

# Fabius-Pompey Central School District

*Enter to Learn - Leave to Serve. Striving for  
Excellence in School, Community and the World.*

October 2021

Volume 71, Number 3

## 10<sup>th</sup> Grade Fall Clean-Up Day

by Mrs. LeBlanc, Sophomore Class Advisor

On Tuesday, October 19, the Class of 2024 executed their fall clean-up on Main Street, at the Fabius firehouse and at Evergreen Cemetery. This beautiful fall day turned out to be an impactful opportunity, where students were able to not only help the community but also enjoy the company of each other. With the help of parents and staff, this day was a huge success. Thank you to Jason Wallace, Diane Ward, Rachele Widdekind, Barb McKenney, Kate Hutson and Meg Wagner for chaperoning this great group of students. Thank you to Matt Neuner, Kevin Sharpe, Chelsea LeBlanc and Ashley Welch for putting this volunteer day together. It gave the students time to build rapport with one another and their teachers outside of the classroom and helped them to gain dignity from their efforts in the clean-up. The day ended with kettle corn, conversation and silly games on the front lawn of the school. Thank you to the Class of 2024. Keep up the great work!



FABIUS-POMPEY CENTRAL SCHOOL DISTRICT  
Fabius, NY 13063

BOXHOLDER

Non-Profit Organization  
U.S. Postage Paid  
Permit #2  
Fabius, NY 13063



BOARD OF EDUCATION MEETING HIGHLIGHTS FOR SEPTEMBER 2021

Complete minutes can be found at [www.fabiuspompey.org](http://www.fabiuspompey.org).

District Newsletter

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Personnel Items:

- Approved the appointment of Middle School-High School student activity advisors for the 2021-2022 school year.
- Accepted the notification of resignation by Douglas Helm as Bus Washer/Shuttle Bus Driver, effective September 10, 2021.
- Approved the updated list of District volunteers for the 2021-2022 school year.
- Approved a Memorandum of Understanding between Fabius-Pompey Central School District and the Fabius-Pompey Education Association, dated September 7, 2021.
- Approved an increase in the compensation rate for a Substitute Registered Nurse, effective September 22, 2021 through June 30, 2022.

Business Items:

- Approved the transfers as presented.
- Approved the adoption of a resolution to transfer funds to the Teachers Retirement System from the 2020-2021 fund balance.
- Approved the adoption of a resolution to transfer funds to the Local Retirement System from the 2020-2021 fund balance.

Information Items:

- Approved the Committee on Special Education student recommendations as presented.
- Approved requests for transportation to private and parochial schools for the 2021-2022 school year.



STUDENT PHOTOGRAPHS USED IN PUBLICATIONS

Throughout the school year, photographs of students may be taken for use in District publications or by the local media. If you do not wish to have your child photographed for these purposes, please send a note to your child's principal.

SCHOOL TAXES

For your safety and ours, we strongly recommend making your tax payment by mail. The District Office will have a lock box on the outside of the building. If dropping off your payment in person we ask that you leave it in the drop box and we will mail your receipt. If paying in cash you must call ahead and make an appointment between the hours of 8 a.m. and 3 p.m. Thank you for your understanding during this time.

The payment/penalty schedule is as follows:

- September 2, 2021 through October 1, 2021 - No Penalty
- October 2, 2021 through November 1, 2021 - 2% Penalty
- November 2, 2021 through November 3, 2021 - 3% Penalty

EMERGENCY CLOSING OF SCHOOL

When circumstances require the emergency closing of school, the following radio and television stations will broadcast the information: WAER-FM88.3; WRVO-89.9; WSYR/Y94FM/B104.7/106.9; WTKW-99.5/WKRL-100.9/WKRLH-106.5/WTLV-105; WSTM-TV (Channel 3); WTVH-TV (Channel 5); WIXT-TV (Channel 9); YNN (Channel 10).

Please review with your children the plan that you have established detailing where they will go and how they will be transported in the event of an emergency school closing.

THE ARTICLE DEADLINE FOR THE  
NOVEMBER DISTRICT NEWSLETTER IS NOVEMBER 5.

Please email articles to [jgasparini@fabiuspompey.org](mailto:jgasparini@fabiuspompey.org).

