



Not just another day in court

by D.E. Bentley

Ontario County Youth Court offers justice for youth by youth.

There has been significant recent media coverage regarding relationships between citizens – especially youth – and law enforcement. There is a perception, warranted in many circumstances, that law enforcement and the criminal justice system – including the judicial system – is an unfair and unjust system. Yet a system of government, including a system of judicial oversight, seems a

crucial component of a civil society. Reflecting back to the 16th century, philosopher Thomas Hobbes in *Leviathan* offered up his cynical sentiment on human nature by describing the natural state of mankind (the state pertaining before a central government is formed) as a "warre of every man against every man". The absence of government, Hobbes believed, resulted in a state where the life of man[kind], [was] solitary, poore, nasty, brutish, and short."

Although most people agree that laws are an important component of a civil society there is much debate as to how much influence government should have in our lives. Differences in beliefs often lead to heated discussions and in some cases violence. Gun control has taken center stage as the most recent "hot-button" issue around how much government is too much, or too little, government. Recent peaceful protests, including growing youth protests in the wake of the tragic shooting at Marjory Stoneman

Douglas High School in Parkland, Florida on February 14, 2018 - which resulted in the death of seventeen people – seem to signal a turning point in youth involvement, in change.

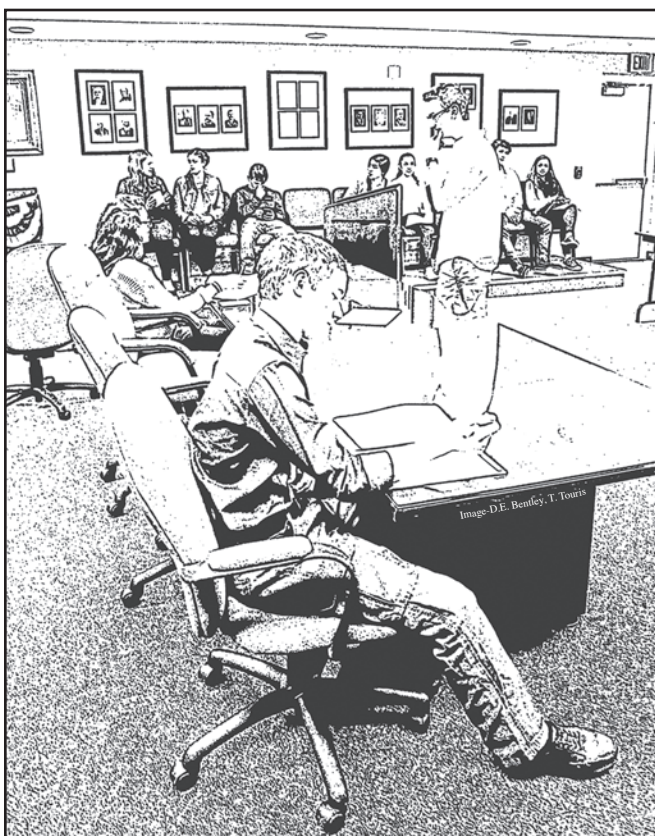
Taking an active role in protests is one way to get involved, but there are many other ways for young people to take active roles in society. The Ontario County Youth Court (OCYC), a youth ran alternative to mainstream courts and school-based disciplinary systems, offers area youth another avenue for involvement in their communities. Volunteer youth court members have the opportunity to work for the betterment of their communities, while increasing their knowledge of the justice system and their understanding of the underlying reasons for criminal behavior. Using a restorative approach to addressing behaviors, youth court volunteers also provide the opportunity for eligible young defendants to have their cases heard at a peer-reviewed court hearing - by a bona fide jury of their peers.

I recently met with some of the program's staff and sat in on a youth court hearing for a local youth defendant to gain insight about the program and its participants. Ontario County Youth Court serves youth at courts in Bristol, Canandaigua, Geneva and Victor townships, and, on the surface, is structured in much the same way as a traditional court. There is a judge that presides over the case from the bench; there is a defendant and a defense attorney acting on behalf of the accused. There is a

prosecutor serving on behalf of New York State, a jury listening to the arguments and a bailiff to keep the courtroom operating in an orderly fashion. As with more traditional courts, there are opening statements, witnesses called to testify and jury deliberation. There is also the opportunity for involvement in professional organizations: Ontario County Youth Court is a member of the New York State Association of Youth Courts.

The transitioning of courts into instruments of change and rehabilitation extends all the way back to Italian philosopher and economist Cesare Beccaria (1738-1794) – perhaps earlier. Beccaria's influential theses *Of Crimes and Punishment* had a lasting influence on how humanity looks at the rights and plight of accused individuals. Published when he was twenty-six, in *Of Crimes and Punishment* Beccaria called for more humane and just treatment of those arrested, and focused attention on rehabilitation of the condemned. His philosophy is often summarized in a single quote, "In order that every punishment may not be an act of violence, committed by one man or by many against a single individual, it ought to be above all things public, speedy, necessary, the least possible in the given circumstances, proportioned to its crime, dictated by the laws." Such ideas were subsequently integrated into legal codes around the world, including in the United States.

continued on page 5



The future is now
Opinion
by Joshua Murphy

3

Re-creating
biodiversity
by Sam Hall

8

Luddite's
lament
by T. Touris

9

In Memoriam
Dawn Ann Liberatore
Gordon A. Rowley
Warren West ~ Thanks

10

Reaching
Back ~
by Ben Haravitch

12

Hoop
houses
by Mary Drake

14

Emotional triggers

I'm not a psychologist, social worker or psychic, but with a quick read of news stories regarding our most recent mass shooting, the "other trigger" leapt off the page and assaulted me. There is no doubt that we exist in a gun culture with, well, too many readily available machines that kill. There is also something else at work here.

Spending many years working with young people has given me a unique insiders glimpse at how humans cope, or fail to cope with adversity. Anyone who has watched a child throw a temper tantrum knows that there are triggers that set people off. Even when children are raised under ideal circumstances – which so many children are not – seemingly small instances can cause disequilibrium. A small child we can hold onto until the storm subsides, but for older children and adults with child-like tendencies bars often replace arms for support when anger reigns.

We have created a spectrum of institutions, everything from alternative school programs, mental health units, group homes and juvenile lock ups to control and contain adolescent anger. Yet we often fail to realize that for every emotion there is an action. For many young people anger serves as a defense mechanism that allows them to cope with feelings of loss, abandonment and hopelessness.

One of the most powerful activities I have participated in (and later taught) involved a ball of twine. The facilitator took the twine and rolled out, a string at a time, the relationships and connections of a child from their youngest days into early adulthood - an actual case file. I was the volunteer holding the strings. There were many string initially, strong and positive connections. As I stood there the facilitator talked through the child's history and cut the strings one at a time until I stood holding a handful of broken lines. Each snip of the scissors, each cut connection became a potential trigger.

Although I've spent time with angry children in many different settings, my greatest insight comes from working in "lock ups," minimum to maximum secure juvenile prisons. When each morning you walk through gated corridors and lock yourself physically inside with young people, some of which have committed horrific crimes, you either get to know these kids or you get out.

Staying in without doing more harm than good requires that you live in the moment while focusing on the future – all that any of us can do is move forward from where we are. It is also crucial to understand that everyone has triggers, things that set them off. For some this might be as simple as standing too close or behind them; for others it could be an anniversary of a loss, or a story, word or image that evokes a moment in time. Creating a consistent, supportive structure within the classroom – a micro community - helps. As does being able to react differently to each and every person by understanding their triggers and supporting their strengths.

Understanding what sets people off doesn't mean tip toeing around or allowing behaviors that are disrespectful or harmful. It is about pushing boundaries compassionately. Avoiding all our triggers condemns us to continually repeating the same mistakes. Learning, growth, change requires teachers to push through destructive patterns, incrementally. For someone who is a bully and has violent tendencies, avoiding triggers serves to reinforce and accept their actions. Likewise, allowing someone who chooses to withdraw to remain withdrawn only serves to increase isolation. The important thing is to be aware, to understand and to not overreact when there is a reaction.

Each morning one of my classes would step off their unit and serenade me with an a cappella tune, complete with background percussion accompaniment on walls and desks. These spoken word entrances provided transition from the more relaxed expectations of the unit – their nighttime home – and the classroom environment. With this action they shared their talents and became students. In many classrooms, these students would be admonished for "misbehaving". Allowing students this time encouraged creativity and collaboration and gave them some control – once the song was over a different set of rules applied.

Within the classroom constant positioning was required to balance triggers, to push limits strategically while maintaining a productive learning environment, to help student work through anger while still finding ways of directing it meaningfully. For all students this meant classroom work that challenged them, allowed them to feel genuine accomplishments. Rather than a cookie cutter lesson that left some students feeling overwhelmed and others bored and restless, lessons (Regents Global / American History and ELA) introduced concepts and ideas then allowed room for students to explore critically and write or complete written work at their current academic levels. Classrooms must be interactive spaces that are alive, evolving, with opportunity for students to be engaged. Engaged students, and teachers, are better able to understand and adapt to their own triggers.

Two of my students, both of whom had held powerful street roles in their respective neighborhoods, were able to maintain that competitive bravado by reading out loud to each other to increase fluency, sharpen pronunciation, with the listener recording errors to push their opponent to the next level. A young woman, the model student on most days, who used academics as her emotional glue, walked into the classroom, picked up a textbook and flung it at the wall (not too far from my head, I might add) and then quietly sat down ready for class. Moments before she walked in I received a whispered heads up: "She lost her grandmother last night." Had the unit staff been less communicative, we could have done more harm. I, instead approached her, placed a hand comfortingly on her shoulder (something that might have been a trigger for half of the other students but not for her) and expressed sympathy for her loss.

