

# Adirondack Field Studies Program Overview

**Location: Cranberry Lake Biological Station, Cranberry Lake, NY 12927**

This is a unique six-day environmental education program designed to provide opportunities for students in Grades 10-11. Students explore the ecology of the Adirondack Mountains and gain hands-on experience in use of the scientific method through both a structured program and independent research. Through daily field excursions and group projects, students will develop an understanding of the ecology of the Adirondack Mountain region and an appreciation for the beauty and complexity of living systems. Investigations in the field and in the lab involve the student in all aspects of the scientific method, from hypothesis formation to data interpretation. The program ends with a symposium in which students present the results of their research projects.

The setting for the program is the Cranberry Lake Biological Station, owned by SUNY College of Environmental Science and Forestry and located on Cranberry Lake in the northwestern Adirondacks. Although the facility is on the mainland, it is highly isolated and accessible only by boat.

Each day, students will be guided by a team of instructors from SUNY College of Environmental Science and Forestry and local high school science teachers with a strong interest in ecology. Students will have access to both the equipment and the personnel at the Biological Research Station at Cranberry Lake, giving them real insight as to how biological research is actually carried out. Students will be housed at the Biological Station in comfortable, rustic cabins.

## **All student participants must meet the following requirements:**

- Successful completion of Biology or comparable course.
- Able to work independently without constant supervision.
- Able to work effectively in a group.
- Demonstrated enthusiasm for science.
- Enjoy living and working in a wilderness environment.
- Have the strong recommendation of his or her biology teacher and one other teacher.

For more information, contact the OCM BOCES Science Center  
 (315) 433-2671  
[mst@ocmboces.org](mailto:mst@ocmboces.org)  
[sciencecenter.ocmboces.org](http://sciencecenter.ocmboces.org)

# Adirondack Field Studies Program

## Contacts

### **FYI for Parents**

#### **Important Phone Numbers**

Cranberry Lake Biological Station..... (315) 848-3444

Ranger School ..... (315) 848-2526

(Radio phones; emergency use only.)

Cortland Bus Garage ..... (607) 758-4100

#### **OCM BOCES SCIENCE CENTER:**

Main number ..... (315) 433-2671

Secondary number ..... (315) 433-2668

Dana Corcoran, Science Coordinator..... (315) 433-2661

..... (cell) (315) 269-3841

Cathy Wegman Bovee, Admin Aide..... (cell) (315) 751-4998

# Adirondack Field Studies Program

## Student Supervision Policy - Summer Programs

**DANA A. CORCORAN, Ph.D.**

*Science Coordinator*

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*FAX: (315) 432-4523*

*E-mail: dcorcoran@ocmboces.org*

**Adirondack Field Studies at Cranberry Lake, NY (with SUNY ESF)  
Marine Studies on Long Island, NY (with Western Suffolk BOCES)**

**Adopted April 1998**

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1. **Selection:** No school should select for participation in these programs any student with a history of discipline problems. In addition, students who enroll in these programs should:
  - A. have completed and passed a high school Biology course
  - B. be an independent learner who can also work with a group
  - C. be able to take instruction and live within rules set by others
  - D. have good communication skills
  - E. be reliable
  - F. have a love of the outdoors
  - G. have a love of learning science
  - H. be able to live in unsophisticated conditions (tents or cabins)
  - I. have no fear of water or boats
  
2. **Behavior:** Teachers, chaperones and any other adult staff involved in these programs must be given respect at all times. Any adult who feels a student is out of line is required to bring the offending behavior to the attention of all the teachers/chaperones/instructors at the site. The group will then decide if a student should be sent home. If the decision is made to send the student home, the parents will be responsible for whatever additional costs in labor and transportation are incurred.
  
3. **Supervision:** Every effort will be made to ensure proper adult supervision of students day and night. During the day, groups of students will occasionally be working in remote areas with adults nearby, but not necessarily in immediate visual contact. During the night, students will be sleeping in cabins or tents segregated by gender. Adult staff will randomly check the sleeping areas during the night. Such checks will be made by staff traveling in pairs. Any student observed in a tent or cabin assigned to the opposite sex will be sent home first thing the following morning.

Revised May 2009

# Adirondack Field Studies Program

## Clothing & Equipment Checklist

Clothing should be comfortable and practical. The school cannot be responsible for lost articles so it is recommended that students leave all expensive belongings at home and items brought be **properly marked** for identification purposes.