BOARD OF EDUCATION

	Term Expires
Mr. Donald Neugebauer, President (315) 683-5331	6-30-24
Mr. Eric Exelby, Vice President (315) 683-9434	6-30-23
Mr. Andrew Aiken (315) 427-1553	6-30-23
Mrs. Holly Frazee (315) 247-9522	6-30-22
Mr. William Heselden IV (315) 466-1548	6-30-24
Mr. John Repak (315) 677-3956	6-30-22
Mrs. Carlena Wallace (315) 683-5638	6-30-24

BOARD OF EDUCATION MEETING SCHEDULE  
FOR THE 2021-2022 SCHOOL YEAR

Meetings are held in the High School Library at 6:30 p.m.

November 2, 16  
December 14  
January 4, 18  
February 1, 15  
March 1, 15  
April 5, 18  
May 3, 17  
June 7, 21

Dates, time and location are subject to change.  
Please visit the District website for updates.

[www.fabiuspompey.org](http://www.fabiuspompey.org)

**FROM LLOYD L. PECK, ED.D.  
SUPERINTENDENT OF SCHOOLS**

As the leaves change color in Central New York, it always reminds me that we live in one of the most beautiful areas in the world. The mixture of the colors in the trees coupled with the backdrop of the mountains truly makes this area one of the most special in the state. It is also during this time that our students and staff really start to get settled back into a routine from their summer break.

Fall sports are starting to wind down and teams are entering sectional play or having their end of season team parties. Seasonal rituals such as the Communities Kickin' Cancer games and Trunk or Treat night at the Elementary School have occurred and the fall drama production is set to take place. Open House in the Elementary School and Middle School-High School was a success, and the first marking period is coming to an end. The students and staff are continuing to acclimate themselves to the different circumstances they find themselves in each and every day due to the pandemic, and whether it is contact tracing, mask wearing, distance seating or pool testing, they continue to shine. Speaking of the pandemic, it is very difficult these days to write the newsletter article without addressing COVID or the pandemic or at least giving the community an update. As a district and a society, COVID has become a part of our everyday lives and we have learned to cope with the pandemic for better or worse. At a recent soccer game, I overheard a young elementary student telling her mother about her day and about recess. She was telling her mother about her play group and her friends. She ended by saying, "oh yeah mom, "Susie" was quarantined so she wasn't there". What me struck so profoundly about the exchange was the indifference the small child had about "Susie" being quarantined. It was so matter of fact, so routine. Our children have accepted COVID as part of their everyday life, and when someone is quarantined they just accept it as an everyday occurrence. The resilience of our youth and society to adapt to change is absolutely amazing.

As the school year continues, and it looks like a vaccine is on the horizon for children ages 5-11 for those who want it, maybe the pandemic will not be discussed in future articles, and hopefully students will not speak about other students being quarantined so nonchalantly in the future as they do today when this pandemic is finally over.

Stay safe and healthy,  
Lloyd Peck, Ed.D.



**MIDDLE SCHOOL-HIGH SCHOOL NEWS  
Kevin Linck, Principal**

I was recently reading through some of my old newsletter articles and found a quote that I had used from John Wooden years ago. The quote was, "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." The truth is we are often motivated through the thoughts about what other people think about us, rather than doing the right thing because it is in fact the right thing to do.

So many things are currently pressuring our students into doing things that they shouldn't do. In the past there were far fewer pressures in place. We would talk about peer pressure, but that was typically only when we were together with that group of people. Today, the people that are pressuring our students and our youth can come from anywhere in the world as a result of the internet, and specifically social media. Nowhere is this more displayed than through the tiktok challenges that run throughout the course of the school year. In the past we would identify that "character is what you do when no one is watching." Today we might identify that character is what you do when you are trying to get everyone to watch through social media. It is a scary time for our students when you think about these pressures that also include vaping, drugs and alcohol use, as well as other scary things that are sadly more and more accessible.

We did recently have a great example of our students doing something positive in our community. Students in 10<sup>th</sup> grade participated in the fall clean-up in our community, and it was a great success. Ashley Welch, our volunteer coordinator, set up a modified COVID-friendly volunteering experience and we had a great day for students and staff to help our community. The feedback that I got from places where students were involved was that they were friendly, respectful and hard working. I was very proud of their work ethic and their behavior. Please continue to reinforce these types of behaviors, as this is what we want from our students, as ultimately we want them to be good people, good citizens, and good neighbors.