Which brings me full circle, in regard to triggers. That girl's grandmother had been her family, had raised her and was the most important person in her life. Alone in the facility, locked in at night with only a friendly spider as company (some of the girls I worked with took to naming spiders that settled into the corners of their rooms), the loss of this person was another cut string, another severed connection.

I got to know these kids, which matters. Teachers are the first and most significant adults in most young people's lives – they see their students and interact with them more often than the parents in many cases. Teachers need to be armed with more skills (and the academic freedom) to work with all students, *not with guns*. I certainly do not have all the answers. I do know that the unnamed* young man in Florida was a troubled young man with many cut strings, any one of which could have been *the* trigger - the loss of a girlfriend, of a school social environment, including possible connections with staff and peers that may have been able to help him maintain, and the loss of first his father and, more recently, his mother. Tragically, he was a troubled young man *with access to guns*.

D.E. Bentley
Editor, Owl Light News

*I agree BTW with not naming youth assailants – not because they do not matter, but because mass media fosters copycat cases.

Readers' Letters

What are they thinking?

I am not sure how long school buses have been yellow, but across the United States this has been the case for years. It has taken years for people to see, notice and stop for these large "yellow" vehicles. So what is going on in New York State that the schools now have all sorts of colors for the school vehicles? After all these years (some still drive by these large yellow vehicles) why are the schools being allowed to endanger our children's safety by changing the yellow color? Only thing I can think is that they can get a better trade-in-value if it's not bright yellow.

Janet Rudat Powers
Cohocton, NY

Rudat Power's was a school bus driver for 30 years.

Burning Old Glory?

I can't believe everything that our leaders want me to.
Like "All men are equal," when we know that isn't true.
Ask any rich man who *knows* he's better than you.
Or the poor guy in America who can't add "two plus two."

They tell use, what happens to us is their major concern.
But they couldn't live like us, if the tables were turned.
They treat us like children, telling us we have to learn
to live on pennies while they've got money to burn.

Now don't get me wrong 'cause this country's the best
but if we're not carefully our freedoms will be less and less.
Just owning weapon is one thing they've put to the test.
But it just isn't right to burn Old Glory in protest.

Hank Ranney
Naples, NY

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The future is now: Educating youth for an ever-changing world

Opinion by *Joshua Murphy*

Now, while inviting values into education is often controversial, what I mean is to invite the “revolution of values” that Dr. Martin Luther King Jr. invited decades ago: “to shift from a thing oriented society, to a person oriented society.” I say this because traditional education conceptualizes learners more as things to be filled with knowledge than as people to be empowered to learn and develop.

The world is changing, whether we like it or not. Self-driving cars are ready to go on the market in 2019, Amazon’s new “Go” model of grocery stores make cashiers obsolete, robotics is moving into manufacturing and other industries in a huge way, and with any luck our energy sector will be converted to renewables within coming decades. All of this is happening under the constant threat of environmental catastrophe and/or nuclear war, as different groups contend to define how we will live in the future and what nations and ideals will be at the helm of “spaceship earth.” But none of this is news to you, you have certainly witnessed the changes going on in society, it is unavoidable since change has become a part of our everyday lives. What I’m really curious about, however, and hope to help you think more deeply about as well, is how education is changing to adapt to the challenges and opportunities of the 21st century.

As a preface, I should state that this opinion piece does not intend to advocate for any particular policy for innovation in the education sector, such as charter schools or voucher programs, but seeks to explore some of the emerging thoughts and trends that are shaking things up. This is an important conversation today be-

cause education is changing globally, and if we continue to take traditional schooling for granted we will just be swept up in the trends and miss a great opportunity to mindfully reinvent this critical social system. Thankfully, researchers in the learning sciences have been paving the way for us. Much of what is emerging today has grown out of foundational thought and research done in the early and mid 1900’s by people such as John Dewey and Lev Vygotsky. However, as with any science, it has taken time for theory and research to crystallize into tools and practices that will radically change our lives.

In case you are not convinced, let us first explore the need for changing the paradigm in education. To me, the rationale boils down to two critical factors: abilities and values. The Partnership for 21st Century Learning proposes a framework that highlights the importance of “life and career skills, learning and innovation skills (critical thinking, communication, collaboration, and creativity),” and “information, media, and technology skills,” embedded within traditional subjects and integrating “21st century themes” that include “global awareness, environmental literacy, and entrepreneurialism.” It is clear to most educators that the jobs of tomorrow are not going to be the same as the jobs of today,

and education must seek to prepare young people to live and work in the new economy. Now, while inviting values into education is often controversial, what I mean is to invite the “revolution of values” that Dr. Martin Luther King Jr. invited decades ago: “to shift from a thing oriented society, to a person oriented society.” I say this because traditional education conceptualizes learners more as things to be filled with knowledge than as people to be empowered to learn and develop.

I have had the opportunity to see this shift take place in a number of educational spaces, from public school classrooms where teachers employ more collaborative and student-centered curriculum, to homeschool-turned-unschool families that give young people full control of their own educational pursuits. Many of these experiences intentionally situate children’s learning within the broader social context, inviting youth to learn through localized research and active citizenship. Today there are schools of all sorts, and alternatives to school as well, that provide unique educational experiences rather than a “one size fit’s all” model that we know does not adequately engage or prepare young people. That, I believe, is the most critical component of the future of education: it will be personalized and dynamic. Technology helps to make this possible, with adaptive learning software such as Khan Academy, but things like this and project or inquiry-based learning is only the beginning. The rise of technology in the classroom has forced us to recognize the learning that occurs outside of student/

teacher interactions, and to become more adept at understanding learning and development holistically. Kristiina Kumpulainen, a researcher at the University of Helsinki in Finland (the country you always hear is leading the world in education) is one of many learning scientists writing about “connected learning” as a way to conceptualize individualized education in our fast paced, high-tech world, by understanding that it happens everywhere all the time. Kumpulainen is also known for her Tedx talk “Why does lifelong play matter?” and indeed emerging alternative education models, such as Agile Learning Centers, keep play at the core.

By now you may be scratching your head and wishing I’d be more specific or concise about what the future of education will be like. But the beauty of education today and in the future, is that it is not one thing because as people we do not all thrive under the same conditions, and the future of education is about creating the conditions in which individuals can thrive. In some cases, the future of education means robots in kindergarten, learning through virtual reality, and apprenticeships in the tech industry for adolescents, in others it looks more like a re-boot of Jack Black’s School of Rock, and recently I saw an article about a school in China that trains professional video gamers—seriously! Regardless of what it looks like, as education continues to change, I hope that the education revolution can be a revolution of values, of viewing students as people and empowering them to learn and develop along their own paths.



Joshua Murphy holds a B.A. in Psychology from SUNY Geneseo. He is an Academic Advisor at Monroe Community College’s Liberty Partnerships Program, a Board Member and Facilitator at Lagom Landing Gap Year, and a student at the University of Pennsylvania’s Graduate School of Education.

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Community events spotlight and support youth

2018 Scholastic Art Show Coming soon!

Judging for the show is open to the public and will take place Saturday, March 24th at Livonia High School.

The Scholastic Art Show, presented by the Genesee Valley Council on the Arts, features student artists from across Livingston County and showcases the variety of materials, methods, and subjects which students approach in their art classes.

The judging for this year's show will occur on Saturday, March 24th at Livonia High School. The public is welcome to attend a viewing of all submitted works from 12-3pm (in the HS Cafeteria). Following the judging, works which have been awarded First Place, Best of Category and Best of Show will be displayed at GVCA

from March 29th- April 28th. A Closing Reception will be held on Saturday, April 28th at 1pm.

In addition, the Closing Reception will highlight the 2018 recipients of the Staff Sergeant Alexandria Mae Gleason-Morrow Arts Scholarship, an annual award presented to two Livingston County High School seniors with plans to continue their studies of the arts into their collegiate careers.

For more information on GVCA and our programs, check out our website: gvcouncil.org. Our Gallery hours are Tues-Fri 11am-4pm and Sat 11am-3pm.



Give a shout out for your school's awesome students and educators!

Send school-related articles and news to: editor@CanadicePress.com.

Hemlock School & LLCA expanding youth activities and opportunities

The formerly quiet hallways of the old Hemlock School (Jack Evans Community Center) are now alive with the voices of young people who are drawn to a variety of activities now going on in the building. Several more events for children and youth are soon to come. The Little Lakes Community Association has been working very hard for two years now to rehabilitate the school and revitalize it as a business, events and visitor center with programs for everyone of all ages in our community.

The gym with its basketball court is available for organized leagues of indoor sports or open gym nights. Responsible adult volunteers are needed to commit to supervising these activities. The gym is currently being used one or two evenings for basketball, but other times are available. You can check our Face Book page "Jack Evans Community Center - Old Hemlock School" for open gym nights.

The gym also has a large stage, as the school building features the iconic "gymnasium" design. Drama groups, musical gatherings, and open mic nights for teen performances are just some of the possibilities for use of the stage. The school now boasts its own piano, which was donated and tuned, ready for your accompaniment.

Later in the spring, the large field behind the school could easily accommodate soccer, baseball and other sports, again, of

course with committed adult supervision.

Boy Scouts have recently made use of the facilities, and the Girl Scout Council is hosting a scout-family roller skating event in the near future. We welcome youth organizations of any kind to meet at our school.

Various rooms are available to rent for birthday parties or other one-time events at reasonable cost. A unique opportunity to celebrate any happy event is a skate night in the gym, with skates provided by Bemar Skating. Ample notice is required to reserve your skate night.

Bring your entire family to our Ice Cream Social - Painting Party! It is scheduled for April 5, 2018 from 6:30 to 8:30 p.m., during the spring break week. Tickets are \$20, which includes all the materials and instruction to create your masterpiece of "An Ice Cream Tower" and to make your own ice cream bar! The event is sponsored by LLCA and Abandoned Palette Studios. And later in April join us for Earth Dance 2018 (see related information pages 6-7).

