

COMMUNITY

Perform 4 Purpose concert supports foundation

KELLY ROCHELEAU
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More than 70 people attended a benefit concert headlined by Perform 4 Purpose at Auburn Public Theater on Saturday.

The event supported the Music United Foundation, which provides instruments and lessons to Cayuga County students in financial need.

Students need a B average to be part of the program, and they often join Perform 4 Purpose as well. The non-profit student band performs throughout the county to support local causes.

Also performing Saturday were The Healers and The Janglers, and the concert included raffles as well.

Staff writer Kelly Rocheleau can be reached at (315) 282-2243 or kelly.rocheleau@lee.net. Follow him on Twitter @KellyRocheleau.

 **VIEW:** For more photos and a video from the concert, point your smartphone camera at the QR code and tap the link. **NEWSVU**



Perform 4 Purpose plays “Dreams” by Fleetwood Mac during a benefit concert for the Music United Foundation at Auburn Public Theater on Saturday.

KELLY ROCHELEAU PHOTOS, THE CITIZEN



People listen to Perform 4 Purpose at a benefit concert for the Music United Foundation at Auburn Public Theater on Saturday.



Perform 4 Purpose rocks out with The Healers during a benefit concert for the Music United Foundation at Auburn Public Theater on Saturday.

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DISABILITY AWARENESS

Disability will bring out the advocate in you

There are two paths that bring a person into the disabled community. Some people are born with these conditions. Their unique differences are part of their lives from the beginning. Other people may enter the disabled community



KEVIN HAMM

because of an event or a life development that creates a permanent difference in their abilities. Disabilities bring new experiences and new challenges. There is a learning process

that goes along with acclimating any changes. People respond to the challenges involved in numerous ways. One example of this is revealed in the skills people develop to become effective disability advocates.

All disabilities represent a learning experience for everyone impacted. Over time, disabled

people will acclimate to their situations. They become aware of their own abilities and considerations. They learn to navigate a world that is not designed around their differences. It helps newly disabled people to adapt to their new circumstances. There isn't a manual that explains everything. It is possible to find disability awareness resources that can be helpful with the process. Seeking them out is worth the effort.

Disability is not about absence. It also shouldn't be seen as something that detracts from the quality of your life experiences. It may change the way you do activities. That doesn't necessarily mean that you can't enjoy many of your favorite activities and life experiences. Discovering alternate ways to participate in activities adds more value to the life experiences of disabled people. I also believe exploring your creativity changes the way you feel about

your experiences. Over time, you realize that life with a disability can be engaging and meaningful. It all begins with embracing who you are within that life experience. Your attitude makes a tremendous difference. A positive attitude can help you with the healing and growth process.

Life with a disability improves when there are opportunities to participate in everyday activities. Inclusion is more than a policy. Inclusion is an important part of instilling a sense of belonging in people who have had their lives touched by disability experiences. Something else that makes participation more feasible is accessibility. When locations are accessible, people of all abilities are able to enter and enjoy the setting. Accessibility demonstrates respect for the disabled. It greatly improves our lives. When other people see past our differences and respect our abilities, amazing things happen.

Disabilities bring out interesting talents in people. An often overlooked quality that they bring out may be our increased awareness of disability issues. Disabled people often have a deeper understanding of accessibility, inclusion and strategies to empower people impacted. I believe that the disabled community has a unique connection with each other formed through sharing similar experiences. We also carry an empathy for each person impacted. When we improve accessibility or inclusion, it makes our own experiences better. It will also help people with other disabilities. Advocacy benefits every person.

People with disabilities are some of the best disability advocates in our society. Their insight comes from lived experiences. They have an emotional investment that drives them. They demonstrate an interest in improving the lives of people in their community. They are aware

of things that make their own experiences more difficult. They deal with those issues often. It makes them more apt to raise concerns when others are impacted by those same issues.

