibly, if at all, and showing healthy ways to handle stress. Avoid making alcohol seem like a fun or necessary part of life. Show that you can have fun without alcohol. Setting a good example helps teach your daughters the importance of making safe choices.

**Seek Professional Help If Necessary:** If you notice signs of alcohol abuse, seek help from a mental health professional immediately. Early intervention can prevent the evolution of more severe issues. Locally, Family & Children's Counseling Services offers counseling and prevention services for teens and young adults. You can learn more here: <https://fcs-cortland.org/>

Source: 2023 Cortland Youth Survey