

Publishers of North Buffalo Rocket, West Side Times & Riverside Times

Vol. LII ISSUE No. 7 • Thursday, February 18, 2021

# Baseball Under A Dome!



Instructors for the North Buffalo Baseball Clinic: 1-r Alex Johnson, Jim Daley, Ken Smith, Mike Shatzel and Leugim Castillo.

#### By Bill Snyder

It's February and outside, the snow is deep and the wind is blowing.

But in North Buffalo, approximately 30 boys and girls are thinking about green grass and

sunshine. That's why they've signed up for a North Buffalo Clinic this past week with two Major League Baseball players.

Alex Johnson and Leugim Castillo, two WNY natives are still in town

na or Florida for Spring Training. They joined Hertel North Park Youth Baseball League Travel Director Jim Daley for a baseball clinic, teaching age seven to eleven years old North Buffalo kids the basics of America's Favorite Pastime.

They're running around basepaths, throwing a ball from the outfield and tagging out a runner at second base. "This is exactly what Major League Coaches do in Spring Training, said Alex Johnson, a former player himself of Hertel Continued on page six.

## Five Joint Health Tips from Front of the Pack

Feb. 22<sup>nd</sup> is National Walking Your Dog Day

If getting more exercise is amongst your 2021 goals, you may have a natural personal trainer right by your side. Dogs can be great motivation to make fitness a part of your daily routine by going for daily walks, which also happens to be a safe and healthy activity during COVID-19.

Front of the Pack, a canine supplement company, has made tracking your progress easy and worthwhile by sponsoring Best Friends Animal Society's ResQWalk app. Not only can walkers see their mileage, they can also designate a local



shelter or animal welfare organization that raise money for with each step.

Of course, it's also important to prepare your Continued on page six.

## **Kearns Leads Students In** "Valentines For Vets" Project

Erie County Clerk Michael P. Kearns helped lead an annual Valentines for Veterans project with elementary students at Buffalo Public and Lancaster Central School Districts. Kearns

worked with the teachers and Principals to coordinate this event where students crafted over 100 handmade Valentine's Day cards for veterans receiving care at the Continued on page six.

## Recruiting for Buffalo Police Explorers

Buffalo Police along with Buffalo Police Explorers (BPE) worked hard in 2020 to make a difference across Buffalo and are now recruiting for BPE for 2021. The Larkin Commerce Center has taken notice of their great work and donated space for the Buffalo Police Explorers to meet through 2021. Applications for BPE are being accepted until February 12 and the 16week program starts rebruary 16.

**Buffalo Police Explorers** get mentored by volunteer Buffalo Police Officers. Applicants must be between the ages of 14 and 20, live in

the City of Buffalo, and must commit to meet 1-2 times a week. Leadership positions are elected by peers.

**Buffalo Police Explorers** 



Advisor and Buffalo Police Officer, Joelle Bence urges the youth within the City of

Buffalo to apply for BPE to build strong leadership and mentorship skills.

"Buffalo Police Explorers have a strong presence in the local community and we want to build on their work in 2021," Bence said. "The explorers are setting the example on how to build unity, safety, and trust in the City of Good Neighbors.'

Buffalo Police Commissioner Byron W. Lockwood broud of how the Buffalo Police Department instills the value of community service in Buffalo. He believes getting involved in community service on a daily basis Continued on page two.

# Memories

From the Buffalo Rocket archives



#### Local Weather

FRIDAY, FEBRUARY 19 **SATURDAY, FEBRUARY 20 SUNDAY, FEBRUARY 21 MONDAY, FEBRUARY 22 THURSDAY, FEBRUARY 18** 



Snow Showers High 31° Low 25°



Snow Showers High 28° Low 15°



Partly Cloudy High 25° Low 16°



Snow Showers High 28° Low 22°



Snow Showers High 31° Low 23°



Snow Showers High 32° Low 25°

**TUESDAY, FEBRUARY 23** 



Snow Showers High 32° Low 23°

**WEDNESDAY, FEBRUARY 24** 



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# Recipe's

From Serious Eats



## Battered Fish Fry

#### **Ingredients** For the Batter

- 1 cup all-purpose flour
- 1 cup cornstarch
- 1 large egg
- 1 teaspoon kosher salt For the Fish
- 6 cups peanut or canola oil
- 1 ½ pounds skinless fillets (cod, flounder, fluke, or haddock), cut into four pieces, less than ¾-inch thick
- salt and pepper
- malt vinegar, or lemon

45m

ACTIVE-TIME

#### **Instructions**

4 People YIELD

20m

375°F.