Life with a disability may reveal gifts that help us. The awareness we gain is one of those gifts. The way that we advocate for people with disabilities is an admirable effort. It is one way we demonstrate our intelligence, creativity and commitment to helping people in our communities. The qualities that make disabled individuals wonderful advocates is something that proves that disabilities bring out more in each individual.

Kevin Hamm is an educator, advocate and entrepreneur from the disability community in Auburn. He is the founder/owner of Wheeling Prodigy Productions and the host of the WPP Torchbearer Series Podcast.

HEALTH

Unity among nonprofits produces comfort, strategy against federal funding fears

BEN TSUJIMOTO
Buffalo News

A flurry of federal funding cuts has left Buffalo-area nonprofit organizations scrambling to determine whether they are affected, what services are in jeopardy and whether layoffs are necessary.

They have decided to scramble together.

An informal group of about 70 leaders of nonprofit organizations, consultants and funders — casually called the Nonprofit Convening — has met via videoconference every other Tuesday since late January to discuss the whirlwind of federal orders, answer questions and share resources.

Their outward message is urgent: Federal cuts to Buffalo-area nonprofit organizations will have widespread effects, including to families with special-needs children; people battling mental health concerns and substance abuse; and seniors who rely on services such as Medicaid and Meals on Wheels.

“We’re not talking about people in the abstract,” said Melinda DuBois, executive director of Mental Health Advocates and one of four leaders of the group. “We’re talking about your mom, your neighbor, your co-worker — the people we’re serving are everyone you encounter every day.”

That is not mentioning the \$20 million Environmental Protection Agency grant to Buffalo organizations such as People United for Sustainable Housing that is in jeopardy or nearly \$5 million in cuts to the University at Buffalo’s research grants from the National Institute of Health.

Tara N. Burgess, chief executive officer and executive director at Every Person Influences Children (EPIC), kick-started the movement in late January after President Trump’s administration indicated federal grant funding would be paused. An ominous sense of the consequences of discontin-

ued services spurred Burgess into action.

“What a huge impact this can have, not only on the work that each of us are doing, from the community-based organization and foundation lens, but the community, right?” Burgess thought. “What would happen if we all had to stop providing services? Because so much of what we do is lifeline work for families in the community.”

The Convening began with about 12 nonprofit organizations with established connections, many from the Care Management Coalition of organizations that works out of 1021 Broadway. The desire to learn how the rest of the nonprofit community was faring — and to figure out how to help resettlement agencies that laid off employees after early executive orders — saw invites and attendance soar at the February meetings and climb steadily since.

“I think the first meeting I came to, I was really struck by one organization that literally had to cut staff, and other people in the room going, ‘Hey, we have a need to hire staff. Why don’t you send us over some names?’” said Dina Thompson, executive director of the Erie County Restorative Justice Coalition.

The solidarity was powerful, participants say, and the Convening’s informal structure has been embraced. Jack Kavanaugh, a convener who leads Gay & Lesbian Youth Services of Western New York, described leading a nonprofit in the crosshairs of the Trump administration’s foray against diversity, equity and inclusion.

“It’s feeling like, ‘Oh my god, this is pure chaos — am I next? What is next? I don’t know,’” Kavanaugh said. “Every 20 minutes, my phone has a notification about something that’s happening, and then maybe an hour after that, it gets walked back. You just don’t know.”

The group has calmed

some of those fears.

“Providing us some structure and some camaraderie around understanding the impacts of (the cuts) more globally, I think, just makes it feel less lonely, and makes it feel less out of control,” he continued. It has brought together nonprofits that offer vastly different services.

“We all realize that our connected networks are a vital support system for our community, and we really worry what may happen to our clients,” said Kimberly Kadziolka, executive director of Parent Network of WNY. “It is a fear that keeps me up at night.”