***WHEN YOUR CHILD WILL BE ABSENT FROM SCHOOL,  
please call or email the Health Office.***

**Fabius-Pompey Elementary School**

Grades K-5

(315) 683-5197

[dmcandrew@fabiuspompey.org](mailto:dmcandrew@fabiuspompey.org)

**Fabius-Pompey Middle School-High School**

Grades 6-12

(315) 683-5214

[pfeeney@fabiuspompey.org](mailto:pfeeney@fabiuspompey.org)

[rlangey@fabiuspompey.org](mailto:rlangey@fabiuspompey.org)

**BREAKFAST MENU FOR  
NOVEMBER 2021  
(subject to change)  
Grades K-12 \$1.35**

**Monday** - French toast or bagel with cream cheese.

**Tuesday** - Bagel with cream cheese and sausage.

**Wednesday** - Breakfast pizza or bagel with cream cheese.

**Thursday** - Pancakes and sausage (ES) or bagel with cream cheese and sausage.

**Friday** - Egg muffin with ham or sausage and cheese or bagel with cream cheese.

Cereal, toast, fresh fruit and yogurt are available daily at ES and MS-HS. Danish and Pop-Tarts are available daily at MS-HS.

**All breakfasts include milk and juice. Students must take a fruit or vegetable.**

**LUNCH**

**Sandwiches available daily:**  
Peanut butter and jelly, tuna, ham, turkey, cheese and egg salad (subject to change)

**Salad bar available daily at MS-HS**  
Hummus or legumes



**Fresh fruit, vegetables and milk are available with lunch daily at the ES and MS-HS.**

**Gluten-free options are available daily.**

**LUNCH MENU FOR NOVEMBER 2021**

**(subject to change)**

**Grades K-5 \$2.45 / Grades 6-12 \$2.55**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken patty Corn Fruit and milk	2 <b>Staff Development Day</b> <b>No School</b>	3 Tuna sandwich or tuna melt (ES) Celery Chef's Choice (MS-HS) Fruit and milk	4 Pizza Tossed salad Fruit and milk	5 Cheese calzone with marinara Roasted chickpeas Fruit and milk
8 Individual pizza (ES) Broccoli Pizza crunchers (MS-HS) Fruit and milk	9 <b>National Greek Yogurt Day!</b> Chicken or cheese quesadilla / Corn Fruit and milk Greek Yogurt	10 Chicken nuggets (ES) French fries Pizza (MS-HS) Tossed salad Fruit and milk	11 <b>Veterans Day</b> <b>No School</b>	12 Grilled cheese sandwich Tomato soup Fruit and milk
15 Chicken tenders Tater tots Fruit and milk	16 Mini chicken corndog (ES) Cheesy bean dip Brunch for Lunch (MS-HS) Fruit and milk	17 <b>Thanksgiving Dinner</b> Turkey and gravy Mashed potatoes Stuffing / Cranberry sauce Dessert Fruit and milk	18 Pizza Tossed salad Fruit and milk	19 Shrimp poppers Corn Fruit and milk
22 <b>Parent/Teacher Conferences</b> <b>1/2 Day</b>	23 <b>Parent/Teacher Conferences</b> <b>1/2 Day</b>	24 <b>HAPPY THANKSGIVING!</b>	25	26
29 Popcorn chicken Sweet potato fries Fruit and milk	30 Chicken Parmesan over spaghetti (ES) Corn Pizza crunchers (MS-HS) Broccoli Fruit and milk			Milk 65¢ Snacks 65¢ Ice Cream 65¢

**For a complete meal, you must take a minimum of three items. One item must be a fruit or vegetable.**

Middle School-High School Cafeteria: Mrs. Marion Carr  
(315) 683-5327 or [mcarr@fabiuspompey.org](mailto:mcarr@fabiuspompey.org)

Elementary School Cafeteria: Mrs. Cheryl Bliss  
(315) 683-5857 or [cbliss@fabiuspompey.org](mailto:cbliss@fabiuspompey.org)

**STUDENT CHARGES**

The District offers a variety of healthy, economical meals for all students. It is understood that there are times when a student will forget lunch money. If a student has a balance of three charges, parents will be contacted. Long-term circumstances can be addressed through the Free and Reduced Price School Meals/Milk program or a confidential meeting with a District administrator. If a student needs to charge, arrangements can be made through the cafeteria manager or a District administrator.