**INGREDIENTS TOTAL TIME** 

bowl of batter.

For the Batter: Whisk to-

gether flour, cornstarch,

egg, and salt in a medi-

um-sized bowl. Make sure

there are no lumps. Cover

bowl and place in fridge for

at least 20 minutes, and

into a large dutch oven.

Turn heat to medium and

bring to a temperature of

per towels. Season both

sides with salt and pepper.

Drop each piece into the

Dry fish fillets with pa-

For the Fish: Pour oil

up to 3 hours.

#### Lenten Fish Fry.

When oil is at 375°F., remove one piece of fish out with a pair of tongs, letting the excess batter drip back into the bowl. Then lower it into the oil, holding on to it for a few seconds to keep it from sticking to the bottom. Repeat process with other fillets. Adjust heat to medium-high to keep temperature at about 350°F. Cook until fillets are golden brown, about five minutes.

Drain fish fillets on a baking sheet covered with paper towels. Serve with cole slaw, malt vinegar, lemon, or whatever you like best.

## **Recruiting for Buffalo Police Explorers**

Continued from page one. will go a long way within the community.

"The City of Buffalo has to come together during these hard economical times," Lockwood said. "The Buffalo Police Department and Buffalo Police Explorers have raised the awareness of this dire need in our community

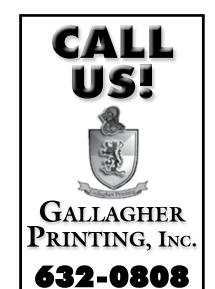
and I want it to inspire our youth to join the Buffalo Police Explorers this year. I also want to extend a thank vou to the Larkin Commerce Center for donating meeting space for Buffalo Police Explorers this year."

Those interested can apply at buffalopoliceexplor-

ers.com.

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Corner Store	
Daddio's Pizzeria	1247 Hertel Avenue
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Enchanted Hair Salon	3030 Delaware Avenue
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Finishing Touches	2820 Delaware Avenue
Frank's Sunny Italy	2491 Delaware Avenue
Ginnane Funeral Home	3215 Delaware Avenue
Gloria J. Parks Community Ctr	3242 Main Street
Gramma Mora's	1465 Hertel Avenue
Great Clips	2678 Delaware Avenue
Hertel Park Senior Apartments.	1631 Hertel Avenue
Hertel Parker Liquors	1859 Hertel Avenue
Home Taste (Chinese Cuisine)	3106 Delaware Avenue
Imagine Salon	1527 Hertel Avenue
Jacobi & Sons	
Joey's Place	1122 Hertel Avenue

Joe's Panini Grill	3024 Delaware Avenue
Johnny's Meats	1191 Hertel Avenue
Knights of Columbus	1530 Kenmore Avenue
Korona Jewelers	1588 Hertel Avenue
Marco's Deli	1518 Hertel Avenue
North Buffalo Community Ctr	203 Sanders Road
North Buffalo Dental	1600 Hertel Avenue
North Park Library	975 Hertel Avenue
Parkside Community Center	2318 Main Street
Paul Wolf Agency	2890 Delaware Avenue
Plaka Restaurant	2904 Delaware Avenue
Record Baron	3048 Delaware Avenue
Salon Avanti	3086 Delaware Avenue
Salon Coronado	2830 Delaware Avenue
Salon D Capelli	3104 Delaware Avenue
Scissors	1497 Hertel Avenue
Studio Sophia	1094 Hertel Avenue
Theater Apts	1065 Kenmore Avenue
Wesselman's Inc	564 Colvin Boulevard
Wellington Pub	1541 Hertel Avenue