Nonprofit Convening’s purpose is broader than helping laid-off employees land on their feet and sharing trainings and news updates. It’s big picture, such as building a sector-wide advocacy plan and communicating with state leaders, Kavanaugh said. Threats to Medicaid have sparked fears locally, given its reach and likely ripple effects, even though the White House has published promises to protect Medicare, Medicaid and Social Security.

“If a state loses a ton of Medicaid funding, where are they going to start making those cuts to balance the budget and fill some of those holes? I don’t know,” Kavanaugh said. “And even if our funding stays in place, but our reimbursement timelines get pushed back, and there’s cash crunches at the state and county level, how’s that going to affect my ability to make payroll and pay rent? No one can last six, nine months without getting our state reimbursement.”

Many interviewed noted funding complexities — such as how state support might be reduced as a result of federal cuts — as a major reason organizations feel vulnerable, even if they do not directly depend on significant federal funding.

DuBois’ Mental Health Advocates, which has added a Teen Chat Line and expanded its efforts into ru-

ral communities, receives mostly state funding but also has a federally supported program called Court-Appointed Special Advocates, in which trained volunteers assigned by Family Court judges advocate for abused and neglected children. She said Gov. Kathy Hochul has been weighing a trim of \$27 million from mental health agencies as a reaction to the federal changes.

The sense of foreboding for nonprofit groups has not reached the general public yet, leaders say.

“The worry and concern is



JOSHUA BESSEX, BUFFALO NEWS

Nonprofit leaders, from left, Jack Kavanaugh of Gay & Lesbian Youth Services of Western New York; Kimberly Kadziolka of Parent Network of Western New York; Melinda DuBois of Mental Health Advocates of WNY; and Tara N. Burgess of EPIC, are among members of the Nonprofit Convening group that has banded together in the face of federal funding cuts.

probably not what it should be,” said Thompson, founder of the restorative justice group. “We can see coming together the ripple effect.”

Ben Tsujimoto can be reached at btsujimoto@buffnews.com, (716) 849-6927 or on Twitter @TSuj10.

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Baker

From A7

I also asked Kintzele what could be done to encourage students to become involved and I was told, “If you plan on joining broadcast, I think just be prepared to work with a team and get used to saying, ‘Yes.’ Everyone is a part of the final product. It’s just how you will contribute, such as anchoring, filming, editing, interviewing, or even

promoting. It’s usually your choice of what you want to do but always be prepared for last-minute decisions that change your task completely. Never be scared to try or turn down an opportunity for a skit, as it’s beneficial and fun.”

I would have to agree with the words mentioned in the aforementioned paragraph. “Beneficial and fun” is also a way to describe being a part of Hay’s journalism classes from what I could gather

throughout my own pre-writing process for this article.

Thanks to Jon and to the students for your hard work to inform and entertain your audience.

Lynn Cheche Baker is currently a third-grade teacher within the Weedsport Central School District and is the owner and instructor of the Successful Steps Tutoring Service in Auburn. She can be reached at (315) 246-9194.

A BETTER YOU

Vitamin D makes a difference, especially in gloomy CNY

Here in beautiful upstate New York, we are not strangers to long winters, false springs and gloomy days. The multi-month sunshine boy-



MARA CASLER

cott tends to mess with our moods, our motivation – and our vitamin D levels. Vitamin D deficiency is becoming more prevalent in adults not only due to the lack of sunshine, but because of more time indoors, certain medications and the standard American diet (SAD). Sufficient Vitamin D absorption is vital to maintain healthy bone density and healthy muscle tissue, as well as stave off depression and fatigue. Vitamin D is a tiny but mighty micronutrient that has a big impact on our overall health and longevity. Vitamin D is absorbed through our skin and intestines via the food we eat and is responsible for maintaining our blood calcium levels. In the event of a lack of this vitamin, our body will pull calcium from our bones to stabilize the calcium levels in our blood. This accelerated bone deterioration causes bones to soften, weaken and be more susceptible to fractures. A common cause of osteoporosis is vitamin D deficiency. Taking supplemental calcium is often used as the primary defense against bone deterioration. However, calcium cannot be absorbed without an adequate presence of vitamin D. Therefore, taking calcium is important, but only if taken alongside vitamin D. Micronutrients often work in tandem with one another and are rendered useless when taken in a siloed approach. Another example of this is vitamin C and collagen.

