

Max DelSignore: Hi there and welcome to another episode of the Northern New York Community Podcast. I'm your host Max DelSignore. We have another special interview on tap right now. We will visit with the members of the Sicley and Kubis families, who reside in [Mansville 00:00:13], which is a small community in southern Jefferson County. Their story is important for all listeners to hear and to think about. It's a testimonial on how philanthropy impacts a family in multiple ways.

We are fortunate enough to have Cora and Josh Sicley, John Kubis, Rebecca Sicley, and Mabel Sicley Kubis all here. Thanks for all of you guys for being part of the podcast today.

John Kubis: Thanks for having us.

Max DelSignore: So, before we get started, there is a number of you here in the studio. I want to get introductions first. So, John, Rebecca, could you provide just a brief background for the listeners, where you live, which we kind of covered, where you grew up, and also what you do.

John Kubis: Sure, well, my name is John Kubis. I grew up in, right here in the north country, currently in Mansville, right in the heart of the snow belt. I grew up on a small dairy farm in Evans Mills and I joined the Air Force and then after the Air Force, I decided to come back home and was fortunate enough to be gainfully employed doing the weather, which is what I did in the Air Force, at WWNY Channel 7. So, that was a great opportunity and I am still working there as well.

Rebecca Sicley: I am Rebecca Sicley. I grew up in [Worth 00:01:24], New York, so, right in the snow belt. I graduated from [SELPJA: 00:01:34], live in Mansville right now, and I work at the Mansville Building [SELPJA 00:01:36].

Max DelSignore: And now on to the kids. So, I'm going to start with Mabel first, then to Cora and then to Josh, so, just tell me how old you are, where you go to school, and what grade you are in.

Mabel Sicley-Kubis: I'm Mabel and I go to school in Mansville Elementary School and I'm seven years old.

Max DelSignore: Great. Cora?

Cora Sicley: I'm Cora Sicley, I go to South Jefferson Middle School and I am 13 years old and in eighth grade.

Max DelSignore: Went fast, didn't it? Thirteen. Josh.

Joshua Sicley: I'm Joshua Sicley. I'm 19 years old. I graduated South Jeff last year and I'm going to JCC right now.

Max DelSignore: Can, for each of you, as the kids, what do you love most about going to school at South Jeff?

Joshua Sicley: It's a small school.

Max DelSignore: Small school, small community feel to it?

Joshua Sicley: Yes.

Max DelSignore: What about JCC, Josh? You said you're, is this your first year at Jefferson Community College?

Joshua Sicley: It is.

Max DelSignore: And what are you studying right now?

Joshua Sicley: Business.

Max DelSignore: Do you know what you want to do?

Joshua Sicley: No.

Max DelSignore: But you're good with numbers, I take it.

Joshua Sicley: Yes.

Max DelSignore: What are some of, again, for the kids, what are some of your favorite things to do outside of school. Mabel, I will start with you first.

Mabel Sicley-Kubis: I like to have recess outside of school.

Max DelSignore: What do you do for recess?

Mabel Sicley-Kubis: Well, I used to do the monkey bars, but I have blisters now, so, I usually just wander around.

Max DelSignore: Nothing wrong with that. Those monkey bars can be tough. They can certainly be tough. Cora and Josh, what about you guys outside of school?

Cora Sicley: I like to read and I am a horseback rider.

Max DelSignore: Oh, very cool. Okay. Josh?

Cora Sicley: I like to read as well and cross country run. I run.

Max DelSignore: So, interesting, no, because we did have a chance to visit before today's conversation. Horseback riding and raising horses is something I think a couple

of the kids are pretty interested in. Rebecca, could you provide just a little back story about that first, and then I'm actually going to turn it over to Cora.

Rebecca Sicley: Cora wanted a horse. So, she wanted to buy her own horse, so she was sewing things and crocheting things and selling those things, and she raised enough money to buy her first horse.

Max DelSignore: Do you remember how much it was that you had to raise, Cora, in order to get that first horse?

Cora Sicley: 500 dollars.

Max DelSignore: 500 dollars. So how long did it take to raise 500 dollars?

Cora Sicley: Well, I used all of my money saved up and did stuff to raise money.

Max DelSignore: So, it was pretty important for you to have that horse? It was something that you really wanted.

Cora Sicley: Mm-hmm (affirmative).