Each student's luggage should consist of not more than one suitcase or pack, one small carry-on bag and sleeping bag or blankets. As laundry facilities are not available, it is suggested that sufficient clothing for the week be brought along. The quantities recommended are minimums and should be increased to meet individual needs (within reason). The accompanying list is for your use in planning what to bring. Cell phones are permitted, however, reception is limited. **Usage will not be allowed during program activities.** (Revised March 2013)

### **Bedding and Toiletries**

- ◆ (1) sleeping bag or 2 blankets & sheets
- ◆ (1) pillow
- ◆ (1) pajamas
- ◆ (3) bath towels
- ◆ (1) hand towel
- ◆ (1) wash cloth
- ◆ (1) toothbrush & toothpaste
- ◆ (1) soap
- ◆ (1) comb and/or brush
- ◆ misc. other toiletries

### **Footwear**

- ◆ (2) pair sneakers (1 old pair for wading or water shoes)

### **Misc. Items**

- ◆ (1) camper's water bottle
- ◆ (1) day pack
- ◆ (1) laundry or plastic bag
- ◆ (1) flashlight & extra batteries
- ◆ (2) pencils and/or pens
- ◆ (1) notepaper and stamps

### **Also Recommended**

- ◆ (1) sunglasses
- ◆ (1) insect repellent
- ◆ (1) lip balm
- ◆ (1) suntan lotion
- ◆ Souvenir money

### **Optional**

- ◆ (1) pair waterproof boots
- ◆ camera and film
- ◆ reading material
- ◆ alarm clock

### **Clothing**

- ◆ (1) light jacket or wind breaker
- ◆ (8) pair socks
- ◆ (6) pair underwear
- ◆ (5) T-shirts, sport shirts, blouses
- ◆ (1) sweater or sweatshirt
- ◆ (1) long-sleeved shirt
- ◆ (2) shorts
- ◆ (2) slacks or blue jeans
- ◆ (1) warm jacket or coat
- ◆ (1) raincoat & hat or poncho
- ◆ (2) bathing suits
- ◆ (1) bathing cap (if used)
- ◆ (1) field or wide brimmed hat

### **Adirondack Program Only**

**EMERGENCY PHONE (315) 848-3444**

- ◆ (1) thermal underwear
- ◆ (1) pair sturdy hiking boots or shoes
- ◆ (2) handkerchiefs
- ◆ (1) binoculars
- ◆ (1) calculator

### **Marine Studies Program Only**

**EMERGENCY PHONE (631) 988-5990**

- ◆ (1) notebook
- ◆ (1) sweatpants
- ◆ (1) white T-shirt (for fish printing)
- ◆ athletic equipment (optional)
- ◆ Money for bus trip breaks
- ◆ Restaurant Dinner —(Approximately \$18)
- ◆ Misc/Souvenir money (\$10-\$20)
- ◆ **No** food/snacks may be brought into camp.

# **Attention**

## **Adirondack Studies Student Participants**



**You will be hiking and working as soon as you get to the camp.**

**You must wear hiking shoes and have water bottles in your packs ready to go!**

# Adirondack Field Studies Program

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*SUNY at Stony Brook  
University Hospital*

## *L*<sub>yme</sub> *Disease*

- Symptoms
- Treatment and Care

### SUMMARY

Although Lyme disease is a potentially serious illness it can be diagnosed and effectively treated at any stage. The earlier it is diagnosed and treated the better the overall prognosis. Most cases of Lyme disease can be dealt with by your regular physician. The blood test for Lyme Disease can be ordered by your physician by writing the order on a prescription blank and having you come to the University Hospital or obtaining a blood sample in the doctor's office and mailing it to:

SUNY at Stony Brook  
University Hospital  
Laboratory for Diagnosis  
of Lyme Disease  
Stony Brook, New York 11794  
(631) 444-TICK

In about a week your physician should have the results of your test and you can discuss them with him. If your physician has questions about Lyme disease or your case, SUNY at Stony Brook has consultative services available