Vitamin D not only affects our bone and muscle tissue health, but is responsible for our mood stability as well, especially in the long months of gray skies and limited sunshine. Seasonal depression is a real thing, not to be



GETTY IMAGES

taken lightly. Vitamin D, as well as other micronutrients, should be considered a front-line option for individuals before reaching for antidepressant medications. Vitamin D can be the one small change you make in your diet that can prevent fatigue and overall depressive symptoms. If you are experiencing symptoms of depression, please consult your health care provider.

If you are thinking, “I’m young with healthy bones and I am happy, do I still need Vitamin D?” The answer is yes! Taking vitamin D supplementation, getting more sunlight and eating a diet rich in vitamins will not harm you in any way. Having sufficient Vitamin D is important for everyone, espe-

cially due to our increasing use of screens and more time spent indoors. Those who could really benefit from vitamin D, however, are those with darker complexions, are over the age of 65, have had weight loss surgery, or have certain medical conditions. A few medical conditions known to affect vitamin D levels are Crohn’s disease, cystic fibrosis, celiac disease and obesity (Cleveland Clinic, 2022). These medical conditions and others affect the proper absorption of the vitamin, leading to symptoms such as muscle cramps, bone pain and fatigue.

What are the solutions? If moving to sunny Florida is not in the cards for you, there are

some alternate actions you can take to increase your vitamin D intake and absorption. One way to combat vitamin D deficiency is through your diet. Foods such as fatty fish – think salmon and tuna – egg yolks, mushrooms and some dairy products naturally have higher levels of vitamin D. Some foods might also be labeled that they are fortified with vitamin D, such as yogurts, milks and orange juice. Apart from diet, you can also take a vitamin D supplement; in fact, more generic daily multivitamins have a sufficient amount of dietary vitamin D for the average adult. Check the label on your daily multivitamin and if the vitamin D content is 800 iu (20 mcg), you should be covered!

Getting enough vitamin D does not require major lifestyle changes; however, living in a deficit of it affects your overall quality of life. This small micronutrient has big implications on bone health, muscle integrity, and mood stabilization, especially in older adulthood.

Mara Casler, of Aurelius, is a certified nutritionist through Cornell University, and holds a bachelor’s degree in fitness development and a master’s degree in recreation therapy from SUNY Cortland. She is a triathlete with a passion for weightlifting, hiking with her dog Oakley, and helping people become the healthiest version of themselves.

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PZLS24

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YMCA

From A6

feel confident doing it. It may seem small, but it's a ticket to inclusion, confidence and safety for many kids.

We're incredibly proud of what we do at the Auburn YMCA, but we can't do it alone. We need our community's support — through donations and helping us spread the word about what's available.

If you've ever wondered whether your contribution makes a difference: It does. It shows up in the child who conquers their fear and learns to swim. In the camper who tries sailing for the first time and discovers they're good at it. In the teen who builds confidence through leadership roles in our

summer programs.

Donate to our May swimsuit drive — details coming soon!

Learn about and participate in Five Days of Action, help spread the word about our summer camps and the BOCES/AECSD membership discount, or donate to our annual campaign.

At the Y, we don't just fill kids' summers with activities — we fill them with purpose, confidence and care. Join us in making sure this summer is memorable and meaningful for every child in our community.

Stephanie Bales is membership and marketing director at the Auburn YMCA-WEIU, 27 William St., Auburn. For more information, visit auburnymca.org or call (315) 253-5304.

In brief

From A7

Hands-On History Summer Camp returning to Auburn

Historic sites in Auburn will once again partner this year to present the seventh annual Hands-On History Summer Camp.