Max DelSignore: What's interesting, Rebecca and John, is your kids have really demonstrated an interest in supporting causes that they find are helpful to others or is helpful to their community. And something they've done ever since they've been young kids. Or in Mabel's case she still is, too. What are some of those experiences that you both have seen your children do, that has really opened your eyes about the way that they want to support others and support their community?

John Kubis: Well, I think the [Yarning: 00:04:37] for the Young. When was that going on, the [Yarning 00:04:41] for the Young?

Rebecca Sicley: Cora was nine, eight or nine.

John Kubis: I was at work, cause I work nights, but Rebecca was telling me how they saw a commercial, that was, like, it was on Jeopardy, or whatever show, and there was a commercial about St. Jude's and those are tear jerkers, those commercials, and they wanted to raise money for these poor kids that were sick, so, hence, here comes [Yarning 00:05:06] for the Young, that they raised money for them. I'm not sure how much you guys raised, do you know?

Rebecca Sicley: It was, they did it for a couple years and they raised, over that couple years, thousands.

Max DelSignore: Wow.

John Kubis: But Cora would be sitting in the living room, yarning and it would be-

Cora Sicley: Crocheting.

John Kubis: ... snowing and, or crocheting, and it, I'm a guy, I don't know, but she'd be crocheting and it would be snowing and blowing outside and here she is, to-doo-doo, you know, watching TV, or whatever, and crocheting, and raising money for St. Jude's. It was amazing.

Max DelSignore: Where did that talent come from, Cora? I mean just to say, was crocheting was something that you had ever done before?

Cora Sicley: Well, I learned, but, my Grandma really, she taught me how to.

Max DelSignore: Do you still crochet today?

Cora Sicley: Mm-hmm (affirmative).

Max DelSignore: What was it like, and this is a question for any of the kids to answer, but, what was it like to be able to help such a prominent national organization, like a St. Jude's and know that the money that you raised is going to help another child that's in need or maybe sick?

Cora Sicley: Well, it was a nice feeling, I, it felt good. I-

Joshua Sicley: It felt good that it was going to a good cause and that we know that somebody needed the money and that with our money that we could help them.

Mabel Sicley-Kubis: It felt good.

Max DelSignore: These values of giving back were certainly instilled somewhere for you guys. Your parents certainly set a very good example.

John Kubis: Funny back story. I just realized this. This was, oh maybe, what, six, seven years ago. Rebecca was working for one of the local businesses that would go and take of, like, the elderly, you know, she would go in for like an hour or two and, you know, do some light housekeeping and such, and she was like, "Oh, John, we have to go to "X" place, and all the ladies want to meet you, they want to meet the weather guy." So, she would drag me around and it was fun. We would sit and we'd chat with the, generally speaking, it was the elderly women, so, she was kind of dragging me around and using my popularity to-. And apparently I was making the, a lot of these women's day by coming in and just sitting and chatting with them and that was nice, you know.

I mean, it doesn't cost anything to give back. I guess that's what I'm trying to say. But I just realized that, sitting here. You said, remember you used to drag me around, and "Let's go see Miss Ellie," or let's go see, you know, whoever, and sit and chat with them, so.

Rebecca Sicley: I think that's really when it hit me, that it doesn't take money or ... all you have to do is smile-

John Kubis: You just have to give-

Rebecca Sicley: ... and be nice.

John Kubis: ... just give someone your time.

Rebecca Sicley: Yeah.

John Kubis: So.

Rebecca Sicley: And you see these people that are shut in and a lot of them don't leave their home and they don't have a lot of money or visitors and you just, you sit and talk with them and you make their day. And that always made my day, leaving there and those were the best clients.

Max DelSignore: What are some of the values you share with your children? I mean obviously, some of the things that they have demonstrated and done are quite impressive, and there are a lot of children who do it, but to see all three of your kids really participate in making lives better for others, or helping others. What are some of those values you are trying to teach your children, which obviously they're demonstrating it quite well.

Rebecca Sicley: Just to be decent people and just be nice and, I don't know, it doesn't take much, a smile a lot of times, just to make someone's day a little better and it makes me feel good, to know that I raised kids that care.

Max DelSignore: Rebecca, before we transition, quick, I want to see if you'd be willing to share your nutmeg story?

Rebecca Sicley: Oh.

