

**NEED TO READ**

**ONLINE**  
wnypapers.com



► Niagara Falls City School District recognizes Bloneva Bond

► Niagara County Peach Festival opens Thursday with 4 days of fun at Academy Park

► Seggos, Feeding New York State: 1-million-pound milestone in ongoing food waste & donation initiative

► NT: Public can celebrate everything dog at 'Dogs Are People, Too'

► Historical Association will spotlight award winners at 'Lewiston Jeopardy'

► Ken Jeong, Selma Blair, Marie Yovanovitch & Sherrilyn Ifill headline UB Distinguished Speakers Series lineup for 2022-23



► Greater Niagara Ballet Company hosts 'Nutcracker' auditions

In print and online, we are your No. 1 source for local news  
Niagara Frontier Publications and  
www.wnypapers.com

# Opinions

Use of all submitted letters and editorials is at the discretion of Niagara Frontier Publications. All entries should include the writer's/organization's name, number and address. Submissions, which may be edited for content/style/accuracy, do not necessarily reflect the opinion of NFP staff.

## DEC encourages new hunters & trappers to register for hunting, trapping education courses

Training in safe handling of firearms & hunting ethics required before purchasing hunting license

The New York State Department of Environmental Conservation reminds all new hunters and trappers planning to go afield this season that they must first complete a mandatory hunter, bowhunter or trapper education course before obtaining the appropriate sporting license or hunting privilege. In-person, instructor-led hunter education courses are being offered throughout New York during September and October. Bowhunter education, trapper education, and waterfowl hunter education courses are also available, and all in-person courses are free and offer hands-on experience.

"DEC's hunter education program has a long and proud tradition of training new hunters and trappers annually, creating safe hunting opportunities for more than half a million New York sportsmen and sportswomen," Commissioner Basil Seggos said. "Since 1949, DEC works closely with certified volunteer instructors to teach new outdoor enthusiasts how to be safe, responsible, and ethical hunters and trappers. As a result, hunting continues to be a safe and enjoyable sport, and we thank the dedicated volunteer instructors who provide their expertise and support to

deliver this important program. I encourage all prospective hunters and trappers to sign up for one of the dozens of courses offered across New York state."

A press release noted, "With hunting licenses now on sale, first-time hunters and trappers are encouraged to sign up for certification courses soon to reserve a spot, as these courses can fill quickly. Each year, thousands of New Yorkers take DEC's hunter and trapper education courses. DEC's online registration system makes it easy to view a list of all available courses. To locate a hunter or trapper education course, visit DEC's website or contact a local DEC office for assistance.

"All in-person courses require students to review course materials and complete homework prior to attending the classroom and field session. The homework portion of the course introduces the subject and enhances understanding of the course material. Proof of the completed homework is required to attend the in-person part of the course. Students should register for the course well in advance of the course date to allow time to complete the homework requirement, which takes approximately three

hours. All in-person courses will require successful completion of an in-person field day to earn certification for the course.

"The homework materials can be found on DEC's website. Students may also follow the guidelines listed in the course announcement when registering for a course. For those with restricted access to the internet, course manuals, and homework sheets are always available from DEC wildlife offices and Hunter Education Program instructors."

### Education Courses Produce Hunter Safety Results

DEC stated, "New York's hunter education courses are highly effective in fostering safe hunters. Approximately 500,000 licensed hunters spend an estimated 10 to 15 million days afield each year. Reports on the number of hunting-related shooting incidents indicate that the 2021 hunting seasons in New York were the safest ever, with the lowest number of hunting-related shooting incidents since record-keeping began. DEC Environmental Conservation Police Officers investigated nine hunting-related shooting incidents in 2021, including one fatality, the lowest number on record since DEC began compil-

ing hunting-related shooting statistics in 1958. These low numbers are achieved through training and the regulations governing hunting activities in New York state."

DEC's hunter education program is designed to teach and promote safe and effective hunting principles, practices and strategies. More information about DEC's hunter education program can be found on DEC's website.

### New Gun Safety Requirements

New York state recently adopted new requirements for the purchase and transfer of ownership of semi-automatic rifles, and the purchase, possession, storage and transport of firearms and ammunition in New York. See DEC's Frequently Asked Questions Regarding Recent Changes to New York State Firearm Laws and additional detail and further guidance, Questions and Answers Regarding Impacts to Hunting and Hunting-Related Activities from Recent Changes to New York State Firearm Laws, on DEC's hunting website at <https://www.dec.ny.gov/outdoor/hunting.html>. More information about gun safety in New York can be found at <https://gunsafety.ny.gov/>.

## Preparing for back-to-school? Here's how to pack your child a heart-healthy lunch

The American Heart Association offers tips for parents as kids head back to school

### GUEST EDITORIAL BY THE AMERICAN HEART ASSOCIATION

With back-to-school season in full swing, parents are preparing for their children's return to school. The American Heart Association has some tips to help parents plan school lunches, since they play an essential role in a student's wellbeing and success in the year ahead.