Children 8 to 10 are invited to the camp, taking place from 8:30 a.m. to 12:30 p.m. Monday, July 21, through Friday, July 25.

The camp is presented by the Cayuga Museum of History & Art, the National Park Service, the Seward House Museum and Seymour Library. It will feature history tours, tea parties, Lego builds, stop-motion film and

more interactive experiences at varying locations.

The camp costs \$100, and scholarships are available.

For more information, or to register, contact Kate Grindstaff, education and outreach coordinator for the Seward House, at outreach@sewardhouse.org or (315) 252-1283 ext. 7.

Auburn churches to host dance for people with special needs

Several Catholic churches in Auburn will host "A Special Evening of Song and Dance for People with Special Needs" in May.

The dance will take place from 6 to 8 p.m. Friday, May 2, at the Sacred Heart Church hall, 90 Melrose Road, Owasco. It will include two DJs, dancing, food

like pizza and popcorn, prizes and more.

The dance is presented by St. Alphonsus, Sacred Heart, Holy Family and St. Ann churches as part of the Jubilee of 2025, "during which time we will strive to re-establish hope for the world, deepen our faith, and renew our relationships with God and each other," the churches said in a news release.

"Throughout the year, we will recognize many important groups of people for their significance to society," they said.

Admission to the dance is free and open to the public, but attendees must be escorted to ensure a safe environment for all. Casual attire is recommended.

For more information, call (315) 252-7271 or email asacredh@dor.org.

Honors

From A7

Skyler Marsh, Jayla Mathis, Cara McKeen, Sadie Morin, Alexandra Moses, Aidan Musso, Liam Nagell, Kira Nahaieva, Emily Neuman, Mary Alice Pineau, Francesca Pisciotti, Canyon Renslow, Abigail Ringwood, James Robinson IV, Zoey Rosekrans, Izabella Rusaw, Louis Sbelgio, Gavin Sheridan, Jazmine Simmons, Jack Sliwka, Delilah Spinner, Kiera Thurston, Jade Trumbull, Yuri Vasquez, Alayna Warren, Claire Williams, Meghan Winks, Liam Wride, Wayland Wright, Sydney Yurco

Honor roll

GRADE NINE: Rebekkah-Grace Baker, Zoe Bishop, Noah Borza, Valen Castro, Gabriella Clink, Chloe Connors, Leon Coon-Kowalski, Cameron Currier, Morgan Cuthbert, Connor Dautrich, Christian Dumond, Elizabeth Elia, Maximis Featherly, Giana Gower, Juliet Hand, Brooke Hitchcock, MaKenzie Hogan, Jaylen Homick, Clark Indelicato, Zadia Jennings, Sullivan LaMay, Mandy Lin, Macie MacKay, BellaRose Main, Giovanni Manzzone, Joeli Marventano, Alessandra Messina, Bailey Morrisette, Carson Murinka, Makayla Murray, Adalyn Myers, Alexis Nelson, Judah Nord, Daniel Pesarchick, Colleen Reynolds, Nevaeh Richardson, Marley

Robinson, Savannah Rossi, Ava Salmon, Isabella Sayre, Isabella Sedorus, Jae'ssiest Smith, Mason Smith, Brandon Tape Jr, Landen Tomandl, Carmen Toomey, Molly Tracy, Jamie VanTassell, Alexa Villano, Keira Ward, Aiden Weaver, Audrey Williamson, Rachael Wilson, Emma Wride, Sasha Zalben, Caleb Zirbel