Max DelSignore: Can you tell me, we talked about tipping points and giving back in your life, and you had mentioned a story that is related to nutmeg. Can you share that?

Rebecca Sicley: Yes. It was actually a woman I dragged John to. An older woman and she would get 14 dollars a month in food stamps and she would save that money up over the year for a big Thanksgiving dinner. And she would want nutmeg from [Rod's 00:09:04], because that's the closest we could go shopping for them. And a little container of nutmeg would be like 4 dollars. So, I went to [Sharp's 00:09:13] which is a little bit further away, on my own time and my own dime, and bought her a big container of nutmeg and the joy and expression on her face just made my whole day and made her day. I think that's, it was great, it was a great feeling to know.

Max DelSignore: Well, and the devotion that the family has shown to helping others took a sudden turn a couple years ago, when Mabel was diagnosed with juvenile arthritis, just before she entered kindergarten, correct? Around that time?

Rebecca Sicley: Yes.

Max DelSignore: Could you share, just define juvenile arthritis for those that are listening to this story?

Rebecca Sicley: Juvenile arthritis is an autoimmune disease. It's where her body is attacking itself. And it mainly goes for the joints.

John Kubis: But it can attack the eyes and the major organs as well. So, it's not like when you are old and you get arthritis, as we all do, it's an actual autoimmune disease.

Max DelSignore: Mabel, I have a couple questions for you. How much pain were you in once you knew you had juvenile arthritis?

Mabel Sicley-Kubis: Oh, I was in a lot of pain.

Max DelSignore: Were there certain parts of your body that were more painful than others?

Mabel Sicley-Kubis: The only place that was like my body was attacking was, like, from, like my waist down.

Max DelSignore: Mm-hmm (affirmative)-

Mabel Sicley-Kubis: So, that's probably the part where it hurt most.

Max DelSignore: To Rebecca and John, what was just the reaction when you finally figured out what the diagnosis was?

Rebecca Sicley: I was numb. I mean, you don't think that a child could have arthritis.

John Kubis: We weren't sure what was wrong with her. There was, in the morning she had a tough time, you know, getting up and getting around and with my schedule I would watch her all day. And I remember having to carry her down the stairs in the morning because she couldn't move. I mean, her joints were all frozen up and locked up. So we used to, remember, when I used to give you a ride down the stairs, you'd ride on my back like a baby Big Foot?

Mabel Sicley-Kubis: Yeah.

John Kubis: Yeah, that was-. Anyways, she'd ride on my back like a baby Big Foot, and she would basically sit on the couch, and she couldn't move for like 20 or thirty minutes. And she'd loosen up her joints and she then she'd finally get to moving

again, so. We weren't sure, you know, if there was something wrong with her. And then finally when she had a knee injury, she hurt her knee and she couldn't walk. For a little while, we were told that she was having growing pains and all this other stuff, and who knew that a six year old kid could get arthritis?

Anyways, we knew there was something wrong with her but, I guess for me, when I finally, when we finally figured out what it was, because we were given a whole host of things, it could be this, it could be this, it could be this, it could be this. Finally, when we were down in Rochester and she was, and we were told, okay, she has juvenile arthritis. For me, it was almost like a relief, like, okay, let's fight it.

Max DelSignore: Mm-hmm (affirmative).

John Kubis: You know, so.

Max DelSignore: Rebecca, could you share just some of the steps that you took as a family to help stabilize Mabel's health and get her on the path that she is currently on?

Rebecca Sicley: After her diagnosis, she got really, really sick. She was losing weight, she wasn't eating, wasn't moving, was flair ups all over and, so finally, we got desperate and we heard through the school nurse from, about Dr. [Dale Porter 00:12:35] and we started her on his nutrition response testing. She sticks with his very strict, limited diet, really religiously. She won't stray at all and ever since we started her on his diet, she's been flair up free and she's actually reducing meds. It's a three year, I think, wean-

John Kubis: Yeah.

Rebecca Sicley: ... to reduce her meds, but she's better. She's active, bouncy, happy, she's got color, she's-

Max DelSignore: Back on the monkey bars?

Rebecca Sicley: ... Yeah.

John Kubis: Oh, yeah.

Rebecca Sicley: She couldn't do monkey bars last year.