# **WEST SIDE**

Baptist Manor	276 Linwood Avenue
Buffalo Public Library	
CWJ Lock & Key	·
Corner Store	

Delaware Apartments	. 1217 Delaware Avenue
Dibble Hardware	262 W Ferry Street
Elmwood Square Apts	505 Elmwood Avenue
Frontier Liquor & Beverage Ctr	121 Grant Street
First Niagara Bank	Elmwood at W. Utica
M&T Bank	130 Grant Street
Santasiero's Restaurant	1329 Niagara Street
Timon Towers	. 1015 Delaware Avenue
Trinity Tower Apartments	33 Linwood Avenue
West Market	1032 West Avenue
West Side Community Center	Vermont at Fargo

#### **RIVERSIDE**

AmVets	25 Keview Place
Boys & Girls Club	54 Riverdale Avenue
D District Police Station	669 Hertel Avenue
Fast Stop Food Mart	236 Military Road
First Niagara Bank	2141 Elmwood Avenue
First Niagara	201 Amherst Street
M&T Bank	788 Tonawanda Street
Nickel City Bottle Return	2209 Niagara Street
Northwest Buffalo Community Ctr	155 Lawn Avenue
Riverside Marketplace	740 Tonawanda Street
Roland Cannizzaro Insurance Ager	ncy 432 Amherst Street



## The Blotter **Felonies**

From "D" District

North Buffalo February 15, 2021

Starin Avenue - Victim reports that she was at a party in South Buffalo when an unknown person did take without permission her purse which contained miscellaneous jewelry, I-Phone and air pods. Phone was last pinged to 138 Condon.

Riverside February 15, 2021

Elmwood Avenue - Complainant did state while at 1285 Elmwood unknown suspect(s) did enter locked building without permission by unknown means. Once inside suspect(s) did take without permission miscellaneous tools from victim (Danforth) approximate value over \$3,000.00 by means of prying open gang boxes by unknown means causing over \$1,500.00 in damages. Victim 2 also stated that unknown  $\begin{array}{ccc} suspect(s) & did & cause \\ damage \ to \ at \ least \ one \ of \end{array}$ his gang boxes (approximate value \$500.00) and did take without permission miscellaneous tools (value unknown). Inventory sheets given to both victims for accurate inventory. No cameras.

February 15, 2021

Henrietta Avenue Complainant reports she did get a phone call from suspect stating her social security number had been compromised and she needed to go to Target and purchase gift cards to pay for new one. The victim did buy \$6.500.00 worth of Target gift cards and transferred them over the phone to the suspect. Victim advised to shut down M&T Bank associated purchase of cards with receipts. P-10 to evidence.

February 14, 2021

Tonawanda Street - Officers did respond to a violent domestic call. When officers arrived on scene the victim came to the door and said, "Hurry, he is trying to kill me!" Victim had visible bruises on face from being struck, cut marks on neck and a large bruise on her back. Victim stated that subject had her phone to stop her from calling for help. Victim also stated that subject strangled her by placing her hands around her neck and that she lost consciousness multiple times. DIR completed.

February 14, 2021

Esser at Argus Street - Defendant was operating vehicle reckless-ly. Officers observed the vehicle pass a bus and run two stop signs. Upon traffic stop the defendant was refusing all officers requests. The defendant did argue with officers and was non-compliant to all commands. The defendant finally complied when her boyfriend arrived on scene. The officers were able to detain the defendant, get her ID and find that she had a suspended license and warrants out of the Town of Tonawanda. Defendant was given summons and appearance ticket for obstruction and the vehicle was impounded.

February 14, 2021

Lawn Avenue - While on patrol, officers did recover a vehicle on Lawn Avenue. Vehicle was locked and unoccupied. Vehicle did appear to have damage to passenger side fender and wheel that was not there before. Owner notified by phone. Vehicle was towed to 166 Dart Street by Buffalo Towing.

February 13, 2021

Grote Street - Victim states while at Grote Street and Elmwood Avenue her and defendant were involved in a verbal argument and it did turn physical. The defendant did push her to the ground and fled the scene. An active refrain from order of protection is in effect. DIR completed and issued.