**ONLINE PAYMENT FOR LUNCH ACCOUNTS**

Payments for lunch accounts can be made online at [myschoolbucks.com](https://myschoolbucks.com). A student ID number is necessary to make a payment and can be obtained from the cafeteria.

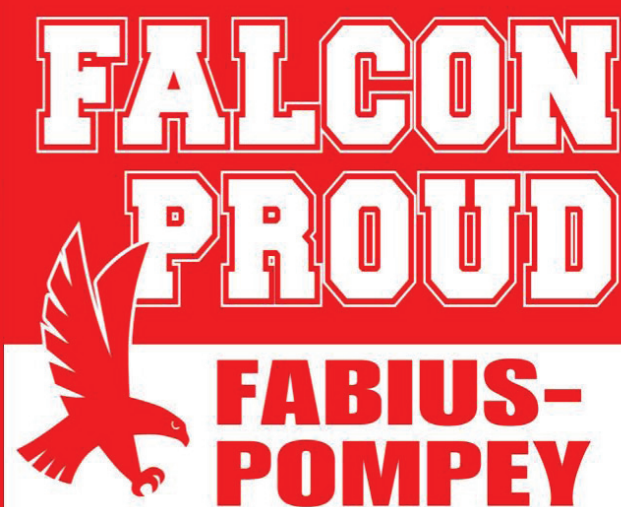
**District Phone Numbers**

Bus Garage .....	(315) 683-5278
Committee on Special Education .....	(315) 683-5465
District/Business Office.....	(315) 683-5301
District Office Fax .....	(315) 683-5827
Elementary School Fax .....	(315) 683-5680
Elementary School Nurse.....	(315) 683-5197
Elementary School Office .....	(315) 683-5857
Middle School-High School Cafeteria.....	(315) 683-5327
Middle School-High School Fax .....	(315) 683-5569
Middle School-High School Guidance Office.....	(315) 683-5460
Middle School-High School Nurse.....	(315) 683-5214
Middle School-High School Office .....	(315) 683-5811

**Show Falcon  
Pride with a  
Lawn Sign...**

**\$15 each**

**Contact  
Mrs. Cuipyo in  
the Elementary  
School for  
Details**





## COUNSELING OFFICE NEWS

by Mrs. Barnum and Mr. Piorkowski, School Counselors

### College Application Reminders

As your child continues in the college application process, please remember that early submission of applications, whenever possible, is important.

Suggested timeline:

- SUNY applications should be in by mid-November.
- All other applications should be completed by winter break.
- All transcript requests should be received in the Counseling Office one week before any due dates, in order to allow adequate processing time.

Questions? Call the Counseling Office at (315) 683-5460, or email [jbarnum@fabiuspompey.org](mailto:jbarnum@fabiuspompey.org) or [dpiorkowski@fabiuspompey.org](mailto:dpiorkowski@fabiuspompey.org).

### NCAA Changes

For changes with requirements for the National Collegiate Athletic Association for high school athletes, please visit the NCAA Guide for the CollegeBoard Student-Athlete on the website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

### Remind App

Remind is an app the Counseling Office uses to remind parents/students of events, deadlines, etc. If you would like to receive these notices, please check with the Counseling Office on how to sign up. So far we have used it for college visits, events and deadlines. Currently the app is available to juniors and seniors. It will be made available to other grades in the future.

### Website Links

A couple of links on our website:

- **Naviance.** Currently this is a program our seniors are using to apply to colleges, later in the year all other grades will be utilizing it for career and college exploration activities.
- **FAFSA.** The FAFSA 2021-2022 school year link is on our Counseling Department Google Classroom as well; students/parents can start the process after October 1.

### FABIUS-POMPEY CENTRAL SCHOOL DISTRICT ATHLETIC HALL OF FAME

The Fabius-Pompey Central School District is working toward inducting athletes, coaches, teams and individuals to the Fabius-Pompey Central School District Athletic Hall of Fame. The purpose is to motivate current athletes, connect the past to the present and develop pride in the rich traditions of Fabius-Pompey Athletics. In addition, the Hall of Fame will recognize and honor the accomplishments of athletes, teams, coaches and individuals who continually strived for excellence during their time here at F-P.

Athletic Hall of Fame induction ceremonies are held annually. Athletes, coaches and other individuals will be inducted in even years (2022, 2024, 2026), and teams will be inducted in odd years (2023, 2025, 2027). An induction ceremony will be held every spring.