Finally, CASA (Council on Alcohol and Substance Abuse) will be offering parent and youth groups at the school for the purpose of providing preventative programs and positive social experiences.

For more information about rental availability contact hemlockschool@gmail.com. We are looking forward to having your family's voices in our hallways!

4th Annual Backyard Maple Sugaring & Pancake Breakfast

Hosted by Lagom Landing
Saturday, March 24 at 10 AM - 3 PM

All you can eat pancakes, music, sap boiling and demonstrations from Lagom students!

\$5/person, \$25/family maximum online.

\$7/person at the door--buy online and save!

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7966 Reeds Corners Rd, Dansville, New York 14437

Naples Central School Students return to the Cheshire Union

The Rusty Brundage Memorial Art Gallery will be hosting K-12 art and music students from the Naples Central School District. A mixed media art exhibit will continue until March 24. A reception to celebrate students will be held on Friday March 23 from 5-6:30 pm and will feature musicians and singers from the school. This event is free and open to the public. The gallery is located upstairs at the Cheshire Union Gift Shop and Antique Center, 4244 Rt. 21, Canandaigua. Winter hours for the gallery are Friday, Saturday and Monday, 10-5, Sunday 12-5. For more information call 585 394-5530. We look forward to seeing you.

Don't miss your next issue of *Owl Light News*, let the *Owl* come to you.

See page 3 for complete information.

Gift delivery also available.



*I do believe ...
we can build a better world for all!*

The Night Sky *by Dee Sharples*

Looking up offers educational fun for all ages

One of the joys of being interested in astronomy and observing the sky is sharing it with other people. And sharing it with young children can be especially rewarding because as a bonus you get to see it through their eyes. My children still remember the times we spent together in our backyard looking up at the night sky, my enthusiasm as a budding amateur astronomer spilling over onto them. Their exclamations of “Wow!” or “There it is!” fanned my enthusiasm and made the experience even more memorable.

The best way to introduce young children to the night sky is not with a telescope but with the unaided eye. A comfortable chair or a blanket spread on the grass is a great starting point. However, on summer evenings when school is out, the later sunsets prevent very young children from viewing the stars and constellations at a convenient hour.

For this age group you can point out the waxing crescent moon early in the evening when the sky begins to darken. The slender crescent is being illuminated directly by the Sun but you can still see the rest of the moon dimly lit by earthshine. Earthshine is the reflection of sunlight off the Earth casting a pale glow onto the nighttime portion of the moon. This phase of the moon is often referred to as “the old moon in the new moon’s arms.” To find out what evenings this waxing crescent moon will be visible in the west, check out the website www.spaceweatherlive.com/en/moon-phases-calendar. A science website which is designed for young people of all ages, illustrates the various phases of the moon: www.ducksters.com/science/phases_of_the_moon.php

The Strassenburgh Planetarium at the Rochester Museum & Science Center offers star shows geared in content and length for various age groups: 2 to 5, 5

to 8, 5 to adult, as well as for older children and adults. Detailed information on programs and ticket prices can be found at their website www.rmssc.org/strassenburgh-planetarium/star-shows or you can call their information line at 585-271-4320. The museum and planetarium are located at 657 East Avenue in Rochester.

Books are also a great resource for introducing kids to astronomy. Libraries, book stores and the internet offer a variety of books to pique their interest.

The Astronomy Section of the Rochester Academy of Science (ASRAS) offers a great program for young astronomers. Carol Latta, coordinator of the Young Astronomer program, provided this summary:

“With such a strong ASRAS focus on outreach, we have made programs for young people part of our ongoing offerings. Throughout the year, we hold events for any interested youngsters. They and/or their parents do not need to be members of ASRAS to participate.

“Daytime event are typically held as part of our Open Houses at the Farash Center, which is our dark-sky observing site located in Ionia, and the topics and activities range from general physics experiments, to learning constellations, to studying spectra of stars, and many other areas of interest. We’ve had participants act as Solar System bodies to recreate their orbital motions. There is always a “just for fun” component to our events, such as making “glow-in-the-dark” constellations t-shirts. We also take advantage of the fantastic exhibits and activities at the Rochester Museum and Science Center to enrich our programs. For nighttime observing, we encourage Young Astronomers and their parents to take part in scheduled observing nights at the Farash Center.

“The true highlight of our Young Astronomer program is Summer Science Day



The waxing crescent moon is often referred to as “the old moon in the new moon’s arms.”

Camp, when astronomy is the entrée, but any interesting science topic may be part of the schedule. Last summer, we simulated making camp on the surface of Mars, observed water bears, and viewed the Sun through a solar telescope. However, to participate in the Summer Science Day Camp, campers are required to have a student or family membership in ASRAS. Registration for the summer 2018 camp begins in April.”

To request more information about the Young Astronomer program, go to the ASRAS website at www.rochesterastronomy.org and click on the tab Contact Us. A wealth of other information is available on this website including Information for Beginners.



Dee Sharples is an amateur astronomer who enjoys observing planets, star clusters and the Moon through her telescope. She is a member of ASRAS (Astronomy Section of the Rochester Academy of Science) and records “Dee’s Sky This Month”, describing what can be seen in the sky, on the ASRAS website at rochesterastronomy.org. Watch for her monthly Owl Light News feature to learn more about the night sky.

Night Sky comments and questions can be e-mailed to editor@canadicepress.com with Night Sky on the subject line.

OCYC from front



Restorative justice moves beyond Beccaria’s ideas. Rather than seeking to simply punish and “fix” or rehabilitate the individual who committed the crime, the approach encompasses the accused, the victims and society as a whole while emphasizing personal accountability. When feasible, victims and offenders work together to mediate restitution – allowing all to move beyond the crime. Youth courts are part of a growing movement toward restorative vs. retributive systems of consequences.

Making a difference in the lives of youth using a restorative justice approach is the primary objective of the Ontario County Youth Court and this focus was evident during my initial meeting with Program Director Yvonne Vazquez and Outreach Specialist Ian Krager. This is accomplished, Vasquez believes, by “addressing the specific needs of every defendant that walks in the door.” OCYC Staff members Vasquez, Krager and Program Coordinator Brandon Bryant facilitate the daily operations of the program by taking referrals, preparing case files, working with guardians and referral agencies and providing training for youth volunteers. Staff and court volunteers work together as equals. Krager understands this: prior to taking on his current role as Outreach Specialist, he served for more than four years as an OCYC volunteer, including one and a half years as the Chair of the Steering Committee.

Unlike a traditional court system, youth court participants do not decide guilt or innocence. Defendants are accepted, in part, based on prior admissions of guilt – the first step toward accountability. The Court’s role is to examine the circumstances around the offense and decide on appropriate sentencing that benefits the community and the defendant. The advantages of peer review and youth courts’ restorative formats for defendants is the opportunity to be heard by peers, people from their own generation who may have had similar experiences in society – all of us were young people, but not here and now. There is also a greater potential benefit to society – via

reduced recidivism rates.

Youth court is not just a court serving youth defendants. It is made up entirely of youth, judging and defending their peers in the hopes of making a difference in the lives of those involved, and in their communities. This difference was evident as I watched the jury assemble, prior to the start of court. Seated along the far side of the courtroom at Canandaigua Town Court, they looked like many other young people. Some chatted and many – as can be expected from this generation – were all thumbs with their cell phones. As I walked around and talked with some of the youth prior to the start of court, the extent of the benefit on all involved youth became more evident. The defendant had not yet arrived and Prosecutor Henry Livingston - who told me that his role was to seek a “restorative outcome beneficial to society” – and Defense Attorney Celia Rivera – focused “on understanding and building on the strengths of the Defendant” – sat poring through case files. The Judge - Elizabeth Maczynski - was also reviewing the case as the Bailiff, Hannah Henry, waited to initiate the proceedings. Court roles are taken on voluntarily by the citizen volunteers allowing the youth to build on their strengths and gradually gain the confidence required to become more involved. Keeping the roles flexible also allows youth to explore different courtroom responsibilities and to recuse themselves if they know the defendant. In exploring different courtroom roles they gain valuable experience and insight for possible future legal careers.

Once the defendant arrived and the

Bailiff called the court to order, it was all business – beginning with the judge making it clear that all courtroom proceedings are to remain in the courtroom. Opening statements were read and witnesses were called, including the Defendant himself. The hearing was structured around offender accountability. Victim statements are an optional part of the process. Questions were asked about the nature and circumstances of the crime. There were also relevant inquiries regarding extenuating circumstances, potential impacts on society and on family – including younger children who might hear about or witness the crime. In contrast to a traditional court where the sentencing and consequences are removed from control of the accused, the Defendant was asked what they believed to be the “ideal sentence for their offense.”

It took some time for the Defense and Prosecutor to review testimony and complete their closing statements. Members of the jury, witnesses and the defendant sat quietly, waiting. There was that unsettled feeling that often accompanies such affairs, with the sound of shuffling feet and periodic sighs and throat clearings. After closing statements and sentencing recommendations were read, the jury went to their chambers to deliberate – and returned with their sentence.

Given the nature of a youth court, including the focus of the court on a restorative approach to justice, sentences are limited to educational services – treatment, training and workshops relevant to the offense – and community service.

Continued on back page

REGIONAL Arts and Events



Paula Henry Peace Award Winner Jerry Alonzo and "One Less Gun #1"



Genesee Valley Council on the Arts, in collaboration with Genesee Valley Citizens for Peace, is pleased to announce the winner of the Paula Henry Peace Award.

Awarded annually as a part of GVCA's Members Show, the Paula Henry Peace Award honors the work and values of our friend Paula Henry, who passed away in 2017. An artist and active member of Genesee Valley Council on the Arts, Paula was also a long-time member of Genesee Valley Citizens for Peace. With GVCP, she envisioned world peace and strived to create a world where conflict did not include war, weapons, and nuclear proliferation.