John Kubis: It was really, what struck me when we took her to Golisano in Rochester and then in Syracuse, was they gave her all these, they give you all these medications, right? They give you, she was on methotrexate, which is a, it's like a chemo therapy drug. I mean, if you got cancer, you're taking methotrexate. But hers is a very small dose. And what that's doing, is it's knocking back her immune system to slow the autoimmune response from her body attacking her joints.

Apparently, that causes your body to get rid of some things. So, sh-, which is folic acid, so she needed to take folic acid to counter act the methotrexate. Now, in order to knock down the swelling in her joints, she had to take-

Rebecca Sicley: Naproxen.

John Kubis: ... naproxen. And naproxen will tear up your stomach. So, in order to counter act the naproxen, she had to take-

Rebecca Sicley: Famo-

John Kubis: ... famotidine. So, you see where I am going with this.

Max DelSignore: Kind of like a domino of-

John Kubis: Yeah, it's like a domino of, you're absolutely right. You're taking one drug to do one thing, but that one drug, the side effects needs another something to-

Max DelSignore: Kind of redirect-

John Kubis: ... to, and when her poor insides, I mean, she was losing all this weight, and she was getting ribby, and a seven year old shouldn't be ribby, or a six year old. And that's why we went to see Dr. Dale Porter, here in town. And as you can see, now, she's, she looks like a normal kid.

Max DelSignore: So, what foods can you have, or do you eat most frequently now, Mabel? That you eat most often.

Mabel Sicley-Kubis: Usually peppers.

Max DelSignore: What else do you like to eat? Peppers and what else?

Mabel Kubis: Chicken.

Max DelSignore: And some of the food that you aren't supposed to eat because of the diet? What are a couple of those items?

Mabel Kubis: Cookies.

Max DelSignore: No cookies.

Mabel Sicley-Kubis: Fudge.

Max DelSignore: So, some of the really sweet treats I guess that you could say, that kids normally would have, you aren't able to have those.

Mabel Sicley-Kubis: I also can't have peanut butter.



Max DelSignore: No peanut butter?

Mabel Kubis: No.

Max DelSignore: So, it's pretty limited, what you can really have every day at school. The nice thing, too about the story, though, is even in the midst of identifying juvenile arthritis is, Mabel, you had the solution, for how are we going to turn this around? So you decided you wanted to have a party. Can you tell me about wanting to do a party and letting people know what juvenile arthritis really is?

Mabel Sicley-Kubis: Okay, well. I guess when we were in the car some-, when we were going somewhere, I was, like, hey, could we have a party? And they were like, why do you want a party? To raise money for juvenile idiopathic arthritis? So, I was like, yeah, that's a good idea. So, that's really how it got all started.

Max DelSignore: Well, and you had, other than your mom and dad, you had two other really good supporters in your corner to help with your party in your brother and sister. So, Josh and Cora, just, when you knew Mabel wanted to do a party and begin to let others know about, you know, the diseases she had, why was it important for you to kind of take on this vision that your sister had?

Cora Sicley: She's our sister and I mean-

Joshua Sicley: It effected us right at home. It was an idea that she would really want and with the disease she's fighting and we would like to help as much as possible.

Max DelSignore: Can you share a little bit about what you two decided to do to help?

Cora Sicley: Well, I was really excited. And we started planning all these activities and what we were going to do and the food. We, I was just really excited, I don't know about Josh, but-

Joshua Sicley: I was excited.

Max DelSignore: What were some of the things that you had at your party, Mabel? Do you remember?

Mabel Sicley-Kubis: A bake sale, chicken and biscuits, snow globes, like gift baskets, and cakes.

John Kubis: Don't forget the DJ.

Mabel Kubis: Oh yeah, the DJ.

Max DelSignore: Got to have-

Mabel Sicley-Kubis: ... photo booth.

Max DelSignore: Mm-hmm (affirmative). Were there a lot of people there that day when it was finally time to have the party?

Mabel Sicley-Kubis: Yeah.

Max DelSignore: How did it make you feel to see that many people come to your party?

Mabel Sicley-Kubis: Feel really good and a lot of my friends were there.

Max DelSignore: For Josh and Cora, just the time it took to kind of help prepare the party and to see it come together on that one day. How did you guys feel about all the time and effort you put in, especially doing it for your sister?

Joshua Sicley: It felt good. It was good to see the community all come together and help with a single cause like this.