The Hall of Fame committee is seeking nominations for consideration for future inductees. Nomination forms can be found on the Fabius-Pompey website at [www.fabiuspompey.org](http://www.fabiuspompey.org) under Athletics. Nominations are due no later than February 1 for inductions for the current year. Please send completed forms to:

Timothy Wilcox, Physical Education Department  
Fabius-Pompey Central School District  
1211 Mill Street  
Fabius, NY 13063

Or email form to [twilcox@fabiuspompey.org](mailto:twilcox@fabiuspompey.org)

## HEALTH OFFICE NEWS

by Mrs. Feeney and Mrs. McAndrew, School Nurses

*Denise McAndrew, Elementary School Nurse*

[dmcandrew@fabiuspompey.org](mailto:dmcandrew@fabiuspompey.org)

Phone (315) 683-5197 / Fax (315) 683-5680

*Patty Feeney, MiddleSchool-High School Nurse*

[pfeeney@fabiuspompey.org](mailto:pfeeney@fabiuspompey.org)

Phone (315) 683-5214 / Fax (315) 683-5514

### Health Examinations

New York State law requires a health examination for all students entering the school district for the first time and when entering grades kindergarten, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup>. The examination must be completed by a New York State licensed physician, physician assistant or nurse practitioner. Our school physician will be available for examinations. If a copy is not received, the school nurses will contact you.

All physical examinations completed for the 2021-2022 school year should be mailed or emailed to the school, to the attention of the school nurses.

### Absences/Tardies

If your child is going to be absent or late due to an appointment or any other reason, please notify the Health Office.

## A.P.T.S. NEWS

by Mrs. Myers, President

[www.f-p-aps.org](http://www.f-p-aps.org)

Gina Myers, President - [president@f-p-aps.org](mailto:president@f-p-aps.org)

Rebecca Gumpfer and Lori Kreilach, Co-Vice Presidents - [vp@f-p-aps.org](mailto:vp@f-p-aps.org)

Kim Fairbanks, Treasurer - [treasurer@f-p-aps.org](mailto:treasurer@f-p-aps.org)

Danielle Sandberg, Corresponding Secretary - [correspond@f-p-aps.org](mailto:correspond@f-p-aps.org)

Kelly Kirkeby, Recording Secretary - [secretary@f-p-aps.org](mailto:secretary@f-p-aps.org)

Website issues/information - [webmaster@f-p-aps.org](mailto:webmaster@f-p-aps.org)

### Little Caesars Pizza Fundraiser

*Many thanks to everyone for their support!*

*Delivery and pick-up will be the week of November 8.*

*More information to follow.*

### Coming in November:

#### Online SaveAround Fundraiser Sale

*If interested, please check the A.P.T.S. website and Facebook page.*

### Learn more about A.P.T.S.

*Please visit <https://www.f-p-aps.org>.*

### Join our email list.

*Email [f-p-aps-announce-subscribe@googlegroups.com](mailto:f-p-aps-announce-subscribe@googlegroups.com).*

### Add your family to our directory.

*Visit our website to submit your information online.*

### Please mark your calendars for the following meeting dates:

November 9, December 14, January 11,

February 8, March 8, April 5, May 10, June 7.

*Our meetings are virtual and begin at 6:30 p.m.*



ASSOCIATION OF PARENTS, TEACHERS, AND STUDENTS  
*Together we can make a difference*

## HIGH SCHOOL DRAMA PRODUCTION NEWS

by Ms. Turner, High School Drama Co-Director

### *Clue*

**Friday, November 5, and Saturday, November 6  
at 7:00 p.m.**

**Fabius-Pompey Middle School-High School Auditorium  
or via livestream at [www.fabiuspompey.org](http://www.fabiuspompey.org)**

The High School Drama Club is proud to announce our next show: *Clue*! After a year of uncertainty, we are so excited to be able to perform a show in person again at Fabius-Pompey. The students are so excited to perform on stage for a live audience. We invite you to come in person or view it via livestream (details to be linked on the Fabius-Pompey website closer to the show).

The show features seniors Ben Swanson as Wadsworth, Jackie Janicki as Yvette and Aubrey Dunham as Mrs. Peacock. Join us on Friday, November 5, and Saturday, November 6, at 7:00 p.m. to see *Clue*! If you have any questions, please contact Miss Turner or Mr. Kopp.