This year's winner is artist Jerry Alonzo, with the sculpture "One Less Gun #1". When describing his work, Jerry writes "I love making sculpture. I'm inspired by the good and bad of the law and social justice issues swirling around us and our environment. I make the pieces to give form to these issues and to present them visually. This process opens to me a window to understanding and I hope provokes thought in the viewer."

The winning piece may be viewed in the Members Show, which runs until March 17th. For more information on the Genesee Valley Council on the Arts, such as gallery hours and directions, visit our website at gvartscouncil.org/visit.

Coming Soon!

After Hours at Antique Wireless Museum A new and exciting series of presentations at the Museum

AFTER HOURS AT THE MUSEUM is a series of exciting, entertaining and informative bimonthly presentations at the Antique Wireless Museum in Bloomfield, New York. Led by experts from the Museum, academia, and industries throughout the region, the series will cover a broad spectrum of experiences and topics from an old time live radio show to the latest developments in communications, and from the likes of Irish music to the Finger Lakes wine industry.

For more information:

www.antiquewireless.org/after-hours-at-the-museum.html



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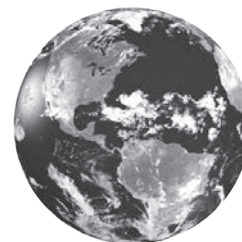
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Appointments Appreciated • Walk-Ins Welcome

OPEN TUESDAY THRU SATURDAY

Great vendor opportunity!

Little Lakes Community Association is seeking local vendors for "Earth Dance 2018 – Celebrating Sustainable Community." This Earth Day event takes place Saturday, April 21, 11am to 5pm at the Hemlock School, on Rt. 15A.



We are looking for potential vendors from the western Finger Lakes and Genesee Valley whose businesses provide products and services that celebrate our Mother Earth or which use natural materials, preferably locally sourced. Artists, photographers, wood and stone crafts people, fiber artists, CSAs, producers of organic products, and nature guides are just a few of the possibilities. The cost for business vendors is only \$25 for the day; not-for-profits \$10. If you would like more information please contact tawnfeeney@gmail.com.



The Little Lakes Community Association (LLCA) in partnership with *Owl Light News* proudly announces **Earth Dance 2018**, an Earth Day focus on Celebrating Sustainable Community to take place **April 21, from 11:00 to 5:00 at the old Hemlock School** (Jack Evans Community Center) Rt. 15A, Main Street in the hamlet of Hemlock, NY.

From 11 am -5 pm there will be sustainable community presentations, artist exhibits, sustainable wares, food and story telling/performance art in the gymnasium, surrounding hallways and classrooms. Performance artists (spoken word, music, improv - all abilities and ages) are invited to join in. The day will end with an "open mic" acoustic Music Jam on the stage (from 4-6 PM).

We are currently accepting applications for additional vendors and presentors to share their vision of a sustainable community.* Sustainable local businesses, artists and artisans, writers, food producers and providers, environmental groups and local organizations working for the betterment of our citizens, our animal companions, and the environment are welcomed & encouraged to join.

Go to <http://www.littlelakesny.org/> for more information about Earth Dance 2018, including vendor guidelines and application, or contact LLCA: tawnfeeney@gmail.com, 585-738-7144.

Any proceeds from the event go toward the restoration and preservation of the Old Hemlock School.

* ~ a community that seeks to minimize people's impact on the natural environment while supporting the well-being of all.

REGIONAL Arts and Events



Bristol Hills Historical Societies March 10 - Happy 180th Birthday So. Bristol Cake & Coffee at the Town Hall 10am -Noon

A website has been launched for the historical organization - www.bristolhillshistsoc.org. Program and event details for 2018 will continue to be updated on the website and announced on Facebook @ Bristol Hills Historical Societies as plans are finalized.

Honeoye Library Trustee meeting

March 14, 2018, 7:00 pm at the library, 8708 Main Street, Honeoye.
See page 8 for a complete listing of Honeoye Public Library events.

Springwater Food Pantry

Open Tuesdays and Saturdays 9-11 AM.
South Main Street, Springwater - next to Sammy's Restaurant.
*Serves Springwater Canadice & Webster's Crossing area.
*No one in need will be turned away!

Honeoye Coalition: Action Committee

Monday, March 26th. 5 -7:30 pm at Honeoye Library.
Guest speakers and updates on 2018 projects.

Walk in My Shoes: Poverty Simulation held on Thursday March 8th.



Pioneer Library System

Pioneer Library System is partnered with the Rochester Regional Library Council and the Wayne-Finger Lakes School Library System to offer a poverty simulation training for librarians, government workers, and direct service providers.

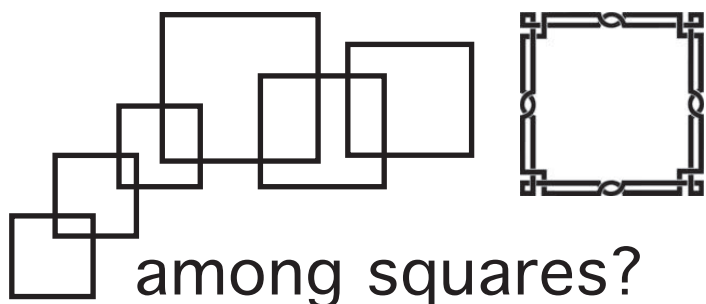
The Poverty Simulation, facilitated by Coordinated Care Services of Rochester is a powerful exercise designed to help community leaders increase their understanding of the day-to-day challenges faced by those living in poverty and how current biases, systems, policies, and practices work to create barriers. It is a highly interactive immersive experience that facilitates awareness of what a typical low-income

family experiences in their attempt to survive from month to month.

"As the hub of the community, libraries are an inclusive and safe place for everyone. We welcome all - no matter an individual's race, sexual orientation, socio-economic status, disabilities, age or political belief system. We're very excited to be able to provide this exciting opportunity to both library staff and our community partners so that we may all continue to improve upon the services and resources we provide to our communities," says Lauren Moore, Pioneer Library System's Executive Director.

Pioneer Library System provides cost-saving shared services to the 42 public libraries in its four-county service area. Community members have access to many digital resources through the Library System. Visit www.owwl.org for 24/7 access to library resources.

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Call or e-mail us for a quote:
editor@canadicepress.com

Pen Prose

Warsaw's Write Connection

2nd Tuesday of the month, 6:45 PM - Warsaw Public Library
(no meetings June, July or August)
Now in its seventh year; new members always welcome!

Lakeville, NY

Poets' & Writers' Group

1st & 3rd Wednesdays, 10:30- noon,
Chip Holt Ctr., Vitale Park, Lakeville.
New members always welcome!!!

Canadice Lake Writers' Group

2nd and 4th Tuesdays, 6-7:30 pm.
at Honeoye Public Library, Honeoye.
New members always welcome!!!
Info. Darlene at 585-313-7590

Open Write & Idea Studio at Dansville ArtWorks

Twice monthly on Saturday morning from 10-11 am.
All open sessions are FREE; donations are greatly appreciated.
Call Dansville ArtWorks, 585-335-4746 for more information

GVCA 3rd annual New Deal Writers Competition!

Submission deadline is April 2, 2018

The New Deal Writing Competition is a short story competition where the writer is asked to use a painting chosen by the staff of GVCA as inspiration for their short story. This year's painting is "Old North Church" by Thomas Cole. Please go to <http://gvartscouncil.org/new-deal-writing-competition/> to see the painting and read all of the guidelines. It only costs \$5 to enter and you could win cash and publication!

All money raised will go to the Paula Henry Restoration Fund to restore the New Deal Collection of 1930s Federal Art Project in GVCA's permanent collection.

Live MUSIC

FLCC Spring Faculty Recital

~Thursday, March 15~

Save the date: The FLCC Spring Faculty Recital will be held at 7 p.m. on Thursday, March 15 in the main campus auditorium, 3325 Marvin Sands Drive, Canandaigua. The event is free and open to the public. Come early to check out a new gallery exhibit featuring the works of artist Len Brondum, a Canandaigua resident known for her vibrant silk canvases. The exhibit features a free, public reception from 4 to 6:30 p.m. The gallery is located on the first floor.

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Bee Lines

Re-creating biodiversity

by Sam Hall



Biodiversity, the term I think can possibly best be defined as what it is not. It is not the planting of hundreds or thousands of acres of the same crop. In planting an orchard several years ago, not being a commercial farmer, I planted an eclectic orchard, that is I planted what I felt like never realizing that I was creating biodiversity in my orchard which is still thriving after 30+ years.

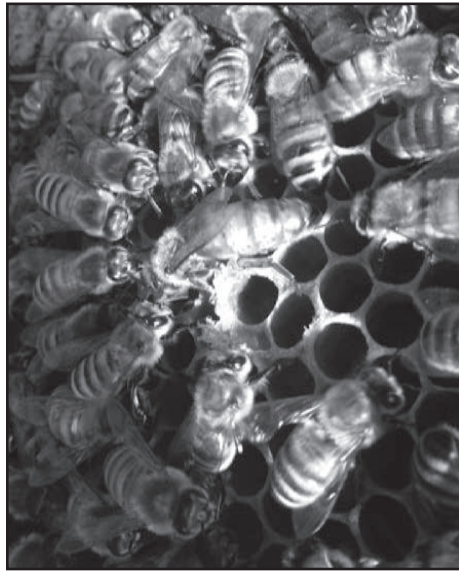
Jonathan Lundgan who was for many years employed with the USDA finally realized the way agriculture is currently being done will be unsustainable by the planet. He quit before he was fired as this thinking is not currently acceptable but it is beginning to catch on. He founded Blue Dasher Farms in South Dakota which is primarily for improving and finding new ways to encourage biodiversity in commercial agriculture. One of the areas he and his group of young technicians are doing is called "regenerative research". I recommend taking a look at his website <http://www.agweek.com/business/technology/4219375-blue-dasher-farm-embraces-regenerative-research>

Diversity is not limiting what type of animals, insects and other live things are in a given area. When the Eastern Apicultural Society had it's meeting a few years ago at the University of Guelph in Ontario, one of the speakers mentioned how much diversity existed in a pile of debris in an orchard. This debris was made up of limbs dead trees, leaves, roots, etc. Much like the pile that you may have in your yard and feel you need to get rid of. Fortunately, I have always had such a pile and now I can feel justified in not cleaning up such piles which are teeming with life including varieties of lichens and mosses which not only are diverse but beneficial to their surroundings not to mention the insect life.