Max DelSignore: A question for Rebecca, too. You decided, too, early on, not only would this be a community effort, but there would be a little more extra attention paid on campus at school. So, you had the school principal involved, and faculty and staff. Can you talk a little bit about some of the things that happened on campus at school to raise awareness for what Mabel was going through?

Rebecca Sicley: That actually, Joshua, Cora, and Mabel all went into Mr. [Ginger 00:18:03] and they got him involved and he agreed to let the children duct tape him to the bleachers if they raised 500 dollars.

Joshua Sicley: Mm-hmm (affirmative).

Rebecca Sicley: And then agreed to shave his head if they raised 1000 dollars. I'm not sure whose idea it was, I think it was Joshua's idea to do a hat day, where everyone brought in a donation and they ended up raising over 1000 dollars. So, Mabel got to shave Mr. [Ginger's 00:18:33] head and-

John Kubis: He's a fine looking bald man. Let me tell you.

Rebecca Sicley: She helped, they duct taped him to the bleachers and she helped with that. I guess it was the wall.

John Kubis: It was the wall, yeah.

Max DelSignore: Mabel, did you have some help with duct taping Mr. [Ginger 00:18:47] to the wall?

Mabel Sicley-Kubis: Yeah. And when we duct taped him to the wall, there was a lot of duct tape, so we like, the stool he was standing on, we put it off under his feet and he stayed like on the wall for like a second, and then he fell down.

Rebecca Sicley: He was stuck to the wall.

John Kubis: He was stuck to the wall, yep.

Rebecca Sicley: But I mean, that's a small school. There's what 300 and something kids in that school and to, and Joshua got the high school involved as well, and I think they contributed a 100 and something dollars-

Joshua Sicley: Yeah.

Rebecca Sicley: ... but for Mansville to raise 1000 dollars for one child and her cause was incredible.

Max DelSignore: Are there plans to do a party next year?

Rebecca Sicley: Yes.

Max DelSignore: What are you hoping to have at the party next year, Mabel?

Mabel Sicley-Kubis: Maybe more desserts at the bake sale.

Max DelSignore: And the date for that is kind of set, or the time of year, correct? Could you share just a little details about-

Rebecca Sicley: I think we agreed on-

Max DelSignore: ... Maybe I'm premature, but-

Rebecca Sicley: We agreed on May fifth, I think.

Max DelSignore: Okay.

Rebecca Sicley: Is the date we've got tentative, right now.

Max DelSignore: For the overall effort, too, with the community's fund raising help, do you remember what the grand total was that you raised last year?

Rebecca Sicley: \$5,503 dollars and some change.

Max DelSignore: Which is really impressive, for a first time. Really impressive. To be able to do this as a family, I mean you're living this every day. You're seeing Mabel's condition every day, you are monitoring it very closely, but to see folks, kind of what to Josh said before, to see folks in the community respond the way they did, were you surprised?

Rebecca Sicley: I was surprised.

John Kubis: Oh, I was.

Rebecca Sicley: I was surprised, we, I think we went into it not expecting when we asked the country club for the venue, we weren't even expecting 200.

John Kubis: I was nervous, because, I mean here we are having a party and I'm thinking, please, it's a podcast, you can't see me, but I got my fingers crossed, and I'm praying, I'm like, please, someone show up, and lo and behold-

Rebecca Sicley: We sold out.

John Kubis: ... I mean, we were packed. Which was incredible.

Max DelSignore: What does that tell you about where you live, the place where you live?

Rebecca Sicley: It's some great people.

John Kubis: Good people.

Rebecca Sicley: It's, community goes-

John Kubis: It's good people.

Rebecca Sicley: ... they come together, they really band together for-

Max DelSignore: Now, the goal, of course, of this, isn't necessarily just the party itself, too, but you've kind of created Mabel's Mission, which is a kind of a grass roots effort that you're beginning to formalize and put together and continue to raise funding that would go toward, I believe, a national research organization, correct?

Rebecca Sicley: The Arthritis National Research Foundation.

Max DelSignore: What does it mean now that you've had one party, you're looking to plan another, and you want to continue this effort to support kind of the national effort to raise awareness and funding for juvenile arthritis? What does it mean to kind of see all this begin to come together into something even greater than you had imagined?