Cardiovascular disease is a major cause of illness and premature death in men and women around the world, and mounting evidence reveals the importance of primary prevention of heart disease beginning in childhood. The American Heart Association recommends that children eat a wide variety of foods

while consuming enough calories to support their growth and development.

Kids and their families should eat foods low in saturated fat, cholesterol and total fat; choose a wide range of foods to get enough carbohydrates, protein and other nutrients; and consume enough calories to maintain a healthy weight for their height, build and activity level.

A disturbing trend observed around the country is the increase of overweight and obese children. The trend is particularly alarming because obesity increases risk for other major cardiovascular disease risk factors like hypertension, cholesterol disorders and type-2 diabetes, which are rising in children and

adolescents.

Teaching children healthy eating habits now may increase their chances of living a healthy life, helping to reduce their chances of developing cardiovascular disease later in life.

Here are some tips to think about when preparing your children's food:

- ✓ Choose foods naturally low in saturated fat and cholesterol, like fruits and vegetables. Most are naturally low in fat, calories and sodium; and high in fiber, vitamins and minerals.

- ✓ Swap peanut butter with added sugars and oils to one made with just peanuts.

- ✓ Use lean meats. Choose fish,

chicken, turkey and lean cuts of beef and pork.

- ✓ Switch to fat-free milk. Gradually reduce the fat content of the milk your family drinks. Start with 2% ... then try 1% ... and finally fat-free milk.

- ✓ Switch white bread to wheat bread.

- ✓ Change juice boxes or chocolate milk for water (infuse it with fruit if they need a flavor boost).

A nutritious, heart-healthy lunch, combined with daily exercise, will help set up every child for a year of optimal learning and development.

For additional heart-healthy tips, visit [www.heart.org/healthyliving](http://www.heart.org/healthyliving).

## Niagara County Tribune/Sentinel

Founded February 14, 1987

**PUBLISHER**  
Skip Mazenauer  
**GM/MANAGING EDITOR**  
Joshua Maloni  
**EDITOR IN CHIEF/SENTINEL EDITOR**  
Terrence P. Duffy  
**WEBSITE/SOCIAL MEDIA EDITORS**  
Joshua Maloni, Lucia Spiritosanto,  
Toni Snyder  
**ACCOUNT EXECUTIVES**  
Colleen Rebmann, Jeff Calarco,  
Marcy Lombardo  
**CIRCULATION**  
Kim Wendt  
**ACCOUNTING/OFFICE MANAGER**  
Kim Wendt

**PRODUCTION MANAGER/ GRAPHIC DESIGNER**  
Wendy Juzwicky  
**GRAPHIC DESIGNERS**  
Lucia Spiritosanto, Toni Snyder  
**CLASSIFIED MANAGER**  
Toni Snyder  
**ADMINISTRATIVE ASSISTANT**  
Jennifer Walowitz  
**CONTRIBUTING PHOTOGRAPHERS/REPORTERS**  
Michael J. Billoni, Kevin and Dawn Cobello, Michael DePietro, Karen Keefe, Nathan Keefe, Wayne Peters, Mark Williams Jr., David Yarger

©2022 Niagara Frontier Publications  
1859 Whitehaven Road  
Grand Island, N.Y. 14072  
Phone (716) 773-7676  
Fax (716) 773-7190

**Editorial:**  
Tribune@wnypapers.com  
Dispatch@wnypapers.com  
Sentinel@wnypapers.com

**Advertising:**  
NFPDesign@wnypapers.com  
**Classifieds:**  
NFPClassifieds@wnypapers.com

**Circulation:**  
NFPcirculation@wnypapers.com  
**Legals:**  
legalnotice@wnypapers.com

**Website:**  
wnypapers.com

**Grand Island Publishing Corp.** Newspaper is printed in the U.S.A. and all rights reserved. © 2022 by Grand Island Publishing Corp. No part of this publication may be reproduced or transmitted in any form or by any means without written permission of the publisher. Unsolicited manuscripts and photographs will be returned only if accompanied by a stamped, self-addressed envelope.

All letters, news releases and photos received will be treated as unconditionally assigned for publication or brochure and are subject to Grand Island Publishing Corp's. unrestricted right to edit, comment or reject.

All original artwork, layout and design remain sole property of Grand Island Publishing Corp. Reproduction in whole or part of any advertisement is strictly forbidden.

Grand Island Publishing Corp. will not be liable for errors appearing in advertisements beyond replacement of the space occupied by the error. The

publisher reserves the right to reject any advertisement at his sole discretion. Notification must be made in writing within one week of publication. Verbal notifications will not be accepted.

Grand Island Publishing Corp. does not knowingly accept any kind of fraudulent advertising. We suggest you investigate thoroughly any advertisement before you reply.

Verbal cancellations will not be accepted. Written authorization to cancel a display or commercial classified ad must be received by Grand Island Publishing Corp. before deadline for insertion.

The Tribune is published weekly.

Display Ads Deadline: MONDAY 5 PM

New York State Press Association, Niagara County Builders Association, Grand Island Chamber of Commerce, Wheatfield Business Association Inc., Niagara River Region Chamber of Commerce, The Niagara USA Chamber.



**NIAGARA FRONTIER PUBLICATIONS**