West Side February 15, 2021

Forest Avenue – Defendant and co-defendant were operating a vehicle which was stolen minutes before from Dollar General. Defendants did run several signs and did run from vehicle and disregarded officer's commands to stop leading officers to a foot chase. There is camera footage of UUV at Dollar General as well as 181 Potomac. Vehicle was returned to owner and he was issued a VTA summons for leaving vehicle running and unattended.

February 14, 2021

Grant Street - Victim 1 states that 3 unknown males, two thin build, one large build, all approximately 5' 6" and wearing all black did enter the Produce Market (487 Grant Street) and approached victim 2 pointing a black pistol at his head. Suspects also grabbed the cashier, victim 1, by his arm shaking him and pointing a black and red pistol at his head while rummaging through the cash register. Suspects fled from store on foot westbound on Pooley Street where victim 3, owner of the store, did observe 3 suspects and began following them. The large build suspect turned around while

pointing a black pistol at him and did state, "Stop following me or I'll shoot you." Large build suspect fled through yard at 69 Pooley Street and over the fence into a vard on Bird Avenue. The other two suspects continued westbound on Pooley Street. Suspects did leave store empty handed. Store does have video surveillance.

February 13, 2021

Harvard Place - Victim states the defendant did get into a physical altercation with him striking him in the face multiple times. The defendant then did grab a kitchen knife and stabbed the victim in the left had causing a large laceration. The victim was treated at Buffalo General for the cut and to get stitches. DIR completed. The defendant did make a statement with SVU detective. Knife was recovered and submitted for evidence.











# 

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#### This Week's Featured Friend: EDWARD & BELLA

Edward and Bella are a bonded brother/ sister pair. They are super sweet, loving and, outgoing. These darling nine month old kittens are very playful. They are in foster care and very well socialized and used to a home environment. The adoption fee includes spay/neuter, feline combo test, age appropriate vaccines, microchip, free vet visit and a starter bag of food.

🗫 For more information contact their foster mom at jamieleigh0209@gmail.com.



Because of the COVID19 situation, the shelter is closed to the general public. If you would like to meet any of the adoptable dogs, please fill out an application online (if you are not already pre-approved). Call the shelter, and leave a message with your name and phone number and the dog you're interested in. Have patience, and they will call you back when they can. From there, a time will be scheduled for you to come and meet the dog. Please be patient, and remember they are very short staffed at the moment. Applications can be found at https://friendsofcbas.org/adopt

City of Buffalo Animal Shelter 380 N. Oak St. Buffalo Buffalo\_Shelter@yahoo.com

716-851-5694



To see more great pets, visit: http://www.petfinder.com/pet-search?shelterid=NY341 \*\*\*\*\*\*\*\*\*\*\*\*\*\*

## Famous Artists and Their Famous Songs

Who were the artists who make these songs famous?

1. Yellow Submarine	
2. Through The Years	
3. Love Me Tender	
5. Unchained Melody	
6. I Write The Songs	
8. New York, New York	
9. That's Amore'	
12 The Way We Wore	

Last Week's Answers: 1. Water Deterrent, 40th Try 2. Federal Bureau of Investigation 3. Dead on Arrival 4. President of the US 5. Supreme Court of the US 6. First Lady of the US 7. World Health Organization 8. Center for Disease Control 9. Laugh Out Loud 10. Department of Transportation 11. Immigration and Customs Enforcement 12. Department of Motor Vehicles 13. Corona Virus Disease 14. National Broadcast Company 15. Columbia Broadcast Company



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#### RIVERSIDE

NORTHWEST BUFFALO COMMUNITY CENTER - 155 Lawn Ave. Buffalo 14207 876-8108 KENMORE