# Adirondack Field Studies Program

## LYME DISEASE



Nymph and adult ticks, actual size

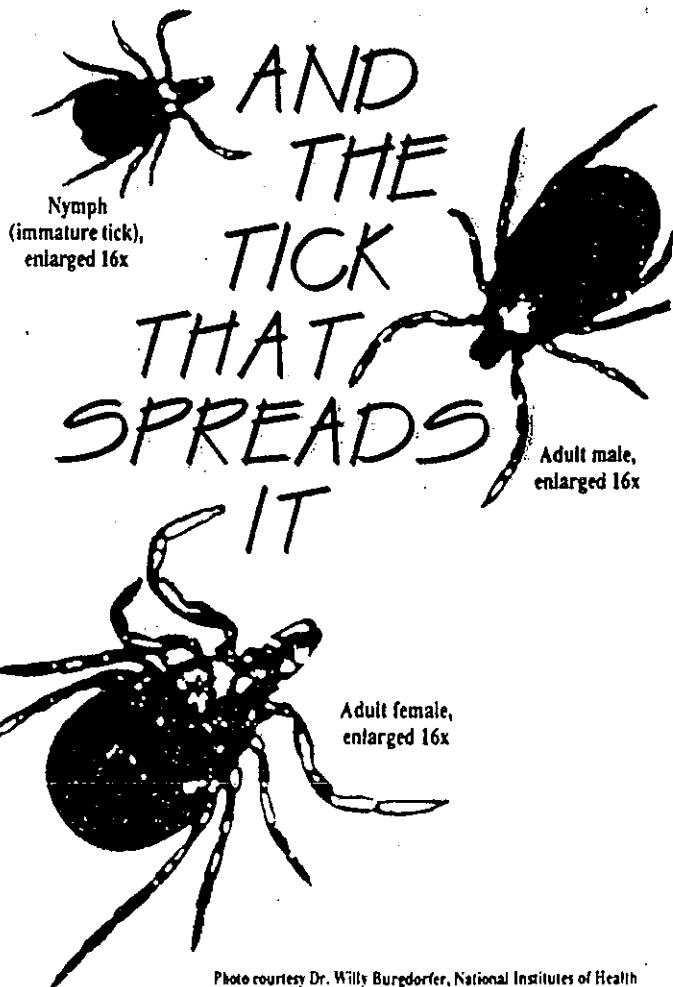


Photo courtesy Dr. Willy Burgdorfer, National Institutes of Health

### What is Lyme Disease?

Lyme disease is an infection that can produce skin, arthritic, cardiac, and neurological symptoms.

### What causes Lyme Disease?

Lyme Disease is caused by a bacterium which is spread by the bite of the deer tick.

### Where is the tick Found?

In New York state, infected ticks have been found throughout Long Island, parts of New York City and along the Hudson Valley as far north as Ulster and Dutchess counties. The tick is expected to spread to other counties. It can be found in almost any outdoor location with vegetation, as well as on animals.

### What does the tick look like?

The tick is no bigger than a sesame seed and therefore difficult to see. It is black and red before feeding. After it has filled with blood, it is the size of a small pea and is blue/black in color. (See other side.)

### How can I avoid being bitten by a tick?

Stay in the center of trails and paths. Wear long pants, with bottoms tucked into socks or boots, and long-sleeved shirts. Light-colored clothing makes it easier to spot ticks. Use insect and tick repellents containing the chemical DEET. Check yourself, pets, and children for ticks frequently while outside. Check again at home.

### When am I most likely to be bitten?

Ticks feed from April to October. June and July are the highest risk months for human exposure.

### What should I do if I am bitten?

A tick must feed for many hours before the disease is transmitted. If you find a tick, use tweezers, or your fingers and a piece of paper or leaf, to grasp the tick's mouth as close to the skin as possible. Pull steadily and firmly until the tick lets go. Apply antiseptic. Save the tick, your doctor may want to see it.

### What are the symptoms of Lyme Disease?

Symptoms and severity vary. Early symptoms usually occur within a month of exposure, frequently as a circular rash, with a clear center area. Fever, headache, fatigue, stiff neck, and muscle or joint pain are other early warnings. Within weeks to months of the rash, nervous system involvement, including meningitis, encephalitis, or facial palsy can occur. Heart abnormalities may also occur within a few weeks of rash onset. Months or years later joint swelling may occur and can become chronic.

### Is there any way to treat Lyme Disease?

Symptoms of Lyme Disease are treatable with antibiotics. The earlier treatment begins, the easier it is to prevent the diseases long-term effects.

For more information, contact your County Health Department or the New York State Department of Health, Bureau of Communicable Disease Control, Empire State Plaza, Corning Tower, Room 651, Albany, New York, 12237. (518) 473-4436