GRADE 10: Ryan Ackerman, Zachary Allen, Chase Ash, Leighton Axton, Asahel Barnard, Shyann Besner, Leshawn Blackburn, Abbey Bragger, Maire Breeze, Eddie Brooks Jr., Hailee Bushallow, John Butler, Zoey Cammilleri, Kathryn Carr, Kayla Carter, Jason Champagne, Brenden Chase, Samantha Clark, Amin Clink, Joby Clink, Tempest Coff, Calliope Connors, Maggie Cottrell, Nicholas Deming, Kiley Deuel-Murray, Alexa Durant, Filomena Emmi, Leah Fernandez De Leon, Nolan French, Claire Gallinger, Jillian Gutelius, Kaydin Guzalak, Ariel Haviland, Addisyn Hawker, Sharon Hernandez Ruano, Gennaro Hill, Chase Hoadley, Elena Hogan, Patrick Hogan, Sheldon Homick, Michael Humphrey, Keylin Juarez-Vasquez, Emma Kelley, Braydon Laning, Nina Leonardi, Jacob Loomis, Angela Lopez Escalante, Talon Madill, Lucas Mallory, Jack Moniz, Dominic Musso, Baylee Nelson, Abigail Ockenfels, Ryan Parker, Wyatt Parkman-Emmi, Nico Patros, Austin Peryea, Ava

Pettigrass, Carter Poole, Taya Reed, Amarii Richardson, Ella Salvage, Layla Sampson, Aiden Savarese, Gabriella Scharick, William Schultz, Lucas Shaw, Jeffrey Sheppard, Rhylee Simmons, Luke Siracusa, Gabriel Todeschini, Matthew Uebelman, Jayden Ward, Kollen Wentworth, Brayden Wilson, Ian Wolczyk, Hannah Woodman, Martin Zavatski

GRADE 11: Aldrich Madison, Allwood Mitchel, Bagarozzo Matthew, Barnes K'Vahn, Bates Jocelyn, Bell Joseph, Bentley Jameson, Bentley Sophia, Bilak III Thomas, Bouma Shawn, Brewer Shyanne, Brown Alexus, Brown Estrella, Buchanan Owen, Cajilema Cajilema Angel, Calarco Angelo, Caruana Olivia, Caza Gabriella, Christ Owen, Clemens Jr. John, Coleman Elijah, Collins Jackson, Congdon Brooke, Corey Makhai, Currier Aiden, DeAngelis Haylei, DeChick Jack, Dennis Zachary, Derby Faith, Donnelly Audrey, Ducette Cameron, Ferris Alexandria, Frankfurter Maddison, Fredericksen Madison, Gleason Hallie, Green Curtis, Guido Alivia, Handville Dante, Hardy Cameron, Harmon Angelina, Harvey Ethan, Homick Miles, Klop Haiden, Kuc Karlie, Laning Alexis, Lemon Brianna, London Christian, Losani Charles, Lovell Madeline, Mahunik Emma, Maiorano Colin, Mallory Reese, Maneri Brady, March Denae, McBride Myles,

McLeod Julian, Meyers Kelsey, Michlovitch Kyrstin, Miller Sydney, Morales Rashayanna, Murray Dominik, Ouellette Chloe, Raftis Noelle, Rathbun Tymothy, Rhim Jr. Phillip, Richardson Ariana, Rigby Jacob, Robinson Adrianna, Rouse Azaryia, Ryan Grace, Scanlan Cooper, Schmitt Caden, Serano-Cooper Modesty, Session Damion, Slomski Kyle, Smith Coretez, Smith Griffin, Smith Johnetae, Sovakaela, Strachan Aniyah, Thomas Jayla, Turner Gavin, VanTassell Jr. Joshua, Vasile Carson, Wallace Candace, White John, Yellock Elyse, Zhuo Oscar

GRADE 12: Makhi Amoako, Owen Ashton, Gabriel Bachman, David-Jeremiah Baker, Caylob Bell, Eileen Boberg, Isabella Bouma, Liam Brown, Lucas Brown, Stefani Carnicelli, Osvaldo Chum' Domingo, Kieonna Clark, Timeya Currier, Lacey Davis, Jaden Dutcher, Christopher Eddy, Merlin Ferguson, Austin Ferrin, Seamus Gentile-Ovens, Jayden Guido, Emma Gurak, Shaliyah Helmick, Jeremiah Horn, Logan Hunt, Jai-von Jackson, Maria Kelsey, Olivia Kenny, Addison Lange, Matthew Lupo, Nia Mashut, Emma Mastropietro, Caleb McMillan, Andre Melvin, Makaylee Mettler, Payton Mettler, Noah Moniz, Jacob Morrell, Brianna Nemo, Deries Pair, Lilith Panek, Cameran Pellett, Arianna Peters, Caleb Pidlypchak, Grant Pinckney, Victor Raymundo