A honey bee feeds on a spring crocus.

As the days grow longer and the temperatures head toward moderation, a magical thing starts taking place within the honey bee colonies. In the fall when temperatures start falling below about 45 degrees the bees will form a cluster with the Queen near the center. The shivering of their bodies creates heat which individually would be nothing but with several thousand it becomes life saving. When the temperature in the fall goes up and down like it does now in the spring, the bees cluster and then un-cluster when it is warmer until sometime usually between Christmas and New Years they form what is termed the winter cluster. This does not mean they are permanently clustered for the winter but they will be clustered most of the time except when we have that occasional warm day. The temperature in the cluster until the past few days has been in the low 60 degrees.



The 'magic time' when the Queen (in the center, surrounded by her attendants) begins laying eggs. Photos D.E. Bentley

Now to me is the magic time. The cluster has increased the temperature in the cluster to the low 90 degrees and the Queen is starting to lay eggs by the hundreds and even thousands. There is danger in this because in three days the eggs hatch into larvae which must be fed. At night due to the cold the bees will cover these larvae like a blanket keeping them warm. If there are too many larvae for the bees to cover adequately and the temperature dips enough several larvae will die. You will see these dead larvae on the landing boards of the hives as the bees remove them. Hopefully there are enough winter stores for the bees to adequately feed the larvae. To help them do this, three weeks ago I put sugar bricks above the holes in the inner covers. I then put an empty super on top to shield the inner cover and sugar brick then I placed a telescopic cover on top with a brick or stone on top of it to hold it down when the wind blows.

The reason for this dramatic change is that nature is preparing the way for the flowering of the maples and willows in March. Thousands of bees will be needed. The bees will be collecting pollen and nectar from these flowerings as well as pollinating the trees. Already when I look at the willow trees even though the catkins are not formed, there is a misty look when you try to look through the tree that was not there a couple of weeks ago.

These nectar and pollen sources will help the bees build up to really strong colonies in time for our first big nectar and pollen flow and that is dandelions. Depending on the weather, our dandelion flow will generally start in mid to late April. By that time nature wants the colonies to be ready to bring in this harvest.

We humans consciously or subconsciously believe that the earth was created and populated with animals purely for our pleasure, food and exploitation. If we humans disappeared today the earth would still be here and there would be thriving animal species and thriving insect populations. We are not indispensable except to ourselves.

To lessen our impact on the planet we need to go back in agriculture to the biodiversity that was practiced essentially until the second world war and large Conagra corporations came into existence.

We are all interconnected that includes animals, plants, trees, insects, all living things even humans. We need each other.

Sam Hall is a Western NY beekeeper who first worked bees as a child growing up on a 'dirt farm' in Allegany County, NY. He has kept bees for most of his adult life and believes that his mistakes far outnumber his successes.'

Questions for Sam Hall's Bee Lines can be e-mailed to editor@canadicepress.com with Bee Lines on the subject line.

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Join Us!!

Monday, March 12, 10:00 am – Noon

Join us on the second Monday of the month and get inspired! Another opportunity for Artists and Crafters at the Canadice Town Hall on the 4th Thursday – March 22 – 10am until noon.

Book Talk Group

Wednesday, March, 28, 2018

In her book, Winter People, Jennifer McMahon has penned a gripping and moving thriller set in a small Vermont town filled with ghostly secrets. Refreshments and conversation at 5:30 with book discussion at 6:00 pm.

Canadice Lake Writers' Group

Tuesday, March 13 & 27 from 6:00 – 7:30 pm.

New members are always welcome!!!

Play Spaces – Come and "check out" our games! Learn to play chess, Large checker game, Hopscotch, Snap Circuits, Play-Doh, Magformers & Trivia Pursuit to name a few.

Cubelets – Cubelets are magnetic blocks that snap together to make an endless variety of robots. Kits will be available February 1st for you to take home and enjoy.

Second Saturday Movie Madness

Saturday, March 10 at 11:30 a.m. Call for details.

1,000 Books Before Kindergarten

Any child birth to 5 years can take on this challenge!

Stop in for the information.

Hours - Monday- 2pm – 8pm Tuesday – 10am – 8pm

Thursday- 2 pm – 8pm Saturday – 9am – 1pm

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Thank you to everyone who contributed to making the 2017 **Children's Holiday Bazaar** a success. This annual fundraiser succeeds because of the continuing community support it receives.



This year's contributors included:

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A special THANK YOU to the Boat House Grille for their donation of a Saturday morning breakfast! Snow cancelled the event but supporters have enjoyed Saturday morning breakfasts since. The Honeoye Public Library and the Honeoye Community Food Pantry each received \$400 from this donation.

MONETARY DONATIONS

Skill Glass
Kevin Dougherty Funeral Home
Walmart – merchandise gift card
Lowe's - shopping spree

A special Thank You to...

- Honeoye Girl Scout Troop #2 for their help with gift wrapping.
- Honeoye Central School for the use of the building.
- Honeoye Central School Maintenance for their help setting up, tearing down and disposing of our trash.
- To our Piano Player
– Marcia Johnson
- To our Resident Jeweler
– Sharleen Deisenroth
- To Mr. and Mrs. Claus.
- To all who donated to our silent auction and to all who made monetary donations.
- Thanks to Elin Orman and Nancy Andres who organized and ran our sweet shop and to all those who made treats to sell.
- And many thanks to the community for their donations of merchandise and time and to all of the volunteers who helped to make the 2017 Children's Holiday Bazaar a success!

This year Honeoye Community Food Pantry and the Honeoye Public Library each received \$1800.00!!!

The Light Lens by T. Touris

A Luddite's lament

The Luddites were a group of English textile workers in the early 19th century who were really ticked off about the new-fangled weaving machines that had come on the scene. As legend has it, one Ned Ludd got in such a tizzy that he took a sledgehammer and smashed a couple of automated stocking knitters. Thus a movement was born.

Having spent the three plus decades twiddling bits and bytes on computers, I've come to relate to old Ned. But Ned was worried about his and his fellow co-worker's jobs. I'm worried about my sanity. Simplicity and self-reliance are my tonic. So, after relocating to the hinterlands of Canadice I was thrilled to have a wood-burning stove. I'd be able to indulge my Luddite urges and heat the house at the same time. I wielded the splitting maul with Ned-like determination, seeing in each log the form of a boxy computer or inkjet printer. Unfortunately, before I could settle into my chair and read Thoreau by firelight, the sweaty haze of self-delusion had worn off.

Inconvenient truths have smothered my Luddite fire. The wood now burning in our high-efficiency stove was delivered by diesel truck. The smoke ascends up a marvel of triple wall, shiny stainless steel pipe. I am not writing these words with a quill pen and I'm not lounging about in hand-knitted socks. What's a wannabe Luddite to do?

I guess I'll see if I can pull up some old episodes of *Little House on the Prairie* on Netflix.



photo by T. Touris

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In Memoriam

Notices & Tributes

Dawn Ann Liberatoro

Honeoye: Dawn Ann Liberatoro, 53, passed away at her home January 27, 2018. A native of Staten Island, NY, she moved to Upstate NY in 1997, where she raised her three children. During that time she got her certificate to become a Nursing Assistant. For many years she worked in the nursing field, where she developed life long friends.

Dawn is survived by her children Megan Green, Nicholas Liberatoro, Christopher Green and granddaughter, Emma Michetti. She was pre-deceased by her brothers Thomas Green and Richard LeMay, sister Robin Green, and parents Betty Green and Thomas Green.

Dawn was a vivacious, caring and creative woman. She enjoyed making art, spending time with friends and family, taking care of her cats and watching action movies.

A Celebration of Life Gathering was held on Saturday, February 24th, 2-3pm at the Kevin W. Dougherty Funeral Home Inc., 8624 Main Street, Rte 20A, Honeoye, NY. Memorial contributions may be made to the Ontario County Humane Society, 976 County Road 48, Canandaigua, NY 14424. To send a condolence or share a memory please visit: www.doughertyfuneralhomes.com



Gordon A. Rowley

Honeoye: February 16, 2018 at age 74. Predeceased by parents Raymond and Thelma Rowley and his brothers Robert and Stanley Rowley. Gordon is survived by his wife of 54 years, Jean Rowley and sons; Ronald Rowley of NJ and Michael Rowley of FL. Also survived by siblings; Raymond Rowley of Victor and Alice (David) Mayewski of Caledonia; many nieces, nephews, and friends.

Gordon was born on August 16, 1943 in Lima, NY to parents Raymond and Thelma Rowley. He graduated from Honeoye School and shortly after he married Jean (Whiteman) Rowley on August 15, 1964. Gordon worked at Eastman Kodak for 29 years before retiring in 1991. After retirement he ran his own farm for many years on County Road 37 in Richmond, NY.

*Obituaries and other In Memoriam notices and tributes are \$25 - with an image.
E-mail editor@canadicepress.com or call 585-358-1065
Please let us know if we can be of assistance in wording your memoriam.*

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The families of the late Warren West wish to thank all relatives, friends and neighbors for their kindness, cards of sympathy and donations received in Warren's memory.