**When:** November 5th & 6th @ 7pm

**Where:** Fabius-Pompey MS/HS Auditorium

**Viewing Options:** Livestream & In Person

**Tickets:** Online \$10; In Person \$6

Contact Miss Turner or Mr. Kopp with any Questions

## FALCON'S NEST BOOKSTORE

Located in the Middle School-High School

Email [lhopseker@fabiuspompey.org](mailto:lhopseker@fabiuspompey.org).  
or call (315) 683-5811



***All of these items  
and much more are  
available in the store!***



***Duffel bags, Chromebook cases, wireless optical  
mice, sports apparel, water bottles and more!***



## F-P SPORTS BOOSTERS

by Mrs. Beardslee, Secretary

[www.fpsportsboosters.org](http://www.fpsportsboosters.org)

Ben Neadom, President - benhoof10@aol.com  
Kathy Beardslee, Secretary - kathycb1@gmail.com  
John Feeney, Treasurer - (315) 677-3887

**Thank You!** We want to thank everyone for your support this year – from your donations, to working concessions, to cheering on our athletes – we appreciate all you do!

**Congrats to all of our fall athletes and coaches** for an outstanding season! We're proud of your success.

**Help Wanted!** We're looking for volunteers to manage concessions for boys' and girls' basketball and volleyball. Contact a member for more information.

**Coming Soon:** Our new online store for F-P apparel will be available soon. Look for it on [fpsportsboosters.org](http://fpsportsboosters.org).

### More ways to support your students and teams:

- **Join us!** We meet monthly in the Middle School-High School cafeteria. Come join us and see what we're about. Meeting dates and contact information are at [fpsportsboosters.org](http://fpsportsboosters.org).
- Return your cans and bottles to Fabius Bottle & Can. Ask them to donate your refund to F-P Sports Boosters.
- Engraved pavers are still available for purchase! Visit our website at [fpsportsboosters.org](http://fpsportsboosters.org) for more information.

Visit [fpsportsboosters.org](http://fpsportsboosters.org) for our meeting dates.

## ELEMENTARY YEARBOOK NEWS

by Mrs. Skeval, Elementary Yearbook Advisor

Yearbook order forms will be arriving home soon! The yearbooks will be on sale from **Wednesday, November 3, through Friday, November 19**. The cost is **\$8.00**. Please send in a **check or money order payable to Jostens** with your child's name and teacher on it. **We do not accept cash**. If you have any questions or paying with a check or money order is a concern, please contact Mrs. Pati Skeval at [pskeval@fabiuspompey.org](mailto:pskeval@fabiuspompey.org) or (315) 683-5857. Please order your yearbook by November 19. There will not be any extra copies in June.

## COMMUNITY NEWS AND EVENTS

**Fabius-Pompey Outreach** is located at the **Fabius Community Center, Main Street, Fabius**. The **Food Pantry** is open every **Thursday** from **2 to 4 p.m.** In an emergency call (315) 677-3590.

The **Food Pantry** at the **Delphi Falls United Church** will be open from **10 a.m. to noon on the following Saturdays: November 6 and 20**.

To donate unopened, unexpired food items, look for bins at local churches and Post Offices. Our mailing address is Fabius-Pompey Outreach, P.O. Box 251, Pompey, NY 13138.

Please visit our website at [www.fpoutreach.org](http://www.fpoutreach.org) for information and updates. Thank you!

**Rides for medical appointments are available to those residing in the Towns of Delphi Falls, Fabius, LaFayette, Pompey and Tully**. If you are unable to drive or arrange transportation, call **FISH (Friends in Service Here)** at (315) 696-8659. Volunteers drive **9 a.m. to 4 p.m., Tuesday and Thursday**. Call at least three days prior to your scheduled medical appointment.

Mark your calendars for the **Holiday Bazaar at Immaculate Conception Church**, to be held **Saturday, November 20**, from **9 a.m. to 2 p.m.** There will be baked goods (cookies, cakes and pies!), vendors, a white elephant table, Chinese auction, 50/50 raffle and much more. Be sure to come for coffee and donuts in the morning and soups and sandwiches for lunch!

### SCHOOL CENSUS

If you are a new resident of the Fabius-Pompey Central School District, please notify the District Office at (315) 683-5301. A census form will be mailed to you or information may be taken over the phone to keep our records current.