KENMORE SENIOR CENTER - 135 Wilber Ave. Kenmore 14217 873-0737

**WEST SIDE** 

WEST SIDE COMMUNITY SERVICES - 161 Vermont St. Buffalo 14213 884-6616 CONCERNED ECUMENICAL MINISTRY (CEM) - 286 Lafayette Ave. Buffalo 14213 882-2442 FATHER BELLE COMMUNITY CENTER - 104 Maryland St. Buffalo 14201 845-0485 RICHMOND-SUMMER SENIOR CENTER - 337 Summer St. Buffalo 14222 885-3290





# Seniority

## Ask Rusty-Avoiding WEP & GPO **Reductions Pension?**

Dear Rusty: I am a retired Texas teacher receiving my State pension. I retired in February 2009, before the end of a "loophole" which affected my future Social Security. I had earned enough credits to receive Social Security benefits in addition to my Teachers Retirement System (TRS) pension. At 62 I began getting my SS benefit (reduced by my TRS pension).

My husband didn't start his SS until last year, at which time I contacted Social Security so my benefits would "no longer be reduced" as per the TRS loophole. I have spoken with the local SS office three times and sent them the documents requested, but my SS payment remains the same! How do I bypass the local office to get my benefit increased to the amount I was told when I retired under this Texas loophole? Signed: Wanting My Increase

Dear Wanting: Your question requires some explanation of two SS rules known as the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). These rules affect anyone, like you, with a pension from an employer which did not participate in Social Security, and who is also eligible for Social Security benefits. WEP applies to your personal SS retirement benefit; GPO applies to any spousal (or survivor) benefit you might become entitled to.

There are 27 States (including Texas) which, to varying degrees, have exempted some State employees from paying into Social Security. But for employees who, nevertheless, also become entitled to SS benefits, either from other SS-covered employment or a spouse, WEP and GPO will affect their SS benefits. Both rules apply to you because you did not contribute to Social Security while you earned most of your TRS pension. Your SS retirement benefit was reduced by WEP and, since your husband is now collecting SS, you might be entitled to an additional amount as his spouse, depending on whether the GPO will apply. The GPO did originally contain a "loophole," but the loophole didn't work as you think it did.

When the GPO was first enacted in 1977, it included a rule known as the "last day exemption." That rule stipulated that if, on your last day of employment prior to retirement, you contributed to both your non-covered pension and to Social Security under the same plan the GPO would not apply. State retirees in many of the 27 affected States took advantage of that loophole. That is, until Congress changed the GPO rule to eliminate the loophole.

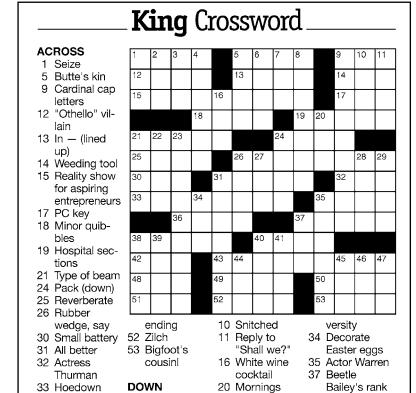
change in eliminated the "last day exemption" and replaced it with a rule saying that a GPO exemption would occur only if the employee contributed to both the non-covered pension and Social Security under the same plan every day for the last 5 years prior to retirement. A "transition" sometimes applied rule which allowed less than 5 years of contributions to both programs immediately prior

to retirement. Each State decided if they would permit employees to take advantage of this option, which Texas did until just after you retired in

Your own WEP-reduced SS retirement benefit is not affected by, nor will it change because of any "loophole." Based upon the dates you shared, the "last day exemption" for GPO doesn't apply to you, but the changed rule may. The current rule permits a GPO exemption if you also contributed to Social Security under your TRS pension plan every day during the last five years of your TRS employment, or if the special "transition rule" applies to you. If that is the case, then you are, indeed, eligible for an exemption from the Government Pension Offset and your SS benefit will increase. But if not, the normal GPO spouse benefit reduction of 2/3rds of your TRS pension will be prorated and based only on the months you didn't pay into Social Security.

Since you've already contacted Social Security several times and sent them the requested documentation, I know of no way to "bypass" your local SS office. But it might help to ask your Congressional Representative to intervene by contacting the SSA and request that your case be expedited exceeded the earnings limit.