Many thanks to Ontario County Sheriff Deputy Habberfield, Richmond Fire Dept. & Ambulance, and also to the Kevin W. Dougherty Funeral Home - Mike Dougherty & staff for their professional arrangements and caring service."

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Time to spring ahead

Daylight Saving Time begins Sunday, March 11, 2018, at 2 a.m. — time for us all to set our clocks ahead to 3 a.m.

Despite the recent snowstorm reminding us that we are still in the midst of winter, Spring is fast approaching. We are already seeing longer days and more sunlight.

Now that the days are getting longer, it is time for the yearly spring forward change in time. With the start of Daylight Saving Time, on March 11th, we “lose” an hour. So be sure to reset any bedside alarm clocks and other manual* clocks and watches to get to where you are going on time!

* If you have any - most cell phones and other “smart” devices change automatically.



Daylight Saving Time originated in 1916 during World War I as a means of conserving fuel used for electric power. The US joined in the practice in 1918 in ‘An Act to preserve daylight and provide standard time for the United States.’ The federal law was unpopular and was repealed in 1919, although some states and cities continued to apply the annual change.

“War Time,” as it was called, returned during WWII. Confusion following the war time institution of daylight saving time changes led to laws and attempts at uniformity in the decades that followed, and states retained the ability to legislate an opt out. Arizona, Hawaii and several U.S. territories, including Puerto Rico, currently have opt out legislation. The areas that have opted out tend to get plenty of light year-round, making the twice yearly change a bit silly.

For most of us, from 2007 forward, Daylight Saving Time in the U.S. begins at 2:00 a.m. on the second Sunday of March and ends at 2:00 a.m. on the first Sunday of November. Even in areas where the daylight dwindles to almost nil during the winter months, not all are in agreement (I for one would like time to stay the same).

Time Marches On

by Wendy Schreiner

In Like A Lion
the final snow pounding
before St. Patrick's Day
Marches on By
Out Like A Lamb
quiet peacefulness
of the new birth
of spring in
all its glory
the daffodils and tulips
dancing all about the
light breezy day

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That Finger Lakes Sound ~ Reaching Back

...to “the roots of rhythm and harmony that we all share” *by Ben Haravitch*

“Tis the song, the sigh of the weary
Hard times, hard times, come again no more.
Many days you have lingered around my cabin door
Oh hard times, come again no more.”

- ‘Hard Times Come Again No More’
by Stephen Foster

Last weekend I found myself on a crowded stage at The Sportsmens Tavern in Buffalo along with my bandmates in The Brothers Blue, The Dady Brothers, and Crikwater. We chanted the chorus of ‘Hard Times’ together with a sold-out crowd marking the grand finale of a spirited evening. The event, dubbed ‘Cross the Pond’, was a celebration of Irish and Appalachian traditional music and the common roots we all share. As the hall echoed with singing from stage to balcony, I looked out and thought how natural it felt for a roomful of strangers to join together in song. Breathing and sitting were replaced by singing and swaying. I won’t discount the effect the twice-tapped Guinness keg had, but witnessing such enthusiasm after a four-hour affair I was reminded that music is not something we choose, it’s something we need. It lives deep within us and when we join together in celebration, mourning, love, or confusion, it finds its way out.

Music has probably been part of human life since the onset of our species *Homo sapiens*, and perhaps long before. It’s hard to miss the similarities that musical activities like group singing and call-and-response patterns share with the chorus of bird calls you hear on a spring morning. Nevertheless, it appears that we humans are the only mammals that intentionally create music. Where did this come from? Was it evolutionarily advantageous for our ancestors to be musical?

One theory is that early humans attempted to mimic the sounds of their natural environments – the melody of a cascading brook, the rhythm of the waves, the dynamics of a thunderstorm. Many folks claim that they ‘don’t have a musical bone in their body.’ Yet chances are your ancestors preferred the entertainment of skin drums and bone flutes around a campfire over Hulu or Netflix.

Another guess at the gateway towards music in early humans is ‘Motherese’ (aka Baby Talk). Mothers and babies across the globe communicate with similar cadence, pitches, and rhythmic rocking. All of which help to strengthen the bond between mother and child while imparting the basic patterns of speech. This would probably lead to a greater chance of survival for the child who would then pass these music-making tendencies to their kin, and so on.

It’s not hard to see how music could be so deeply engrained in our human behavior. Notice how intertwined our perceptions of ourselves are with the concept of rhythm. First of all, a human fetus can hear sound for 20 weeks before it’s born. That’s 20 weeks of a constantly playing soundtrack of mother’s heartbeat. Steady. Responsive. Rhythm is in all of us. We even analyze our own moods with rhythmic phrases – are you ‘upbeat’ or ‘out-of-sync’? We monitor ourselves through our daily, weekly, monthly, and yearly rhythms; so in tune with our natural frequencies we don’t even notice it.

I can attest to the immediate effect rhythm has on health. When playing with a band that’s really swinging, locked in a groove together, I forget about the pain in my knee, nasal congestion disappears, and my back and neck feel loose. Conversely, when a band is not swinging and I’m fighting against a groove, I can become physically nauseated or achey. It’s as if we all have a sense of inner balance and harmony. When we recognize the phenomenon of harmonic equilibrium we can’t help but create rhythm with an instrument, by dancing, tapping a toe, or just ‘diggin’ the groove. It feels good and often doesn’t happen by choice. It overtakes us.

Since our beginnings as spiritual drummers and chanters tens of thousands of years ago, we have incorporated music into every aspect of our lives: weddings,



The Brothers Blue, The Dady Brothers, and Crikwater on stage together at ‘Cross the Pond’, a celebration of Irish and Appalachian traditional music and the common roots we all share, held at the Sportsmens in Buffalo, NY on Saturday, March 3rd.

Photo provided

funerals, bars, restaurants, fundraisers, tv shows, Christmas shopping, exercising... some modern folks have headphones on almost all the time. It’s impossible to notice the constant impact music has on our bodies and minds (if you’ve ever cried at the end of a movie, chances are it was due to the music not the dialogue). In addition to healing individuals through rhythm and harmony, we also see music heal entire societies and generations – establishing bonds between anyone who lived at a certain time. Some songs span generations and help tighten the ties that hold families

and communities together.

Given the local population of those descended from Irish immigrants, we are lucky to have many spirited opportunities to partake in true folk music traditions this time of year. This St. Paddy’s season join the chorus and sing a song with an entire rowdy bar, feel the fiddles move your feet. Tap into an art form that has lasted generations. Explore your own family’s musical traditions. And, if you can reach back far enough, notice the roots of rhythm and harmony that we all share deep within ourselves. Let out the collective weary sigh.



Ben currently lives in Warsaw, NY. He teaches banjo, records music made by his friends, and performs with a variety of roots-based bands throughout the Finger Lakes region.

Ontario County Arts Council ~ Irish Day

March 11 ~ Ferris Hills at West Lake in Canandaigua



Miller’s Wheel (Left) and Ralph Minervino and Dawn Jenkins (above) will provide traditional tunes. Photos provided

The Ontario County Arts Council will host an Irish Day with a corned beef and cabbage buffet and traditional music on Sunday, March 11, at Ferris Hills at West Lake in Canandaigua.

Doors open at noon with the buffet starting at 12:30 p.m. Tickets, at \$25 per person, are on sale on the arts council web-

site at ocarts.org, and at Ferris Hills. Seating is limited, so advance ticket sales are required by March 5.

Music will be provided by the five-member band Miller’s Wheel and Almost Irish, a trio of local musicians Dawn Jenkins on fiddle, Ralph Minervino on the Irish tin whistle and Chris Glatty on guitar. Arts council board member and official

joke teller Rob Lillis will emcee the event.

The event is a fundraiser for the arts council’s scholarship fund, which will cover a \$2,000 scholarship for a second-year Finger Lakes Community College student who lives in Ontario County. More information is available at give.flcc.edu.

The arts council recently launched a partnership with the Ontario County Historical Society to host exhibits in its museum on Main Street in Canandaigua to offer visitors a richer and more varied experience.

The first exhibit, “Art in Bloom,” will open in the North Gallery of the historical society museum at 55 N. Main St. on April 7.

The arts council will organize three exhibits during 2018 in this large gallery. Each will have a seasonal theme and include selected artifacts from the historical society collection.

Irish Heritage Day

March 24, 9-11:30 a.m.

Do you have Irish roots? Ten-percent of Americans do. Learn about Ireland, Irish customs, and the many contributions made to our town by the folks from Ireland who settled here. Names of Richmond’s Irish families include: Duffy, Farrell, Foye, Kelly, Kennedy, Lynch, McGowan, McGreevey, Meehan, Menihan, O’Hanlon, O’Neill, Quick, Sullivan, and Ward. Bring YOUR Irish story to share. You need not have Irish roots in Richmond to enjoy the day. ...And just for fun – Wear Green!

Town of Richmond:
Historian’s Programs – 2018

All Town of Richmond Historian’s Programs are held at Honeoye-Richmond Historical Society Museum in the Richmond Town Hall, and will be an “Open

Hemlock's LLCA warming up for spring events that celebrate the unique natural history and bountiful environment of our area

The Little Lakes Community Association plans to serve our mission of celebrating the unique natural history and bountiful environment of our area through a series of events open to the public at the old Hemlock School (Jack Evans Community Center) on Main Street (Rt. 15A) in Hemlock.


LLCA's "Honoring Our Earth" Sustainability Series will meet monthly on Thursday evenings from March through May, from 6:30 to 8:30 at the Hemlock School. The presentations will be free of charge, with donations gratefully accepted. These educational programs are appropriate for all ages, so please feel free to attend as a family. Light refreshments will be available.