Swartwood, Troy Reed, Brody Ryan, Sierra Ryan, Yuri Shadrin, Daniel Sheppard, Briant Sherman, Saniyah Spencer, Kami Ann Marie Stephens, Aaliyah Sylvester, Jonathan Traver, Zoé Traver, Arianna Vroman, Dracen Walter, Connor Wilde, Eboni Williams

Hofstra University

Conner Gordon, of Moravia, was recognized as one of the university's many student workers during National Student Employment Week.

SUNY Oneonta

Justin Baldwin, of Cato, was one of 30 student-athletes inducted into the Chi Alpha Sigma national honor society on April 9.

Ella Reynolds, of Sterling, is one of 68 students with art in the college's "2025 Juried Student Show." She exhibited a collagraph piece titled "Altered Horizons." The show is on display through May 3.

SUNY Oswego

Jordan McCombie, of Martville, was recently inducted into the honor society of Phi Kappa Phi, the nation's oldest all-discipline collegiate honor society.

To submit academic honors for Cayuga County-area schools, and for students from the area, email them to citizenfeatures@lee.net.

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PZLS24

Public Notice

NYSEG has filed tariff revisions October 27, 2023, with the New York State Public Service Commission (PSC) for new electricity and natural gas delivery rates to become effective May 1, 2025. These tariff revisions cover the third annual delivery rate increase under the terms of a three-year rate plan approved by the PSC in October 2023 and they include a \$200.6 million increase in electricity revenue and a \$12.9 million increase in natural gas revenue. These tariff revisions also recover revenue shortfalls for the electric service classes for the period May 1, 2023, to November 1, 2023.

A residential electricity customer with an average use of 600 kilowatt-hours/month can expect an average monthly bill increase of \$11.34. A residential natural gas heating customer using 100 therms/month can expect an average monthly bill increase of \$4.10.

Customers may see some charges prorated on your May or June bill to take into account energy delivered before and after the new electricity and natural gas delivery rates went into effect.

RESIDENTIAL CUSTOMERS

Regular Residential Customers: The electricity delivery charge will increase 1.889 cents per kilowatt-hour. The per-therm natural gas delivery charge for the 4-to-50-therms block will increase 6.102 cents per therm and 2.463 cents for the block rate over 50 therms. The customer charges for electricity and natural gas will not change.

Day/Night and Time-of-Use Customers: The electricity delivery charge will increase 1.760 cents per kilowatt-hour for Service Class 8 and 1.329 cents per kilowatt-hour for Service Class 12. The Service Class 8 and Service Class 12 customer charges will not change.

Additional information about changes in residential electricity and natural gas delivery charges is available at nyseg.com (click on the Account tab and select "Electric Pricing" or "Natural Gas Pricing" in the "Understand Your Bill" column).

NONRESIDENTIAL CUSTOMERS

Information about changes in nonresidential electricity customer charges, electricity demand and energy charges (where applicable), natural gas minimum charges and natural gas therm charges is available at nyseg.com.

Changes are also in effect for standby, street lighting and economic development rates. Please check page 2 of your bill for bill messages and nyseg.com for detailed information.

Regarding energy supply: If you purchase energy supply from NYSEG, your price will continue to be based on market prices, we pass through that cost to you without profit; if you purchase your energy supply from a supplier other than NYSEG (also known as an energy services company or ESCO), your energy supply price depends on your agreement with your ESCO.