VISIT US ONLINE! www.bufialorodket.com



(Abbr.)

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Answers on page seven.

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# **Northwest** Buffalo Beat by Joe Borty

# **New York Exodus**

One of the headlines today in the news is the mass exodus of New Yorkers leaving New York for greener pastures. Last I heard it was approximately 1000 a day. Not sure if that is accurate but it sure seems like it down here in Florida. I almost feel like I am home in Western New York with all the New York license plates I see on the roadway here in the sunshine state. They even outnumber the Wisconsin plate as the Badger state always seemed to take first place as far as snow birds. For those who do not know "snow birds" is a term used to describe people who migrate south during the winter months and of which I am one. Have been doing the escape from the cold and snow now for almost 28 years. It is the better of two worlds. Beautiful Western New York summers and wonderful warm winter weather for months in Florida.

The last Super Bowl played in Tampa in 1991 before this one, did it. Watched the NY Giants beat the Buffalo Bills in the wide right game. This was my first exposure to warm weather in the middle of winter. Tampa was great but I found a little further south it is usually 10 degrees warmer in January. Went to one of those seminars where they pitch land in Florida for so much a month. Bought a lot in a one of these proposed development with a very lit-tle monthly payment. The development never really developed but it had streets, water and sewerage. I decided to build a house on the land and did for \$47,000 in 1994. It was one of the only houses around but I had an escape from the dreary winter, and at least a place to go. Needless to say I later sold it at a good profit which led me to buy a better home in a better location. I am still in that house today.

One of the remarkable things I have noticed since semi-retiring and being able to spend at least four of the winter months in Florida is the enormous growth. With the continuous onslaught of not only "snow birds" but permanent residents how the state keeps up with the demand. What were two lane highways 20 years ago are now all divided four lanes. Roads and highways that were four are now six. Not to mention that what was nothing but woods is now beautiful landscaped divided scenic residential roads. All this work on the infra-structure was done to facilitate the increase in traffic and make if flow smoothly. Remember building a road in Florida is no big deal as the land is flat. No hills or valley just smooth level land to lay down a road easily. The only construction may be a bridge but even then they seem to go around any obstacle like that. If they need a road, they build it.

Needless to say property values have skyrocketed with the influx of New Yorkers. We have seen so many developments spring up since we have been here. These communities are like miniature cities, not only hundreds of homes but some have their own golf courses,



Moving out of New York.

restaurants, shopping centers, and even beaches. The thing is since land is becoming scarcer and expensive it seems that instead of single homes, the land is being used to build hundreds of condominiums. What used to be cow pastures are now mini high rise cities. In all cases the landscaping is extraordinary. Each development has to have run off for water and therefore have mini lakes. All these lakes have different kinds of water fountains. Like they are a signature of the development.

The building that is going on is overwhelming. Not only do they have enormous outdoor malls, within a few miles of each other, since we have been here they have actually built a couple of

colleges. Used to be Florida was mostly for seniors who wanted to live out their lives in nice weather. Not so much anymore as not only is the population getting younger, but you actually see families with young kids moving in. These are year round residents who are taking advantage of the economic boom that has gripped the area. Florida is a wide open state even with the Pandemic. We all wear masks and social distance but it seems to be under control as much as can be expected. Right now it is the place to be.

There is a drawback. Hurricanes! These are not fun, but they only come in the summer months. I miss them like I miss the cold and snow of winter. I am glad I "miss" them.





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Mister Brick Bianco [WB] - Garlic oil,  ${\it Vine ~Ripe~Tomatoes, Fresh~Mozzarella~Cheese~and}$ 

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**Mister Brick Margherita** [WB] -San Marzano Tomatoes, Fresh Mozzarella Cheese,

Mister Brick Bourbon Chicken [WB]  $Sweet\ Bourbon\ Glaze, Applewood\ Smoked\ Bacon,$ Trio Peppers, Red Onions, Mozzarella and Gorgonzola Cheeses. Scallions .