March 15 (6:30 – 8:30 p. m.): Randy French of Pack, Paddle and Ski, our local adventuring company, will tell us about his recent expedition to Antarctica. He was one of 6 out of 700 teachers competing from across the US who were honored with a Grosvenor Teacher Fellowship to participate in this professional development opportunity sponsored by National Geographic and Lindblad Expeditions. The group worked with the naturalists on the 10 day trip in December, 2016 to learn all they could about Antarctica to share with their students and the public. Randy will show his amazing pictures and talk about the travel, the Antarctic environment and animals, including whales, seals and especially, the penguins. It promises to be a fascinating evening you won't want to miss!

On April 21, LLCA will co-sponsor with *Owl Light News* our Earth Day Celebration: "Earth Dance 18: Celebrating Sustainable Community. Rather than a Thursday evening, this event will offer a number of educational and enjoyable activities on Saturday afternoon from 11:00 to 5:00. Plans include talks and demonstrations regarding sustainability topics, vendors with earth-friendly products and services, as well as artistic, musical and oral performance opportunities with images, stories and poems that celebrate our Earth. We invite any interested vendors, speakers, musicians, poets and story-tellers from students to seniors to contact us if you would like to participate. Email tawnfeeny@gmail.com with your interest. Stay tuned for more details!

May 17 (6:30 – 8:30 p. m.): Petra Page-Mann, owner of Fruition Seeds in Naples, will present "Seven Essentials for a More Abundant Garden." Fruition Seeds' mission is "Organic Seeds for the Northeast." That evening she will also have seeds, plants and other items available for sale.

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A little help from Hoop Houses by Mary Drake

Before moving to New York State, my husband and I had a small farmette in Lancaster County, Pennsylvania. Since we had eight acres and we both liked to garden and to eat locally, we planted two large vegetable gardens as well as fruit trees. We milked a cow and raised our own beef cows and pigs.

We drank our milk fresh everyday, even though neighbors warned us that we would “end up in the hospital,” although we never did. I called the milk “fresh” rather than “raw” because I thought calling it raw sounded unsavory, but my daughter began referring to store-bought milk as “cooked.” We all agreed that the flavor had been cooked out of it. She said it tasted burned. Instead, each morning after milking we would drink the milk from the previous day which had gotten cold in the refrigerator. We would shake the container to redistribute the cream that had collected on top back into the milk.

We felt ourselves to be part of a back-to-nature movement, and that’s why we joined PASA, the Pennsylvania Association for Sustainable Agriculture. I must admit that when we first joined, and perhaps for a while afterwards, I only had only the fuzziest of notions what it meant for agriculture to be sustainable. Did that mean the vegetables we grew would sustain us? Perhaps it meant we wanted to sustain the produce we grew, make it last longer into each season?

What it meant, I later learned, was growing food in ways that the Earth could support year after year, that wouldn’t hurt the present or future generations by over-taxing the soil or damaging the environment.

As part of our PASA membership, we were entitled to go on their field days, the first of which was held at Penn State to see something called “hoop houses.” I was unsure what to expect or why we were even going, but it sounded like a fun day trip.

What we saw when we got there were structures resembling greenhouses. Why did they call them “hoop” houses, I wondered. The name made me think of something round, like hula hoops. But hoop houses, although they look a lot like greenhouses, are different in some important ways. First of all, instead of being made of glass, or more recently acrylic, they are made of semi-circular metal rings (a half a hoop) over which is laid opaque heavy-duty plastic. The construction makes hoop houses moveable, unlike greenhouses.

The second major difference is that hoop houses are more energy efficient. Greenhouses are climate controlled with heaters to use when temperatures dip down and ventilation systems to prevent them from overheating. Hoop houses, however, rely solely on the warmth of the sun. This makes them slightly less useful than greenhouses, especially in the winter, but they don’t require any kind of fuel other than solar energy, and they still extend the growing season. To prevent hoop houses from getting too warm in the summer, they are ventilated by rolling up the lower portion of the plastic to allow airflow.

And did I mention they are much less expensive to build than a greenhouse?

But like greenhouses, hoop houses make it easier to grow certain plants. It’s easier to prevent disease and insect damage inside a hoop house. Some fruits and vegetables, for instance raspberries and tomatoes, are highly susceptible to disease if they receive too much water. When I first



Above: Hoop houses such as these can allow growers to get a jump on spring and expand the range of crops, such as tomatoes (inset), that can be grown successfully. Photo above by T.Touris



saw the experimental hoop houses at Penn State, one of them had been used to grow red raspberries, and I was astounded to see the size and quantity of the berries. Since red raspberries are one of my favorite fruits but are challenging to grow outdoors because they are susceptible to grey mold and powdery mildew, I was immediately a fan of hoop houses.

When we moved to New York State and started vegetable gardening up here, my husband immediately began to have trouble growing tomatoes. Aside from nutrient deficiencies in the soil (I blamed the glacier for moving our topsoil elsewhere), we also battled too little sun, a shorter growing season, cooler temperatures at night, and sometimes too much rain. If tomatoes get too much moisture not only does the tomato split and lose some of its flavor, but the

plants themselves are subject to mildews and fungal diseases, such as early and late blight, which might mean fewer or no tomatoes are produced. Hoop houses solve much of this because the amount of moisture the plants receive can be controlled. We finally stopped trying to grow our own tomatoes and now buy them from a neighbor—who has a hoop house.

There are many fruits and vegetables that grow just fine in New York’s climate—cabbage, broccoli, cauliflower, potatoes, and apples, for example, but hoop houses can make gardening easier, especially if you’re trying to grow finicky plants, and they can keep out some of the critters that also like to make meals out of what we are planning to eat.

Celebrating Agriculture in Ontario County

Friday, March 16, 2018

6:00 pm – 10:00 pm

Club 86, 86 Avenue E, Geneva, NY 14456

With spring just around the corner, local agriculturalists would like to share their passion for farming with their neighbors and friends.

The community is invited to the Ontario County Agriculture Appreciation Celebration on Friday, March 16, 2018 at Club 86, 86 Avenue E, Geneva, NY. A diverse group of agriculture industry representatives will gather for this event to recognize the vital importance of agriculture in Ontario County and to honor agriculture leaders.

The evening begins at 6:00 pm with a social time to enjoy the delicious Club 86 hors d’oeuvres, milk punch served by the Ontario County Dairy Princess, Elizabeth Maslyn, and a chance to participate in a silent auction to benefit the 4-H Scholarship Fund. The banquet will follow with a buffet dinner, which will include a dessert table featuring Ontario County desserts and local Upstate-Niagara Cooperative Inc. milk.

Our guest speaker this year is John Kriese, a third generation agriculturist who was raised on a small diversified family farm near Baldwinsville. As an active member of the Onondaga County 4-H, his passion for livestock production and leadership development emerged. John received his Associates Degree in Animal Husbandry from SUNY Cobleskill, Bachelors of Science in Agricultural, Occupational and Adult Education from Kansas

State University, and his Masters from Cornell University. John has been an Agriculture Educator and FFA Advisor for 33 years. He started his career at Wellsville Central Schools and has served the Penn Yan School Community since 1990. John is the President of the New York Beef Producer’s Association (NYBPA). Twice he has been named “Educator of the Year” by the NYBPA for his dedication for creating educational programming for fellow beef producers. He and his wife, Anita were recognized as the 2016 New York State Beef Producers of the Year. John and his family own and operate Spring Pond Farm in Branchport, where they specialize in the production of registered Hereford breeding cattle and high quality freezer beef. He is also the co-owner of the Finger Lakes Cattle Company in Penn Yan, where he specializes in the production of both registered Red and Black Angus breeding cattle.

Awards for leadership, excellence, and innovation in agriculture will be presented at the banquet including the Rodney Lightfoote Agricultural Viability and Innovation Award for Ontario County, Jackie Kunes Outstanding Woman in Agriculture; Paul and Peg Zimmerman Outstanding Young Farmer; Ralph Jerome Scholarship and Farm Bureau Citizenship Scholarships. The host family for the 2017 Fun on the Farm Event will be recognized.

Cornell Cooperative Extension, Ontario County Farm Bureau and Ontario County Agricultural Enhancement Board are sponsoring the Agriculture Appreciation Celebration. The cost for the evening is \$30.00 per person, \$55.00 per couple. For information and reservations, contact CCE at 585-394-3977 x 427 or email at nea8@cornell.edu.

Growing Sweet Potatoes in New York for the Backyard or Small Market Gardener

Wednesday, March 21, 2018 | 6:30 pm – 7:30 pm

Cornell Cooperative Extension, 480 North Main Street, Canandaigua, NY 14424

It can be challenging to grow sweet potatoes in New York, but with the right varieties and proper cultural practices, any gardener will have success growing their own sweet potatoes. The presenter is Jim Ballerstein from the Agricultural Experiment Station and Master Gardener. He will address the different varieties, cultural practices, pests to keep an eye out for, how and when to harvest, along with curing and storage. Jim will also cover sources where to get plants and a brief overview of possible market avenues and cooking opportunities. In recent years sweet potato fries have become the craze and are versatile as they can be baked, boiled, fried, or microwaved. Sweet potatoes are a rich source of antioxidants, minerals, vitamins (especially vitamin A), and dietary fiber. A 100 gram serving is only 86 calories. Fee: \$10.00/family ~ Register: call 585-394-3977 x 427 or email nea8@cornell.edu with your name, address, phone number.

Canadice Seeks Residents to Address Solar Energy Issues



The Town of Canadice Planning Board has created a Research Committee that will offer ways for the town to address solar energy for both commercial and residential application. The Committee is seeking up to two town residents who will volunteer to help draft appropriate local ordinances.

If you are interested, please contact Planning Board Member Steve Groet by phone at 585-749-8231, by email at planning@canadice.org or by mail at Solar Research Committee, Canadice Town Hall, 5949 County Road 37, Springwater, NY 14560.