John Kubis: Well, I think it's fantastic. I mean, here it is, we've got a six year old, you know, kid and she's, we're driving in the car and she's like, let's have a party and, you know, it could have ended right there. And, lo and behold, she kept pressing the issue and we're like, okay, we can do that, and I'd like to think that, you know, with this podcast and also with, you know, us talking to other people and the parties and such and the raising the, just raising the awareness is the big thing.

Because, I think, I can't speak for Rebecca, but, I think I'm talking her language here when I say there is probably oth- there's some other family out there somewhere in the north country or somewhere and their kid's exhibiting signs of arthritis, but they don't know what's going on. And they're told, maybe they're being told, oh it's growing pains, or they'll grow out of it. And lo and, if you catch this early enough, you know, catching it early is the best thing. And then raising, and that's the raising awareness part, but the raising money parts, you know, you need money to fight this thing, so and.

Correct me if I'm wrong, but 91 cents of every dollar goes towards actual research. So, that's a really, a really good pay out so to speak. As opposed to, you know, like a 50% or 40%. 91 cents of every dollar goes towards actual research for children, right?

Rebecca Sicley: Yeah. Mabel's went, the check was designated right to children's research.

Max DelSignore: Part of the podcast, too, a lot of the folks we've had a chance to speak with, the hope is that what's shared will inspire others to give back to their community. And, for each person it's different. For Josh and Cora, I'll start with you two first. Why do you think it's important to give back to your community?

Joshua Sicley: I just think it's the right thing to do.

Cora Sicley: Well, we live here and we should make the best possible place to live for us and everyone else.

Max DelSignore: Rebecca and John, I'll give you this question, too. Given what the family has endured, and watching your children do all that they've done, either fighting an illness, helping others, what is all of this, what they've shown in such a young part of their lives, what does that mean to you?

Rebecca Sicley: I'm beyond proud.

John Kubis: When I was their age, I wasn't thinking about, I mean, when I was Josh's age, I was, you know, trying to get a car. Yeah, I wasn't thinking about raising money for any kind of charities or anything like that, you know, so we did something right. It's kind of cool.

Rebecca Sicley: It's a great way to word it. We did something right.

Max DelSignore: So, Mabel, last question's for you. Mabel's Mission. What would you like to see it do or accomplish as you get older, maybe as you get to be your brother's age or maybe as you become an adult, what do you want your mission, Mabel's Mission to do?

Mabel Sicley-Kubis: Well, I want to raise money.

Max DelSignore: Kind of raise money to help others?

Mabel Sicley-Kubis: Yeah.

Max DelSignore: Well, you are a very brave soul for enduring all that you have to six years old, which is remarkable. But we're very glad to see that you've gotten the appropriate care, so that you are able to enjoy being a kid and doing some of the things that a kid should be doing. And kudos to your brother and sister for really taking part in, you know, a really important effort, not only because it's your younger sister, but to get the community involved in the effort as well, it's really such a great example to share. And I'm very glad that you felt comfortable enough to kind of share your whole story as part of this podcast, too, so a sincere thanks to all of you for doing that.

John Kubis: Well, thank you for the opportunity of telling her story, because it's a story that needs to be told. And let's hope we can beat this thing, right Mabel?

Mabel Sicley-Kubis: Right.

John Kubis: Right.

Rebecca Sicley: That's Mabel's Mission's ultimate goal, is to find a cure, right?

Mabel Sicley-Kubis: Right.

Max DelSignore: Well, philanthropy as a whole, it's a unique word, but it is certainly powerful and positive and Mabel's Mission and everything that all of you have really done, is a testament to that statement. Thanks again for your commitment to the cause and for all that you have done. Mabel, keep fighting the disease, and certainly, keep the parties coming, okay?

Mabel Sicley-Kubis: Okay.

Max DelSignore: That wraps up another Northern New York Community podcast. Remember, every interview is easily accessible and always free, whether it's online or on your mobile device. Find us on iTunes, Stitcher, Google Play, or other podcast platforms when you search for the Northern New York Community Podcast. Check out our podcast website, which also features interview highlights, transcripts, photo galleries, and much more. Just go to [www dot NNYC podcast dot com](http://www.dot.NNYC.podcast.dot.com). Thanks to our supporters, WPBS and the Northern New York Community Foundation for making these interviews possible. Our thanks again to the Sicley and Kubis families for being here. And we hope that you will join us again next time for another edition of the Northern New York Community Podcast.