### TRANSPORTATION REQUESTS

Due to restrictions during the COVID-19 pandemic, special transportation requests for birthday parties and playdates cannot be honored. Seating is limited. If a bus change is necessary, please make your request at least seven days in advance to allow planning for properly distancing students.

## ANNUAL WATER TEST RESULTS

In accordance with NYS Regulations, the Fabius-Pompey Central School District recently completed its mandated annual water testing. Each year, under NYS Regulations (Public Water Systems, Subpart 5-1), Onondaga County defines the parameters for water sampling, which public water systems must follow, including school districts utilizing their own wells. This year, as in past years, our school district water was tested on a monthly basis for microbiological contaminants and is tested annually for chemical contaminants, including nitrates and sodium.

This year's results remain consistent with the results of past years. The microbiological result is once again satisfactory and complies with the Onondaga County standard for drinking water. The nitrates result, at 6.08 mg/L in the Elementary School and 4.32 mg/L in the Middle School-High School, falls below the standard maximum contaminant level of 10 mg/L. Sodium levels tested at 99.2 mg/L in the Elementary School and 42.8 mg/L in the Middle School-High School.

These levels are normal for the school ground water source. There is no maximum contaminant level for sodium under the New York State Water Statute. Sodium occurs naturally in drinking water and poses no health hazard in and of itself. However, the NYS Water Statute states, "People on **severely** restricted sodium diets should not consume drinking water containing more than 20 mg/L." The Statute further states, "Water containing more than 270 mg/L should not be used for drinking by people who are on moderately restricted sodium diets." Our levels are less than one-half that amount.

If you have any questions regarding this information, contact Richard Clancy, Supervisor of Buildings and Grounds, Fabius-Pompey Central School District, 7800 Main Street, Fabius, NY 13063, or call (315) 683-5180.

# FABIUS-POMPEY OUTREACH

*supported by our area churches for over 30 years*

## Our Mission

Fabius-Pompey Outreach is a non-profit organization supported by our area churches, helping families and individuals in the Fabius-Pompey Central School District.

If you or a friend could benefit from our services, please contact us.

Fabius-Pompey Outreach is affiliated with the Food Bank of Central New York, the Interreligious Food Consortium and all local churches.

**All of our services are free and always strictly confidential.**

## About the Food Pantries

**Fabius Food Pantry**  
 The Food Pantry in Fabius is open Thursdays from 2 to 4 p.m. and is located in the Fabius Community Center, 7786 Main Street, Fabius. The phone number is (315) 677-9020.

**Delphi Falls Food Pantry**  
 The Food Pantry in Delphi Falls is open every other Saturday from 10 a.m. to noon and is located in the Delphi Falls United Church, 2190 Oran Delphi Road, Delphi Falls. The phone number is (315) 481-6112.

For residents of the Fabius-Pompey Central School District. **Visit our website at [www.fpoutreach.org](http://www.fpoutreach.org).**

## Services Available

Fabius-Pompey Outreach will help local families with:

- Emergency food any time
- Backpacks with school supplies
- Emergency help with energy, housing and medical expenses
- Holiday baskets
- Home repair assistance
- Sneakers and shoes
- Snowpants and boots
- Referrals to social service agencies



***Neighbors Helping Neighbors!***

## You Can Help!

For monetary donations, please make a check payable to:

**Fabius-Pompey Outreach**  
 P.O. Box 251  
 Pompey, NY 13138.

Financial contributions and donations of food and personal hygiene items are always welcome. For example: soups, deodorant, body wash, shampoo, toothpaste.

Money donated by our community stays in the community to help our neighbors in need.

Your monetary contributions are tax deductible!

Please support our other fundraising sources:

- Annual Geranium Sale
- Community Organizations
- Food Bank of Central New York

**A Special Thank You to all of our donors!**

***Check it out. You may qualify.***  
**If your household size is at or below the income level listed, you are eligible to receive food.**

**Emergency Food Assistance Program Income Eligibility Guidelines**

Household Size	Annual Income	Monthly Income
1	\$25,760	\$2,146
2	\$34,840	\$2,903
3	\$43,920	\$3,660
4	\$53,000	\$4,416
5	\$62,080	\$5,173
6	\$71,160	\$5,930
For each additional person add	\$9,080	\$756