**Mister Brick Meatball Diavolo** [RS]

Our own style Pizza Sauce, Cherry Peppers, Ricotta Cheese, a combination of Mozzarella and Provolone Cheeses, Oregano . . . . . . . . . . . . \$12.95

**Mister Brick Pepperoni** [RS] - Our own style Pizza Sauce, a combination of Mozzarella and Provolone Cheeses, Margherita Pepperoni, 

Mister Brick Italian Sausage [WB] Italian Sausage, Cherry Peppers, Red Onions, a combination of Mozzarella and Provolone Cheeses Fresh Basil, Roasted Garlic . . . . . . . . . . . . . . \$12.95

Mister Brick Meatball [WB] - ${\it Meatballs, Hot Peppers, Ricotta\ Cheese,}$  $Romano\ Cheese,\ a\ combination\ of\ Mozzarella$ 

**Mister Brick Vegetarian** [WB] -Calamata Green Olives, sliced Spanish Onions, a combination of Mozzarella and Provolone Cheeses,

Red Peppers, fresh Mushrooms, **Mister Brick White** [WB] - Sliced

Tomatoes, Garlic, Ricotta Cheese, Romano Cheese, Oregano, sliced Spanish Onions, Fresh Mozzarella

Mister Brick Loaded [WB]

Meatballs, Italian Sausage, Sweet & Hot Peppers, Ricotta Cheese, a combination of Mozzarella and 



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# Baseball Under A Dome!

Continued from page one. North Park. "Both Leugim and I are willing to help give back everything we've learned about the game to this community.'

On hand this past week were Justin Breitnauer, Vinnie Majchrzak, brothers Michael and Ryan Anotinos, George Rhoney, Ayuno Silverman, Caiden Sutter, William Ramsdell, Maddox Beale, Connor Gunnerson, Brady Roberts, Ben Hadden, Emerson Stoait, Ethan

Warham, Will Tooley, Mike Eberz, Liam Conrad, Riley Rivera, Lucy Barbara, Annalisa Libiato, Molly Manuil, Bryden Westfield, Lucas and Tyler Turkovich, Cole and Nola Shatzel, Christian and John Cipolla, Connor and Eamon Smith.

"This is great," said Cole Shatzel, a second grade student at St. Mark's School. He played on the Rookie Royals team two seasons ago in Hertel North Park and can't wait

for the season. A lot of his friends are here too and he's looking to play shortstop on his favorite team, the Yankees.

Every player gets a North Buffalo Camp shirt to wear and receives a freeze stick after the three-hour clinic. Daley has run these programs for Shoshone for years and thinks this is the best time to teach for a new season. Everyone is hoping for a Hertel North Park League season.

## Feb. 22<sup>nd</sup> is National Walking Your Dog Day

Five Joint Health Tips from Front of the Pack

Continued from page one. four-legged friend for any journey, according to veterinarian and Front of the Pack co-founder Dr. Stephanie Wenban.

"An estimated 66% of dog's across America today suffer from poor joint health. Our dog's are leading longer and more adventurous lives than ever before, so it is important to consider joint health from a young age," Dr. Wenban said. "There are preventative steps that can help to keep your dog active and mobile throughout his or her life."

Here are Dr. Wenban's top five veterinary tips for keeping your dog's joints healthy:

- 1. Start young: Over-exercise and feeding a diet that is not balanced for growing puppies can lead to changes in the growth plates and affect joint development. Which in later life will lead to joint disease. Controlled, regular exercise and a good quality puppy diet will set your puppy up for good joint health into the future.
  - 2. Vary exercise: Try

#### **Best Friends**° SAVE THEM ALL to vary the strain your able.

dog's joints are under by varying their exercise patterns. For example, try to mix it up between soft and hard surfaces regularly. Also try to vary the type of exercise your dog gets, as daily repetition of certain activities such as chasing a ball can lead to joint problems into the future. dogs

3. Watch their weight: Overweight around 3 times more likely to experience joint disease, such as arthritis and ruptured cruciate ligaments. Carrying extra weight leads to extra strain on the joints, so one of the best things you can do to help in preventing and alleviating joint disease is to keep your dog trim.