Simple Sustainability

by Sky Trombly

Until next time, be the light
by living lightly!

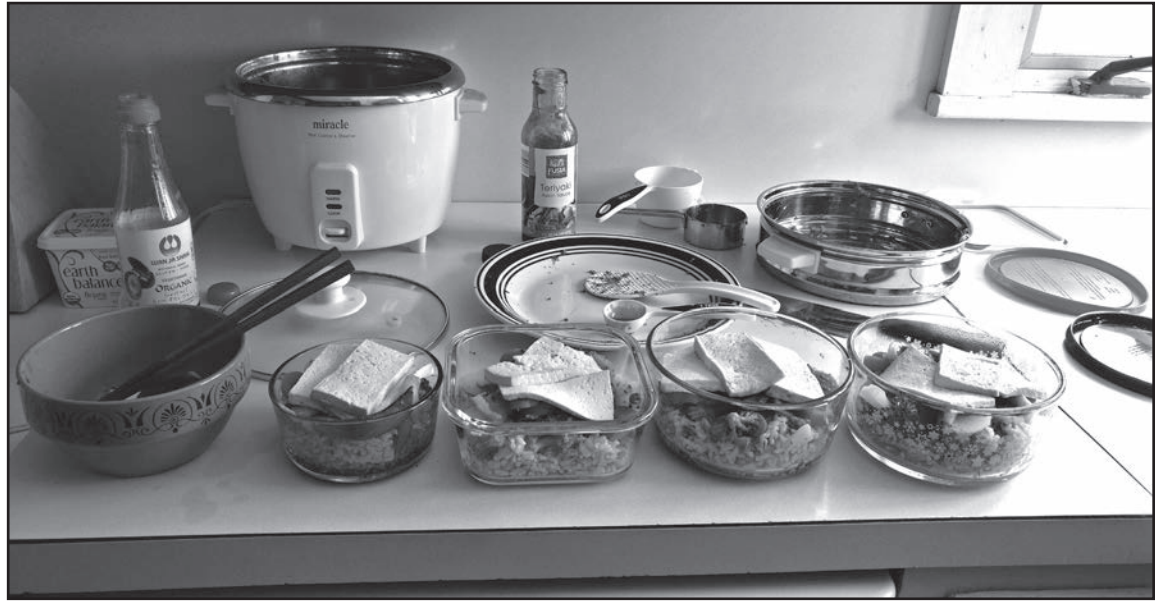
Meal Prepping ~ AKA Batch cooking

Meal Prepping

If I were to list the great insights of my life, I seriously think this practice would make the top twenty.

Doing this one thing simplifies my life, makes it easier to eat healthful foods, and it saves me a lot of time and money.

Meal prepping (also sometimes called batch cooking) is the act of making a bunch of meals at one time so they are ready for you when you need them. You can take them to work with you and heat them in a microwave or have them at home when you'd otherwise grab snack food. It's kind of like freezer dinners for frugal environmentalists. Here, I will help you get started.



Meal Prepping involves dividing a healthy premade dish up into many containers creating convenient grab and go meals.

Photos Sky Trombly



Gearing Up

You could get started with what you have at home. A pot and some Tupperware are really enough.

I recommend getting some glass Pyrex style Tupperware with lids. I prefer the 4 cup sized ones, but I make do with the other sizes that came from sets I've bought. You probably won't need more than five. These might seem costlier when compared to plastic, but these are worth it. They'll last longer, be safer for you than plastic, and can travel from freezer, refrigerator, lunchbox, microwave, oven, and table without doing much more than taking on and off the lid.

(Caution: the glass will get hot coming out of a microwave or oven, I'd include an oven mitt with your lunch box, but then you can forgo the extra serving dishes.)

I also love my combination rice cooker and steamer which allows me to batch cook very easily. The kind I have is stainless steel which allows me to avoid the dangers of scratched Teflon.

How I Meal Prep

I currently only prep my lunches. I usually have the same lunch for about 4-5 days and then switch to another recipe. This simplifies grocery shopping and thought time.

Because I eat the same thing for so many days, I like to think in terms of nutritional balance. I will typically run my meals through Cronometer (a free website and app that allows you to analyze many aspects of the food you eat including macro and micronutrients and caloric density).

If I prep more than 3 days worth of lunches, I like to freeze the remainder so that the contents remain safe. Then, I'll pull from the freezer batches that I intend to eat, letting them thaw overnight in the refrigerator.

Your mileage may vary depending on the food you like to eat and how it freezes, refrigerates, reheats and so on. I recommend looking up meal prepping and batch cooking on YouTube where you can gain inspiration and find recipes appealing to you.



My Favorite Meal Prep Recipe

Cheap & Easy "Buddha" Bowl

I have a combination rice cooker and steamer so I'll put brown rice and water in the bottom portion and Asian style frozen veggies in the steamer. While that is cooking, I'll cut my tofu into slices and bake them in the oven for 10 minutes at 350F. I flip once and cook for an additional 10 minutes.

After everything has cooked, I'll dispense them into the Pyrex containers and a bowl (I'll eat one batch for lunch on the spot).

I like to purchase Terriyaki or Korean Barbecue sauce, but you can make your own sauces too. I like to vary the sauces as it keeps the meals more interesting. I'll add the sauce to the containers while I allow them to cool. Once they cool, I put the covers and store in the refrigerator or freezer.

Ending Thoughts

Meal prepping is a practice that can save you a lot of time, energy, and money. It can be a tool for you to eat healthier and lose weight. I find it simplifies my life and, if you haven't already, I highly recommend that you give it a try!

Sustainability - related comments, topics and questions can be e-mailed to editor@canadicepress.com with *Simple Sustainability* in the subject line.



Sky has been something of a sustainability nerd for most of her life. Her goal is to empower herself and others to live in a way that is congruent with personal values - and intimately linked to the Earth. You can join her in her wanderings through the quagmire of sustainable living in every issue of Owl Light News, and on her blog - talkwalking.org



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OCYC from page 5

All aspects of the court functioning (beyond intake interviews, scheduling and preparing case documents) are entirely youth facilitated. This includes the final sentencing decision that results from the jury's deliberation.

Once the sentence was read and the court adjourned, the staff stepped in, arranging follow-up services and restitution with the defendant and his guardian. Within the courtroom there was a return to the pre-court easiness. Jurors talked amicably while some returned to their phones, contacting parents for a ride. In the parking lot outside, a new driver negotiated the parking lot and parents pulled up curbside.

These young people are learning first hand about the legal system in the US at a time when young people are more than ever seeing themselves as agents for social change. Although there have been significant and beneficial changes, we as a people continue to move toward a more just system that focuses on the needs of all. Each generation offers new ideas and opportunities for change. People like Michelle Alexander, an associate professor of law at Ohio State University and civil rights advocate best known for her book *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, highlight new directions for addressing historical injustices. There are many 21st century voices for change - including an increasing percentage of young people willing to look closer, to see others for their strengths and to take a stance against discrimination and discriminatory practices. A movement toward restorative disciplinary practices is also seeping into the schools, as a means of reducing outdated disciplinary models that alienate and enrage rather than engage struggling students.

As I talked more with the Ontario County Youth Court's staff and citizen volunteers it became increasingly evident to me that the program's influence extends well beyond the misdemeanor defendants whose cases are deferred there. It is also an opportunity for the students who become involved to learn about various courtroom

roles and procedures, even before they are old enough to serve as jurors in more traditional courts.

For some, such as Ian Krager and Elizabeth Maczynski - who took over as Chair of the Steering Committee at the beginning of 2018, it is about finding a career path and pursuing a passion.

"When I first joined Youth Court 2.5 years ago," offered Elizabeth Maczynski, "I had no intentions of ever pursuing a career in the field of law. After completing the 20 hours of training, I realized my passion for prosecution. Youth Court is more than a restorative justice program for the youth of our community. It's an opportunity for members to expand their horizons and find a true passion. Today, I want to pursue a career in corporate law. Without Youth Court, I would have never learned about the importance of the legal system in our society."

Ian Krager, who has been a member of Ontario County Youth Court since middle school is completing his senior year at Red Jacket High School while working at OCYC part-time. He was recently accepted to the University of Rochester and hopes to enroll as a political science major this fall. Krager believes that one of the greatest rewards of his time at youth court has been seeing offenders referred to the court return after completing their sentences - to take on roles as youth court volunteers, to help other young people.

There are many ways for young people to get involved, to take active roles in their communities. For young people in Grades 8-11 from Ontario, Yates, Seneca, and Wayne Counties who are interested in the legal system and in helping to create pathways to judicial and personal change for their peers and their communities, Ontario County Youth Court may be just the thing. The best way for interested youth to get involved is to come to the next informational meeting on Thursday, March 22, 2018 (see below for additional information). Interested youth can also find and fill out an application to become a YC member at tinyurl.com/joinyouthcourt.

Are you a youth interested in the legal system?

Check out Ontario County Youth Court!

Join us for an informational meeting

Thursday, March 22, 2018, 6 p.m.

at Wood Library in Canandaigua, NY.

As a member of OCYC you can: Learn about the Law; practice public speaking; earn community service credits; and build your college resume.

To learn more contact the Youth Court staff: info@ontariocountyouthcourt.org; (585) 396-4519; or Ontario County Youth Court; The Partnership for Ontario County 5297 Parkside Drive, Suite 307, Canandaigua, NY 14424



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The Medicine Shop
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Thompson Hospital (lobby)
Mental Health Clinic
Police Station (lobby)

Shortsville

Red Jacket Pharmacy

Farmington

State Troopers

Clifton Springs

Hospital (lobby)

Rushville

Village Hall

Victor

Mead Square Pharmacy

Richmond

Town Hall



Questions, please call us at
585-396-4554