4. Regular veterinarian visits: Veterinarians are trained to spot even the most subtle differences in how your dog moves, so at least twice yearly visits to the vet should be essentia Spotting the early signs of discomfort and starting early treatment can help to delay the progression of joint disease, and keep your dog far more comfort-

5. Supplements: Glucosamine and Chondroitin can help to preserve the spongy cartilage that provides an essential cushioning for joints. Other supplements such as Omega-3 fatty acids and Curcumin can help to balance inflammatory systems within the body and joints. One dog supplement that contains Glucosamine, Chondroitin, Omega-3 fatty acids and Curcumin is Move by Front Of The Pack.

Say, you don't have a dog to walk with? If you're ready to take the step of finding a new best friend, there are thousands of amazing dogs waiting for you to foster or adopt them at a local shelter or rescue. To get started, visit www. bestfriends.org.



## **Kearns Leads Students In** "Valentines For Vets" Project

Continued from page one. VA Western New York Healthcare System with genuine notes of thanks

for their service.

"In these times, this is a great community service project for students," stated Kearns. "It is an opportunity for them to learn what it means to be a veteran and why veterans, both past and present, should be honored for protecting the freedoms we enjoy in this country."

In past years, this project would be coordinated with an Erie County Clerk's "Thank-A-Vet" Discount Card Program event where students would be invited to present the handmade cards to the veterans in attendance. As the COVID-19 pandemic continues, all in-person events have been put on hold until further notice. Never the less, County Clerk Kearns wanted to ensure another successful Valentine's for Vets event to show continued appreciation to the veteran community.

Kearns collected and delivered these cards personally, just in time for Valentine's Day, to veterans during a tour of the VA WNYHS's COVID-19 vaccination process, coined locally by VA staff as, "Operation New Hope".

"I want to thank Principal Johnson, Public School #54- George Blackman School of Excellence, Principal Cecchini, Public School #17-Early Childhood Center and all the students, and teachers associated with those Buffalo Public Schools. Also participating, Mrs. Darnley's 3rdgrade class from John A. Sciole Elementary School in Depew," said Kearns. "I truly appreciate the time and effort taken to coordinate this heartfelt effort in making 'Valentines for Veterans' a huge success. By receiving a handmade Valentine's Day greeting from a student while at the hospital truly meant the world to our veterans.'



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RFB 21-0622E2-032 **AES Inspections** 

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Richard Fanton Director of Purchase

#### Cleaning Vacancies

Buffalo State, State University of New York, seeks candidates for the position of Cleaner.

The Custodial Department at SUNY Buffalo State seeks full-time, temporary, personnel to assist with summer cleaning of the residence halls. Must be able to begin employment on Monday May 10, 2021 and work through August 27, 2021. Shift is Monday - Friday, 7am-3:30pm. Hourly rate - \$14.17 per hour, 40-hour work week.

Required Qualifications:

Prior experience preferred. Working knowledge of cleaning products, ability to follow verbal and written directions, stand for long periods of time, perform medium to heavy manual labor, use cleaning equipment and supplies, and climb

Applicants are encouraged to apply via our on-line recruitment process. Applications can be submitted at: http://jobs.buffalostate.edu/postings/2492

All applications must be submitted no later than April 9, 2021. NO PHONE CALLS WILL BE ACCEPTED, you must apply at the website above to be considered.

Other shifts are available, and will be filled from this pool of applicants, as



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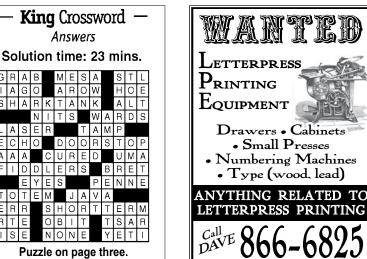
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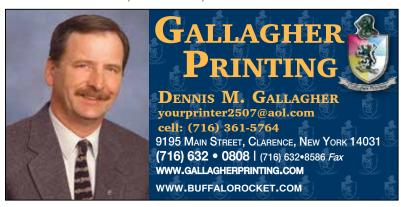


Puzzle on page three

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